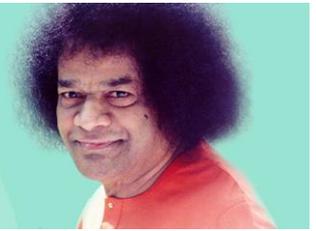




# SELF-SATISFACTION



## What is Self-satisfaction?

Bhagawan Sri Sathya Sai Baba told us that Self-satisfaction is a necessary step on the spiritual path. It follows on from Self-confidence and prepares us for self-sacrifice and Self-realisation. Therefore, it is vital that we understand what Sathya Sai Baba means by Self-satisfaction, how to develop it and to practise contributing sadhanas with love.

**In order to elevate oneself to the *Pushthi* (the full-filled or complete) category, one must learn Self-confidence and Self-satisfaction, to be content with one's Self, to derive joy from the Atma (divine Self), which one is. One should not be tempted by what appear to be sources of joy in the external world.**

Sathya Sai Baba, SSS 14.59: 24 November 1980,  
<http://www.sssbpt.info/ssspeaks/volume14/sss14-59.pdf>



The lotus is the symbol of Self-satisfaction because it is unaffected by the mud and water from which it comes. Likewise, the Self is pure and free of all worldly attachments.

**Keep the mind away from low desires that run after fleeting pleasures. Turn your thoughts away from them and direct the thoughts toward permanent bliss, which is derivable from the knowledge of the immanent divinity.**

Sathya Sai Baba, Jnana Vahini,  
<http://www.sssbpt.info/vahinis/Jnana/JnanaVahiniInteractive.pdf>

## 30-day challenge

The 30-day challenge has been created to help you along the path to developing Self-satisfaction. As part of the challenge, each of us will commit to practising our chosen Self-satisfaction sadhana for at least 30 days. The more love and enthusiasm the better!

You can do this yourself or you can buddy with a fellow devotee who has chosen the same sadhana.

Be sure to check out the Guidelines for how to get started.

Requirements: Discrimination and contentment

## Sadhana highlight

In the *Sadhana of Love* programme, there are 18 Self-satisfaction sadhanas to choose from. To give you a sample, here's one of the divine offerings, along with a supporting quote:

### **Sadhana 2.7 – WATCH your Words, Actions, Thoughts, Character and Heart.**

Each student has a watch on his wrist. And, you look at the watch at least a hundred times a day. Well, learn from the watch a great lesson. When you watch the watch, remember the five letters of the word, WATCH; each is giving you a fine lesson for life: W tells you, 'Watch your Words'; A warns you, 'Watch your Actions'; T indicates, 'Watch your Thoughts'; C advises, 'Watch your Character'; and H declares, 'Watch your Heart.' When you are consulting your watch, imbibe this lesson that the watch is imparting.

Sathya Sai Baba, SSS 10.9: 13 May 1970,  
<http://www.sssbpt.info/ssspeaks/volume10/sss10-09.pdf>



Know that whatever you feel or do is an offering to God, flows towards God. So, be cautious. Do not offer bad thoughts, words and deeds which He does not accept. Offer instead the holy and the pure. That is your duty. That will ensure Self-satisfaction.

SSS 17.29: 23 November 1984, <http://www.sssbpt.info/ssspeaks/volume17/sss17-29.pdf>

## Guidelines

- Check out the 18 Self-satisfaction sadhanas. These sadhanas help develop your Self-satisfaction.
- Guided by your conscience, choose one of the 18 sadhanas to practise. Choose the one that will most develop your Self-satisfaction and love.
- You can download and refer to pages 32 to 49 of the main *Sadhana of Love* document from <https://www.sathyasai.org/sadhana-of-love>
- Read Sathya Sai Baba's quotes about your chosen sadhana. Reflect on how you can apply His teachings in your life.
- As part of your 30-day challenge, practise your sadhana every day with more and more love. Fill your thoughts, words and deeds with love!
- Remember that Swami said what we really are is Being-Awareness-Bliss. When we turn our minds away from fleeting, external pleasures to the permanent bliss within we can easily realise our true Self.

## Self-satisfaction sadhanas

- 2.1 Give up four bad practices: eating meat, drinking alcohol, smoking and gambling.
- 2.2 Replace dull and stimulating sensory inputs with pure sensory inputs.
- 2.3 Develop patience and forbearance (*kshama*).
- 2.4 Promote good thoughts and put aside bad thoughts.
- 2.5 Speak softly, lovingly and sparingly, and avoid talking ill of others.
- 2.6 Practise right conduct by acting only from love.
- 2.7 WATCH your Words, Actions, Thoughts, Character and Heart.
- 2.8 Practise unity of thought, word and deed.
- 2.9 Practise the five human values by manifesting love in thought, speech, action, feeling and understanding.

- 2.10 Be grateful for all that God and others have done for you.
- 2.11 Worship the Lord's feet or footprints in your mind.
- 2.12 Worship with full confidence that the image or idol is alive and saturated with consciousness and power.
- 2.13 Treat your mother, father, teacher, guest and everyone you meet as you would treat Swami.
- 2.14 Offer all your thoughts, words and actions to God as an act of worship.
- 2.15 See God in all and have reverence towards nature and all life.
- 2.16 Make your conscience your Master.
- 2.17 Practise equanimity.
- 2.18 Discriminate constantly between the permanent and impermanent.

**You may perform any number of spiritual practices, like *bhajans*, *japa* and *tapa*, but love should form the undercurrent of all these practices.**

Sathya Sai Baba, SSS 40.21: 15 December 2007  
<http://www.ssbpt.info/ssspeaks/volume40/sss40-21.pdf>

## Next steps

Once your selected Self-satisfaction sadhana is well established in your daily life, you can choose further sadhanas to develop your discrimination and foster contentment with your blissful Self.

Our next 30-day challenge is self-sacrifice.



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Four steps are laid down in the scriptures to help man succeed in this effort: discrimination between the permanent and the impermanent; withdrawal from the process of catering to the senses; positive control of the feelings, thoughts and pursuits; and incessant yearning for liberation from all bonds.

SSS 12.36: 10 June 1974, <http://sathyasai.org/search/volume12/sss12-36.pdf>