



Aum Sri Sai Ram

### **CODE OF CONDUCT FOR PILGRIMS TO PRASHANTHI NILAYAM**

1. Follow the Nine Point Code of Conduct.
2. Follow the teachings of Bhagawan Sri Sathya Sai Baba i.e. with regard to food and habits- vegetarian, no smoking, no alcohol etc.
3. Perform the Sadhana of Likhitha Japam- writing Aum Sri Sai Ram 108 times daily starting on immediately for 8 months. The children under age 12 may write 9 times daily.
4. Meditate for at least 5 minutes daily for a year. Keep a diary or a reminder to follow this rigorously.
5. Perform the Seva activity- similar to Operations Christmas Child, i.e. every Pilgrim will pack a few gift items for 20 dollars worth in a shoe box and take it to Puttaparthi for presenting to the children in Bhagawan's Hospital.
6. Attend the monthly Sadhana meetings regularly.
7. Children and Youth should be available for practising the Program(s) to be presented to Bhagawan. The timing and frequency will be decided later, as appropriate, considering the regular School activities.
8. The aim is to meditate upon Bhagawan and presenting the best as a group rather than individuals.
9. When we are at Prashanthi Nilayam, we will stay at the ashram. We will always (except for daily routines of resting, eating etc.) be meditating on Bhagawan awaiting His Darshan, prepare for the Program(s) or perform Seva, if there is an opportunity.

Jai Sai Ram