

# Prasanthi Connection

ZONAL COMMITTEE OFFERING



CENTENNIAL OFFERING

MINIMUM ONE BOOK WRITING  
ADULTS / YOUNG ADULTS / SSSE  
OFFERED AT DIVINE SANNIDHI, PUTTAPARTHI  
07.21.2024 - 11.23.2025  
WRITING 9 TIMES "OM SRI SAI RAM" DAILY

STARTING FROM

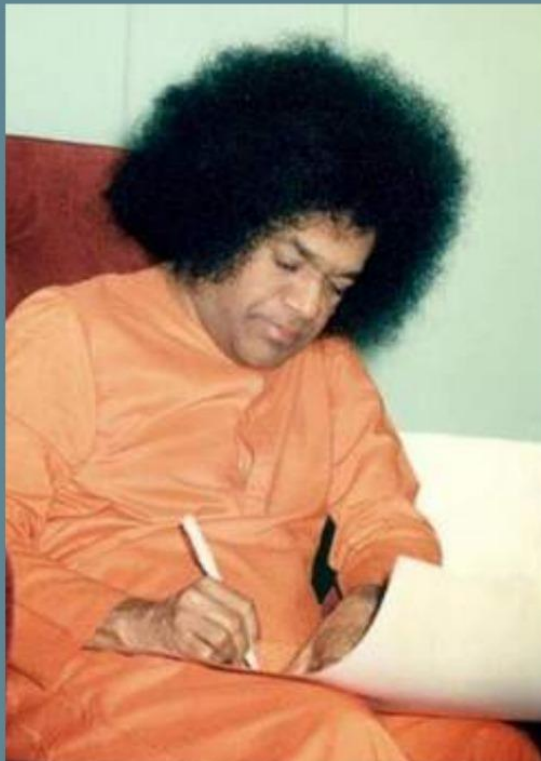
21

JULY

2024

**UNITING HEARTS  
THROUGH SACRED  
NAME WRITING**

**NAMA LIKHITA  
JAPAM**



"Take some time off your daily routine and sit down in a quiet place or in front of the Altar of the God. Close your eyes for a few moments. Take a deep breath and think of the Lord. Then open your eyes and start writing HIS divine name repeatedly, say Ram, Ram, Ram, or Om Sai Ram, or Krishna, etc. The idea is to think of the Lord and write HIS name while chanting the same name loudly too. Your Mind, Speech and Hands would be sanctified straight away. The unity of mind, speech and action would produce purity in thoughts, words and deeds. Any spiritual exercise like Likhita Japam should be done whole-heartedly. Only then it becomes sanctified and Godly. Today people write the names (of the Lord) without thinking aloud the name of the Lord in their minds and uttering the names with their mouths. As you start writing the Name, you must first reflect on the Name in the mind, utter the Name by the mouth, and then write the Name with your hand. This is Likhita Japa, the penance of writing the Lord's name."

**Sri Sathya Sai Baba**  
August 1995

Uniting Hearts through Sacred Name Writing (Nama Likhita Japam)

As we commemorate the centenary celebrations of our beloved Lord Sri Sathya Sai Baba, the Prasanthi Connection Zonal Committee extends a heartfelt invitation to Sri Sathya Sai Educare (SSSE) children, Young Adults, Center members, family members, and anyone to participate in the Sai Nama Likhitha Japa Sadhana/Sacred Name Writing which means to repeatedly write the divine name. This can be a wonderful family activity to engage in during the summer and thereafter. Even though participation is not mandatory, we highly encourage everyone to take part. This is open for all Sai devotees.

### **Initiative Overview**

SSSGC Zone 1 'Prasanthi Connection' is excited to present a meaningful initiative to the global Sai Family as part of Sri Sathya Sai Baba's centenary celebrations. Sacred Name Writing Sadhana is a spiritual practice where participants handwrite the divine words "Om Sri Sai Ram" in a dedicated book daily at least nine times. This sacred offering pays homage to our revered Lord Sri Sathya Sai Baba, especially as we commemorate His centenary celebrations with profound reverence and devotion.

It is crucial to understand that Sacred Name Writing is not merely writing; it is a profound spiritual practice that unifies us in devotion and reverence. Prasanthi Nilayam is steeped in cultural and spiritual traditions that include various forms of devotion and meditation. Sacred Name Writing is a continuation of these traditions, offering a way for devotees to participate in age-old practices in a contemporary context. By engaging in the simple yet profound act of inscribing "Om Sri Sai Ram," we think of Swami, chant His name, and visualize Swami's divine form, thus generating a powerful synergy of spiritual energy.

### **Nine Divine Incentives:**

- The meditative nature of the practice can lead to a profound sense of inner peace and tranquility, reducing stress and anxiety.
- Cultivate a deeper spiritual connection with Lord Sri Sathya Sai Baba.
- Repeatedly writing a divine name can purify the mind and spirit, removing negative thoughts and emotions.
- Writing sacred names or mantras can serve as a powerful tool for manifesting noble desires, aligning them with spiritual goals.
- Engaging in this practice is considered a virtuous act, potentially accruing positive karma and spiritual merit.
- The deliberate, mindful act of sacred writing fosters a state of presence and mindfulness, bringing awareness to the present moment.
- Promote regularity and discipline in spiritual practices.
- Unify the Sai global family in a collective expression of love and reverence.
- The spiritual vibrations generated through repetitive writing can promote emotional and spiritual healing, leading to personal transformation and growth.

### **Instructions on how to participate in Sacred Name Writing:**

- Obtain a dedicated Composition Notebook, College Ruled, 100 Sheets and a pen or pencil for Sacred Name Writing.
- Set aside a quiet space for your Sacred Name Writing practice invoking His grace and guidance.
- Visualize Swami's divine form merging your energy with His by focusing your thoughts on Him

- Handwrite "Om Sri Sai Ram" daily in the designated book and aim to complete at least one book by November 23, 2025.
- Maintain sincerity and devotion in every writing, considering it as an offering to our beloved Lord.
- After filling your book, hand it over to your Center President or we will provide mailing address in future for USA, Canada and West Indies.
- Your book will be sent to Prasanthi Nilayam and placed at Sri Sathya Sai Baba's Sannidhi for His blessing, uniting your hearts with His divine presence.
- You will receive Swami's prasada in the form of a book and Vibhuti as a blessed token of His grace.

### **Story of Scribed Vibhuti Packets**

Behind the bhajan hall in Prasanthi Nilayam, a group of volunteers engage in their activity, crafting small Vibhuti packets. These 10-gram packets are meticulously made from the pages of the 'Likhita Nama Japa Sadhana' books. Within these sacred texts, the divine name is inscribed thousands of times by devotees as part of their spiritual practice. Once a book reaches completion, it embarks on a journey from across the world to the Prasanthi Nilayam ashram. Here, it undergoes a transformation, becoming the vessel and conduit for the sacred ash's divine potency.

### **Future of Sacred Name Writings**

Once your dedicated book is filled with your heartfelt writings, kindly hand over the finished books to your respective Center Education Coordinator, who will then send them to Prasanthi Nilayam to be placed at Sri Sathya Sai Baba's Sannidhi for His blessing. Just as rivers aim to merge with the ocean, your book will reach our Lord's lap on the holy land of Prasanthi Nilayam, uniting your hearts with His.

These books will later be utilized in Vibhuti packing, ensuring that the sacred vibrations of your devotion are shared with devotees around the world.

### **Connection to Prasanthi Nilayam**

Sacred Name Writing is not only a practice that reflects the teachings and spiritual environment of Prasanthi Nilayam, but it is also deeply connected to the ashram, contributing to the collective spiritual energy and fostering unity and devotion among its devotees in several meaningful ways:

- **Spiritual Practice:** At Prasanthi Nilayam, spiritual practices like nama likhita japa (Sacred Name Writing) are practiced by the devotees to deepen devotion and connect with the divine. This practice aligns with the ashram's emphasis on devotional activities and personal spiritual growth.
- **Teachings of Sathya Sai Baba:** Sri Sathya Sai Baba often emphasized the importance of constant remembrance of God's name (namasmarana). Writing the divine name is a tangible form of this remembrance, making it a practice that resonates with his teachings.
- **Community and Unity:** Prasanthi Nilayam is a hub for devotees from around the world. Engaging in Sacred Name Writing can foster a sense of unity and collective devotion among the community, reinforcing the ashram's spirit of oneness and universal love.
- **Personal Transformation:** Many devotees come to Prasanthi Nilayam seeking spiritual growth and personal transformation. Engaging in Sacred Name Writing can be a powerful tool for achieving these goals, aligning individual practices with the broader mission of the ashram.

## What did Sri Sathya Sai Baba say about the significance of 'Nama Likhita Japam?'

*Take some time off your daily routine and sit down in a quiet place or in front of the Altar of the God. Close your eyes for a few moments. Take a deep breath and think of the Lord. Then open your eyes and start writing HIS divine name repeatedly, say Ram, Ram, Ram, or Om Sai Ram, or Krishna, etc. The idea is to think of the Lord and write HIS name while chanting the same name loudly too. Your Mind, Speech and Hands would be sanctified straight away. The unity of mind, speech and action would produce purity in thoughts, words and deeds. Any spiritual exercise like Likhita Japam should be done whole-heartedly. Only then it becomes sanctified and Godly. Today people write the names (of the Lord) without thinking aloud the name of the Lord in their minds and uttering the names with their mouths. As you start writing the Name, you must first reflect on the Name in the mind, utter the Name by the mouth, and then write the Name with your hand. This is Likhita Japa, the penance of writing the Lord's name.*

*-Sanathana Sarathi, August 1995*

## Scenario:

- I will participate in the Sacred Name Writing initiative.
- I will buy a Composition Notebook, College Ruled, 100 Sheets.
- I will write "Om Sri Sai Ram" in the book at least 9 times per day.
- My goal is to complete at least one book by November 23, 2025.
- I can complete more than one book if I desire.
- If I visit India, I can offer the book at Prasanthi Nilayam in Puttaparthi.
- Upon completion, the book will be repurposed for Vibhuti packets.
- I will receive Swami's prasad in the form of a book and Vibhuti.
- If I visit with family, our accommodation will be taken care of.
- If the book is completed after November 2025, I can still have it mailed to Prasanthi Nilayam.
- If I cannot visit Prasanthi Nilayam, **I can mail the completed book to:** we will provide mailing address for USA, Canada and West Indies at a later date. Stay tuned for more details.