

# DECEMBER 2016

**LOVE AND  
COMPASSION**



**COLLECTIVE  
SADHANA PROGRAM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			1	2	3	4
<p>"What is true Love? Pure, unselfish Love towards all living beings, considered as embodiment of the Divine, with no expectation of reward, is true Love." <i>Sanathana Sarathi, June 1985:117ff</i></p>			<p><b>December 2016 Study Circle Focus</b>                      "Swami's Teachings on Love &amp; Compassion"                      Sundays from 3 pm to 3:55 pm</p>			<p>Come to the Study Circle, 3 to 3:55 pm at the Center</p>

Sadhana for the Week:  
 Get out of your comfort zone to help someone you don't know very well, e.g. a colleague at work or a neighbor.

5	6	7	8	9	10	11
<p>"Expansion is the essence of Love. Love is every urging and surging for expression and enlargement. Love is God. Live in Love." <i>Sathya Sai Speaks, VII:324ff</i></p>						<p>Study Circle 3 to 3:55 pm</p>

Sadhana for the Week:  
 Get into the habit of smiling often to everyone, even to strangers. You never know who may benefit from your smile.

12	13	14	15	16	17	18
<p>"Only the Love that is unchanging and shines brightly always in the heart is true Love. It is unaffected by joy or sorrow, praise or blame." <i>Sanathana Sarathi, December 1988:313</i></p>						<p>Study Circle 3 to 3:55 pm</p>

Sadhana for the Week:  
 Practice patience this week. If you feel stressed and angry, be more conscious and don't let your emotions carry you away to react. Practice sohum breathing when feeling frustrated/stressed.

19	20	21	22	23	24	25
<p>"That which does not change is only one -- it is Love. All relationships come and go - all are passing clouds. Only one thing is permanent, and this is Divine Love." <i>Discourse, December 25, 1995</i></p>						<p>Study Circle 3 to 3:55 pm</p>

Sadhana for the Week:  
 Do something extra special to show that you really care, for your mother or sibling e.g. do a difficult chore for them.

**Christmas and Hanukkah Celebration**

26	27	28	29	30	31	
<p>"Love as thought is Truth. Love as action is Righteousness. Love as feeling is Peace. Love as understanding is Non-violence. Love is the common denominator." <i>Sanathana Sarathi, Feb 1985:37ff</i></p>						

Sadhana for the Week:  
 Practice non-violence in thought, words and deeds. You can do this by partaking only pure vegetarian food and helping the environment by not wasting food and water and by practicing recycling.