

JULY 2016

CEILING ON TALK



COLLECTIVE
SADHANA PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2	3
	"You feel the presence of God when silence reigns." <i>Compendium of the Teachings of SSSB, p. 538.</i>				July 2016 Study Circle Focus "Ceiling on Talk" Sundays from 3 pm to 4 pm		Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: Instead of Listening to Music or the Radio when driving - Drive/Ride in Silence this week. (Optional - place a picture of Swami to look at every so often while driving to stay focused on the truth).							
	4	5	6	7	8	9	10
	"Talk low, talk little, talk in whispers, sweet and true." <i>Compendium of the Teachings of SSSB, p. 538.</i>						Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: Use 10 less texts per day - be succinct when texting - texting is one of today's main sources of unnecessary talk.							
	11	12	13	14	15	16	17
	"Learn to live in silence for some moments everyday." <i>FFWG p. 261.</i>						Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: Take a social media vacation. For 1 day or the whole week. Or Perhaps for certain times when you usually binge on social media. Break the addiction.							
	18	19	20	21	22	23	24
	"Silence is the endless flow of pure God into you..." <i>SSUN part 3, page 121.</i>						Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: Be bold and Pick One Day this month when you schedule 12 hours of silence (not while sleeping). You can still communicate by text or email, but no talking for a day.							
	25	26	27	28	29	30	31
	"In silence you discover your own truth." <i>SSN Spring 1995, page 18.</i>						Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: Eat in Silence for a Day, think of God or the truth of your being while consuming the food.						August 2016 Sadhana Focus will be on "Exercise"	