

Region 10 Daily Prayers

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Objective:

We are gathered in Swami's Name to send peace and positive vibrations across the region and to the world - let us fill ourselves with love.

Guidelines:

1. Feel free to sign up for any available day of your choice.
2. You may sign up as an individual or as a family. You will be contacted by a center officer to walk through the below format.
3. Two components for the session a) Personal Prayer b) Sai Gayathri chant
4. If you are not comfortable with a prayer, you may choose to read a page from a Sai literature, play a 3-4 minute video or TFD and briefly reflect on that, under a minute. (Videos link to be shared with the facilitator)
5. Chant Sai Gayatri by yourself or with family together or chant along with the audio.
6. Give a couple of seconds pause between the Sai Gayatri chants
7. At 9:14 PM pause for 45 sec silence and end the session with Samstha loka sukhino bhavanthu
8. Enjoy the session - We are a family - and we are happy that you are participating
9. Million Gayathri chant in the last slide

Format:

1. 8:55 PM – Darshan Music will be started by the coordinator
2. Facilitator joins the call by 8:45 PM
3. 9 PM – Facilitator starts the session with a personalized prayer (a read or video or TFD with a reflection)
4. Facilitator chants (live or recorded audio) Sai Gayathri till 9:14 PM
5. 1 Min Silence – Coordinator gives the cue with a slide that it is time for 1 min silence.
6. Samstha Loka -- Coordinator changes the slide to Samastha loka
7. Facilitator ends with Sairam and Million Gayathri challenge will be displayed on the screen.

Role of the coordinator:

1. Joins the call at 8:45 PM
2. Coordinator opens the session to devotees at 8:55 PM with Darshan Music or Gaytri chanting by Swami
3. Coordinator reads the Objective of these prayers and introduces the Facilitator.
4. Coordinator assists the facilitator in playing the audio / video
5. 9:14 PM Coordinator plays the slide for silence
6. Rolls the Samasta Loka slide

Role of the Facilitator:

1. Coordinates with the facilitator about the slide preparation and the presentation format before the program day
2. Joins the call at 8:45 PM
3. Facilitator starts with personal prayer at 9 PM
4. Then move on to chant the Gayathri
5. Closes the program with 1 min silence and Samastha Loka

Signup Sheet:

1. Facilitator can use the signup sheet to mention the preferences

Joining the call:

1. Coordinator opens the session at 8:45 PM
2. Facilitator joins the call at 8:45 PM
3. Coordinator makes the facilitator as the cohost or assist in sharing the content.

Resources:

1. Signup sheet : <https://tinyurl.com/R10DailyPrayersSignup>
2. Link to join the call : <https://tinyurl.com/R10DailyPrayersJoin>
3. Link to Videos: <https://tinyurl.com/R10SwamiVideos>