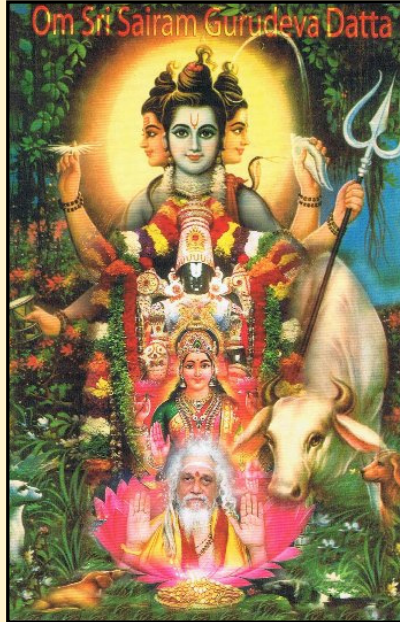


Datta Jayanthi, December 14th 2024
Datta Deeksha : November 5th - December 14th 2024

Swamiji has conveyed that Datta Deeksha can be observed starting from Nagula Chavithi, November 5th and ending the Deeksha on the December 14th with the Datta Jayanthi Pooja. Those who can't begin the Deeksha on the November 5th can begin on the November 24th and continue till Datta Jayanthi . **Interested devotees may observe the Deeksha, following the rules given below ending the Deeksha on Datta Jayanthi day.** Swamiji has conveyed that those who observe the Deeksha with devotion following all the rules will benefit. Swamiji has added that this year the Deeksha has added significance because of the various types of problems and difficult situations we are facing in today's world, so one should also think about the Mother Nature while doing the Deeksha. More than physical aspect it is more important to do it with your mind and heart and sattvic nature, filling your heart with love and mind with peace.



The rules for following this Deeksha are as follows:

- 1) Every morning do **Pada puja to Swamijee's paduka's or read Swamijee's Ashtottaram** and keep reciting **"Om Sri Sai Ram Gurudeva Datta"** as many times as possible. Also recite the **Viswaashtakam** and repeat the **Dhanvantari Mantram 27** times every day. Everyday read the **Universal Pledge, Oke Kutumbam** song and **Paadana Viswa Geetham** song.
- 2) Read the **Viswaguru Charitra** as many times as possible during these days (try to finish at least one time). Also read the **Viswaratnamala** .
- 3) Take sattvic food and maintain good behaviour.
- 4) Couples should practice Brahmachariya (celibacy) during this period
- 5) One could have regular lunch and during dinner time try to take fruits/tiffin
- 6) If it is not possible to start the Deeksha on the above date, they could start the Deeksha on November 24th and continue till December 14th 2024 (as a half mandala Deeksha)
- 7) For Women, during the period time, they can discontinue the Deeksha and continue it after the 5 days till the end of the Deeksha (14th Dec).
- 8) For the working people, if they are traveling as a requirement of their job, they could take food in the restaurants.
- 9) For those who follow the Deeksha obeying all the rules, they would come out fine of any diseases or ailments that they may be having.
- 10) For all those who follow the Deeksha strictly, they would be bestowed with Viswaguru's blessings and also attain strength, happiness and peace.
- 11) **For any reason if you are not able to follow any one of the rules, don't worry at all. Mind and heart are very important. Guru and God only see our heart and mind, Swamiji always says, "Work is worship and Duty is God".**