

SUGGESTED PROCESS FOR CONDUCTING A SAI IDEAL STUDY CIRCLE
One-hour session

1. Start with 3 Aum's
2. The **Facilitator** welcomes participants, lays down guidelines briefly (5 minutes)
 - No interruption; follow orderly progression; wait for turn
 - No preaching; there is NO expert; each provides a 'facet'
 - No oration of long verses (in any language)
 - Do not use the forum as a therapy session
 - Don't comment on others views – agree or disagree

 - Seek deep within, bring out insight from within
 - Share own interpretations, personal views
 - Emphasize practical spirituality
 - If having a different perspective from another person, say – here is another perspective.....and share
3. The **Presenter** reads the study material and poses the questions to stimulate discussion. Then says, "lets meditate and reflect and pray for 30 seconds to collect our thoughts". (5 minutes)
4. **Facilitator** asks if someone wants to start, after which orderly procession. The **facilitator** may suggest ways for participants to contribute
 - A practical way which has affected the participant in the past
 - A way Swami has demonstrated or taught this principle
 - Asking a question to get clarification

5. **Participants** share their thoughts (2-3 minutes per person; 30 minutes total)

In the end, the facilitator encourages someone who has passed, to share. Also, if something is said that is clearly out of line of Swami's teachings, facilitator makes corrections lovingly.

6. At the end of discussion, **participants** in the group may identify a life application exercise to be practiced the following week. (5 minutes)