

# Cultural Inclusion and Expansion



## Module 1 - Back to His Basics

### Week 4

**Title:** What is the essential purpose of life?

**Spiritual Principle:** To deepen our understanding of the essential purpose of life and realize its value through practice, so that visitors from all faiths and cultures can know that we are all One.

**Quote:**

*“At the outset you have to consider what is the purpose of life. Is it for involvement in endless work or for eating and sleeping or indulging in gossip that the Divine has conferred this human birth. The gift of intelligence is being used for many trivial purposes but not to understand the goal of life. Society today is riddled with discord and disorder. The progress of civilization has undermined morality and decency in all walks of life. Obsessed with worldly values, men have lost all concern for moral values. Selfishness reigns supreme everywhere. Even in the spiritual field, people seem to be more interested in themselves than in the welfare of society and the promotion of public good”.*

– Sathya Sai Speaks, November 18, 1995 (6<sup>th</sup> World Conference of Sai Organization)

<http://sathyasai.us/devotion/discourse/fill-world-love/>

**Discussion Questions:**

1. What are some specific practices we engage in during our center devotion program that acknowledge the unity that underlies the diversity of our community?
2. What practices and behaviors exhibited in our Centers may appear exclusive and not reflect the diverse faiths and culture in our community?

**Activity/ Life Application:**

[Note to Facilitator - Time permitting few individuals can share a summary of their Pair Share discussion with the bigger group. Life application is an extension of Group activity where the participant practices the Study Circle learnings during the week.]

1. Pair Share

Pair with a person sitting next to you. First person asks, “Can you explain to me what is the purpose of life and how can our center best demonstrate that”. Second person provides answers. Switch roles. Staying within the context of the Spiritual Principle for this Study Circle, what might be the next question? Ask this of your partner. Keep asking questions and responding.

# Cultural Inclusion and Expansion



## **Affirmation:**

[Participants can affirm this every day during the week.]

I am God. (My purpose in life is to “Love all, serve all” and realize my true Divine Nature, that always was, is and will be.)

# Cultural Inclusion and Expansion



## Week 5

**Title:** What is the essential purpose of life?

**Spiritual Principle:** To deepen our understanding of the essential purpose of life and realize its value through practice, so that visitors from all faiths and cultures can know that we are all One.

**Quote:**

*“As all rivers hurry towards the sea, let all your imaginings wend their way to God. The play is His; the role is His gift; the lines are written by Him; He decides the dress and decoration, the gesture and the tone, the entrance and the exit. You have to act well your part and when the curtain falls receive His approbation. By your efficiency and enthusiasm earn the right to play higher and higher roles - that is the meaning and purpose of life.”*

– Sathya Sai Speaks, June 09, 1970

<http://sathyasai.us/devotion/discourse/ripe-fruit/>

**Discussion Questions:**

1. What part will you “act well” to promote cultural inclusion and expansion?
2. What does Sai mean by higher and higher roles? Pick a value/sub-value which will help you to achieve a higher role in demonstrating Cultural Inclusion and Expansion.

**Activity/ Life Application:**

[Note to Facilitator - Time permitting few individuals can share a summary of their Pair Share discussion with the bigger group. Life application is an extension of Group activity where the participant practices the Study Circle learnings during the week.]

1. Pair Share  
Pair with a person sitting next to you. First person asks, “How can Cultural Inclusion and Expansion bring us closer to the realization of the oneness of our own divinity and that of others in the community?”. Second person provides answers. Switch roles. Staying within the context of the Spiritual Principle for this Study Circle, what might be the next question? Ask this of your partner. Keep asking questions and responding.

**Affirmation:**

[Participants can affirm this every day during the week.]

# Cultural Inclusion and Expansion



I am God. (My purpose in life is to “Love all, serve all” and realize my true Divine Nature, that always was, is and will be.)

# Cultural Inclusion and Expansion



## Week 6

**Title:** What is the essential purpose of life?

**Spiritual Principle:** To deepen our understanding of the essential purpose of life and realize its value through practice, so that visitors from all faiths and cultures can know that we are all One.

### **Quote:**

*“Try to enquire where you came from. Realize your true Self, and reach the source of your origin. This is what you are supposed to know. To know this truth, Divinity should manifest in you. Not only should you realize your Divinity; you should see Divinity everywhere.*

...

*Anything can be achieved by constant practice. Walking, reading, talking, eating, writing - all require practice. How much do you need to practice to ride a motorcycle? You may fall any number of times, but do you give up practicing?*

*Unfortunately, on the path of spirituality, you give up your resolve at your first failure. In all other endeavors, in spite of all obstacles, you do not leave your effort. In fact, you should show the same resolve - and much more - on the path of spirituality. Why? Because spirituality leads you to the goal of your life. That is the purpose of human birth.”*

– Sathya Sai Speaks, September 01, 1996

<http://sathyasai.us/devotion/discourse/supreme-bliss-comes-absolute-wisdom/>

### **Discussion Questions:**

1. How can we practically see divinity in those who are from different faiths and cultures? What should be our emphasis?
2. Sai says “Anything can be achieved by constant practice”. Can you come up with one or two culturally inclusive ways that can be employed at our Center which drive home His message of oneness?

### **Activity/ Life Application:**

[Note to Facilitator – Select 2-3 individuals who can role play the scenario for the bigger group. Life application is an extension of Group activity where the participant practices the Study Circle learnings during the week.]

# Cultural Inclusion and Expansion



## 1. Role Play the following scenario:

A person of Buddhist faith starts coming to the center. Demonstrate ways that the message of the purpose of life can be conveyed to that person keeping in mind their faith and cultural differences. Use interactions, both verbal and non-verbal, center décor and center program elements as examples. Time permitting, repeat the role play with people of varying faiths and cultures. (Christian, Muslim, Hindu, etc. of varying ethnicity)

### **Affirmation:**

[Participants can affirm this every day during the week.]

I am God. (My purpose in life is to “Love all, serve all” and realize my true Divine Nature, that always was, is and will be.)