



SAI SPIRITUAL EDUCATION- USA

**SATHYA SAI SPEAKS**

**A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS**

SEPTEMBER 2020

*"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."*

Sathya Sai Baba on May 18, 1968



An overview of 'Sathya Sai Speaks- A National Study Circle initiative for SSE teachers.'



**WHY:** To learn and deepen our understanding of Swami's vision for the SSE program- children, parents and teachers.

**WHAT:** Since this is an SSE initiative, we will be primarily studying Swami's discourses given during balvikas (SSE) conference and/or training.

**HOW:** a) One discourse will be selected and each month, 2-3 paragraphs will be published with discussion questions and life application suggestions. b) The Center SSE coordinator in consultation with SSE teachers shall choose a day and time outside of the Center meeting to conduct the study circle. c) Facilitators will be selected from within the Center and on a rotation basis.

**WHO:** a) all SSE teachers and SSE coordinators are invited to participate. b) the national study circle team is represented by most of the regions and will be an additional resource for local Center coordinators. It is important to mention that the national team conducts the study circle first, develop discussion questions and commit to a life application prior to the publication of the discourse excerpt. On an average, the national team spends 3-5 hours to prepare each monthly study circle content (about one page).

In a discourse on 3rd March, 1974, Swami revealed a simple three step process towards self-transformation. He said, "This is the proper plan of study - reading, reflection and regular application in life. Study is WORK. Inquiry into the value and applicability of what is studied is WORSHIP; the experience of the validity and value of the practice is WISDOM."

With His loving grace, may we be inspired to read, to reflect and to practice every day of our lives!

Jai Sai Ram!



## ABOUT THE DISCOURSE

During Summer of 1978, the first All-India Bal Vikas Gurus training camp was conducted in Brindavan, Bangalore. Over 150 gurus attended this 6 day training camp which included lectures, discussions and Q & A with Bhagawan. Our first discourse for study, 'New version for Gurus,' is from this training camp. [Sanathana Sarathi 1978, Archives and Sathya Sai Speaks, vol 14, #3]

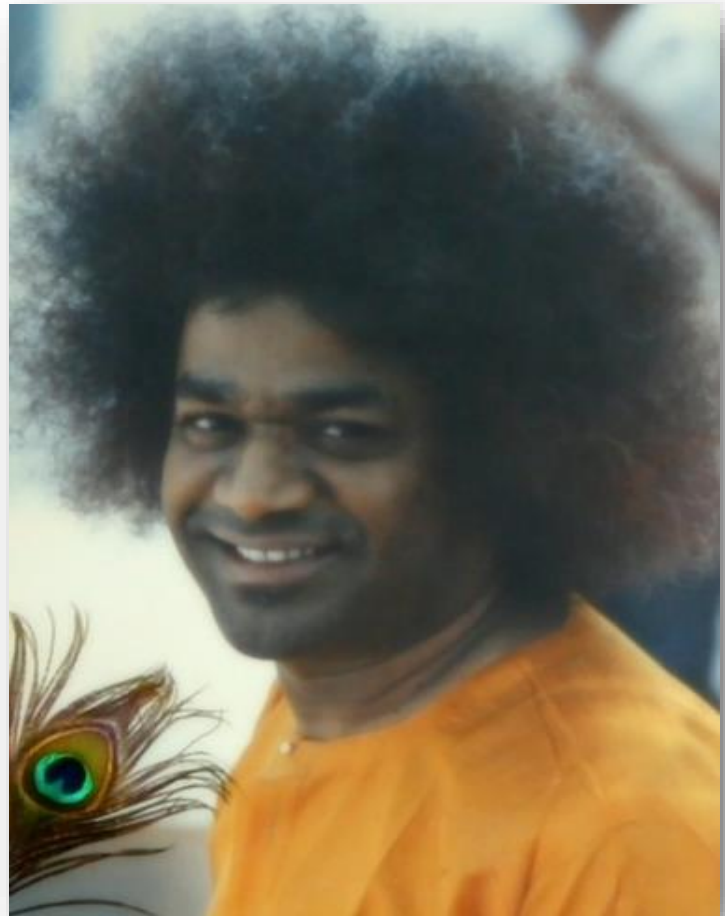
### FOR THIS MONTH-#2

#### Promote Respectful Behavior to Elders

The home too must feel the change in the child's behavior. It may be advisable to gather the mother of the children once a month, or even more frequently, and give them guidelines on child care and on the higher ideals of family and social life. You can suggest to them ways and means of following up the work of the Bala Vikas in proper upbringing of children, while allowing freedom to these children at home. While allowing them due freedom, they should nevertheless hold harmful tendencies in check.

They should promote respectful behavior to elders in the family. They should be careful how they themselves behave in the presence of children, for youngsters learn a lot by emulation. A spirit of understanding and sympathy has to pervade the home. This can be emphasized with the mothers at these gatherings. This would be a necessary supplement to the Bala Vikas.

The homes in which the Bala Vikas children grow, as indeed all homes, have to be clean and with vibrations free from hatred, envy, greed, spite and hypocrisy. The food that the child takes in has to be *sathwik* (pure). Between the age of two and five the child's mind is profoundly affected by the behavior of those nearest it, so the parents must take care to set a good example. Workers, office-bearers, Gurus and Seva Dal (Service Corps) members of the Sathya Sai Organization all over the world, all must remember that they are subject to the scrutiny of the public, wherever they are and whatever they do.



They must be free from the habits and practices which they recommend others to give up. The Gurus should not leave their own children out of the Bala Vikas class; they should not lose their temper; they should keep their emotions under control and not exhibit depression, dejection or a wavering Will. The quality of work is more important than the quantity, so they should not undertake to do more than what they can render satisfactorily. Let their own conscience be the judge: if they feel that they have discharged their duty sufficiently to the children or to society, then they may rest content.





## DISCUSSION QUESTIONS

1. How can we inspire ourselves, parents and fellow SSE Gurus, to be examples to children at home and elsewhere?
2. What does Swami mean by "promoting respectful behavior"? How can parents and SSE Gurus role-model respectful behavior to our children?
3. How can the SSE Gurus discharge their duty to the best of their ability, keeping in mind Swami's teachings?

## LIFE APPLICATION

What is your practical take away/life application that you want to commit to Swami based on today's discussion? Either individually or as a group.

## FEEDBACK FROM TEACHERS

*\* We had our first SSE teacher study circle today evening. It went for more than 75 minutes. All teachers loved it. It is truly a wonderful opportunity for all teachers to learn, practice and be better instruments of Swami. Many thanks to you and your national team who has done an excellent job. Please let them know our appreciation. We look forward to having the next month's material soon. - Gita Region 8*

*\* Sai Ram! SSE teachers at our Center used the first national study circle this past weekend. It was put together really well. There are only 4 teachers in our Center and we had very good discussion based on the questions provided. We went over an hour. There was enough content in two paragraphs of the discourse. Big Thanks to the study circle development team. This was much needed. Prity Region 2*

*\* Sairam, Just I want to let the know the team that we had 1st study circle today with SSE Teachers from Colorado Springs, CO (Region 9) & Cincinnati, OH (Region 5). Around 15 teachers attended the session. It went really good and everyone participated well. All are looking forward next study circle 😊🙏🙏 Surya Region 5*

*\* We met on zoom and our study circle went really well. We first read Swami's discourse, shared our understanding and then discussed each question. Everyone participated actively and facilitator did wonderful job by preparing ahead of time. YA (last year SSE graduate) who is very much interested in teaching whenever possible also joined this study circle. We are very surprised by her understanding and take aways. Everyone picked one different life application and we want to remind each other through our WhatsApp group. Thank you for this wonderful initiative. Orlando Center, Region 3*

*\* Study circle initiative is an excellent way to get the teachers of individual SSE programs to come together and put their minds to a common purpose. Hopefully, this will lead to their supporting one another like members of one family for the benefit of their students.. Srinivas Region 8*

*It was inspiring to see everyone's take aways and life application that they shared. Wonderful journey and everyone derived value and experience. One of the feedback from gurus -It's one of best ongoing initiative for gurus esp. when SSE starts and gurus get busy and miss out on center study circles etc.. Region 2 Center*



We would love to hear from about your study circle experiences, any interesting questions/ insights that you would like to share, please send an email to [saispiritualeducation@sathyasai.us](mailto:saispiritualeducation@sathyasai.us)

