



SAI SPIRITUAL EDUCATION- USA

## SATHYA SAI SPEAKS

### A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS

APRIL 2021

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

Sri Sathya Sai Baba on May 18, 1968



#### ABOUT THE DISCOURSE- #2

Swami visited B.Z High school in Chittoor on March 3, 1958. In response to prayers of the devotees, Swami addressed the gathering of students, teachers and patrons of education on Courage. This is one of the first documented public discourses.



**The Easiest Habit Is Speaking The Truth-** Have faith that Truth will save you in the long run; stick to it, regardless of what might befall. For if you are true, the sense of guilt will not gnaw your insides and cause pain. It is cowardice that makes you hide the truth; it is hatred that sharpens the edge of falsehood. Be bold, and there is no need for a lie. Be full of love, and there is no need for subterfuge.

The easiest habit is speaking the truth, honesty, for if you start telling lies, you will have to keep count of them and remember how many you have told to whom and be always alert not to contradict one lie with another! Love people, and you need no longer deceive them with a lie; you will feel that they deserve the truth and nothing less than the truth. Love saves a good deal of bother.

Do not be led away by all this present-day talk of equality, either of men and women or of all men. Each has a certain fund of intelligence and a peculiar bundle of instincts and impulses and past impressions. To the extent that you develop them or divert them or diminish their strength, to that extent there is bound to be difference in your equipment and achievement. Use all chances you get to develop your skills and your health and your character. That is your present duty. Make lasting friendships. Do not by any action of yours cause pain to another; nor suffer pain yourself by foolishness or sheer bravado.



In your school, I find there are some girls too; treat them with great respect and do not speak slightly of them. They are your sisters and by honoring them, you bring honour to yourselves and your sisters. Respect for women is a sign of real culture. So, I call upon you to read good books, revere your teachers, and love all. Do not dishonor your elders. Cultivate the spirit of service and learn how to serve the sick and the needy and seize every chance to help others. Or at least, desist from causing sorrow to others.

In your daily affairs, do not create factions or revel in hatred. See the good in others and the faults in yourselves. Revere others as having God installed in them; revere yourself also as the seat of God. Make your heart pure so He can reside therein.

**DISCUSSION QUESTIONS**

- 1.How can we see good in others and revere them as God even when we have disagreements with them?
- 2.How do we develop the understanding and awareness to determine whether the truth we are about to speak is coming from a place of love or the need to be right?
- 3.Swami says, "It is cowardice that makes you hide the truth ...Love people, and you need no longer deceive them with a lie." How to develop this type of love that empowers us to speak the truth and drives away the fear of consequences?
- 4.Swami says, "Respect for women is a sign of real culture." As an SSE Teacher/Coordinator how can we bring this teaching practically to our homes/SSE classrooms/Sai Centers?

- T-** Truth Prevails
- R** – Refrain from hatred and falsehood
- U** – Unique intelligence is bestowed upon us
- T** – Take every action to develop your health, skills and character
- H** – Harbor Love, Respect and Reverence towards all



**LIFE APPLICATION**

- See good (God) in others.
- You need not always oblige, but you can always speak obligingly.



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)

