



SAI SPIRITUAL EDUCATION- USA

SATHYA SAI SPEAKS

A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS

JUNE 2021

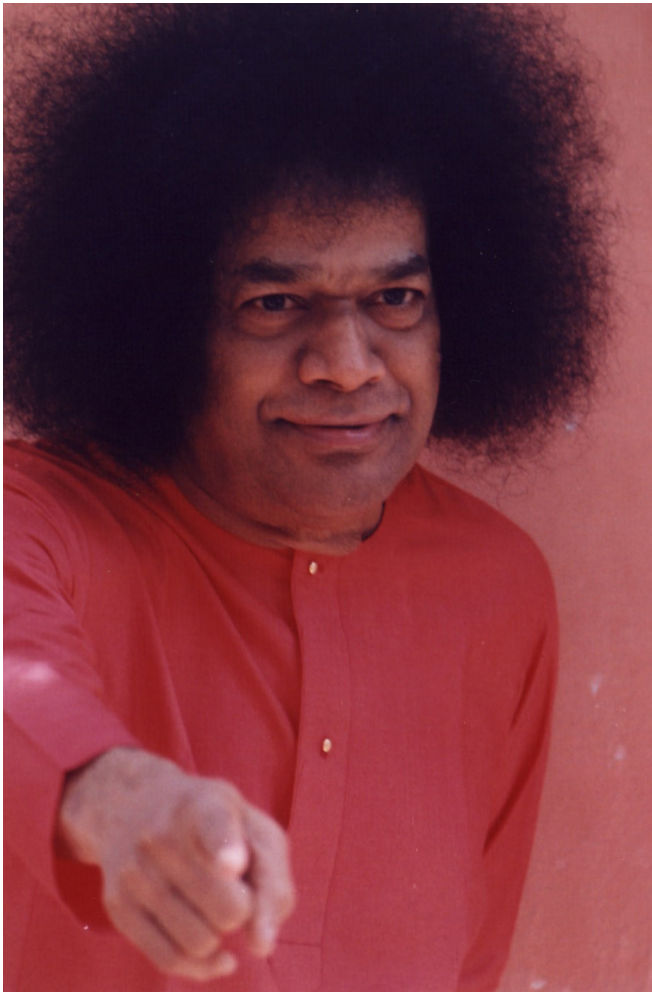
"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."

Sri Sathya Sai Baba on May 18, 1968



ABOUT THE DISCOURSE- #3

On 31st December 1984, Balavikas Gurus were invited to the Mandir for a special session. In an exclusive discourse for teachers who were present and those who would embark on this sacred journey, Swami talked about " Be human; become human." For the next few months, we will read, reflect and assimilate these precious words of wisdom.



"The feeling 'I' has to be retained until it is submerged in the 'We' and finally in 'He' from whom it was projected at His Will.' This is an arduous process, which requires a long journey through compassion, renunciation, rectitude, fortitude and patience. These are the five vital airs which purposeful living needs. All these are subsumed under the word, 'dhama' (control of senses), in the scriptures. The person endowed with 'dhama' is named a 'dhantha,' indicating an adept in Vedantha! These five are the counterparts of Truth, Righteousness, Peace, Love and Non-Violence. Truth implies more than the correct reporting of what was seen. It involves the coordination of thought, word and deed and the recognition of the Eternal Witness of all three.

The Witness is the Self, a sport of the Omniself. X may wear a brown shirt today; he might have worn a black one yesterday. "X in a brown shirt" is a true statement today; "X in a black shirt" was a true statement yesterday. This level of truth is known as 'truth for all practical worldly purposes' (Vyavaharika Sathyam). The coats do change; the body of X does change, from day to day. But the Witness, the Self, is free from change."



**UNITY IS DIVINITY
PURITY IS ENLIGHTENMENT**

“Dharma (right action) is the code of morals that upholds and uplifts man and society. It is the superstructure on Truth. It serves the needs of the time, the society and the goal and is therefore subject to modification. The Dharma of the 'student' is different from that of the 'master of the family' and from the Dharma of the renunciant and the monk. But, through all the stages of life, the Truth, the Unchanging Witness persists. Accept Buddhi (intellect) as the charioteer, then, the practice of Dharma will lead to success. ”

DISCUSSION QUESTIONS

1. As SSE Gurus please share your understanding of the difference between "Truth for all practical worldly purposes" (*Vyavaharika Sathyam*) and "Unchanging Truth"(Eternal truth) and how do you convey this important message to your SSE students?
2. Swami says Dharma differs from person to person. Then, what is the dharma of an SSE Guru and how can we inspire students to practice their Dharma at home/school/community?
3. What are the practical ways of practicing 'I' to 'We' in daily life that finally leads to merge with 'He'?

- P-** Poised for a long arduous journey ahead
- E** - External Witness uniting the thought, word and deed
- A** - Always present, unwavering and True
- C-** Control the senses with the five vital airs
- E-** Engage with Buddhi in the path of Dharma



LIFE APPLICATION

Experience the connection with your inner self through unity in thought, word and deed.



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

