



*"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

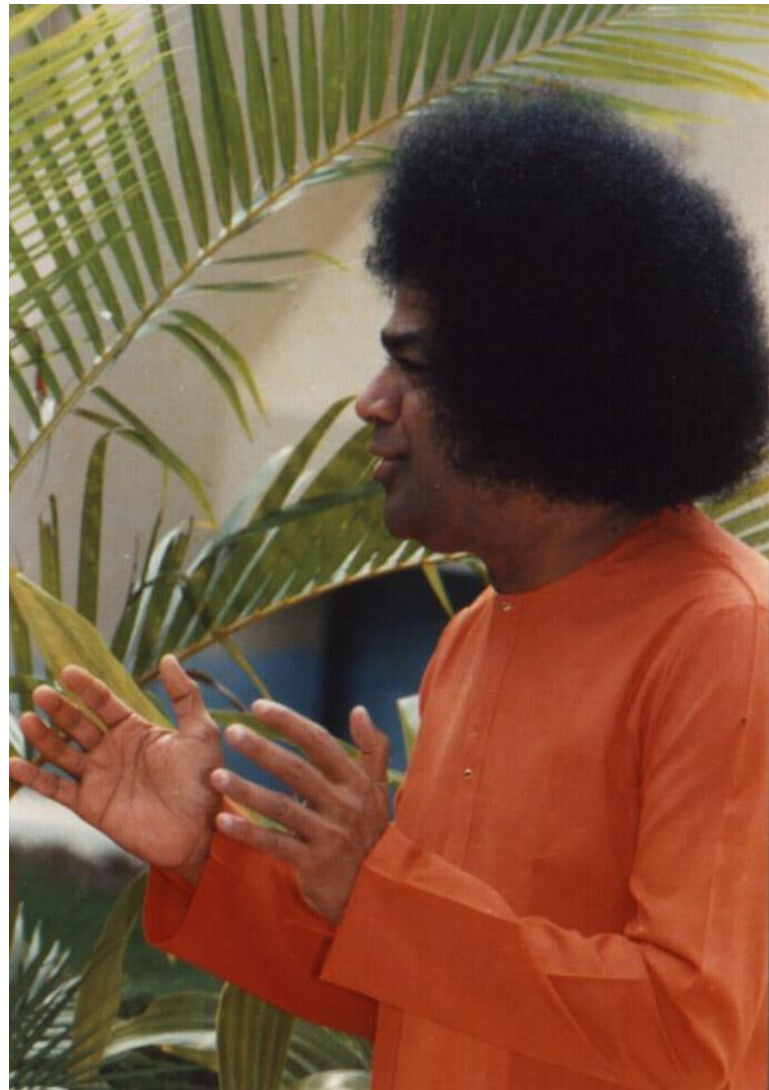


### **ABOUT THE DISCOURSE- #3**

On 31<sup>st</sup> 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.

"Emphasize the importance of physical cleanliness, simple Sathwik (pure) food and group activities involving mutual help. Service is Divine. Be examples of humility so that the children may learn its value and validity. Humility promotes charity and purity. Also, exert yourselves to implant in the children self-reliance by encouraging them to believe in themselves. Let them not develop a desire for imitating the vanity of others. Appreciate good thoughts, sweet speech, and selfless deeds, and denounce bad thoughts, words, and deeds as soon as they emerge.

Any beneficial, venture will have to overcome the obstacles of indifference, ridicule, and opposition. But you must consider this project as a spiritual sadhana, as an exercise in self-realization, as a thapas (penance). Already, 25,000 persons now engaged, in teaching the children in Primary Schools have been trained in methods of cultivating human values. This is indeed a great achievement in the field of service. Do not give room for slackness. Continue the seva (selfless service) with full vigor. A few thousands more of teachers, are coming here in June for fulfilling their desire to become ideal teachers of fundamental values.





"The world today is flooded by conflicting propaganda. Let the message of this educational revolution, insisting on the resurgence of the Divine in man, spread to every street and home. You have My blessings in ample measure. You can receive My guidance and help always in the fulfilment of this task.

Never use foul words against another. Such words should not rise from your tongue, nor should they enter the ear of the others. Remember that there is God inside your heart, as well as in the hearts of all the rest. He hears and sees all things. Do you not say, "My head, my hands, my eye, my mind, my idea." Now, who is this I, that owns the body, the mind, the brain? That "I" is the spark of God that is in you. That spark is in everyone. So, when you use harsh, cruel, angry, foul words against another, the God in you and the God in the other person is hurt. "

## DISCUSSION QUESTIONS

1. What can a teacher do to encourage soft and sweet speech remembering that God resides in every heart?
2. What can the teachers do to constantly remember that SSE is their highest spiritual sadhana by not focusing on fruit of the action? How can teachers be enthusiastic, encouraged and motivated in their SSE preparation to make it their highest spiritual sadhana?
3. How can teachers set an example of humility so that children may learn its value and validity?

**H**-Humility promotes charity and purity

**U** -Utilize this sadhana as your " Thapas " for self-realization

**M**-Mind your words against one another

**I** - Implant self-reliance in children by encouraging them to believe in themselves

**L** - Lead by example by appreciating good thoughts, sweet speech and selfless deeds

**I** - 'I' is the spark of God within

**T** - Treat everyone as a spark of the Divine

**Y**- You are led by Swami's guidance and blessings



**LIFE APPLICATION-** Practice of mindfulness and remember that God is present in all.



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)

