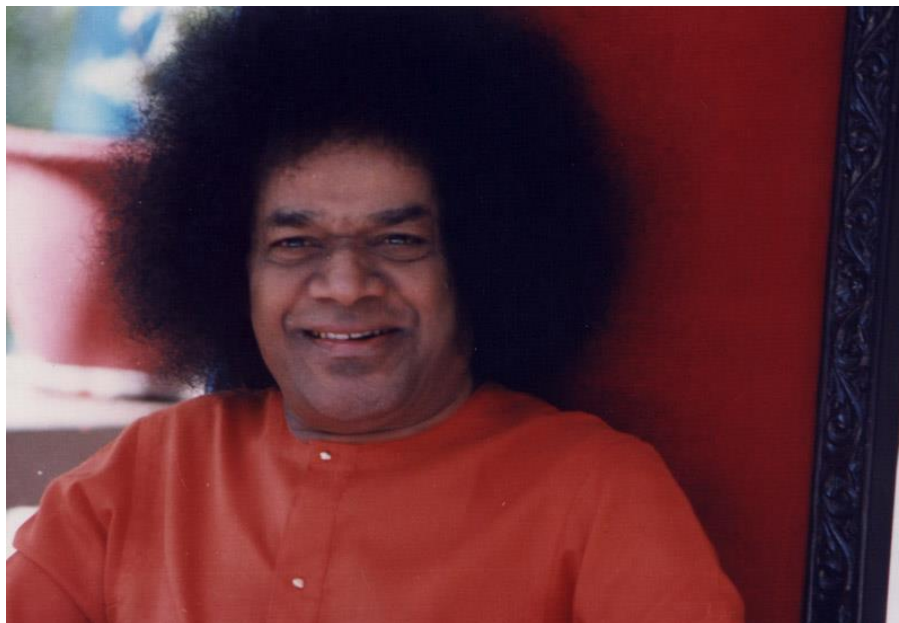




"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."

Sri Sathya Sai Baba on May 18, 1968



ABOUT THE DISCOURSE #4 (part 5) Bhagawan Baba delivered a discourse, March 7th 1986, on the occasion of inaugural function of workshop for teachers and field workers involved in the program of Education in Human Values. Text and audio link- <https://saispeaks.sathyasai.org/discourse/mantra-round-your-wrist>

A: The second letter reminds us of the additional Sadhana of watching Action. Be vigilant that every activity conduces to your moral progress, to the welfare of society--that is to say, follows the moral code, Dharma. Dharma also means innate nature. Fire has to spread warmth and light and also to burn. These are its Dharma. Without them, it is but coal. Sugar without the sweet taste is but paltry powder. A rose without fragrance might as well be a plastic substitute. Man's Dharma is to love and serve fellowmen, practicing truth without causing injury to others. 'A' teaches us to manifest Dharma in every action of ours. Dharma is another great human value.





SAI SPIRITUAL EDUCATION- USA

SATHYA SAI SPEAKS

A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS

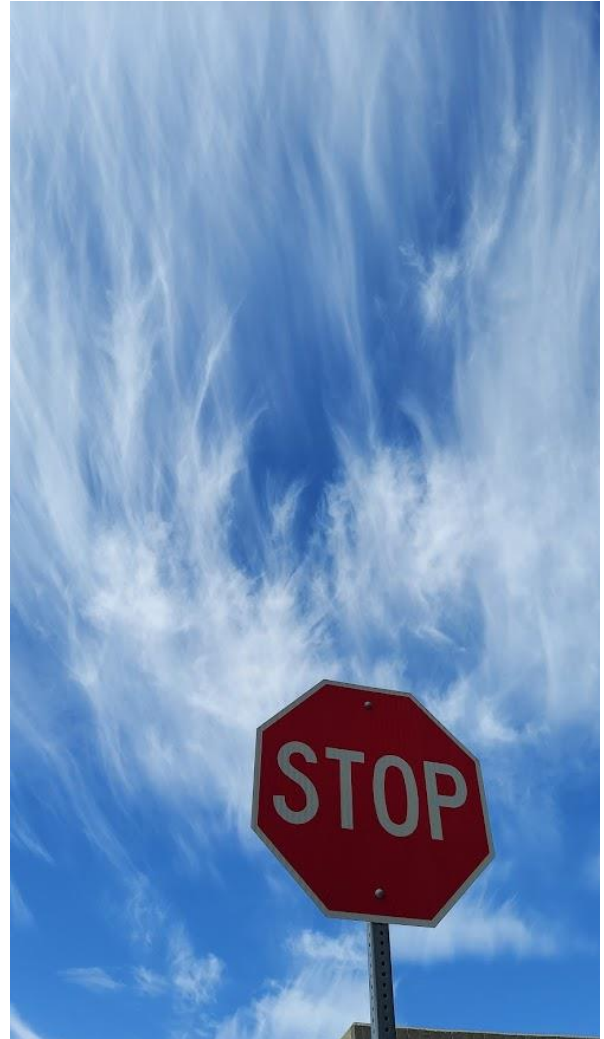
March 2022

QUESTIONS TO CONSIDER

1. Swami says that 'A' teaches us to manifest Dharma in every action of ours. How can we be vigilant and practice this in our daily activities?
2. Share some practical tips to ensure our actions pass the double filter of being beneficial to the welfare of society and help progress our spiritual sadhana?

LIFE APPLICATION (or develop your own LA)

- While applying triple filter to watch our Words (discussed in previous study guide), pause and reflect before we take our action.
- Let us practice aligning our actions to our words by constantly repeating the affirmation "*Cheppinatu chestanu*"- I do what I say, or I practice what I preach.



We would love to hear your study circle experiences or any interesting questions/ insights that you would like to share. Please email us your sharing @ saispiritualeducation@sathyasai.us

