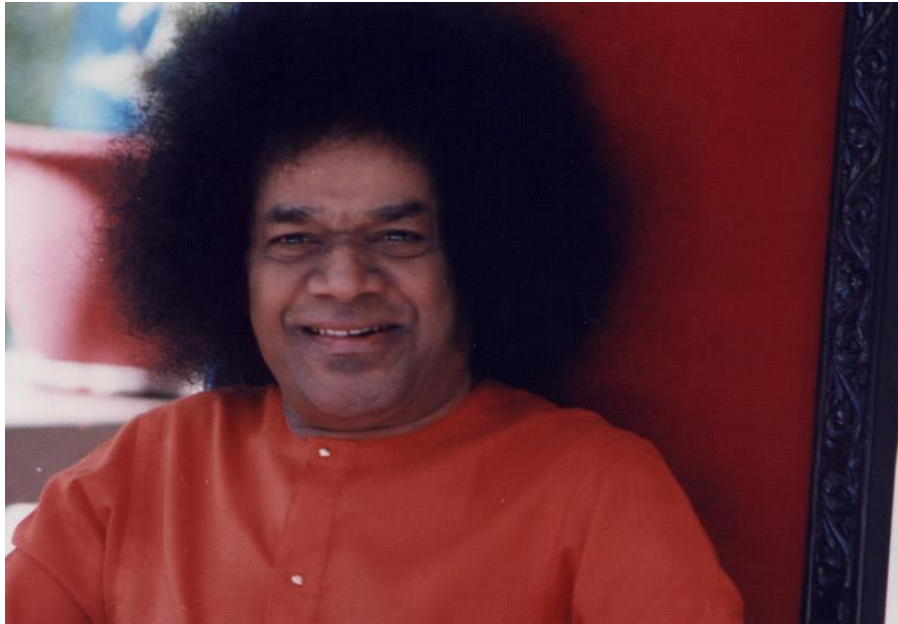




"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."

Sri Sathya Sai Baba on May 18, 1968



ABOUT THE DISCOURSE #4 (part 6): 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>

Thoughts must reinforce innate Peace

T: The third letter 'T' indicates an additional sadhana, a third one watching our Thoughts. While adhering to the earlier two, one trains the mind not to react vehemently or vengefully when one is blamed or extolled. Why should one worry if the blame has no basis? Thoughts must reinforce the innate peace and tranquility which are one's heritage. They should not create anxiety or anger, arrogance, or envy, which are alien to the Divine Core of human beings. Thoughts, when watched and warned, promote Shanthi, another precious human value. Shanthi is the jewel won by the sages. It resides in hearts free from pride and greed.

QUESTIONS TO CONSIDER

- How can we remain unaffected by blame or external situations?
- How can we be vigilant of our thoughts and filter out bad thoughts?
- What are some practical ways by which we can train our mind to sublimate rather than suppress our bad thoughts?





SAI SPIRITUAL EDUCATION- USA
SATHYA SAI SPEAKS
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Diving Deeper

- ❖ Direct guidance from Swami (shared by the devotee with Study Circle Team)

Swami: "What do you want?"

Devotee: "Swami, I have lots of anxiety in my mind. I cannot control them. Please help me."

Swami: "What is anxiety? It is the creation of your mind. Don't create it."

- ❖ Reflections: Swami does not move His magic wand to cure our problems because it's a temporary solution, and we will fall into the same trap again. Instead, He showed the truth that anxiety, which is caused by negative thoughts (fear), is our own creation and with Swami's help we can overcome it by our constant effort (permanent solution). When we treat a negative situation as an opportunity presented to us by Swami for our own growth, we will stop being anxious about it -- Swami is the Director and Actor and we are just puppets.

LIFE APPLICATION (or develop your own LA)

- Practice watching and warning thoughts so that peace will prevail.



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

