



Lights of Love  
2019 SAI  
WOMEN'S CONFERENCE

# SAICAST



## 'GRACE UNDER PRESSURE'

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Got a pressing question that was not answered?  
Send it to:  
[swc2019usa@gmail.com](mailto:swc2019usa@gmail.com)  
and our special guest speaker will answer your questions.

Dear reader,

We are thrilled that you have chosen this document for your reading today. While developing the Sai Women's conference program, several topics were suggested by devotees for consideration either as a workshop or panel discussion or to be addressed by guest speakers. This inspired the development of 'SaiCast' an important pre-conference initiative that is part reading/reflection and part- podcast style conversation.

Our first topic is 'Grace under pressure,' and we have curated four excerpts from discourses given by our dear Lord. We have included scenarios to simulate practice of these teachings in our daily lives. We will also be broadcasting an online session on May 6th hosted by Anna Gurevich and Nandini Kalyanasundaram with a special guest to reflect further on this topic. Stay tuned for the SaiCast log-in details. In the meanwhile, happy reading and may you always experience His Grace!

Love,  
Team SaiCast

## READING: EXCERPTS FROM THE TEACHINGS OF SATHYA SAI BABA



*"One should remain peaceful through all the vicissitudes of life. Only then can one attain divine grace. Great devotees like Thyagaraja, Tukaram and Draupadi underwent many hardships. They bore all sufferings with patience. Thyagaraja said, "One cannot attain happiness without inner peace." Man needs peace at the physical, mental and spiritual levels. Peace is not present in the external world. It is present within. You are the embodiment of peace. In the worldly life, there are bound to be many hardships, but one should not be perturbed. One should bear all sufferings with fortitude and patience. Human life is given not merely to enjoy the worldly pleasures like birds and beasts. Life becomes meaningful only when one experiences the peace that originates from the heart. True penance lies in controlling one's emotions, thoughts, words and deeds arising out of*

*satwic, rajasic and tamasic qualities. One should contemplate on God at all times and achieve harmony of thought, word and deed.*

*The Bhagavad Gita teaches, Sukhadukhe Samekruthwa Labhalabhau Jayajayau, (one should be even-minded in happiness or sorrow, gain or loss, victory or defeat). One should discharge one's duty and serve society without any expectation of reward. Such even-mindedness and desireless state is true penance. Though the Pandavas were subjected to many hardships, Dharmaraja always remained peaceful. When Draupadi was being humiliated by the Kauravas, Bhima became furious and tried to attack Dussasana with his mace. It was Dharmaraja who pacified Bhima saying, those who adhere to dharma will ultimately emerge victorious...Where there is peace, there you find Divine power, grace and fame."*

Discourse-22 August 2000

<https://sathyasai.us/devotion/discourse/flowers-never-fade>

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*"Santhi or peace is a divine attribute. It is the sweet delight of the Atma. It is the prized possession of the Paramahansa or the one who has attained the summit of immaculate discrimination. Peace cannot reign in the malice-ridden hearts of selfish people. It can be attained only by those who, with patience, perseverance and forbearance follow the sacred path of spirituality.*

*Sadhana or steady, systematic, and sustained effort alone can confer peace of mind and inner tranquility. However, the path of sadhana does present obstacles to the seeker who will have to overcome them by his perseverance. Na sukhaat labhyate sukham- pleasure cannot be the source for further pleasure. There is no joy without sorrow, no pleasure without pain, and no gain without loss. Therefore, abiding joy and everlasting bliss, conferred by the absolute peace and tranquility of the mind, can be attained only through sincere and painstaking sadhana.*

*Forbearance, the paragon of virtues, makes a man remain unruffled by the vicissitudes of life. Neither elated by a happy turn of events nor dejected on the occurrence of a tragedy, a man with fortitude is unperturbed by the ups and downs in the endless drama of life (sthithaprajna). Such a person endowed with inner tranquillity and peace of mind is the sthithaprajna portrayed in the Bhagavad Gita."*

Summer Course Brindavan, May 1979

<https://sathyasai.us/devotion/discourse/ananya-bhakthi>

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*"As the following three are in Me, I can declare firmly about them. They are three P's: Purity, Patience and Perseverance. These three are in Me and around Me. Anyone with these three qualities will be unafraid wherever he may be. ... Fill your minds with thoughts of God, dedicate all your actions to God and consider God as the inner motivator... You must have full faith in God, who is the universal sustainer ... Nourish love in your hearts. Love will drive away all bad-thoughts. It will promote the spirit of forgiveness.*

*From those times to the present, those who care for the well-being of all living beings and humanity were subjected to many trials and tribulations. Good people are always pursued by difficulties and troubles. The messiahs, the prophets, saints and God-men have always suffered from troubles and ordeals of various kinds. You should not bother about them. Have faith in God. When you live up to the truths you believe in, you will be indifferent to what others think. Jesus was unaffected by the persecution to which he was subjected on a charge of treason. Moreover, whatever attempts may be made to suppress good people, their goodness cannot be extinguished.*



*It is only when the body is subjected to hardship that the divine, sweet juice of love can flow from it. Without trouble to the body, pains to the mind, and control of the feelings, how can you expect to experience the Divine? The devotees should feel: "Everything is Thine." It is only when there is such a feeling of total surrender that the nature of Divine love can be comprehended."*

23rd November 1993, Prasanthi Nilayam

<https://sathyasai.us/devotion/discourse/purity-patience-perseverance-steps-divinity>

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*Peace is another name for the steadiness of mind. Peace is a sacred virtue; it is the embodiment of the Self. It is an ornament to man; the heart of the selfless one is its abode. Losing this sacred ornament of peace, which is eternal and everlasting, man falls prey to agitation and unrest.*

*Man's excellence lies in radiating Divine illumination. Man's specialty lies in the acquisition of peace, but when can man acquire this peace? People shout slogans saying, "I want peace, I want peace." ... Peace is obtained only when evil feelings are destroyed. First and foremost, there must be individual peace, which in its turn contributes to family peace; family peace, in its turn, contributes to peace of the village. Peace of the village leads to peace of the state: Peace in the state, in its turn, secures national peace. National peace contributes to international peace. This is how individual peace contributes to world peace. Meditate on the Lord at all times and at all places, for the Lord is the Source. Love God, love all.*

26 May 1992, Brindavan

<https://sathyasai.us/devotion/discourse/quest-peace/>

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## Reflection

1] After reading a few times, make a note of the points that stood out for you-inspiring or intriguing or even a doubt or a question. Share it with a family member/friend at Center or work or school. Strive to understand these points on a deeper level. If you want to explore it further, go ahead and submit it for our guest speaker and we will try our best to answer it in the upcoming podcast.

2] Below are examples of situations where you might be under pressure or unsure of what to say or do. Examine what would be your typical response and then try to apply any of the above teachings to see how it would have made a positive difference.

- a) In your Sai center there are few children (including your own children) who can sing very well. At a regional event, there is an opportunity for leading few bhajans. When the list is published, you find that all children except your child were given a chance to lead the bhajan. Your child is very upset and you console her saying that "It is all His will. Don't worry. Do your duty and He will take care." But she feels that as a mother you are not speaking up for her and simply shunning your responsibility.



How will you balance your daughter's expectations and the value of surrender? What steps you will take to show your daughter that surrender is NOT inaction but taking the right action with love and pure intention? How can *love drive away all bad thoughts and promote the spirit of forgiveness*?

- b) At work, you have worked very hard on getting the project delivered on time to the Customer but you see that another team member gets all appreciation emails. You are in a situation where you need to continue to work with that person in your next project too. A) How do you react when someone else gets recognized for your hard work? B) Peace of mind (keeping quiet) vs asking to being recognized-- how will you reconcile the two? In your future interactions with that person, how would you ensure that your *thought, word and deeds are not tainted with anger* or any other bad feeling but remain genuine?
- c) You see that your friend is undergoing a difficult time with multiple health issues. From the bottom of your heart you really want to help her but every time you approach her, she refuses to take any help. Is there any other way to be of help to her just heart to heart? How would you train your mind to accept the situation as *good people are always pursued by difficulties and troubles*? And that we are just actors' perspective?
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### Regular application

1. What are some constructive changes based on the reading and reflection that you will incorporate in daily life? Share it with a buddy and request them to hold you accountable, like a Fit-Bit buddy. Let us work together to strengthen our spiritual muscles.
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