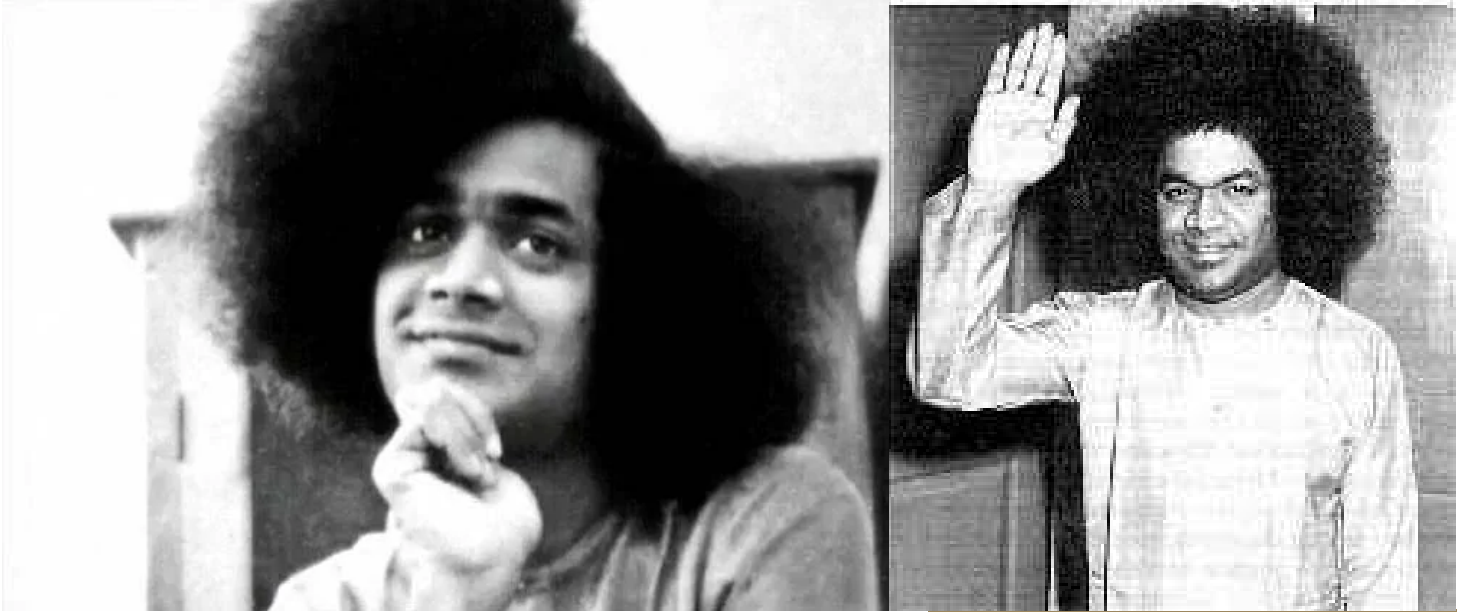


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



PEACE

The world has to be brought back to the rails. Only love and peace can achieve this. Fill your thoughts, speech and actions with love, truth and peace and engage yourselves in service actions. We aspire for peace and comfort all the time, but where can we find it? Is it to be found in the material world around us? Experience shows that the peace or happiness obtained from external objects is not enduring. It is like a mirage, which cannot quench the thirst of the deluded animal that runs towards it. The real source of peace is within every individual and it is this inner peace that can confer real joy. Saint Thyagaraja proclaimed to the world in his songs that there can be no happiness without peace. Such peace can be obtained only through achieving equal mindedness on all occasions, whether one is subjected to pleasure or pain, praise or blame, gain or loss. One should not be affected by criticism arising out of ill will, envy or hatred. Reacting to such criticism in a similar manner will destroy one's peace of mind. We should rectify ourselves if the criticism is justified. We should ignore baseless criticisms motivated by ill will or jealousy. We should be true to our own good nature and maintain our equanimity.

- Divine Discourse, 22 July, 2008

Reflection Questions:

1. How can we ignore criticism by choosing peace?
2. What are the daily activities that we can do to achieve inner peace?
3. How can we find peace within ourselves?

IN THIS ISSUE

PEACE

DEVOTEE SPEAKS

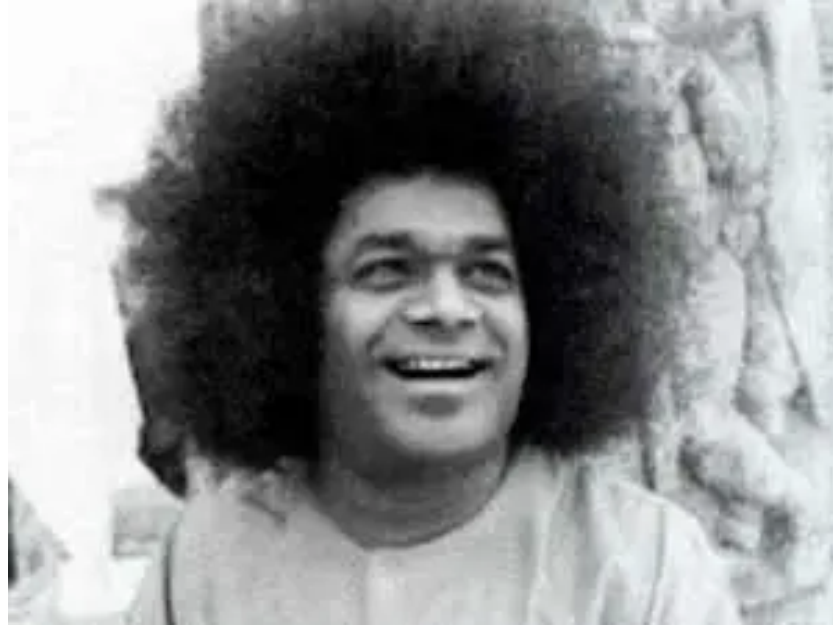
PRESIDENT'S MESSAGE

GAME

BHAJAN

"Where there is faith, there is love; where there is love, there is peace; where there is peace, there is truth; where there is truth, there is God; where there is God, there is bliss."

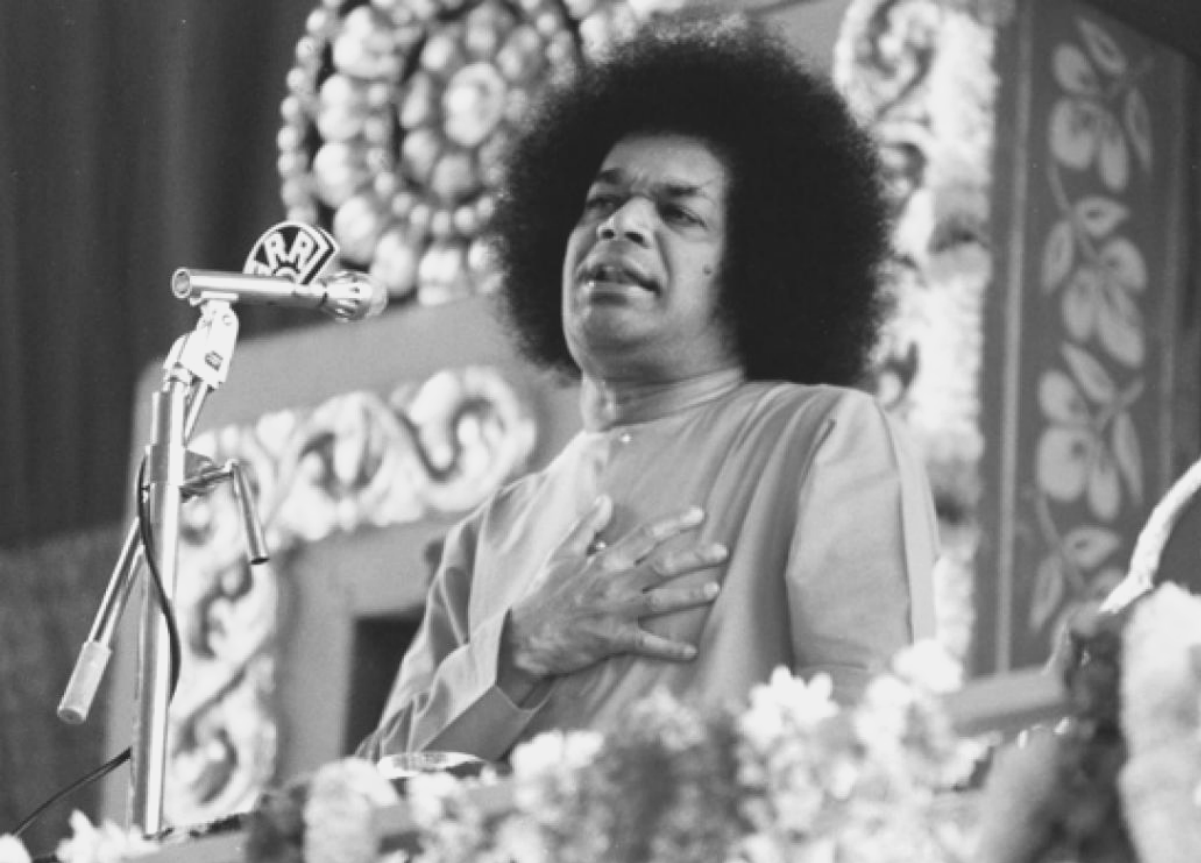
SATHYA SAI BABA



DEVOTEE SPEAKS

Internal peace is an essential part of life and it's intertwined with external peace. With so much going on in our world it is a struggle to maintain internal calmness or "steadiness of the mind" as Swami describes it. Have you ever stopped to think about life without internal peace? Every single thing would stress you out. From losing your phone to getting a cold, everyday things will feel so difficult. So how can we avoid this feeling? How can we get and maintain internal peace? Swami says internal peace can be obtained "By knowing that you are the Atma, which has no birth or death, no joy or grief, no up and no down. Faith in the fact that man is an instrument in His hands for the execution of His plan, is the key to genuine peace". Now, that is something that many have heard over and over but it's more difficult than reading it and putting it into practice. Everyone has different ways of processing things but it depends on who you are as an individual and the experiences you have in your life.

I like to think I'm in control of nothing, big or small. For example, a couple of days ago, I slipped and fell on the ice right outside my house. While I was so mad, I thought about what I read for this article and I said to myself "I was meant to fall for whatever reason". It sounds strange but if I can learn to accept that I'm not in control of smaller struggles, then it makes life a little easier during the big ones. When COVID-19 hit, the external peace of the world was completely disrupted which affected my internal peace. Even though I didn't know the exact words of what Swami had said, I knew of the same ideology and I used that to wrap my head around what was going on in the world. All in all, inner peace is hard to achieve, but if we find what works for ourselves and listen to Swami's teachings, we can all be successful in our journey to achieve the inner peace we desire.



"You are seeking joy in far-off places. But the spring of joy is in your heart. The haven of peace is in yourself."

SATHYA SAI BABA

DEVOTIONAL WING'S MESSAGE

Detachment: The first step in spiritual practice

Question: "Swami, detachment seems so difficult! It is not at all easy to give up one's attachment to one's family, relatives, etc."

Swami Answers: *"Actually, detachment is quite easy. In Swami's view, holding on is more difficult. See here. I am holding on tightly to this handkerchief. Now I let go. The kerchief falls. Which is more difficult? To hold on tightly, or to let go? To hold tight, I must exert pressure with all five fingers. This calls for effort. But to release the hold is so much easier! Hence, attachment is more difficult than detachment!"*

No one can make any affirmations about the nature of the Divine. One's relationship with the Divine is spiritual - Atma to Atma. In this Kali or the evil age, however, many become prey to doubts because of their preoccupation with the physical form. This is because of their being immersed in worldly attitudes derived from their perception of the physical elements. The phenomenal Prakruthi (world) is replete with sensory experiences. The spiritual life is based on Thyaga (detachment). Enduring bliss is experienced only when there is sacrifice or detachment.

Man today is not prepared for sacrifice. On the contrary, his desires are insatiable and he is losing all human qualities. The mind is polluted and truth has become a rarity. At every step, man is indulging in wrongdoing. Noble thoughts have taken flight. Envy and hatred are rampant. Men should learn to follow the dictates of their hearts and act according to the promptings of their conscience. This conscience is related to the universal consciousness.

All festivals have been designed to teach men how to lead a godly life while carrying on worldly activities. It was to teach this truth to mankind that Avatars and saints made their advent on earth from time to time.

Sri Sathya Sai Speaks, Vol 25 (1992)



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GAME

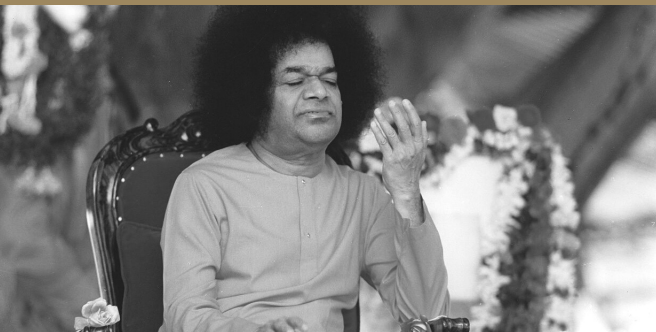
Please find the words from word bank on the word search.

WORD BANK

Calm	Calmness	Comfort
Friendship	Harmony	Heartsease
Kindness	Kindship	Oneness
Peacefulness	Sereneness	Serenity
Soothingness	Unity	

BHAJAN

Audio: <https://sairhythms.sathyasai.org/sites/default/files/pages/songs/audio/temple-my-heart.mp3>



Temple In My Heart, Prayer In My Soul
 A Song On My Lips And I Sing To You (2)
 Baba Sai Baba, Sathya Sai Baba, Baba Sai Baba, I Sing To You
 Sathya Sai Baba, Baba Sai Baba, Sathya Sai Baba, I Call To You
 A Light In My Heart, A Yearning In My Soul
 A Name On My Lips And I Call To You (2)
 Baba Sai Baba-
 Joy In My Heart, Peace In My Soul
 A Smile On My Lips And I Sing To You (2)
 Baba Sai Baba-