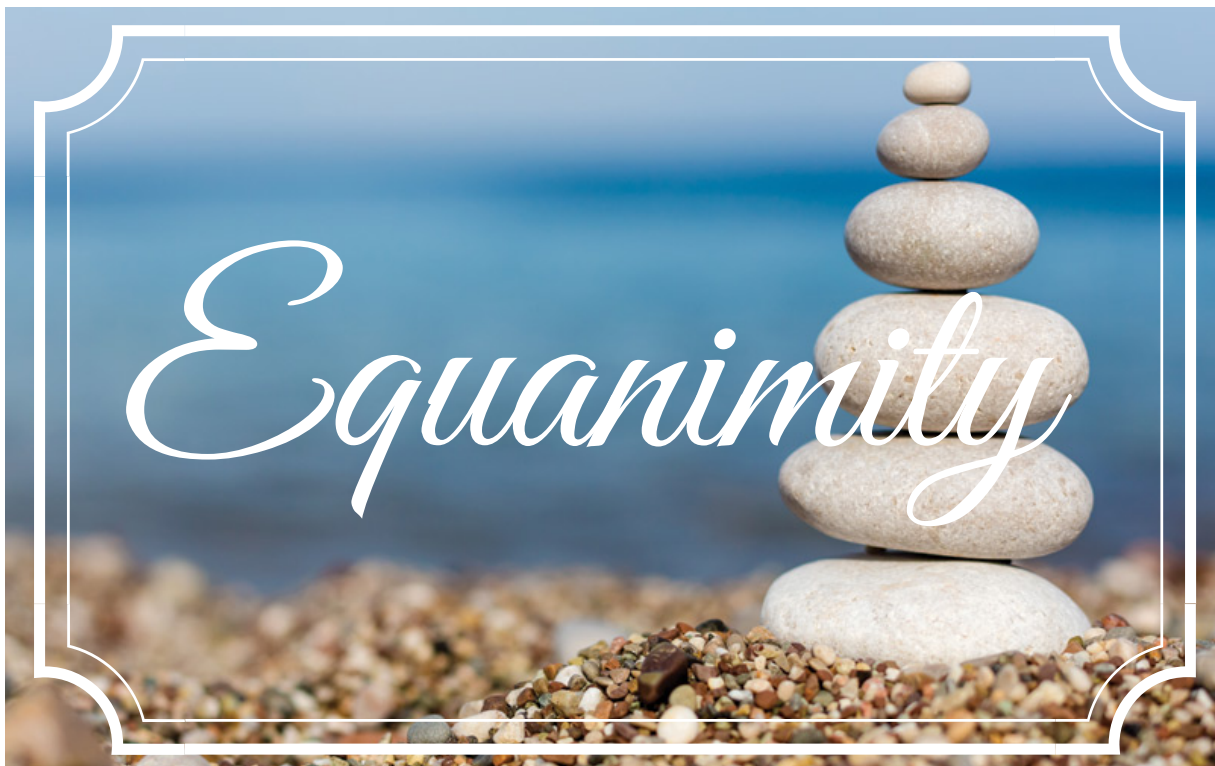


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



WHAT IS EQUANIMITY?

Equanimity is very important in life. The word equanimity means to have mental calmness, composure, and evenness of temper, especially in a difficult situation. Imagine that you got in trouble at work or school, would you get angry and yell, or stay calm? Well, if you would stay calm that would mean you are practicing equanimity. Swami says, "Everyday man experiences happiness and sorrow, welcomes affections and aversions, and invites worries and

misery. How can man be at peace under these conditions? The true man is one who believes in equanimity in both pain and pleasure. In the same way that one welcomes happiness, one should be able to welcome sorrows as well. You should trust the Divine and experience His love in your hearts". We all should strive to be able to accept what comes at us even in the hardest of times, as everything is part of a plan that He has for us. There is no point in

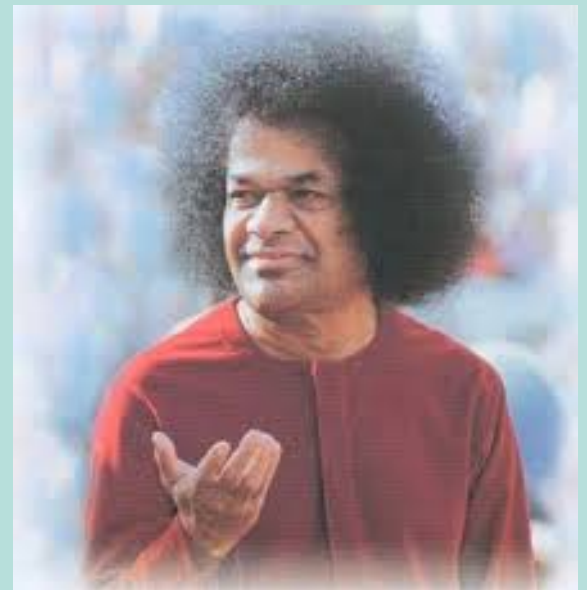
wasting precious time by getting upset. We should all try to have equanimity in life. It will help us enjoy life more. As Swami says, "You can truly enjoy your life as a human being only when you consider both sorrow and happiness, profit and loss with equanimity. There is no value for happiness without sorrow. Therefore, welcome sorrow if you want to experience real happiness".

WHAT DOES SWAMI SAY ABOUT EQUANIMITY?

As Swami says, “the discovery of truth-is a unique mission of man”. The literal meaning of this is significant to society today. Man is a mixture of Maaya (illusion) and Maadhava (God), but through good work, good deeds, Seva, and the Lord’s grace, man can cleanse himself of any impurities and Maaya can slowly leave the body. However, this is quite hard to do in today’s world, with rising competition for jobs, the drive to achieve a good education, and striving for achievement to stand out. Thus it is important to ask ourselves; can dispelling darkness within ourselves be easy? Swami emphasizes to ‘Leave all thoughts of conquest behind and focus on the God alone (Maadhava), from this you are certain to succeed’. Bhagawan shares such a beautiful metaphorical quote, “See clearly the lovely image that is hidden in the rock, release it from that stony prison, remove all the extra stone that is encrusting the idol.” The Lord figuratively explains to us that it is important we reduce our desires and materialistic luggage and start to learn to imbibe the notion that we are “divine”, so we attain spiritual satisfaction and pure happiness. Furthermore, with respect to Vedic scriptures and Swami’s teachings, a critical lesson society should understand is the power of faith and devotion, and its role in making us immune to worldly sufferings. In accordance with the Bhagavad Gita, it is emphasized that “He who is not downcast in sorrow, nor elated in joy, and is free from anger, fear, attachment, such a person is called the wise one, established in equanimity.” Thus, from the Gita’s lines we should remember not to take failure to heart and success to the mind, but rather strive to learn from our mistakes, and become better people along the way.

References:

*https://media.radiosai.org/journals/Vol_03/067UN01/ssspeaks.htm
https://media.radiosai.org/journals/Vol_04/01APR06/equanimity-nonduality.htm*



MESSAGE FROM EDUCATION WING

This pandemic situation has engulfed all mankind with fear, sorrow, anxiety and stress of survival. In fact, we are on a spiritual test of our faith and devotion, and our minds need to be devoted at the lotus feet of Bhagwan Sathya Sai Baba. Faith demands to take every situation as His divine plan and to deal this situation with a balanced mind and not get puzzled with its difficulties. Also, take this situation as the opportunity to serve people who need help emotionally, economically or spiritually. In times of adversity, it is difficult to concentrate on Him or His teachings but reciting “Aum Sri Sai Ram” helps to divert our mind from unnecessary worries to remember Swami.

As Bhagawan says in Sathya Sai Speaks volume 33, “You should face everything in life with a smile of happiness. In this dualistic world, it is natural that gain and pain alternate. You cannot avoid it. Do not despair when adversities confront you nor exult when success blesses you. Any adversity is a stepping-stone to eternal bliss. Only when the Pandavas suffered many hardships during the thirteen years of their exile, they could secure the grace of Krishna and the Lord was always with them everywhere. The Pandavas had correct priorities in their lives. God was first to them, then came the world, and ‘I’ came last. But the Kauravas had their priorities the other way. They placed ‘I’ first, world next and God last. That is why they lost the battle of life...”

Education wing updates:

- During COVID-19, the education wing will continue delivering the SSE program virtually.
- New Gurus are welcome to register for Guru training.
- New members can support the wing in many different ways. Please email your interest via email: sse.cooksville@gmail.com

PRESIDENT'S MESSAGE

Equanimity or equal mindedness is a state of mental or emotional stability especially in difficult situation. It refers to a mind that is at peace even in the face of stressful and unpleasant experiences. Man is unable to attain the self-realization due the threefold impurities of the mind which are mala (impure, evil thoughts & tendencies), vikshepa (projection of the unreal as the real), and avarana (concealment of the real). Mala can be got rid of by means of sacred work while vikshepa can be removed by worship and avarana by wisdom. The Gita teaches us that by good and sacred work we can purify our hearts; that by worship we can attain

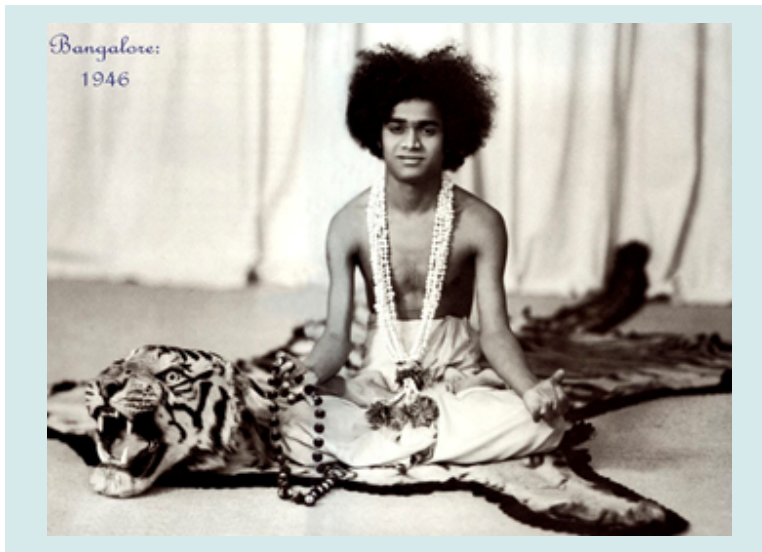
one-pointedness of the mind and that by wisdom we can remove the veil of ignorance, and attain union with God. However according to the Gita, all these three can also be attained by the practice of Yoga. Yoga also means Equanimity (equal mindedness). Having regard to the environment in which the ordinary man is placed and to his duties (both secular and spiritual), equanimity has been found applicable in five different ways. We cognise equanimity in relation to Nature, Society, Knowledge, Action and Worship. The Nature yoga is equanimity in relation to the various natural phenomena. For an example, both heat and cold, success and failure, pleasure and

pain bring happiness to us. Without one, we cannot appreciate the value of other. The Society too subjects man to the dual experiences of joy and sorrow, praise and blame but we should not be disturbed by either. They compliment each other. Knowledge yoga is the third type of equanimity which basically consists in recognizing the identity of the Atma that permeates all beings, irrespective of case, color or creed. Performing of right and sacred actions in a detached manner, without being ruffled by their

consequences either good or bad is the spirit of Karma yoga. And Bhakthi (Worship) yoga consists in the realisation of the truth that God pervades the entire universe and that He is everything, the refuge for all. The flow of love for God should always remain the same and be steady and it can only be possible as a result of the five kinds of equanimity which should be promoted at all times, at all places and in all climes. Man should have faith in the ultimate principle out of which both good and evil arise.

Reference: Summer Showers in Brindavan 1979, Chapter 29

GAME



Use the image as a reference to build the puzzle on the link below! Happy puzzling! :)

Link to the puzzle:
<https://puzzel.org/en/jigsaw/play?p=-MBo6H9FPPa3yyQ0WLNq>

BHAJAN

Datta Guru Datta Guru Dattatreya Guru
 Sainatha Deenanatha Brahmaroopa Guru
 Alak Niranjana Bhavabhaya Bhanjana Dattatreya Guru
 Dattatreya Guru
 Sainatha Guru



Chant the holy name of the noble teacher Dattatreya
 Oh, the noble teacher Sainatha, You are the Lord of the distressed and oppressed; You are the very Embodiment of Brahman, the Supreme Being.
 Oh, the noble teacher Dattatreya, You are beyond perception, and pure; You are the destroyer of the fear of the bondage of birth and death.
 Chant the holy name of the noble teacher Dattatreya.
 Chant the holy name of the Supreme Teacher Lord Sai

meaning

Audio: https://media.radiosai.org/journals/vol_18/01JUL20/Datta-Guru-Datt-Guru-Dattatreya-Guru-Bhajan-Tutor.htm