

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



SELF-CONFIDENCE → SELF-REALIZATION

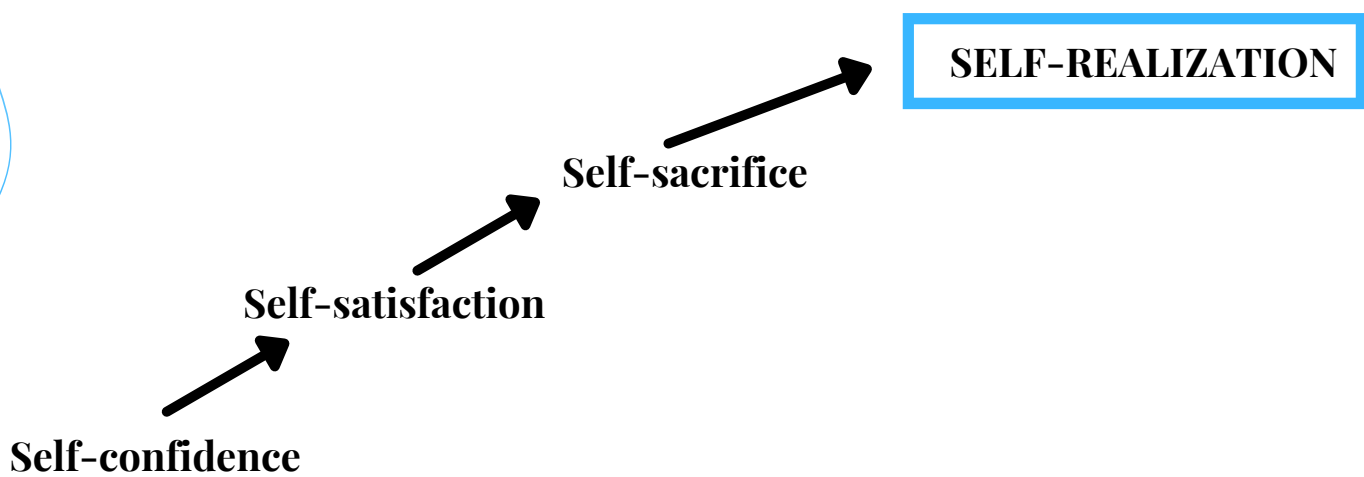
Divine Discourse:

"Self-confidence cannot be purchased or obtained through learning. It is based on deservedness. To attain deservedness, develop divine thoughts. If you have faith in God, He will protect you in the face of all adversities. He is always with you, in you, above you, beside you, around you."

- Divine Discourse: Sathya Sai Baba "Cultivate Divine Love." 25 Dec 2001, Prasanthi Nilayam

Reflection Questions:

1. How is one to attain oneness with God when we are surrounded by materialistic things?
2. Through self-confidence, self-realization, and self-satisfaction, does it complete happiness?
3. How can we experience divine bliss, while carrying out our activities throughout the day?



DEVOTEE SPEAKS

How does self-confidence differ from confidence?

In order for an individual to be self-confident, one must trust and believe in their own abilities by knowing your own strengths and weaknesses without allowing others, or most importantly yourself, to second guess your own abilities. Moreover, self-confidence promotes motivation, resilience, and courage as it allows one to have a sense of control of their life. Bhagawan said “You should consider self-confidence as the most important asset in life. Without self-confidence you can never attain bliss”. Then, who has self-confidence? Anyone can have self-confidence as long as one has a positive perspective of themselves without a negative mindset. Refer to self-confidence as the “atma” self and not the “body” self.

Why do individuals define others as confident? What makes them confident? One is confident when they believe in their own abilities to fulfill life’s challenges by using their past achievements and failures to know their own capabilities. To be specific, “confidence comes not from always being right but from not

fearing to be wrong”. One can only be truly confident when they are self-confident.

How does one become self-confident? In order to attain self-confidence, one must have humility as self-confidence promotes motivation, resilience, and courage, whereas humility helps you see your blind spots, own up to your mistakes, and develop your problem-solving skills. For example, there is a quote that states: “true humility is not thinking less of yourself; it is thinking of yourself less”. Some tips to boost self-confidence and be confident would be to appreciate all of one's qualities and abilities, reflect upon one’s emotions to promote self-motivation and never blame others when problems arise as it shows one’s inability to deal with the situation. Lastly, always have a positive mindset and attitude to yourself and others.



PRESIDENT'S MESSAGE

Aum Sri Sairam Respected Elders, Brothers and Sisters,

We express gratitude to our Guru and Bhagawan Sri Sathya Sai Baba. Swami's grace, your blessings, Cooperation Guru Poornima celebrations on Saturday July 24th was grand with an abundant positive energy for love, devotion, and compassion, that raises our consciousness beyond illusions of material life and free us from karmic/physical bondage and see the abundant light shining within us. It was an opportunity to experience the self-realization following the Nine forms of devotion as Swami gifted it to all the devotees:

1. **Shravanam** – Listening to the glories of the Lord purifies the heart
2. **Kirtanam** – Singing His glories
3. **Smaranam** – Chanting His name and remembering Him in the heart
4. **Pada Sevanam** – Serving His Lotus Feet with both the hands
5. **Archanam** – Worship
6. **Vandanam** – Paying obeisance
7. **Dasyam** – Service
8. **Sakhyam** – Friendship
9. **Atmanivedanam** – Total Surrender

As Swami has said there should be harmony between the feelings in the heart which are expressed in words, and the words which are put into practice by the hand. Human life is sanctified by the harmony of thoughts, words and deeds and this harmony also sanctifies time Swami has taught us Sathya, Dharma, Shanti, Prema, Ahimsa and has blessed our children to learn in SSE classes. Swami's Students have been the role models for discipline and self-confidence. On behalf of all our Guru's we request parents of children and young adults to register SSE classes online for new and existing students for September 2021, at their earliest convenience, preferably before August 31, 2021. Please visit our website to register at www.cooksvillesaicentre.com

Thank you all once again for your love, guidance and blessings.



GAME

Fill in the Blanks.

When you cultivate the greatest faith and confidence in your true self it is _____ .

When you cultivate the greatest satisfaction with your true self it is _____ .

When you enable the sacrifice of the false self-and/or ego it is _____ .

When leading to realization of the self is the _____ .

OPTIONS:

Self-Satisfaction	Self-Realization	Self-Confidence	Self-Sacrifice
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Swami always says to love a perfect example of life through love. Below circle/fill in the blank, the correct pronoun from what Swami says.

“_____ (My/Your) life is (My/Your) message, (My/Your) message is _____ (Love/Unity). Swami later emphasized that, “ _____ (My/Your) life is _____ (My/Your) message.”

BHAJAN

Raghuveera Ranadheera Rama Rama Ram
 Rukumayi Vitthala Shyama Shyama Shyam
 Raghuveera Ranadheera Rama Rama Ram
 Sukumara Sundara Rama Rama Ram
 Shirdeesha Sayeesha Rama Rama Ram

meaning

Chant the name of Ram, hero of the Raghu race, brave, skillful in battle; Lord Vitthala of Rukmini; Hey Ram, You are so beautiful and delicate. You were Shirdi Sai and You are now Sathya Sai, Glory to Ram, Lord of Seetha.

Audio Link: http://prasanthi-mandir-bhajan.net/Raghuveera_Ranadheera_Rama.mp3