

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



LIMIT YOUR DESIRES TO THE MINIMUM

It is not practical to give up all desires totally. But limit your desires to the essential minimum. Do not cherish excessive or endless desires in respect to wealth or other possessions. Promote a sense of contentment. The discontented man loses everything. Only the contented man can experience real joy. The man with endless desires is the poorest man. The man with no desires is the richest man. The rich man can have no sleep. You must no doubt earn enough to meet your reasonable needs. But excessive wealth is undesirable.

Sri Sathya Sai Speaks, Volume 26, Chapter 11: Through Self-Inquiry to Self-Realization. Divine Discourse on March 24, 1993.

Reflection Questions

1. What practice does Swami encourage in order to limit our desires? How often do you practice this?
2. How does having no desires show contentment?

Link: www.sathyasai.org/sites/default/files/pages/books/divine-teachings/vol-2-divine-teachings-contentment.pdf

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“We have to cut short our desires day by day. Happiness begins to dawn when desires are totally eradicated.” - Sathya Sai Speaks Volume 32, Part 1



DEVOTEE SPEAKS

In life we all tend to have a lot of regrets, but it is up to us to learn from those regrets and never let them be repeated. The feeling of regret can feel as if something is eating you from the inside as a constant reminder of what had happened. Throughout my life I can say I have experienced many regrets and felt horrible after. There was this one moment in my life during the pandemic that had me significantly learn from my regret. During the second lockdown, I was frustrated and annoyed at the circumstances as my post-secondary journey was derailed. Not being able to attend school, missing out on extracurriculars, and being stuck online was dreadful. On top of all that, being in a lockdown did not make me feel any better and I started to despise everything about online schooling. Little did I know at that time the perks of it.

I realized how much time and money I had saved during the past two years as I would spend a total of four hours on my commute in a day but with the pandemic I got to use that four hours effectively by either studying or getting other work done. Looking back at it, I regret not taking advantage of online school because the small little things such as paying for the GO bus or waking up early, I never realized how time consuming and valuable each hour of the day was. Throughout this experience I learnt that everything happens for a reason, whether we like it or not. We tend to hate little moments in life when it doesn't go the way we expect it to, but once we understand the significance of the event, we regret the way we approached it. Every moment in life is a lesson to be learnt but it is up to us to keep a positive mindset and be patient with the outcome.

Swami says; “Yesterday has deceived you and gone, tomorrow is a doubtful visitor. Today is a fast friend, hold fast to it”.



MESSAGE FROM YOUNG ADULT WING

Swami says that “There is no happiness greater than contentment”. During these formative years of young adulthood, we face new experiences, new people, and new challenges. It can be tempting during these times to be driven by greed. However, as Swami says, “Greed yields only sorrow”. So what fills someone with contentment? The answer is Seva. That is recognizing divinity through service and helping others. Selfless service to society is an opportunity given by Swami so we can involve ourselves in a life of contentment.

Wing Update:

The young adult wing is currently preparing for Swami’s birthday play. If you are interested in helping out, please feel free to contact us. We are continuing YA bhajans at the beginning of each month. If you are interested in singing, please reach out to us. We are having monthly book club meetings as well. We have also successfully completed part two of the virtual Life Workshop in April of this year. We collected 71 toiletry items for the youth Covenant house in Toronto. Thank you for all your support.

Often, we are misled into believing that happiness lies in the fulfillment of our desires. In fact, the very nature of desires is that one leads to another! If there is no limit to desires, they keep multiplying and there is no sense of satisfaction however much one possesses.

SATHYA SAI BABA

Sai Dharmam Game



O	N	E	O	N	C	S	S	W	A	M	I	P	O
D	R	I	G	H	T	C	O	N	D	U	C	T	P
A	I	I	O	L	L	G	N	L	S	M	D	S	E
T	W	T	R	S	H	S	L	S	E	I	A	I	A
M	I	N	D	N	G	T	E	S	C	N	D	I	C
S	G	E	I	O	D	N	P	A	A	D	C	S	E
S	S	M	V	I	P	E	I	S	R	E	A	S	H
E	A	T	I	S	E	E	S	S	G	E	A	L	B
N	R	N	N	S	D	B	D	I	S	R	E	P	S
I	O	E	I	A	T	T	L	B	R	E	H	I	P
P	M	T	T	P	U	E	E	I	O	E	L	G	H
P	S	N	Y	M	V	C	N	S	S	W	S	B	E
A	W	O	D	O	P	V	Y	U	N	S	S	D	C
H	I	C	L	C	M	A	I	M	S	H	I	P	U

GAME

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

Word Bank:

HAPPINESS

BLESSINGS

DESIRES

BLISS

DIVINITY

MIND

GRACE

PEACE

CONTENTMENT

LOVE

SWAMI

RIGHT CONDUCT

COMPASSION

BHAJAN

Vinathi Suno Vinathi Suno

Vinathi Suno Vinathi Suno

Ma Vinathi Suno

Sankat Harani Santoshi Ma

Sadhu Jana Priya Sai Ma

Sada Aanandha Dayini Ma

Sada Shiva Priya Sai Ma

Sathya Sai Ma

Meaning

Listen to my prayer. Listen, please listen, again and again to my prayer, O Mother! Grantor of contentment and fulfillment and destroyer of danger. O Blissful Mother Sai! Thou love good and virtuous persons. Worship enchanting Mother Sai.

Bhajan Audio: <https://youtu.be/7DMvOcok3Q4>