

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



GRATITUDE

2020 has been a year of surprises, new routines, and people struggling to turn on their Zoom call microphones. However, as the year comes to a close let us reflect on what we have been able to learn, how we have grown, and what goals we would like to set for ourselves in the upcoming year. Most of us have spent the majority of this year in quarantine. We have been forced to slow down our fast-paced lifestyles and rediscover who we are. We have been given the opportunity to spend time with our families and loved ones, and were presented with time and experiences we never would have gotten under normal conditions. For many of us, our priorities have changed. Our focus is on survival, health, and happiness; something Swami has blessed each of us with. Swami says “Gratitude to God is prayer. We have to offer gratitude for all that He has blessed us with. When your kerchief falls down and somebody picks it up and gives it to you, you say

‘Thanks’, it is not his kerchief that he has given, it is your kerchief; even then why do you offer thanks? That is gratitude. Similarly, God created the five elements and because of these five elements man can live in the world. What are we offering to the five elements? We are not giving anything to them. Nobody gives anything to them”. Waking up every morning, and saying “Thank you Swami” is a simple practice, but one that has various positive impacts on your individual perception of each and every day. Being able to appreciate the little things in one’s life is incredibly important, as it allows us to navigate through each day with a positive mindset, and the intention to spread love to everyone. Now going into 2021 its up to us to think of what we are grateful for, what we value the most in our lives, and consciously make sure we are appreciating all that we have in our lives.

References: Pathways to God, Discourse 2, My Dear Students Volume 3; Divine Discourse on March 19, 1998 at Trayee Brindavan

DEVOTEE SPEAKS

Although resolution-making could be a great way to plan the new year, such commitments should not be seen as an obligation, but rather a moment of reflection on our personal strengths and weaknesses. In this modern society, popular resolutions include reducing caffeine consumption, losing weight, and eating vegan, yet many are left in a moral quandary wondering whether their life is heading in the right direction. A spiritual solution can be the best way to resolve such a mental conflict. Our dear Lord Bhagawan explains the importance of the new year, being primarily to transform ourselves and to develop true humanness. Engage in good spiritual practices, such as writing Likitha Japam, reciting the Lord's name, participating in bhajans and maintaining a pure and unsullied heart. Bhagawan is not only happy when we expand our love to Him, but when we cultivate humility, reverence for elders and love for all. The Atmic feeling is the only cure for internal ailments. However, how do we achieve this?



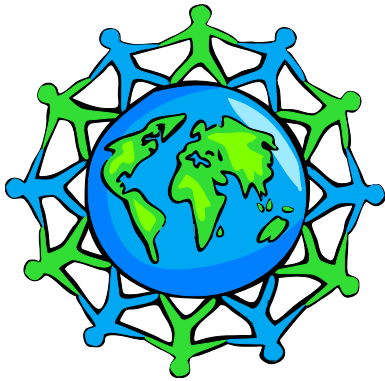
According to Swami, it is important we always be happy, for our innate nature is Bliss. We need not go in search of happiness, as happiness is reached when we are in union with God. Thus, always engage in the Lord's company, as this will relieve any uncertainties, ego, envy, greed and hatred we may possess. Furthermore, do not delve too much into the future. Many people often get distressed about change, be it the economy, social or political. It is vital we realize that, although multiple things around our environment can change, our heart does not. You must get rid of any evil tendencies in your thoughts, words and deeds. Instead, it is important that we all celebrate the new year with noble and divine feelings and why not do this by starting off the year with chanting the Gayatri Mantra, Hanuman Chalisa or Vishnu Sahasranamam. To conclude, let us all leave our worries behind, chant the Lord's name and maintain a pure heart for 2021 to enter into.



MESSAGE FROM YOUTH WING

When we look back at 2020, many of us might see a difficult year that brought changes to how we and our loved ones were used to leading our lives. Some of us realized how we had taken so much for granted. Let us be mindful of all the gifts that Bhagawan has blessed us with and give thanks to the Sai spirit in everyone that served humanity around the world in their own ways. Let us vow to show our gratitude in love and loving service as we begin a new year.

“A wave of service, if it sweeps over the land catching everyone in its enthusiasm, will be able to wipe off the mounds of hatred, malice and greed that infest the world.” – Bhagawan Shri Sathya Sai Baba



January Updates from the YA Wing

Sai 96 Likithajapam:

- Sheets will be sent out via Email to all Young Adults
- Goal is 24 Sheets per Young Adult
- 24 pages x 4 boxes (108 names in each box) = 96 = #Sai96

YA Bhajan:

- Date: Thursday, January 7th, 2021
- Time: 7:30pm – 9:00pm

Youth Study Circle:

- Conducted by: Bro. Prasaanthan Gopee – Ramanan
- Date: Sunday, January 10th, 2021
- Time: 10:00am – 11:00am
- Followed by a 30 min Bhajan Session

Sai Book Club:

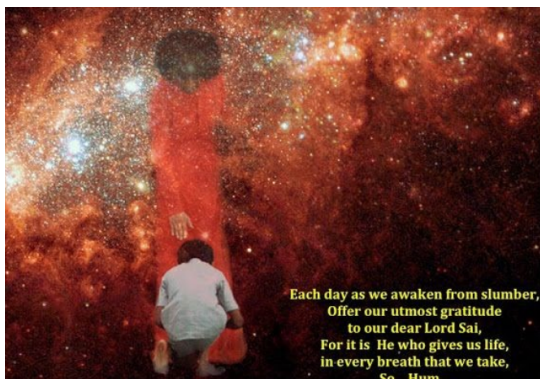
- Start Date: January 1st, 2021
- Discussion Date: Sunday, January 17th, 2021
- Time: 4:00pm – 5:00pm

GAME

Refer to the image below to build your puzzle.

Click on the link to play the game!

https://puzzel.org/en/jigsaw/play?p=-MP7S-46-ayo.NYyoRo_f



BHAJAN

Sharade Jaya Sharade Vagvilasini Sharade
Sharade Jaya Sharade Vidya Dayini Sharade
Sharade Jaya Sharade Veda Mata Sharade
Veda Mata Sharade

Radio Sai Bhajan Tutor:

https://media.radiosai.org/journals/vol_18/o1OCT20/Sharade-Jaya-Sharade-Bhajan-tutor.htm