

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



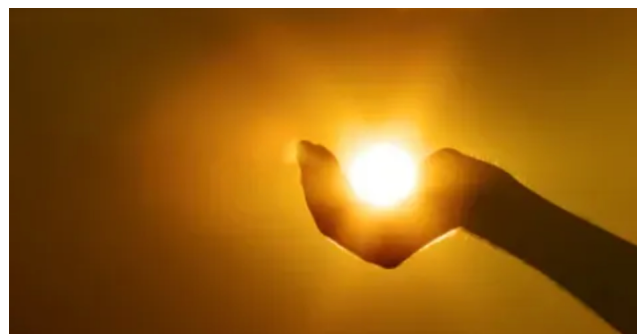
TRANSFORMING WORK INTO WORSHIP

In essence, there is no difference between work and worship. But, unfortunately in these degenerate days, even worship is turned into some form of undesirable activity. Today devotion is used for deriving sensory enjoyment. It is used more as a source of fleeting pleasure than experiencing a fountain of enduring bliss. God will not approve of such part-time devotion. The Divine is omnipresent and is watching every one of your actions, wherever you may be. People in their ignorance imagine that God takes no notice of them. Divinity cannot be understood as long as this ignorance prevails.

• Divine Discourse, December 18, 1994

Reflection Questions

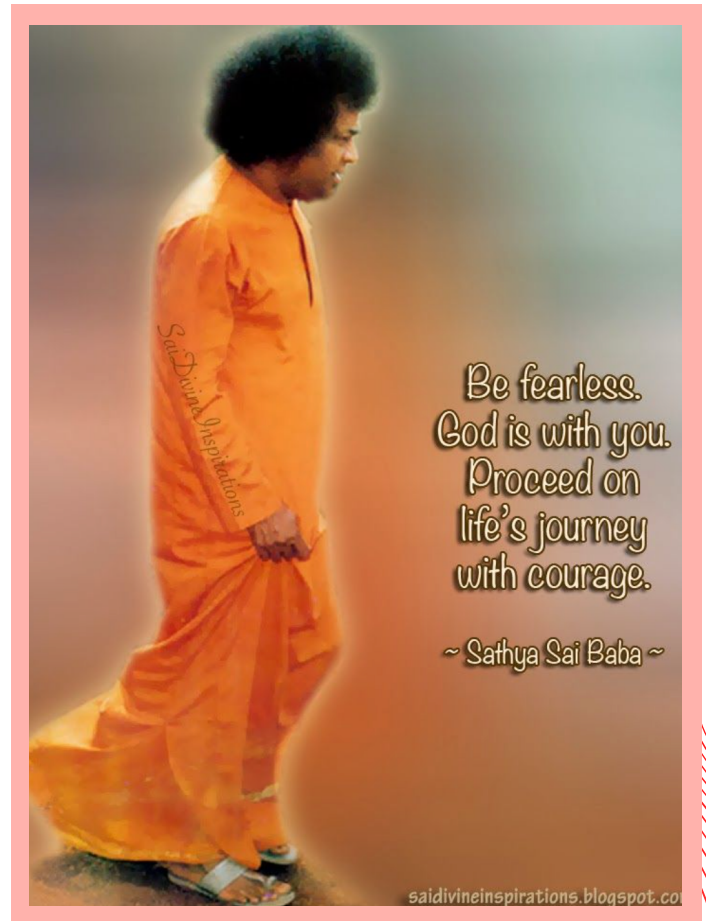
1. What does it mean for one to follow the moral principle of work for worship?
2. How can Karma Yoga, the Path of Righteous Action be incorporated into our daily lives?
3. How can we experience enduring bliss, while carrying out our regular work duties?
4. How can “true surrender” be related to work?



DEVOTEE SPEAKS

One of the most important lessons I took away from my time in SSE was ‘dedicating everything to Swami’. No matter the task at hand, making sure that it is done with the purest intention in mind, and dedicating it to Swami ensures being able to think about him in the back of our mind regardless of what we are doing. This does not have to be doing a big puja before every test or taking a half an hour out of your day for prayers. It can be as simple as mentally saying ‘this is for you Swami, I leave everything I do in your hands and know that you will give me what I need’.

When I was first taught this, I questioned my SSE Gurus. How was that even possible? How could I dedicate every one of my actions to Swami? Instead of simply answering me, I was told to try it for a week starting from when I left class, in my head to simply to dedicate it to Swami. While I started doing it that day, about mid-way through the week I forgot to continue. That Saturday when I went back to class, I was asked if I had done what they advised. When I told them I had not been able to, I was not punished or reprimanded. Instead I was told that the days that I had dedicated my actions to Swami are a good start to my path in treating all my work as worship. All throughout my time in SSE, an incredibly prevalent trait I found in all my Guru’s was encouragement; always telling me what I was doing well, and what I should be doing differently. This encouragement always enabled me to do better and try to incorporate the teachings I learnt in SSE.



BHAJAN

Prathah Smaranam Sri Guru Charanam
Sayeesha Charanam Sri Guru Charanam
[Prathah Smaranam ...]
Brahmananda Pradayaka Charanam
Sharanam Sharanam Sayeesha Charanam

Meaning: Meditate on the Lotus Feet of the Guru (Lord Sai) in the early hours of dawn. Meditate on the holy feet of the Sadguru Sayeesha, the dispeller of ignorance. Surrender to the Lotus Feet of Lord Sai, who confers infinite happiness and heavenly bliss. We take refuge at your Lotus Feet, Oh Sainatha.

SAI'S WORK IN ACTION

On behalf of the Cooksville Sai Centre, we were honoured to have our guest speaker, Uncle Aravind, to share his love and journey with Swami during our 2021 Easwaramma Day celebration. He was a postgraduate student at Sathya Sai School who had successfully completed a chemistry degree. Uncle Aravind had set forth a great understanding between the two forms of devotion towards Swami. One is Shravanam (singing his glory), and the other is Keerthanam (Listening to his glory). Uncle Aravind had explained how both are interchangeably interdependent of one another. He explicitly explains the devotion towards reaching God and the amount of time to be able to reach God. In life, we tend to seek many things to feel happiness and joy, whether it is a high grade in a course, a gulab jamun or an amazing breakfast. However, all these things are simply temporary happiness. Uncle Aravind explains how to contemplate on our mind and soul towards God and reaching life without being attached to materialistic things. He gives an exquisite example in how athletes who achieve a

100m in just 10 seconds takes them considerably a lifetime to be trained and prepared to perform well. Just like an athlete, life is also about being prepared and practicing Swami's teachings on a regular basis to reach God. Uncle Aravind had talked about the acts of selfless service that Mother Eashwaramba had done. She herself calls and devotes her soul to Swami as a devotee. Even the times when she was in pain and wasn't feeling well, she takes the time to visit her neighbors to know if they are well. She asked Swami to provide people with a water supply. However, Swami had made an entire water project for the village to be available for the people. One day, Mother Eashwaramba and Swami were invited by the governor to see the city. However, Mother Eashwaramba didn't like the posh welcoming in a Rolls Royce car and wanted to be simply greeted along with her sister and brother devotees. In all, Mother Eashwaramba was a simple, kind, compassionate mother to all and wanted to serve everyone with pure love and happiness. As she says, 'Devotee bliss is my food'.

GAME

Welcome to Pictionary! Using the list of names below, each participant will take a turn to draw the name out without talking as the rest of the players try to guess the word. You cannot use words or letters in your drawing. Each round will be 1 minute long. Enjoy!

List of names to draw and guess:

- Guru/teacher
- Leader
- Student
- Parent
- Grateful
- Sathya Sai
- Full moon
- Education

