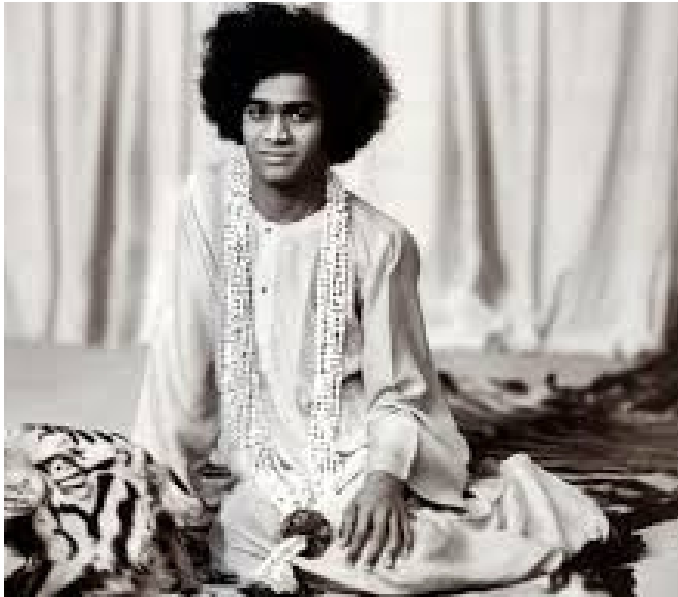


# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## THE SILENT MAN HAS NO ENEMIES

Loud talk, long talk, wild talk, talk full of anger and hate—all these affect the health of man. They breed anger and hate in others; they wound, they excite, they enrage, they estrange. Why is silence said to be golden? The silent man has no enemies, though he may not have friends. He has the leisure and the chance to dive within himself and examine his own faults and failings. He has no more inclination to seek them in others. If your foot slips, you suffer a fracture; if your tongue slips, you fracture someone’s faith or joy. That fracture can never be set right; that wound will fester forever. Therefore use the tongue with great care. The softer you talk, the less you talk, the more sweetly you talk, the better for you and the world.

- Divine Discourse, 22 July, 2008

### Reflection Questions:

1. In the moments of frustration and anger, how do you express your feelings? Do you take a minute to yourself and think about those emotions or are you negatively expressing them through a harsh and loud tone?
2. Reflect upon a time where you were not silent. Did the situation worsen? Did you create an enemy of yourself and to others?

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SILENCE

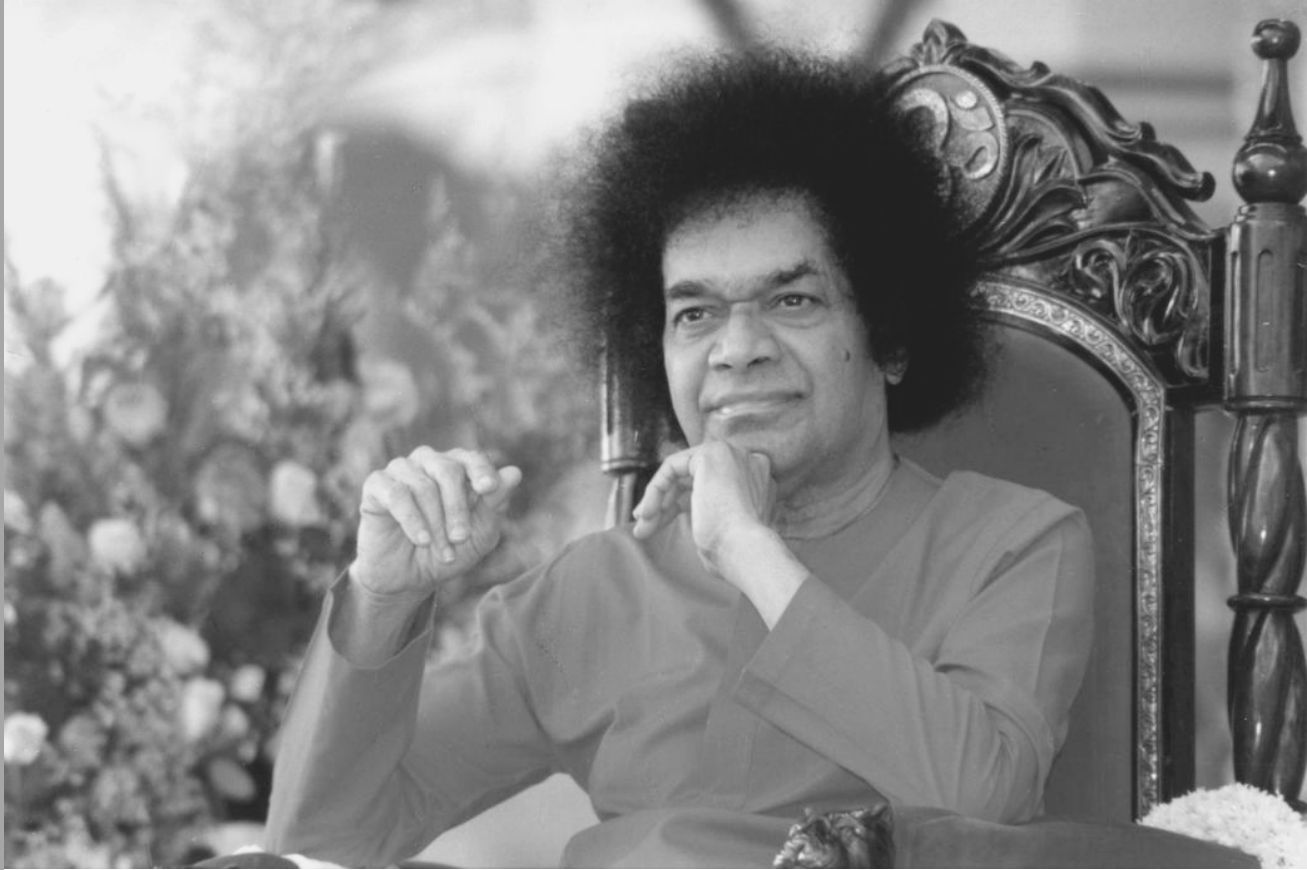
SERVICE WING UPDATE

GAME

BHAJAN + MEANING

*"Where there is faith, there is love; where there is love, there is peace; where there is peace, there is truth; where there is truth, there is God; where there is God, there is bliss."*

SATHYA SAI BABA



## **DEVOTEE SPEAKS**

Sometimes, in our life when we meet new people, we come to many conclusions about them which might not necessarily be true. It hurts their feelings and makes us guilty. This is exactly what you will learn about in this reflection today and some ways in which you can overcome this situation. When reflecting, I can think of several instances that have occurred at my school. For example, when a disagreement happened with my classmates on small issues, I said many things that I later regretted and apologized for. Or even when I see people harming others, I mentally come to conclusions about those people, but in reality the situation may be very different. From this, we learn that we should always watch our words and actions, as words speak louder than actions and no matter the situation, we should always be peaceful and calm.

*"Where there is faith, there is love; where there is love, there is peace; where there is peace, there is truth; where there is truth, there is God; where there is God, there is bliss."*

SATHYA SAI BABA



## **SILENCE & SERVICE WING UPDATES**

### **Silence:**

The Voice of God Can Be Heard Only in the Depths of Silence. It is only in the depths of silence that the voice of God can be heard. Speak as low as possible, as little as possible, as sweetly as possible. One of the first principles of straight living is to practice silence. For the voice of God can be heard in the region of your heart only when the tongue is stilled and the storm is stilled and the waves are calm. There will be no temptation for others to shout when you talk to them in whispers. Set the level of the tone yourself—as low as possible, as high as necessary to reach the outermost boundary of the circle you are addressing. You feel the presence of God when silence reigns.

Why is silence said to be golden? The silent man has no enemies, though he may not have friends. He has the leisure and the chance to dive within himself and examine his own faults and failings. He has no more inclination to seek them in others. If your foot slips, you suffer a fracture; if your tongue slips, you fracture someone's faith or joy. That fracture can never be set right; that wound will fester forever. Therefore use the tongue with great care. The softer you talk, the less you talk, the more sweetly you talk, the better for you and the world.

### **Service Wing Updates:**

The Service Wing plays a vital role in the centre, like baba is omnipresent, the service wing is also omnipresent in all the activities & functions organized.

Service wing is blessed to have some many dedicated sewa brothers and sisters, and we ensure all the commitments are duly fulfilled and respected.

Activities taken by service wings are Narayan Sewa for the Good Shepherd home in Toronto, Food drive collection, maintenance/upgrade at the centre & facilitating daily light lamping at the centre.



Column A	Column B
Loud	Content
Soft	Unrest
Peace	Quiet
Calm	Noise
Anger	Hard

## GAME

Match the opposite words from column A to column B

Answers

Loud - Quiet  
Soft - Hard  
Peace - Noise  
Calm - Unrest  
Anger - Content

## BHAJAN

Soham Soham Dhyam Karo  
Sadguru Sai Dhyam Karo  
Soham Brahma Soham Vishnu  
Soham Sai Dhyam Karo Soham Atma Shiva  
Paramatma  
Brahmanand Se Hriday Bharo

### *Meaning*

Meditate on the breathe 'So-ham' which is 'I am that'  
Meditate on Lord Sai who is our True Teacher  
Meditate on 'So-ham' which is none other than Brahma, Vishnu, and Sai  
'So-ham is self (Atma) and the Supreme Self (Lord Shiva) as well  
Thus fill the heart with Divine bliss!

<https://youtu.be/MsXGCO3BWBM>