

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



UNITY IS PURITY

Swami says that “Where there is unity, there is purity. When unity and purity are present, you are bound to experience Divinity. Love is the basis for unity. (Divine Discourse, Jan 14, 2006)”. In our world, there are a lot of differences. There are different people with different backgrounds, different beliefs, and different lives. However, at their core, everyone is still a human being. No matter what religion, race, caste, or culture, we are all people who want to love and be loved.

When there is no unity among us, hatred arises, and this creates a divide among people. “Everyone” turns into “us vs. them”. Swami says that our foremost duty is to share His love with others. Only then will we experience true unity. When there is unity, there is purity of thought, word, and deed. You must have all three: purity of heart, purity in speech and purity in action. This triple purity is described in Vedantic parlance as Tripurasundari. You cannot be pure in action but not be pure in

speech. You cannot be pure in thought if you are impure in action. Being pure in all three is what leads us to enlightenment. Swami says that all spiritual exercises, such as selfless service, devotional activities, and education, are undertaken to purify the mind. Therefore, it is not possible to experience divinity unless we are pure, as purity is essential for experiencing divinity and everlasting bliss. *Reference: http://media.radiosai.org/sai_inspires/2018/SI_20181103.htm*

10 TYPES OF PURITY

Swami teaches the importance of leading a life of purity. However, in this mundane world, is that possible? Although us humans are not perfect, it is still important to practice what we can. Swami says in order to develop one's moral and mental strength, they should practice sadhana (spiritual exercises) to discipline the mind. To attain this, one shall go through the ten kinds of purity (Sattva).

- **Purity of Living Space:** This is a place where one resides and has materials and objects that brings positivity in the room and creates positive thoughts.
 - **Purity in Relationship:** Family is one of the most important relationships in our lives. Swami says there must be a mutual understanding in family and cooperation is key in obtaining a sense of harmony. A harmonious atmosphere will give you true peace of mind.
 - **Purity of Food:** It is important that humans consume sathvic food. Try to avoid foods that are excessively sour, bitter and hot. We should also avoid rajhasic food like meat or seafood.
 - **Purity of Water:** Drinking pure water is essential. Alcoholic spirits should be avoided, as this causes addiction and causes damage to our health.
 - **Purity of Thoughts:** Maintaining pure thoughts and feelings are important to experience divinity. Swami emphasizes that students must develop these skills as they enter many new opportunities in the future since they may be faced with more obstacles. By following your heart through good thoughts and feelings, we become pure.
 - **Purity of Vision:** All srishti (creation) is based upon drishti (sight). Having good visions upon elderly men and women will avoid us to have wrong visions or wrong thoughts. When you see every elderly woman as your mother, and all men who are younger as your brother, we are then filled with pure thoughts and feelings.
 - **Purity in Self-Study:** When one reads or writes impure contexts, it then confuses and deliberately causes negative thoughts. Science textbooks are those that won't affect character, however literary books are those we should take into account when reading. Some may be improper, and when they are, we shall treat them as mere textbooks and avoid attaching values to them.
-
- **Purity in Service:** When we serve people, it should give them real happiness. Any person we serve should be regarded as an embodiment of the Divine.
 - **Purity in Sadhana:** This is known as spiritual discipline which is sattvic. Sadhana does not comprise of Hatha Yoga, Kundalini Sakthi, and invoking evil spirits to do harm to others. The individual is Chith (Consciousness), God is Sath (The Eternal Absolute). When Sath and Chith combine, you have Ananda; Sath-Chith-Ananda (Pure Bliss). Only the sadhana undertaken to realize Satchidananda is true sadhana.
 - **Purity in Profession** are the kinds of work we do everyday. The work we do must benefit the nation and community. We must see what we can give back to the nation. Furthermore, if you engage yourselves in the right action, you will not be bound by the consequences of karma. We must make sure the work we do has no evil motive, unfairness, fraud, or untruth.

Source: https://media.radiosai.org/journals/Vol_07/01NOV09/01-ssspeaks.htm

PURITY IS ENLIGHTENMENT

Purity should be both inner and outer purity. Bathing, wearing clean clothes, eating pure food and similar activities relate to bodily purity. Even the books we read should be wholesome and elevating. Mere external purity without the internal purity is of no value. It is like the food kept in an unclean vessel. However pure the ingredients may be, if the vessel in which the food is cooked is not clean then the food becomes spoiled. The heart is like a vessel and an individual must see to it that it is not tainted and it is pure. One of the easiest ways to attain purification of the heart is through selfless service. Young age is the sacred age. Students should have good qualities and fill their hearts with love for God.

The thoughts are immortal, even though the body is bound to perish. The thought vibrations are the cause for man's joy and sorrow, health and disease, weal and woe, birth and death. An individual's life becomes more meaningful if he conducts himself fully aware of the thought vibrations. In fact, the entire world is the very manifestation of thought vibrations. Hence it is necessary to direct our thoughts on noble paths. An individual's mind shines with extraordinary

purity if there are noble thoughts, ideas and feelings. It is only by developing the purity of mind that purity of action can be ensured, which can yield pure results.

There was once a famed painter, who wanted to paint a portrait of Lord Krishna. Multiple sittings were granted and the portrait was made. But the image he painted did not look like the Lord. The painter's ego was hurt, so he left the city feeling defeated. At the outskirts of the city he meets the great sage Narada, who tells him that all forms are the Lord's, and that he cannot succeed in painting the Lord based on what he looks from the outside. The next day the painter goes to meet the Lord carrying a big framed 'picture' covered with cloth. The Lord asked him to uncover it and when the painter did so, it was discovered that he had only brought a mirror. He said; 'Lord ! You have a thousand forms; in this picture all forms are clearly and instantly depicted'. In the same way we should cleanse our heart and make it a clean mirror worthy of reflecting the Lord. Once we realize that truth and do selfless service , we are bound to attain the grace of the God which will help us get enlightenment.

PRESIDENT'S MESSAGE

"Unity is thought, word and deed confers Divine grace" - Sathya Sai Baba

Purity in true sense, is the unity of thought, word and deed! It is true, that for an action to take place a thought had to originate in the mind first, which later influences the speech then results into an action. So, when a thought arises in our mind, it should be checked by our heart first to see if it is good thought or bad. If bad, disregard the thought and let it pass by. If good, the heart approves it first, then the mind should contemplate on it. The good thought is expressed in words which leads to an action.

"Karma (action) is the very life breath of a human. Every human being has to undertake karma keeping in mind the possible result of the karmas. This is the most important duty of a human being. As the karma, so will be the result."

– Mahashivarathri Discourse, March 7, 2008

So, our destiny (enlightenment), depends on our actions which are the result of our thoughts. Good company ensures good thoughts. *"If you want to be blessed by God, you must develop a good heart, speak good words, and must have good conduct. When these qualities are there in you, you are bound to get Divine blessings. Purity of mind, good speech, and selfless service, results in enlightenment. If words and deeds do not match, one is bound to face problems in life. As you think, so you become."* – Divine Discourse, 02 October 1987

LADIES WING: SAI MASKS - HANDS THAT STITCH

Due to the current COVID-19 pandemic crisis, there was a lot of uncertainty and a lot of activities came to a halt. Since the Ladies Wing was already looking to undertake a service project, we decided to seize the opportunity to help out those in need by making personal protective equipment, specifically masks, for the East Toronto community. Many ladies showed their interest towards helping sew masks. However, a problem we encountered was a lack of cloth material as many of the stores were either closed, or had a limited stock. The team spirit and perseverance of the ladies shone brightly, as they split up the tasks amongst themselves. Those who had more cloth cut them up into the various sizes (9x6 and 7.5x5), and delivered it to the other members of the wing who had the ability to sew. Working together, the wing was able to accomplish so much in a short period of time. This also allowed the ladies to collaborate and communicate in this period of isolation. Following the guidelines by the Canadian Health Agency, all masks were made in a safe environment where cross-contamination possibilities were limited. We had volunteers up to the age of over 80 years, who not only provided very expertise on the subject but also stitched various masks. Working together



during this time of crisis provided a feeling of camaraderie and companionship for the women, as they all worked together to support this cause. This was done in collaboration with the Michael Garron Hospital's #MGH1000Mask Project where their goal is to have 1000 masks made per month. The masks were made for all approved visitors, discharged patients and the broader community to prevent disease transmission. The wing has offered this to Swami as part of the 2020 Aradhana Day Sadhana with the initial goal of 95 masks, but exceeded this by making a total of 222 masks to serve the community. Many of the women taking part also worked a 9-5 job, and were only able to take part during the weekends and evenings, showing their absolute dedication and devotion towards this cause.



JYOTI MEDITATION

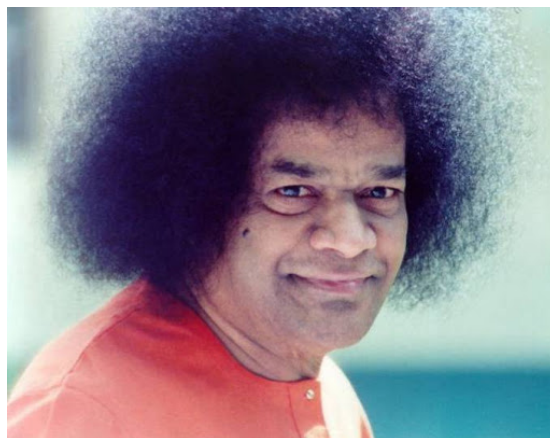


Jyoti Meditation is spiritual discipline giving the body a cleanse of purity and peace.

Use the following video as Sathya Sai guides you through a Jyoti Meditation.

Video Link: <https://youtu.be/C9kpnGyOJSI>

Source: <https://www.sathyasai.org/sathya-sai/teachings/study-guides/meditation>



BHAJAN

Mata Pita Guru Bandhu Sakha Hari
Narayana Sai Narayana (2x)
Allah Tum Ho Yesu Tum Ho
Buddha Zorashtra Mahavira Tum Ho (2x)
Sabka Malik Ek Hai Bhagvan (2x)
Narayana Sai Narayan (3x)

Audio: <https://www.youtube.com/watch?v=iMfVSAWSXJc>

Bhajan Tutor: https://media.radiosai.org/journals/Vol_02/12June15/08_Sai_Bhajans/bhajans.htm