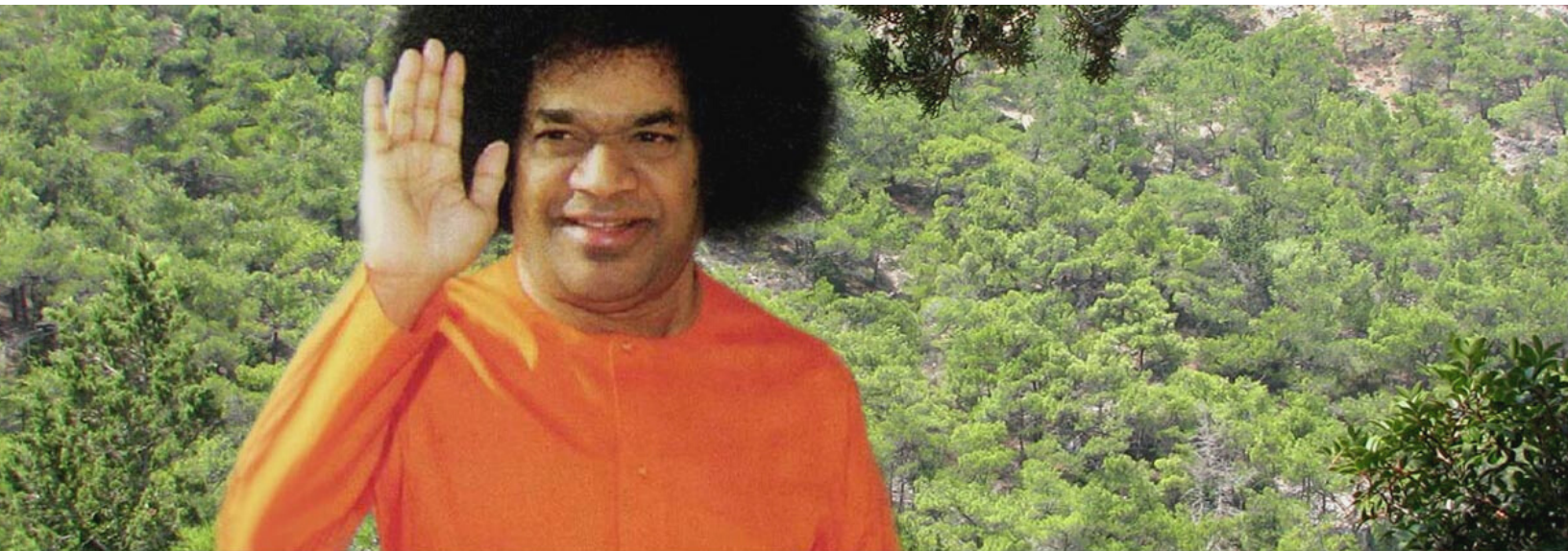


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



NON-VIOLENCE

The observance of non-violence has been described as the highest form of Dharma. All the violence in the world today is due to the fact that people do not lead righteous lives. People do penance and perform various kinds of rituals, but they have secured no peace. Why? Because they have not sought to find out who they truly are. This inquiry should lead to the realization that one is the Divine in human form and deeming the body as the basic reality, men are misusing the body and the talents and qualities given to them. They are failing to recognise how to use their endowments for redeeming their human birth.

Among the teachings of the Buddha to the world, the foremost was Ahimsa (not causing harm to anyone). Non-violence is not merely refraining from inflicting injuries on others with one's limbs or weapons. Non-violence has to be practiced with Thrikarana Shuddhi (purity of mind, tongue and body). There should be no ill-feelings, which is a form of violence. To cause harm to others through the body is also Himsa (violence). No one should be harmed even by speech. The speech should be sweet, pleasing and wholesome. All actions should be helpful to others.

"Buddha laid down three rules for all actions. All acts done by the hands should be good. The proper ornament for the Kantham (throat) is truth. For the ears the best ornament is listening to sacred lore. What other ornaments does anyone need?" (Sanskrit shloka).

What are people doing today? They are listening to what is undesirable. They are looking at ugly scenes. How, then, can they hope to get peace? Only by the harmony of the mind, the heart and the tongue. There should be unity in thought, word and deed.

- Divine Discourse, May 15, 1996

Reflection Questions:

1. Why does human nature tend to react to all situations with violence?
2. What are some ways to control our emotions and practice non-violence?
3. How does non-violence relate to the other four human values?

Reference: <https://saispeaks.sathyasai.org/discourse/message-avathars-and-epics/>

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NON-VIOLENCE

DEVOTEE SPEAKS

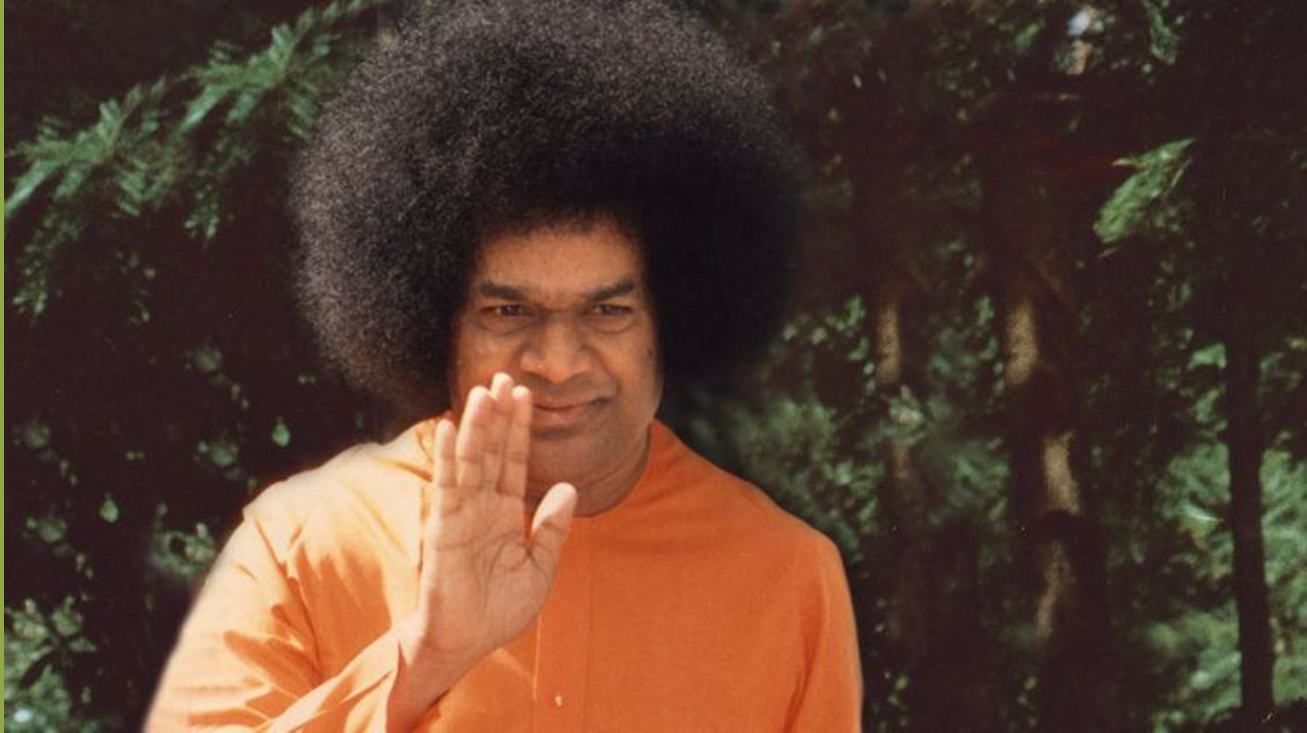
STUDENT SPEAKS

GAME

BHAJAN

*"Love as thought
is Truth. Love
as action is
Right Conduct.
Love as
understanding
is Peace. Love
as feeling is
Non-violence."*

SATHYA SAI BABA



DEVOTEE SPEAKS

Selfless service is something I have struggled with for the better part of my life. Every time I did an act of service, I felt some sense of accomplishment and pride for “doing the right thing”. Whether it be carrying in my neighbor’s empty garbage bins after garbage day, buying some canned food to donate to the food bank, or making sandwiches to distribute to the homeless. Jesus Christ says, when you do service with the right hand, even the left hand shouldn’t know.

This changed when I read a book that very clearly explained the meaning and importance of selflessness. It explained that there is no ownership. If we are truly all sparks of the divine from the same divine source, then there is no mine and yours. This also made me realize, the money I have is too not mine, so if I am so privileged enough to spare a few dollars to help someone in need, I should do it.

This understanding was put to the test when one day, I was walking to work and a homeless man approached me. He was not wearing a mask and was not groomed and was begging for money. The minute he approached me I quickly scurried away and said sorry I don’t have any cash, knowing very well that I probably had some change somewhere in my bag or could walk to a banking machine and withdraw some cash in a matter of minutes. Later that day I reflected on what had happened and thought about the book I had read. If we are really all unified then I should have helped him out, a person who is the same spark of the divine that I am. I had failed the test.

From this day on I started keeping a few \$5 bills on me. When I see someone in need or someone approaches me asking for help, I give them some cash and check in to see if they are well. I do this remembering that we are all sparks of the divine from the exact same source.

Reference: <http://www.saidarshan.org/baba/docs/shanti.html>



*"Do not use
poisonous words
against anyone,
for words wound
more fatally than
even arrows."*

SATHYA SAI BABA

STUDENT SPEAKS

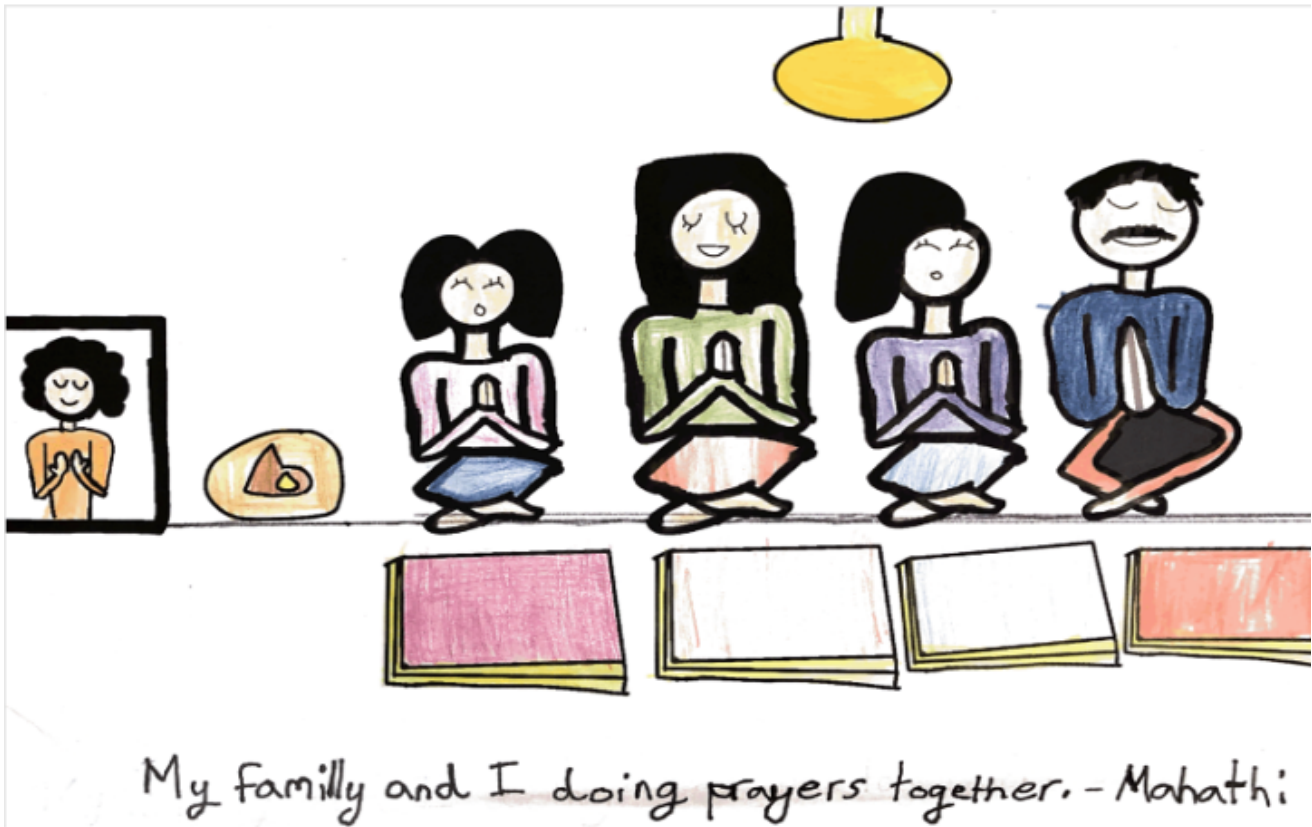
Selfless love means to show love with zero expectations back. Swami quotes, "Give all and take nothing."

I show selfless love towards my family members whenever they are in need of help. Recently, I used a few hours of my time to help my sibling with an assignment so they won't fall behind.

In addition, I show selfless love in school when my teachers or peers are in need of help. Once, when my friend couldn't understand a concept in class, I offered to call her after school so I could help her understand it clearly.

In both instances, I didn't ask or expect anything in return because I did it for their benefit.

To practice helping others with this mindset, It is important to go into it fully devoted to helping this person. When you genuinely want to help the person, then there would not be any thought to receive anything in return. This is how I plan to continue to practice selfless love.



SSE ACTIVITIES

- SSE Children chanted on Apr 14th 2022 (2nd Thursday)
- Ganesh Prarthana and Arthavanashirsham - Group 4 Girl
- 108 Names of Swami - Group 3 Boys
- 15 minutes of Gayatri Chanting - Group 2 Boy
- SSE Children chanted on Apr 24th 2022 Aradhana Day Event
 - Ganesh Prarthana and Arthavanashirsham by Group of Girls and Boys (Group 2, 3 and 4)
- Group 1 child's artwork selected for Saishine Magazine in April for May publications
- Easwamma Day was celebrated on Saturday, May 7th at the centre with each class putting forward their own offerings (video and in-person) of skits, presentations and prayers. Students from Groups 2, 3, 4 also chanted Ganapathi Prarthana and Arthavanashirsham to start the event.

"Overwhelm the bad and jealous by your goodness. Humility is the main quality of those who want to don the mantle of non-violence."

- Sri Sathya Sai Baba



Qualities of being Non-Violent

S G E N E R O U S P U H T C X X D H L H
 Z F U E J J T O L A N T O O O R E U H O
 I O P Q U W T I Z O J A L M X E H M V D
 A R U E E L N L B U U F E P K S E I Y X
 R G D L O V I N G J V T R A M P L L J X
 K I T R U T H F U L L N E S S E P I H G
 I V R E O X S Z Q A X O N S V C F T A R
 N I L I F R F T X I E U C I Z T U Y R B
 D N G C F A S M V A W Z E O V R L V M V
 N G L A S O F T S P O K E N Q V W Y O T
 E T P O S I T I V E T H I N K I N G N R
 S B S E L F L E S S S E R V I C E X Y U
 S N B R L L C D C S Z V Z W B S Y W I S
 Q A G Q A P A W V I K R Q C Z H Y M L T
 U I U C F T O H A W I F F F Y X L L C S

POSITIVE THINKING	TRUTHFULLNESS	COMPASSION	FORGIVING
SELFLESS SERVICE	GENEROUS	KINDNESS	HELPFUL
SOFT SPOKEN	LOVING	TOLERANCE	HUMILITY
HARMONY	RESPECT	TRUST	



GAME

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

BHAJAN

Prema Sai Parthi Sai
 Pavana Sai Parama Guru Sai [Prema Sai...]
 Mangala Kara Karuna Sai
 Karuna Sai Karuna Sai [Mangala Kara...]
 Madhura Madhura Hrudaya Nivasi
 Murali Gaana Vilola Sai

Meaning

Sing the name of Sai who is the embodiment of Love, the inner purifier who is the Supreme Guru, who bestows auspiciousness and full of Grace. Sai is the sweetest indweller of our hearts. He is none other than Lord Krishna, the enchanter with the flute.