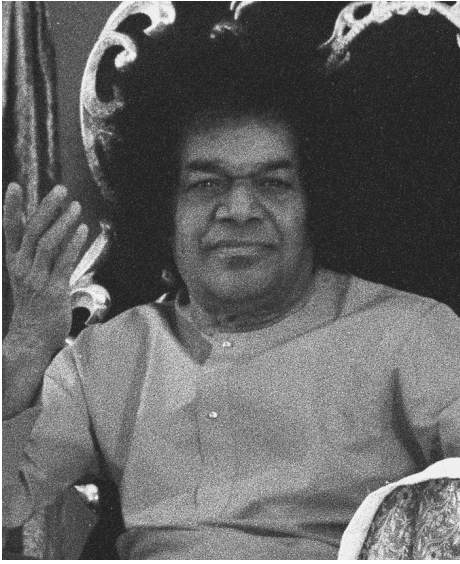


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



MEDITATION

Meditation is a process that takes place beyond the senses. Between concentration at the sensory level and meditation that is above the senses, there is a borderline where Chintana (contemplation) takes place. Contemplation is the second half of chit (intelligence), whose other function is discrimination between right and wrong. Meditation means offering the flower of love to the Divine. In the rose plant of our body, there is the rose of pure and sacred love emitting the fragrance of good qualities. Below the rose, however, there are thorns in the form of sensual desires. The purpose of meditation is to separate the rose of selfless love from the senses, and offer it to the Lord. An illustration will make this clear. There is a rose plant, with branches, leaves, flowers, and thorns.

Locating the place where there is a flower calls for concentration. At this stage, we are concerned only with locating the flower. But the flower has to be plucked without touching the thorns. Love is the flower and lust is the thorn. There is no rose without a thorn. Getting at the flower of love without touching the thorn of lust is the problem.

(Sathya Sai Speaks: Vol 17, Ch. 6)

Reflection Questions

1. What is the difference between Meditation, Concentration and Contemplation? Is there an order in which these occur?
2. How can we get to the flower without touching the thorn of lust?

(Hint: Through Meditation, Concentration or Contemplation)

BUDDHA PURNIMA

Buddhism was the religion found by Siddhartha Gautama more than 2,500 years ago in India. As we know India is filled with many festivals which are celebrated by many religions. However, among those many celebrations that occur, Buddha Purnima is one of the important celebrations done during the month of Vaishakha, which entails the birth of the founder, Siddhartha Gautama, who later became Gautama Buddha. This auspicious festival is found all across India including, south-East Asian countries and Nepal. Buddha Purnima brings in the significance of reiterating the belief of Ahimsa (non-violence) and Karuna (compassion). Moreover, this festival falls on a full moon day of Vaishakha which corresponds to the month of April-May. Buddha, considered as the 8th incarnation of Lord Vishnu, believed the enlightened and Nirvana (salvation) on the same day. Siddhartha Gautama was born in Nepal and was incredibly spiritual.

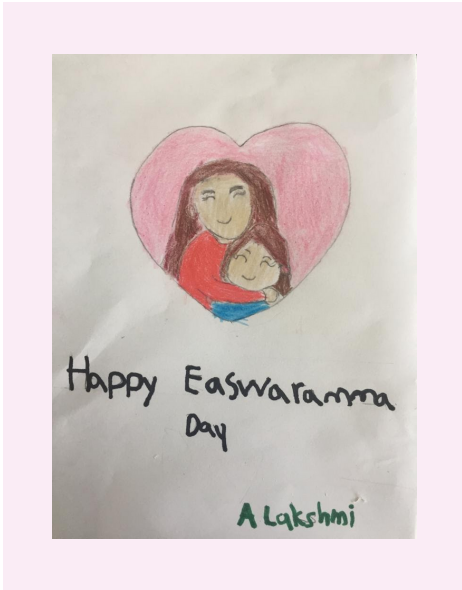


He was an ordinary man married to Princess Yashodhara with lovely children, until one day he saw an old man who was sick and was an ascetic. This was the time where Siddhartha Gautama saw the worldly sufferings and grievances. At the age of 29. He started to realize the phases of the life cycle and death which was the ultimate truth in life. Siddhartha had a tough time looking for his answers to the ultimate truth, he then took the life of an ascetic. In Bodh Gaya, he sat down under a tree to embark on an extended journey of meditation and decided not to rise until he found enlightenment. Through this, he meditated for 49 days without any distraction, formulating a body of wisdom, that brought mankind a new religion. Soon after the enlightenment, Buddha preached to a small group who soon became his disciples. He then became a spiritual teacher and liberated himself from the cycle of rebirth and achieved salvation.

Buddha Purnima is celebrated through showing respect by visiting the Viharas, where Buddhists spend their time in sutra, service. This is usually done in a white attire and are forbidden to eat non-vegetarian dishes. One of the most auspicious meals of the festival is called Kheeris. The altar of Buddha is filled with a basin of water and decorated with many flowers. Many spiritual devotees of Buddha visit temples to pay their respect and show the ultimate form of love and compassion.

SSE CORNER

Artwork by our SSE students in honour of Easwaramma Day and Mother's Day this month!



BHAJAN

Jai Jai Sai Maa Jai Sai Saraswathi Maa

Jai Jai Sai Maa Jai Sai Saraswathi Maa
Veena Vaadini Maa Vidya Daayini Maa
Jai Jai Sai Maa Jai Sai Saraswathi Maa
Mukthi Pradaayini Maa Shakthi Pradaayini Maa
Veena Vaadini Maa Vidya Daayini Maa



Meaning:

Victory to Mother Sai Saraswati: Player of (heart soothing music on string instrument) Veena;
Bestower of wisdom; Grantor of energy (life) and liberation.

https://media.radiosai.org/journals/vol_18/01MAY20/Jai-Jai-Sai-Ma-He-Sai-Saraswathi-Ma-Bhajan-Tutor.htm

GAME

Fill in the blanks of quotes Bhagawan has said:

1. "Women have been responsible whether at home or abroad to bringing _____ and _____ in the country. Women have the _____ of mind and the _____ to fight for the country and bring about harmony and peace."
2. "When man is born out of his _____ womb he has no garland of any kind around his neck. Neither of pearls, nor gold, nor a string of gems nor a necklace of topaz or of rubies or other _____ gems can be seen even for a sample. There is, however, a _____ around his neck, carrying the unbroken link of the effects of the good and bad deeds of his past lives strung together by Lord Brahma."
3. "More fragrant than the sweet-smelling flowers like the _____ and the Champak, Softer than the cheese and the butter, More _____ than the eye of the peacock, More pleasant than the _____, Is the love of the mother."

Answers:

- Peace, harmony, strength, courage
- Mother's, precious, garland
- Jasmine, beautiful, moonlight

MEMORIES

A look
back at
May
2019



Professor Anil
Kumar visited our
centre and gave an
inspirational
speech 2 years ago!