

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



RIGHT-CONDUCT

Therefore, treat love as your foremost concern. Establish truth in your heart firmly. Whatever activity you undertake, do it with dharma (righteousness). It is truth that sustains dharma and dharma in turn will protect truth. It is for this reason that Lakshmibai kept with her the two gold coins given to her by Baba. She felt, "These coins are given to me by Baba. These are gold coins. These coins are very valuable; more valuable than diamonds. There can be nothing greater than these coins. I do not need anything else." These two coins represent Sathya and Dharma. Truth and righteousness alone protect the world. We are undertaking several types of sadhanas (spiritual exercises) in order that the world is protected. But they are all pompous sadhanas only! You must install these two values in the heart and follow them at all times, day in and day out. Presently, you are just chanting these words by mouth. This is not enough. When you practice these values with all the sincerity at your command, you will achieve the desired results. There is no use repeating these words like a parrot. Even a record player does such an exercise. One has to develop conviction in these values with all sincerity. Only then, will they be imprinted in your heart forever.

- Vijayadasami, 21 October 2007

Reflection Questions:

1. What does Dharma mean to you as an individual? How has Dharma come up in your life?
2. What can you do to introduce Swami's teachings in regards to Dharma to your family and friends
3. Swami says Dharma is like a valuable gold coin, what is it that gives this coin its value? What makes Dharma generate positive change around you?

Reference: <https://www.sathyasai.org/discour/2007/do71021.pdf>

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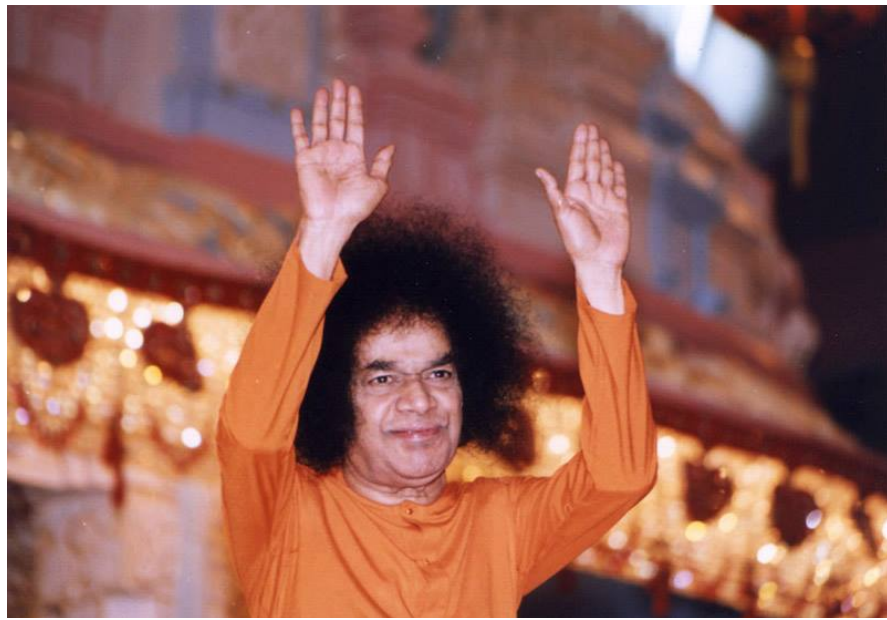
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“For the progress of humanity, work alone is not adequate, but the work should be associated with love, compassion, right conduct, truthfulness and sympathy...”

SATHYA SAI BABA



DEVOTEE SPEAKS

As a Sai student from the age of five years old, I've had the privilege to visit Puttaparthi two times, and one of those times I had the opportunity to perform a play for Bhagawan. I was thrilled and over the moon that I was about to perform live and in-person in front of Swami. The role I had in the play was a dancer. The choreography was ballet themed and I was hesitant as I did not have any experience with this type of dance. During the first few weeks I was nervous to not only learn the dance, but also meeting new people as there were students from various centers participating. I felt I was letting my group down because there were some weeks I was causing delays by making mistakes during the dance. I felt as if I did not put enough effort into my practices at home while my fellow sisters and teacher were impacted by this consequence. Due to not putting enough effort into practicing the dance in the beginning weeks, I was not fulfilling my role as sister, dancer, or a student as my irresponsibility caused the group to wait for me to nail down the dance moves to the beat of the music.

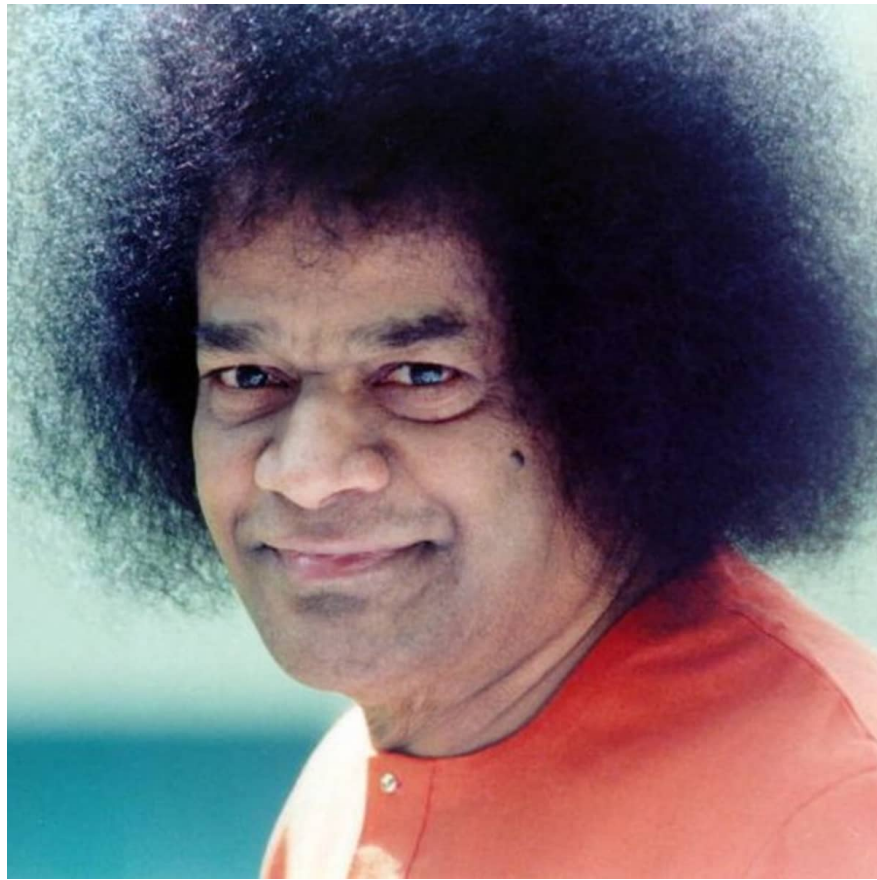
After the two weeks of holding my sisters and teacher back, I learnt to be responsible by practicing the dance at least three to four times a week before the next class. By doing so, every practice I attended from then on, I performed to my fullest despite my lack of experience with ballet. Although there were technicalities that needed fixing, it never caused heavy delays. Overall, this experience has taught me the importance of fulfilling every role that was hand chosen and assigned to us by Bhagawan. Neglecting our duties represents a lack of care we have towards others and most importantly, not only putting ourselves, our brothers and sisters, but Swami. He chose me for this role for a reason, and it was up to me to show myself I can do it, even though he knew it already.

“You cannot see Me, but I am the Light you see by.

You cannot hear Me, but I am the Sound you hear by.

You cannot know Me, but I am the Truth by which you live.” - Baba

Reference: <http://saidarshan.org/baba/index.html>

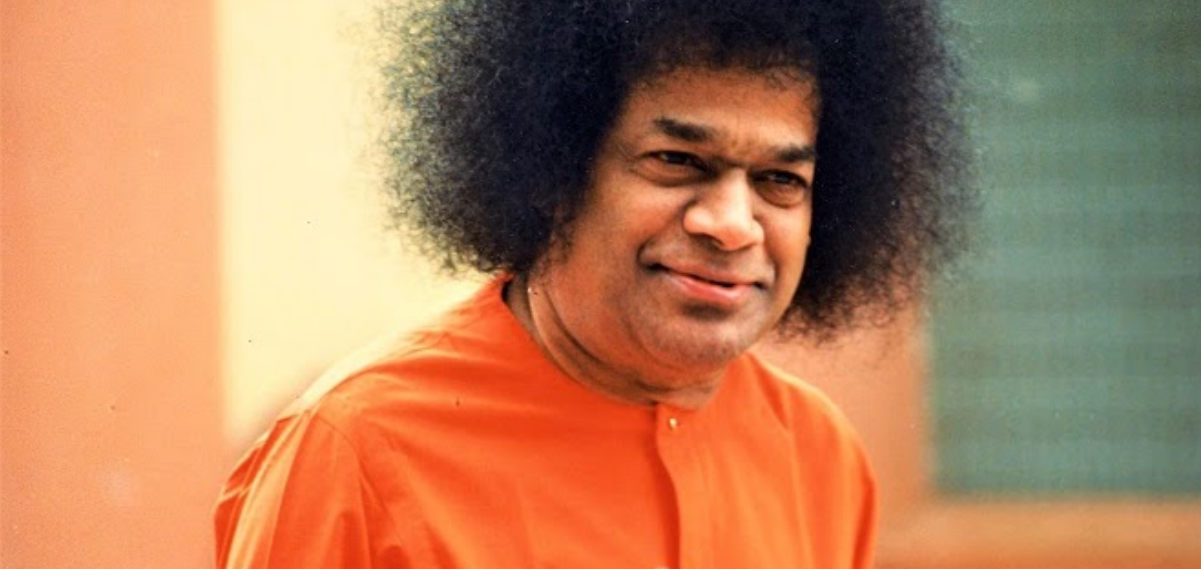


SSE STUDENT SPEAKS

Being an older sister is one of the biggest parts of my life. Growing up, there were times where I felt that it was as much of a priority as other parts of my life, but I now know that it is a part of who I am. A time where I messed up was when I completely ignored my brother when he was asking for help with homework. I decided to watch a movie instead. I later found out that he was up all night working on his homework, while I was just watching a movie. I learned from this experience that my brother is an extension of me. When he is struggling, I am struggling. I could have done so much more to help him, not just because I did not want him to fail, but because I had failed as an older sister in that situation. I've learned since then to cherish my family. I now know that our achievements are each just as much as our failures.

*"See no evil, See what is good. Hear no evil, Hear what is good.
Talk no evil, Talk what is good. Think no evil, Think what is
good. Do no evil, Do what is good."*

- Sri Sathya Sai Baba



LADIES WING'S MESSAGE

Dharma is that which does not cause you or others pain. This follows from the recognition that the same God resides in everyone. If you hurt others, you are hurting the same God who is in you. Dharma enables you to come to the recognition that anything that is bad for others is also bad for you. So you must act in such a way that you and others simultaneously get joy. Or take another standard for your actions: Make the mind, the speech and body agree in harmony. Act as you speak, speak as you feel, do not play false to your conscience. That is the Dharmic way of life.

Swami says, Righteousness should start as a practice from a very young age, so that not just the individual but the entire country will progress the right way. If there is Righteousness in heart, there will be beauty in character; if there is beauty in character, there will be harmony in home; If there is harmony in home, there will be order in the nation; If there is order in the nation, there will be peace on Earth.

Rama is the very embodiment of Dharma; every word and every deed is resonant with his message. Although by Sadhana, one can get the grace of Lord Rama, yet, if one does not understand and recognize the human qualities in Him, one cannot comprehend the Divinity in Him either. It is very necessary to look upon Rama as the ideal human being, who is an example for all people rather than simply believe Him to be an incarnation of God.

Rama is the supreme exemplar of how people should conduct themselves in the world, how a country should be governed, how the integrity and morality of human beings should be protected. High-minded actions, ideal qualities and sacred thoughts are basic foundations of character. Rama is the very embodiment of these three attributes. This means that every human being should cultivate sacred thoughts, right actions and good qualities. Rama demonstrated by his words, thoughts and actions on how such a life can be lived. Rama acted in accordance with the ancient injunction: “speak the truth, practice righteousness”. Eschewing harsh words, Rama pleased everyone by his sweet speech. He countered harsh speech by others with his composure, patience, sweetness and smile.

- “Install Rama Rajya in Your Hearts”, Sathya Sai Speaks, Volume 28, April 9, 1995, Brindavan

Reflection Questions:

*How do we decide
in any particular
case what is
Dharma and what
is not?*

*How should one
conduct oneself
towards the
community?*



E	N	B	S	R	R	L	R	G	N	I	E	L	E
S	I	A	E	E	E	I	R	C	E	E	L	C	D
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N	S	S	F	P	P	A	E	E	C	V	D	U	T
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M	N	N	O	C	N	I	I	N	I	I	N	A	T
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C	H	V	C	D	T	V	T	L	E	E	A	O	H
D	S	E	E	F	Y	L	S	E	P	L	D	S	N

GAME

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

WORD BANK

CLEANLINESS	CONTENTMENT	COURAGE
DUTY	ETHICS	GRATITUDE
HELPFULNESS	INITIATIVE	LEADERSHIP
RESPONSIBILITY	RESPECT	SACRIFICE
SELF-CONFIDENCE		

BHAJAN

Sathya Dharma Shanthi Prema Swaroopa Prashanthi
Nilaya Deva

Rama Ho Krishna Ho Sai Ram Deva

Shiva Shakthi Swaroopa Baba Hey Deena Palana Baba

Hey Prashanthi Nilaya Deva Hey Poornavatara Baba

Allah Ho Maulah Ho Sai Ram Deva

Meaning

Salutations to the Lord of Prashanthi, Lord Sai, who is the embodiment of Truth, Peace, Love and Harmony. O Lord Sai, You are none other than Rama, Krishna, Shiva, Shakthi, Allah and Maulah, all of whom offer solace to the weak and the downtrodden.