

Sai Dharmam



Bhajan Corner

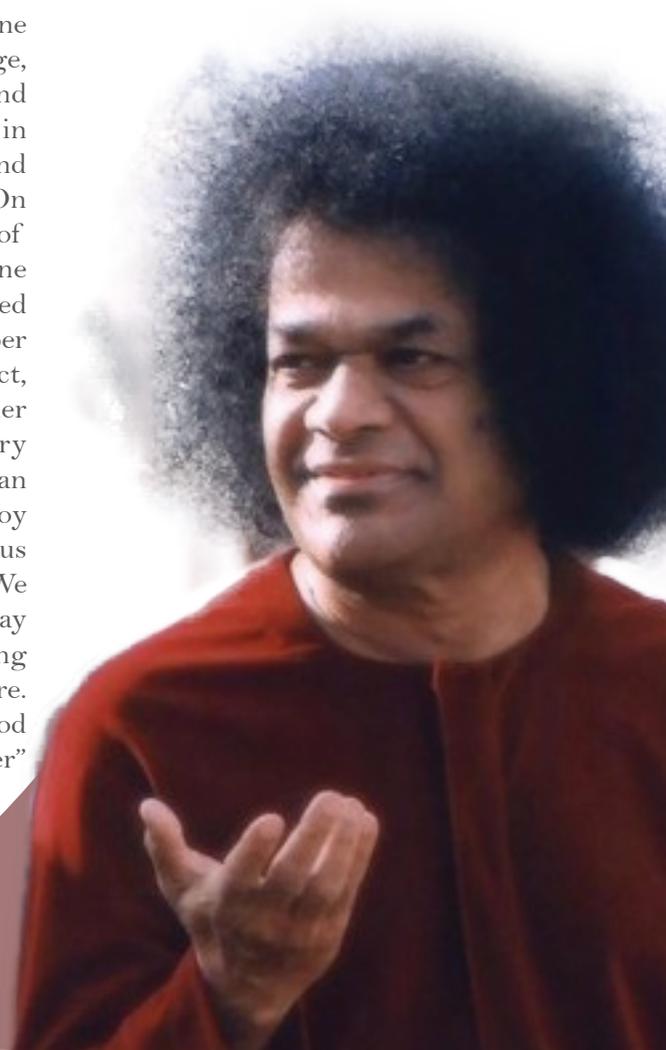
My Life is My Message

Sai Bhajan:

O Lord, purify me and
make my heart worth
stealing
A precious possession that
is full of loving feeling
Take every good thought
and take every action
Soaked in the sweetness of
love and compassion

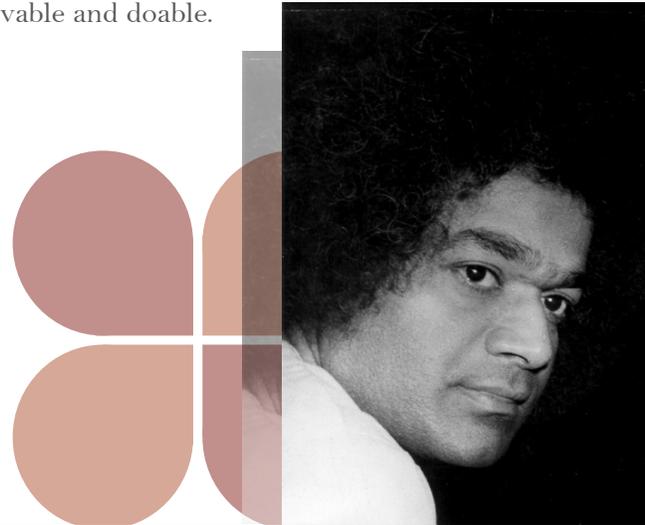
Bhagavan Sri Sathya Sai Baba was born as Sathyanarayana Raju on November 23rd, 1926, in the state of Andhra Pradesh in India. He was born in a small village which did not have many resources. Even as a child, His divine nature set him apart from other children his age, and He was known as “Guru” and “Brahmajnani” amongst His peers and others in the village. He would act differently at times and He would teach himself ceiling on desires. On October 20th, 1940, He made the declaration of His real self, and the world learnt of His divine phenomenon. Throughout His life, He showed love and hard work to establish the Super Specialty Hospital, the Drinking Water Project, and the Sri Sathya Sai Institute of Higher Learning (University), all free of cost. Every year, on November 23rd we celebrate Bhagavan Sri Sathya Sai Baba’s birthday with a lot of joy and happiness, for everything He has taught us and done to change and help people. We celebrate this divine day by performing a play that has a moral, in His presence. We also sing various bhajans that He taught us with pleasure. We chant prayers and sing the name of God repetitively for a session. “Help ever, hurt never”

was one of Baba’s famous quotes, and He taught this to everyone. We all still apply this quote in our lives, and shall always treat Him and everyone as God and with love.



We are so blessed to have lived in a time when we received teachings directly from Swami. Swami has blessed us with an infinite number of opportunities and teachings to make ourselves the best people we can become. From all his teachings, the one that is most important and easy to follow, in my opinion, is speaking softly and lovingly. Speaking softly and lovingly in its most plain and basic form, is speaking without profanity and always using a loving and nonaggressive tone. However, the question that arises for many Sai students is: how should we approach and talk to people who may try to take advantage of soft speakers? Speaking softly is often mistaken for being passive and submissive. However, that is not how Swami intended His teaching to come across. One should be firm with their opinions and stand their ground, but not overdo it and be aggressive. There is always a decent and polite way to say everything. Personally, I have a golden rule which I follow to always ensure that I am in line with Swami's teachings. My rule is, if you have nothing good to say, do not say anything at all. Swami also says, "Learn to speak what you feel, and act what you speak." This shows us that speaking softly and lovingly is not something that just happens overnight, it

takes dedication and practice. First, you must purify your thoughts by only thinking and surrounding yourself with good, and then you will successfully start to speak with love. Speaking softly and lovingly also means, not lying. As Swami says, one must be sincere and simple. So, do not lie if you have nothing to say that is relatable or polite. It is best in those situations to instead not say anything. To sum up, it is amazing how easy it is to mistake the teaching of speak lovingly and softly, but with a genuine warm heart that all of us possess, it is certainly something that is achievable and doable.



Birthday Message **Story and Morales**

Sound is Sacred
One teacher, having about ten students, was teaching them some good things. To such an ashram came one who had some position and power. This teacher did not go to the door to welcome and receive him. This man who came there, because he had some position and authority, felt somewhat hurt and he went right into the class and asked the teacher, "Why is it that you didn't care for me? You have not come and received me. What are you doing?" The teacher said, "I am busy teaching the children some good things." The person who came in asked, "Just because you are teaching them some good things, are the hearts of these children going to be changed and become more sacred?"
The teacher took some courage and said, "Yes, of course, there is every possibility of their minds changing by my teaching." The intruder said, "No, I cannot believe it," and the teacher replied: "When you cannot believe it, it simply means that you have no faith in it. Because of that, I cannot give up teaching these boys some good things."
Then this person, who felt somewhat important, started arguing and said there is no possibility of changing a mind merely by words. The teacher who was clever and who had known these things, asked one of the youngest

boys to stand up. In the hearing of this visitor, the teacher told the young boy, "Look here, my dear boy! You just get hold of the neck of this visitor and throw him out of the door."

Immediately on hearing these words, the visitor became completely excited and his eyes were red. He was very angry, and he came to beat the teacher. Then the teacher asked, "Sir, what is the reason for your becoming so angry? We did not beat you, we did not throw you out, the only thing that has excited you to this stage of anger is the word which I conveyed to this young boy. You, who said that you do not believe in changing the mind by mere words, what is the reason why these mere words which I have uttered to this young boy have changed your mind so much that you are so excited?"

So, it is very wrong to say that with mere words you cannot change the mind. With mere words you can cause any excitement. With mere words you can cause any amount of affection. With mere words you can earn the grace of anyone else."

So, if in this world you want to promote friendship, you can do so by using sweet words, by talking in a very sweet manner and by speaking about sacred things. On the other hand, if you use harsh words, you are not going to promote friendship in this world.

“Silence is Golden”

One of Baba’s 9-point Code of Conduct is speaking softly and lovingly. Swami’s inclusion of this message in the Code of Conduct signifies its importance; but sometimes the message is commonly mistaken as relating to only the ‘loudness of speech’.

“Silence is golden” is one excellent technique which can be used to practice this Code of Conduct. If nothing is said, then no harm can be done. When talking with others, one should do so with respect and without any harsh words. Swami says, “If you cannot oblige, speak obligingly”. This is an ideal rule to follow in life.

Conversing gently also has to do with the company you are in. It is best to stay away from companions who drag you to many distractions or keep you away from the right path. To do so, requires discipline and practice. One common method, is meditating by chanting Baba’s name whenever you feel angry, think ill of someone, or see ego arising in your thoughts. These practices mentioned above, can also be used when talking with people. If we constantly remind ourselves to talk lovingly, it will become a natural habit.

“Harsh words are like atom bombs. When someone visits your house, even if you do not give him anything to eat, at least talk to him sweetly and softly. It can even appease his hunger. Instead, if you speak harshly, that will not only increase his hunger but also dishearten him.” Sathya Sai Speaks, Volume 31, Chapter 33: Obey God’s Commands.

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

Game Corner

WORDSEARCH

Find the following words!

BIRTHDAY
DRAMA
MESSAGE
FAMILY
BHAGAVAN
DANCE
LOVE
BHAJANS
MUSICAL
COMMUNITY