

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



SELF REALIZATION: THE PURPOSE OF HUMAN LIFE

Our Dear Bhagawan discusses the purpose of human life as, “realizing one’s true identity.” It is only when you recognize the sacredness of human life, you can realize the divine. People overlook the importance of being human. As humans, we like to think of ourselves in the practical sense, made up of solely body parts and a brain. However, Swami says these are just “instruments”. You must use these instruments, the mind, body and intellect, to find our inner divinity. Notably, this can be achieved by leading our life in a divine way, to realize God, please him and ultimately become God. Many people today, in their journey of life, walk on a path filled with selfishness, materialistic desires and fail to notice that such things do not make us feel complete and in fact, encourages us to always want more. At these times, it is important to balance our lives with spiritual activities that can encourage us to do selfless work and get involved in activities that benefit society at

large. As we continue to love God and do things that please him, we not only develop the fear of sin but we also can live a blissful life with less worry and anxiety. Furthermore, another way one can experience oneness with the Divine and ultimately reach God, is by pursuing the path of pure love, Prema Mārga, where there is no trace of self-interest. The 5 other paths to reach God; path of peace (Shanti Mārga), path of attachment (Anurāga Mārga), path of friendship (Sākhya Mārga), path of sweetness (Madhura Mārga) and path of affectionate love (Vātsalya Mārga) all merge into this path of pure love. We must understand that love is present equally in all beings, but is exhibited in different forms via different relationships. With this in mind, we should be loving to all, and whenever doing seva or any spiritual practice, we should remember to do it with a pure heart and aim to foster love in others as well.

Source: <https://saisspeaks.sathyasai.org/discourse/power-divine-love-o>

DEVOTEE SPEAKS

“I do not ascribe one particular date in the calendar as my birthday, for I consider the day when divinity blossoms in your heart as my birthday in you.” (Sathya Sai Speaks, Vol. 13 Ch. 19, November 23, 1975). What a beautiful quote Bhagawan has given! This quote summarizes our dear Lord’s purpose on this Earth. God has reincarnated in a physical form time and time again. However, it is not to showcase His omnipotence, omniscience, or omnipresence, but rather to make humanity understand the divinity within us and realize that we are also God. Bhagawan says “my life is my message.” When His message reaches us, the divinity within us awakens, and flourishes incessantly. It is then, that we permanently install Him in our hearts. The day that happens is His true birthday.

God takes the time and effort to make us realize the divinity within for our own benefit. It is to remind us that all elements of this physical world are temporary and untrue. It is to remind us of the ultimate truth, that we are the soul (atma), not the body. It is to reinstate that the goal is to reach Him and merge in oneness with Him. There is a purpose for each and everyone’s birth. The realization of the divinity within us makes us utilize our time wisely to discover that purpose so that we can reach Him. It also ensures that we do not develop qualities such as attachment (especially to materialistic items) and ego, which can hinder spiritual growth.

Realizing the divinity within you can not be completed in a single task, nor can it be done overnight. It is a process that must be taken step by step every day. Personally, to realize the divinity within me, I try to practice every point of the nine-point code of conduct daily. Bhagawan has given the nine-point code of conduct for all Sai devotees to adhere to as it is an efficient and effective way of practising His teachings. Having a guide to follow His teachings makes me feel closer to Him, because I know I am following the right path by doing what He has asked of us. Every night when going to bed, I quickly reflect on the day to see how I have followed Bhagawan’s teachings. What did I do right today? What opportunities should I have utilized today? What did I do wrong today, and how can I correct it for next time? These questions help keep my spiritual progress on track and identify areas of growth to realize the divinity within.



THE PATH TO SELF-REALIZATION

"Love-all, Serve-all." What does this quote mean by Sathya Sai Baba?

There are many ways of interpreting how one understands and perceives this quote. Currently, being enrolled into the SSE program as a group 3 student, has enabled me to enhance my abilities not only in my academic performance but as well as in my daily activities. Swami's teachings have not only brought the importance of utilizing it through thought, words, and actions but as well as the ability to construct those values into self-confidence, self-sacrifice, and self-satisfaction, to ideally reach self-realization. A great tool that Swami emphasized was on self-confidence. Entering high-school this year through the pandemic has given me a lot of anxiety and got me worrying about not doing well. However, practicing and participating in Swami's activities like Bhajans, reciting prayers, and participating in Melody of Divine Love has helped me cope with my stress and helped me increase my confidence. Another tool that Swami has elaborated on was self-sacrifice. Being the oldest sibling in the family had always made me take on more

responsibilities and actions to sacrifice for my lovely sister. For example, teaching my sister bhajans, helping her with her homework, teaching her proper manners, etc. Finally, self-satisfaction is one important tool Swami talks about is attaining self-realization. In Swami's teachings, a key component I have learned is to always save food, water, money, and time. Every day, I always take into mind not to waste food by taking however much I need rather than however much I want. So I quantify my amounts of food without wasting any. Another virtue I follow is respecting elders and taking their experiences as wise words which will then help me in the future. In all, following these virtues have given me a source of self-satisfaction and happiness. As a group 3 student, reciting prayers, singing bhajans, helping a fellow classmate with questions, or even sacrificing some things for my loved ones has made me reach self-realization. As Swami says, "When you worship God with a pure mind you will achieve self-realization".

BHAJAN

Manasa Bhaja Rey Guru Charanam

Dustara Bhava Sagara Taranam

Guru Maharaj Guru Jai Jai

Sai Natha Sad Guru Jai Jai

Om Namah Shivaya Om Nama Shivaya

Om Namah Shivaya Shivaya Namah Om

Arunachala Shiva Arunachala Shiva

Arunachala Shiva Aruna Shiva Om

Omkaram Bhava Omkaram Bhava

Omkaram Bhava Om Namu Baba

meaning

O Mind, without worshiping the Lotus Feet of Guru Sai Natha it is not possible to cross the ocean of life and death. Victory to the Noble Teacher, Lord Sai Natha. Chant "Om Namah Shivaya". Chant the name of Lord Shiva, Who resides in Arunachala (a sacred mountain in Southern India associated with Lord Shiva). Chant the name of Lord Baba, Whose form is Om

Radio Sai Bhajan Tutor: https://www.youtube.com/watch?v=qhm1w5V_GU8

PRESIDENT'S MESSAGE

While we are aware that the goal of a human life is to realize who we truly are and having our breath 'Soham' constantly reminding us that I am that (Divine), we continue wasting our lives in search for God elsewhere.

Swami has proclaimed in various ways, *"Love is God; Live in Love", "God is everywhere. There is no need to search for God. All that you see is a manifestation of the Divine. Love is Divine. You must love all. Manifest selfless love in every action in your daily life. Divinity will emerge from that love. This is the easiest path to God realization", True Happiness is union with God. "The secret of happiness is not doing what you like but liking what you do. Happiness lies in working hard and serving society."*

Based on Bhagawan's message of "Love all; Serve all; Help ever; Hurt Never", Sathya Sai Organization offers a great platform to all Sai devotees which gives them countless opportunities to transform all their work into worship by suffusing each act with pure Love. If we look back at the past ten months, each Wing of our Sai Organization has been involved in serving not only the Centre members but the community at large, for the very reason that the same divinity resides in all in the form of pure Love.

Devotional Wing

The Devotional Wing started off very well with a grand celebration of Maha Shivarathri. Sadly, the global pandemic hit our lives and it changed many things around, but it did not stop us from our regular activities. The Thursday bhajans, Study circles, bhajan practices and special events like Aaradhana day and Easwaramma Day, etc., continued virtually with much more love and support from the devoted members.

The Ladies Wing continued its monthly meetings virtually and took up a few special projects in honour of Aaradhana Day to help and serve people in need, like e.g. stitching masks every month and donating to the hospital; initiated Food Bank Drive. Both projects have been continued until now. Recently the virtual prayers were offered by ladies during the nine nights of Navarathri.

Ladies Wing

Education Wing

The Education Wing continued encouraging SSE children to participate in the national projects in honour of Swami's 95th Birthday celebration, motivated Gurus and helped them prepare to conduct virtual SSE classes. The virtual SSE classes have been conducted by our most humble and dedicated Gurus with love.

The Service Wing and the Youth wing have been assisting wherever need arises. All these are possible only when we develop and practice the sense of the spiritual oneness of all beings, where the Love for God is the only motive and the underlying source. Love is the only way to Self-Realization.

GAME

FIND YOUR PATH TO SELF-REALIZATION: COMPLETE THE MAZE!

