

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



EXPRESSION OF GRATITUDE IS ITSELF PRAYER

God is described as: The embodiment of sound, mobility and immobility, light, speech, eternal bliss, perfection, delusion, and wealth (Sabda Brahmayi, Characharamayi, Jyothirmayi, Vangmayi, Nityanandamayi, Paratparamayi, Mayamayi, and Sreemayi). Why does one need to chant the Name of God? Why should one pray to God? Isn't it our duty to express gratitude to God, who has created this vast world and all the living beings in it and provided them with food to eat, air to breathe, and water to drink? Not only that, He has provided everything for all living beings to carry on their life sojourn on earth. If your handkerchief falls down and someone picks it up and gives it to you, you thank them. Even for a small help like this, you say thanks. Then isn't it your duty to express gratitude to God, who gave you so much? Expression of gratitude is itself a prayer. What does prayer do? It awakens the inner Divinity of a person, which is immeasurable, invisible, and transcendental. In this regard, there is an exhortation in the Upanishads: "Oh people! Get up; be aware and awake! Go to noble people and learn from them the secret of attaining Divinity (Uthishta jagrat prapya varannibodhat)." Thus, the Upanishads exhort one to arise and awake from the deep slumber of ignorance.

Sri Sathya Sai Speaks, Volume 34, Chapter 9: Attain God's Grace Through Sacrifice And Love. Divine Discourse on May 7, 2001.

Reflection Questions:

1. In the past month, did you express your gratitude to our dear Lord? If so, how were you able to thank Him?
2. Take this week to practice gratitude through a prayer to Swami. How did it make you feel? Was it the same as saying thank you to someone who picked up your handkerchief?

Reference: [https://saispeaks.sathyasai.org/sites/default/files/pages/discourses/uploads/pdfs/Sri%20Sathya%20Sai%20Speaks,%20Vol%2034%20\(2001\).pdf](https://saispeaks.sathyasai.org/sites/default/files/pages/discourses/uploads/pdfs/Sri%20Sathya%20Sai%20Speaks,%20Vol%2034%20(2001).pdf)

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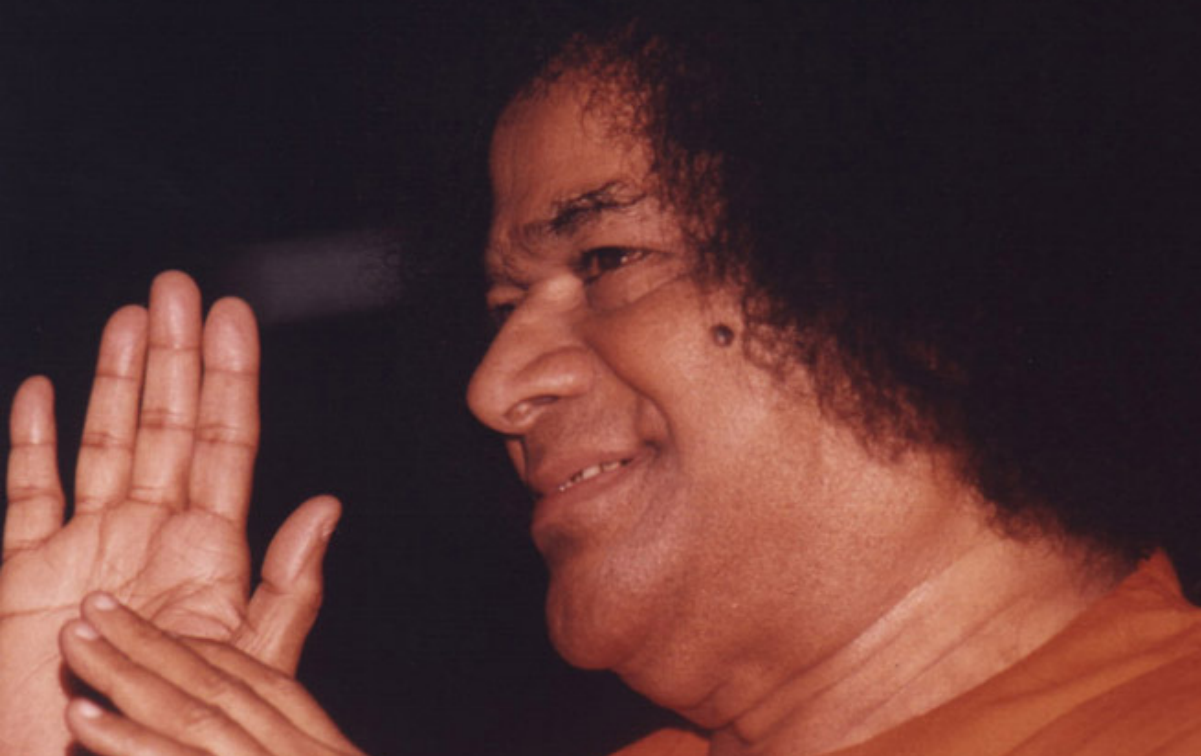
*Gratitude to
God is prayer.
We have to
offer gratitude
for all that He
has blessed us
with.*

SATHYA SAI BABA



DEVOTEE SPEAKS

Before the pandemic, I took in-person school for granted. I would be annoyed at the fact that I had to wake up early in the morning and head off to school. Like many people, I'm not a morning person so it was a struggle sometimes. I would constantly be waiting for weekends and holidays for the chance to sleep in. Once lockdowns started and we slowly transitioned into online learning, I was grateful for a relaxing change. However, soon enough, it became repetitive. I didn't have any opportunity to have meaningful social interactions with friends and family. The experience of a face-to-face meeting with other people could not be replaced by online communication, however much we tried. My perspective changed and now I was constantly waiting for the opportunity to go to school again. At that point, I realized how important being able to go to school each day is. I realized how important a simple conversation with another person could be. Today, even after several months of a traditional school experience, when spending time with friends, I remember and remain grateful for in-person school.



EDUCATION COORDINATOR'S MESSAGE

In this section, the Education Wing pays gratitude to Bhagawan for teaching us the importance of realizing our innate divinity and learnings from chanting Vedas. The Cooksville Sai Centre offers a structured objective-based program where each group has set objectives and our SSE gurus create lesson plans so our students can awaken their divinity, have Faith in God and develop Self-confidence. In addition to learning Sathya Sai Baba's teachings, some of our gurus volunteer their time outside the SSE program to teach the Vedas to children. The Vedas are the root of Dharma and are meant to sow the seeds of Vedic wisdom. Swami has said, He incarnated to revive the Vedas and that's the very purpose of His birth.

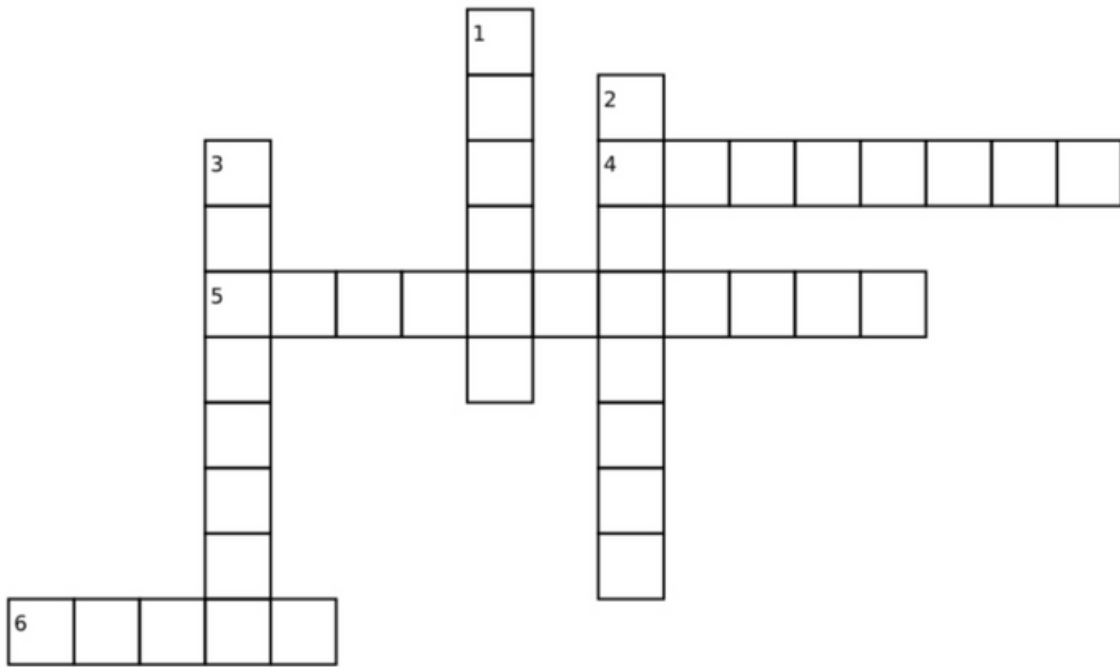
Although our children may not know the meaning of Vedas, Swami says, chanting with devotion is enough even if you do not know every line. It's like a mother singing a lullaby, the child may not know the meaning, raga, rhythm but enjoys it regardless and goes to sleep. Similarly, when Vedas chanted with devotion it confers peace, prosperity and spiritual upliftment/growth.

Every second Thursday of the month, our SSE children are given an opportunity to chant Ganesh Prathana and Atharvasheesam followed by vibrant bhajans. In celebration of Swami's birthday, the Education Wing presented a play at the Cooksville Sai Centre on November 26th beginning with Veda chanting by SSE children. We are grateful to Bhagawan Sathya Sai Baba for giving us the Sai Spiritual Education (Bal Vikas)!!

How to attain God? Suppose there is a small drop of water. In moments this drop will evaporate. But if you pour this drop into the ocean, it becomes one with the ocean. When the drop merges in the ocean it becomes the ocean. Similarly, when one loses one's individual identity in the Supreme, one becomes one with the Supreme.

SATHYA SAI BABA

GAME



Down:

1. How can you thank God?
2. Start your day with a positive...
3. I am...

Across:

4. Gratitude changes your...
5. I feel...
6. Expression of gratitude brings you a...

ANSWERS:
1. PRAYER 2. ATTITUDE 3. GRATIFUL 4. THOUGHTS 5. APPRECIATIVE 6. SMILE

BHAJAN

Ram Rahim Ko Bhajanewaale Terey Poojari Baba
Tera Naam Ek Sahara (3)
Tum Hi Ho Geeta Tum Hi Ramayan
Tum Hi Ho Veda Quran [Tera Naam ...]

Meaning:

O Lord Sai Baba, for the devotees of Lord Rama (Hindus) and of Rahim (Islam), Your name is the only refuge. You are the very Form of the teachings of the Holy scriptures, Bhagawad Gita, Ramayana, the four Vedas and the Quran.

Audio Link: <https://sairhythms.sathyasai.org/song/ram-rahim-ko-bhajanewaale>

