

# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## MEDITATION

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. Lust is the thorn. There is no rose without a thorn. How to get at the flower of love without touching the thorn of lust is the problem. This is where contemplation is needed. Having plucked the flower, how shall we use it? By offering it to the Divine. 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. [...] Now, meditation should be practised as a means of cultivating pure, selfless love, renouncing all attachments to worldly things. [...] In the practice of meditation, it should be realised that all cannot follow the same pattern or method. It varies according to the evolution and circumstances of each individual and his or her capacity and earnestness. Some worship the Supreme as the Universal Mother. Some look upon the Almighty as Father. Some regard God as the Supreme Friend. Some devotees approach the Divine as the Beloved or the Master. Jayadheva, Gauranga and Raamakrishna Paramahansa belonged to the last mentioned category. They did not practise meditation. They felt the presence of God everywhere. Where could they go for meditation? Such was their experience. To the true saadhaka evidence of the omnipresence of God can be found everywhere. By merely closing one's eyes, one does not engage in meditation. One must feel one's unity with God in one's inner being. Prayer is for the mind what food is for the body. Just as wholesome food gives health and strength to the body, prayer purifies the mind and strengthens the spirit. If bhajans (devotional songs) are done in an ostentatious manner, the ego gets bloated. Young people must proceed from thamas (the darkness of ignorance), to thapas (spiritual penance). They must be steadfast in pursuing whatever they take up. There is no meaning in doing meditation for two days and giving it up on the third day. Meditation must become an integral part of one's life. Along with it, all the knowledge and skills required for one's profession or vocation should be acquired.

### **Reflection Questions:**

Meditation differs from person to person. Not all can perform meditation in the same manner. Upon reading Bhagwan's discourse, how will your method of meditation change from thamas (the darkness of ignorance) to thapas (spiritual penance)?

Reflect on the times you mediated. What were some obstacles that prevented you from clearing your mind? Think of ways to remove the thorns of meditation and connect through selfless love to our Dear Lord.

Reference: Discourse: SSS 17.6: to students of Sathya Sai Institute Hostel, Prashanthi Nilayam, 11 March 1984

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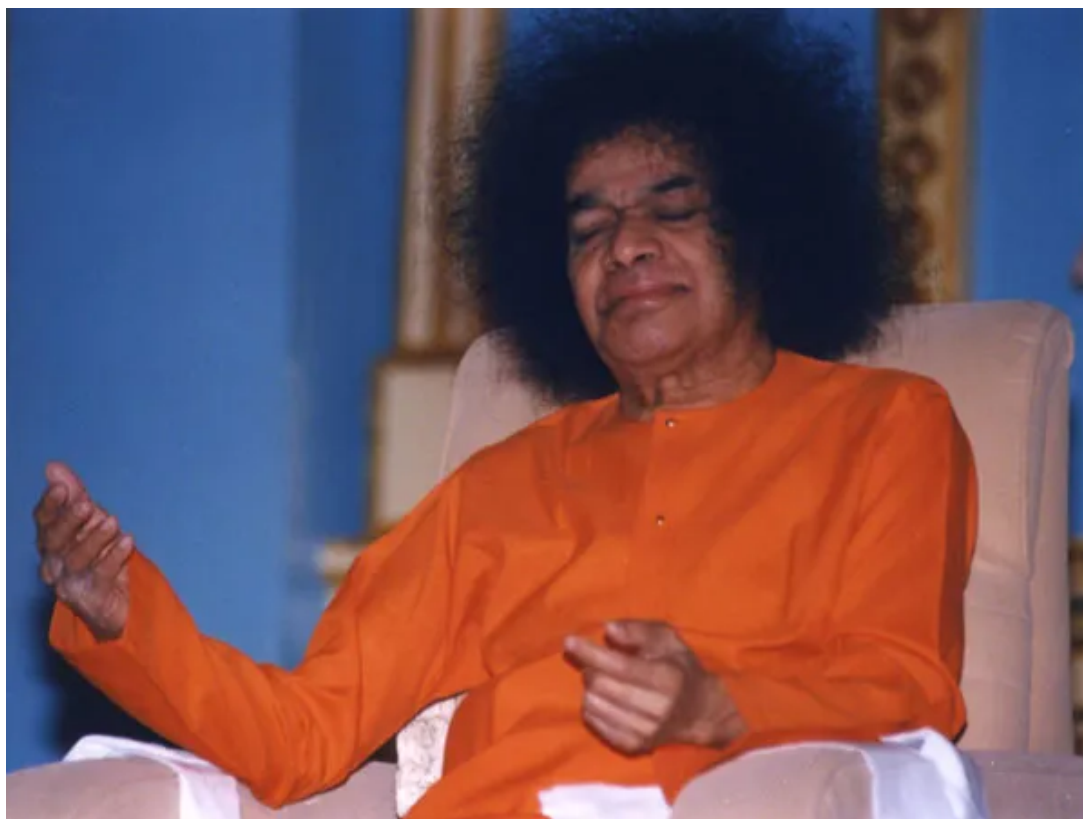
#### DISCOURSE

#### DEVOTEE SPEAKS

#### MONTHLY CALENDAR

#### GAME

#### BHAJAN



*To get at the  
core of God at  
His greatest,  
one must first  
get into the  
core of himself  
at his least, for  
no one can  
know God who  
has not known  
himself.*

SATHYA SAI BABA

## VICE PRESIDENT'S MESSAGE

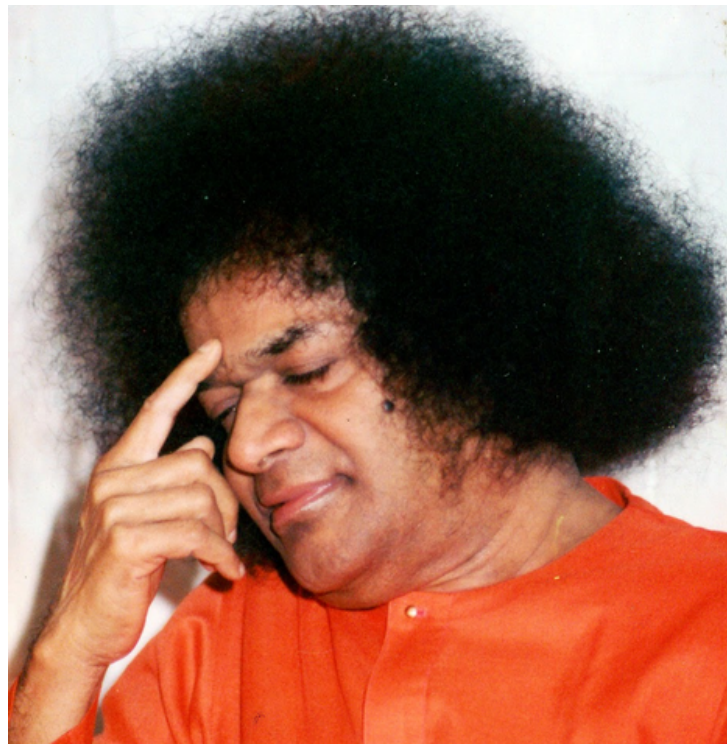
Aum Sri Sai Ram

Meditation is a form of communication with the Lord. It is also a method by which we can find the Lord and by doing so we find love, peace, and other positive attributes. Swami says, "There is a small clause in meditation. All cannot do the same type of meditation. Meditation changes from person to person depending on their state of evolution and capacity. All doing one type of meditation is not proper. Each has his own form to worship and the way he goes about it may also differ." There are many different types of meditation. The key to communicating with the Lord, is finding the one that works for you. It may even differ on where you are and what you are feeling at a given point in time. Personally, Jyothi Meditation (meditation using light) has always worked for me during periods of restlessness, anxiety, and fear. Therefore, I encourage all of you to try out different types of meditation and see which one or ones work for you! As many of you know, the term of the current team of office bearers is ending and there will be a new team from January 2024. I would like to take this opportunity to acknowledge and thank the Sai Dharmam team for all their hard work and dedication. I would also like to thank Uncle Nandy, all the coordinators and centre members for their support and cooperation over the last two years. I wish the next team of office bearers the best of luck!

In Loving Service,  
Adithya Venkataraman

*You can hear  
the footsteps of  
God when  
silence reigns  
in the mind.*

SATHYA SAI BABA



## DEVOTEE SPEAKS

Meditation encompasses a spectrum of methods, techniques, and tips, each tailored to foster mindfulness, relaxation, and overall well-being. One widely practiced technique is mindful meditation, encouraging individuals to focus on the present moment without judgment. This often involves centering attention on the breath, bodily sensations, or observing thoughts and emotions as they arise. Loving-kindness meditation is another approach that involves cultivating feelings of love and compassion towards oneself and others, fostering positive emotional states. Body scan meditation guides practitioners through a systematic focus on different parts of the body, promoting relaxation and heightened awareness. Guided jyoti meditation, often facilitated through recordings or live instructions, serves as a supportive tool, especially for beginners. Importantly, meditation is versatile and can take myriad forms. Personally, my favorite meditative practice extends beyond traditional methods; it's baking. The rhythmic actions of mixing ingredients, the immersive sensory experience, and the concentrated focus on a recipe create a unique form of meditation in my kitchen. Baking not only yields delicious treats but also serves as a source of calm and mindfulness in my daily routine. This demonstrates that meditation is not confined to traditional practices but can be found in various activities, tailored to individual preferences and lifestyles

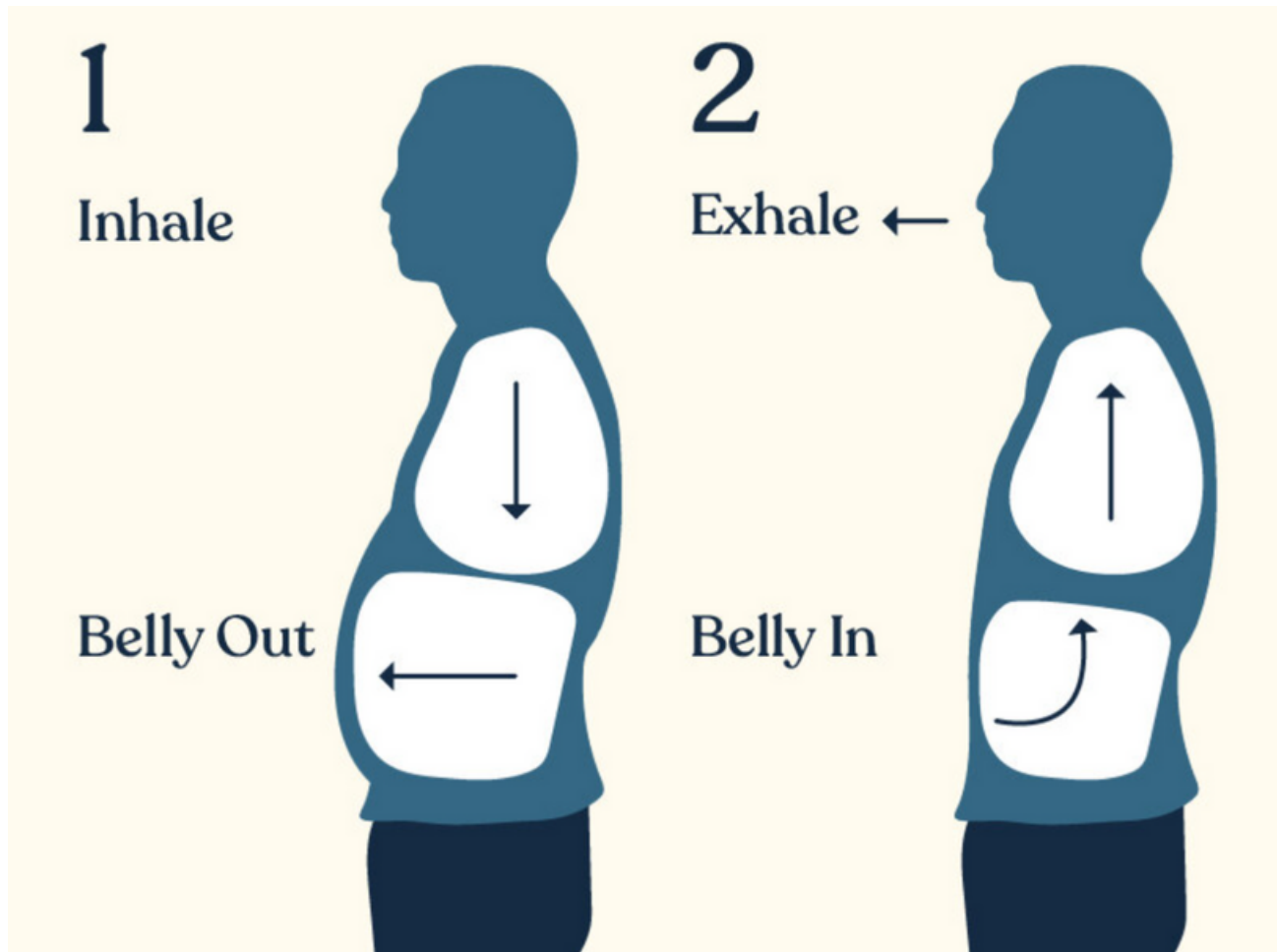
# MONTHLY CALENDAR

DECEMEBR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>BHAJANS 30 GAYATHRI MANTRA</div>	<div>1 UNIVERSAL HEALING PRAYERS</div>	<div>2 SSE CLASSES</div>
<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7 BHAJANS - YOUTH</div>	<div>8</div>	<div>9 SSE CLASSES</div>
<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14 BHAJANS - SSE</div>	<div>15 AVATAR DECLARATION DAY</div>	<div>16 SSE CLASSES</div>
<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21 STUDY CIRCLE &amp; BHAJANS</div>	<div>22</div>	<div>23 SSE CLASSES</div>
<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28 BHAJANS 30 GAYATHRI MANTRA</div>	<div>29 UNIVERSAL HEALING PRAYERS</div>	<div>30</div>

# GAME

Take a moment...

Sit in a comfortable position and let your mind rest. Repeat So-Hum. As you say "So", take a deep breath in, "Hum", take a deep breath out. "So" means "that"; "ham" means "I am". "I am that" is the meaning of soham. Repeat this until your mind is clear of any thoughts and you feel a sense of bliss within yourself. In your head, say one thing you're grateful for. Open your eyes.



## BHAJAN

Jai Ganesh Jai Ganesh Deva

Jai Ganesh Jai Ganesh Jai Ganesha Deva

Sri Ganesha Sri Ganesha Sri Ganesha Deva [ Jai  
Ganesh ... ]

Bhakhoddharana Bhaktha Jana Poshana

Paapa Vinashana Bhaktha Samrakshana

Omkaara Pranava Sri Roopa

Parvathi Nandana Jaya Jagavandana

### *Meaning*

Victory to Lord Ganesha, the lord of Ganas who is ever auspicious, always engaged in uplifting, nourishing, redeeming and protecting devotees. He is the source of the primordial sound, Pranava. He is the darling son of Mother Parvathi and is worshipped by the whole world.