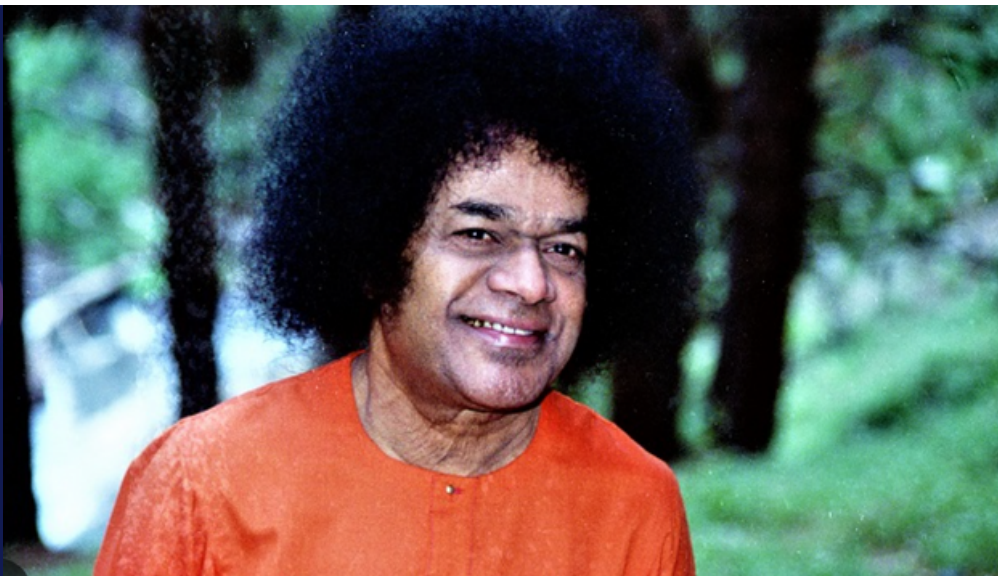


SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



LIVING WITH LOVE AND SIMPLICITY

“One should not feel proud about the position one occupies. The strength derived from wealth or position is undependable. Morality and purity alone can confer real strength. To develop these qualities, one has to take up selfless service. The spirit of service eradicates egoism and selfishness. In the process, not only is your life sublimated, but the nation also gains through the example of a dedicated servant of the public. Remember that you must live up to whatever you say. You must practice what advice you give to others. This is what I am doing. Hence, I have the right to advise others. I call upon devotees to show love towards all. I love all. I am always engaged in work from morning to night. You cannot know how blissful I am always. Happiness is My form. I am always happy. I do not worry about anything because I have no desires. That is the reason for My happiness. As your desires increase, your happiness diminishes. Embodiments of Divine Love! Realizing that the Atma in everyone is the same, extend your love to all. It does not matter if you do not practice any sadhana. Your love for others will raise you to the highest level of spirituality. Bear no ill will towards anyone. When you harm anyone, realize you are doing harm to God. When you develop this kind of universal love, it will be the basis for unity.

In whatever you do, remember the name of God. It is a panacea for all human ills. Do not waste time, because Time is Divine. With faith in God, consecrate your life. Be simple and sincere. It is a sheer waste of money to burden the pictures and idols in the shrines and altars of your homes with the weight of garlands and to parade costly utensils and vessels and offerings to show off your devotion. This is deception; it demeans Divinity, imputing to it the desire for pomp and publicity. I ask only for purity of heart to shower Grace. – Sri Sathya Sai Speaks, Vol 22 (July 18, 1989)

Reflection Questions:

1. Through selfless service, your mind, body and soul has to be offered for selfless service to be done. What are some ways you show your love to others?
2. Everyone has desires, but love and happiness are co-dependant. Your ambition to fulfill those desires causes your happiness to deplete. How can you appreciate our surroundings so you can embrace happiness and love?

Resource: <https://saispeaks.sathyasai.org/discourse/love-all-serve-all>

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GAME

BHAJAN

COORDINATOR'S MESSAGE

Sairam, it is with pleasure that we write this short message for Sai Dharmam. As we move into 2024 – let us truly embark on the journey of “Love All Serve All” making this our mission statement for the year ahead. We are filled with happiness, joy, and hope! We envisage our dreams and aspirations being achieved, but let us make it a priority to engage ourselves in selfless service with humility. “Hands that serve are holier than lips that pray.” – Baba,

Let us remind ourselves that we are foremost a SERVICE organization, ever ready to shower others with our boundless love, energy, and compassion without any expectations. We see SAI in all those we serve. Baba spent his entire life at the service of others, making his life his message, but now the challenge is making your life his message! We sing the bhajan “Love is my form, truth is my breath, bliss is my food.” Let us practice this and not wait any longer because “Time wasted is life wasted” – Baba.

Baba made it clear that the quality of service is most important, not the quantity. The spirit or the motive behind service is the deciding factor. When we render service, we should feel that we are serving God. “Service to man is service to God” – Baba

“The act of service is not to be judged, according to the cost or publicity it entails; it may be only the offering of a cup of water in the depth of a jungle. But the need of the recipient, and the mood of the person who offers these, decide whether the act is gold or lead.

Fill every act of yours with love. Let no one suffer the slightest pain as a result of your thought, word, or deed. Let this be your sādhanā (spiritual discipline). It will surely help you to achieve the goal.” – Baba.

Let us work together and practice divine love through selfless service.

With Sai Love – DW



*“Think of God
and do good
deeds by way
of service to
society,
chanting the
name of God.
Embodiments
of Love! Love
is God. Start
the day with
love. Fill the
day with love
and end the
day with love.
Live in love.
There is no
need to fear. It
is only a
mental
creation.
Foster love.
Then only
Divinity can be
realised.”*

SATHYA SAI BABA

*“Love is your
life, your
friend, your
relative, your
food and your
everything.
Heart that is
filled with love
can never be
polluted. Love
is nectarine.
Once you fill it
in your heart,
the poison of
evil will have
no place in it.”*

SATHYA SAI BABA



DEVOTEE SPEAKS

Service is the highest sadhana. Bhagwan has said, “He who selflessly renders seva, sweetened with prema, to My creatures, he who sees Me in everyone and everything, he who remembers Me at every moment is the yogi nearest to Me”. In service to others, prema should flow through our blood, into our fingertips and be offered our seva. Selfless service offered with love, we serve our Dear Sai by loving all, and serving all. In my life, I can see the difference in acts of service provided with love and without it. For instance, one day I went to work with my mind clustered and overwhelmed where every client I helped, I left unsatisfied. It felt as if there was a black cloud raining on me and the negative dark energy was passed through my service, despite all the good I was doing. It was then I realized that to serve all, I needed to fill my mind with purity and divine love. With that change of mindset, the black cloud vanished, and I felt Swami’s love within. Every client I saw had a smile and was served with divine compassion. Such a simple switch can change a day. From there on, love guides my work as with every client I help, I’m serving my Dear Swami, spreading love to all. In Swami’s wise words, to serve God, you must “Love All Serve All”.

MONTHLY CALENDAR

| FEBRUARY | | | | | | |
|--------------------------|--------|---------|-----------|-----------------------------------|--------------------------------------|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 BHAJANS - YOUNG ADULTS | 2 UNIVERSAL HEALING PRAYERS | 3 SSE CLASSES PLAY MEETING |
| 4 | 5 | 6 | 7 | 8 BHAJANS - SSE | 9 | 10 SSE CLASSES |
| 11 BHAJAN PRACTICE | 12 | 13 | 14 | 15 STUDY CIRCLE & BHAJANS | 16 | 17 SSE CLASSES |
| 18 | 19 | 20 | 21 | 22 BHAJANS - GAYATHRI | 23 | 24 SSE & BHAJAN PRACTICE |
| 25 BHAJAN PRACTICE | 26 | 27 | 28 | 29 | | |

“GOD IS LOVE; LIVE IN LOVE”
-SRI SATHYA SAI BABA

Love All Serve All

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

Spirituality

Desires

Avatar

Serve

Selfless

Service

Egoism

Love

Morality

Sadhana

Divine

Purity

BHAJAN

I only have one message for you, love all, serve all

Love all, serve all (2x)

I only have one message for you, love all, serve all

Sai Ram, Sai Ram, spread Your works in our hearts

In our hearts, a light will spark, message of hope, message of love

Love all, serve all (2x)

