

# SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



## ATMA JNANA

EMBODIMENTS of the Divine Atma! Of all categories of knowledge, the highest is Atma Jnana (the knowledge of the Self). You may acquire knowledge of the natural sciences, of all arts and crafts, of literature and music, dance and painting and every conceivable type of worldly knowledge but all of it will not give you peace or bliss if you do not have knowledge of the self. Worldly knowledge may bring you fame and prosperity. But only Atma Jnana can confer the peace that passeth understanding. Atma Jnana is that which reveals the unity in multiplicity, the eternal in the perishable. One who has attained Atma Jnana is all-knowing. "Tarati sokam Atmavith" ("the knower of the Self overcomes sorrow"), says the Upanishad. All worldly knowledge is concerned with sustaining life. When knowledge of the Spirit which is the basis of all other knowledge of the sciences and the arts is acquired, it is easy to get any kind of knowledge. When communion with the Divine, who is the source of all knowledge, power and wisdom, is established, one has access to every kind of knowledge. Hence each one should strive to attain Self-realization through purity of mind and heart.

Yajnas and yagas, acts of charity and virtue, penances and ceremonial rituals are all designed to promote purity of heart. Purity of mind promotes purity of heart. Purity of mind is achieved by association with noble personages and studying the writings of saintly persons. "Chittasya suddhaye karmah" - the purpose of doing karmas (the duly ordained duties) is to purify the consciousness. Purity of consciousness leads to realization of the Self. Atma Jnana can be obtained only by faith. Develop faith in yourself and faith in God. This is the secret of greatness. Self-confidence today is manifest only in matters relating to worldly achievements and self centered pursuits. Faith and confidence are not in evidence in the spiritual field. Without unwavering faith, the Divine cannot be experienced. Because of the absence of firm faith, the formal observance of spiritual practices yields no results.

The primary requisite is unqualified and unshakable faith in God. One-pointed devotion promotes spiritual Sraddha (earnestness). The earnest seeker gets knowledge of the Self. The earnest devotee needs no other qualification except deep faith. He needs no other knowledge, no title to lineage or wealth. He may belong to any caste or community. He may be a child or even an animal like Gajendra (the Lord of the elephants). Valmiki, Nanda, Kuchela, Dhruva, Gajendra, Sabari, Vidura and Hanuman are examples of devotees who got God's grace through their deep devotion, without any other special qualification. To realize God it is not necessary to have wealth, gold or other emblems of affluence. Nor is great scholarship necessary. All that is needed is pure, selfless devotion. Today men with selfish and impure minds attempt to worship God. Without purity of thought, speech and action, it is impossible to experience the Divine. God cannot be realized through ostentation and self-conceit. The basic-requisite is the shedding of selfishness and possessiveness so that one can engage oneself in actions in a disinterested spirit. Any person is entitled to embark on this quest without regard to sex, age, caste or community.

### Reflection Questions:

1. To realize God, Bhagawan has said "all that is needed is pure, selfless devotion". What are some ways to show faith to our dear Lord?
2. As a first world country, we are surrounded by great fortunes compared to other nations across the world. We proclaim self-confidence through materialistic achievements and gifts. However, Swami has said "God cannot be realized through ostentation and self-conceit". To have self-confidence, one must not be selfish or possessive. How can one be self-confident and build faith?

Source: Sri Sathya Sai Speaks, Vol 19 (1986) <https://saispeaks.sathyasai.org/discourse/atma-jnana>

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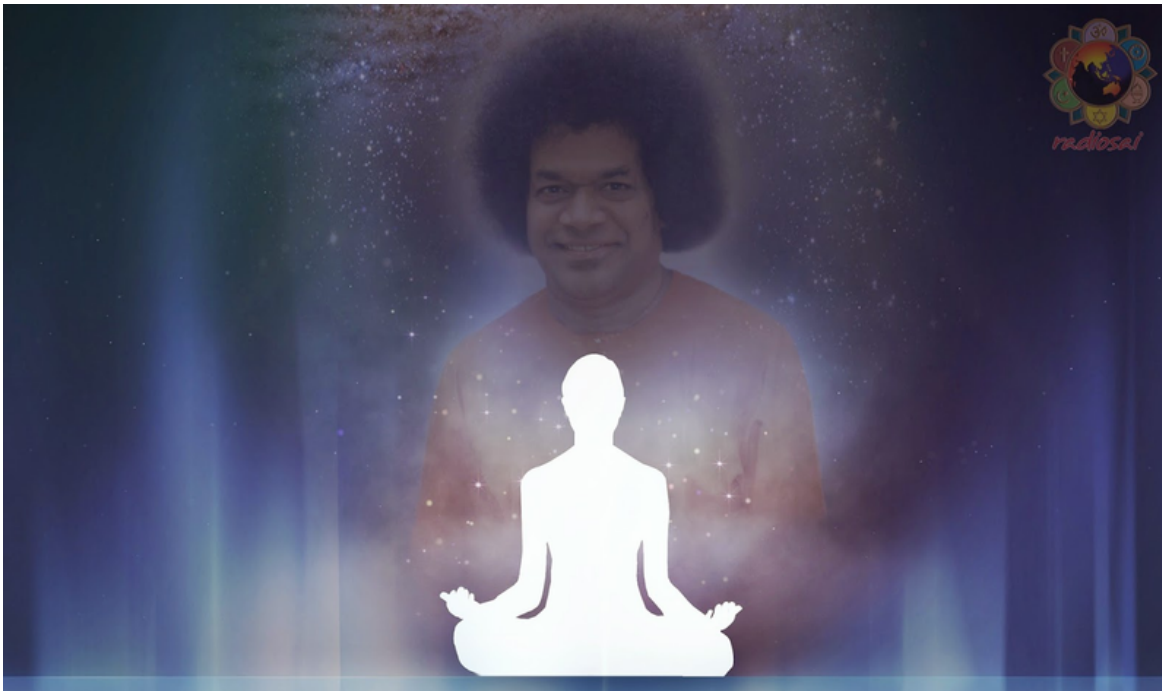
*"When you  
worship god  
with a pure  
mind, you will  
achieve self-  
realization"*

SATHYA SAI BABA



## DEVOTEE SPEAKS

What is Atma Jnana? Swami says worldly knowledge may bring you fame and prosperity but only Atma Jnana can confer the peace that gives understanding. Atma Jnana is that which reveals the unity in multiplicity, the eternal in the perishable. One who has attained Atma Jnana is all-knowing. The journey to self-realization first starts by eliminating all desires. Swami says that man is deluded by his unlimited desires. He is living in a dream world. He is forgetting the supreme consciousness. With man having desires, it blocks the mind from attaining peace and self-realization. By eliminating your desires and negativity, you can attain your true self and the knowledge that comes with it. Self-confidence is a key component in this journey, one I'm sure many of us lack. Confidence in one-self arises through the atman, which is one's inner reality. One should have faith in their judgment, intelligence, and ability because God within tells us not to fear. If everyone had self-confidence, there would be no room for worries or fear. This can be achieved when we are equal-minded and satisfied with what we have. Where there is self-confidence, there is love, where there is love there will be peace, there will be truth, and there will be God. With self-confidence one can achieve self-satisfaction, with which one will be able to self-sacrifice. This will lead one to self-realization.



## COORDINATOR'S MESSAGE

Swami in his Summer Showers, speaks about Atma Jnana. This topic holds immense significance in understanding the essence of spirituality and the teachings of our beloved Swami. The discourse highlights the paramount importance of Atma Jnana, the knowledge of the Self, as the ultimate goal and the key to genuine peace and bliss. Swami teaches us that while worldly knowledge in various fields may bring temporary fame and material prosperity, it is Atma Jnana that bestows the profound peace that surpasses all understanding. This sacred knowledge reveals the underlying unity in the multiplicity of creation, allowing us to perceive the eternal essence within the transient and ephemeral. Faith plays a very important role in our spiritual journey. Swami teaches us that unwavering faith, both in ourselves and in the Divine, is essential for spiritual growth. Genuine devotion, fueled by deep faith and love, becomes the primary qualification for experiencing the Divine presence in our lives. The discourse further outlines the various spiritual practices and obligations that aid in our pursuit of Atma Jnana. Acts of charity, virtue, and association with noble individuals are emphasized as means to purify our hearts and minds, creating the necessary conditions for self-realization. Additionally, adherence to prescribed rituals and dietary restrictions are highlighted as important aspects of our spiritual discipline. Ultimately, Swami teaches us that the realization of the unity underlying diversity constitutes Atma Jnana. He emphasizes that the path to self-realization extends beyond individual transformation to encompass the well-being of the community and the world. By cultivating universal fellow-feeling and practicing non-ill-will towards all living beings, we contribute to the establishment of global harmony. As devotees of Swami, we should make an effort to deepen our faith, cultivate pure love, and purify our hearts and minds. Through our unwavering devotion and adherence to spiritual practices, we aspire to realize the eternal truth of our divine nature and experience the profound peace and joy that emanate from the knowledge of the Self.

*I am god, and  
so are you. The  
only difference  
between you  
and I is that I  
am aware of  
this fact, you  
are not*

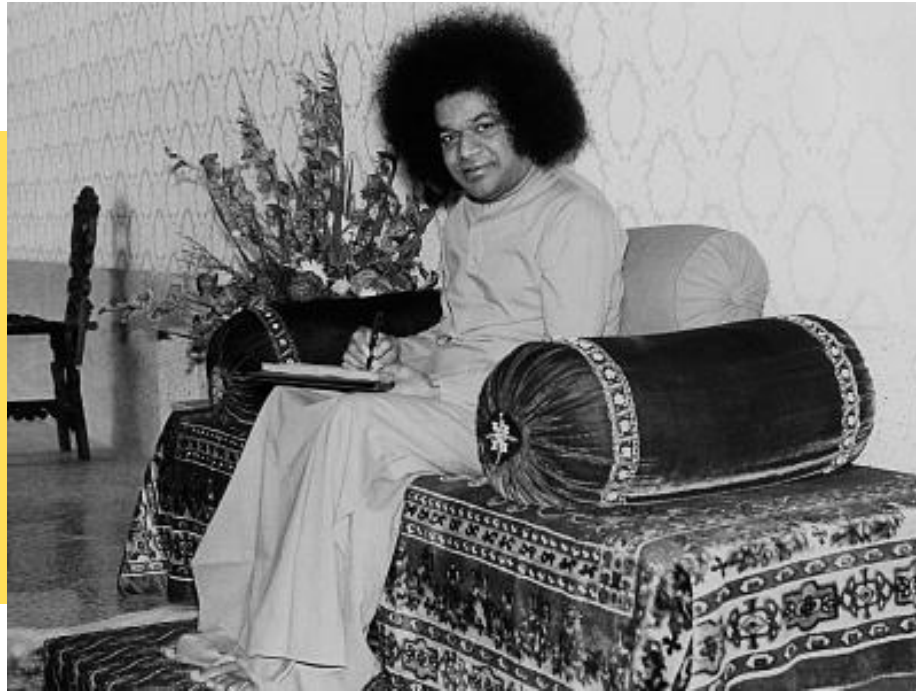
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# MONTHLY CALENDAR

| JUNE                             |        |         |           |   |                                      |   |
|----------------------------------|--------|---------|-----------|---|--------------------------------------|---|
| SUNDAY                           | MONDAY | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY                               | SATURDAY  |
|                                  |        |         |           | 1<br>BHAJANS -<br>YOUTH ADULT                                 | 2<br>UNIVERSAL<br>HEALING<br>PRAYERS | 3<br>BHAJAN<br>WORKSHOP<br>SSE CLASSES<br>VIRTUAL<br>BHAJAN<br>PRACTICE |
| 4                                | 5      | 6       | 7         | 8<br>BHAJANS -<br>SSE STUDENT                                 | 9                                    | 10<br>SSE<br>GRADUATION<br>(IN-PERSON)                                  |
| 11                               | 12     | 13      | 14        | 15<br>BHAJANS -<br>ADULTS<br>STUDY CIRCLE                     | 16                                   | 17  |
| 18<br>FATHERS DAY<br>CELEBRATION | 19     | 20      | 21        | 22<br>BHAJANS -<br>MIXED BHAJAN<br>30mins - Gayathri Chanting | 23                                   | 24  |
| 25                               | 26     | 27      | 28        | 29<br>BHAJANS -<br>MIXED BHAJAN                               | 30                                   |   |



# GAME



Journaling allows one to express their thoughts and feelings into words instead of bottling their emotions within. This allows one to acknowledge their feelings and learn ways to control them. It provides an opportunity for positive self-talk by identifying negative thoughts. Overall, journaling improves one's mental health as it is a supportive coping mechanism and eliminates negative qualities within one.

Activity to build self-confidence: Take a moment and answer the following questions.

1. What is your favorite thing about your personality?
2. Who are you most grateful for having your life?
3. I am happiest when....
4. I feel peaceful when....
5. What goals are you working towards?

## BHAJAN

Atma Jyothi Namō Paramatma Jyothi Namō  
Akhandā Jyothi Namō Māmā Jeevanā Jyothi Namō  
Antaryāmī Namō Śrī Sadguru Sai Namō

Meaning: Bow to the omnipresent light, the light of God within. Bow to the never-ending light, which is the very essence of life. Bow to the indwelling true Guru, Lord Sai.

Audio: <https://sairhythms.sathyasai.org/song/atma-jyothi-namo>

### *Meaning*

Bow to the omnipresent light, the light of God within. Bow to the never-ending light, which is the very essence of life. Bow to the indwelling true Guru, Lord Sai.