

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



RAM NAVAMI

“In Ramakatha Rasavahini, the inner meaning, important characters of the Ramayana and what they represent are explained beautifully by Sathya Sai Baba. Rama is the in-dweller in everybody. He is the Source of Bliss (Atma-Rama), the Rama in every individual. His blessings confer peace and bliss. He is the very embodiment of dharma, showing through His life, how to discharge one’s duties as a King, husband, son, brother, friend and a redeemer of all. The Ramayana, the story of Rama, teaches two lessons: the value of detachment and the need to become aware of divinity in every being. Faith in God and detachment from objective pursuits are the keys for human liberation. Give up sense objects, and you gain Rama. Sita gave up the luxuries of Ayodhya so she could be with Rama during His exile. When she cast longing eyes on the golden deer and craved it, she lost Rama’s presence. Where Rama is there, Kama (desire) does not exist; and where there is Kama (desire), Rama does not exist – so Rama and Kama do not go together. Renunciation leads to joy; attachment brings grief. Rama’s brothers, comrades, companions, and collaborators are all examples of people who lived dharmic lives. Dasaratha is the representative of the physical body, with the ten senses. The three qualities (gunas) serenity, passion, sloth (sathwa, rajas, thamas) are represented by the three queens. The four goals of life (purusharthas)–Dharma (Right Conduct), Artha (Wealth), Kama (Desire) and Moksha (Liberation)–are represented by the four sons. Lakshmana is the intellect; Sugriva is discrimination (viveka). Vali is despair. Hanuman is the embodiment of courage. The bridge is built over the ocean of delusion. The three demon (rakshasa) chiefs Ravana, Kumbhakarna, and Vibhishana are personifications of the passionate, slothful, and serene (rajasic, thamasic, and sathwic) qualities. Sita is the awareness of the Universal Absolute (Brahmajnana), which the individual must acquire and regain while undergoing travails in the crucible of life. Make your heart pure and strong, contemplating the grandeur of the Ramayana. Be established in the faith that Rama is the reality of your existence.”

Reflection Questions:

1. What is the value of detachment as it is mentioned as one of the two main lessons of the Rama story?
2. The discourse mentions that the four goals of life are Dharma (Right Conduct), Artha (Wealth), Kama (Desire) and Moksha (Liberation). Which of these do you most try to achieve?

Reference: <https://www.sathyasai.org/events/festival/sri-rama-navami-2019>

IN THIS ISSUE

RAM NAVAMI

DEVOTEE SPEAKS

YA WING MESSAGE

MONTHLY CALENDAR

GAME

BHAJAN

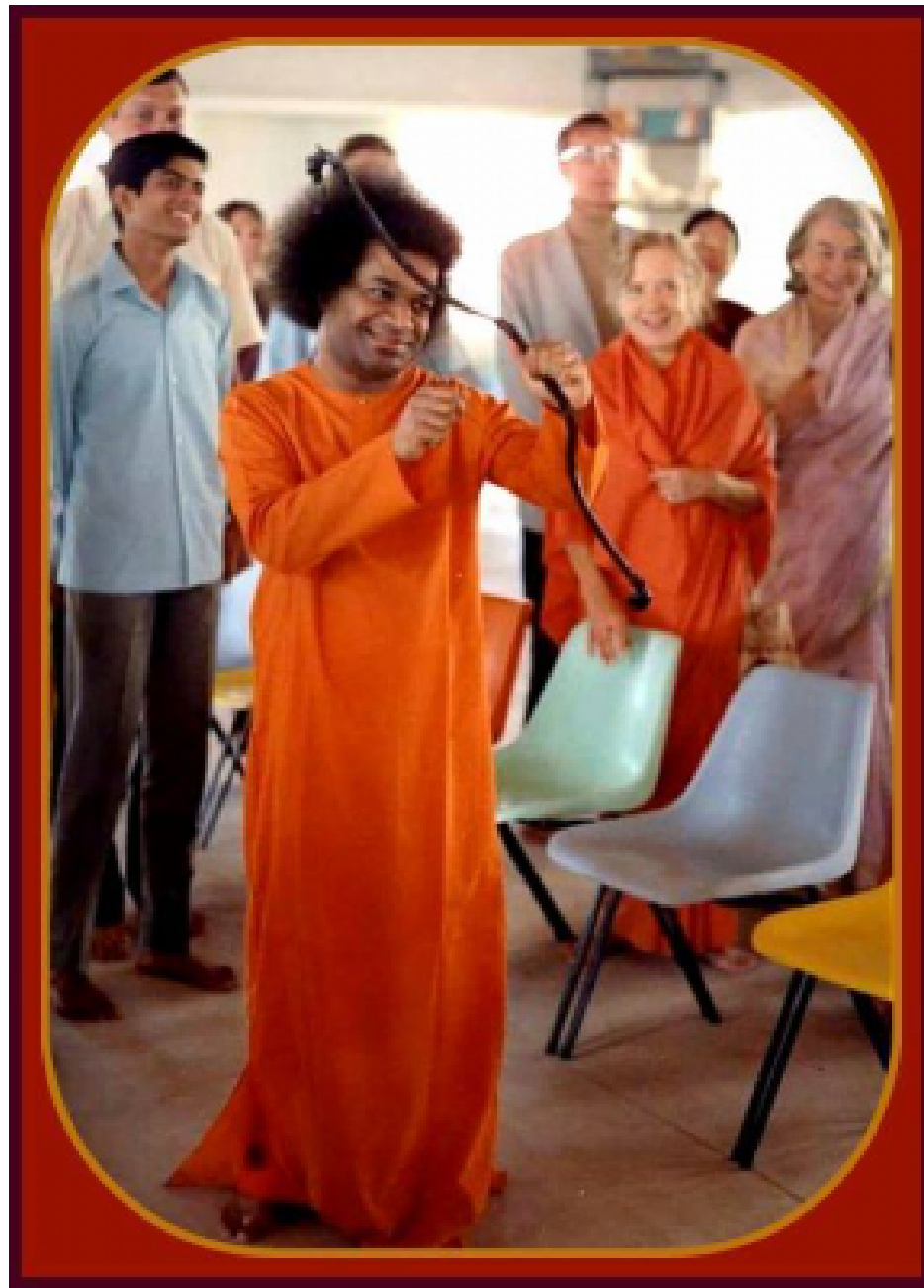


DEVOTEE SPEAKS

Ram Navami, the birthday of Lord Rama occurs on the 9th day of the month of Chaitra (March-April). A day full of celebrations to commemorate the King of Ayodhya. King Dasaratha, Rama's father, had three wives; Sumitra, the mother of Lakshmana and Satrugna, Kaikeyi, the mother of Bharata, and Kausalya, the mother of Rama. Lord Rama married Sita, King Janaka's daughter but was exiled from the Kingdom for 14 years into the forest by the wrongful actions of his stepmother, Kalikeyi who wanted her son to be King, instead of Rama. His brother, Laksmana was completely loyal to Lord Rama, choosing to follow Him and Sita in their exile. Lord Rama is celebrated today for his embodiment of dharma as a prince, husband, son, and most importantly, defeating King Ravana through good deeds, and removing evil from the world. King Ravana, the King of Lanka, had 10 heads and 20 arms and received a boon to not be killed by anyone by Lord Brahma. As a result, Lord Vishnu incarnated as Rama and defeated Ravana with an army of monkeys and bears, by passing the boon Brahma gave Ravana. The historical, dramatic, and inspiring story of Ramayana is the very reason Ram Navami is celebrated every year. For his bravery and pure heart, devotees seek for his blessings to receive Atmic bliss, a place of no ego. Bhagawan has said "the word Rama has the triple power of destroying sins, conferring peace, and dispelling ignorance. When you utter the word 'Ram', you first open the mouth with the sound 'Ra'. All your sins go out when your mouth is open. When you utter 'Ma' by closing the mouth, the entry is barred against the sins that have gone out. To chant the name Rama, one must chant with selfless devotion, pureness of the heart, and to remember the name with love. God can be realized only through love and by no other means. Lord Rama brought happiness and promoted peace through dharma and righteousness, by removing evil and lighting the world with goodness. Similarly, through meditation and chanting 'soham' has brought me peace and removes the negativity from within. With every inhale, is a breath of fresh goodness, and with every exhale, the removal of all selfish and wrong manners. Repeating the words 'so' and 'ham' clears my mind and brings clarity and pureness to the mind and heart. Similarly, when you step outside for a breath of fresh air, your body is filled with crisp, vibrant air that clears your mind. With chanting soham, you are chanting 'I am that', cleansing the body with pureness, happiness, and positivity. As such, chanting the Lord Rama's name and 'soham' will bring one and surround them with Atmic Bliss.

"Devotees should install Rama in their hearts and celebrate Ramanavami in order to achieve Atmic bliss."

SATHYA SAI BABA



*"The word Rama
has the triple
power of
destroying sins,
conferring peace,
and dispelling
ignorance."*

SATHYA SAI BABA

YA WING MESSAGE

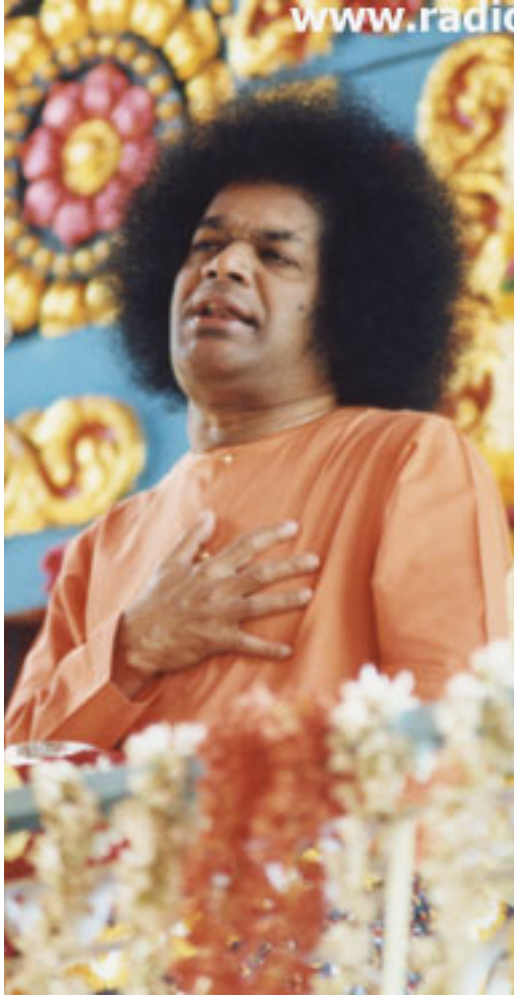
In commemoration of Rama Navami, let us reflect on the inner meanings of the name "RAMA". The three syllables represent the 3 causes for human birth: the sins one has committed, the trouble one experiences, and one's ignorance. So the name Rama has the power of destroying sins, conferring peace, and dispelling ignorance. Let us learn to chant Rama's name with a pure heart especially in times of young adulthood where we may face obstacles of ignorance and sins.

We would like to thank all the YA's who helped with Swami's birthday play this past November. The YA's are currently collecting stationary and used devices to be sent to Sri Lanka. Please donate them at the centre or contact us for assistance. We would also like to thank Brother Adi for graciously teaching the YA group Atharvashisham for 3 classes over Zoom. Our monthly YA bhajans are continuing with the utmost vibrant energy. If you would like to sing, please contact one of the YA coordinators. The YA SSE class is occurring each week with interesting study circle topics and discussion. We highly encourage everyone to attend these insightful conversations. We will be having a spring social soon so please stay tuned for that! Last but not least we would like to thank our great Sai Dharmam team for creating these amazing newsletters every month.

Please reach out to us at youngadults@cooksvillesaicentre.org for any questions!

MONTHLY CALENDAR

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BHAJANS - YOUTH ADULT	3 UNIVERSAL HEALING PRAYERS	4 SSE CLASSES VIRTUAL SSE GROUP 2 AT CENTRE
5 BHAJAN PRACTICE	6	7	8	9 BHAJANS - SSE STUDENT	10	11 SSE CLASSES VIRTUAL SSE GROUP 3 AT CENTRE
12	13	14	15	16 BHAJANS - ADULTS STUDY CIRCLE	17	18 NO SSE (MARCH BREAK)
19	20	21 BHAJAN PRACTICE	22	23 BHAJANS - MIXED BHAJAN <small>jomins- Gayathri Chanting</small>	24	25 SSE CLASSES VIRTUAL SSE GROUP 4 AT CENTRE
26	27	28	29	30 BHAJANS - MIXED BHAJAN	31	1 SSE CLASSES VIRTUAL SSE GROUP 2 AT CENTRE



GAME

Scan the QR Code or click on the URL to play Wordsearch Game

URL

<https://sairhythms.sathyasai.org/puzzle/spot-characters-ramayana-word-search-puzzle>

BHAJAN

Dasharatha Nandana Rama Daya Sagara Rama
Raghu Kula Thilaka Rama Sathya Sai Sri Paramdhaama (Dasharatha ...)
Ahalyodharaka Rama Shapa Vimochana Rama
Shiradipureesha Rama Puttaparthipuri Paramdhaama

Meaning

O Merciful Lord Ram! O Prince of King Dasharatha! Thou slew the ten-headed demon Ravana. Just by hearing Thy Sacred name, demons run away. Thou art worshipped and attended by Brother Lakshmana.

One attains happiness by worshipping Thy beautiful and enchanting Form

Audio: <https://sairhythms.sathyasai.org/song/dasharatha-nandana-rama-daya-sagara>