

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



FORBEARANCE IS A POTENT INSTRUMENT

All things, good or bad, are related to our actions. Your well-being is based on your conduct and your wealth is dependent on your actions. You will secure peace and prosperity when your conduct is good. This calls for sahana (forbearance). The Upanishadic prayer says, “Let us have forbearance toward each other, let us rejoice together and let us all strive together.” Forbearance is a very potent instrument. Dharmaraja, the eldest of the Pandavas, was able to score many victories with the weapon of forbearance. Forbearance is not a sign of weakness or cowardice as no other weapon has its power. It should not be used solely as an individual instrument, but experienced collectively as well. That is the reason why the scriptures have commended collective forbearance at the very outset of the spiritual quest. What is its inner meaning? “Let us live and move in harmony. Let us grow together. Let us cherish the wisdom that we have acquired together. Let us live in complete harmony without any misunderstanding.” Therefore we would not have any misunderstanding amongst ourselves. We should live in amity as the children of one mother.

Sri Sathya Sai Speaks, Volume 26, Chapter 26: The Divine and Destiny. Divine Discourse on July 21, 1993.

Reflection Questions:

1. Do you understand the meaning of forbearance?
2. How often do you practice forbearance?

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Jealousy is the greatest enemy of man, and it takes root when Kshama (Forbearance) is absent. If you possess the virtue of Kshama, then none of these enemies can come anywhere near you.

SATHYA SAI BABA

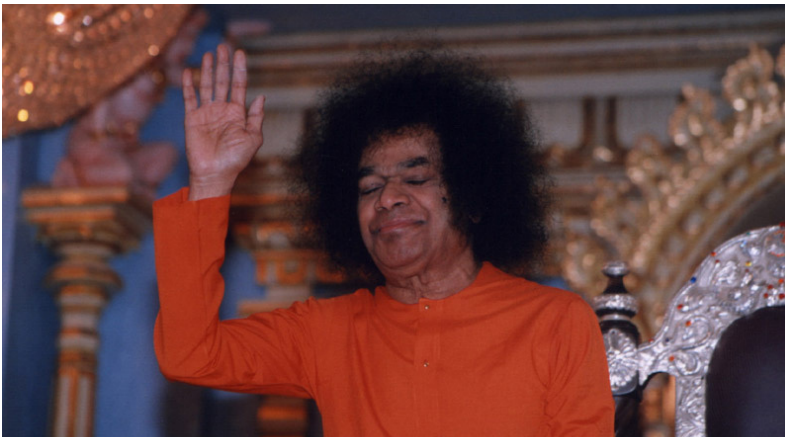
SUMMER COURSE
BRINDAVAN
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DEVOTEE SPEAKS

Throughout my life, the lessons of forbearance have been taught through Swami's teaching of "speak softly and lovingly". Even when I am upset, angry, or frustrated, speaking obligingly has always been emphasized. When I was younger this was quite tough for me. One example which comes to mind is when my little sister used to scribble over my books. As an avid Harry Potter fan, I had all the novels. When we were on vacation, my sister took one of the books, tore out a page and started drawing all over it. At the time I was so upset, I started screaming, crying, and throwing a tantrum. But from her perspective, she had done nothing wrong, she just wanted to play with me and didn't understand why I was so upset. While I did not immediately understand why it was important to speak lovingly even when I was upset, as I grew older the lesson became more pertinent in my life. When I am at school and someone does something which frustrates me, instead of immediately reacting to their actions, I take a second to take a deep breath, regard their perspective, and react accordingly. Many times this means removing myself from the situation, and then coming back when I am able to speak softly and lovingly. Not only is this an important pillar of Swami's teachings, but an extremely useful life skill to have.

Reference: <http://saiarshan.org/baba/index.html>



PRESIDENT'S MESSAGE

Aum Sri Sairam Elders, Brothers and Sisters,

Swami's grace, hope you and family are doing well. Happy Navratri and Happy Vijaya Dashami. May Maa Durga bestow upon you good health, peace, and happiness. Navratri is a nine-day long, auspicious festival celebrated all over for different reasons every year through chanting of mantras, renditions of bhajans and rituals. It is culturally dedicated to Goddess Durga, an exemplar of Shakti or the cosmic energy. It is observed in the month of September/October. The Navratri festival is widely commemorated throughout the country with full enthusiasm. During this 9-day festival of Navratri, the 9 manifestations of Goddess Durga are worshiped. Each manifestation of Goddess Durga exemplifies a distinctive virtue and is believed to accord spiritual and worldly fulfillment. Please join our sisters from Sep. 26th to Oct. 4th in the celebrations of Navratri at the Center between 7.30pm to 8.30pm.

The fight to save Goddess Sita lasted for 10 days and on the tenth day of Ashwin month, Lord Ram managed to kill Ravana with the help of 'Divyastra' given by Goddess Durga. The day when Lord Ram killed Ravana was the Dashami tithi (tenth day) of this month and hence it is called Vijaya Dashami. marking the triumph of Rama, an avatar of Vishnu, over the 10-headed demon king Ravana, who abducted Rama's wife, Sita.

Soon we are entering into the month of Swami's birthday. It's a golden opportunity to submit our gratitude before and after. Please mark your calendars the celebrations of Akhanda bhajans on Saturday Nov. 12th, Ladies Day on Saturday Nov. 19th, Swami's birthday on Wednesday Nov. 23rd at the Center and the virtual SSE Play presentations to Swami on Saturday Nov. 26th. The whole Sai family is already geared up in the preparations and we request volunteers to support.

Thank you all in advance for your devotion, kind support and cooperation as always.

Looking forward to seeing you all.

Sairam,
Nandy

*Without Kshama,
mankind
becomes
degraded and
starts declining,
but if it has this
quality then it
can progress in
leaps and
bounds. Kshama
is thus the very
breath of life.*

SATHYA SAI BABA

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GAME

Unscramble the words:

1. atiencep
2. flse-troconl
3. anceearforb
4. trairestn
5. eapec

ANSWERS

answers: patience, self-control, forbearance, restraint, peace

BHAJAN

Aanandha Maya Bhagavaan Hey Prema Maya
Bhagavaan

O Bhagavaan Sai Bhagavaan (Aanandha...)

Hey Karuna Nidhey Prabhu Sai Ram

Kripa Nidhey Deeno Key Pran

Aavo Prabhu Mujhey Charan Lagalo

Daya Karo Bhagavaan

(Mujhey) Kripa Karo Bhagavaan

Meaning

O Blissful and loving Lord Sathya Sai! O Bestower of Mercy and Grace on afflicted and poor ones! Kindly accept me at Thy Lotus Feet. O Lord! Kindly shower mercy and grace on me.