

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



DO NOT RETALIATE

Forgive those who have harmed you and criticized you. Have faith that whatever happens is for your own good. If someone hurls abuses at you, do not retaliate. Inquire within yourself whether he has criticized the body or the Atma (Divine Self). If he has criticized the body, indirectly he has done you a favor because the body is nothing but a heap of flesh, blood, bones, and fecal matter. On the other hand, if he has criticized the Atma, it amounts to criticizing his own Self because the same Atma exists in both of you. One should cultivate this kind of forgiveness and broad-mindedness.

Guru is one who dispels the darkness of ignorance arising out of body attachment. Body is but an instrument. God has given you the body to take to the path of action. It is God's gift. Body is the temple and the indweller is God. Consider all bodies as temples of God, and offer your salutations. Salute even your enemies. Whomsoever you salute, it reaches God, and whomever you censure, it also reaches God.

Sri Sathya Sai Speaks, Volume 33, Chapter 10: Real Name of God Is Love. Divine Discourse on July 16, 2000.

Reflection Questions:

1. Think about a time you got in an argument with a loved one. Think about the words exchanged during the argument. Were you able to forgive them or do you hold on to it?
2. Forgiveness can be difficult. Our ego can prevent us from forgiving someone. Think about a time where it was difficult to forgive someone. Why was it difficult to forgive them?

IN THIS ISSUE

DO NOT RETALIATE

DEVOTEE SPEAKS

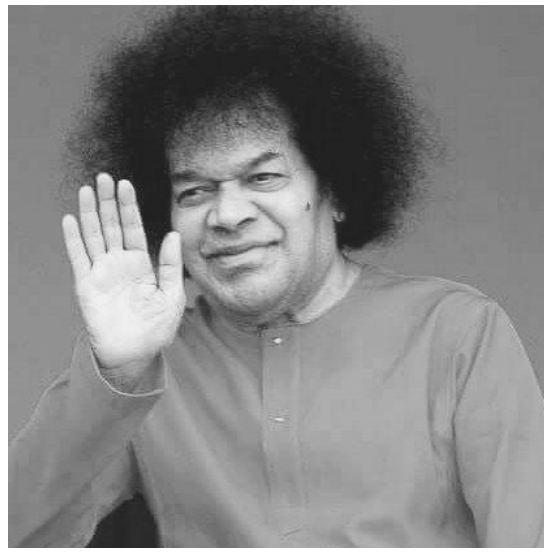
MESSAGE FROM THE YA WING

GAME

BHAJAN

*See no evil; see what is good.
Hear no evil; hear what is good.
Speak no evil; speak what is good.
Think no evil; think what is good.
Do no evil; do what is good.
This is the way to God.*

SATHYA SAI BABA



DEVOTEE SPEAKS

One time I forgave others was in school during a group project. For the assignment we were asked to research and present a chosen topic. In fact, it was the first presentation we were in the process of completing. As we were doing our parts, we realized we still needed someone to do the introduction for our presentation the next morning. I told my group members that I would not be able to complete as it was late and I still had to finish my part. But they insisted that I do it and encouraged me to finish it on their behalf. So since no one else

took the initiative, I had to do it. I stayed up very late that night finishing the presentation and as a result, I did prepare well. On my way to school I tried to prepare by memorizing my script on the bus. Even though I was tired and upset with my group mates, I forgave them because there was no point in holding a grudge. This mindset helped because I felt lighter and more relaxed while presenting. As a result, I learned that sometimes it is better to forgive small things and move on with life. Also, it allowed me to maintain the good relationships I had with my friends.

MESSAGE FROM YOUNG ADULT WING

This edition nicely summarizes the importance of forgiveness. Swami has said, “love gives and forgives, self gets and forgets.” What an important message to take back and practice, especially during our young adult years when habits are set. It is so easy to fall into a place of entitlement and ego, where our monkey mind is always on the search for something bigger and better. Next time you have the opportunity to act from a place of love or from a place of ego, we challenge you to act from a place of love and see how different the outcome is. Just ask yourself, “what would love do now?”

We would like to take this opportunity to specifically thank all the young adults who

have attended centre events including YA bhajans, bhajan practice, the YA social, the centre picnic, and the YA book club meetings. These activities have all been opportunities for us to grow and learn together – as well as have some fun! Over the next few months, the YA wing will be gearing down in preparation of Swami’s birthday. If you are interested in participating, please send us an email (youngadults@cooksvillesaicentre.org). Additionally, if you are interested in participating in YA bhajans, the YA SSE class, the book club, or in one of the centre’s various seva activities, please do not hesitate to reach out!

Fill in the blanks of quotes Swami has said on forgiveness.

1. Love gives and forgives; _____ gets and forgets.
2. Forgive those who have _____ you and criticized you. Have faith that whatever happens is for your own good. If someone hurls abuses on you, do not _____.
3. Nourish love in your _____. _____ will drive away all bad thoughts. It will promote the spirit of forgiveness.
4. _____ and _____ all that has happened amongst you until this very moment; start a new chapter of love and brotherhood from now on.
5. Develop the quality of _____, and refrain from harshness in speech.

GAME

Please find the words from word bank on the word search.

ANSWERS

1. selfishness
2. harmed; retaliate
3. hearts; love
4. forget; forgive
5. forgiveness

BHAJAN

Ek Baar Kshama Karo Sai Merey Baba Sri Sathya Sai
Kshama Murthy Sai Baba Prema Murthy Sathya Sai [

Ek Baar ...]

Shirdi Ke Sai Terey Dwarakamayi

Parthi Ke Sai Teri Yaad Mujhey Aayi [Kshama
Murthy ...]

Meaning

O dear Lord Sathya Sai Baba, the Merciful One, please forgive me. You are full of forgiveness and love. O Shirdi Sai, residing in Dwarakamayi, You remind me that You are none other than Sathya Sai, the dweller of Parthi.