

SAI DHARMAM

Sri Sathya Sai Baba Centre of Cooksville

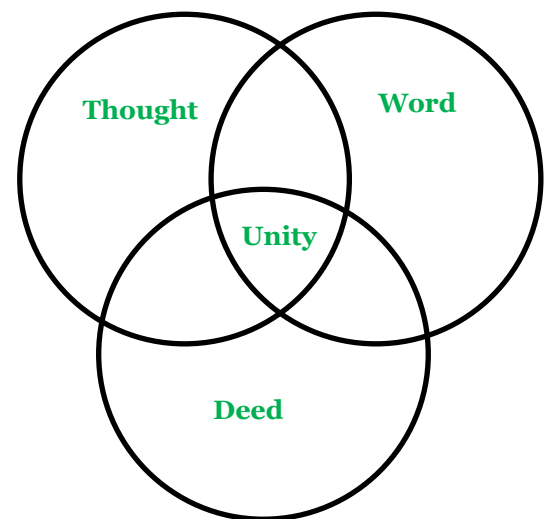


Unity in Thought, Word and Deed

The distinction between an animal and a human is that an animal will always work according to its primitive instincts. On the other hand, as humans, we are blessed with the ability of sensory perception. Our skill to feel and act accordingly to our intellect and sense of morality is what makes us genial creatures. Notably, the interconnected concept of unity in thought, word and deed comes in to play when discussing the significance of morality in the human world. According to philosophers, the act of focusing on a task without diverting the mind to external circumstances or distractions, is

when unity of thought exists. Consequently, when our thoughts are in-sync, the words articulated from our mouth will be of good quality. When we get distracted with multiple tasks where numerous thoughts are afloat in the mind, we forget to “filter” our thoughts. As a result, this can make us say things that are unpleasant.

From this, man’s attitude and personality changes, thus making him act immorally and contribute to unprincipled deeds. With this in mind, the *Bhagavad Gita* states that in today’s world most of our prayers... (continued on page 3)



Lord Rama's Demonstration of Unity in Thought, Word, and Deed

Ram Dhashrath Raghu, also known as Lord Rama, was the seventh avatar of the Hindu God Vishnu. Throughout His life, He has been an advocate for practicing unity of thought, word and deed. Rama is the perfect exemplar of creating a perfect harmony between thoughts, words and deeds.

Each thought is demonstrated through His decisions made from love and respect for His family and devotees. During Rama's exile, His dedication to the promise He made to His father, Dasharatha, was the decision that He made practicing unity of thought, word, and deed. As Kaikeyi directed Rama to be banished in the forest to provide the throne for her son Bharatha, Rama remained calm and was beyond delighted to obey His father's wish. Even through tough times like this, His devotion for His family is what maintains a mindset composed of compassion and love. His response was His practice of words and His actions during His exile was the practice of deed. During the course of His exile, despite the death of His father, he remained loyal to His promise and

remained in the forest for the following 14 years. The exile was one of His several moments of being a devotional son, brother, husband, and deity.

Describing Rama in the words of Swami Vivekananda, "[He is] the embodiment of truth, of morality, the ideal son, the ideal husband, and above all, the ideal king." Rama is an aspirational historical figure for all His devotees and His way of life is creating a guide of being a role model in practicing unity within each individual's thoughts, words, and deeds.



President's Message

Aum Sri Sai Ram. My sincere gratitude to Bhagawan, for giving me the opportunity to serve Him. We are blessed to work in an organization, led by the Lord of the Universe. Swami says, "**My Work is My Blessing**", it is up to us to earn His blessings by doing His work.

Over the past years, our committees have contributed a high level of devotion and dedication to Swami's work. Our visions of success have been granted and we are grateful for the position we are in today. Our goal as a Centre for the upcoming years will be to practice **Love and Unity**.

The essence of Easter is love and unity, and is practiced while

celebrating this holiday. Easter celebrates the resurrection of Jesus Christ from the death he suffered to free his children of their sins. Easter is celebrated on the Sunday following the full moon after the vernal equinox. This year, we will be celebrating Easter on April 1st. Easter is observed as a season of the church year, as opposed to a single-day event. Lent, the 40-day period leading up to Easter Sunday, represents the 40 days Jesus spent alone in the wilderness before starting his ministry, a time in which Christians believe he survived various temptations by the devil. The day before Lent, known as Mardi Gras or Fat Tuesday, is a last day of food and fun before the fasting begins. The

week preceding Easter is called Holy Week. The 50-day period following Easter Sunday is called Eastertide and includes a celebration of Jesus' ascent into heaven, unifying the Holy Trinity; the father, the son and the Holy Spirit. This Easter, let us reflect on the teachings of our Dear Swami and the sacrifices He made to allow us to raise beyond our physical attachments and become one with God in thought, word and deed.

Thanks to all the readers for your loving support and for giving me this opportunity to present this in Sai Dharmam.

Panchalingam Sabaratnam

Devotee Speaks

Years ago, when I was a Group 3 SSE student, my Guru prepared a group activity for the entire class to participate in. There would be different phrases or character traits typed on to slips of paper, folded and placed into a hat. All of us students would pass the hat around selecting a slip of paper. Our Guru told us that what we select, Swami would have chosen especially for us. It would be an attribute which we already embody, something that we need to work on or perhaps a simple reminder in a time of distress. I received the word “Harmony.” Initially I was confused, as I did not understand what exactly that meant. I later realized this meant harmony in thought, word and deed, which I knew that I struggled to practice all the time. Even now, years later I find it difficult to sync my thought, word and deed.

We sometimes intend one thing and say something else, possibly hurting others. In these cases it is really important to consciously think before speaking. If there is a doubt as to if what you say will be hurting someone, it is better to not say anything. We can also find ourselves entertaining ill thoughts. Swami says that we

should see them as passing clouds and not act on them. Swami says that merely speaking a certain way can influence our mind and our actions. Here is what Swami says: “It is very important to remember that the full power inherent in your words can be utilized through speaking softly and sweetly. For those anxious to visualize God in all, such gentleness of speech will be of immense help. Through words of affection and regard, and by the practice of softness of expression, not only will your minds be calm and light, you will also grant great joy to others! And when you carry out meditation and other spiritual practices in such a happy atmosphere, concentration will come easily.”



Unity in Thought, Word and Deed

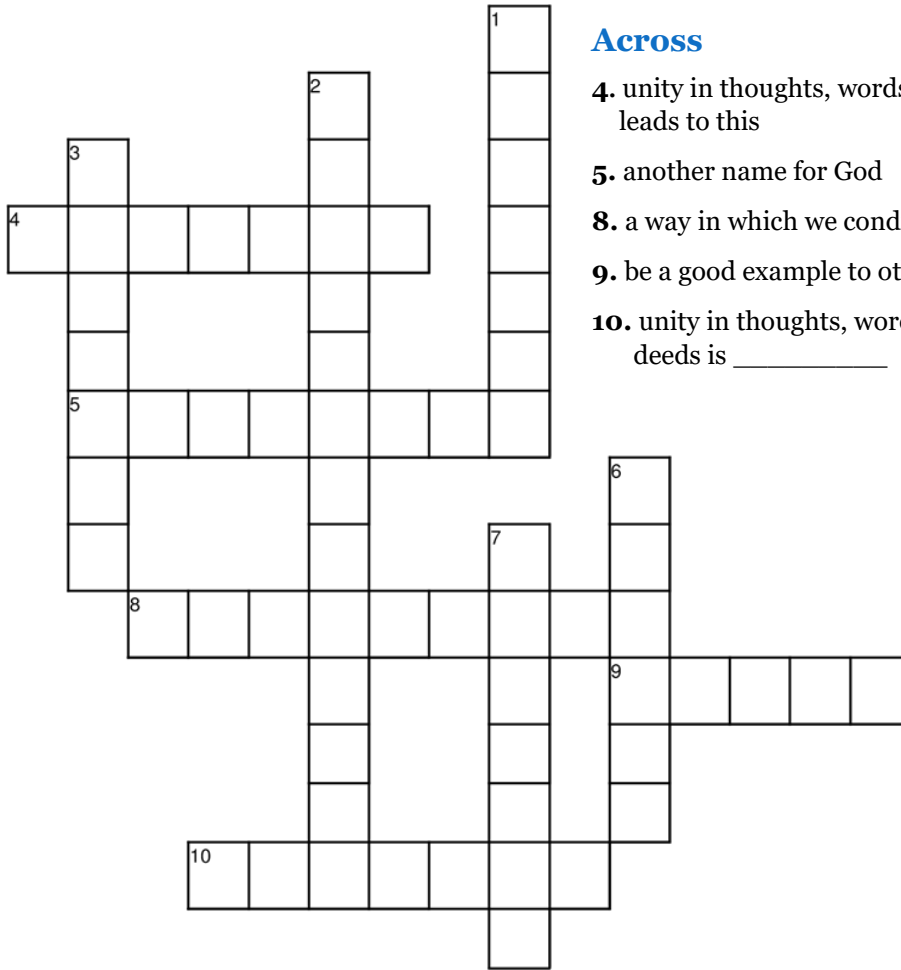
(continued from page 1) ...are filled with pompous words where there is a devoid of feeling. If we were to examine ourselves, to see whether we follow the harmonic path of thought, word and deed, most of the time these three will be going off in different directions without any unity between them. Inside the mind there is one thing, on your lips there is something else. Such disharmony will not benefit you nor bring you closer to the Lord. It is only when we synchronize the thoughts in our mind with the words in our mouth that our words can turn into prayers and become

effective. After doing this, you must execute your prayers into practice and this will result in producing good deeds.

Nonetheless, in relation to the concept of unity in thought, word and deed, our dearest Bhagawan, Shri Sathya Sai Baba talks about the importance of this regarding education. He says, ‘*Trikurna suddhi*’ (three instruments of purity), what you think and what you speak must be put into practice. This is what defines “real humanness.” From such a divine expression, Bhagawan brings significance to

the word “Educare”, meaning manifesting in one’s own innate divine nature. From practicing perfect harmony between thoughts, word and deeds, Educare can be accomplished, which will benefit you and your future.

Game

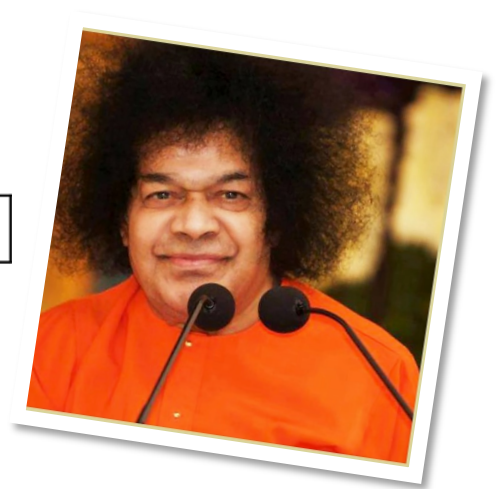


Across

4. unity in thoughts, words and deeds leads to this
5. another name for God
8. a way in which we conduct
9. be a good example to others
10. unity in thoughts, words and deeds is _____

Down

1. a tool to practice unity of thoughts word and deeds
2. having equal thoughts, words and deeds helps you focus
3. a month of fasting to practice unity in thoughts words and deeds
6. maintain a clean soul
7. ABC of Life



Bhajan



Rama Harey Hari Naam Bolo
 Hari Naam Bolo Hari Naam Bolo
 Rama Harey Hari Naam Bolo
 Sai Rama Parama Dayaala
 Parama Dayaala Parama Dayaala
 Mana Mandira Mey Diyaa Ujaala
 Naanak Sai Bolo Govind Sai Bolo
 Allah Sai Bolo Maula Sai Bolo
 Rama Harey Hari Naam Bolo

Meaning: Sing the name of Ram and Hari, who has taken Avathaar as Sai. You always provide Grace to your devotees. O Lord, come and light the lamp of wisdom in me. Sing the name of Lord Sai who is also known as Allah, Maula, Nanak and Gobind.