



# SAI DHARMAM

Sri Sathya Sai Baba Centre of Cooksville



## Ethics

Socrates, a famous philosopher, regarded as the father of Western Ethics asserted that people will naturally adhere to the good, provided they know what is right and that evil actions are truly the result of ignorance! However, Ayn Rand's theory of ethics, contradicts that of Socrates. She asserted that selfish desires are a natural foible of human nature and man will do anything in his power to become happy. Thus, humans will adhere to any action that makes them happy, while ignoring the impact they make on others. For example, does anyone care from where they buy their clothing? That shirt you got on sale at H&M could have been made from a child who works at a sweatshop in a poor country. However, you still pur-

chase it, because it provides you with that happy feeling of saving money. Therefore, from conflicting philosophical theories, one can say that the word ethics does not have a discrete meaning and that by pointing fingers at another person's mistake is equally as unethical and immoral than what the individual himself thinks of as immoral.

Notably, it must be understood that one can attain good habits, by practicing spirituality, which will guide them into the "moral path." Our Dear Lord, Bhagawan Sri Sathya Sai Baba says "morality can be upheld only through the control of the senses." From developing the divine qualities of sacrifice, truth and respect, one can float in the sea, that's called life. (Continued page 4)

### SPECIAL POINTS OF INTEREST

- Learn how spirituality leads to morality
- Learn how Jesus and Buddha exemplified their morality
- An informative message from the Spiritual Wing!



# Buddha's Life

Who is Buddha? We all know that he's the one that created the religion Buddhism and he's a teacher. But does anyone know what his moral decision was and what impacts he has made with his life to our society today? Well keep reading because you will soon get to know about it.

Buddha was a spiritual teacher, he dedicated his whole life towards teaching people to lead them along the path of enlightenment. Siddhartha Gautama was his initial name and he was born in Nepal to a large clan called the Shakyas in Lumbini where his father ruled the tribe. Buddha was none other than a normal boy and his father was bound to raise him to be a leader or a prince. As Buddha spent time studying and learning more about the religion, he found all his answers to his questions unexplainable. One day, Buddha spent a fateful night in meditation. During his meditation, he was so focused that he found a clear way to

all his answers to his questions. His dedication was stunning to his followers. He had no food and no water. He made tremendous efforts, but he couldn't find all his answers. One day a girl offered him a bowl of rice and water. He then realized that he wouldn't find any answers if he spent his time starving and dehydrated. So, he ate and took a bath and so did all his followers. He was spending days meditating until he purified his mind. During this time, Mara the demon decided to threaten Buddha but Buddha touched the Earth and asked it to witness his enlightenment and in doing that, he banished Mara. He was enlightened, and therefore he became Buddha. He decided to start teaching other people the path of enlightenment after getting advice from Lord Brahma. For the rest of his life, he shed the true path towards dharma and asked his disciples to follow no leader when he dies. After his death, a new religion awoke upon us; Bud-

dhism. The rituals and precepts in Buddhism are based on Buddha's teachings, which every Buddhist follows. **"The mind is everything. What you think you become"**, this



quote by Buddha, shows that the right path of enlightenment is meditation, and the mind should be used wisely for this.



# Jesus and His Resistance to Satan



Would you be able to resist your greatest temptations? Jesus did. For all of us.

One of the hardest virtues to master may be one's ability to resist their

greatest desires. This virtue is exemplified in the story of the Temptation of Christ. In this tale, shortly after Jesus had been baptized, he began fasting for forty days and forty nights. During this fast Jesus was tempted three times by Satan, once with hedonism (hunger), egoism, and materialism. Though the conditions were tough, Jesus was still victorious overcoming the temptations and in turn God came to look after him. This story represents as an echo of our everyday lives as Sai devotees. As we go through our day to day lives there are always temptations placed in our paths to test our ability to overcome them – especially during our greatest struggles and successes: procrastination during school, spending during payday, humility

during triumph, forgiveness during anger.

For instance, coming home from a long day of school or work will leave us tempted to take a nap or watch tv. Although this isn't a big temptation such as spending money on unnecessary expenses, it is wasting our precious time. This time could be used to spend time with family or to experience an active lifestyle. Temptations will target our human weaknesses of hunger/desire, egoism, and materialism. Just as Jesus was able to overcome these temptations, we should train ourselves to overcome the small tests that come in our lives. This will lead us to gain more values and allows us to become better Sai devotees.

# Devotee Speaks

The power of discrimination between what is right and wrong is embedded in everyone in some way. There are many factors which can affect how an individual determines whether or not an action is morally ethical. One of these major factors that impact one's decisions is the environment that they are exposed to. The values with which one is brought up as well as their surroundings can be very influential. Another factor is religion. Swami has said that people who were more religious, obey the rules and regulations set by society. That is why Sathya Sai Baba says and emphasizes a lot on surrounding yourself in good company as he says "Good company is important, it helps to cultivate good qualities." He also stresses a lot on the essence of education and morality. Morality is Swami's main focus in his teachings and how we should incorporate it into our daily lives to do more good than bad. On a personal note, at a very young age I was exposed to Swami's teachings through parental guidance and SSE classes. I was taught the five human values which have guided many of my actions. Doing either the right or wrong depends on the individual and how he or she was brought up.



## Message from the Devotional Coordinators

Aum Sri Sairam,

“Life is a song sing it”

Our sincere thanks to our lord Bhagawan Sri Sathya Sai Baba for giving us this opportunity to serve him through the Spiritual Wing. This wing focuses on enhancing the spiritual growth of Sai devotees while uplifting them through bhajan singing and study circle sessions. During study circle we discuss topics to provide good moral teachings to our devotees. Let us see some moral teachings provided by Shirdi Sai Baba:

Shirdi Baba taught a moral code of

love, forgiveness, helping others, charity, contentment, inner peace, and devotion to God and gurus. Shirdi Baba gave no distinction based on religion or caste. Shirdi Sai Baba's teachings emphasized Hinduism and the Islamic religion: he gave the Hindu name *Dwarakamayi* to the mosque in which he lived, practiced Muslim rituals, taught using words and figures that drew from both traditions, and was buried in Shirdi. One of his well-known epigrams, “*Sabka Malik Ek*” (“One God governs all”), is associated with Hinduism, Islam and Sufism. Along with this teaching Shirdi Baba has also said, every living thing whether it is animal or human must be treated with compassion. This is a teaching Shirdi Baba preached and followed. He always treated every creature he came across with great compassion.

He always fed stray dogs even if that meant that he had to spare his own meals. He has said that when a devotee feeds a hungry creature, it is like filling his own stomach. These teachings are lessons we should all try to practice in our daily lives in order to help the world become a better place.

Aum Sri Sairam.

# Ethics

(Continued from page 1) As a student, the purpose of education is to acquire knowledge and should not only be founded on the basis of obtaining a wealthy job. Knowledge should then be utilised in the right way and by giving back to the society in any way possible will provide one with pure happiness. Furthermore, by practicing the divine practice of recalling the Lord's name, through any mode of action; bhajans, namasmarana or meditation, one can attain contentment!

Significantly, one can distinguish between the good and bad, when one develops love and cherishes it continuously in every action. Swami says, that love is as vital as breathing. One should not give up their devotion to God and should remember that love is in you, beside you and will protect you at all times. From seeing the good in everyone, one can develop

unconditional love and can manifest this in any work they do in life, whether it be at the workplace, school or at home. Also, it is important to realize that it is easy to lose right conduct in times of difficulty. At these times, people tend to deviate from good practices as they don't have time or are in the state of mind to give up as they assume that it has no purpose. However, this can be prevented, if one adheres to the chanting of the Lord's name, in any convenient form. Undeniably, this can allow people to remove their ego and bring in the angelic principles of truth and righteousness.



# Bhajan



Anjanaya Veera Hanumantha Sura  
Vayu Kumara Vanara Veera  
Anjaneya Veera Hanumantha Sura  
Vayu Kumara Vanara Veera  
Sri Ram Jaya Ram Jai Jai Ram  
Sita Ram Jai Radhey Shyam

**Meaning:** Brave Hanuman, Son of the Wind God. Brave Lord of the Vanaras (monkeys). Victory to Seetha and Ram, and Radha and Krishna.