

2. Group Devotional Song

**I keep feeling your love in me over and over again
And it's sweeter and sweeter as the days go by
Oh what a lovely feeling my Sai and I
My Sai and I, my Sai and I.
Oh what a lovely feeling my Sai and I**

3. Group activity:

List the good and bad qualities mentioned in the above quotations and discuss about them.

How can one get rid of these undesirable qualities?

Consider the three sense organs - eyes, ears and tongue and discuss the ways in which one takes in non-human qualities and its effects on one. e.g. Television, Radio, Newspapers and gossip. How can you overcome this situation?

The six bad qualities in us are lust, anger, greed, delusion, pride and envy.
Taking one bad quality at a time, work on it for two weeks and see how you can overcome this.

Use a spiritual diary to record your progress.

Lesson 12

Thoughts

1. Baba's Quotations

The present is the product of the past and the future is the result of the present. Both the past and the future are contained in the present. Hence live in the present with good thoughts and good actions.

You reward or punish yourself as the result of your own activities; you are here because you wished to come here; you gravitate to the level to which your deeds drag or lift you. You make your own future by your thoughts and desires and deeds.

You complain that others are disturbing your equanimity; but, you do not know that though your tongue does not speak, your thoughts can unsettle the equanimity of those around you.

Feelings are related to thoughts. Only when the thoughts are good can the feelings be pure and sacred. Pure results are the outcome of pure thoughts.

Thoughts arising in the mind fill the atmosphere with waves of energy. Like radio waves, they are present everywhere.

Thought waves are powerful and sacred. Hence our thoughts should be sublime and sacred. No evil ideas should affect our thoughts. Evil thoughts inevitably lead to evil actions.

When bad thoughts fill the mind, even ostensibly good acts result in bad consequences. Hence, the primary requisite is to make one's thoughts good and holy.

The main thing about which all should be concerned today is how to get rid of the negative thoughts in their minds. The six cardinal enemies of man - the six basic vices - have found their abode in the hearts of human beings. There is no room in their hearts for love or kindness. The foremost task is to fill the hearts with love. This love is 'positive' and man should strive to foster the positive qualities. Being human, men should develop positive qualities like compassion and forbearance.

2.

Nature of Karma

(Dr Shivaram Kollengode, U.S.A.)

You must have heard your friends say, "Why are you talking about the law of Karma? You want me to believe in this? Look at my life. From childhood, I have done good to everyone. I looked after my parents when they were aged, I educated my brothers, I gave my sisters in marriage, but look at my life. It has been a series of tragedies. I wish the law of Karma were true, but I do not believe in it. This is a short-sighted myopic view.

The Time Element

A simple example will illustrate. Everyone knows that farmers all over the world use large silos, 50 -100 feet tall, to store grain. The farmer fills the drum from the top and opens a small trap door at the bottom to take out the grain. Now imagine that you and your neighbour are farmers. Last season, unfortunately your crop was completely destroyed. All you harvested was poor-quality third-grade rice, but your neighbour grew an excellent crop. He harvested the best-quality rice and filled three parts of his drum with good quality rice. This year, you prayed hard to the goddess of prosperity and she smiled on you. Your crop turned out to be excellent, high-quality rice and, to your great delight, your neighbour's crop failed completely. This time, he filled his drum with poor quality rice, and you filled your drum with the best-quality rice. But you are perplexed because even though you have put in excellent rice from above, every day when you open the drum from below, you get bad rice. The first day, you do not say anything. A day, a week, two weeks pass and finally, you say to your wife, "What is God doing? I filled my drum with high-quality rice, yet I get this poor-quality rice. Furthermore, I can see that my neighbour is filling his drum with the poor-quality rice. Despite this he is retrieving excellent rice and God must be transferring the good grain from my drum to his". Conveniently, you have forgotten that last year you filled your silo with poor-quality grain and your neighbour filled three-fourths of his drum with excellent grain. In time, you will finish the bad rice remaining in your silo, and the good rice you stored will start to come out. And you may notice that your neighbour's bad rice has started to descend to the bottom.

This is what happens when someone says, "I am doing a lot of good things. How is it that bad things happen to me?" If a person says "I believe in the law of Karma, yet I will behave irresponsibly, "he or she will be committing a grave mistake. Remember, God's laws are perfect.

In the same vein, sometimes you feel cheated when somebody takes away your money or you lose a hundred dollars. Or you go to a car mechanic, and you are being taken advantage you get upset. Remember this: No one can take a penny that belongs to you. If you feel that someone has cheated you, remember that he is just taking back what you owed him. According to the law of Karma, you did not return that money to him at the proper time. Or you might not owe it to him, but if that is the situation, he will return it to you with interest later. He will be forced to do that. The only problem is that you will have to reincarnate to receive the money.

We get what we deserve

A question may come to you again and again: Should good people suffer? The answer, unfortunately, is yes. There are very good people who suffer. It may break your heart to see them suffering. For example, once there was a boy who was very religious and devoted. He spent much of his life praying to God and talking about God. Unfortunately, a great tragedy took place in his house. As an adult he fathered a son born with a disease called progeria, which causes premature ageing. With progeria, 1 year of life is equivalent to 10 years. By the time a child is 5 or 6 years old, his hair is grey and his skin is already beginning to wrinkle. By the time the child reaches 7 years, he will be susceptible to heart attacks, just like a 70 or 80 year old; by the time he is 10 or 11 he may be an old man; and by age 12 or 13 he may die. This is exactly what happened to this man's son. Thus, two types of tragedies can occur in your life: Immediate tragedies, which, once they end, allow you to recuperate slowly, and prolonged tragedies in which you are tortured over a long period of time. The latter is what happened to this very devoted man, who was do totally devastated by his son's illness and death that he said to God, "How could You do this to me. I have been talking about You, praying to You. How could You do this to me?"

Either this man did not believe in the law of Karma, or he did not know about it. According to karmic law, nothing can ever happen to you unless you deserve it. Swami has said that when you walk in an open field, which has millions of blades of grass, not one blade of grass can move without God willing it. Remember, whatever you get, good or bad, you deserve it all. In this world, you must accept both happiness and unhappiness because you have taken birth to experience your karma. Through these experience, you transform and reform yourself.

Pain purifies

But again a doubt may come, "Why should God allow suffering to exist?" God is described as compassionate and merciful. If this is so, how can He look at your tragedies and not help you out of a bad situation? We describe God as our true father and mother. Would you allow your own child to suffer if you could avoid it? So if God is described as having the love of a thousand mothers, how can He allow suffering to exist? The answer is simple.

God allow suffering for your purification. Swami says, "Gold, when it is extracted from the earth, has many impurities. For that gold to be converted into a beautiful jewel, purification, which involves heating, beating, melting, twisting, cutting etc. is necessary. In the same way, if a man or woman has to become better, he or she must undergo suffering. With a diamond, the more you cut, the more brilliant it becomes. "Anyone of you must suffer through life for some time, and when you come out of the suffering you come out a new person. While you are suffering, it is true that it is terrible, but when you come out of it, you are more sympathetic and understanding.

After visiting Baba for 15 years, a renowned businessman was given an interview, and Swami asked him, "Do you have any questions?" The man said, "Swami, why is it that I was born into a family that had to experience so much suffering and tragedy?" Swami answered with just one sentence, "It was to soften your heart". The man said this one sentence changed his outlook on life completely. And it is very true. Only when we suffer do we truly understand what suffering is for others.

Surrender to Him

A lot of people come and give us advice, but remember one thing - whatever happens is for your good. Once a wise Chinese farmer had a teenage son who took care of his farm and one horse. One morning the horse ran into the forest and disappeared. All the villagers came to the farmer and said, "What a pity! God has been so cruel to you. You had just one horse, and He has taken it away from you; this is really bad luck. The farmer said, "Good luck, bad luck, who knows?" Two weeks passed, and one fine morning the horse, which had run away came back with 14 wild horses. Now the villagers were pretty envious. They said to the farmer, "My goodness! Look at God. He has poured all His grace upon you. You lost one horse; now you have 15 horses! This is really good luck." The farmer said, "Good luck, bad luck, who knows?" A week later the teenage son was trying to tame the wild horses and fell, breaking his thigh bone. Some of the villagers felt pretty happy about this and said to the farmer, "Look at God. How cruel He can be! You have only one son to take care of your fields and look after your horses, and now he cannot even walk. This is really bad luck." So, the farmer said, "Good luck, bad luck, who knows?" A few more days passed. The Emperor's soldiers rode into the village to round up all young able-bodied men because the king was waging a war against a neighbouring country. Who was the only fellow left behind in the village? The young son! Now the villagers came and told the farmer, "God has poured His love on you. Look at this; this is really good luck." So the farmer said, "Good luck, bad luck, who knows?" Remember, whatever happens to you is for your own good. Once you have surrendered to Him (or even made an attempt to surrender to Him), He will take care of all your problems.

Let go and be free

Most prisons have three classes of prisoners. The third class, made up of serial murderers and those who kept in solitary confinement, is the worst. The other classes of prisoners have better facilities. However, even class 3 prisoners, if they behave well, may be promoted to class 2, or even to class 1. When someone has been jailed for 20 or 30 years, his whole world is that prison. He forgets about everything in the outside world because what affects him is only the prison. His sole objective is to become a class 1 prisoner. They are the rich and famous; most people are class 3 prisoners whose only objective from childhood on is to become powerful, rich and famous.

A Russian scientist did a beautiful experiment that earned him the Nobel Prize. He created a small cage with two electrodes and placed a few mice in it. If the mice stood on one electrode, they got a small electric shock, and if they stepped on the other electrode, they got a quart of milk, a little cheese and a blast of cold air under their bellies. The mice quickly learned to press the correct button. To make the experiment more interesting, the scientist started switching the correct button and the wrong button at random. Of course, the mice sometimes got the shock and sometimes got the milk. After receiving several shocks, the mice should have stopped. They did not. Instead, they continued to try to find out which was the correct button, and in the bargain, they got several shocks. To make it even more interesting, the scientist removed one portion of the cage and left it completely open so all that the mice had to do to become free, was to run out. But they were so fascinated with the electrodes that they continued to remain in the cage, and tried to find out which was the correct button. And who do you think are the mice? We are the mice. Almost everyone is trying to become rich and famous, knowing very well that wealth and fame do not

bring peace. You know that money cannot ever bring happiness. Yet you are always trying to get more money. Let go now. Do not delay. This is the time. Swami is telling you that the cage is open and you can get out, but you are saying, "A little more time until my son gets married and my grandchild is born. After that, I'll be ready."

Offer all to God

Now we come to the final point: How do you deal with karma? There are three different groups of Karma. The first is the vast quantity of karmic debt that you have accumulated over many lifetimes. The second is the portion of the karma you are born with to be expiated or suffered in this lifetime. The third (and probably the most important), the karma created practically every moment of your life, is continuously adding to your pile of karma. If you use credit cards and have overspent, you know the first step is to stop using the cards. What should you do about karma? Stop adding to it. Some of you may think that from this moment onwards you are not going to create any more karma. But this is impossible. Krishna said, "Not even for one second can a human refrain from creating or experiencing karma." Given this, you might say, I will do good karmas and more good karmas, one after the other. But there is further bad news. It is impossible for a human being to create only good karma. Just as when you light a fire, smoke is created, when you are trying to do good karma, many times the attempt results in a negative effect. For instance, you may try to help someone and he says, "I wish you had not interfered," because the consequences of your action were totally different from what you intended. You thought you were helping the person, but what happened actually depended on his or her karma.

It is not possible to perform only good karmas. Krishna knew we would be in this dilemma and explained what needed to be done. He said, "Do all good as sacrifice to me. Whatever you do - when you meditate, when you do charity, when you do anything - offer it to me. Then whatever you do, will not bind you."

Swami offers the solution to our karma. He gave a letter to His students with this prayer: "Oh Lord, I offer all my thoughts, words and actions to You along with the fruits of these actions." Swami says you must say this prayer every morning, offering all thoughts, words and actions to Him as a gift, then those karmas will not bind you. This will take care of the addition of new karmas to your karmic balance, but what do you do with the mountainous accumulation that you have already collected?

Chant the name

It is important to understand that karmas are seeds just waiting to sprout at the most appropriate moment. And they go on waiting and waiting until they sprout. If you ask how to stop a seed from sprouting, a wise farmer would tell you that the easiest way to do that is to fry the seeds in fire. Once you fry them, the seeds are still there but they cannot germinate because you have killed the life force inside them; so that is what you need to do with the mountain of karmic seeds you have accumulated. The question is, where are the karmic seeds stored and which fire should you use?

The beauty is that all your karma seeds are stored in your own mind. When you are born, all the happiness and suffering you have to undergo, the product of your karma, is in the mind. The mind will drive you to perform actions, which will bring forth this happiness or unhappiness. What is the fire that you can use to burn these seeds? The

answer is given in the Brihad Aranyaka Purana (Hindu scripture), which says “There is no way in this Kali Yuga (Iron age) other than chanting the Lord’s name.”

The Lord’s name is far more powerful than even an atomic bomb. You can immediately see the effect of chanting the Lord’s name. Each time you chant, tons and tons of karma are destroyed. Swami has said that many people doubt that by saying “Sai Ram” or “Sai Krishna” or another name of God, they can destroy so many karmic seeds. Just a spark is enough to ignite a forest fire and demolish the forest. In the same way, the name of God can destroy all your past karmas.

The only other thing you have to deal with is the karmas you are suffering now. Can you do anything about these? Again, chanting the Lord’s name is enough to take care of all your present karmas.

Swami can take care of karma in three ways. First, He can write off all karma - it is within His power - but He usually does not do this. Next, He can let you go through your karma, but take away the suffering from it, so you never know you have it. Finally, Swami can keep your karmic seeds in cold storage till they lose their potency. Then He can distribute the karma so that it has no effect on you. So remember, namasmarana, namasmarana (repetition of the name) alone is the way to alleviate your karma in the Kali Yuga.

3. Group Activity

Group Discussion on thoughts, Desires, Law of Karma.

Thoughts, Feelings, Words and Deeds need to be in consonance.

Ceiling on Desires

4. Silent Sitting

Lesson 13

Arathi in English

Pranams at the Lotus Feet
Of Bhagawan Sri Sathya Sai
You have come to foster your devotees,
Foster nad protect your devotees.
Lord Sai at Puttaparthi.
Lord of the Universe.

Your face is radiant as the Moon,
And you fill us with energy and light,
Swami fill us with energy and light.
You are the saviour of devotees,
Answering all the prayers of devotees.
Friends of those in need.
Lord of the Universe.

Sai you are Mother and Father,
Teacher and Divinity Itself,
Swami, You are Divinity Itself.
You are the Cause of All Creation,
The Cause and all its Manifestation.
You are the One Reality.
Lord of the Universe.

You are the sacred word of OM,
The Formless in human form,
Swami, You are the formless in form.
Now accept this flame of Bhakthi,
Please accept this flame of Arathi.
We praise Your Majesty.
Lord of the Universe.

Narayana Narayana Om Sathya
Narayana Narayana Narayana om
Narayana Narayana Om Sathya
Narayana Narayana Om Sathya
Narayana Narayana Om
Pranams at the Lotus Feet of Sai.

Lesson 14

Company

1. Baba's Quotations

The company one keeps determines the character; a person tries to join the group where he can freely express his innate nature. So Sathsang (holy company) is a very important requisite for moral and spiritual advancement.

You should eschew all bad company, because your thoughts are influenced by the company you keep.

A snake may bite a person once in a way but a bad man infect others with poison all the time. A bad man is one who is filled with bad thoughts, speaks bad words and does bad deeds.

You must cultivate good company. How do you decide who is good and who is bad? Think over the matter deeply. The one who sees the bad in what is good is a bad man. The one who sees good even in what is bad is a good man. Therefore seek the company of the good alone.

2. Stories: Valmiki, Prodigal son etc. (Teachers should do their own research for this or similar stories.)

3. Group Discussion

Discuss real life experiences on the type of company you keep and their influence on you.

4. Silent Sitting

1st project submission

Lesson 15

Character

1. Baba's Quotations

Watch for the lie that lurks on the tongue, the violence that lurks behind the fist, the ego that lurks behind the deed. Restrain them before they grow into habits and settle down as character to warp your destiny.

Character is power. Nothing can be more powerful on earth than character. Riches, scholarship, status, authority are all frail and flimsy before it. A strong virtuous character cannot be earned from guide books; it is earned only through intimate involvement with society.

A life without good character is a shrine without light, a coin that is counterfeit, a kite with the string broken.

Character is life. Character is power. Character is true holiness. Without transforming character packing the brain with information can only result in damaging it.

Whatever one's wealth, his knowledge or position, the most essential quality is character.

A good character is the greatest wealth you can acquire.

Character is power. Nothing can be more powerful on earth than character. Riches, scholarship, status, authority are all frail and flimsy before it. A strong virtuous character cannot be earned from guide books; it is earned only through intimate involvement with society.

2. Group Devotional Song

**Sai hamara ham Saieke hei Sai prem hamara
Sai Ram hamara Sai Ram hamara
Sathya Sai hey nam thumhara Shiridi Sai avathara
Sai Ram hamara Sai Ram hamara
Hindu Muslim Sikhahe Sai sabuka palana hara
Sai Ram hamara Sai Ram hamara.**

Meaning

The bond of love, between Lord Sai and us is such that we belong to each other. He is the One Who protects all, including Hindus, Muslims, Sikhs and Christians. Thou incarnated as 'Shiridi Sai' and now as 'Sathya Sai'.

3. Group Activity Group Discussion

Discussion on the Five Basic Human Values and their sub values. Details of these can be found on pages 28 - 34 in the Teacher's Manual.

4. Silent Sitting

Lesson 16

Duty

1. Baba's Quotations

What exactly is duty? Let Me summarise it for you. First tend your parents with love and reverence and gratitude. Second, speak the truth and act virtuously. Third, whenever you have a few moments to spare, repeat the Name of the Lord, with the Form in your mind. Fourth, never indulge in talking ill of others or try to discover faults in others. And, finally, do not cause pain to others, in any form.

Whatever happens, however critical the situation, one has to discharge fully and correctly the duty laid upon one. Whatever the enormity of the calamity that threatens, one should not budge. Lakshmana repented all his life for the lapse.

Your duty today is to destroy the demonic qualities in you. Evil thoughts and evil actions are rampant everywhere. You cannot remain a mere witness to these happening. Placing your faith in God, you have to fight these evil forces as a human being. You have to earn a name as a good man. That alone counts. All other acquisition are worthless. Only a good man endures.

2. Group Activity: Group Discussion

Do not think of the results of your action
Refer to Bhagawad Gita - Chapter 3 - Path of Action
Rudyard Kiplings poem on "IF"

3. Silent Sitting

IF

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run -
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

- Rudyard Kipling

Lesson 17

Discipline

1. Baba's Quotations

Discipline is essential for the success of every endeavour of man, whatever the field, whether it be economic, social, educational, or merely material and worldly. It is even more essential for success in spiritual effort.

Discipline trains you to put up with disappointments; you will know that the path of life has both ups and downs, that every rose has its thorn. Now people want roses without thorns, life has to be one saga of sensual pleasure, a picnic all the time. When this does not happen, you turn wild and start blaming others.

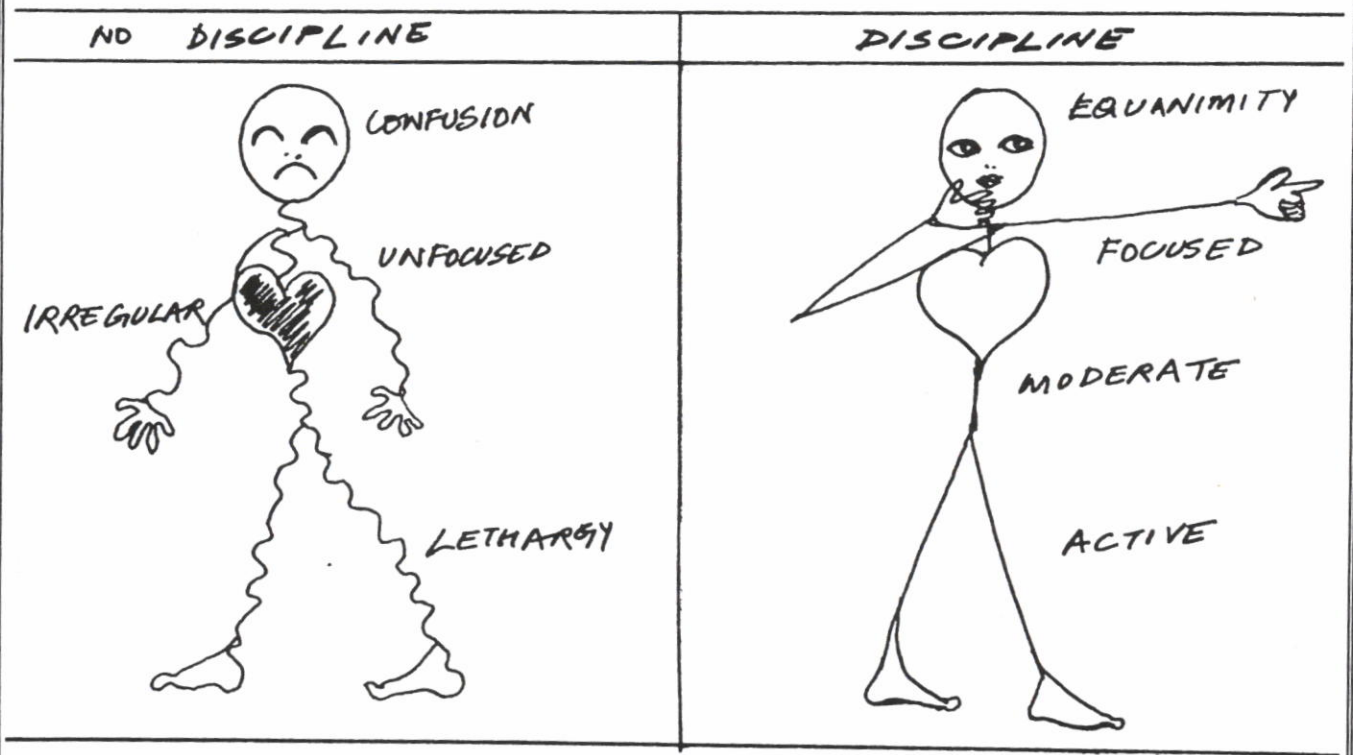
Discipline is the life-breath of man. It is like the spine for the human body. Discipline must accompany you like your shadow.

2. Story: Revise Management of Thought, Breath & Time (Lessons 2,3 & 4 in Group 3, 2nd Year Book of Lessons)

3. Group Activity

Group Discussion on the above

4. Silent Sitting



Lesson 18

Devotion (Love for God)

1. Baba's Quotations

Real devotion consists in courageously standing up for your faith anywhere at anytime.

Divine grace is in proportion to the measure of your devotion. Divine grace is in proportion to the measure of your devotion. You can take from the vast ocean only the amount of water your vessel can contain.

True devotion is that which enables your love to flow constantly towards God regardless of any results, without expecting any reward.

Devotion has been defined as desireless love for the Lord. Any prayer to God for fulfilment of a desire cannot be called devotion. God should be loved for His own sake. Love should be fostered for its own sake.

Affection, attachment, desire are natural qualities in man. When these qualities are directed towards God and when one is continuously engaged in good deeds, these qualities acquire purity and sacredness. Then a man becomes not only a great soul but can become divine.

The true devotee should be able to bring God near him, without his having to go in search of God. If he is filled with love for God, that love will attract God towards him.

Refer to Bhakthi Yoga .

2. Story: Narada, Lord Vishnu, Farmer and a pot of oil.

3. Silent Sitting

The Devotee

“ He is the devotee
Who is jealous of none;
Who is a fount of mercy;
Who is without egoism;
Who is selfless;
Who treats alike cold and heat, happiness and misery;
Who is ever forgiving;
Who is always contented;
Whose resolutions are firm;
Who has dedicated his mind and soul to God;
Who causes no dread;
Who is not afraid of another;
Who is free from exultation, sorrow and fear;
Who is pure;
Who is versed in action, and yet, remains unaffected by it;
Who renounces all fruit - good or bad;
Who treats friend and foe alike;
Who is untouched by respect or disrespect;
Who is not puffed up by praise;
Who does not go under when people speak ill of him;
Who loves silence and solitude;
Who has a disciplined reason.”

(This is the English rendering by Mahatma Gandhi of Saint Narsi Mehta's Vaishnava Janato song)

Lesson 19

Environment

1. Baba's Quotations

The primary task is to purify the environment which is affected by pollution of air, water and food. All the five elements are affected by pollution. People should, therefore, try to reduce the use of automobiles and control the emission of harmful industrial effluents.

Today in many parts of the world nature is causing various disasters, such as earthquakes, famines, floods and volcanic eruptions. What is the reason? The spiritual lapses of man account for these calamities. Disturbances in the heart are reflected in earthquakes. Fill your minds with good thoughts and engage yourselves in good activities. Chant the Lord's name. When the ether is surcharged with the vibrations of the Divine name, the entire environment gets purified. Those who breathe this sanctified air will have pure thoughts. Purify the atmosphere, which is now polluted.

The environment and the elements should be pure to ensure purity of heart. The cause of this pollution lies nowhere else except in our own actions whatever words we utter, they spread to the entire atmosphere. We can purify the atmosphere of the world by chanting the Vedas and singing the glory of God.

Man considers the air as polluted, water as impure and the sounds reaching him as intolerable. Even the food is polluted. The government also considers the entire environment as polluted. Enormous sums are being spent on purifying the environment. It is not the environmental pollution about which we should be concerned. What is of concern is the pollution of the heart. Man's mind is polluted. Man's heart is polluted. All his feelings are polluted. It is because of this basic pollution, all other things appear polluted.

2. Group Activity

Group Discussion on : Agenda 21. You can get details of Agenda 21 from your local council or the Sathya Sai 'Waste Management Committee'.

How to preserve our environment - every little bit helps.

How can we contribute on an Individual level? Family level? Centre level?

3. Silent Sitting

4. Group Devotional Song

**Prema muditha manasa kaho Rama Rama Ram
Rama Rama Ram (3) Shri Rama Rama Ram
Papa kate dukha mite lethha Rama nam
Bhava samudra sukhada naava eka Rama nam
Parama Shanthi sukha nidhana thivya Rama nam
Niradhara ko adhara eka Rama nam
Matha pitha bahndhu sakha sab hi Rama nam
Bhaktha janatha jeevanadhana eka Rama nam.**

Meaning

With the heart and mind full of love and devotion, recite the name of Lord Rama. Reciting the name of Lord Rama cuts down sins and miseries and helps to cross the ocean of life and death. So potent is Lord Rama's name that it brings eternal peace and bliss and is the only support of those who have no support. So loving and so divine is Lord Rama's name that sages and saints always have only Lord Rama's name in their hearts. O Lord Rama! Thou art my Mother, Father, Relation, Friend, everything and all. The only life-long treasure of the devotee is Thy name. Chant the mantra 'Rama Rama Ram'.



Lesson 20

Life

1. Baba's Quotations

Life itself is a market; in life giving and taking, bargaining and speculating is part of the game. Life has its ups and downs, its profits and losses, its joys and sorrows, depreciation and appreciation and balance sheets. But giving of devotion in exchange for liberation is the most powerful Business of all.

Life on earth is, as on the ocean, ever restless, with waves of joy and grief, loss and gain, the swirling of the current of desires and the whirlpools of passion, and the ogres of greed and hate. To cross the ocean, the only reliable raft is a heart filled with love for God and man.

Man has progressed a great deal in the physical and scientific fields, but with regard to morality and spirituality man has declined considerably. The reason is the deep-rooted growth of selfishness over the centuries. The entire human life is permeated with selfishness. This selfishness should be brought under restraint. Only then human life can be meaningful.

Whatever you do to please God must be in harmony with the perfection of the Divine. Your words should be absolute truth. Your actions should be totally God-oriented. All thoughts be divinised. It should be realised that God is the indweller in all beings. Because man has failed to realise this truth he leads a double life and is a prey to troubles and worries. Only by leading a godly life can man redeem himself.

People today lead meaningless mechanical lives with no ideals to inspire them. The purpose of life is to experience the Divine that is subtle and invisible like the roots that sustain a tree. Men today want fruits without considering the roots.

In human life, righteous living and a good reputation are the two that are everlasting.

Life is a Game, play it.

2. Group Activity: Group Discussion

The purpose of life is to experience the Divine that is subtle and invisible, like the roots that sustain a tree. Men today want fruits without considering the roots.

How to achieve the above

1. Self-Audit
2. Sathsang
3. Sadhana - Prayer
 - Bhajan
 - Japa
 - Namasmarana
4. Reading of Sai Literature

ROW, ROW, ROW YOUR BOAT GENTLY DOWN THE STREAM MERRILY,



MERRILY, MERRILY. LIFE IS BUT A DREAM • ROW ROW ROW YOUR
LITTLE PEOPLE WITH BIG HEARTS

Nine Point Code of Conduct

Every member of the Sathya Sai Baba Organisation must undertake Sadhana (Spiritual discipline) as an integral part of their daily life and abide by the following Code of Conduct:-

1. Daily meditation and Prayer.
2. Devotional singing/prayer with members of their family once per week.
3. Participation in the educational programme, conducted by the Organisation, for children.
4. Attendance at least once per month at group devotional programmes conducted by the Organisation.
5. Participation in community service and other programmes of the Organisation.
6. Regular study of Sai literature.
7. Putting into practice the principle of "Ceiling on Desires" and utilising any savings, thereby generated, for the service of mankind.
8. Speaking softly and lovingly with everyone with whom you come into contact.
9. Avoiding talking ill of others, especially in their absence.

Lesson 21

Students

1. Baba's Quotations

Students! Develop morality and good conduct. Lead exemplary lives and serve the nation. The sole purpose of education is to develop humility and discipline. Respect your parents and have love for God. This is true education.

Students today tend to fill their minds with all sorts of stuff about the world. What is necessary is to fill the heart with love and the head with wisdom. Engage the hands in service. This alone will manifest the significance of human existence.

You are the 'big' man that you are today because of all the love and care bestowed on you in your early years by your parents. Therefore to experience the love of your parents you should show your gratitude to them. This is a debt you owe to them.

Students should realise that true education should inculcate in them the following qualities. Good thoughts, good speech, good actions, respect for truth, discipline, devotion and dedication to duty!

Students! Apart from educational programmes, do not look at TV at all, especially while taking food. Concentrate on the work on hand, whether it be eating or anything else.

Students should understand the relationship between cause and effect. Every action has its reaction. Every word has its resound. Every thought has its reflection in one's conduct. No one can avoid the consequences of one's actions.

2. Poem - Don't Quit

3. Group activity: Group Discussion based on the poem

4. Silent Sitting

Don't Quit

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And when you want to smile, but you have to sigh,
When care is pressing you down a bit -
Rest if you must, but don't you quit.*

*Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow -
You may succeed with another blow.*

*Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.*

*Success is failure turned inside out -
The silver tint of the clouds of doubt.
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit, -
it's when things seem worst that you mustn't quit.*

Author Unknown

Lesson 22

Senses

1. Baba's Quotations

Sense-control will guard you against a host of evils. Do not believe that because you are equipped with the sense nothing harmful can happen through their free exercise. You may have your car registered in your name and be driving it yourself, but if you do not apply brakes timely, accidents are bound to be your lot.

Human life today is racked by anxiety, misery, unrest and troubles of various kinds. The root cause of all this is that man is witnessing what is repulsive, wicked and demeaning. For transforming one's life, the first requisite is a proper vision. .. One should strive to see only that which is sacred and pure. What man sees are like seeds sown in the heart. Evil scenes give rise to evil thoughts. Good scenes evoke good thoughts. When sacred scenes are implanted in the heart there will be no room for bad feelings or thoughts to grow in the heart.

God has given us a nose. We should make an attempt to breathe in and breathe out through the nose and only accept fragrance through the nose. If we use such a nose to take snuff into it, the purpose will become useless. In the same manner, He has given us the mouth and a tongue in order that we may take sathwick (pure) food. If we take in unholy food, intoxicating drinks, then we will be using the mouth or a wrong purpose.

All our thoughts are influenced by what we see, hear or smell. We must try to control the sense organs, especially the ears and the eyes.

The tongue has been given to man to consume wholesome food which promotes his health as well as to speak gently and sweetly so as to give joy to others and to communicate his inner-most thoughts and feelings to others. The tongue, which has been bestowed on us for such edifying purposes, is being grossly misused nowadays. It is being used for consuming drugs and narcotics, eating animal food, smoking, indulging in abuse of others, carrying tales, back-biting, and speaking harsh words that hurt others. etc. Through such misuse of the tongue, the Divine injunctions are violated by setting at naught the ordained limits. Consequently, man has to experience numerous troubles. By developing one-pointed devotion and complete surrender to God, the senses can definitely be brought under control.

2. Group Discussion: Control of senses

3. Silent Sitting

Lesson 23

Self confidence

1. Baba's Quotations

Without self-confidence no achievement is possible. If you have confidence in your strength and skill, you can draw upon the inner springs of courage and raise yourselves to a higher level of joy and peace. Foe, confidence in yourselves arises through the Atma, which is your inner Reality.

Self-confidence is the foundation for the mansion of life, with Self-satisfaction as the walls, Self-sacrifice as the roof and Self-Realisation as the dwelling. The Self (Spirit) is at the root of everything. Without confidence in the Self, life becomes utterly meaningless.

Absence of self-confidence is the cause of all miseries and troubles man encounters in the world. One should have confidence in his own inner Self that is the "Atma". If one has this self-confidence, he will have self-satisfaction, which will lead to self-sacrifice. Self-sacrifice leads to liberation or self-realisation.

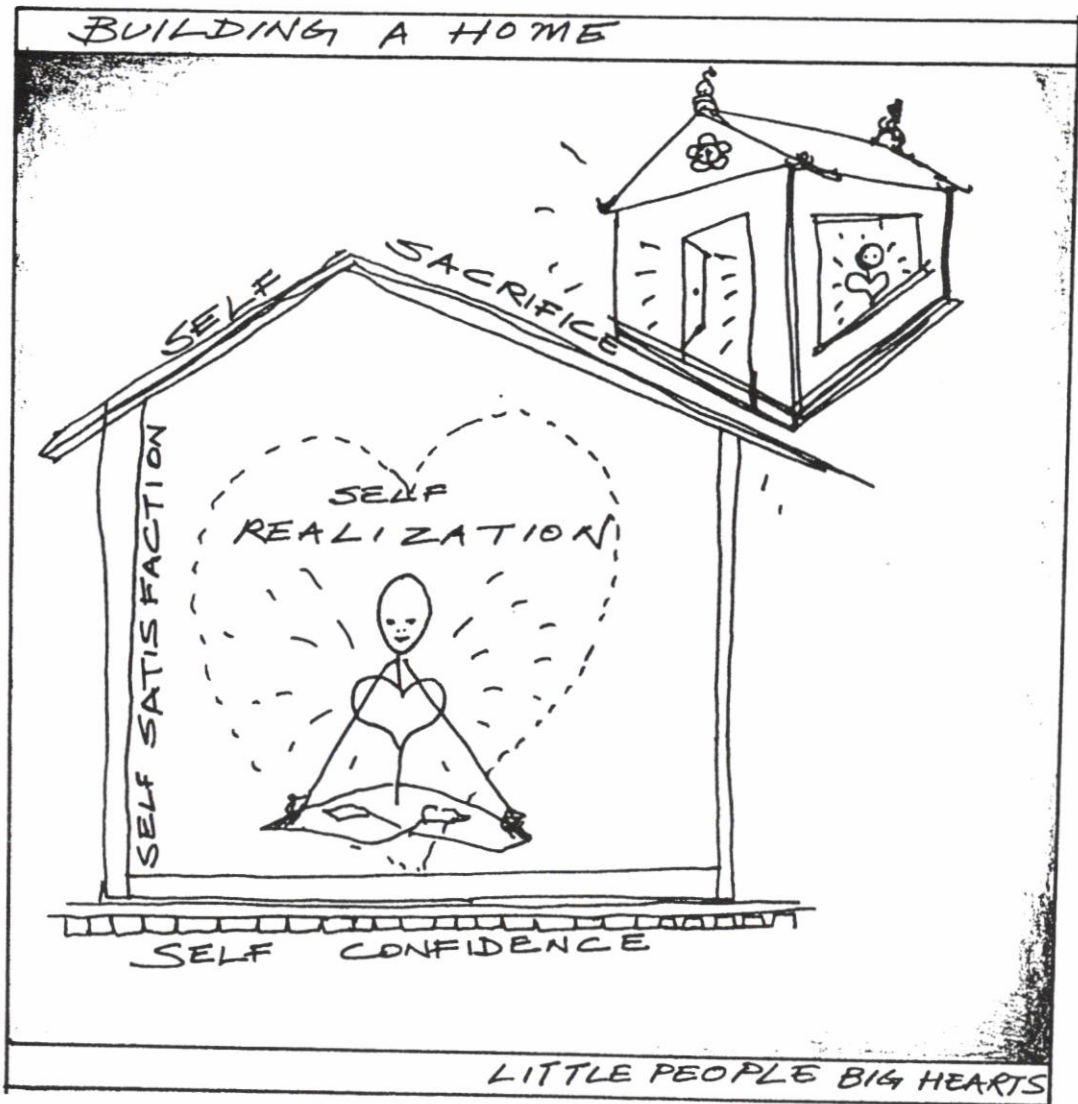
2. Story: Poem - If you think you can, you can

3. Group Devotional Song

**Mother O Mother Sai Maa
You mean the whole world to me , Sai Maa
Mother O Mother Sai Maa
You are the light of my life, Sai Maa
In times of trouble and despair,
I call your name you're always there
You guide me forever each day,
With all your love, you show me the way
How can we thank you our dear Sai Maa?
For all your patience and love Sai Maa
Maa Sai Maa, Maa Sai Maa**

3. Group Activity: Two minutes talk on a topic of their choice to the whole group.
Preparation time 5 - 10 minutes.

4. Silent Sitting



If you think you can, you can

If you think you are beaten, you are;
If you think you dare not, you don't;
If you like to win but you think you can't,
It is almost certain you won't.

If you think you'll lose you have lost,
For out of the world we find
Success begins with a fellow's will -
It's all in the state of mind.

If you think you are outclassed, you are -
You've got to think high to rise.
You've got to be sure to yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the man who thinks he can.

Lesson 24

Service

1. Baba's Quotations

Do not judge others, to decide whether they deserve your service. Find out only whether they are distressed; that is enough credential. Do not examine how they behave towards others; they can be certainly transformed by Love. Service is for you as sacred as a vow; a spiritual path. It is the very breath; it can end only when breath takes leave of you.

Everyone must have a firm resolution that as long as life lasts he will dedicate himself to the service of his fellow men. Thereby he will realise his oneness with all mankind. Such a feeling of unity will lead to God-realisation.

All the world's problems today are due to selfishness. Individuals are concerned about the welfare of themselves and their families and do not care what happens to the rest of the world. It should be realised that the welfare of the individual is related to the welfare of society, the nation and the world.

It is the duty of everyone born as a human being to engage himself in service to mankind, which is the only sure way to cross the ocean of worldly life and attain liberation from the cycle of birth and death.

2. Story:

The Buck stops here

In India there is a story about a man who was the perfect model of respectability, who always did what the letter of the law demanded. When he died, he was taken before Chitragupta, the cosmic auditor.

Chitragupta looked at the man's record. There was not a single entry on the debit page. Chitragupta was impressed. Then he turned to the credit page and stared in astonishment. This page, too was completely blank. Chitragupta didn't know what to do. The man had never helped anybody, never hurt anybody, never offended anybody, never loved anybody. He couldn't be sent to heaven, but he couldn't be sent to hell, either.

So Chitragupta took him to Brahma, the God of Creation, and said, "You made this guy. What shall I do with him?"

Brahma looked at the statue books and couldn't find a precedent to cover the case, so he said, "Take him to Krishna."

Krishna said, "The buck stops here." He examined the record very carefully and there, almost illegible, was an ancient credit entry: "Gave two cents to a beggar at the age of six."

“There,” Sri Krishna said, “return his two cents and send him back to earth to try again.”

Until we have learned to give freely of ourselves, we have not learned how to live.

3. Group Activity

“Charity begins at home” - Discuss the help they now provide at home and look at ways they can improve on these.

4. Silent Sitting

Lesson 25

Silence

1. Baba's Quotations

You can discover your own truth only when you are alone with yourself and there is silence all around you.

Be silent yourself; that will induce silence in others. Do not fall into the habit of shouting talking long and loud. Reduce contacts to the minimum. Carry with you an atmosphere of quiet contemplation, wherever you happen to be.

A tree is held and fed by the roots that go into the silent earth; so also, if the roots go deep into the silence of your inner consciousness, your spiritual blossoming is assured.

It is only in the depth of silence that the voice of God can be heard. Speak as low as possible, as little as possible, as sweet as possible.

One of the first principles of straight living is: Practise silence. For the voice of God can be heard in the region of your heart only when the tongue is stilled and the storm is stilled and the waves are calm. There will be no temptation for others to shout when you talk to them in whispers. Set the level of the tone yourself, as low as possible, as high as necessary to reach the outermost boundary of the circle you are addressing.

2. Group Activity: Group Discussion

What is the best time to experience silence?

Have you experienced this silence any time in your life? If so explain.

Have you felt silence and the nature's presence in your garden, park, sea side etc.

Jothi Meditation (Refer to Lesson 7 Group 2 Year 3 Book)

3. Silent Sitting

Lesson 26

Meditation / Namasmarana

1. Baba's Quotations

Of the twenty four hours that are available to you each day let Me advise you to devote a small fraction to meditation or prayers or reading the scriptures or listening to discourses on the leelas (divine sport) of the Lord. Think of God, and the gratitude you owe to Him for the human life He has gifted you and the various material, moral and intellectual talents He has endowed you with, do this before you commence any task or piece of work. You will certainly experience great benefit, and you will have peace, joy and success in your endeavours through Divine Grace.

Cultivate the habit of remembering the Lord with every breath, then only you can remember Him with the last breath.

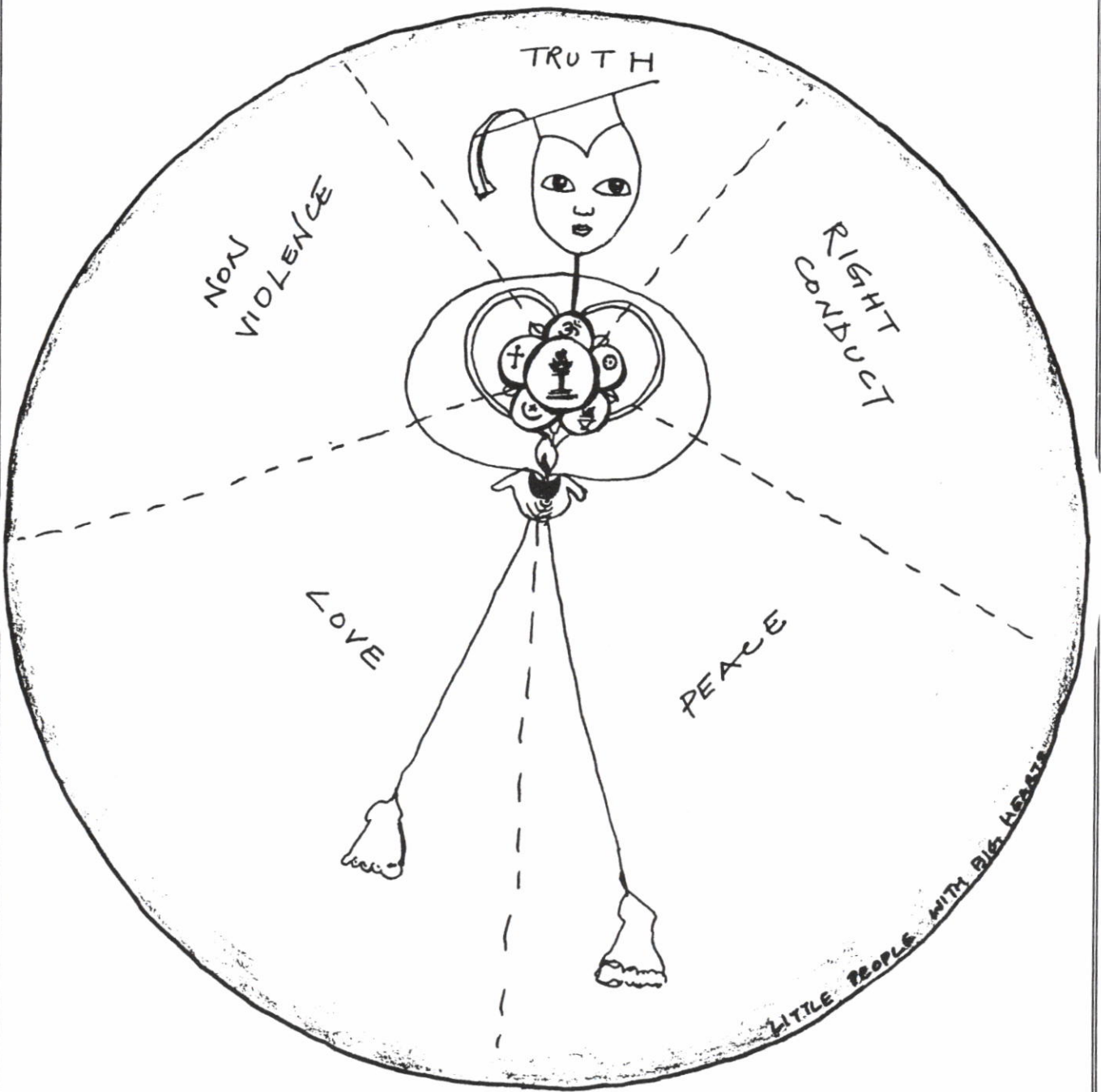
The world is suffering today from too much knowledge; virtue has not increased in proportion to the advance of knowledge. That is the root cause of the misery in human society. Of the two tyres of the vehicle that man is riding, the tyre of one Brahman wheel is flat; it has to be filled by pumping the Lord's Name into it. You cannot go far on a flat tyre.

The ant moves steadily and slowly towards its goal, climbing over everything that comes in its way. Let yours be the same - path of ant. Follow the path of Namasmarana steadily, climbing over all obstacles like sloth, pride, haste, doubt. etc.

2. Story:

3. Group Activity: **Jothi Meditation** (Refer to Lesson 7 Group 2 Year 3 Book)

5. Silent Sitting



TRUTH

NON
VIOLENCE

RIGHT
CONDUCT

LOVE

PEACE

LITTLE PEOPLE WITH BIG HEARTS

Lesson 27

Yoga

1. Baba's quotations

Yoga is the cutting off of all agitation on the lake of one's inner consciousness. Nothing should cause a wave of emotion or passion on the calm surface or in the quiet depths of one's awareness. This state of equanimity is the hall mark of spiritual wisdom.

Spiritual discipline is the drug and Inquiry is the regimen that will cure men of all waywardness and agitation.

Yoga is , as Patanjali says, the control of the agitation and anxieties and fears of the mind.

2. Story

Yoga

The Bhagawad Gita teaches the different pathways, the different Yogas, by which man can attain union with God. They are as follows:-

1. Karma Yoga - The path of Action

One should engage himself in his ordained duties, without craving for the fruits, and discharging all the work with utmost efficiency and to perfection. The Karma Yogi does all his work without ego, without attachment, and surrenders both the action and its fruit as his offering to God. He is ever active in work, working for the good of society and for all.

2. Bhakti Yoga - The path of Devotion

In Bhakthi Yoga, one is impelled by intense love for God. The Bhakthi has a very emotional temperament, but all his feelings and emotions are centred around the subject of his devotion, who is God. He delights in the worship of God. But, as his devotion ripens, his vision changes and he finds that the whole world is filled with God alone.

3. Raja Yoga - The path of Mind Control

By stilling the mind, by calming down all the turbulent agitations of the mind, by single-pointed meditation on the Self, the Jiva will realise Kaivalya, will realise that he is ever the pure Soul, always untainted, immutable and eternal.

4. Jnana Yoga - The path of Knowledge

Jnana Yoga begins as an intellectual enquiry into the nature of one's reality. It requires a strong and powerful will. It begins by negating everything else (not-self), to intuitively experience finally the Reality, the Self. A realised Jnani sees the self in all and all in the self. For him, he himself is the Spirit, all the world and all the beings are but Spirit alone, and none and nothing else is apart from Self/God.

These different paths are meant to suit the varying mental / psychological make-up of different people. For one with an active temperament, Karma Yoga is better suited; for an emotional man, Bhakthi Yoga is better suited; for one with a highly rational temperament, Jnana Yoga will be better suited and for one with both an emotional and intellectual temperament, Raja Yoga is better suited. In their ultimate goals, however, all the yogas converge together and lead to one and the same goal - to the state of Divine consciousness and Self Awareness. During the intermediate stages i.e. before one has attained to the ultimate state, there are sometimes misconceptions that one Yoga is superior to the other etc. But, in the ultimate stage, a Karma Yogi is as much a Bhakta and is also as much a Jnani, and vice versa.

The following story illustrates this point:

Karma Yoga

This is a story from the Mahabharata. One young brahmin, in his enthusiasm for a spiritual life, forsook his parents and home and took to an ascetic life. He started several penance and austerities. He used to stay in a forest on the outskirts of a village. After finishing his daily dhyana in the morning, he used to come to the village for his bhiksha.

One day, as usual, he was doing his dhyana under the shade of a tree in the forest. It was getting close to mid-day and he was about to get up, when some droppings of a bird fell on his head. Enraged he looked up and he saw a crane sitting on the branches just above his head. He directed his fiery looks at the crane and lo, the crane instantly dropped down dead and burnt to ashes! The brahmin was amazed at his (newly gained) power and felt elated and proud. He said to himself that the lowly bird deserved it, for fouling his pure and holy body.

With this new-born pride and conceit, the brahmin walked into the village. He stopped in front of a house and called out for bhiksha. The lady from inside the house said, "Please wait". Quite a few minutes passed by and there was no sign of the woman coming out and giving bhiksha. He was getting restless and impatient and began to think, "This ignorant woman doesn't know how to respect a great 'tapasvi' like me!" His annoyance soon turned to rage and he was almost about to pronounce a curse on the woman and demonstrate his great powers once again. Just at that moment, he heard the lady addressing him from inside the house "Oh brahmin, I am not like the poor crane to be burnt into ashes by your anger! Please wait. I am busy attending to my husband. As soon as I finish I will give you bhiksha." The brahmin was astonished to hear this. He wondered how this woman knew about the crane in the forest. Finally, as the woman came out with the bhiksha, she apologised for making him wait and said that she was serving her husband, which is the first and foremost duty of any woman.

The pride of the brahmin was utterly destroyed. He asked the woman to tell him how she had attained such a high state of knowledge, and that he wanted her to teach him. To this she said, "I am a simple housewife and I am totally illiterate. For me, my duty to my husband is foremost and I do it with all my heart and soul. This is my sadhana. If you are keen about learning higher spiritual truths, I would advise you to go to

Mithilapuri and learn from Dharma Vyadha, the butcher, who runs a shop in one of the bylanes there.

The brahmin became went to Mithilapura and located the butcher Dharma Vyadha. The butcher was very busy with his work. He saw the brahmin and immediately said "Oh, revered Sir! Please come and be seated on the stool over there. I will finish off my work soon. That woman gave you a lot trouble asking you to come and see me! Let me finish my work and we will then go home." Hearing this, the brahmin was completely dumbfounded. "The butcher seems to know all about me!" he thought.

When they reached home, Dharma Vyadha, after making the brahmin comfortable, started attending to his aged parents and, after feeding them and making them rest, came to the brahmin and served him fruits, milk etc. The brahmin was amazed at the amount of knowledge and wisdom of the butcher. The brahmin realised his mistake. He had run away from home, shirking his responsibilities to his home and his parents, seeking an ascetic life and with what result! He was only a slave to anger and pride!

3. Group Devotional Song

Om Nama Shivaya Shivaya nama Om (2)
Hara Hara Mahadeva (2)
Shiva Shiva Hara Hara Haraya nama Om
Hara Hara Shiva Shiva Shivaya nama Om (Hara)
Dama dama dama dama damaru bhaje
Dhimithaka dhimithaka mrudanga bhaje (Hara)

4. Silent Sitting

2nd project submission

Lesson 28

Gratitude

1. Baba's Quotations

Ingratitude is the hall-mark of wild beasts, not of man. Man today is all humility, all obedience until his wish is fulfilled. Once it is satisfied, he tries even to ruin the person who helped him realise it. This does not befit man. He must be conscious of benefits derived and eager to repay the debt, or at least, eager to avoid causing harm to the person who saved him while in distress.

The foremost quality every human being should have is gratitude. Without it, man ceases to be human. It is because today men have ceased to cherish gratitude that they have become a prey to many ills.

Gratitude is a great virtue. When the power of gratitude is realised, it will be seen that it can give benefits much more than anyone can imagine. If out of narrow mindedness, men become ungrateful, they will suffer grievously. If such is the case in regard to purely human relationships, how much rewarding gratitude can be when it is offered to God?

2. Story

Bhakthi Yoga

This is a story narrated by Baba:

Jnana Deva and Nama Deva once went on a pilgrimage. Jnana Deva, though he was a devotee, was more inclined towards Jnana marga (the path of knowledge). Nama Deva was of an emotional temperament, his path was more to Bhakthi. The Pandharpur idol of Vithal was all for him; it was his mother, father and everything for him.

During their wanderings, one day, they became very exhausted and were very thirsty. Looking for water, they found a well. There was very little water deep down in the well. There was no bucket, rope or anything nearby. How could they get the water to slake their thirst?

Jnana Deva sat in meditation, and in a while, through his yogic powers changed himself into the form of a bird, dived low down into the well, drank the water, slaked his thirst, came flying back and then reassumed his human form.

Nama Deva was not such an advanced yogi; he had not gained any great Yogic siddhis. All he was capable of was crying out, and calling to Vithal for help. He cried to Vithal and lo! the low lying waters of the well swelled up and rose up to the brim of the well. Nama Deva quenched his thirst by taking the water in to the palms of his hands from the well, sitting at the same place where he was. Seeing this, Jnana Deva realised the supreme power of Bhakti and that it is indeed in no way inferior to other Yogas.

3. Group Activity Group discussion

How does one express Gratitude?

4. Silent Sitting

Lesson 29

Time

1. Baba's Quotations

Time is invaluable; do not waste even half a minute. The hours that have passed cannot return; the wheel of time will not halt for any person. So, examine your thoughts, words and deeds and find out whether spending precious-time on them is worth or not.

Time is God. You should not waste time. Fill your time with good thoughts and good actions. There is no spiritual practice than this. Sanctify the time given to you by good thoughts and good actions.

Students! Remember that wealth lost can be regained, health lost can be recovered, but time lost forever. Hence, do not waste time. Time is God. Sanctifying the time given to you by worthy deeds, experience bliss and share it with others.

2. Story: Refer to Management of Time in Lesson 4, Group 3, Year 2 book.

3. Silent Sitting

Lesson 30

Parents

1. Baba's Quotations

It is only when we respect our parents, that we can expect our children, in turn, to respect us. There is reaction, resound and reflection for everything in the world.

It is enough if one worships the mother and the father who are the living embodiments of God. By pleasing and acting according to their wishes one can get their blessings.

Honouring the words of the parents is the highest virtue. This has to be observed by one and all.

You have supreme duty to revere the mother and the Motherland. Wherever you may go or work, never forget the Motherland.

2. Story: Story of "The Mango" and the competition between Lord Vinayaka and Lord Murugan.

Poem - From Parent to Child

3. Group Activity:

Class Exercise

The children sit in a circle. Slowly going around the circle, each child tells the group of what recent knowledge or advice their parents have given them. Then, going around the circle again, each child states out loud a good deed they plan to do for their parents over the coming week

4. Silent Sitting

From Parent to Child

I gave you life, but cannot live it for you.
I can teach you things, but I cannot make you learn.
I can give you directions, but I cannot be there to lead you.

I can allow you freedom but I cannot account for it.
I can take you to church, but I cannot make you believe.
I can teach you right from wrong, but I cannot always decide for you.
I can buy you beautiful clothes, but I cannot make you beautiful inside.

I can offer you advice but I cannot accept it for you.
I can give you love, but I cannot accept it for you.
I can teach you to share, but I cannot make you unselfish.

I can teach you respect, but I cannot force you to show honour.
I can advise you about friends, but I cannot choose them for you.
I can advise you about sex, but I cannot keep you pure.
I can tell you the facts of life, but I can't build your reputation.

I can tell you about drink, but I can't say NO for you.
I can warn you about drugs, but I can't prevent you from using them.
I can tell you about lofty goals, but I can't achieve them for you.
I can teach you about kindness, but I can't force you to be gracious.

I can warn you about sins, but I cannot make your morals.
I can love you as a child, but I cannot place you in God's family.
I can pray for you, but I cannot make you walk with God.
I can teach you about God, but I cannot make Him your Lord.
I can tell you how to live, but I cannot give you Eternal Life.

To you my child!

- Author Unknown

Lesson 31

Spirituality

1. Baba's Quotations

Spirituality means seeking to realise the oneness of all beings. There is only One. All came out of this One only. The entire creation itself came from the One. This truth is proclaimed in all religions.

What is spirituality? People regards various rituals and forms of worship as spirituality. Spirituality is concerned with the spirit of love. Science is engaged in 'split of love'. The splitting process in science results in changes. The 'spirit of love' in spirituality is permanent and unchanging.

Get rid of the artificial barriers you have raised between yourself and others. These barriers create narrow and limited loyalties and prevent you from an all embracing bliss. Enlarge your horizon. Expand your vision. This is the true spiritual exercise for you.

Contemplate in God with a pure heart. There is no greater spiritual exercise. But as long as men are attached to worldly objects they can make no progress in the Spiritual field.

Spirituality does not mean leading a lonely ascetic life. Spirituality means getting rid of attachment and hatred and looking upon the whole community as one. Every one should understand this inner meaning of spirituality.

2. Group Activity: Discuss Science and Spirituality

3. Group Devotional Song

**Brahmanda nayaka baba Parthipurishwara Baba
Santhaur sooraj thum ney Banaye
Nadia sagara thum ney Banaye (2)
Ayodhya nagari thum ney Banaye
Dwaraka nagari thum ney Banaye
Shiridi Parthi thum ney ba Sai-nag.**

Meaning

O Lord Sai Baba! O Resident of Prashanthi Nilayam! O Creator of the entire Universe! Thou hast created the sun, moon, rivers, and oceans, and Thou hast also established the holy cities of Ayodhya, Dwaraka, Shiridi and Prashanthi Nilayam.

4. Silent Sitting

Lesson 32

Morality

1. Baba's Quotations

Morality, a virtuous character, is the very foundation of progress, the very basic need. It grows in the realm of the Spirit. But, today, the spirit is neglected. Physical and animal need are catered for, they are accepted as the ends of living; all efforts are directed to these.

Morality means adherence to the straight and sacred path of right conduct. Morality is the blossoming of good conduct. It is the royal road to the acme of human achievement. The honour of the community rests upon morality. Without morals, a community decays. Morality alone makes or mars the community.

Morality is the basis of right conduct, whether it is the state, the society or the individual. The basis for all of them is morality. When morality goes, all the three will be undermined. All prosperity and happiness are based on moral strength. It is to make man realise the value of the ethical life that religions come into being.

Morality means good conduct, good conduct is based on recognition of right and wrong.

2. Group Activity: Group Discussion

Discuss: the decline of morality in Society.

The causes of violence in Society.

How can we address these issues?

3. Silent Sitting

Lesson 33

Friendship

1. Quotations

Friendship is the expression of unshakeable love, love that is noble, pure free from desire or egoism.

Friendship ought to be a spiritual bond, a heart to heart kinship based on full understanding of and pure dedication of one to another. Students should be vigilant against false and fleeting friendships and not be simply led away by hellos and handshakes. Do not cultivate close friendships with anybody unless you know that the motives on the other side are pure, unselfish and spiritual.

Your friends today attach themselves not to you but to your purse or to some advantage they can gain through your father's kindness. When your purse is empty or when your father is no longer in power, they bid you good-bye. Friends who drag one away into evil habits and various deeds are provoking around in search of victims.

Falsehood travels fast. False friends stick faster. Truth will reveal itself only slowly through the clouds of denial and doubt.

2. Story

Stories from the Mahabharatha e.g. Karna and Duryodhana

3. Silent Sitting

Lesson 34

Unity

1. Quotations

To promote the feelings of unity, we have to participate in service activities. We must utilise the body for cultivating good qualities, pure thoughts, doing good actions and experiencing sacred feeling. Only through sacred acts can our life be sanctified and made worthy.

Each one should cultivate the qualities of compassion, patience and oneness. These qualities will promote the unity of mankind. These are based on the love-principle. Without love, there is no life. Love gives rise to truth. Love begets peace. When you have love, you practice non-violence. Love is the under-current in all these.

Giving up all differences based on caste or creed, people should regard themselves as the children of one human family. There is only one religion, the religion of humanity. Students should develop this spirit of unity.

Unity is most essential in all fields of activity - moral, scientific and spiritual. Purity vanishes in the absence of unity. Divinity will be absent when there is no purity and unity.

There should be no unfair comparisons between different cultures. All of them essentially are one. What is important is people should learn to live and strive in harmony for achieving things in common and sharing their benefits equally. This is the attitude that should be promoted among students in educational institutions.

2. Story: 'United we stand - Divided we fall' - The story of the bundle of sticks. Demonstrate - breaking one stick is easy, breaking a bunch of sticks is difficult.

3. Group Activity: Discuss Unity in Diversity. Also working with teams.

4. Silent Sitting

Lesson 35

Unity of Faiths

1. Baba's Quotations

The followers of every religion, in their own way and style, call upon the One God who is Omnipresent. It is the same God who confess upon all mankind, health, prosperity, peace and happiness. No religion has a separate God showering Grace upon those who profess to abide by that faith alone!

The Sai Religion is the harmonious blending, through love, of all religions.

All religions, all scriptures, all spiritual teachings point only to one truth - the Unity of Divinity. You may profess what ever faith you like. But you should not disparage another's belief. It is a travesty of devotion.

What the world need today is the redeeming and unifying force of love - love which continually expands and embraces more and more people. By giving up narrow ideas regarding one's religion, nation or caste, by developing a broad outlook and cultivating the company of the good, you can elevate your life and make it meaningful and satisfying.

All religious scriptures and godly men have in all ages worshipped God as one. Therefore, no one should have feelings of differences or even entertain ill-will towards others. Cultivate the feeling of Fatherhood of God and brotherhood of man. Bear no ill-will towards anyone. Help ever, hurt never.

Do not give room for differences of race, creed and nationality. All belong to the caste of humanity, the religion of Love and the language of the heart.

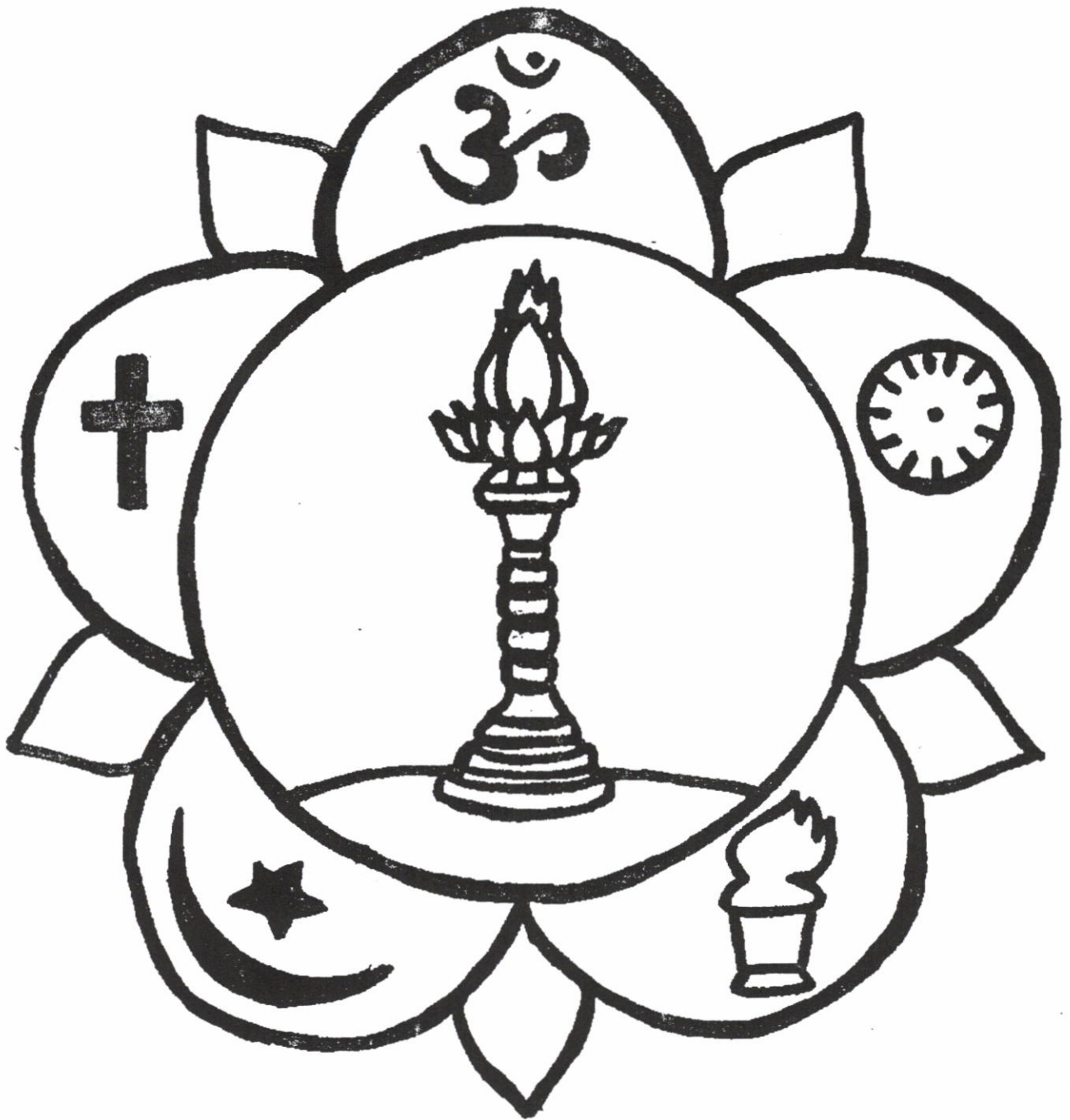
2. Story: Revise 'The Synthesis of Major Religions' Lessons 17 & 18 Group 3, Year 1 Book of lessons.

2. Group Devotional Song

Allah Allah karo pukar
Sarva dharma ki jai jai kar
Sathya Sai ki jai jai kar
Rama Krishna ki jai jai kar
Guru Nanak ki jai jai kar
Zoroastra ki jai jai kar
Esu Pitha ki jai jai kar
Mahavir ki jai jai kar
Sub Santo ki jai jai kar
Jai jai kar bolo jai jai kar.

Meaning

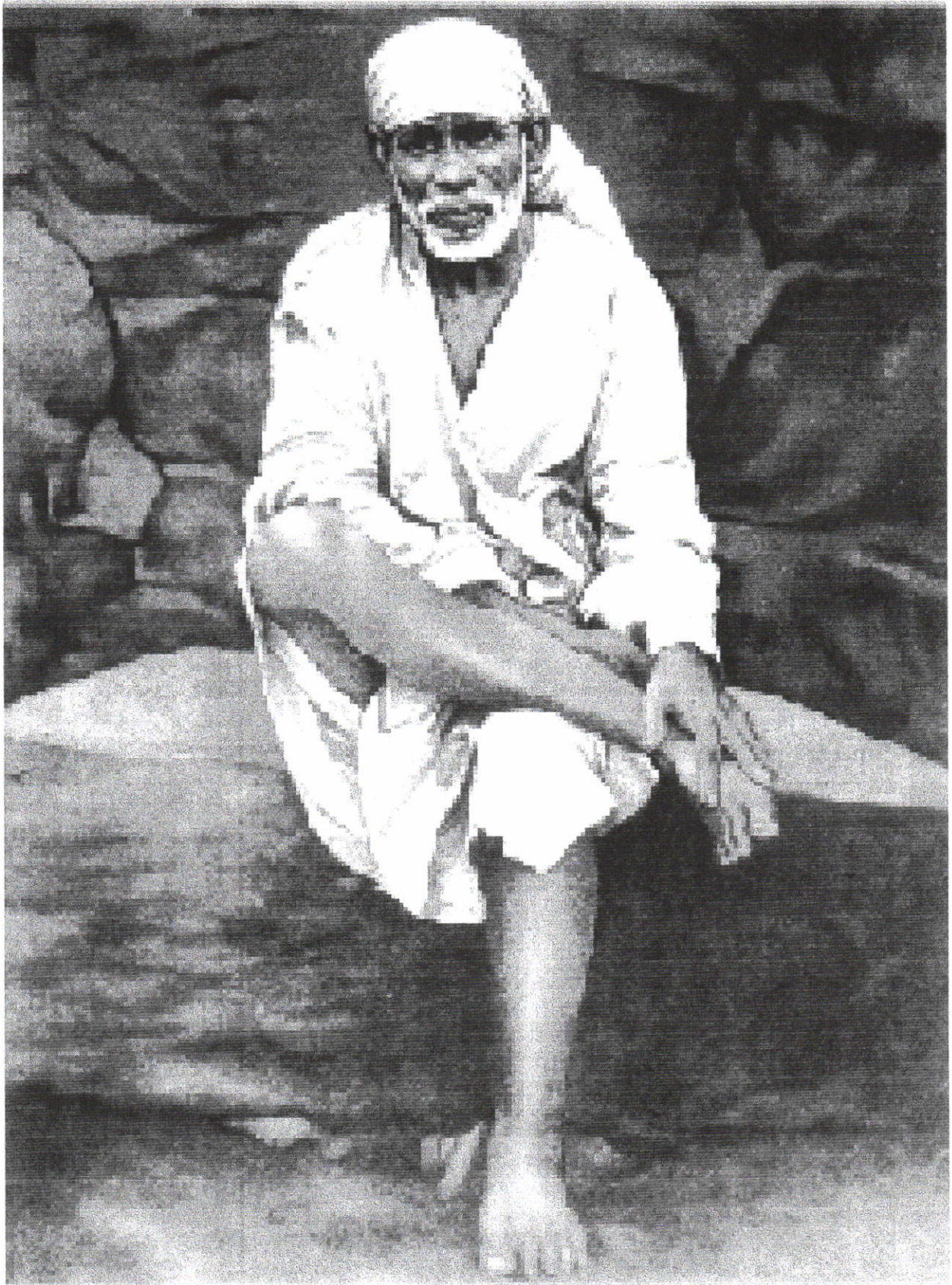
Respect all religions, yearn for Allah. Victory to Lord Sai Rama, Krishna, Jesus, Mahavira, Guru Nanak, Zoraoastra and to all sages and saints.



THIS DRAWING WAS MADE BY MARY GRAHAM AFTER THE ORIGINAL DRAWN ON THE BACK OF AN ENVELOPE BY BHAGAVAN SRI SATYA SAI BABA IN 1972.

Lesson 36

Group Discussion on the Youth activities at the Centre level, the Regional level and at the National level.



Shirdi Sai Baba - The previous incarnation of Sri Sathya Sai Baba



Photograph of Prema Sai Baba in the process of forming on the ring materialised by Baba in 1987.