



"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."

Sathya Sai Baba on May 18, 1968



ABOUT THE DISCOURSE

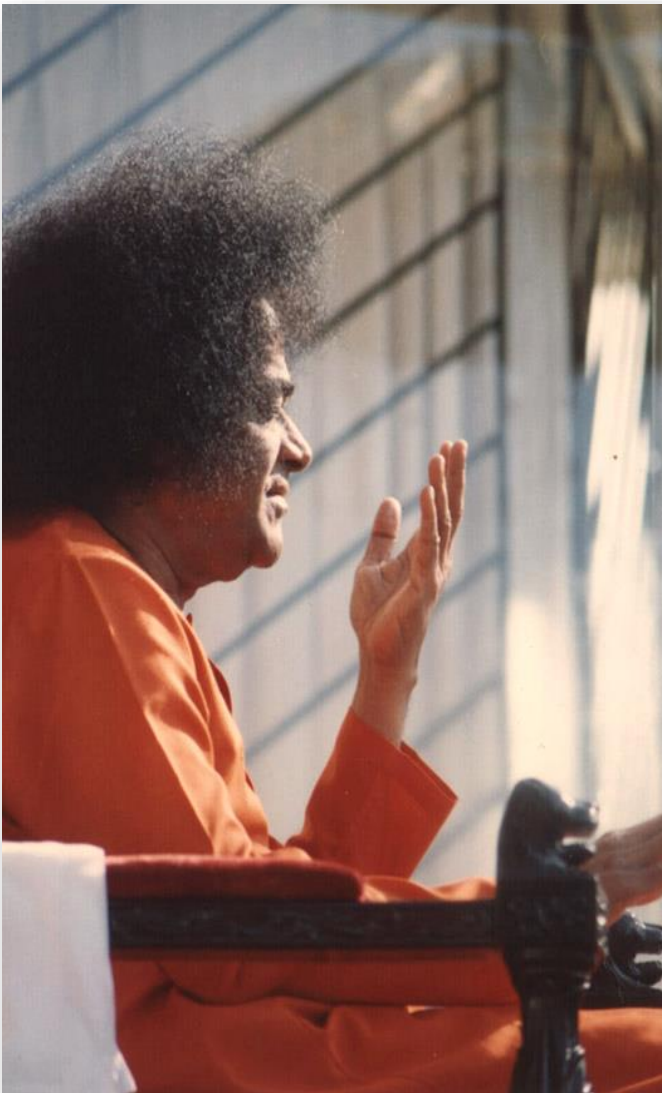
During Summer of 1978, the first All-India Bal Vikas Gurus training camp was conducted in Brindavan, Bangalore. Over 150 gurus attended this 6 day training camp which included lectures, discussions and Q & A with Bhagawan. Our first discourse for study, 'New version for Gurus,' is from this training camp. [Sanathana Sarathi 1978, Archives and Sathya Sai Speaks, vol 14, #3]

Let Your Heart Be Not Hardened by Hatred

More than all else, the Guru must be equipped with *sahana*, (tolerance) and a calm and quiet temper. He should be prepared to meet, without being ruffled, the buffetings of the environment. When someone inquires whether you have a calm temper, do not get enraged. Some people get angrier and angrier when they are asked this. Even when you have to speak harshly to a child or parent because all other means of bringing a point home have failed, let your heart be soft, let it not be hardened by prejudice or hatred. You must equip yourself for this task of *seva* (service) by some individual *sadhana* done daily with sincerity and regularity.

The *Pranava* (primeval sound OM) recital is one form of such spiritual effort. It is laid down at Prasanthi Nilayam that the early dawn recital of Om should be done twenty-one times. This number is not arbitrarily fixed; it has a significance of its own. We have the five *karmendhriyas* (senses of action) and the five *jnanendhriyas* (senses of perception); we also have *pranas* (the five vital energies or airs) to sustain us. Then we have the five *koshas* (sheaths), enclosing the Divine Spark that is the Reality. These total up to twenty. Hence the recitation of Om twenty-one times purifies and clarifies all these twenty components and makes man the twenty-first entity, ready for the final merger with Reality.

The *Jeevathathwam* (life-principle) merges with *Parathathwam* (the Supreme Reality). The *Jeevathathwam* may be pictured as a rider on the twenty-headed horse. Finally, you end the *Pranava* recital with the recital of 'shanthi' three times. That completes the process of clarification and purification. The first call for shanthi (peace chant) is for the purity of the *adhibhouthik* (body) part of the Self. The second call is for the purity of the *adhidhaivik* (the mind). The third is for the purification of the *adhyathmik* (the spirit). This *Pranava* recital will tone you up, calm all agitations in the mind and quicken the downpour of Grace.





DISCUSSION QUESTIONS

1. Why is it important that the "Guru must be equipped with sahana and a calm/quiet temper"?
2. How does the 21 Om recital followed by Shanthi three times calm the mind and soften the heart?
3. What are practical tips for a Guru to stay calm and unruffled under all circumstances?

LIFE APPLICATION

Suggestion: Chant 21 Oms + 3 *Shanti's* every morning, sending positive energy to the different parts of the body as suggested by Swami.

GLOSSARY

1. *sahana*: - "...By 'Sahana' I mean ability to bear defeat, fortitude, forbearance, patience, quit suffering with no thought of retaliation..." ~Sathya Sai Speaks Vol 10 (Feb 1, 1970)

2. temper: as in temperament

ADDITIONAL RESOURCES

1. Power of Om - <https://youtu.be/VnSITATGY4o>
2. How to chant Om- Swami's discourse (October 18, 1993) attached.
3. For more on koshas, organs of action and perception, please review your SSE teacher's manual, part 2, section C.



We would love to hear from about your study circle experiences, any interesting questions/ insights that you would like to share, please send an email to saispiritualeducation@sathyasai.us

