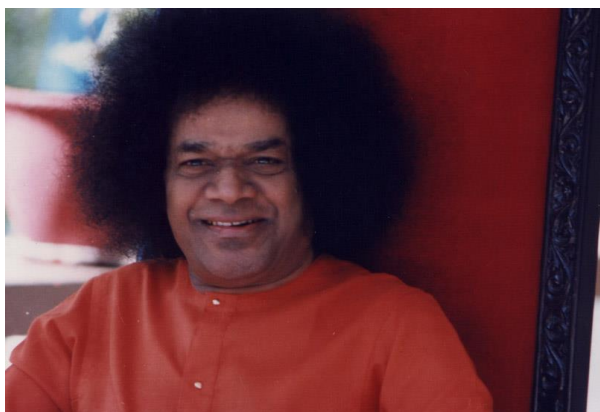




"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."

Sathya Sai Baba on May 18, 1968



ABOUT THE DISCOURSE- #4 (part 1) Bhagawan Baba delivered a discourse, March 7th 1986 on the occasion of inaugural function of workshop for teachers and field workers involved in the program of Education in Human Values. Text and audio link- <https://saispeaks.sathyasai.org/discourse/mantra-round-your-wrist>

The mantra round your wrist

The five-lettered word W-A-T-C-H can be as potent a mantra in promoting the five basic human values Truth, Righteous conduct, Peace, Love and Non-violence-- as the *Panchakshari* mantra-- *Namah-Sivaya* in promoting the spiritual progress of a sadhaka.

Three categories of people support and sustain human society---those who produce, those who guard and those who guide--the workers, the soldiers, and the teachers--the *Karshaka*, the *Rakshaka*, and *Sikshaka*. A society can be strong only when those who produce the food, clothing and shelter are well equipped and active, when the guardians of law and order and those in charge of the frontiers are patriotic and skilled, and when those who open the eyes of children and unfold their innate richness are full of love and understanding.

These three are like the three legs of a tripod. But as a mere structure with three legs the tripod cannot be useful and efficient. The people who are the concern and under the care of the three categories form the plank on top of the three. The seat has to be screwed tight to the legs; the screws being peace, love and truth and the process of screwing and tightening being the eager enthusiasm for progress, prosperity, security and unity, the sincere effort to accept and promote the human values--Truth, Right Conduct, Peace, Non-violence, and Love. These five values are as essential for a full and worthwhile life as a five vital airs or Pranas mentioned in the scriptures.





SAI SPIRITUAL EDUCATION- USA
SATHYA SAI SPEAKS
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QUESTIONS TO CONSIDER

1. How can the teachers practice the quality of “love and understanding” and be true examples in imparting values to children?
2. Why does Swami say that word WATCH can be as potent a mantra as *Namashivaya*?
3. How can SSE gurus awaken (not just teach) the human values in children?



LIFE APPLICATION (Choose all, any or develop your own LA)

- Reinforce practice of human values on daily basis
- Replace one obstacle that prevents daily practice of human values with a loving sadhana

CREATIVITY CHALLENGE

- What is your version of the acronym “W-A-T-C-H”?



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

