



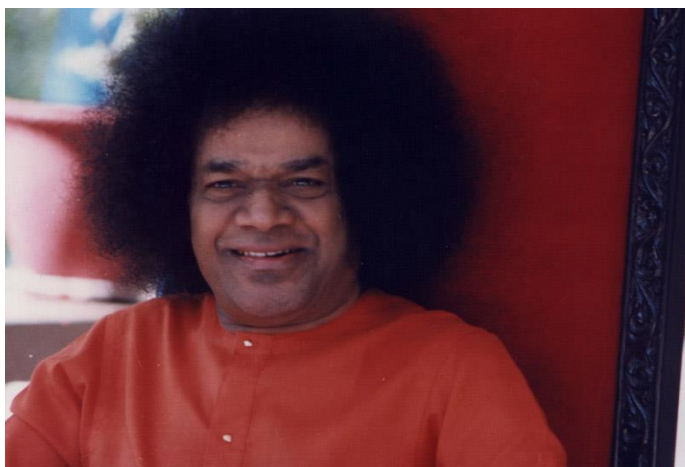
"Reading is not completion of the journey. It is only the first step. Read for the sake of practising; not for reading's sake."

Sri Sathya Sai Baba on May 18, 1968



ABOUT THE DISCOURSE #4 (part 4):

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>



W: The first letter reminds us of the Sadhana of watching the Word. One should not revel in idle gossip or spreading slander and scandal and wound others and pollute oneself. Examine the word before the tongue pronounces it; is it true, will it hurt, is it necessary? Warn the tongue against relishing falsehood or indulging in outbursts of vilification and the like. Adhere to Truth at all costs. It is the basic human value.

QUESTIONS TO CONSIDER

1. Swami says, "One should not revel in idle gossip or spreading slander and scandal and wound others and pollute oneself."
 - a) How can we follow this message as an individual?
 - b) How can we convey this to students?
2. Please share practical tips to apply the triple filter "is it true, will it hurt, is it necessary" in day-to-day conversations at home, work, and Sai Center etc.
3. Swami says, "Adhere to Truth at all costs." Please share practical techniques as to how one can always be truthful even in challenging or adverse situations.

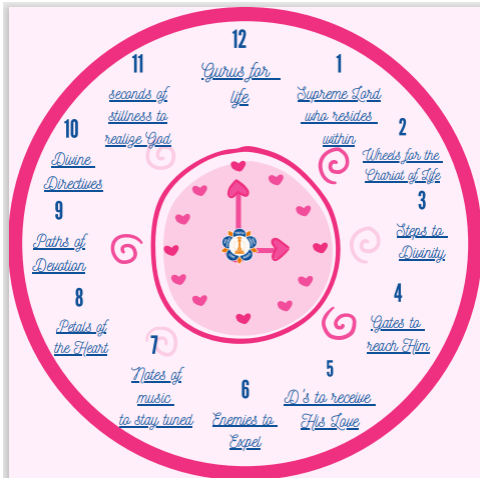




SAI SPIRITUAL EDUCATION- USA
SATHYA SAI SPEAKS
A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS
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LIFE APPLICATION (or develop your own LA)

- Remember to apply triple filter before you express yourself.



JANUARY CREATIVITY CHALLENGE SUBMISSIONS



We would love to hear your study circle experiences or any interesting questions/ insights that you would like to share. Please email us your sharing @ saispiritualeducation@sathyasai.us

