



SAI SPIRITUAL EDUCATION- USA

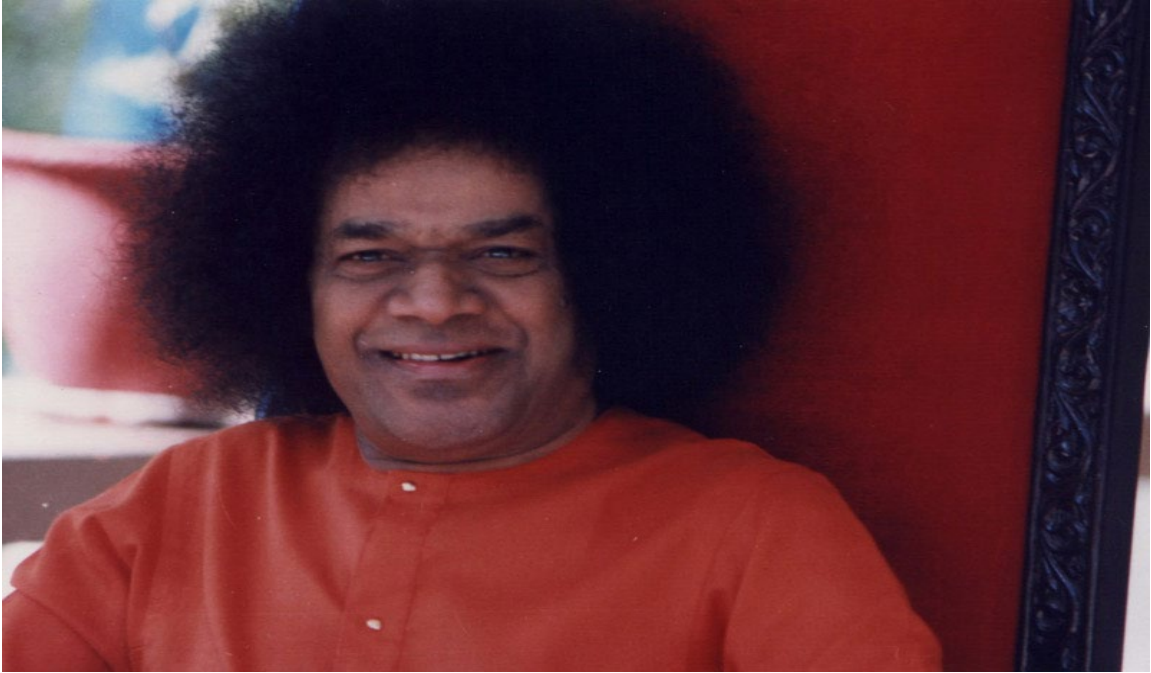
## SATHYA SAI SPEAKS

### A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS

August 2022

*"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 8):** On March 7<sup>th</sup> 1986, Bhagawan Baba delivered a discourse on the occasion of inaugural function of workshop for teachers and field workers involved in the program of Education in Human Values. Please find the text and audio link here- <https://saispeaks.sathyasai.org/discourse/mantra-round-your-wrist>

**H:** The fifth letter 'H' instructs us to watch the Heart and the feelings it originates. It reminds us of the human value of Ahimsa (Non-violence).

Heart does not mean the fist-size physical equipment we have to purify and pump blood. It is the center of emotions, good and bad. It has to be watched so that good emotions alone are manifested. It must expand to include all living beings to feel kinship with all creation. "My reality is the reality of all"--this truth must be ever springing forth. Then, the idea of violence can never find place in the heart. The sense of unity cannot produce competition and confrontation. The fifth human value---Ahimsa--is promoted by the sadhana indicated by the letter H.





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For want of these five human values, mankind is in the throes of distress and disaster. The morning newspaper is full of murder, massacre, arson and dacoities. The brain and the mind have been polluted to a dangerous extent. Education aims only at providing information and promoting skills. It has not tackled the problem of moral degeneration, of the sublimation of low desires, of sense control and the development of spiritual insight.

Man is converting himself into a brute with a human form. Vali, the monkey, is said to have argued that Rama wounded it with his mortal arrow, in spite of the fact that the sin it had committed was pardonable and even proper among monkeys. But Rama replied that Vali was only a monkey in appearance; it knew both right and wrong, and so deserved punishment. Man, today, is a beast in human garb. When he develops and demonstrates human values, he would have to discard the beast in him and become man, the pilgrim to God. Contemplation on the watch is the best means for achieving this end.

### **God can be attained by the wise use of time**

The watch will teach Sathyam. It warns against evil, and alerts you to be good, Sivam. It is worn as a jewel, so it is Sundaram, too, besides being a teacher and reminder of human values. The watch is the symbol of Time. We are powerless before Time, but Time's Creator and Director can be won and attained by the wise use of Time. Instructing others on this inner meaning of the Watch and the Panchakshari Mantra derivable from the five letters WATCH are not enough to fulfill your duty.

The watch advises you to watch yourself whether you have the credentials to teach. A hundred eyes will be watching every word and deed of yours to discover whether you have mastered the human values and whether you are practicing them.

And, most important of all, God, the Universal Watcher, is witnessing and weighing your every thought, word, and deed. The God in you examines and judges and you are able to acquire self-satisfaction through sincerity and serenity. Prove your humanness by the practice of the values which are the unique qualities of man.





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**QUESTIONS TO CONSIDER:**

1. How can we watch our heart to manifest good emotions?
2. Swami says, "include all living beings to feel kinship with all creation." What are the practical challenges in conducting ourselves with all-inclusive nature?
3. "Education aims only at providing information and promoting skills." Share some practical techniques to emphasize the transformation oriented spiritual education.
4. How can we use time wisely and become a better human being?
5. How can we constantly remember that God is the motivator and doer and be vigilant that ego does not raise its hood. ?

**LIFE APPLICATION (or develop your own LA)**

1. Journaling to reinforce every day good emotions and good thoughts; write down the bad emotions and thoughts and discard the paper/writing.
2. Watch for things that inflate and deflate the ego and journal them.
3. Wristwatch – Reminder to introspect, am I conducting myself as a HUMAN in my Thoughts, Words and Deeds
4. Watch Swami's video and remember to visualize, meditate and draw inspirations from HIM all the time



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](mailto:saispiritualeducation@sathyasai.us)

