

ABOUT THE DISCOURSE- #5 (part 1): Divine discourse delivered on the occasion of teacher training in Prashanti Nilayam, on June 14,1983 .

Text link-<https://saispeaks.sathyasai.org/discourse/guidance-gurus>

ADORATION to the All-consuming Time-this is the prayer of the ancient poet Bharthruhari. Time is self-motivated. It halts for no one. We may pronounce the blessing, "Live for a hundred years," but it may not fructify. Death may call any moment. Why? Every moment, everyone is nearing death. No one can recall the time that has flowed by. So, man has to utilize the years he spends on earth for attaining the goal of life, conscious of the great responsibility and the great opportunity.

Man is equipped with a wondrous instrument, the body, so that he could engage in fruitful activity on righteous lines. The word Manush in Samskrith (meaning "man") indicates that man is essentially Manas (mind). The mind involves man in thoughts, thoughts lead man to action, and action brings about grief and joy. When one is not as healthy as he deserves to be, the reason has to be sought in the nature of his actions and thoughts. When these are sacred, sublime, and holy, he will be healthy in body and mind.

The mind is engaged in thought without rest. Constantly dwelling on one subject, attachment and relationship develop. Thus, desire is aroused; when it is frustrated, anger arises and, in the frenzy, discrimination disappears. Harsh words end up in hard blows. Man widens the gap between 'his' and 'theirs' every second. This duel is not genuine human nature. In the early years of life, man spends his days in pranks and play. Even while he loses himself in these carefree activities, youth creeps in and provokes him into wild antics and competitive exhibitionism.



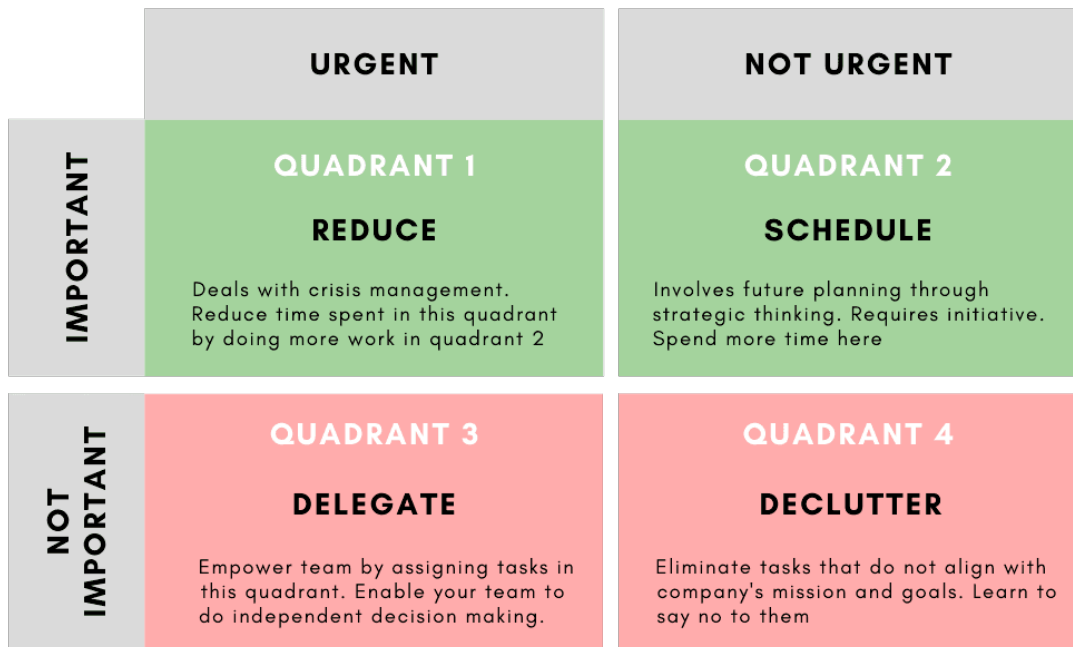
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QUESTIONS TO CONSIDER

1. Please share practical techniques to wisely use Time to attain the goal of human birth.
2. What are the ways we can remind ourselves to have pure thoughts to enable strong relationship with the Lord?
3. How do we see the same God in oneself and others and broaden his/her vision to non-duality?

Suggested Life Application

Here is a prioritization tool/chart to develop the habit of self-auditing our day-to-day activities to realize the goal of life:



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

