



ABOUT THE DISCOURSE- #5 (part 2): Divine discourse delivered on the occasion of teacher training in Prasanthi Nilayam, on June 14, 1983.

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

Three-fold activities of the human pilgrimage

He brooks no opposition; he is extremely possessive and proud. He builds castles on the foundation of muscle and passion, of group and emotion, not on divine, Grace and righteous life. Meanwhile, age undermines him, and he grows old. At that stage, he might lament over lost boyhood and lost youth. But however much his repentance and regret, he cannot get those stages again. Man dies as boy, lives as youth, dies as youth and lives as old person. So too, he dies as Yelliah and is born with another name and form. This is how Nature works.

While on the pilgrimage of life, man's activities are three-fold - *Akarma, Sakarma and Nishkama* Karma - the *Thamasik, Rajasik* and *Sathwik* types of Karma. *Akarma*: It starts with high hopes and much fanfare but at the first touch of disappointment, all activity is given up and the man shuts himself up for good. *Sakarma*: It is undertaken without discrimination. Whatever comes to hand keeps one busy. This is the *Rajasik* approach. The third type of Karma is *Nishkama*, gladly done as duty, as worship, as grateful homage, with no eye on the benefit therefrom.

Man has physical urges like hunger and thirst and needs like sleep and exercise. A person may be a scholar in many fields of knowledge, or a famous figure crowned with diverse powers, but he cannot escape these urges and needs. But man has also spiritual urges and needs. While the physical urges are transient and temporary, the spiritual ones have deeper sources and longer satisfactions. They clamour for purity and unity.



QUESTIONS TO CONSIDER

1. What should we do to remind ourselves the preciousness of the current moment, on a regular basis?
2. In the reading passage, we learnt about the three types of karma. What can we do to develop more of *Nishkama* karma and slowly wean off other activities that will lead to *thamasic* and *rajasic* karma?

Suggested Life Application

1. Identify and practice one activity to promote and maintain the spiritual goal in your life.



Even if you are on the right path, if you just sit there you face the danger of being run over.



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

