



**ABOUT THE DISCOURSE #5 (part 6)** Divine discourse delivered on, June 14,1983 on the occasion of teacher training in Prasanthi Nilayam.

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

### **The mantra of Soham and Pranava**

Persons who have attained a higher stage believe that they are jeevis (distinct individuals). For these, the mantra can be "Soham" (I am He) so that the sense of distinctness can be eliminated. In fact, even this mantra has a face of distinction, for it posits an "I" and a "He." How can this mantra lead one to the awareness of the one? The next higher stage is the Athmic. When man reaches this level of consciousness, the idea of 'I' as different from 'He' disappears. That is to say, So (He) and Aham (I) fade away and Soham is elevated into OM. OM or Pranava is the Mantra for persons conscious of the Atma in them.

Youth today are enmeshed in the coils of the body-mind complex. So, they are engaged in acts prompted by pride, envy, and ignorance. "Son! You are not the body; the body is only your vesture. That vesture has been given to you so that you may lead a beautiful, beneficial life. You should not pollute your years of life with ignorance of your reality. Remove that pollution, acquiring true wisdom." You must advise youth thus, so that they may become aware of their innate Divinity. No one has faith in any others today. Suspicion prevails in the relationship even of parents and children, wife, and husband. The more educated a person is, the wider his suspicion. The reason is, education fills the brain, instead of fashioning character.



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### Questions to consider

1. What are the practical tips to overcome pride, envy and ignorance and realize the innate divinity?
2. What is the primary cause of man's suspicion in different relationships, and how one can develop faith and trust in others (family/workplace/friends)?

### Suggested Life Application(s)

1. Continue chanting 21 AUMs visualizing (purification of 5-karmendriyas, 5-gyanendriyas, 5-vital airs, 5-Koshas and Atma) and Swami sitting in the lotus of our hearts.
2. Practice daily Soham Meditation.



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)

