



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

Sathya Sai Baba on May 18, 1968



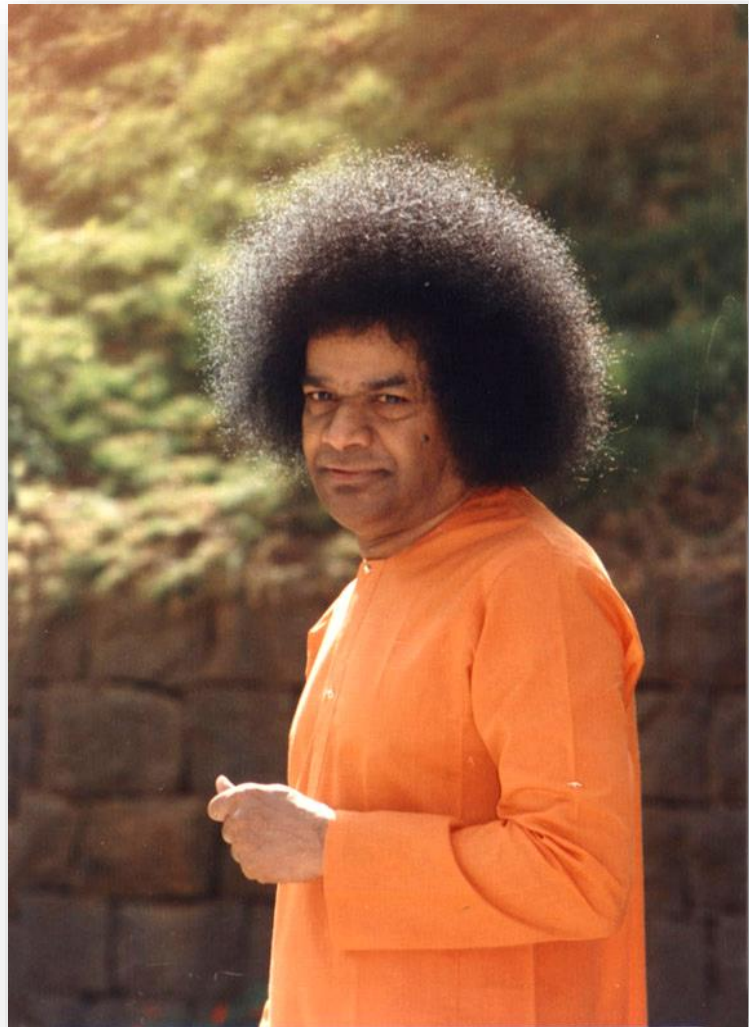
ABOUT THE DISCOURSE

During Summer of 1978, the first All-India Bal Vikas Gurus training camp was conducted in Brindavan, Bangalore. Over 150 gurus attended this 6 day training camp which included lectures, discussions and Q & A with Bhagawan. Our first discourse for study, 'New version for Gurus,' is from this training camp. [Sanathana Sarathi 1978, Archives and Sathya Sai Speaks, vol 14, #3]

Om Must Be Recited With Deliberation

Om is the primeval sound, the sound caused by the vibrations of creation through the Emergent Will of the formless and attributeless (the Nirakara, Nirguna Brahman), and is referred to as Sabdhabrahman (divine transcendental sound). It is a composite of the sounds of 'A' 'U' and 'M.' Just as G, O and D, taken together is pronounced 'God,' (not 'jeeodee') so too the letters A, U and M are uttered as 'OM.' 'A' emanates from the gullet, U from the tongue lying in the interior of the mouth and M from the lips. But when Om is uttered, the sound emanates from the region of the navel.

Om must be recited slowly and with deliberation. The sound must be like an aircraft, first approaching from a distance to the spot where you are and then flying away again into the distance (soft at first, but gradually becoming louder and louder and then slowly relapsing into silence, this silence after the experience being as significant as the Pranava). 'U' is the zenith, the Kailash (abode of God), reached by the sound in its adoration. 'A' is the initial nadir, and 'M,' the final.





In the Sri Chakra, the mystic figure in which the Parashakthi (the Cosmic energy principle, and the deity presiding over it) is invoked and installed, Om is the very center, and around it are all the other symbols placed. Man too must do this installation. Om is the real life-principle of every manthra (sacred formulae), of every man (symbolically speaking). Manthra is what saves man, man being but the maha (mind), with which he can meditate on the manthra. You can have this Pranava sadhana (practice of the transcendental sound) by watching the breath as it goes in and out, and listening in silence to the Soham ('so' - the 'silent' sound audible when the breath goes in and, 'ham' - the 'silent' sound audible when it goes out). You have to ponder over the meaning of Soham (I am That). What are you? You are That; you are a Spark of the Divine. You are not the body, senses, mind, intelligence, etc., with which you now identify yourselves. You are God, only caught in 'deluding yourselves that you are bound by this body. Sadhana of this sort is a must for all Sai workers for that alone can give them shanthi and the other most valuable gift, prema (love). It will change their vision and enable them to witness Unity where formerly they were confounded by diversity - diversity of language, religion, nationality, creed, color and caste. Bala Vikas can be best served only after cultivating this new vision. So, both the Gurus and the pupils should decide to practice spiritual sadhana faithfully, and consider the Bala Vikas work too as a part of it.

DISCUSSION QUESTIONS

1. What is this "new vision" that Swami is referring to and how does it help the SSE Gurus?
2. Swami says, "Sadhana of *this sort* is a must for all Sai workers for that alone can give them shanthi and the other most valuable gift, prema (love)." What are possible other sadhanas that can help us reach the same goal - Unity in Diversity?
3. How can we relate to the sadhana of 21 Oms independent of religion?

LIFE APPLICATION

What is your practical takeaway/life application that you want to commit to, based on the "new vision" Swami is talking about? Either individually or as a group.



We would love to hear from about your study circle experiences, any interesting questions/ insights that you would like to share, please send an email to saispiritualeducation@sathyasai.us

