



SAI SPIRITUAL EDUCATION- USA

## SATHYA SAI SPEAKS

### A NATIONAL STUDY CIRCLE INITIATIVE FOR SSE TEACHERS

MAY 2021

*"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- #3

On 31<sup>st</sup> December 1984, Balavikas Gurus were invited to the Mandir for a special session. In an exclusive discourse for teachers who were present and those who would embark on this sacred journey, Swami talked about " Be human; become human." For the next few months, we will read, reflect and assimilate these precious words of wisdom.

"Man is an amalgam of body, mind and spirit. The senses of perception and action, which form the components of the body, are busy contacting the objective world. The mind - consciousness of the various levels, the faculty of reason and the ego - examines, experiences and judges. It decides after discrimination, which word or deed will be beneficial, favorable, fruitful and felicitous. It attempts to separate the good from the bad, the punya (virtuous deed) from the paapa (sinful action), the true from the false, the permanent from the momentary. The Spirit or the Self or the Atma is unaffected, stable and foundational. Its quality is Sath (is-ness) but it is ever aware, ever chith (consciousness). And when the conscious is pure and unchanging, that state is undiluted felicity, delight or Anandha (divine bliss). What is the purpose of life, for man? What has to be his highest achievement. Tennyson has extolled "Self-reverence, Self-knowledge, Self-control" ("these three alone lead man to sovereign power") as the ultimate goal."





Illustrated by G2 SSE student

## DISCUSSION QUESTIONS

1. What is the purpose of each - body, mind and spirit - in our spiritual journey?
- 2..What are some practical techniques to filter and discriminate unwanted thoughts and desires before they become words or actions?

- M-** Man you are not one, but one of three
- I** - Impressed by the world on the path to be free
- N** - Never changing *chith* you have the power within
- D-** Discriminate between what is there and has been



## LIFE APPLICATION

What is your practical take away/life application that you want to commit to Swami based on today's discussion?



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](mailto:saispiritualeducation@sathyasai.us)

