

# Love and Discipline

## Session 1: My Sai and I

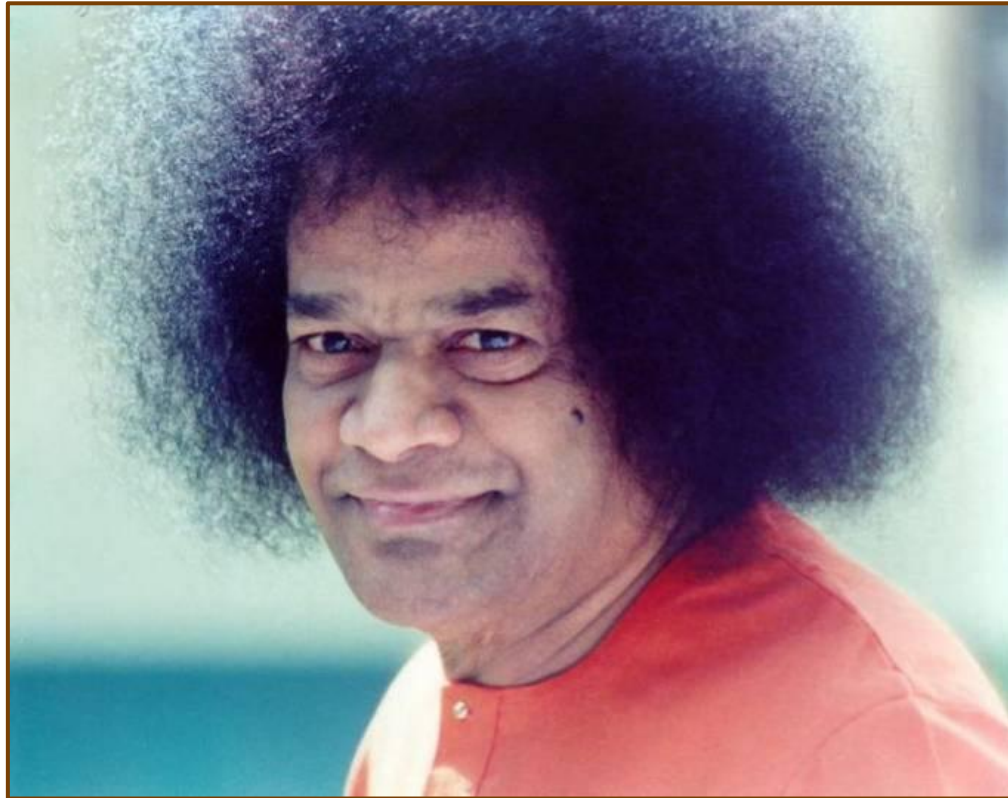
Sri Akella, Ramya Gopinath Rao and Sanjay Ghandikota (Region 2)

April 13, 2020



# Salutation

---

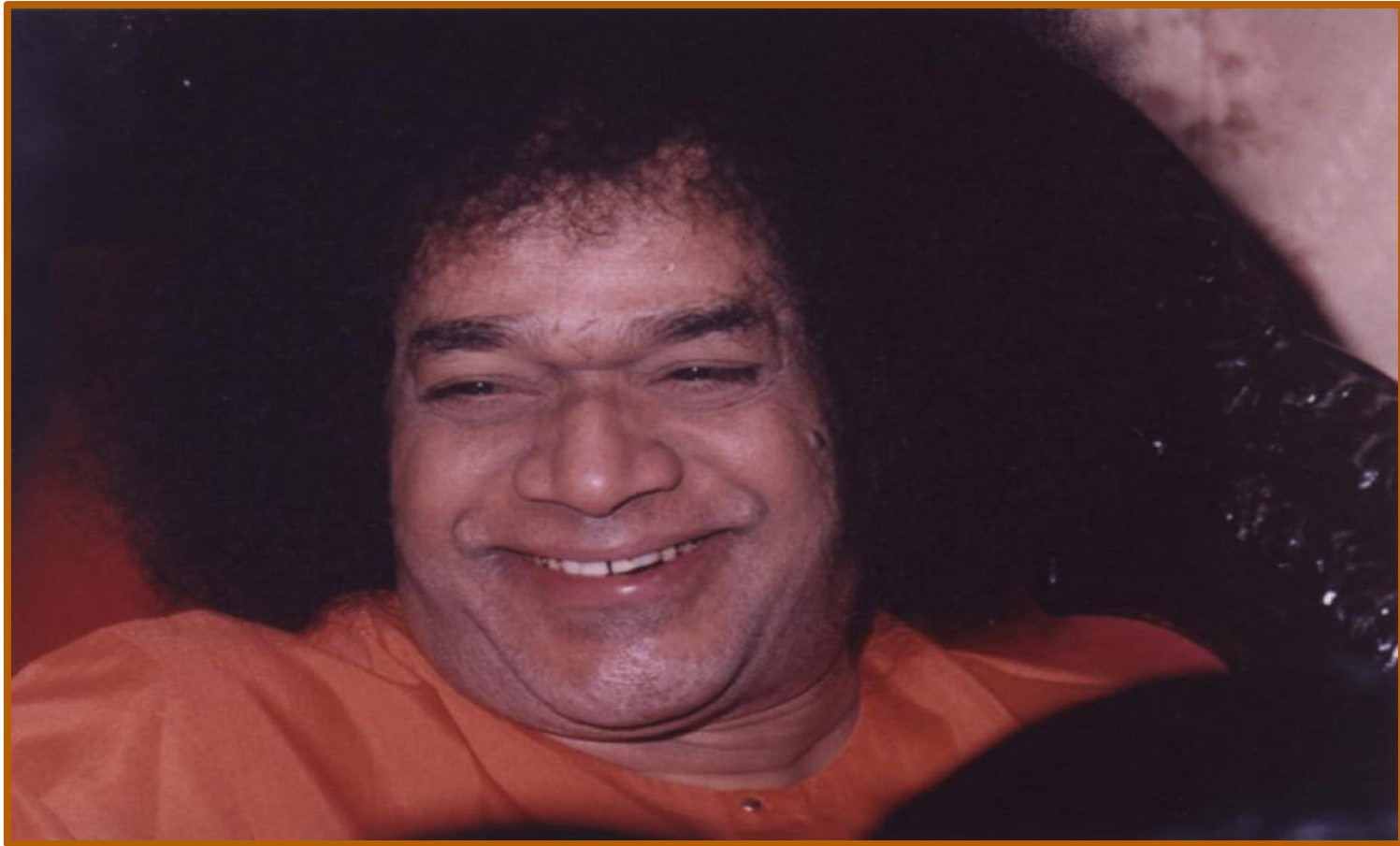


# How Did We Arrive At This Topic?

---

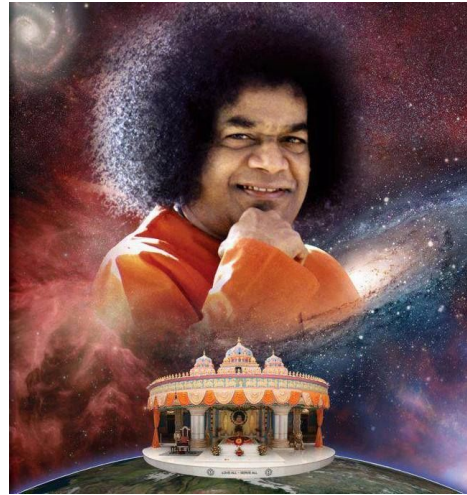








# Universal Appeal of Love



*Love All, Serve All  
Help Ever, Hurt Never*



# BUT...Swami also says:

---



*Discipline is vital to every living being....Discipline is essential for every group, for every society and for every political institution. Without discipline there can be no society or Government. No nation can exist without discipline. It is discipline that unites man to man, and one society to another. Hence discipline is one of the basic insignia of social life. Discipline has to be observed in speech, in sport and in every kind of relationship. For instance, during bhajans, all those singing in chorus have to maintain the same tune. Discordant singing will jar on the ears. Singing in unison in bhajans is a form of discipline.*

*Sathya Sai Speaks Vol 29-21, 1996*







# Where else is discipline necessary?

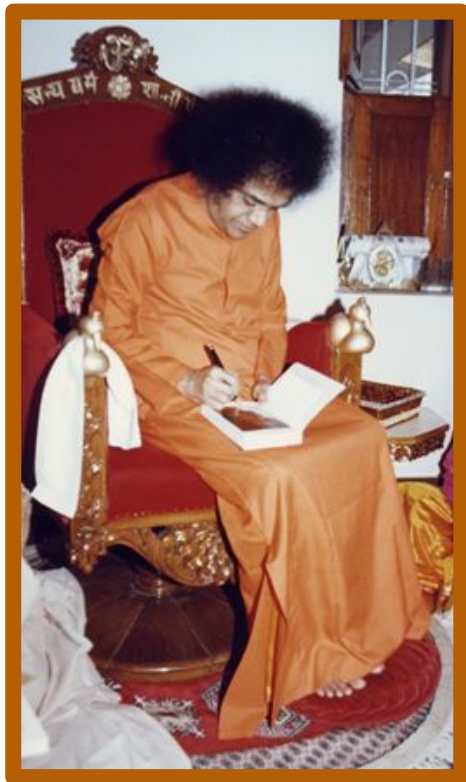
---

- Nature - the sun, moon, rains, tides, weather
- Our bodies - temperature, functioning of all organs
- Sports - team, individual
- Completing assignments and projects
- Being on time to work, meetings, social interactions
- Managing finances
- Practicing/performing music, dance, any art form
- The functioning of government - maintenance of public places, providing services, removal of garbage, delivery of mail
- The functioning of business

**ALL THIS REQUIRES DISCIPLINE AND ADHERENCE TO RULES!**

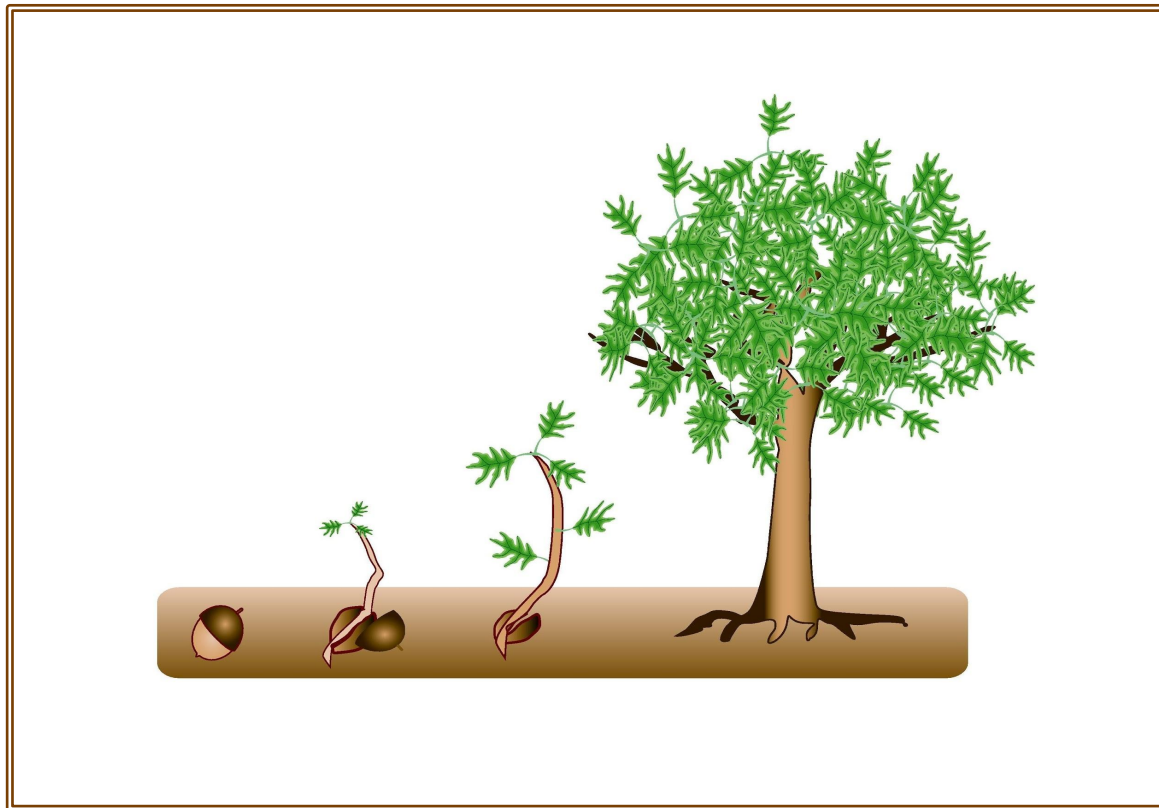


# Swami's words on discipline in spirituality



# Understanding dawns...

---



# So...love and discipline...

---



Oxymoron or two sides of the same coin?

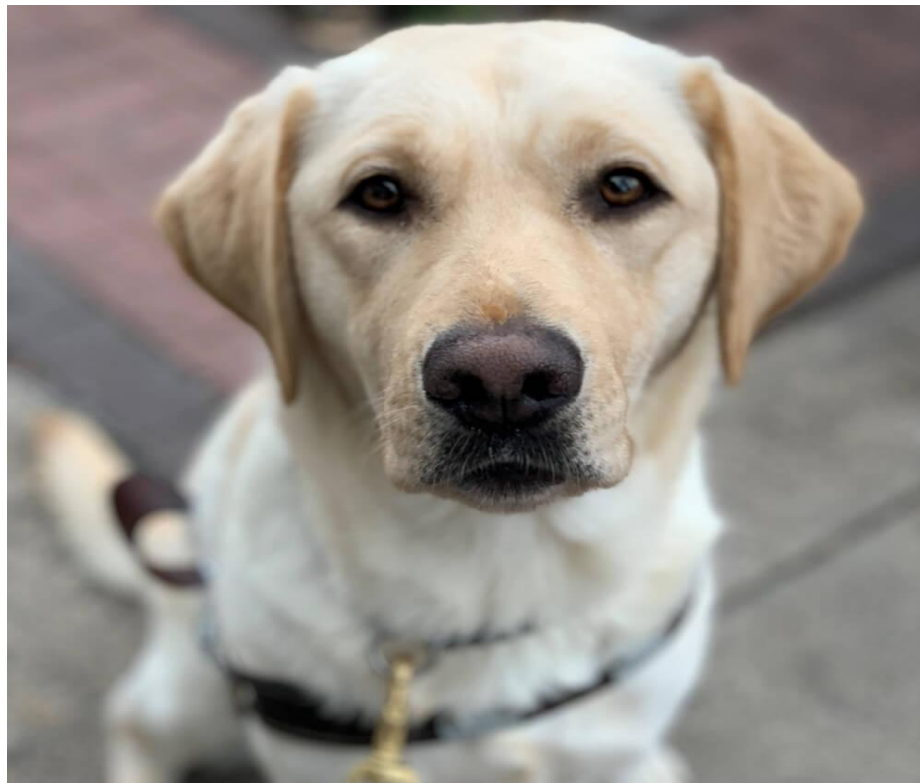


Let's look into this a bit more....



# Who doesn't love a dog story?

---





---

*Restrictions, rules, and self controls are the royal road leading to the goal of self-realisation. They are not just to bind you, to limit or control you. Do not fret against the rules and regulations that the Organisation imposes on you; they are laid down for your own good.*

Seva Dal, Feb. 1981, p.8



**How can that be?**





The order of control based on the increasing order of subtlety is - the Body, the Sense organs, the Mind, the Intellect and the *Atma*, each of them controlling the preceding one. This means that the *Atma* should hold sway over the rest of them.



# Relationship of the Senses, Body, Mind, Intellect, Atma





# So we have a potential conflict...

---



**Why does discipline look like an imposition on freedom -  
indeed, the opposite of love?**



# Because...

---



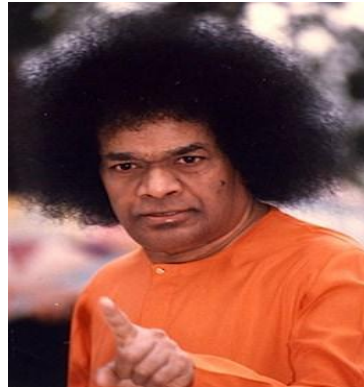
**We equate discipline with lack of freedom. Lack of freedom for what? Anything we desire through our senses – food, talking, sleeping, “enjoying ourselves”. THIS IS NOT LOVE, this is encouraging attachment to the transient, temporary, sense inputs.**



# Time to redefine terms...



*But being a man, is it not wrong and unbecoming of you to want to enjoy animal freedom? You try to give several wrong meanings and misleading interpretations to the word "freedom".*



*What you should strive for is freedom from the senses and not freedom of the senses. True freedom is to control the senses and the lower self in an attempt to attain the higher (real) Self and experience the eternal bliss of the Atma (Atmananda).*

Summer Showers 1990



# So what's love got to do with it?

---



# Understanding Discipline As An Expression of Love

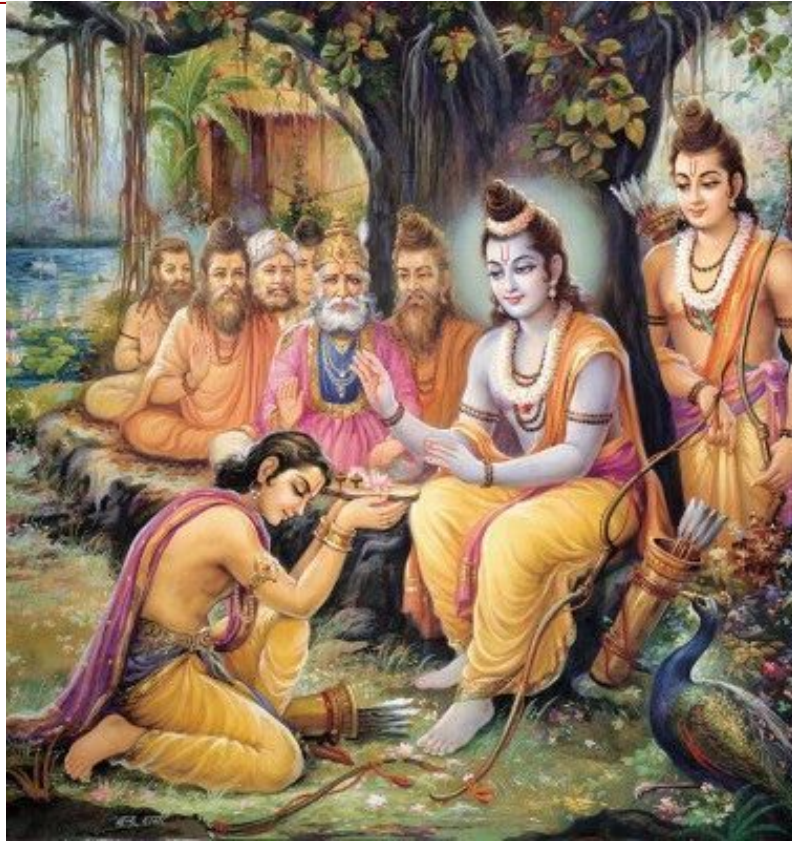
---



**Self-discipline, in all aspects of our conduct, is often dismissed as being impossible. Not true. It all depends on one's resolution. Discipline often flows easily when Love is the basis. Thus, a devotee who otherwise might flinch at self-control might be quite ready to practice it as a token of his love for Swami.**



# The dharma of love



# Love expressed as discipline

---



# In Swami's own words...

---



*Calling themselves Sai devotees or devotees of Rama and Krishna, they fatten the chickens. How can they be deemed Sai devotees? How can God accept such a person as a devotee? Therefore, whether they are devotees in India or outside, they should give up from this instant meat eating. [...] Therefore, those who aspire to become devotees of God must give up meat, liquor and smoking.*

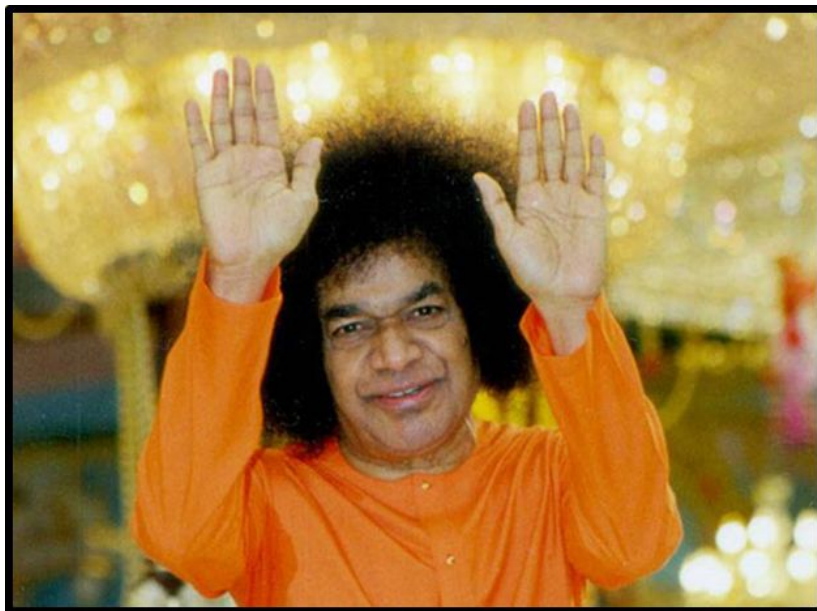
*Divine Discourse, 23 Nov 1994*





# Next time....some practical scenarios

---



**Jai Sairam!**



# Coming up next in April...

---



## ❖ Unite and Uplift

- *Episode 4: Intensifying the Inner Journey: An interactive conversation with Young Adults*
  - *Harsha Khemlani, Gayatri Kuppili, Ritesh Reddy, Bharat Sanders, Krishna Kuga*
- *Date and Time: April 17th 2020 (Friday) 9.00 pm EDT | 8.00 pm CDT | 6.00 pm PDT*
- *Join at: <http://www.sathyasai.us/live> [Open to ALL devotees, family and friends]*

## ❖ More Ideas/Feedback? Email: [ya-national-team@sathyasai.us](mailto:ya-national-team@sathyasai.us)





Bhagavan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.

ANANTPUR DT. (A.P.)

PHONE NO : 30.

## PRAYER

Oh! Lord! Take my love and let it flow in fullness  
" Take my hands and let <sup>or devotion to thee</sup> them work  
incessantly for thee  
" Take my soul and let it be merged in one  
with thee  
" Take my mind and thoughts and let them  
be in ~~some~~ tune with thee  
" Take my everything and let me be an  
instrument to work.

With Love and Grace  
Baba.



# Thank You and Sairam

---



Copyright © 2019 SATHYA SAI INTERNATIONAL ORGANIZATION, USA  
ALL RIGHTS RESERVED

