



SRI SATHYA SAI GLOBAL COUNCIL

Zone 1 : Canada, United States, West Indies



Sri Sathya Sai Human Values: Practical Application Course



Practising Sri Sathya Sai
Human Values at Home

Sri Sathya Sai Educational Program

SSSGC, Zone 1



Aum Sri Sai Ram

Table of Contents

1	Women may seek knowledge of Brahman	3
2	Mother Divine	4
3	The powers of Durga, Lakshmi, and Saraswathi	5
4	Dharma for women	6
5	Dharma for men	7
6	Harmony in the household.....	8
7	Unity, a step towards divinity.....	9
8	Share with others the good things you are given.....	10
9	Parents should keep a watch on their children.....	11
10	Parents should inculcate human values in children.....	13
11	Think of divinity every minute.....	16
12	Know your genuine kith and kin.....	17
13	The role of teachers and parents.....	18
14	Destructive power of anger.....	20
15	Worldly relations bereft of love are useless.....	21
16	Decline in human values.....	23
17	Difficulties bring out human values in man.....	24
18	Marks of a truly educated person.....	25
19	Lessons to be learnt from the body.....	26
20	Raise the crop of Brahmananda in your hearts.....	27
21	Human values are absent in today's world.....	28
22	As you sow, so shall you reap	29
23	Vow of truth should never be broken	30
24	Children have to learn the lesson of self-reliance	32
25	The most precious period	33
26	Three most important human values	34
27	Time is all-powerful, not subject to any one	35
28	Educare is Human Values	36
29	Self-realization through self-confidence	37

Aum Sri Sai Ram

Women may seek knowledge of Brahman



In the Brihadaranyaka, there is mention of such effulgent women-sages as Gargi and Maitreyi, and in the Mahabharatha, the names of Sulabha and Yogini are found. Women should be inspired by their moral rectitude and their steadfastness and then walk in that path; then only does the question of reaching that height arise. Chudala, Madalasa, and other such women attained knowledge of Brahman while in the householder stage of life itself. Women can, by spiritual practice, attain that unwavering unequalled auspicious Brahman; this is made clear in the Yoga-vasishta and in the Puranas. Doubts will haunt only those who have not studied the scriptures properly. Novitiates, householders, recluses, all among women, have attained the goal by their pure hearts and holy conduct. All women should strive to acquire these two.

The spiritual guide (acharya) is ten times worthier than the teacher of arts and sciences.
The father is ten times worthier than the spiritual guide.
The mother is thousand times worthier than the father.

This is the declaration of Manu in the law text Manusmriti. This law text is the binding text for all scriptures on dharma (dharma sastras); it is the very basis. See what a great honour it pays to the mother!

Dharma Vahini, Chapter 9, page 76

Aum Sri Sai Ram

Mother Divine



Everyone should consider it his foremost duty today to revere the mother as divine and serve her, regardless of country or circumstance. If a man cannot respect and serve the mother, who has borne him for nine months, brought him forth into the world and reared him over the years, whom else is he likely to respect? Maternal love is akin to that of the Creator who projects and protects this infinite cosmos in countless ways. One individual may elect to worship the Divine in the form of his favourite goddess. Another may worship God in a different form and derive bliss from such worship. Each one should note that the forms in which the Divine is worshipped by others are as important to them as his own chosen deity is to him. If, on the contrary, he criticises or casts a slur on the deities worshipped by others, he is committing a grievous sin, however well he may be performing his own worship. Likewise, a man should show equal regard and reverence for mothers of others as he shows for his own mother. There are several notable examples in daily life of the divine quality which motherhood represents. The cow converts its own blood into nourishing milk for man to sustain his body. The cow is the first example of the Divine as Mother. The Earth comes next. Like the Divine, the Earth bears man in its bosom and takes care of him in many ways. Hence the Earth also is the embodiment of the Mother.

Sri Sathya Sai Speaks, Volume 21, October 14, 1988

Aum Sri Sai Ram

The Powers of Durga, Lakshmi, and Saraswathi

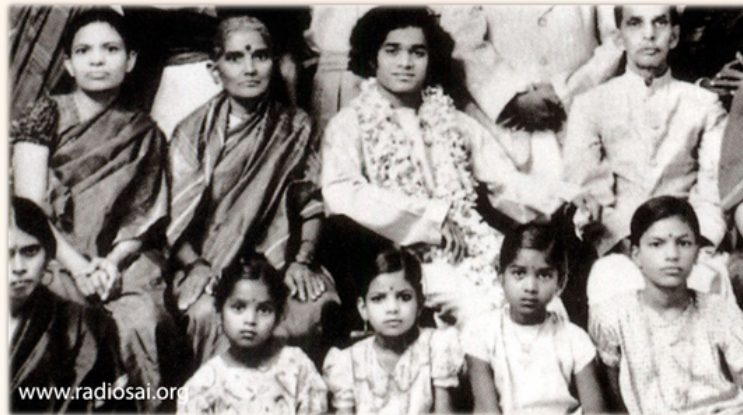


One's mother is greater than heaven itself. Sri Rama Himself declared that one's mother and Motherland are greater than even heaven. The Navaratri festival teaches this profound truth. One must remember that reverence to one's own mother is one's paramount duty. If one's mother is unhappy, all the expenditure one incurs and all the worship one offers in the name of Durga, Lakshmi and Saraswathi in the Navaratri festival will yield no fruit. Even in the ancient teachings about the persons who are to be revered as Gods - mother, father, teacher and guest - the first place is given to the mother, when it says, "Mathru Devo Bhava." Even in our casual talk we say mother, father, teacher and God. God is relegated to the last position but the mother is given the first place. This reveals the attitude of Bharathiya culture towards women in general and the mother in particular. It is the mother that holds the child with her hand and teaches it how to walk. It is the mother that feeds the child and teaches it how to eat. It is again the mother that teaches the child how to utter meaningful sounds and speak. Thus the mother is one's foremost teacher. Vemana observed that a son who does not care for his parents is no better than the worms that are born and die in an anthill.

Sri Sathya Sai Speaks, Volume 21, October 14, 1988

Aum Sri Sai Ram

Dharma for Women



A wife with such a nature is a wife worth the name. She must have real love toward the husband; only then can she be called housewife (grihini). Only then is she a dharmic housewife (dharma-pathni, the bharya), the instrument and companion for dharma, wealth (artha), and desire (kama). She who knows the mind of her husband and speaks softly and sweetly is the real friend. Why, sometimes, when the wife has to point out the path of dharma to the husband, she takes on the role even of a father! And when the husband is down with illness, she is the mother.

A woman must accord first place to the service of her husband; that is true worship for her. Her prayers, worship, and spiritual exercises (puja) can wait. Without serving the husband, she cannot attain bliss in worship or meditation.

As a matter of fact, the Lord must be welcomed as represented by the husband, and all service rendered to him must be elevated to the level of worship; that is the path of genuine duty. If every act is done as if it is for the sake of the Atma and its merger with highest Atma (Paramatma), then activity becomes dedicated to the Lord. All such acts save; they do not bind.

It does not matter how bad or low the husband is; through love, the wife must bring him round, correct him, and help him gain the blessings of the Lord. It is not correct to feel that her progress alone matters and that she has no concern in his improvement or uplift. On the other hand, she must feel that the welfare of the husband, the joy of the husband, the wishes of the husband, the salvation of the husband are the panacea for her also. Such a woman will automatically receive the grace of the Lord, without special effort. Grace will be showered upon her; the Lord will always be by her side and be kind to her in all ways. By her virtue, she will ensure the salvation of her husband.

Dharma Vahini, Chapter 4, page 37

Dharma for Men



Just as faithfulness to the husband (pathivratha-dharma) is for women, celibacy (brahmacharya) is for men. Just as woman should consider one person and one person only as her master and husband, man too has to be faithful to one woman and one woman only, as his mate, his wife. She has to consider the husband as God and worship him and minister to and follow his desires for the fulfilment of her duty of loyalty to the husband (pathivratha); so too, man should honour his wife as the “mistress of the home” and act in accordance with her wishes, for she is the Lakshmi of the home (Grihalakshmi). Then only can he deserve the status of “man”.

Name and fame, honour and dishonour, vice and wickedness, good and bad are all equal and uniform for both men and women. There is no such thing as woman alone being bound and men being free; both are equally bound by the rules of dharma. Both will fall into a-dharma if they behave without consideration of the claims of the four pairs of attributes mentioned above. Men are bound in certain matters, just as women are; men have no right to do certain things. There are some important pledges between the husband and the wife.

Dharma Vahini, Chapter 6, page 53

Aum Sri Sai Ram

Harmony in the Household



Moved by the desire to cross this ocean of worldly existence (samsara), the husband and wife must both have harmony of mind. The resolution to reach the goal must be equally strong and steady in both. Otherwise, renunciation is the refuge! See, even the midday sun is associated with His consort, shadow (chaya); the sixteen-fractioned moon is closely associated with the cool rays of light, acting like nectar. The mistress of the home must be bright, patient, calm, and good and must have all the virtues; then, the home will shine and be a home of victory in the spiritual field also.

There is no rule that people should become renunciates and flee when they meet with difficulties in the spiritual field at home. It can never be fruitful for the husband to become a renunciate without full approval of his wife. The best that he can do is to leave home with his wife and be a forest dweller (vanaprastha), adhering to the dharma of that new stage. If there are children who need attention and care, even forest-dwelling at that stage is not favoured by the scriptures.

One has to make the children independent of one's care and then leave them to themselves. The scriptures (sastras) therefore require that a person has to be in the householder stage till the age of 48, whether it is favourable or not. One has to be in it and struggle to perform one's duty (swa-dharma), without hindrance. If hindrances come, dedicate them too to the Lord, take them quietly as His play (leela) and as His plan; that is the way to follow the householder discipline, the path for both men and women.

Dharma Vahini, Chapter 8, page 71

Aum Sri Sai Ram

Unity, a step towards divinity



People very often ask Me a question: “Swami, how can we achieve unity?” In fact, unity is the very nature of humanity. Forgetting this truth, people go on arguing, “He is different from me, I am different from him,” etc. Divinity can never be attained by such arguments. Always think that you and others are only one. You say, “So and so is my father; so and so is my mother; so and so is my sister.” These are not real relationships. Father, mother, sister, etc., are only relationships at the body level. Only with marriage did the husband-wife relationship arise. Otherwise, who is a husband and who is a wife? These are all man-made relationships. However, as long as the relationship exists, one should respect that relationship and follow it. The husband and wife should never hurt each other. If either of them commits a mistake, it should be gently brought to the individual’s notice for rectification. Harassing, abusing, and physical violence are bad practices. Never resort to them. If all of you live in unity and constantly contemplate on God, you will achieve purity. Then, Swami will surely give you darshan (sight of a holy person) right where you are (applause). I belong to you all (applause). You all belong to Me. I do not differentiate between individuals. All are mine and I belong to all. There may be differences in certain aspects among people, from the worldly angle, but there should not be any difference at the spiritual level.

Sri Sathya Sai Speaks, Volume 41, Chapter 1, January 1, 2008

Aum Sri Sai Ram

Share with others the good things you are given



Life is like a train journey. You, young children have a long way to go; but, the elders have to alight from the train pretty soon. You must learn to make your journey comfortable and happy. Do not carry heavy unwanted luggage, with you. That will make the journey miserable. Do not indulge in faultfinding and in picking quarrels with others. Don't desire to have the best things for yourselves only. Share with others around you the good things you are given. Anger, hatred, envy, jealousy, these are the heavy luggage I asked you to avoid taking with you in the journey. I must give the elders, the parents who are here in large numbers some advice. Do not set bad examples for these children to follow. If you are truthful, just, be calm under provocation and full of love in all your dealings with others, these children too will grow up in sathya (truth.), dharma (righteousness), shanthi (peace) and prema (love). If you tell your son, when you are actually at home, to speak through the telephone, when someone is calling, to reply that father is not at home, you are sowing a poisonous seed, which will become a huge tree.

Sri Sathya Sai Speaks, Volume 13, Chapter 3, January 6, 1975

Aum Sri Sai Ram

Parents should keep a watch on their children



Sai schools can have a corpus fund for their maintenance. They can take the help of parents in running the school. Such mutual cooperation between the school and parents should be developed. Discipline, devotion, and duty should be given utmost importance in these schools. Teaching of human values should find a prominent place in the school curriculum. Put the children on the spiritual path, so that they develop love for God. If they want to put on an improper dress, do not allow it. Observe moderation in everything. Only then can the children be kept in check. It is the responsibility of parents to keep a check on their children. Parents should be made aware of the Sai System of Education.

Some of the parents may not be aware of this system. The children can also explain the various aspects of this system to their parents. Only then will the parents understand it clearly. Otherwise, they may have some doubts regarding what their children are being taught in the school. Sometimes, out of fear, children may not tell their parents everything correctly. Therefore, the parents should go to the school at least once a week and check whether what the child is telling is correct or not. Parents should go to school without the knowledge of their children and try to know the facts personally. They should also try to ask about the studies and behaviour of their children. Some children may tell their parents that they have secured 50 marks, when actually they got only 20 marks. Some parents blindly believe what their child tells them, and they do not go to the school to check the correctness of the child's statement.

Parents should keep a watch on their children (Cont.)

I am not saying anything about schools in other countries, but this is a common practice in India. Only in villages do we find the parents taking proper care of their children to inculcate necessary discipline in them. Whenever it is necessary, they punish their children and put them on the right path. But in towns and cities, the parents, particularly those in the higher strata of society, do not pay much attention to their children. In fact, it is only they who are supposed to be more vigilant.

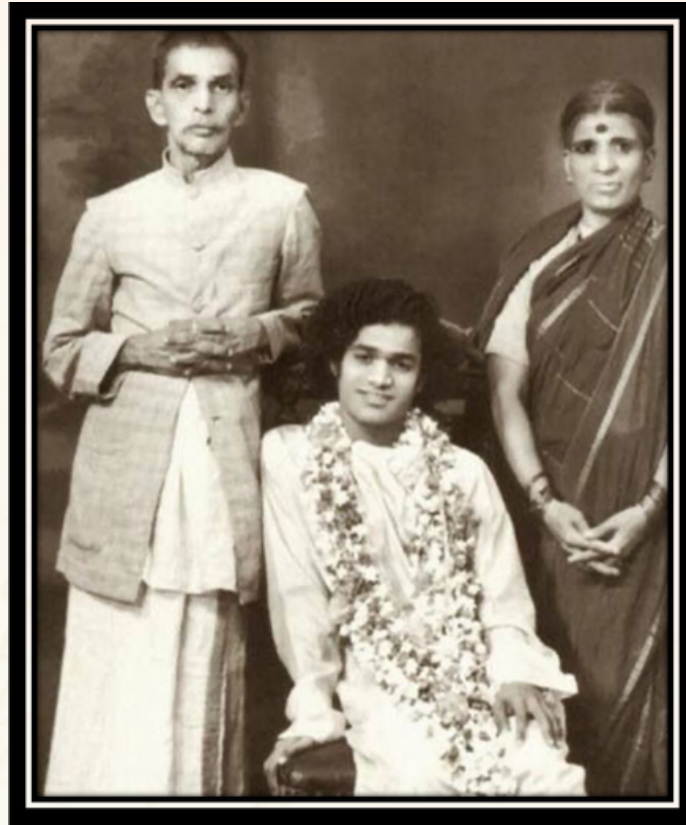
When children have time, they should sit quietly and study, but many of them roam in the bazars. This is not good. Students should not loiter in the streets at all. Only stupid roam the streets. They behave like street dogs. Students who want to maintain their honour and dignity should sit calmly in the house and engage themselves in studies. The parents should check their children to see that they do not spend money in an arbitrary manner. They should tell them what is right and what is wrong and make them understand that spending money lavishly is not good. In this manner, the parents should teach them what is good and put them on the right path. There should be harmony between the parents and children at home. What is the use if there is no harmony at home? The parents do not pay heed to their children and the children do not listen to their parents. This should not happen. They should discuss among themselves what is right and what is wrong and maintain harmony in the house.

More importantly, the parents should be vigilant with regard to the studies of their children. They should know about the types of books they are reading. Some children keep cheap novels in their textbooks and read them. When we see from a distance, we think they are reading their textbooks. But it is not a textbook but a novel of bad taste! Only when we keep a watch on children will they come up in life. We should throw such books away as soon as we see them. There is not even one such book in our library (loud applause). If somebody brings such books, they are immediately destroyed. If you follow this practice in your home also, then your children will become good. We should look after the children carefully and strive for their progress in this manner.

Sri Sathya Sai Speaks, Volume 41, Chapter 12, July 21, 2008

Aum Sri Sai Ram

Parents should inculcate human values in children



Whatever parents tell their children to follow, they should themselves adhere to it. Then only will their children become good. Due to the effect of modern times, some children try to keep distance from their parents, thereby causing them to develop tension and bad temper. But control your temper. It is a great mistake if you show your temper to your parents, who always wish for your welfare. Show gratitude to your parents, to God, and to all those who have helped you. Never do anything due to which your parents may shed tears. When you make your parents happy, you will also be happy. Sathya Sai education (bal vikas) is very necessary for children because the children learn human values in this class. But, first of all, parents should themselves develop human values. Then only will they have the right to teach human values to their children. When you do not practice yourself and merely tell the children to follow, how would they listen?

Whatever you tell the children, you should demonstrate by your own example. But, you say, you don't have time and you are busy with your office work. When you pay all your attention to your office work, who will look after the children? I have written a poem in this regard.

Parents should inculcate human values in children (Cont.)

When husband and wife go out to office, who will do the household work?

If women go out to teach others' children in schools, who will teach their own children?

If women also go to work just like men, who will cook food in the kitchen?

Earning money may solve some financial problems, but how will it resolve domestic problems?

Women can work and earn money, but they cannot lead a happy life if they neglect their home.

(Telugu poem)

Educated women want to take up jobs. But if women go for jobs, who will do the household work? When both husband and wife go to office for work, who will look after the children? Some people employ a female servant (ayah) to look after their children, but can an ayah look after the children with love like a mother? No, it cannot be so. Therefore, mothers should themselves look after their children even at the cost of their jobs. If women also go to office like men, who will cook food in the house?

Here is a small example. Both husband and wife phone from their office to their cook that they will come home at 5 o'clock and therefore he should have tea ready. But have they provided the required articles for the preparation of tea? No. For the preparation of tea, milk, sugar, and tea leaves are required. Without them, how can anybody prepare tea? Besides that, cups and saucers are also required. In the absence of all these, if you ask the cook to prepare tea, how can he do so? In this way, you will lose respect before the invited guests.

First of all, set your house right; then only should you pay attention to the outside work. There is nothing wrong if both husband and wife go to work, but they should make sure that the children are not put to any inconvenience in the house. If you leave your children to the care of the ayah and the cook and go to work just to earn more money, what is the use? It is of no use because you will have to pay a salary to both the ayah and the cook. Not only that, you will lose so many articles in the house. Then, what is left with you out of your earning?

When you yourself look after the children, you save that much money. But parents do not give importance to this. Sometimes, even cups are not available in the house for drinking coffee. In such a situation, what is the use of women taking up jobs outside? Nowadays people are crazy for jobs, but they do not care whether necessary comforts and conveniences are there in the house or not. As soon as the husband and wife return from office, they engage themselves in reading newspapers, listening to radio, and watching TV programmes. Some do not come home but straightaway go from office to clubs, where they play some cheap games. How can such people bring up their children in an ideal manner?

Parents should inculcate human values in children (Cont.)

If the children are not doing well in studies, it is not their fault; it is the fault of their parents. Therefore, women should remain at home and look after their children in a proper way. That is your real income. If you lose that real income and strive to earn some money by working outside, spoiling your children in the process, you will be called selfish parents. When your children take to bad ways, you will have to undergo a lot of suffering. The main responsibility of parents is to look after their children properly. Practise human values in your profession and at your workplace. Human values are not separate from day-today life. You may be a police officer or a nurse or a doctor or in any other profession. Perform your duty sincerely. Then everything will become good. But, unfortunately, people do not perform their duty honestly. Consequently, children have to suffer entirely due to the fault of elders. Engage yourself in good and honest work - only then can your children attain progress and happiness.

Sri Sathya Sai Speaks, Volume 41, Chapter 1, January 1, 2008

