

## Unity is our life breath

Punar viththam punar mithram  
Punar bharya punar mahi,  
Ethath sarvam punar labhyam  
Na sareeram punah punah.

*Embodiments of Love!* Wealth once lost can be regained by one way or the other. If a friend is lost, one can make many more through good feelings. If a wife is lost, one can marry again. If land is lost, it can be reacquired through some means. But once the body is lost. it can never be regained.

“*Sareeramadyam khalu dharma sadhanam* (the body is gifted to man to undertake righteous actions.)” So, it has to be sanctified by performing sacred deeds. Health is very essential in order to do so. In fact, health is the very foundation on which human life rests. If health is lost, you have to suffer in many ways. There is no greater wealth than health.

The body is a combination of different limbs. So, only when all limbs are utilised for sacred purposes can one have *pushti* and *santushti* (good health and happiness). For a healthy mind, one should have a healthy body. The *Atma* sustains human life on the basis of health of the body and the mind. A healthy human body is the very foundation for all virtuous and good actions. It is the primary requisite for the realisation of the four objectives of human life—*dharma* (righteousness), *artha* (wealth), *kama* (desire), and *moksha* (liberation).

### **Excessive activity in any field is harmful to health**

We have to investigate why we lose our health. Excessive thinking, worrying, and studying is the main cause for man's illness. Some students are absorbed in studies all the time, because of which they lose their health. There is a limit to everything.

The Greek philosopher Aristotle conducted extensive research on the digestive system of man, and as a result of too much of thinking, his health deteriorated, and ultimately he died of digestive problems. Constant investigations into cardiac ailments made the heart specialist Dr. Herin a heart patient and ultimately led to his death. Excessive activity in any field is harmful to health. Bear in mind the limitations of the body and act accordingly.

The main cause for your illness is psychological. This is nothing but illusion and delusion. We start imagining that a disease that is present in another person may also be present in us. 80% of the diseases are psychological. If you check your pulse rate under anxiety, you will find it abnormal.

Do not bestow undue attention on your health. Discharge your duties peacefully and happily, then everything will be all right.

We are propagating principles of human values among the students. You should be aware of the capabilities of each stu-

dent. Weak students should be equipped adequately both physically and mentally before they are taught higher values. The truth that health is wealth should be imprinted in their hearts.

The word *vidya* has its origin in the Sanskrit root *vid*, meaning wisdom, effulgence, and bliss. The equivalent term for *vidya* in English is education. Education is derived from 'educare', meaning 'to bring out' or 'to elicit'. It refers to manifesting that which is latent in man.

### **Sacred qualities originate from the heart**

Educare comprises two aspects; one is related to the head and the other to the heart. Those faculties that enable man to carry on activities like reading, writing, undertaking a job, and earning a livelihood are related to the head. Sacred qualities like compassion, love, patience, truth, righteousness, and justice originate from the heart. These are meant for life, not for a living. The former relates to *pravritti*, which is external and negative in nature; the latter to *nivritti*, which is internal and positive in nature.

Compassion, love, truth, and patience cannot be acquired through the study of books. They are latent in our hearts. Education manifests these latent qualities in man.

All that emanates from the head is transient. Good health is ensured by the proper utilisation of head and heart. There are many unseen qualities in man. But man values only that which he sees, hears, and experiences; no importance is given to that which is unseen. That which is unseen is actually responsible for experiencing the fruits of one's action.

All human qualities spring from the heart only; they cannot be obtained from teachers or texts. Today, we are human only in form, lacking human qualities. We should bring out our latent human qualities and start practising them. This will foster good health in us.

Teachers should practice before they preach. Be good, do good, see good, and tell good. Practice speaks louder than precept. Modern students are highly intelligent. They observe the actions and behaviour of their teachers. They respect and follow their teacher only when they see harmony in their thoughts, words, and deeds.

Earlier, teachers were called *acharyas*, meaning those who practice what they preach. Today, the term *acharya* has lost its significance since the teachers teach not from practical experience but from bookish knowledge. That is why the desired results are not realised.

### **Art should come from the heart**

Everything in God's creation follows certain rules and regulations. The rising and setting of the sun is regulated by the divine command. But man today is not following the dictates of God, though he is endowed with supreme intelligence. Today man is acquiring knowledge, which is information-oriented and not transformation-oriented. This information-oriented knowledge makes man a machine, a computer, whereas transformation-oriented knowledge makes man a composer. The transformation-oriented knowledge confers human values.

Today, everyone is crazy after computers. What is the benefit accruing from it? The human brain is being underutilised. Today, people depend on calculators for simple arithmetic. One should make use of the original computer, the brain, which was gifted by God. We are giving up the original for the artificial. Art is outside; heart is inside. People follow the art, not the heart. Art should come from the heart.

A lot needs to be modified in the present educational system. Today, I do not find men taking an active part in the *bal vikas* movement. The number of certificates awarded to the lady teachers today bear ample testimony to this fact. The *bal*

*vikas* movement has gained momentum because of the active participation of ladies. Men should take a cue from the ladies and play an active role in *bal vikas*.

Some men excuse themselves from *bal vikas* activities in the name of office work and other responsibilities. But they have time for watching television, playing cards, reading newspapers, and attending clubs. Can they not utilise this time in *bal vikas* as the ladies do? The country will prosper on the day when men cultivate the qualities of sincerity and devotion inherent in ladies.

### **Women teachers treat children with motherly love**

Take Prashanthi Nilayam as an example. There is a Primary School, a Higher Secondary School, and an Institute here. There is an ocean of difference in the quality of Primary School students on the one hand and those of the Higher Secondary School and Institute on the other. The reason is that all teachers in the Primary School are ladies, who treat the children with motherly love and affection. On the contrary, men teach like fathers with all authority and power.

Education should be imparted with all love and concern for the children, which unfortunately is lacking in men of today. A lady teacher, if she comes to know that her student is sick, will visit him at home to enquire about his well-being. This type of love and concern for the children should develop more and more among men.

Men in positions should discharge their duties commensurate with the salaries received. Women have been setting an example in this regard. There is a telephone factory in Bangalore in which only women workers are employed. In reply to the question why only women are employed in the factory, the Chairman clarified that their output was much higher than that of men.

Ladies are more determined, dedicated, and devoted to their work as compared to men. Here is another example. Today you find both men and women driving cars. But more accidents occur when men are behind the wheel. This is due to the lack of concentration in men.

### **The determination shown by a Mahila volunteer**

In countries like Malaysia, Singapore, Japan, Germany, etc., women are practising human values more than men. They are following Swami's command under all circumstances.

Here is a small example. It is not for any glorification that I am relating this. Last week, the mother of a Mahila volunteer expired suddenly. She spent that night in the hospital and reported for duty as usual the next morning. I asked her how she could attend to her duty immediately after the demise of her mother. She replied, "Swami, You have said that both birth and death are, but, natural. Both are like twin birds that move together. Anyone who is born is bound to die. Whatever had to happen has happened. But I must discharge my duty. This is duty towards God. Everything else is ephemeral and transient, only God's work is permanent. So, I have come here to do that work."

She is a resident here in the *mandir* and has been serving for long. Since then she has not taken a single day's leave. The untimely death of her mother did not deter her from discharging her duties sincerely. She withstood all this by diverting her mind to God. Women have that sort of determination.

She is none other than Asha, seated beside Mrs. Shourie. Her husband, Shiv Pandit, is a lecturer in the Institute.

There are crores and crores of such sincere workers in this world. They are striving not for name and fame but for Swami's grace. This shows that they have received Swami's teachings in their proper spirit.

Even if a man practices one or two of these teachings, he can achieve a lot. Lord Krishna declared in the *Bhagavad Gita*, “There is nothing in this world that I want. Yet, I am constantly engaged in activity for the welfare of humanity.” When God Himself is engaged in selfless activity, why not man? Success prevails where God and His ardent devotee come together. So, we should determine to follow the path shown by God.

### **Only sacrifice confers immortality**

Wealth and property are passing clouds. “Money comes and goes, but morality comes and grows.” Nothing is great in earning money. What happened to all the great kings of yore, who ruled over vast kingdoms? Could they take even a pie with them when they left this world? No! So, utilise the money earned for the welfare of humanity. Do not be proud of your wealth.

Greatness lies in sacrifice alone. One who sacrifices is a true *yogi*. One who is immersed in worldly pleasures is a *rogi* (diseased one). It is only sacrifice that confers immortality.

Serve in your respective villages. Service does not mean sweeping the roads, cleaning the temple, and feeding the poor. Discharging one’s duty sincerely is true service. Work in accordance with the salary you draw. That is service to the nation. Ensure that the government is not put to loss under any circumstances. We are compelling the government to borrow, because we are not contributing our share in sufficient measure. All those who are members of the Sai Organisation should work hard and wholeheartedly.

*Embodiments of Love!* Develop love, take care of your health, and serve the society. Then God will confer on you the necessary strength and happiness. When God can make the dumb speak and the lame ascend the mountain, why will He forsake those who are sincere and hardworking?

Develop faith in God. Mere chanting of the divine name will not confer peace of mind. Only selfless service coupled with total faith in God can do that.

### **Differences should not divide us**

Treat everyone as your brother and sister. There may be difference of opinion at times but that should not lead to hatred and enmity.

The Pandavas are an outstanding example of this. When the Pandavas were in exile, Krishna visited them. On finding only Dharmaraja, Krishna enquired about the whereabouts of the other brothers. Dharmaraja replied that four of them had gone to fetch food and the remaining hundred were in Hastinapur. Krishna chided Dharmaraja for considering the Kauravas also as his brothers.

To this, Dharmaraja replied, “Krishna, don’t you know this? When there is an internal conflict among ourselves we are five and they are a hundred in number. But when there is an external threat, we all unite and are 105 in number.”

Differences should not divide us. Members of the Sai Organisation should foster such unity. Let there not be any conflicts. Live like children of the same family. Get a good name, so that there is no other organisation comparable to the Sai Organisation in the world. Develop love and work unitedly.

Only when five fingers of the hand come together can any task be accomplished. One may be the President of the Organisation. That does not mean that one can act according to one’s whims and fancies. I am aware of the fact that there are no such people in Sai Organisation. Yet, I am cautioning you.

Once there was a quarrel amongst the five fingers of the hand. Each one claimed that it was the greatest and the most important one. The little finger felt that it was the chief of all, since it always took the lead in punishing the wicked. The ring finger claimed that it was the king of all because it bore the



precious gems. The middle finger felt that it was the one of authority because it had two fingers on either side as bodyguards. The forefinger claimed that it was the ultimate authority because it evaluated who was good and who was bad. And in the end, the thumb said that it was the greatest because other fingers were ineffective in its absence. Each finger is unique in its own way, but it is only when all are united that success can be achieved.

### **Everyone is a member of the universal family**

Similarly, all are great, be it the president, secretary, coordinator, or a member. But, to make the work successful, all should unite. All the wings of the Organisation — *samithi, seva dal, bal vikas*, etc. — should work in harmony. Consider different wings as the fingers of the same hand and work unitedly. So, unity is very essential. You feel the stress and strain when you walk or work alone; not so when you are in a group.

*Let us all grow together, enjoy together,  
Let us perform heroic deeds by working together,  
Let us live without any conflict.*

[Telugu Poem]

The *Vedas* echo the same sentiments in the following verse:

*Saha navavathu, saha nau bhunakthu,  
Saha veeryam karavavahai,  
Tejaswi navadheethamasthu,  
Ma vidvisavahai.*

This togetherness made India a land of sacrifice, a land of spirituality and a land of purity.

Just as each limb is as important as any other in the body, so also is each individual in the society. All limbs have to work in unison for the effective functioning of the body. Unity is

most essential for man. Unity leads to purity, which in turn leads to divinity. Cultivate the feeling of brotherhood of man and fatherhood of God. People may come from varied cultures, languages and countries, but all are the children of God.

Since you make distinctions based on country, culture and language, you are unable to comprehend divinity. Everyone is a member of the universal family. Teachers must understand this truth and teach their students.

Lack of unity can lead a country, community, or society to fragmentation. So, we should first and foremost achieve unity. Members of Sai Organisations should consider unity as their very life breath. They should not differentiate between people on the basis of caste, creed and nationality. Follow the example of Sai! When Sai Himself treats everyone equally, why not you? Never give scope for any differences. True independence lies in fostering unity. Therefore, to develop sacred divine human values, you should have unity first.

Keep in view the prestige and honour of Sathya Sai Organisations. Whatever you do, be it good or bad, will reflect on Sathya Sai. To keep up the dignity of Sathya Sai, act in a truthful way. There should not be any differences or insights among the members of the Organisation. Resolve all conflicts through love and understanding. Love is God; live in love.

### **Duty is God; work is worship**

Understand this point clearly. People engaged in various activities take at least a day off in a week. Why? For effective functioning of man and machine, rest is essential at regular intervals. It is good to take rest. Does Sai take any day off? No! Every day, every minute, every moment, I discharge my duties. Discharging one's duty is true *yoga*. So, do your duty. Duty is God; work is worship.

When elders set an ideal, children will follow their footsteps. Elders should lead from the front. All elders should re-

solve to practice and propagate the human values. Chairmen, secretaries, and coordinators should plunge into action. Only then will there be transformation; otherwise, the whole life will be spent in giving and receiving information.

Information relates to quantity; whereas, transformation relates to quality. Quality is essential, not quantity. Leaders should introspect and find out what transformation is effected in the individuals rather than keeping track of the number of certificates they have been awarded.

There is a lot of work going on abroad. Students consider human values as their very life breath. Though reluctant in the beginning, parents are sending their children to the *bal vikas* classes after observing a remarkable change in them. Human values will spread on the basis of interest evinced by the teachers. Everyone should work with sincerity, honesty, devotion, and discipline.

*Embodiments of Love!* In order to realise the goals you have set for yourself, work unitedly. Dr. Goldstein and Dr. Jum Sai spoke very lovingly. They want many more *bal vikas* centres to be started and new institutions founded right from primary school to college level. Very good. Peace will reign supreme only when such noble things take place in this world.

### **Seva is for the benefit of one's own self**

If you all stand united, these things can be achieved in a moment. I am always in you, with you, around you, above you, and below you. I am not confined to Prashanthi Nilayam and India alone. I am there wherever you are. Your heart is my temple.

There will be no scarcity whatsoever. You will never fail in your endeavours. Work with total faith. Have total love. You are bound to achieve success. The whole world itself will be transformed into a Sathya Sai Organisation and Sathya Sai will be installed in the hearts of one and all. Realise that *seva*

(selfless service) is for the benefit of one's own self and not for others. You need not wait for My approval of your projects. I bless all your projects and plans.

*Embodiments of Love!* Just as all of you joined together in perfect harmony and unison in following My *bhajan*, have the same principle of unity in undertaking service activities. You should take part not only in community singing but also in community work. Only then you will be blissful. I wish that you have this kind of harmony, integration, and unity in singing *bhajans* and rendering service to society and derive the joy therefrom.

20 November 1998

First Overseas Convention of Chairs of Sai Centres  
Sai Kulwant Hall, Prasanthi Nilayam