



Institute of Sathya Sai Education Australia

National Education Conference 2011

Ceiling on Desires as the Blueprint for Future Prosperity

The topic is very relevant to the current global context.

Swamy's message:

In various parts of the world Nature is causing various disasters.

What is the reason? The spiritual lapses of man account for these calamities. Disturbances in the heart are reflected in earthquakes. –Baba

There is a growing concern about the impact of human habitation on the planet. We are facing number of Global Environmental Challenges to protect the world. Changes are accelerating. It is a fast pace world. Where are we going? What is the direction? Are we accelerating into a new world? Global market fuels excessive consumption backed by advances in communication technology and this is at the cost of sustainability. An urgent question that faces us is what are we doing for sustainable living? How are we applying Sathya Sai Baba's teachings towards meeting this challenge?

Many species are vanishing, unable to survive in the deteriorating conditions. There are catastrophic climate changes, rising temperature, rising water levels, natural disasters, floods, tsunamis, earthquakes, and volcanic eruptions, rapid depletion of non-renewable natural resources. The list is endless and it goes on. Pollution and global warming are pushing the world's oceans to the brink of a mass extinction of marine life unseen for millions of years.

So what is sustainable living?

Sustainable living is a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources

Sustainable living is defined as living that meets the needs of the present without compromising the ability of future generations to meet their own needs.

The Sustainable living will be described as derived from of the philosophy of Sathya Sai teachings on Ceiling on Desires applied to

1. Energy - Avoid Excessive Talk / Talking ill of others / gossip / Speak softly & lovingly / Thoughts are the spark of energy – so watch your thoughts all the time.
2. Food – Control consumption of air, water, food, Rate of death cause by eating excessive food in western countries exceeds the rate of people who die of starvation in the third world countries. We must eat to live NOT live to eat.
3. Time – Avoid excessive use of Face book / mobile phones / internet / e-games etc
4. Money – Use money wisely and help the poor & needy.
5. Knowledge – Balance of secular and spiritual education. Use practical knowledge for the good of the society.

Refer to the appended Poster for the mind map & visualisation

So the practical step towards applying ceiling on desires is to balance our NEEDS and WANTS. We always ask ourselves whether we need to buy or want to buy a particular thing.

Dear brothers & sisters,

It all depends on our lifestyle.

We must decide whether we will choose the light of creative altruism or the darkness of selfishness as the way of lifestyle

The practice and philosophy of ecological living advocated by Sai Baba utilizes altruism, an exclusive human capacity that acknowledges the oneness principle underlying of all creation. We see all human, animals, plants, lakes, mountains, and glaciers are inseparable parts.

The oneness principle shuns violence and violation of natural resources and focuses on helping sentient beings and NOT violating natural resources. This is the definitive pathway to realising spiritual oneness. The principle of oneness is enhanced through selfless action.

Most people do not have time for spiritual practices because of lack of faith and time-poverty. We are trapped by commitments to work, electronic entertainment and personal commitments. The time has come when we need to become aware of global issues. Let us live harmoniously than ever with the oneness principle of Swamy's teachings. The fundamental challenge is how do we put Sathya Sai Education into our everyday life and what are our experiences with it.

Swamy Quote:

"Why do untoward things happen? Only to promote what is good. They have a cleansing effect. Rise and fall are natural events. When any such thing takes place in relation to the Divine, it must be regarded as the prelude to something elevating and sublime" –

In the vast cosmos, man is like a speck. Essentially there is no conflict between Man and Creation. Just as a child is entitled to enjoy the milk from his mother and the bee is entitled to enjoy honey from flowers, there can be no objection to Man enjoying the resources of Nature. But as a result of uncontrollable desires and reckless exploitation of Natural Resources, Nature is exhibiting frightening disorders. Natural calamities like earth quakes, volcanic eruptions, droughts and floods. Mankind today appears like a foolish man who is wielding an axe at the branch of the tree on which he is sitting. - Baba

SUMMARY

The Planet Earth is the one and ONLY one place in the whole Universe where humans can live. It is our utmost duty to understand this miracle of creation and protect it.

Ceiling on Desires & Altruism enhance the **oneness principle**. Oneness is a living dynamic force and it is kind of energy. It is not a mystical idea, philosophy or religion. It is part of life. How do we live in a sustainable manner with our inner environment which we relate to Oneness age. How do we live in a sustainable manner with our outer environment which is we relate to Golden age. Both Oneness Age and the Golden Age are complementing to each other. We create a space during our thought process for peace. In that space we experience who we really are. Connect ourselves with the nature and surrender. We want to absorb the Mother Nature's energy. We will find absolute peace in that space. The moment the Senses

contact with the Sense Objects and the primary resources of the world, the multiple of thoughts arise from our head. Use **Sai + Lens = Silence** & 3Hv principles to create the space between two thoughts. Thoughts are powerful. When we expose a piece of paper to the sunlight, nothing happens. But if a lens comes in between, the concentrated beam of light burns the paper. Remember SILENCE is SAI LENS. The SAI LENS (MAGNIFYING GLASS) concentrates our thoughts and burns the excessive desires off. (Refer to the appended poster or slide)

The dawn of a new civilisation is called the age of oneness. We have a new destiny to create.

In the advent of the Golden Age we would see a world whether there will be no national boundaries. All mankind will become ONE family. People will NOT suffer from sense of WANT.

It is NOT capitalism or socialism, communism or radical humanism that will win the day for us. In this new destiny we will see cooperation and not competition.

Each one of us has a role in creating a destiny for a man. We are the architects for our own destiny.

As a consequence of this inner state of man the changes will occur in the external world which would bring the Golden Age.

Pledge attune with global oneness on our living planet earth.

HAPPINESS = NUMBER OF DESIRES FULFILLED / NUMBER OF DESIRES ENTERTAINED

So we have a unique and a valuable part to play in this life time in the Sai Mission.
Are we ready?

ALL ARE ONE, BE ALIKE TO EVERYONE – Baba

THE CONTROL OF THE SENSES AND A DISCIPLINED WAY OF LIFE ARE THE SIGNS OF A CULTURED MAN - Baba

The future spiritual prosperity depends on the application of depth of Swamy's teachings on Ceiling on Desires. The topic can be expanded through the following aspects:

1. Silence sitting, meditation & prayers
2. Application of 3Hv (Head, Heart & Hand)
3. 5D's (Discipline, Devotion, Discrimination, Duty, Determination)
4. 5 Human Values (Right Conduct, Love, Truth, Peace, Non Violence)
5. 5 - **W.A.T.C.H** (Watch our **W**ords / **A**ction / **T**houghts / **C**haracter / **H**earth)
6. 5 Primary Resources (Time, Knowledge, Energy, Money, Food)
7. 5 Elements (Space, Air, Fire, Water, Earth)
8. 5 senses
9. Unity, Purity & Divinity

OM SAI RAM

