

SLIDE 1 – Module 4 Title

- Module 4 of the SSIO Orientation Programme dives deep into Sathya Sai Baba's Teachings on **Unity** and **Oneness**. In His discourses, Swami has repeatedly mentioned the aspect of Unity as in: *Unity of Head, Heart & Hands* (which will be covered more in the next module when talking about the importance of 'To Be' and recognising who the true leader within is), He has also highlighted *Unity of Faiths* and understanding *Unity in Diversity*. Sathya Sai has also placed emphasis on the importance of working in Unity and the feeling of Oneness within this spiritual Organisation that bears His name.

SLIDE 2 – Module 4 General Outline

- Go through outline

SLIDE 3 – Quote: Experiencing unity in diversity...

- *(Read quote)*
- Swami Himself defines spirituality as the comprehension of Unity in Diversity. He also says that true spirituality has to do with 'Know Thyself' and understanding who we truly are. So when we realise our true nature, it is this that will lead to understanding the underlying unity present in all.

SLIDE 4 – Question for reflection...

- At this point, I would like to invite you to participate by using the chat box and answering the following question: *(read question)*. Please remember to share your contributions to everyone and not just to the presenter, thank you.
- *(Read participants contributions)*.

SLIDE 5 – Title: The Oneness of All

- Now let us take a deeper look at understanding this Oneness that is present in all that exists.

SLIDE 6 – Quote: The universe is the body of God...

- *(Read quote)*
- Swami highlights that everything indeed is God and there is no place where God is not present. Thus God is Omnipresent, Omnipotent and Omniscient.

SLIDES 7 & 8 – Quotes from Bhagavad Gita & Bible

- *(Go through quotes from ancient scriptures)*

SLIDE 9 – Quote: God is the only mother and father...

- (Read quote)
- The importance of understanding that we all belong to One Universal family.

SLIDE 10 – Quote: Do not observe any differences...

- (Read quote)
- All these beautiful quotes from Swami are there to help us better understand what we refer to when speaking about Oneness, Unity and God. Here Sathya Sai describes God as *Atma* and highlights that this *Atma* is indivisible, truth and eternal. That God is One, and has no name or form; although He can be referred to by a variety of names and forms. He also states that this understanding that God (*Atma*) is One and the same, leads to the practice of the Human Values of Truth, Righteousness, Peace, Love and Nonviolence.

SLIDE 11 – Title: Understanding Unity in Diversity

- Over the next slides we will take a closer look at understanding unity in diversity.

SLIDE 12 – Images of Diversity

- Here we can appreciate a variety of races, animals, nature... and I am sure that this multiplicity, diversity or variety actually creates a feeling of amazement, beauty reflected in many unique ways, forms and colours.

SLIDE 13 – The Latin Meanings of Unity and Diversity

- If we dive into the Latin meaning of both these two key words, it turns out that UNITY comes from the Latin term: **Unitas** which means **One, Totality**. (E.g. many countries one world, looking at wider picture) and DIVERSITY comes from two Latin words: **Diversitas** which means **Abundance, Variety** and **Divertere** which means '**to turn in the opposite direction**'.
- So there is one aspect of diversity (*Diversitas*) that leads to this beautiful feeling of appreciation of the universe's multiplicity, amazement and awe as we said before. However, it is also the case that sometimes, differences cause a feeling separation, so we must be careful we are not turning in the opposite direction (*Divertere*). The right direction being Unity.
- We must be careful that apparent differences do not take us away from experimenting Unity and realising that, just like the example of a garland, which may have different flowers, with different colours and fragrances, (*aspect of abundance and variety*) however are all bound together by the same invisible thread. So we must always make sure that although we may observe

apparent diversity, we realise that we are all bound together by the same Divine Love, the same *Atma* that is indivisible and eternal.

SLIDES 14 & 15 – The Greek & Sanskrit Roots of Unity

- *(Go through slides).*

SLIDE 16 – Quote: True education is that which originates from the heart...

- *(Read quote).*

SLIDE 17 – Title: The Application of the Unity Principle

- In this part, we will continue with the more practical application of this Unity Principle we have been talking about previously.

SLIDE 18 – Love Promotes the Feeling of Oneness

- *(Read quote)*
- Actually, this beautiful image is part of the logo of the upcoming 3rd European Sai Young Adults Camp that will take place in Sai Prema, Athens in August. Inspired on this quote, the image depicts how Swami is holding together a variety of heart-shaped balloons representing that although they may have different colours, etc. they are all bound together by the same invisible Hand. Similarly, we are all bound together by Love, which as stated by Swami Himself, Love is the only thing that can dispel darkness and the only energy that can unite the entire world!

SLIDE 19 – Unity is the Secret to Social Progress

- *(Read quote)*

SLIDE 20 – Question for Self-reflection...

- At this point, once again, we would like to invite you to participate by using the chat box and answering the following question: *(read question)*. Please remember to share your contributions to everyone and not just to the presenter, thank you.
- *(Read participants contributions).*

SLIDE 21 – Unity as Highlighted in the Guiding Principles

- We saw how in our guidelines, members are asked to follow the 9 point Code of Conduct and the 10 Guiding Principles. Let us recall how Unity is emphasised in these Guiding Principles.
- *(Read highlighted parts).*

SLIDE 22 – Title: Unity of Faiths

- Over the next slides we will see the aspect of Unity of Faiths.

SLIDE 23 – All Religions are Facets of the One Truth

- Sathya Sai has repeatedly said that there is only ONE God, although He may be called by many names and take up different forms. Therefore, all religions and spiritual paths lead to the One and only divine source. Swami asks us to sincerely follow our respective religions and live our daily lives in consonance with the teachings of ethical behaviour and morality.
- *(Go through slide)*

SLIDE 24 – Quote: Truth (God) is One...

- *(Read quote)*

SLIDE 25 – Quote: Let the different faiths exist...

- *(Read quote)*
- It is worthwhile noting this last part where Sathya Sai highlights '*...as long as they do not extinguish the flame of Unity*'.

SLIDE 26 – Title: Experiencing Unity in Diversity is the Mark of Spirituality

- Coming to the final part of this module, and as stated before by Swami, understanding unity in diversity is true spirituality. So let us just dive into this aspect a little further.

SLIDES 27 & 28 – The True Reflection of Me

- Here we can see this sweet image of a little child looking at himself in the mirror. If you notice on the slide, the word "me" is written over there and there is a line under "me". If we now imagine that this is not a line but actually a mirror. If we place a mirror under the word "me", what would be its reflection? What is the mirror reflection of the word "me"? Please just type it in the chat box.
- When participants write "WE" in chat box, we move onto slide 24 with the answer and... Yes! The reflection of the word "me" is "we"!
- Sathya Sai reminds us that we are all One and that when we see others, they are just a reflection of our true Self. So "we" is a reflection of "me". He has also repeatedly said that life is a journey from "I" or "me", to "we", to finally "He". "He", being the ultimate Divine source.
- So, as long as we are clouded with a possessive attitude, we can be sure that sooner or later we will cast into sorrow.

- Swami says "you must travel from the stage of identifying yourself with I and mine, to the higher stage where you are constantly identifying yourself with we and ours. From selfishness, you must gradually travel to selflessness, from bondage to liberation."

SLIDES 29 & 30 – Spiritual Mathematics...

- Finally, just a little bit of spiritual maths somehow challenging conventional maths ☺. Once again, we have this image of six precious babies. My question for you is, what is the sum of: $1+1+1+1+1+1$?
- When participants answer, move to slide 26, and... Indeed! When we are able to see, feel and truly experience the hidden, underlying and latent Unity and Oneness present behind the apparent diversity, this is, as Swami Himself says, the true mark of spirituality.

SLIDE 31 – Quote: There is only one religion...

- A beautiful way to come to the end of this module on Unity and summarise the teachings in one single quote is... (*Read quote*).