



Module 8

SATHYA SAI BABA'S TEACHINGS ON

Selfless Service

ORIENTATION PROGRAMME FOR SSIO OFFICE BEARERS

Module 8 ~ General Outline

- Selfless Service as a Spiritual Discipline
- Office Bearers as Servants of Society
- Service Activities within the SSIO
- Nature is the Best Teacher
- Young Adults & Ladies Programmes
- Medical Units



Question for reflection...



*How does Selfless Service promote
our own spiritual transformation?*



Selfless Service as the highest Spiritual Discipline

Selfless Service as a Spiritual Discipline

- "Love more and more people. Love them more and more intensely. Transform the love into service, transform the service into worship. That is the highest spiritual practice." ~ *Sathya Sai Baba* (SSS Vol. 5, Ch. 17)
- "The underlying truth of service is the demonstration of the unity that subsumes the diversity in the universe. Desireless action demonstrates and promotes the principle of Love. The tendency to distinguish between the spiritual path, the path of service and the path of knowledge and regard the three of them as separate is incorrect. **Service is spiritual knowledge.**" ~ *Sathya Sai Baba* (7th November 1985)

See Everyone as Yourself and Yourself in Everyone

- “The core of the spiritual discipline of Service is to see everyone as yourself and yourself in everyone. You are not doing service to others, you are doing service to yourselves, to the God in you who is equally present in all.” ~ *Sathya Sai Baba* (21st November 1981)
- “It is a misconception to think that we are serving others. We should attain the feeling that **we are serving God in the form of others**. When we develop the feeling that it is our good fortune to be able to serve others, and when we serve with sanctity, purity and selflessness, only then can it be called service.” ~ *Sathya Sai Baba* (SSS Vol. 28, pg. 34: 1995)

Examine the True Motive Behind Every Act of Service

- “What was the intention that prompted you to do Service? You may measure the service and boast about its quantity but, **God seeks quality of the heart, purity of the mind and sacredness of the motive.**”

~ *Sathya Sai Baba* (19th November 1981)

- “In rendering service, see that you do it for the satisfaction of your own conscience and not to impress others. Treat service as an offering to the divine, do it perfectly. Remember that God is watching everyone of your actions. Be your own watchman to scrutinise what you do. When you do everything to satisfy your conscience, you are well on the way to Self-realisation.” ~ *Sathya Sai Baba* (SSS Vol. 28, pg. 34: 1995)

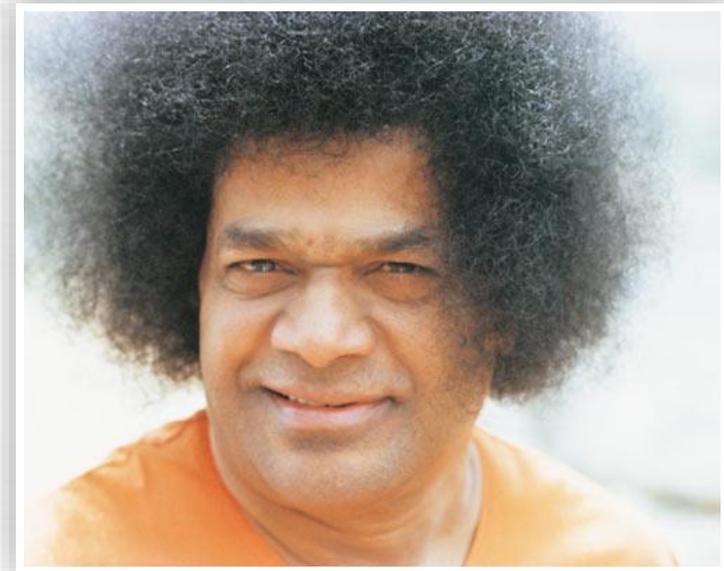
The Inherent Benefits Derived from Selfless Service

- “The inherent benefits derived from Service go beyond all limits. **Service purifies the heart, strengthens the spirit, puts an end to personal interest and ennobles our perspective.** It demonstrates that Unity is the very essence of human nature.” ~ *Sathya Sai Baba* (December 1987)
- “However, do not think that you will reform the world through Service. Maybe you will or maybe not. This does not matter. **The real value of Service, its most visible result, is that it reforms you.**” ~ *Sathya Sai Baba* (Sathya Sai Speaks Vol. 5, Ch. 66)

Service as a 24 Hour Job!

“Everyone must have a firm resolution that as long as life lasts, he will dedicate himself to the service of his fellowmen. Thereby he will realise his oneness with all mankind. Such a feeling of unity will lead to God-realisation. Service is the only way to get rid of selfishness and self-centredness. A devotee who has resolved upon such service is dear to the Lord.”

~ Sathya Sai Baba (SSS Vol. 23, Ch. 31: 1990)



*Office Bearers as
Servants of Society*



“You should recognise that along with you as an individual, there is also the society and the community. We are not living solely for ourselves. We are not living solely for the sake of our family. We are living for the sake of the world. Having been born into the community, how can you go away from the community? This is the right opportunity for you to regard that service to the community is service to God.” ~ *Sathya Sai Baba* (Summer Showers, May 1977)





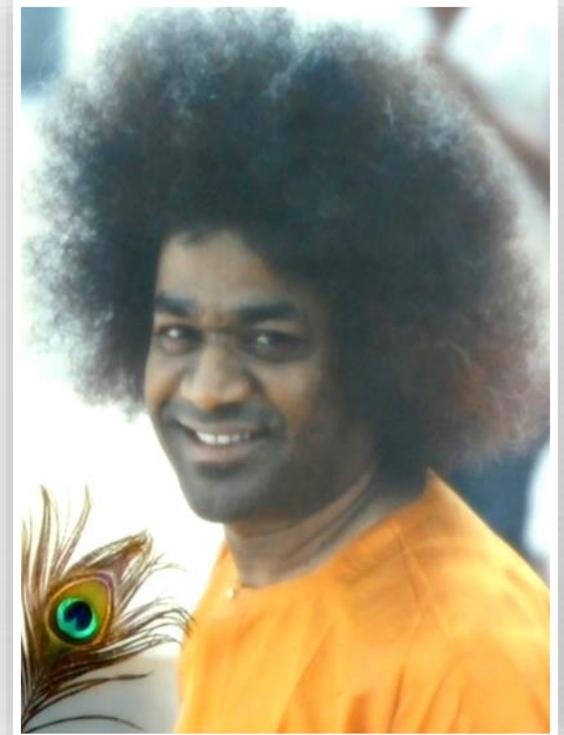
“Everyone must strive to promote the peace and welfare of the world. You must broaden your outlook and shed the narrow concern about your own well-being. Recognise the basic truth that your individual well-being is bound up with the well-being of all.”

~ *Sathya Sai Baba* (10th April 1986)

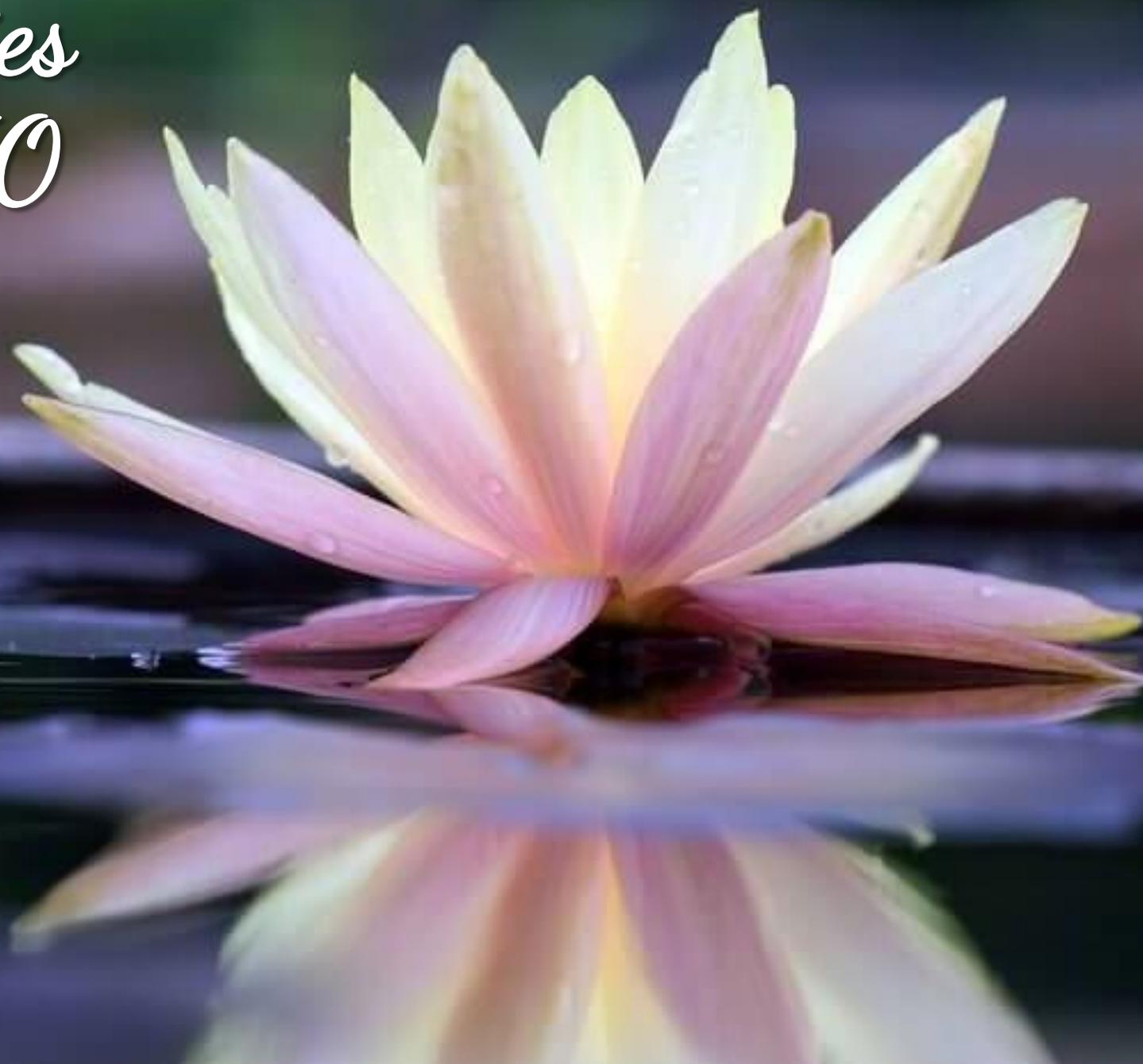
“Man exists for service. Every man has to return to society by way of service what he has received from it. That service should be rendered selflessly in a spirit of sacrifice. Service is thereby converted into spirituality.”

~ *Sathya Sai Baba*

(Sathya Sai Speaks, Vol. 27, pg. 7: 1994)

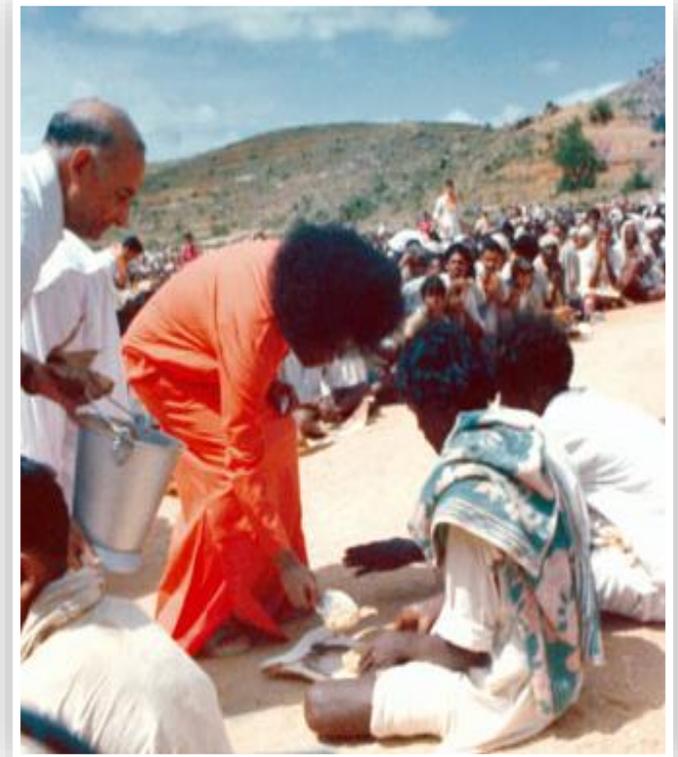


*Service Activities
within the SSIC*



Service Activities within the SSIO

- *Depending on the need, resources & interest:*
 - *Providing food & clothes to the needy*
 - *Visiting orphanages, animal shelters, old-age homes, shelters for homeless, etc.*
 - *Blood donation drives*
 - *Adopting under-privileged communities*
 - *Medical camps*
 - *'Protect The Planet' initiatives*



Important Aspects to Consider & Remember

- *Time given as an office bearer of the SSIO is also regarded as service.*
- *Always remember that God is the real doer, so pay special attention to the EGO (Edging God Out)!*
- *First serve your own family, then your community and then society as a whole.*
- *Expenditure on service activities needs to be kept within the limits of available resources. After identifying the budget need, all contributions ought to be anonymous, unsolicited and voluntary.*
- *It is advisable to engage in service activities in the same location on a regular basis so that those being served can become known to the servers. This will help find additional ways to help certain individuals and love will grow.*



Nature is the Best Teacher

Nature is the Best Teacher

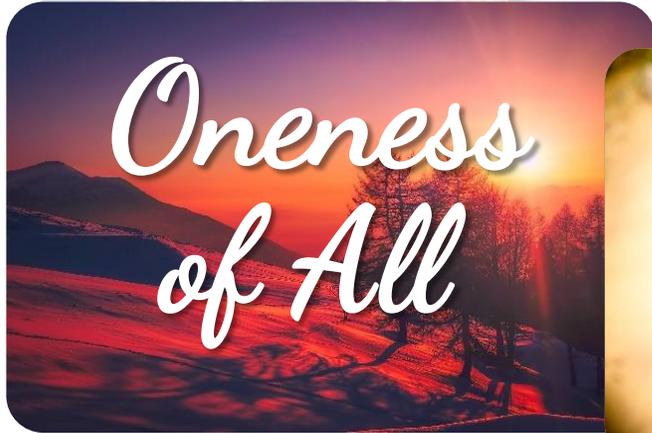
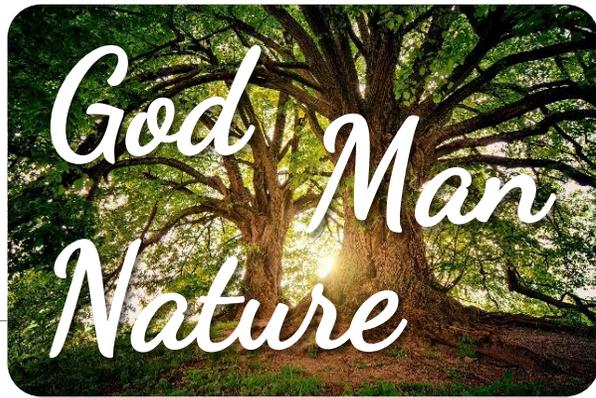
“Learn a lesson from the tree. When it is heavy with fruits it does not raise its head aloft in pride; it bends low, stoops, as if it does not take any credit for its accomplishment and as if it helps you to pluck the fruit. Service is the best cure for egoism; so, engage in it to the extent that you can. ~ *Sathya Sai Baba* (SSS Vol. 23, pg. 7)





“Foster the seed of love that clings to ‘me’ and ‘mine’. Let it sprout into love for all mankind, let it grow into love for animals, and let this love enfold all things and all beings in the world.”

~ *Sathya Sai Baba* (SSS, Vol. 8, Ch. 16)



Ladies Programme



“This day of 19th November is celebrated as Ladies Day in order to delve into the sacred qualities of women and disseminate them. Women are the repositories of truth and culture. Though earth is one, the plants vary depending on the seeds sown. The womb of the mother symbolises Mother Earth. As is the seed of thought sown in it, so is the fruit it yields. So the mother’s womb should be filled with good thoughts, good words and good deeds. Only then can she bear virtuous children.”

~ Sathya Sai Baba (19th November 2000)

Mother Easwaramma

6th May celebrated as Easwaramma Day

- Mother Easwaramma (meaning mother of God) demonstrated the divine qualities of sacrifice, compassion, patience, devotion, forgiveness and forbearance. She possessed no formal education, being born in a small rural village in India, but demonstrated profound wisdom, which she used for the upliftment of others.
- Mother Easwaramma gave love and guidance to the children around her and to the many devotees who flocked to visit Sathya Sai Baba. She expanded her boundaries and shared her love and her divine son with one and all. (www.sathyasai.org)



The 3 Wishes of His Mother

- School for children in Puttaparthi ~ **EduCare**
- Healthcare for the villagers ~ **MediCare**
- Clean drinking water for villagers ~ **SocioCare**



“Just as a small seed becomes a huge tree, the small school I established then has become a big university now. The small hospital that I constructed then has become a Super-Speciality Hospital now. The small well that I got dug here in the village has assumed the gigantic proportions of a water project for the entire district. If the feelings of the mother are sacred, so too will be the feelings of the children.” ~ Sathya Sai Baba (19th November 2000)

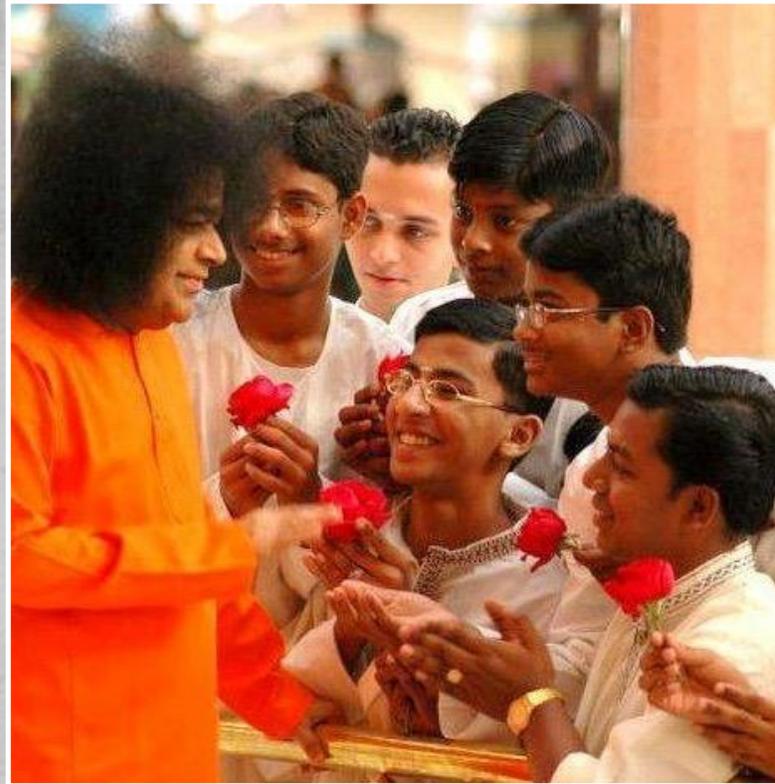
Ladies Section

- Can be established in a Centre or Group depending on local customs and circumstances.
- Can have their own devotional, educational and service activities.
- Women come together in many activities and roles: to advance their spiritual growth; to be exemplary leaders in their families, the Organisation and in society.

“Among human beings, it is a privilege to be born as a woman. Woman is the Goddess of Nature. Gayathri, which enshrines the essence of the Vedas, is a goddess venerated as Veda Mata (the mother of the Vedas). From ancient times, the feminine aspect of the Divine has been worshipped in various ways. Study the lives of our great women who were models of patience, fortitude, compassion and sacrifice. I desire that you should take up the reins of leadership and bring peace and prosperity to the nation by leading ideal lives.” ~ Sathya Sai Baba (19th Nov 1995)

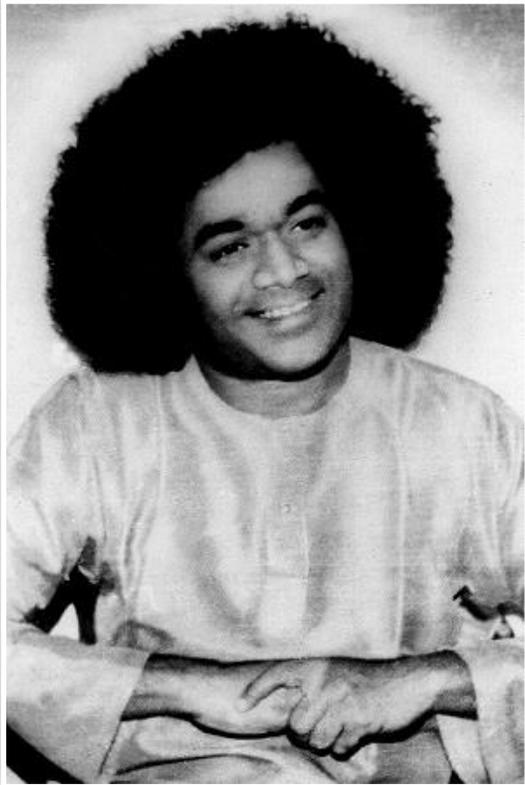
*Young Adults
Programme*





“Youth, the architects of the future! You are the ones who will assume the leadership of the country in future. Your nature and character will decide the character of the nation. You should work for the prosperity of the nation, welfare of the world and universal happiness. First of all, you must follow the command of the Lord. Therein lies your welfare, as well as the security of the nation and society.”

~ *Sathya Sai Baba* (Summer Showers 1996)



“Youth alone can transform youth. You must bring the youth together with the guidance of the elders. Discover what their needs are so you can serve them. You have to win their hearts through love. When love is planted and fostered, factions will disappear.”

~ Sathya Sai Baba (13th May 1985)

Young Adults Programme

- *The Sathya Sai YA Programme encourages men and women between 18 to 40 to:
 - 1) lead purposeful lives in service of their families, communities and countries
 - 2) share the love and joy of practicing Sathya Sai Baba's Teachings
 - 3) cultivate leadership skills and self-confidence based on the practice of the five human values.*
- *The YA Programme is an integral part of the SSIO and YAs are expected to participate fully in Centre & Group activities.*
- *The YA Programme focuses on character development, developing good habits, selfless service and self-realisation, in order to prepare them to become the new generation leaders within the SSIO and in society.*



SSIO International Young Adults Sub-Committees

The formation of YA subcommittees was included in the resolutions of the Sathya Sai World Youth Festival in July 2016, where around 3,000 YAs from 50 countries gathered in Prasanthi Nilayam. The ultimate goal is to actively encourage and inspire YAs around the world to progress on their spiritual journey. The nine International YA Sub-committees are:

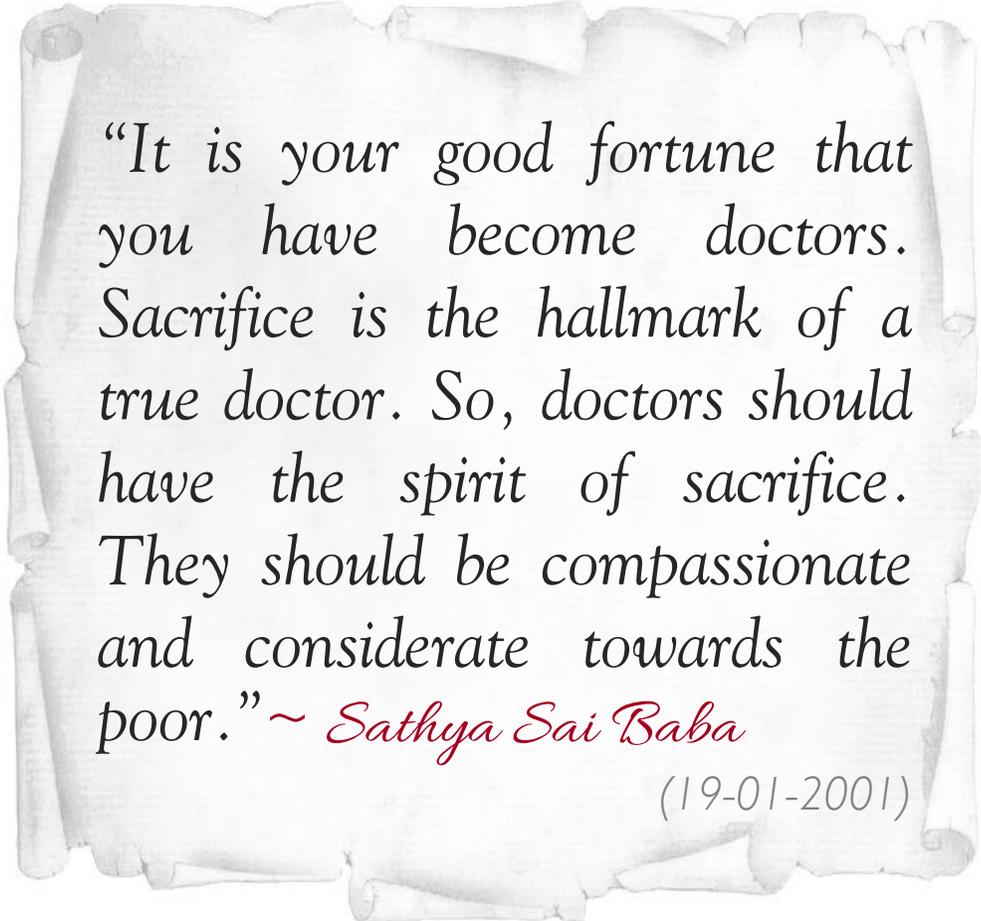
- *Serve The Planet (STP)*
- *Love All Serve All (LASA)*
- *Sadhana of Love*
- *InSAIghts*
- *YA International Engagement*
- *Sathya Sai International Leadership Programme (SSILP)*
- *Group 4 SSE to YA Transition*
- *Information Management & Analytics*
- *YA Media & Editorial*

Medical Units



SSIO Medical Committee

- Has the task of overseeing the delivery of Sathya Sai Ideal Healthcare, i.e. the delivery of free, state-of-the-art healthcare with love and compassion.
- Medical units report through the Zone medical unit Coordinator to the SSIO Medical Committee.
- Offer medical professionals the opportunity to serve the needy with free medical care in order to demonstrate loving and compassionate professional care to all.



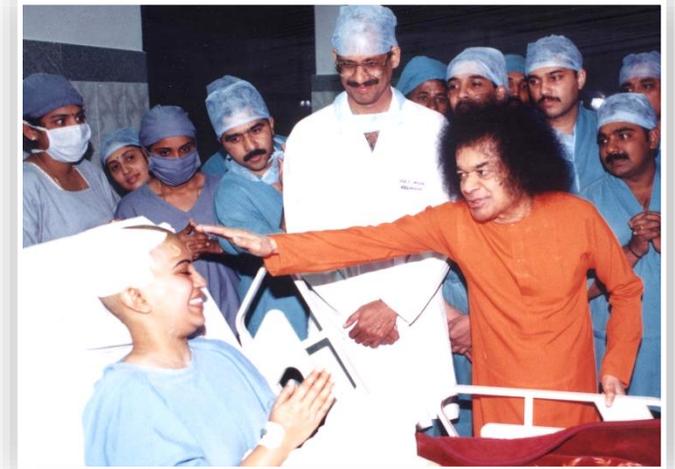
“It is your good fortune that you have become doctors. Sacrifice is the hallmark of a true doctor. So, doctors should have the spirit of sacrifice. They should be compassionate and considerate towards the poor.” ~ *Sathya Sai Baba*

(19-01-2001)

MEDICARE

Providing medical services to those in need has become the trademark of devotees of Sathya Sai Baba implementing His directive “Love All, Serve All.” All aspects of Sai Ideal Healthcare are being exhibited by devotees throughout the globe including major tertiary hospitals in India, mobile clinics in remote areas, and medical and dental camps and clinics.

There are also numerous worldwide blood donation drives and even veterinary medical camps to help animals. Furthermore, telemedicine services are also being used to facilitate teaching and augment delivery of medical care. These services provide an example of how healthcare can and should be provided with love, compassion, and the highest level of skill, at no cost to the patients in need. (www.sathyasai.org)





"Love All, Serve All; Help Ever, Hurt Never."