



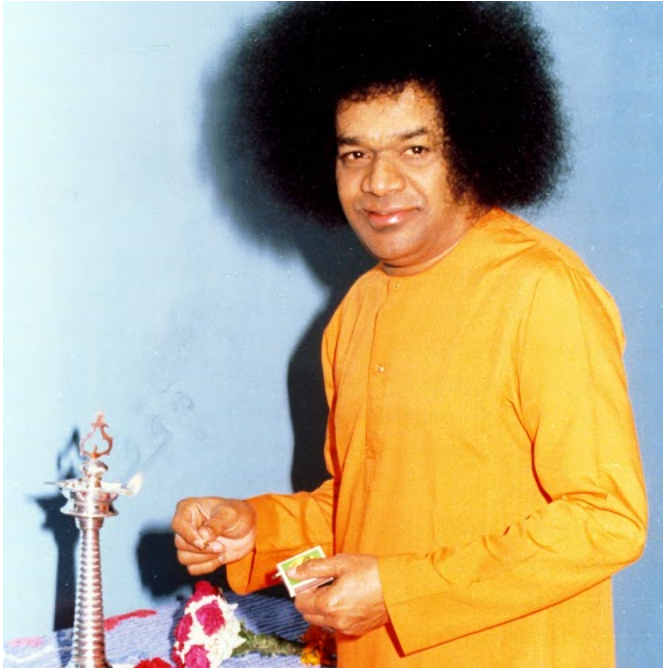
# TEACHER OF TRUTH

“Sathya Bodhaka”



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Sri Sathya Sai Educare, USA





# I AM the Teacher of Truth

*"I am neither man, nor God, nor a celestial spirit;  
I am neither a Brahmin (scholar), nor a Kshathriya (warrior),  
nor a Vaishya (merchant), nor a Sudra (laborer);  
I cannot be described as a brahmachari (celibate), or a  
householder, or a recluse, or a monk;  
**Know me as the Teacher of Truth (Sathya Bodhaka)**—as  
Sathyam (Truth), Shivam (Goodness), and Sundaram (Beauty).*

Your reality, too, is Truth, Goodness, and Beauty. Without Truth there cannot be Goodness; without Goodness, what does Beauty avail? The effect of truth on the mind is Goodness; the joy that flows from Goodness is the genuine Beauty that artists love. The three are really one and indivisible. Truth is Goodness and Goodness is Beauty. Experience this Truth; it will give you the highest Bliss.

Let not lesser joys distract you. Do not fritter away your energy, playing the silly game of gaining and losing, gathering and scattering, winning temporary fame, fortune, and felicity. Go, straight on the royal road that leads to self-realization. Don't stray into the bylanes of counterfeit bliss. This does not mean that you have to give up kith and kin and foot it all alone. The community in which you find yourself is the arena where you can win victory, the gymnasium where you develop the skill to win. The spiritual journey lies through compassion, sympathy, mutual help, and service, and these are fostered by society and are to be used for society."

- Sri Sathya Sai Baba, March 6, 1970 (on Mahashivaratri)

**The purpose of this newsletter is to help all SSSE gurus walk this "royal road that leads to self-realization."**

**Teaching His children is a mammoth task. While we play the role of Guru, Swami reminds us that He is the Guru for each of us.**

**This bimonthly newsletter will have a section entitled, "God Says...", excerpted exclusively from Swami's direct words to Balvikas gurus. However, it is not just about talking, reading, or listening; practice is what He calls for. Therefore, the "God Says..." section will be followed by "...Guru Does," which will give suggestions on how to follow through with that teaching in our roles as gurus.**

**There will also be a prayer from one of the world's great faiths or traditions to help us expand our hearts and minds. And don't miss the T.I.P. (Teaching in Practice) section with a special life application for gurus. Let us embark on this journey to seek and experience Truth.**

## MULTIFAITH PRAYER

*Native American Prayer  
by Black Elk*

Click to  
listen

Classroom implications:  
**Swami says Nature is God. You can see it reflected here. Teach children the 4 directions. Hindus pray to the sun as well.**

# God says...

"The Guru sows the seeds of virtue, of wisdom, and of faith in the heart of the pupil. He is, therefore, Brahma, of the nature of the Creator. He is like the farmer who plants saplings in the well-prepared soil of his field. But the farmer does not sit with folded hands thereafter. He takes incessant care to see that the saplings grow vigorously and well, and he is vigilant to water the growing crops and feed them with fertilizers at the appropriate stages of growth. This is the role of Vishnu so far as education and the educator are concerned.

The Guru cannot sit back and silently watch the fate of the pupil, after the first few lessons. He has to guide the pupil at every step, foster and encourage good habits, sound reasoning and valid emotions, and act as Vishnu, the second of the Trinity.

The Guru has also the duty cast on him, to watch every step of the pupil, and warn him off, when he takes false step, or develops a bad habit, or entertains a deleterious doubt. Like the farmer who has to be vigilant against the growth of weeds or the upsurge of pests, the Guru too must be ever alert to destroy the pests of vice and the weeds of sloth and unsteadiness. (Thus, the Guru acts like Maheshwara by stopping bad tendencies from taking hold.) The word 'teacher' cannot denote these high roles; it can mean only those, who transmit information and train in skills.

I direct that Bala Vikas teachers should hereafter be known by the vastly more appropriate name of Guru, so that you may be conscious always of the spiritual role which you have taken on, and its responsibilities and value. You are the lamps from which their tender hearts must receive Light and Love. By your adherence to truth, righteousness, peace, and love, you have to inspire these qualities in the children that come to you and the homes from where they come."

- Sri Sathya Sai Baba, January 3, 1974 (at Rajahmundry)



## Listen to Swami's voice for at least 5 minutes everyday.

**Every discourse of Swami's is meant for you! It is not just something He says in Telugu to a large audience. He is speaking to YOU! Swami is beyond time and space. He knows you will be listening when you do. So, consider it a personal interview. Listen to His voice everyday for at least 5 mins. You will be amazed at the connection you make with Him and His words. You will realize He is the Teacher of Truth—Sathya Bodhaka! All other speakers must wait their turn.**

Find the Radiosai app for your phone on Apple Store or Google Play Store, or visit <https://www.sssmediacentre.org/#/> and click on Radio > Discourse Stream.

# ...Guru does

Much like all His other words, Swami has a deeper meaning to the prayer Guru Brahma, Guru Vishnu. Swami equates all SSSE Gurus to the Creator, Sustainer, and Destroyer of the universe. Clearly, this is the role He wants us to play for the development of the child.

Truly, the universe is within us. Aren't we made of the 5 elements? The macrocosm (the universe) is in the microcosm (the very atomic structure of our being). In this role of Guru, we want to perform well... be Oscar-worthy... not just Oscar-worthy, but practice incessantly until it becomes our natural behavior and life. To reach this lofty goal, one must take small steps—after all, a thousand-mile journey starts with one step.

Here are some ways we can follow through Swami's words in our classes:

1. Acknowledge every child in every class by calling his/her name at least once. Every child needs to feel seen and heard.
2. Get to know children without categorizing them in our heads (devotee child, non-devotee child, or old devotee child). These are His children. Period. Visit their homes at least once or twice a year just to say hello. We can surprise them! The bond one experiences is amazing.
3. Keep an empty, decorative Kleenex box in class for lesson suggestions from children or parents. Their suggestions will help you understand what they need in life. Then, create a spiritual foundation for your lesson that will acknowledge and help address their needs.
4. Have 1:1 parent-guru conferences and 1:1 child-guru meetings. They can be informal. It is just 'you' time and provides a beautiful opportunity to know the child beyond what we see in class.
5. Participate in their lives both during celebratory occasions (e.g.: martial arts belt advancements, scout rank ups, school awards, etc.), and when they have had a tough week due to multiple issues. Be aware of them and engage.
6. Celebrate the land we live in—Veteran's Day, Martin Luther King Day, or even Native American Heritage month. Integrate them in your classes and interactions. When our children live learning about these beautiful things, then only, they will not see a dichotomy between SSSE and life; there are no two things—only one.

These actions are the 'food and fertilizers' that Swami talks about that we are providing for the child's growth. When that is provided, the bond of trust and confidence increases between the child and you. That is when we truly are ready to play the role of Vishnu, the sustainer of the hidden spirituality in a child. When that bonding increases, good qualities are nurtured and bad ones are weeded out (Maheshwara).

Higher-level spiritual thought patterns will be created (Brahma) and old patterns will be nudged out. That is when we move from what Swami calls a complaining teacher, to explaining, to truly inspiring! The vibe of the class will be different. It will be an inclusive class where the environment is suffused with love; where every child blossoms to reach his/her fullest potential. Therefore, **strengthening a heart-to-heart connection with each child** is the key, and Swami explains it in such a beautiful way by using this prayer and giving it great depth of meaning. Think about your class, your children, and your interactions with them. How much do you truly know about them? What else can you do to add to this lovely relationship?

The logo of the SSSE program depicts the blossoming of the divinity within us. The human values become evident as we search for them within ourselves.

