



# TEACHER OF TRUTH

“Sathya Bodhaka”



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Sri Sathya Sai Educare



# God says...

"There are so many things that our students should know. Many people think, Swami is repeating the same things again and again. Yes, things have to be told again and again until you can learn and put them into practice.

Are you not filling the same stomach every day? When you have eaten in the morning, why do you eat again in the evening? "I ate yesterday. Why should I eat today?" Why don't you think like this? It is because whatever you eat gets digested. That is why you are filling the same stomach again and again.

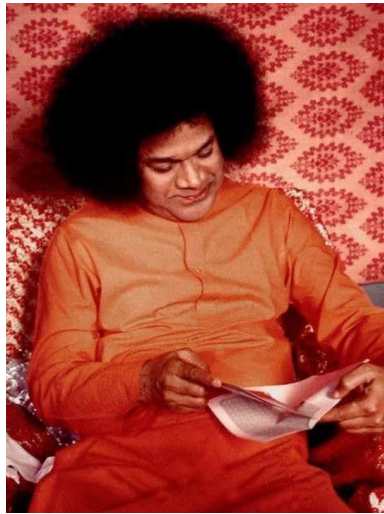
You wash your face again and again. Then why should you not hear what you have already heard? If you have derived bliss by practicing what you have heard, there is no need for you to hear it again. But until you put into practice, these things have to be told again and again.

Here is a small example. You teach A, B, C to small children. When they reach first standard, you teach them the spellings of words. If you have to learn the spelling of the word 'milk,' you have to keep repeating 'm-i-l-k' many times. Only when you repeat it again and again can you remember the spelling of the word 'milk.' Until you learn the spelling and the meaning properly, you have to keep repeating.

However, every time I repeat something, there is something new in it. You have to recognize this truth. I have told you the meaning of Gayatri Mantra many times. But everytime I tell it, there is a new meaning of this mantra. This is the greatness of Sai. The interpretation I give is ever new.

Not only My words, even My form is ever new. That is the sign of Divinity. Divinity is ever new."

- Sri Sathya Sai Baba, June 21, 1996



# ...Guru does

Repetition is something that nature does every single day. The sun rises and sets, a plant's life cycle, a butterfly's life cycle, and even our own life cycles are examples of repetitions, with change as the pattern! Swami says, "The process of inhaling and exhaling repeats itself 21,600 times a day. It means your inner voice is reminding you 21,600 times a day that you are God." (November 21, 1999). The paths of the planets are the same too. They stay their course. As counterintuitive as it seems, with day and night, young and old, caterpillar and butterfly, or even happiness and sorrow, Nature teaches us the best lessons. It teaches us the importance of repetition.

Click here to listen to [this famous song](#)! It reminds us of repetition and change in life and nature.

When good things are repeated over and over again—good thoughts, good words, and good actions—as human beings, not only do we reap the benefit, but the larger society around us gets better. Repetition of habits has the capacity to change the physical structure of the brain itself (neuroplasticity) and what we expose ourselves to does the same. Thoughts matter!

Swami designed Balvikas in such a way that children experience a lot of repetition. We bookend our classes with prayers. We repeat prayers so that our minds can subconsciously repeat them always. Most importantly, good stories are meant for repetition. Swami is our greatest role model. Close your eyes and think of the stories He repeats: Abraham Lincoln, Prahlada, the man who looked for his lost keys under the streetlight and many more. Very often we hesitate from repeating quotes and stories in classes, or even across groups, because we fear children will not be interested as they have heard it before.

Stories are like a multifaceted diamond. Don't disregard a story as "too ancient" or "culturally irrelevant." All stories that Swami narrates are relevant for all times and cultures. When we study Swami's meaning and draw it out for our children, they learn to understand the relevance of these timeless and universal messages in their own lives. Many spiritual principles can be extracted from one story. As a child grows and matures, he/she is ready to absorb the many different life lessons it has to offer. Besides enhancing their imaginations, their listening skills, their cultural understandings, it provides the very fabric and lens through which they view the world.

Swami says that every teacher must ask themselves whether the stories they tell instill faith in God and promote social harmony. With these two criteria, and the magic of repetition, we will create an indelible impression in these young hearts.

[Click here to see how we can learn to see a story's many facets across groups: the story of young Prahlada and Martin Luther King, Jr.](#)

## Soham: Our Daily Anchor

### MULTIFAITH PRAYER

In the Baala Vikas Gurus Training Camp on June 6, 1978, Swami wanted teachers to practice individual sadhana (spiritual practice) done daily with sincerity and regularity.

Aum symbolizes Sanathana Dharma, and is on the 5 religions symbol. Click the Aum below to see Swami speak about this practice.



## Make it a habit to repeat a simple prayer daily.

Prayers, when repeated with a loving heart can be powerful. There are many prayers for each of us to repeat—from different cultures, religions, and languages—all seeking comfort of the body and soul. Swami, in His ever-simple manner, has given us phrases for repetition. In 2004, He gave us the simplest prayer we can repeat. He said everyday one must repeat: "Dear God! I want your love and nothing else."

On Guru Poornima day (July 1986), He said He did not want to give us complicated prayers. He said, "Devudu Unnadu" (GOD EXISTS). Think about it everyday, repeat it everyday and live it, there is no need for anything else in life. Consider this mantra as the message, and proclaim it in all circumstances and places with all the conviction and strength you can command. The world can be turned into an earthly paradise if you strengthen your faith in God and demonstrate it in your actions.

