

SSE Group 4 Ceiling on Desires - Time & Money

Value:	Truth
Sub Value:	Inquiry
Objective:	To learn about what is desire and what is the difference between wants and needs?
Quotation:	NEW YEAR's MESSAGE (Swami's letter to his students)

“Convey My New Year Blessing to all boys. Tell them that they should study well and pass their examinations with first Class. They should also lead an ideal and worthy life by implicitly following Swami's Commands and cultivating high and noble thoughts. They should cultivate having good qualities, good behaviour and a pure mind.

If they nurture such sacred ideas at a young age they will stand in good stead both in youth and in old age. Such sacred ideas will remain with them throughout their lives and express themselves in all actions. Also tell them that they should avoid excessive talk and should give no opportunity to go out of their way to establish unnecessary contacts with each other. Instead, they should fulfill the purpose for which they have come and follow the ideals of Sai.

Ultimately, this is what will remain. This alone will take them to their goal and shower grace. No one is related or attached to anyone.

The only true and permanent relationship is with Sai and all other attachments are merely worldly and false. This truth must fill their heart to the brim and continue to ring within forever.” - Sai.

Sloka/Prayers:

- Opening Prayers: 3 Om's, Vakra Tunda..., 3 Gayathri mantras
- Prayer: - "O God! Be in my mind and in my thinking..."

Silent Sitting: Jyoti meditation

- Reading Quotation

Group Activity:**Group Discussion**

1. What is Desire?
2. How does it arise and how to control one's desires?
3. What is the difference between wants and needs? Discuss how one should regard wants and needs?.
4. What does 'Ceiling on Desire' mean?

Story Telling: Dad's blessings (see the attachment at the end)

Group Singing: Why fear when I am here....

Life Application and Recap of today's lesson

students should make a daily chart of how many minutes/hours they gossip for a week. Brainstorm strategies to reduce the amount of time spent gossiping.

Closing Prayers: Samastha Loka Sukhino Bhavantu, Om Shanthi x 3

Desires:

Desires:-

“Life plus Desire is man, and life minus desire is God”

What is desire? Mind is desire. When mind disappears, desire disappears. The mind is a bundle of thoughts; it is a web of desires. Mind is responsible for either bondage or liberation.

Desire is a bonfire that burns with greater fury when encouraged. One desire leads to ten and man exhaust himself in trying to fulfill the demands of personal desire. Desire is an unnecessary burden in your life's journey. “Less luggage, more comfort, makes the journey a pleasure”

How does a desire arise?

“If thought go too deeply into objects, desires arise.” If there is a desire, there was a thought. But not all thoughts are desires. Desire for worldly objects produces pleasure and pain, whereas desire for God confers bliss and does not produce pain. Let all desire and attachment be for God; He alone is eternal and He alone is the source of all joy.

How to control desire?

Control over your senses.

3-1=1 – “The world is to be compared to a mirror. Your image is seen so long as you are before the mirror. You remove the mirror, your image and reflection will disappear. Why waste such a precious life for transitory desires of the world?”

“By chanting the Lord's name, desires can be reduced while rightful wishes get fulfilled.”

“Ceiling on desires is a must for leading a peaceful and meaningful life. You must curb the desire to seek more and more wealth and turn your effort to realize the Reality within. In pursuing this effort, you must avoid waste of food, money, time, energy and knowledge as all these are forms of God.”

“Vibhuti is the most precious object in a truly spiritual sense.... (It represents the burning of desires that agitate the mind and cause confusion) It is the ultimate condition of things; it cannot undergo any further change.... It should inspire to give up desire and offer to God the ashes of destruction of tempting desires as the most valuable of all the articles you have earned. Ash cannot fade as do flowerers in a day or two; it does not dry and disappear; it will not lose its color as leaves do in just a few hours; it does not rot as fruit after a few days. Ash is forever and ever. So burn your vile tendencies, your vices, and bad habits. Worship God, rendering yourself pure in thought, word and deed”

Questions

1. **By renouncing what, does one become loved?** *Pride*
2. **By renouncing what, is one free of sorrow?** *Anger*
3. **By renouncing what, does one become wealthy?** *Desire*
4. **By renouncing what, does one become happy?** *Greed*

One with desires is the poorest in the world and one without any desire is the richest.

Ceiling on desires - Discourse by Bhagavan Sri Sathya Sai Baba on January 1983

MEMBERS appear to be confused about the true meaning of this programme of "Ceiling on Desires" decided on at the Tenth All India Conference of Sathya Sai Organisations. There are four components in the term "Ceiling on Desires." They are, respectively; curb on excessive talk, curb on excessive desires and expenditure, control of consumption of food, check on waste of energy. Man needs some essential commodities for his sustenance and he should not aspire for more. We can learn a lesson in this respect from Nature. Only if air is available in sufficient quantity will it be comfortable and good. If it is excessive and there is a gale you will feel uncomfortable. When you are thirsty; you can consume only a limited quantity of water. You can't consume the entire water of the Ganga! We take only as much as is needed for the sustenance of the body.

Doctors know that the body temperature is normally 98.4. If this goes up to 99 they say fever has set in due to some disorder in the body. We inhale and exhale at a normal rate. If there is a slight increase or decrease in the rate it indicates disorder in the body. Changes in the pulse rate or blood pressure also indicate disorder. So you find that if you cross the limits even to a little extent it is dangerous or harmful to the body. There is a limit for everything to function in a normal way. When your eyes happen to see a flash of lightning or a flash light while taking photographs, they automatically close because they can't withstand such high illumination. Ear drums also cannot tolerate hearing beyond a certain volume and we close our ears or keep cotton inside the ears. From these we see that our life is a limited company!

Desires Are a Prison

What is the meaning of "Ceiling on Desires"? Man is deluded by his unlimited desires. He is living in a dream world. He is forgetting the Supreme Consciousness. That is why it is important to keep our desires under control, to place a ceiling on them. We are spending too much money. Instead of inordinate spending for our own pleasure, we should be spending for the relief of the poor and needy. This is the real meaning of "Ceiling on Desires."

Do not make the mistake of thinking that giving money is all that is needed, however. Do not give to others while allowing your own desires to continue to multiply. Curtail your desires, as materialistic desires lead to a restless and disastrous life. Desires are a prison. Man can be freed only by limiting his wants. You should have a desire only for life's bare necessities.

Less Luggage, More Comfort, Makes Travel a Pleasure

Your life is a long journey. You should have less luggage (desires) in this long journey of life. Therefore it is said, "Less luggage, more comfort, makes travel a pleasure." So, the ceiling on desires is what you have to adopt today. You have to cut short your desires day by day. You are under the mistaken notion that happiness lies in the fulfillment of desires. But, in fact, happiness begins to dawn when desires are totally eradicated. When you reduce your desires, you advance towards the state of renunciation. You have many desires. What do you get out of them? You are bound to face the consequences when you claim something as yours. When you claim a piece of land as yours, then you will have to reap the harvest. This instinct of ego and attachment will put you to suffering. You will be blissful the moment you give up ego and attachment.

Desires Are the Root Cause of Man's Disturbance

All the spiritual practices that man performs aims at making his mind steady. There is no use in constantly repeating God's name, meditating, and practising spiritual austerities if the mind is not steady. Once you have the five senses under control, you can experience God. He is not far away from you. He is in you, below you, above you, and all around you. God, in fact, is the indweller of man. Yet man is not able to see Him. What is the reason? Man's limitless and wayward desires prevent him from seeing God. Desires are the root cause of man's disturbance. Sense control and ceiling on desires will help him to see God all around and experience bliss. So, we have to keep our desires in check. We should not be worried by the evil talk that others indulge in. We should not be affected by calumny and criticism.

Summer Showers in Brindavan 2002; Chapter 11: Sense Control Is the Highest Sadhana.

*Group singing: **Why fear when I am here***

Why fear when I am here

So said Baba, Sathya Sai Baba,

Sathya Sai Baba, my Lord

Why fear....

*All I want is your love my child, all I want is your faith All I want is your love in God, no matter
what your faith (So said Baba...)*

Krishna Buddha Jesus Mohammed, all came to this land

All of them brought the message of Love, love your fellow man

(So said Baba....)

*The light you see in the dark of night, is that of God in man Find the light that is in your heart,
and reach the Promised Land (So said Baba...)*

Why fear...

Story: Dads Blessings

A young man was getting ready to graduate from college. For many months he had admired a beautiful sports car in a dealer's showroom, and knowing his father could well afford it, he told him that was all he wanted.

As Graduation Day approached, the young man awaited signs that his father had purchased the car. Finally, on the morning of his graduation, his father called him into his private study. His father told him how proud he was to have such a fine son, and told him how much he loved him. He handed his son a beautifully wrapped gift box. Curious, but somewhat disappointed, the young man opened the box and found a lovely, leather-bound Bible, with the young man's name embossed in gold. Angry, he raised his voice to his father and said "With all your money, you give me a Bible?" and stormed out of the house, leaving the Bible.

Many years passed and the young man was very successful in business. He had a beautiful home and wonderful family, but realized his father was very old, and thought perhaps he should go to him. He had not seen him since that graduation day. Before he could make arrangements, he received a telegram telling him his father had passed away, and willed all of his possessions to his son. He needed to come home immediately and take care of things.

When he arrived at his father's house, sudden sadness and regret filled his heart. He began to search through his father's important papers and saw the still new Bible, just as he had left it years ago. With tears, he opened the Bible and began to turn the pages. And as he did, a car key dropped from the back of the Bible. It had a tag with the dealer's name, the same dealer who had the sports car he had desired. On the tag was the date of his graduation, and the words PAID IN FULL.

How many times do we miss Spirit's blessings and answers to our prayers because they do not arrive exactly as we have expected?

TODAY's affirmation:

"Today I look beyond the obvious and allow miracles to be created in my life."