

# Study Circle

Sep 16 2012

# Goal

Transfer of Knowledge and  
Assimilation in Daily Life

# Participation

- Listen fully when the material is being read.
- Ask the passage to be repeated if you didn't get it all.
- Listen fully to what others have to say.
- Share your experiences that relate to the topic.
- Ask questions that arise.
- Be focused and to the point; stay on the topic.
- Talk from the heart, not the head.
- Remember that the goal is your personal transformation.

# Participation

- Give an opinion on what something in the passage meant.
- Discuss what you don't understand in the passage and why.
- Mention a question that the passage brings to mind.
- Describe the effect of the passage on you.
- Discuss something that happened to you that relates to the passage.
- Discuss how this passage may affect you in the coming weeks.
- Answer a question that someone previously posed.

# Progress

- Practice one teaching or principle.
- At the next study circle, we could begin by going around the circle and see what comments people have about how we put last weeks teaching/principle into practice and what effect it had on us.

# Peace – Oneness With God

## Virtue is Peace

Peace is like a well-channeled river. It does not rest in a static state; rather, it harmoniously adapts to change. Although a river constantly flows, it maintains an equilibrium with the shore. From obscure mountain origins, it plunges to the plains, assuming a name, and then it merges namelessly in the vast ocean. Peace also flows and grows; it is the sign of God's creation working in harmony.

# Peace – Oneness With God

## A State of Equanimity

Peace for spiritual aspirants is a state of equanimity based on understanding of and adherence to dharma (spiritual duty). When we understand the divine basis for creation and live in accordance with it, we can move unruffled by the currents of daily events. Recognition of divinity in all creatures and all objects grants us courage and confidence. When we lead virtuous lives, leaving the results of our actions to God, we experience peace.

# Peace – Oneness With God

## Experiencing Peace

When man thinks, speaks, and acts along virtuous lines, his conscience will be clean and he will have inner peace. Knowledge is power, it is said; but virtue is peace.

Sathya Sai Speaks 10, p. 267

To experience peace, we must master our unreasonable expectations. Agitation usually results from unfulfilled desires, not from external conditions. The mind creates wrong desire when it loses control over the senses. Virtue requires us to hold the senses in check. If we hold to material values, we lose our inner peace. If we live virtuously, we grow into unbounded joy.

# Peace – Oneness With God

## What is Peace

What exactly is peace? It is the stage in which the senses are mastered and held in balance.

Sanathana Sarathi, Jan. 1985, p. 11

A controlled mind enables us to rest, content with the present, not dwelling on the past or expecting too much from the future. When the endless progression of thoughts is controlled, the divine purity of consciousness shines forth. The mind should be a tool of the Atma, the inner divinity. The mind should not become our master, roaming unchecked among the objects of desire. The mind creates desire, so it must be taught to remain quiet when it is not required for a specific task. Like a small child, it must be taught to limit its reach and to rest occasionally.

# Peace – Oneness With God

## What is this mind?

There is some small confusion of terms, for there is no mind as such. The mind is a web of desires. Peace of mind is no desires, and in that state there is no mind. Mind is destroyed, so to speak. Peace of mind really means purity, complete purity of consciousness..

Conversations, p.44

# Peace – Oneness With God

## What is our real nature?

A tiger cub was once separated from its mother and lost in the forest. It happened to come upon a gathering of goats and joined them for companionship. After some time, the cub began to eat grass and behave like the goats with which it lived. It bleated and pranced just like the others. This went on for months, until the herd was spied by the mother tigress. She pounced upon the group, scattering them in all directions. The young tiger cub bleated and dashed for cover in panic. However, the tigress noticed the incongruous “goat” and chased it down. Dragging the terrified cub to a water hole, she instructed it to look into the water. The cub was amazed to find that he looked just like the fearsome tigress, not the goats with which he had associated. He was, after all, a master of the forest himself. We tend to be grass-eating tigers. We have come to believe that we are something less than divinity. If we look into the pool of spiritual truth, we find that we are the very source of wisdom, love, and peace. When we still the mind, it will cease to delude us into believing that we are less than what we are -- the Atma.

# Peace – Oneness With God

## What is our real nature?

Atmic peace is our true nature; it is acquired when we look within. If we are concerned only with outer circumstances, the jumble of daily events, we will be unable to experience peace. Ignorance of our divine origin causes us to be elated or dejected at the changing course of events. Our true nature is selfless love and joyful peace, unbounded by time or circumstance. It manifests when it is allowed to shine through the clouds of illusion.

# Peace – Oneness With God

## Peace is always present

Once you enter the depths of the sea, it is all calm, it is all peace. Agitation, noise, confusion -- all are only on the outer layers. So also in the innermost recesses of the heart, there is a reservoir of Shanthi (peace) where you must take refuge.

Sathya Sai Speaks I, p. 172

The possibility of acquiring inner peace is not so distant as we may think. In fact, all people possess it already. Peace is our essential nature, but it is hidden by the clouds of attachment. Peace is like the sun, always shining, but temporarily covered by the darkness of anger or selfishness. The divine self, the Atma, radiates peace and joy. We need only to look within for the source of our joy. Peace and joy can be secured only by realizing that they are one's own real nature.

# Peace – Oneness With God

## Questions

- What is peace?
- Is peace possible with any kind of external conditions?
- Does peace come from within or from without?
- How is peace cultivated in daily life?
- Is peace a state of mind, emotion, or circumstance?
- Does God grant peace?

# Peace – Oneness With God

## Questions

- How can peace in the world be achieved?
- What are the obstacles to inner peace?
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- What are the obstacles to inner peace?
- How do we act without attachment?
- Does peace mean lack of effort?
- Is peace natural to human beings?
- Can we make spiritual progress if we have too much peace?