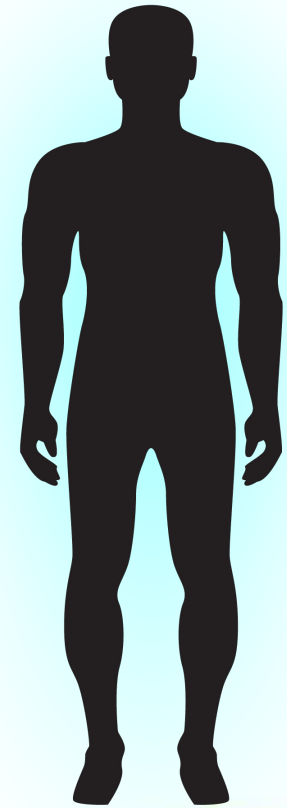




SERVE THE PLANET 2018

Module 3: Study Circle Part 3

SPIRITUAL ENERGY: THE SOUL



Outline

- ▶ What is spiritual energy
- ▶ Practices that can help us be aware of the spiritual source (divinity) within each of us
- ▶ How do we recognise the divinity (or pervasiveness of divine energy) in Nature
- ▶ Understanding the relationship between internal energy (physical, mental & spiritual) and external energy (Nature)
- ▶ Need for transforming spiritual energy into action
- ▶ How can we achieve maintaining the balance in Nature

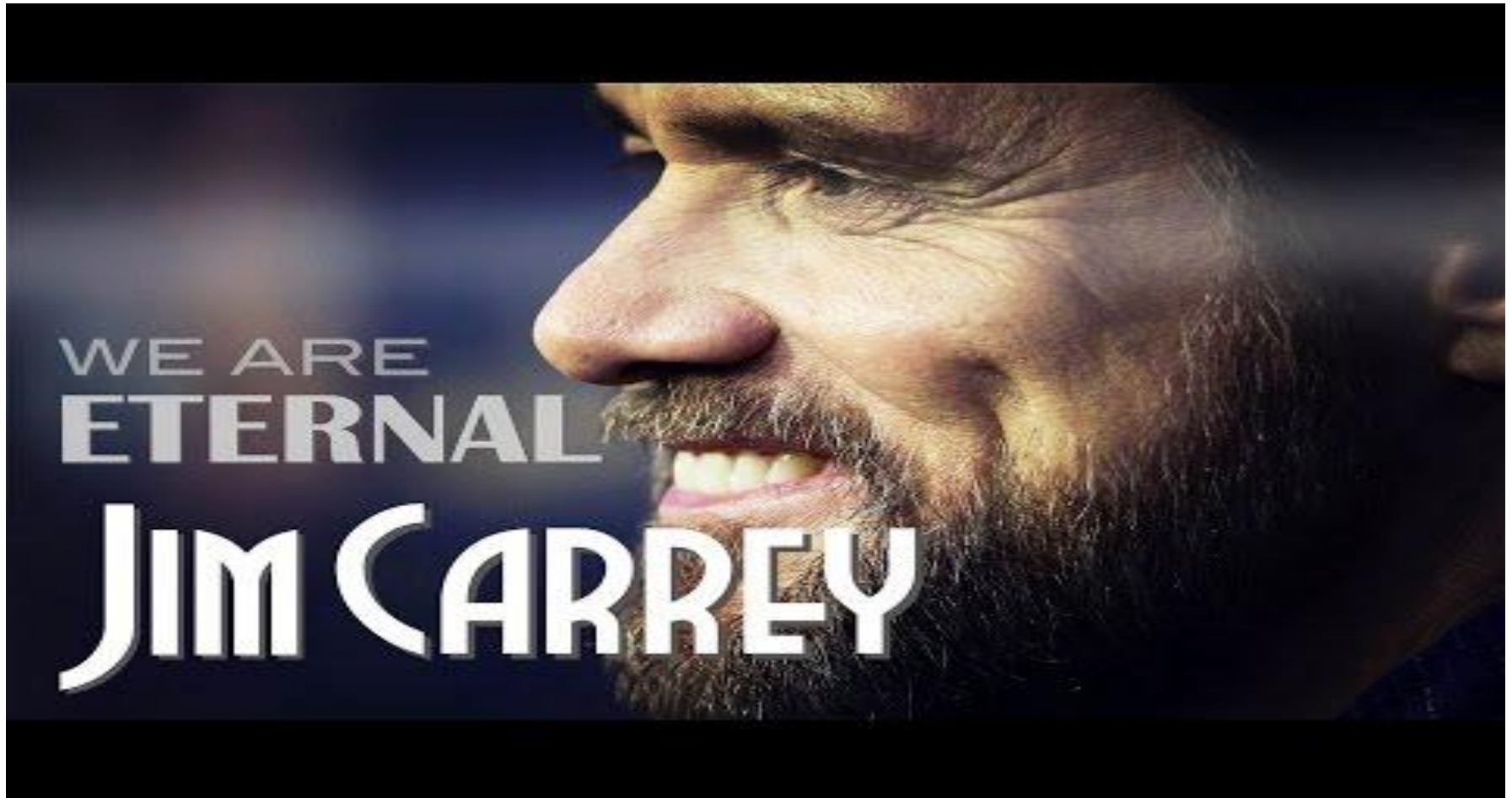


Study Circle Purpose

The purpose of this study circle is to better understand the importance of our spiritual energy and how to connect to the spiritual source within, develop unity between the body, mind and spirit, maintain balance of internal energy to achieve balance in nature and grow in spiritual energy to further our spiritual development.



What is spiritual energy?



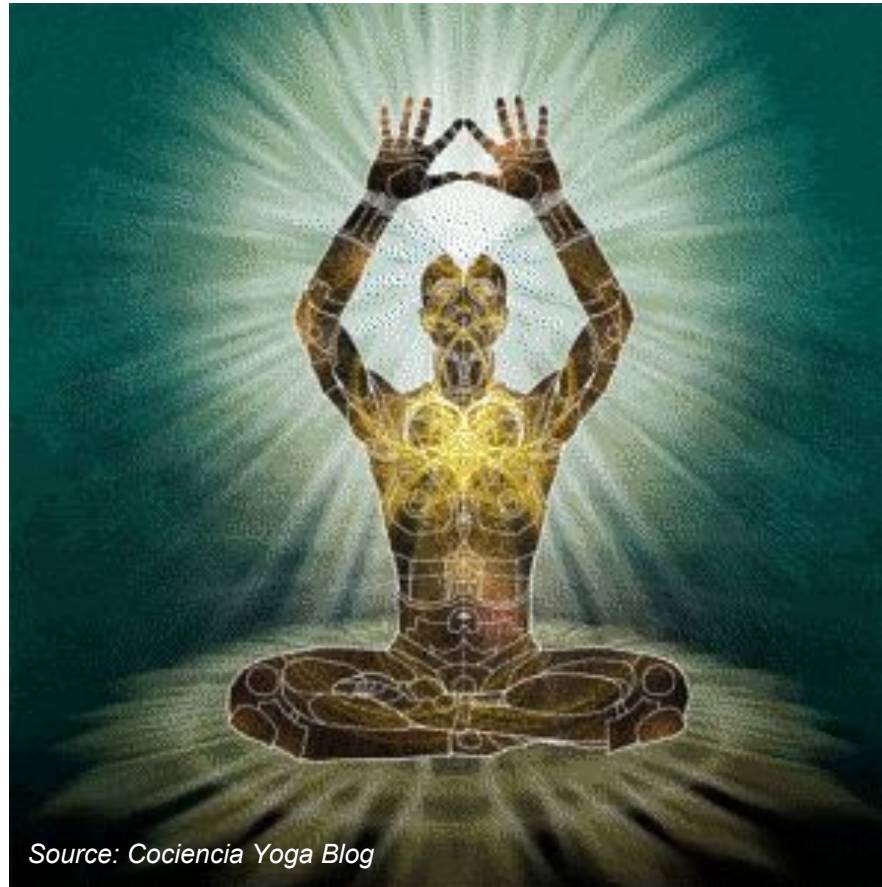
Source: <https://www.youtube.com/watch?v=LIehlwd5N8>



SATHYA SAI
INTERNATIONAL YOUNG ADULTS COMMITTEE

What is spiritual energy?

Universal life force known as Prana or 'chi' that permeates the soul.



Source: Cociencia Yoga Blog

Energy from the divine that pervades reality on all levels, including in inanimate objects.



What is spiritual energy?

"You are the eternal Paramatma, if only you realise your innate power."

– Sathya Sai Baba (Summer Showers 1990.2: May 20, 1990)



SATHYA SAI
INTERNATIONAL YOUNG ADULTS COMMITTEE

Practices that can help us be aware of the spiritual source (divinity) within each of us



Source: Cute Pictures



SATHYA SAI
INTERNATIONAL YOUNG ADULTS COMMITTEE

How do we recognise the divinity in Nature?

Divinity Inherent in Nature

How do we relate to and connect with Nature?

Do we see the divinity that is inherent in Nature?

Do we feel enthusiasm to serve Nature in the same way as we want to serve God?

Source: Pixabay



How do we recognise the divinity in Nature?



Interconnectedness amongst God, Nature and Man

“Man has to consider himself as a limb of society and help in the welfare of society, just as the organs of one’s body are used for one’s well-being. Again society is a limb of Nature, and Nature is a limb of the Supreme Lord. Thus there is a close relationship between man and God.”

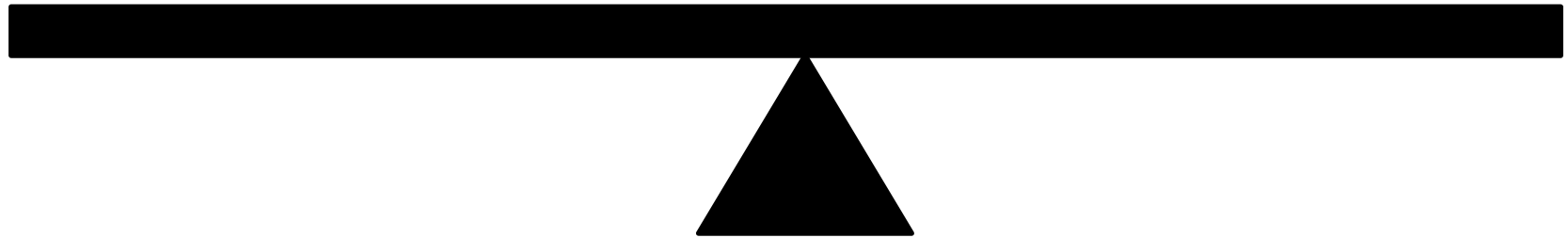
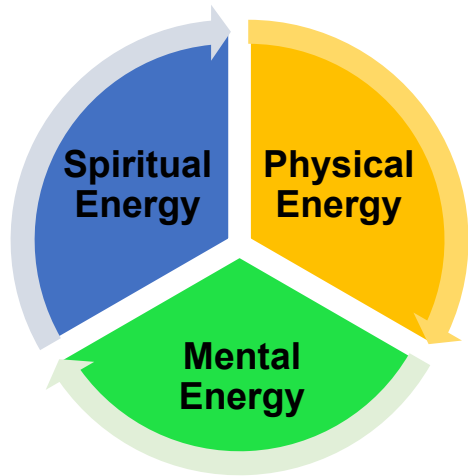
– Sathya Sai Baba
(SSS 26:3, January 21, 1993)

Sources: Pexel, Libreshot, Wikimedia & Flickr



SATHYA SAI
INTERNATIONAL YOUNG ADULTS COMMITTEE

Understanding the relationship between internal energy (physical, mental & spiritual) and external energy (Nature)



Our internal energy, including our physical, mental and spiritual energies, is important not only for us but also to the world around us, and becomes an agent for change if we can keep it in balance.



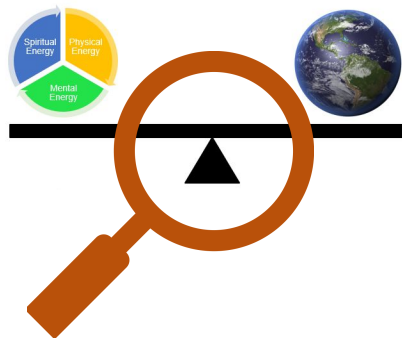
Need for transforming spiritual energy into action

“Man’s misadventures have created several problems for the entire mankind. He has polluted the five elements causing havoc on the earth. There is pollution everywhere in air, water, food and so on. His misdeeds coupled with his evil thoughts and feelings have degraded human life on the earth. If man acts in the righteous way, there will be no pollution at all.”

– Sathya Sai Baba (Summer Showers 2000.2: May 15, 2000)



How can we achieve maintaining the balance in Nature?



Recap

- ▶ What is spiritual energy
- ▶ Practices that can help us be aware of the spiritual source (divinity) within each of us
- ▶ How do we recognise the divinity (or pervasiveness of divine energy) in Nature
- ▶ Understanding the relationship between internal energy (physical, mental & spiritual) and external energy (Nature)
- ▶ Need for transforming spiritual energy into action
- ▶ How can we achieve maintaining the balance in Nature



Get in touch

If you have any questions, feedback or ideas on Serve the Planet Programme, please get in touch with the Team at servetheplanet@sathyasai.org



© Sathya Sai International Organisation 2018

All rights reserved.



SATHYA SAI
INTERNATIONAL YOUNG ADULTS COMMITTEE