

Sai Vision

Self-Awareness Programme



PART 2 – RIGHT CONDUCT

Introduction

What exactly is Right Conduct? How can I live a dharmic life? What is my dharma? What is the essence of Dharma? Can man, common man, lead a happy life and survive if he doesn't stick to Dharma? Ask yourself these questions. Think for a while about how you understand Dharma.

All the Creation is subjected to rules and limitations. Planets, plants, animals, everything in this vast universe has its own regulations. Also man, as embodiment of Love, has his own duty, which is basically "to go back to the Source". Dharma is "Right Action"; the actions are made by the body, but also by the tongue, as words, or by the mind, as thoughts. All this action has to be done with the attitude of achieving the final goal of realizing the divine self. We have to experience that God is present in everyone and everywhere; in other words, to experience the Truth that we have forgotten.

Right conduct is a way of realizing divinity inside us; it is the path of spirituality. It is knowing and doing what I am supposed to do. It guarantees social stability and individual progress. Dharma makes us give up demonic qualities and sensual pleasures. As Swami says, "In this world nothing is higher than righteousness. Man must follow the path of Dharma to know himself".

Suggested practice

A crocodile's strength depends on it being in water; the strength of Dharma (Right Conduct) depends on it being practiced. Dharma will be weak when it is taken out of practice and thrown on the sands of words.

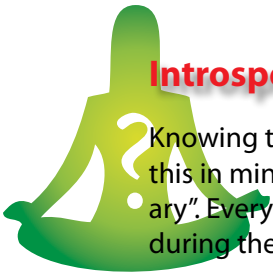
[Geetha Vahini, chap. 7]

In the spiritual practice for the upcoming two weeks, we invite you to keep your daily affirmations about Truth and add the practice of Right Conduct as the practical realization of the affirmation.

In your everyday life before taking action ask yourself a question: What does Swami inside me / my Higher Self advise me to do? Then surrender your action to Him.

How are you to decide in any particular case what is Dharma and what is not? That which does not inflict pain on you and others – that is Dharma. This follows from the recognition that the same God resides in everyone and if you injure another, you are hurting the same God who is in you. Dharma enables you to come to the recognition that anything that is bad for another is also bad for you. So act in such a way that you get joy and others too get joy. Or take another standard for your actions: Make the mind, the speech and body agree in harmony. Act as you speak, speak as you feel, do not play false to your conscience. That is the Dharmic way of life.

[5. 10. 1962]



Introspection

Knowing the main aim of our life as Embodiments of Love is very important; we should always keep this in mind and act accordingly. To help us doing so, we invite you to continue filling your "spiritual diary". Every day before going to bed, find a few moments to think about the situations you experienced during the day:

1. When did I feel that I acted in a dharmic way? When was love in action expressed by my behavior? How did I feel then?
2. When did I feel that I acted against dharma? How could I improve next time when I would be in a similar situation?



Sharing the inspiration

As in the previous two weeks, you can expect inspirational e-mails coming to you to help you keep going. Also, we would be happy to hear from you how well you are doing. You may either send us an e-mail to sap@saivision2012.eu or you can make and read posts at a dedicated Self-Awareness Programme Facebook group – just let us know and we will invite you to the group, alternatively you may ask some of your friends in the group to invite you.

You can find this document as well as all the upcoming inspirations at www.saivision2012.eu/sap.





Self-awareness diary: Week 3

When reflecting your experiences of today, you may pay special attention to the value of **RIGHT CONDUCT** as per the sheet below .

	<i>When you think back to the events of today, ...</i>	
	<i>... when did you feel that you acted in a dharmic way? When was love in action expressed by your behavior? How did you feel then?</i>	<i>... when did you feel that you acted against dharma? How could you improve next time when you would be in a similar situation?</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Self-awareness diary: Week 4

When reflecting your experiences of today, you may pay special attention to the value of **RIGHT CONDUCT** as per the sheet below .

	<i>When you think back to the events of today, ...</i>	
	<i>... when did you feel that you acted in a dharmic way? When was love in action expressed by your behavior? How did you feel then?</i>	<i>... when did you feel that you acted against dharma? How could you improve next time when you would be in a similar situation?</i>
Monday		
Tuesday		
Wednesday		
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Saturday		
Sunday		