

## Pre-reading for Online YA Sathsang: Purity in Practice

**Activity one:** Watch the discourse

Click on the link to watch the video entitled 'Who Am I' by Swami, available at the following link:

[https://www.youtube.com/watch?v=R72\\_oZJ2NWs](https://www.youtube.com/watch?v=R72_oZJ2NWs)

**Activity two:** Read the quotes from Swami

### How is the topic of Purity relevant to me as a YA?

If we agree that the purpose of life is to attain self-realisation, then Swami says this endeavour begins in young age. From the level of the soul, we are pure already, but maya (illusion) covers that mirror with impurities and it is part of our sadhana to clear those impurities so that we may once again reflect the pure being that we are. By clearing these impurities, we not only get closer to the goal of self-realisation, but we also lead more fulfilling and rewarding lives daily; filled with peace, love and truth.

"Every student should undertake satkarmas (good actions) which lead to chitta shuddhi (purity of mind). Where there is purity, there will be jnana siddhi (attainment of enlightenment). These are all within yourself only. You need not search for them anywhere outside."

–Sathya Sai Baba (*Summer Showers in Brindavan 1990/Ch.16: 3 June '90*)

"Young age is very important and sacred. In fact, it is the golden age. It should be free from the rust and dust of evil qualities. Students should have good qualities. All that they see, speak, hear, and do should be sacred. It is, therefore, necessary that first of all they fill their heart with love for God."

–Sathya Sai Baba (*Sathya Sai Speaks Vol.29/Ch.59: 8 July 1996*)

### How can purity help me on a daily basis?

As YAs, we want:

- To be connected to Swami
- To live in accordance with the human values
- To have good health
- To achieve success in all our endeavours – both worldly and spiritual
- To experience happiness and bliss

And Swami says, we can achieve all three of these with Purity, Patience and Perseverance

"The Three Ps Are in Me and around Me – If You Observe Them, You Will Be One with Me. You Can Achieve Success Only When You Have the Three Ps. With the Three Ps You Can Attain All the Human Values. Purity and Patience Automatically Make Perseverance Easy. With the Three Ps You Will Acquire Good Health, Happiness, and Bliss. You Can Achieve Anything with Purity of Heart and Peace of Mind."

–Sathya Sai Baba (*Study Guide on the 3Ps www.sathyasai.org/studyaids/3-ps*)

"You can work wonders with purity of heart. Any work which is started with purity of heart is bound to succeed. Money flows if your work is suffused with love and sacrifice. People will provide munificent funds to support any noble endeavour."

– Sathya Sai Baba (*Sathya Sai Speaks Vol.27/Ch.3: 21 January 1994*)

### Will the study circle offer practical tips to cultivate purity?

**Absolutely yes!** The study circle will look at the ways in which we can cultivate purity and discuss the ten steps for doing this, as prescribed by Swami. We will then discuss those we face challenges with and help each other to find ways to make it easier to practice the tips.

"To develop one's moral and mental strength, one should practise sadhana for disciplining the mind. For this purpose, one has to promote ten kinds of purity (sattva)."

–Sathya Sai Baba (*Sathya Sai Speaks Vol.18/Ch.31: 29 Dec 1985*)

*Thank you for reading the pre-reading material. We're looking forward to hearing you at the Sathsang.  
Jai Sai Ram*