

Pre-reading for Online YA Sathsang: Unity

Activity one: Watch the discourse

Click on the link to watch the video entitled “Principle of Unity” by Swami, available at the following link:

<https://www.youtube.com/watch?v=07admHaFyhU>

Activity two: Read the quotes from Swami

What is Unity and how can we maintain it?

We may all have different definitions of unity. Inherently we are the same, there is no distinction and therefore we should embrace unity. However, through maya (illusion), we dwell more on our differences, distinctions rather than the oneness. By removing these ephemeral distinctions, that we as humans have created, we can embrace oneness with our fellow beings, oneness with all creatures and oneness with God.

“It is **not the combination of many; it is the realisation of oneness**. When you have mirrors all around you, you see your many forms. These are all your different forms. But this is not the truth. The one who asks the question and the one who gives the reply, both are one and the same. All are one. The same person appears in many forms. To consider these forms as different from each other is a mistake.

“Though there is total unity in creation, **we look at it from the angle of diversity**. We say, “He is my father, he is my mother, she is my elder sister, she is my younger sister.” We develop relationships on the basis of forms. Where have these relationships come from? Nothing can exist without the principle of unity.”

– Sathya Sai Baba (*Sathya Sai Speaks Vol.42/Ch.19: 29 April 2009*)

Now we do not find any unity in the world. There are differences and differences all along everywhere. There will be complete unity only when love manifests in the heart of everyone. Then all will become one. There will be unity of caste, culture, and country.

– Sathya Sai Baba (*Shivaratri, Prasanthi Nilayam, 6 March 2008*)

Why is unity important to us as YAs?

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
- To serve society
- To live and work amicably with others

“Do not observe any differences such as “He is an outsider, he is a rich person, he is a beggar. All are one. See unity in all. **Only then will you have steady and true devotion**. Otherwise, you will have bumps and jumps. Your devotion will waver from moment to moment. “

– Sathya Sai Baba (*Sathya Sai Speaks Vol.42/Ch.19: 29 April 2009*)

The strife and conflicts between human beings started the moment humanity forgot its fundamental unity. It is time that this trend is reversed and that the fundamental unity among humans is re-established.

– Sathya Sai Baba (*Sathya Sai Speaks Vol.42/Ch.4: 21 February 2009*)

Will the study circle offer practical tips to help achieve unity?

Yes! The study circle will look at the ways to achieve unity from an individual level of harmony of thought, word and deed, to ways in family life, societal encounters, within the Sai organisation and within nature. We will then discuss challenges we face and help each other to find ways to make it easier to practice the tips.

During Swami’s last public discourse Swami pleaded,

“All are human beings. All are the children of God. Therefore, live with unity without giving room to any differences. This is My message for you today.

– Sathya Sai Baba (*Sathya Sai Speaks Vol.43/Ch.3: 22 Nov 2010*)

Thank you for reading the pre-reading material. We’re looking forward to hearing you at the Sathsang.

Jai Sai Ram