

# Reading for Online YA Satsang: Self-Introspection

**Activity One:** Read the following story

**THE LORD'S ADDRESS:** The Lord has only one Head Office. That is the heart. All other places like 'Kailasa,' 'Vaikuntha' etc., are only branch offices. Krishna did not present Himself immediately in front of Draupadi when she prayed to Him in her hour of plight. She called the Lord 'Dwaraka vasa' (dweller of Dwaraka), 'Madhurapura vasa' (dweller of the city of Mathura) etc. But Krishna did not appear. Totally tired, she at last said 'Hridaya vasi' (dweller of the heart) and Krishna appeared immediately and came to her rescue. Many days later Draupadi asked Krishna, "O brother! why did You not come to me in my hour of humiliation, when I called out to You?"



To this Krishna replied, "You addressed Me as Dwaraka vasa. Since I am duty bound to prove the truth of my devotee's words, I had to go to Dwaraka and come back all the way. But I presented Myself in front of you as soon as you called Me Hridaya vasi."

This incident substantiates the fact that the Lord is the resident of the heart. The Lord is nearer to you than your parents, friends, kith and kin. We should not be affected by praise and blame, censure and appreciation, gain and loss.

*Source: Summer Showers, ss1993, p20*

**Moral:** The gist of this story is to highlight that God resides within us and will respond the quickest when we call him from the depths of our hearts. This means on the journey of self-introspection; the Lord is always on hand to respond to our questions, provided we are earnest in our self-inquiry.

**Activity Two:** Complete the self-introspection activities included in the slides prepared for this satsang, which will cover the following:

- What is self-introspection
- The benefits of self-introspection
- The tools for self-introspection
- How to self-introspect, a two-week challenge
- Swami's teachings on all of the above

*Thank you for reading this material. The slides for this satsang will also be available on the SSSIUK website later today.*

*Aum Sri Sai Ram*