



Sathya Sai Region 3 Study Circle - Loving God Series

Selfless Love for Sense Control

Objective To understand how developing love for God is a means to achieve sense control and how sense control is important to develop and maintain love for God.

Quote

“The mind has to be diverted to undertake sacred activities. In order that it may not engage itself in evil deeds it has to be trained to cultivate love for God. When this is done, mind would really become helpful to us in our sadhana (spiritual discipline or exercise). There is no greater power than selfless love in spiritual discipline. By cultivating such selfless love for God, gradually we can develop sama (control of the external senses) and dama (control of the inner senses) and move about freely in the Atmic (relating to our true, inner Self) kingdom.” Swami, Dasara Festival, 1976.

Suggested Questions

1. How does selfless love for God help us to gain control of our senses?
2. Is controlling one's senses necessary for developing love for God? Why?
3. Which comes first? Love for God or sense control? Why?
4. Can you think of an example from your daily life when your love for God helped you control your senses or vice versa?

Life Application

Spend 5 minutes each day this week totally focused on Swami and your love for Swami. You may choose any activity that you like when you spend your time with Swami. Share at the next study circle session if and how it helped you gain sense control.

Affirmation

My senses are given to me to appreciate God's love that surrounds me in my life.