

Course 1 Module 3 Topic 5 (C1M3T5) Ceiling on Desires

Goals

- Explore the four components of Ceiling on Desires
- Examine the effects of controlling the resources of time, energy, money, and food
- Examine how the process of implementing ceiling on desires leads to self-enquiry

Abilities and Skills

- Develop the skills to incorporate Ceiling on Desires in daily life.
- Communicate the importance of applying Ceiling on Desires in everyday life.

Essential Questions

- What are the four resources and why do they need to be controlled?
- How can the control of these resources in daily life influence self-transformation?
- What is its relationship between Ceiling on Desires and self-sacrifice?

Knowledge and Understanding

- Controlling the consumption of four resources: Time, Energy, Money, and Food. That is to develop self-discipline and self-sacrifice rather than expecting to get everything we want. Ceiling on Desires gives the discipline to control desires and restores the balance of the five elements.
 - *Man is deluded by his unlimited desires. He is living in a dream world. He is forgetting the Supreme Consciousness (Para-tattwa). That is why it is important to keep our desires under control, to place a ceiling on them. We are spending too much money. Instead of inordinately spending for our own pleasure, we should be spending for the relief of the poor and needy. This is the real meaning of 'Ceiling on Desires'. However, do not make the mistake of thinking that giving money is all that is needed while allowing your own desires to continue to multiply. Curtail your desires, as materialistic desires lead to a restless and disastrous life. Desires are a prison. Man can be freed only by limiting his wants. You should have desire only for life's bare necessities. - Sathya Sai Baba*
 - *We need food for the protection of the body and clothes for protection from cold and heat. The body is the source of all diseases arising out of desire. There is nothing wrong in having desires for food, shelter, and clothing. It is excessive desire that causes attachment and disappointment. - Sathya Sai Baba*
- **Food**
 - Sathya Sai Baba talks about the necessity to eat pure, healthy food. Waste of food not only includes buying and eating more than needed, but also consuming food that has little or no nutritional value.

- *Food is the main source of man's life, body, mind and character. The gross part of the food, which is the major portion of the food consumed by the body, is thrown out as waste matter. A minute amount of the food, which is the subtle part, is assimilated by the body and flows as blood. And a minuscule amount, which is the subtlest part of the food, makes up the mind. Therefore, the mind is the reflection of the food consumed. The reason for the present beastly and demonic tendencies in our minds is the food we consume. Only by controlling the quality of our food and water we ingest can we attain Divinity. - Sathya Sai Baba*
- The 'food we eat' also refers to all ingested through the five senses such as in the form of music, movies, books, T.V., Internet.
- *We need food for the protection of the body and clothes for protection from cold and heat. The body is the source of all diseases arising out of desire. There is nothing wrong in having desires for food, shelter, and clothing. It is excessive desire that causes attachment and disappointment (Sathya Sai Speaks, Vol. 26, Ch. 18).*
- **Time**
 - Examine the use of time to avoid the waste of time.
 - *Time wasted is Live wasted*
 - *You should be careful about 'time', which is the yardstick of life. Seconds become hours, hours become years, years make ages (yugas) and so on. You should not waste this most valuable 'time'. Time lost in wasteful pursuits can't be got back by any means. All our activities should be planned for utilizing the available time to maximum advantage. - Sathya Sai Baba*
 - Effective time management includes dedication to positive activities including: work, service, devotion, family, exercise, meditation, etc.
 - Actions in the past affect the present. Actions in the present affect the future. It is important not to hold onto things
 - *Past is past. Forget the past. Do not worry over the future, since it is uncertain. Live in the present. The present is not just ordinary present, it is omnipresent. The future is the consequence of the present. The present is the consequence of the past. The tree of the past gives the seed of the present, which grows into the tree of the future. Between the tree of the past and the tree of the future, the present is the seed, which is of utmost significance. It gets sustenance from morality - Sathya Sai Baba*
- **Money**
 - The misuse of the acquisition and use of money leads to bad qualities, bad ideas and bad habits. Money should not used as a status symbol for power; it is not real or permanent.

- *Money comes and goes, morality comes and grows. So cultivate morality (Sathya Sai Speaks, Vol. 33, Ch. 18, p. 287).*
- This relates back to the goal of education - education is for living, not for earning a living, or acquiring wealth, status or power.
 - *Education should be pursued, not merely for acquiring degrees, but for cultivating human values. All riches are ephemeral. Do not become slaves of wealth. Become subjects of good qualities. Wealth without character is worthless. Life becomes an ideal one when character constitutes one's wealth. The blossoming of one's character leads to radiance in life - Sathya Sai Baba*
- Sathya Sai Baba encourages people save their money and spend it money on helping others.
 - *"A man should own only as much wealth as is essential. It is like the size of his shoes. If the shoes are too loose, he cannot walk; if they are too tight, he cannot wear them. Money is like manure. Piled up in one place, it fouls the air. Spread it wide, scatter it over fields, it rewards you with a bumper harvest. So too, when money is spent for promoting good works, it yields contentment and happiness in plenty. Like blood, money too should circulate to ensure health" - Sathya Sai Baba*
- **Energy**
 - Sathya Sai Baba stresses that the conservation of energy is very important and that our physical, mental and spiritual energies should never be wasted. He explains that we waste energy by "Seeing bad things, hearing bad things, speaking evil, thinking evil thoughts, and doing evil deeds" and encourages us to make our life more meaningful.
 - *Don't waste energy. Energy enters into every one of our actions. When you see, speak, hear, act or think energy is expended. In every one of these activities you should see that you do not waste your energies unnecessarily." - Sathya Sai Baba*
 - Energy levels vary according to the management of money, food, and time.
 - Water is also a form of energy that must be conserved.
 - *Children must be taught not waste food, water, time, energy or money. Sri Sathya Sai Baba explained that do so is a form of violence against nature. (Global Overview, p. 11)*

The balance of money, time, food and energy enables people to live a full physical and spiritual life and selfless service.

Learning Activity Example/s

- “*The Golden Fish*” by Alexander Pushkin
- Wants vs. Needs Scale: Talk about what is considered a want/need in a group. Make a list then write the items on post-it notes. Have participants put the post-it notes on a scale to see what is considered a want or need.
- Wants -----Needs
 - When does a need become a want?
- Case Study on Ceiling on Desires

List of Resources for this Topic