

5. Practise what you learn

A STUDY circle does not mean only just reading and discussing and taking information into the head, but also putting into practice what is learnt. If knowledge is stored in the mind, it causes confusion and confusion leads to blowing of the fuse. How will real jnaana develop if there is too much confusion? For instance, if you go on eating all the 24 hours, it will result in indigestion. This will lead to disease. What is eaten should be digested and then only you should eat again. In the same way, you should listen {eat} in the Study Circle and put into practice (digest) what you have learnt. Again you can have another round of listening in the Study Circle. Now what you are doing is only loading and loading and no unloading. How much can you sustain like that? So, you should go on loading and unloading, listening and practising. You have to practise whatever you have learnt. Then only it becomes a real Study Circle.

It is important to learn your true nature

In the Study Circle, whatever we listen and assimilate in the mind should be distributed to others. In that way we show gratitude for what we have received. We should not listen and keep it to ourselves only for our benefit. Whatever we hear and practise should also be distributed to society at large, Such gratitude is very important for man. If one does not have gratitude, he leads the life of an animal. Even a dog shows gratitude if you give a little rice. In the Sathya Sai Organisation, keeping this in mind, we should maintain unity and help the world. Other organisations may not know the inner meaning of this, but in our organisation we should know the inner meaning and we should practise it, otherwise it is of no use. You should therefore be an ideal to others.

In the study circle you can learn a lot of things, but the most important thing to be learnt is your own true nature--your *Atma-tatwa*. Learning all about external things without knowing your real self is like studying the branches of a tree, ignoring its roots. There are many fruits on the tree. We can see the fruits. What happens if you water those fruits? They will fall down. But if you water the roots down below, the tree flourishes and will give fruits which can be enjoyed. You have to develop self-knowledge and self-confidence and then only you can help others.

Address to the Study Circle for industrial workers at Shanti Deep, Dharmakshetra, Bombay on 30-1-1985.