



SERVE THE PLANET 2018

Module 3: Study Circle Part 2 MENTAL ENERGY: THE MIND



Outline

- ▶ What is mental energy (mind)?
- ▶ What generates mental energy?
- ▶ Ways in which we waste mental energy
- ▶ Factors that influence our mental energy levels
- ▶ The power of positive thinking and how to turn it into action that can help the environment
- ▶ Using our mental energy to help serve the planet

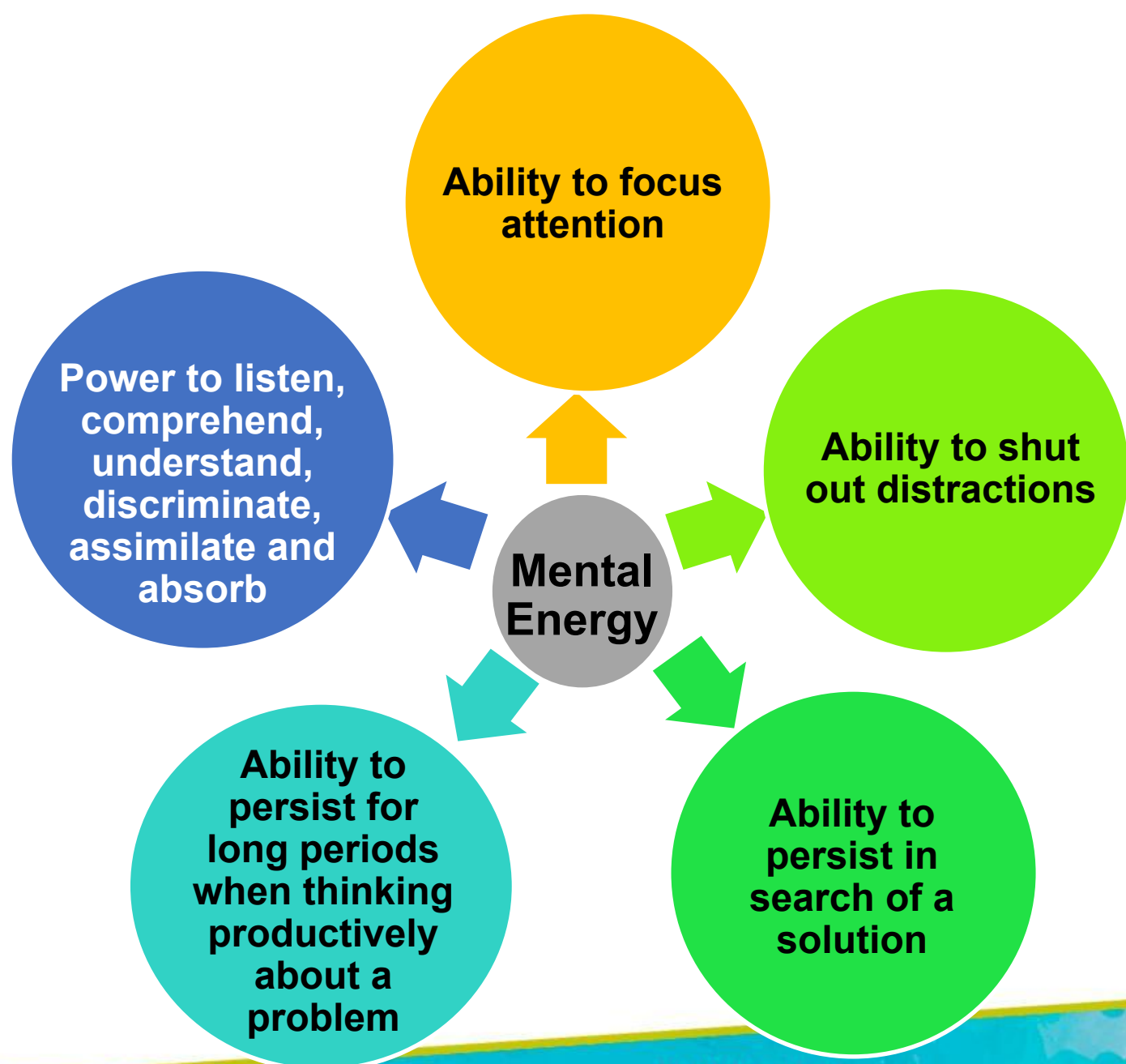


Purpose of this study circle

The purpose of this study circle is to understand the importance of our mental energy in relation to factors influencing its strength, how it can be conserved and the impact it has on us and the environment.



What is mental energy (mind)?



What generates mental energy?



What generates mental energy?



Soul

Intelligence

Mind

Senses

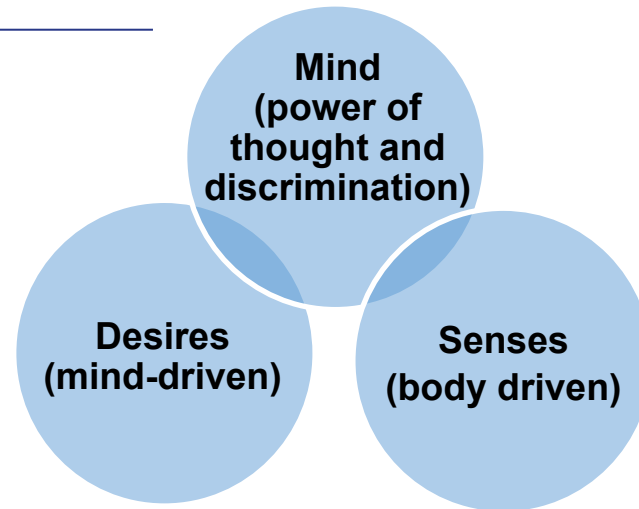
Body

Internal World

External World



What generates mental energy?



The power of thought and discrimination

- Right vs. wrong
- Internal vs. external
- The soul vs. the body and senses
- Long-term gain vs. immediate pleasure
- Self-realisation vs. worldly gains

The power of desires

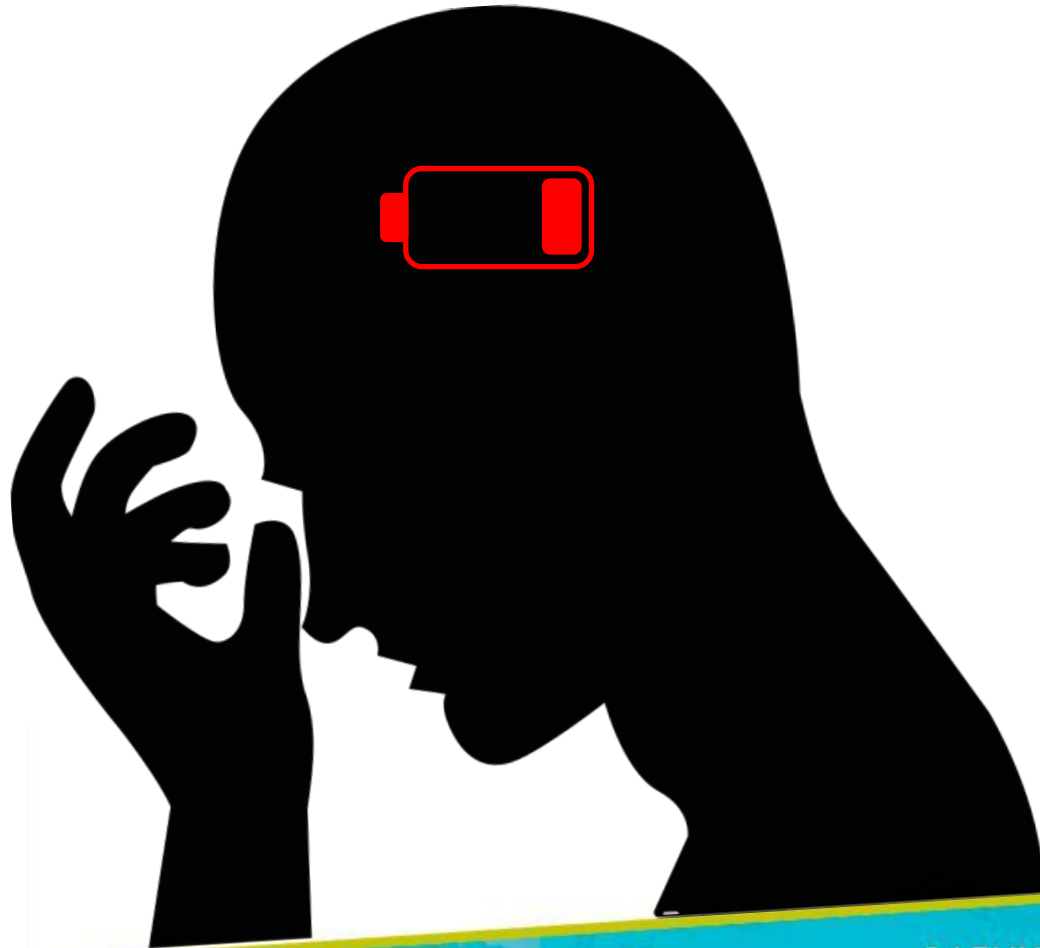
- Life '+' Desire is Man
- Life '-' Desire is God
- Unchecked desire causes unnecessary anxiety

The power of the senses

- One of the most powerful forces
- Makes the material world appear real



Ways in which we waste mental energy?



Ways in which we waste mental energy

Greed

Television

Technology

Excessive
mental
chatter

Anxiety

Worrying

Excessive
desires

Criticising
others

Delusion/
Attachment

Jealousy

Procrastinating

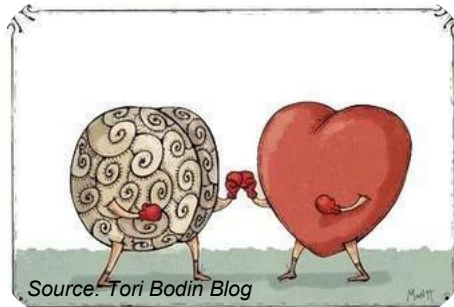


Factors that influences our mental energy levels?

Internal and External



The power of positive thinking and how to turn it into action that can help the environment?



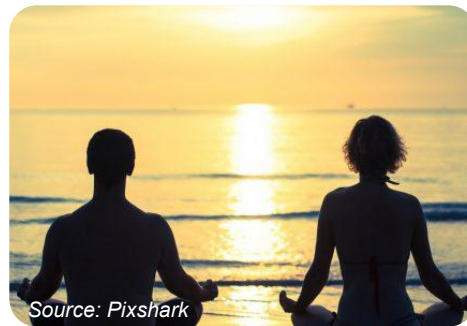
**Listen to your heart not
your mind**



Selfless activities



**Act with love at all
times**



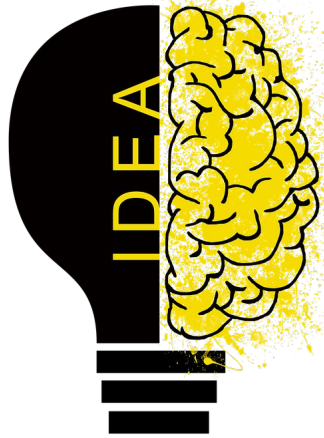
**Pursue spiritual goals
not worldly ones**



**Do not identify yourself
with the body; align
yourself to the soul**



Using our mental energy to help serve the planet



The energy that is conserved from limiting or eliminating behaviours and habits can be put to good use to help our planet and stay connected with Nature. Why not:

- Watch one hour less television every day and instead go for a mindful walk while praying to impart positive vibrations to Nature?
- Direct the time spent on social media to educating others on the environmental dangers currently facing our planet and the practical steps we can take to help?
- Resolve to worry less and instead plant some vegetables in the garden or help clear rubbish in a nearby park?

Can you come up with more ideas that can help us direct our physical and mental energies towards positive actions to help the environment and staying connected with Nature?



Recap

- ▶ What is mental energy (mind)?
- ▶ What generates mental energy?
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Next: Module 3 Study Circle Part 3 – Spiritual Energy

- ▶ What is spiritual energy?
- ▶ Practices that can help us be aware of the spiritual source (divinity) within each of us
- ▶ How do we recognise the divinity (or pervasiveness of divine energy) in Nature?
- ▶ Understanding the relationship between internal energy (physical, mental & spiritual) and external energy (Nature)
- ▶ Need for transforming spiritual energy into action
- ▶ How can we achieve maintaining the balance in Nature?



Get in touch

If you have any questions, feedback or ideas on Serve the Planet Programme, please get in touch with the Team at servetheplanet@sathyasai.org.



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