

References for Effective and Loving Communication Workshop - Loving Speech

1. Man is beset with joys and sorrows and has to bear with them as with heat and cold. To live in the world completely free from troubles is not possible. Recognizing the difference between good and bad, you have to lead a balanced life. Students sorely need such understanding and capacity for adjustment. Once they develop right understanding, adjustment will be easy to accomplish.
Divine Discourse Jan 6, 1991

2. *Practice moderation in speech – it will help you in many ways. When the foot slips, the wound heals after a few months; when the tongue slips, the wound it causes in the heart of another will fester for life.*

[SSS 1:10, 22-July-1958]

3. *In order to solve many problems that arise when one practises the sadhana of Truth, Manu directed man not to speak out unpleasant truth or pleasant falsehood. When it becomes necessary to reveal an unpleasant truth, one has to soften and sweeten its impact by consciously charging it with Love, sympathy, and understanding. "Help ever; hurt never" --that is the maxim.*

[SSS 18:26, 5-Dec-1985]

4. *The Shaasthras also say, "Sathyam bruyaath, priyam bruyaath na bruyaath Sathyam apriyam"---"Speak the truth, but speak pleasantly. Simply because a statement will be welcome to the hearer, don't speak it out to win his approval; if speaking truth will cause grief or pain, keep silent."*

[SSS 7.46: 20-Dec-1967]

5. *The tongue is liable to commit four errors: (1) uttering falsehood, (2) finding fault with others, (3) excessive articulation, and (4) indulging in scandals. These have to be strictly avoided if there is to be peace for the individual and society.*

[SSS 1:10, 22-July-1958]

6. *The others are part of yourself. You need not worry about them. Worry about yourself; that is enough. When you become all right, they too will be all right, for you will no longer be aware of them as separate from you. Criticising others, finding fault with them, etc. – all this comes out of egoism. Search for your own faults instead. The faults you see in others are but reflections of your own personality traits. Pay no heed to little*

worries; attach your mind to the Lord. Then, you will be led on to the company of good people and your talents will be transmuted. Consider everyone as children of the Lord, as your own brothers and sisters; develop the quality of love, and seek always the welfare of humanity. Be like the bee, drinking the nectar of every flower, not like the mosquito, drinking blood and distributing disease in return. If you continue to love, you will be loved in return.

[SSS 1:11, 25-July-1958]

7. *Understanding others is the key to adjustment*

[SSS 26:26, 21-July-1993]

8. *First you must understand each other. After that adjustment will be easy. First understanding. Second adjustment. Ninety percent of the people try adjustment first. This is the wrong way. First understanding.*

(Visions of Sai, Rita Bruce pg. 129)

9. *God has created man in His own image so that his conduct should be in consonance with His command. You should not cause harm to anyone, for God exists in all. Always speak with a smile on your lips. You cannot always oblige, but you can always speak obligingly.*

[SSS 32:09: 16-Oct-1999]

10. *I advise through another slogan also: "Even if you cannot oblige, you can at least speak obligingly." This means that you have to cleanse your speech of cynicism and satire and be ever sincere and sweet. You may differ from co-workers on methods and programmes, but this should not leave a scar on your heart. Office-bearers in this Organisation are leaders who bear the brunt themselves, guides who walk along the path they wish others to take. They shall not command or punish, they can only persuade and advise.*

[SSS 14.13: 22-Nov-1978]

11. *When you converse with others, you should do so with respect. You should not use harsh words. "If you cannot oblige, speak obligingly," is the golden rule you should follow. When you salute others, it goes to God. When you criticise or abuse another person, that also goes to God. You must discourage and control the emergence of bad qualities. When you are in a bad or an angry mood, keep silent. Do not exchange words, which cause the anger to multiply*

[SSS 31.19: 26-April-1998]

12. "I want you to use your tongue only for your good and the good of others. If you speak harshly to another, he too talks loud and harsh; angry words cause more angry words. But, if you use soft and sweet words when another is angry towards you, he will calm down, he will be sorry that he used his tongue in this way.

[SSS, Vol 09.09: May-05-1965]

13. Always respect another's opinion and another's point of view. Do not start a quarrel at the slightest difference of opinion. He may be right and you may be wrong. Ponder over his argument; he might have had the advantage of knowing more about the subject or you may be prejudiced either for or against; or he may not know as much as you. All differences of opinion are not due to personal hatred, remember.

[SSS 1.24: 25-Nov-1959]

14. Never give scope for differences of opinion even in trivial matters. If any differences were to arise, each should be prepared to forgive the other. All are the children of God. All are brothers and sisters. You should understand this truth and conduct yourself accordingly. There is love in everyone. It is only when man develops love in him can all be united. When we develop love and give up hatred, our innate power will manifest.

[SSS 40.08: 20-Mar-2007]

15. "Speak softly, sweetly, without malice in your heart; speak as if you are addressing the Sai who resides in everyone"

[SSS 5.15: Mar-3-1965]

16. "Never use foul words against another. Such words should not rise from your tongue, nor should they enter the ear of the others. Remember that there is God inside your heart, as well as in the hearts of all the rest. He hears and sees all things"

[SSS 09.09: May-16-1969]

17. "So when you use harsh, cruel, angry and foul words against another, the God in you and the God in the other person is hurt. The tongue is a tool, as I said. You can harm yourself and harm others with it. So, be very careful; use it only for your good and for the good of others. If you use it for talking kind words, for repeating the Name of God or singing His Glory, or praying to Him – then, it is put to the best use."

[SSS 09.09: May-16-1969]

18. *“One who calls himself a leader should always speak sweetly and lovingly. He should not indulge in criticism. Criticism is nothing but the reflection, reaction and resound of one’s wicked qualities. The bad qualities that one sees in others are nothing but the reflection of one’s own inner feelings. No one has the right to find fault in others. He is the worst sinner who indulges in fault-finding. The tongue is given to make others happy and to sing the glories of the Lord. You cannot always oblige, but you can speak always obligingly”.*

[SSS 33.14: Sep, 10, 2000]