



Love in Human Nature

Rita and Robert Bruce

www.Love-in-Human-Nature.org

ABOUT RITA AND ROBERT BRUCE

Rita and Robert Bruce have been devotees of Sri Sathya Sai Baba and active members in the Sai Organization for over 45 years. They have been married for over 60 years and have raised 4 children. Rita is the author of five books that Sathya Sai Baba has personally named Vision of Sai I and II, Sathya Sai Parenting I and II, and Love of Conscience.

They have traveled abroad over 35 times and throughout America and Canada as guest speakers at Sai Public Meetings, Sai Conferences, Sai Centers as well as facilitators and teachers of Sathya Sai Parenting, Sathya Sai Relationship/ Marriage, and Love of Conscience weekend Seminars.



Rita and Robert have conducted weekend workshops for training teachers/gurus to conduct Sathya Sai Parenting workshops in their respective countries. They are also trainers who have given seminars to Sathya Sai EHV teachers on all aspects of their programs and spoken in Public Schools and Spiritual Groups. They have also presented Sathya Sai EHV Parenting to the Malaysian Government, Family and Parenting Division.

Rita and Robert's special events have included:

- Spending a month in Indonesia presenting "EHV Parenting and Learning Methods" as well as "Relationships and Marriage with Human Values."
- Being guest speakers at the First All India Workshop on Parenting Conference, held 20-21 November, 2007 in Prasanthi Nilayam, India. They presented on the topic of "Sri Sathya Sai Parenting" for Session III. Sri Sathya Sai Baba performed the Inaugural Lighting Ceremony for the conference.
- Seminars and workshops in the Gulf Countries of Dubai, Abu Dhabi, Qatar, Bahrain, and Kuwait during a two week tour in September, 2007, followed by a seminar in Oman in December, 2007.



Rita Bruce

Rita's skills and experience have always been founded in communication. Prior to her current focused work with *Love of Conscience, Parenting and Marriage*, she worked in sales, supervised a home-based business, and was instrumental in large corporations sponsoring the Girl's Club of America.

Rita has taught Human Values to the Girl's Club of America, Sathya Sai EHV teachers, Public Schools and Spiritual Groups. She is a guest speaker and facilitator, nationally in the USA and internationally, and is the author of four books:

- Vision of Sai I and II
- Sathya Sai Parenting
- Love of Conscience: Four Aspects of Human Nature

Robert Bruce

Prior to his retirement after 18 years as a Control Systems Engineer with Anheuser-Busch in St. Louis, Missouri USA, Robert supervised an instrument engineering staff, designed new systems and trained personnel. He has published seven journal articles related to instrument technology and developed a sales/performance methodology.

Together with his wife, Rita, he is a guest speaker and facilitator, nationally in the USA and internationally, on the topics of *Love of Conscience, Parenting and Marriage*.



Information for the Sri Sathya Sai Organization: In 1996, Sathya Sai Baba gave Rita and Robert Bruce permission to do the following seminars. He said that the Young Adults should also have these same workshops:

- Love of Conscience: The Four Aspects of Human Nature
- Sathya Sai Parenting
- Facilitator Training Seminar for Sathya Sai Parenting
- Sathya Sai Relationship/Marriage
- Learning Methods for the Mind and Body

Rita asked Sai Baba, "Swami when we are not here to ask Your permission pertaining to each invitation, what should we do?" He replied, "*Go wherever you are asked.*"

After the interview they spoke with Dr. Goldstein explaining that Swami gave them permission to do these workshops. Dr. Goldstein confirmed this to be true with Sai Baba.

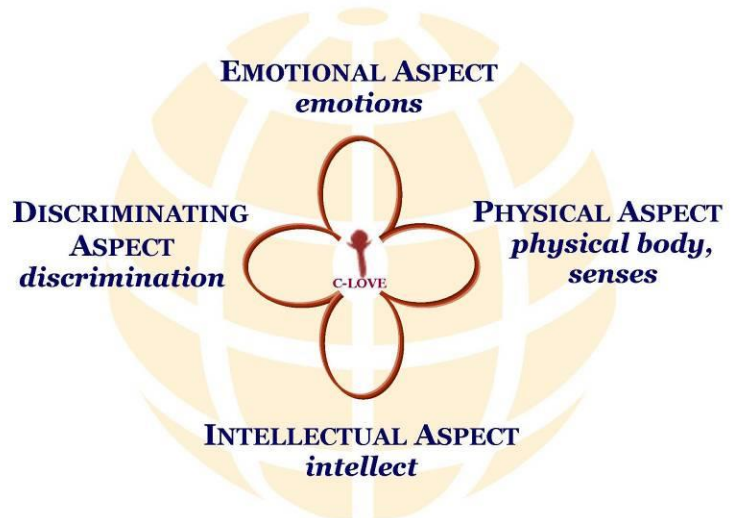
Seminars by Rita and Robert Bruce

All of Rita and Robert's seminars can be customized for public meetings, public schools, government organizations, society groups, etc.

SEMINAR: FOUR ASPECTS OF HUMAN NATURE

This seminar teaches participants about a predetermined program that describes the working mechanism of the intellect, discrimination, emotions and physical body/senses. Before we are born, we are assigned one of these four as our primary identification. Our primary identification has a distinct image, a subtle and hidden ego. The operating system for these 4 aspects in man, create a specific pattern of communication and behavior that is associated with each one of them.

In marriage, our partner is the opposite aspect. Because we marry an opposite our style of communication conflicts and creates a barrier in our relationship. You will understand yourself and all others through this seminar. The objective of this knowledge is to balance all four of these aspects within, to understand yourself and communicate Conscious Love to all mankind.



The Four Aspects of Human Nature are related to Sathya Sai Baba's five Human Values. In an interview, Sai Baba said the following correlations are "Perfect":

- The job of *emotions* is to evolve **Peace**
- The job of the *intellect* is to evolve **Truth**
- The job of *discrimination* is to evolve **Right Conduct**
- The job of the *physical body/senses* is to evolve **Non Violence**
- The value that is within all values is **Love**

This is a one or two-day course.

SEMINAR: LEARNING METHODS FOR THE MIND AND BODY

This seminar teaches parents and teachers on how each of the Four Aspects of Human Nature learn. Each of these four aspects has their own primary method, and individual requirements for learning. This class will describe the mind/body complex and the methodology for teaching. The Sathya Sai EHV Program is a perfect example of what is needed to have a complete learning experience. This course will instruct and give all teachers or parents an opportunity to understand that each of these four aspects has its own unique method of learning. These needs can be met with the understanding of this seminar.

Four Aspects of Human Nature Seminar is a requirement for this half-day course.

SEMINAR: SATHYA SAI PARENTING

This is an active participation seminar. The participants discover the importance of molding the character of children that Sathya Sai Baba says is their primary responsibility. This is a highly motivational, inspirational, educational and experiential seminar. The participants work in small groups discussing the issues of valueless parenting, finding solutions using many quotes from Sathya Sai Baba's or other historic role models as examples of character. We give a 1 1/2 hour lecture and the participants give a final Presentation to the group on the question that they have submitted.

The Sathya Sai Parenting Seminar is happening on three levels. First is the level of your relationship with your parents, second is the level of your relationship with your children, and last, the subtlest, is our relationship with our Divine Parent. Everything that is discussed in this seminar can be related to our personal relationship with God. We are His children. Therefore, this seminar is for ages 18 to 80 plus. It is designed to have a mixture of ages that bring different experiences to expand the discussion. All ages can contribute and add value to discovering solutions for helping our children to develop character.

This is a one-day course.

SEMINAR: FACILITATOR TRAINING FOR SATHYA SAI PARENTING

A facilitator-training program is available for those who are interested in facilitating this workshop in their country. A requirement for the training of facilitators is to participate in a Sathya Sai Parenting Seminar.

This is a one and a half day course.

THE HARMONY HOUSE OF HUMAN VALUES



GOD IS LOVE

SEMINAR: SATHYA SAI RELATIONSHIPS/MARRIAGE


This seminar is to awaken the participants to their role, commitment, and responsibility to one another in marriage. The seminar is divided into four stages of marriage: Marriage is a dream; realize it. Marriage is a game; play it. Marriage is a challenge; meet it. Marriage is love; enjoy it.

This is a highly motivational, inspirational, educational and experiential seminar. The participants work in small groups discussing the issues of valueless marriage, finding solutions using many quotes from Sai Baba's or other historic role models as examples of character. We give a 1 1/2 hour lecture and the participants give a final Presentation to the group on the question that they have submitted. This seminar is facilitated in the same style as the Sathya Sai Parenting Seminar.

The Sathya Sai Marriage Seminar is simultaneously happening on three levels. First is your parents marriage, second is your relationship with your spouse, and third our relationship with God. Union with God is our goal. Marriage is the preparation for this union. It is the experiential laboratory that allows us to reduce our ego and sacrifice our own desires. This is true service/seva giving love to one another.


This seminar is for all ages 18 to 80 plus. It is designed to have a mixture of ages that bring different experiences to expand the discussion. All ages can contribute to seek solutions that can prevent divorce and enhance the true meaning and value of the sacred institution of marriage.

This is a one-day course.



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Sathya Sai Relationships/ Marriage



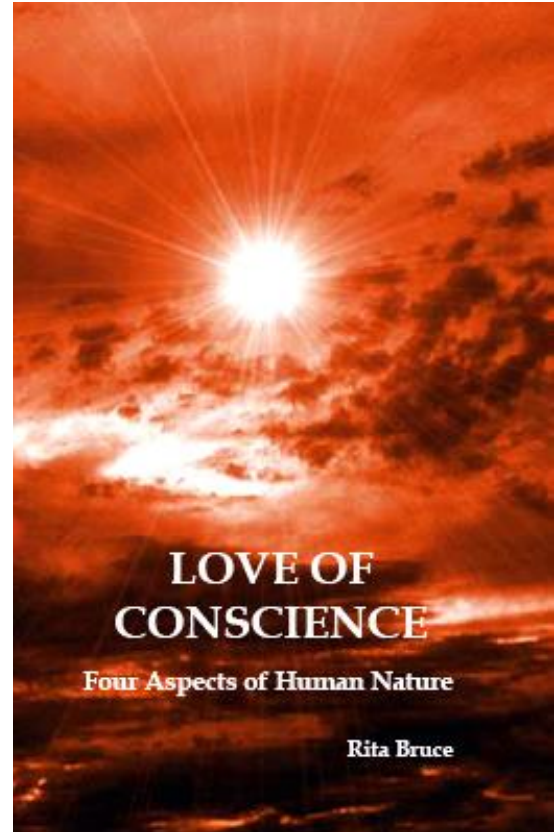
Books by Rita Bruce

LOVE OF CONSCIENCE: FOUR ASPECTS OF HUMAN NATURE

During an interview with Sathya Sai Baba on December 29, 2002, Sai Baba told Rita Bruce, the author, and her husband Robert to name this book, "*Love of Conscience*." He said, "*The proper study of mankind is man, and this book is the proper study of man.*"

This book is an adventure into the unknown. During this journey you will find wonderful moments exploring new knowledge, jewels of self-awareness, new tools for change, and expanding pathways of consciousness. Herein lies an adventure with challenges to meet. You will be required to dive deeply and draw from the limitless spring within your God-self that will give you the strength to succeed.

The knowledge of the four energies is knowledge about our human nature, which will guide us to the Divine. Humanness has four aspects: the physical body, the intellect, the emotions, and discrimination. These four aspects, as they have evolved, create a program that is predetermined, placed within us before birth. This program determines a pattern of behavior that controls whether we place more importance on our specific style of communication such as feeling, sensing, thinking, or reasoning and judging as we go through our daily activities.



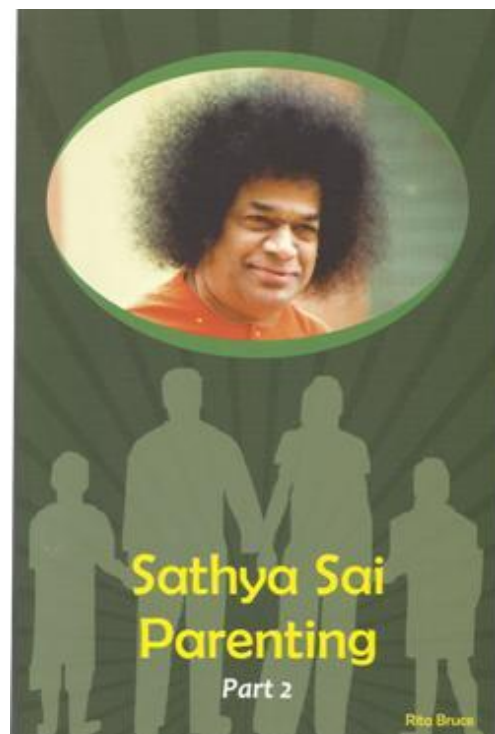
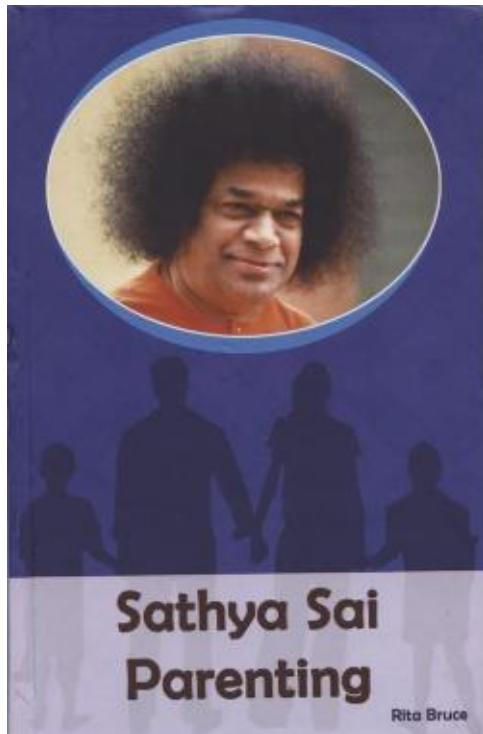
SATHYA SAI PARENTING I AND II

These books are for students, young adults, married couples, parents and grandparents. It is about the "Restoration of the Family Home." The strong winds of changing values, these external elements, have worn and torn tirelessly at the construction of family life and it needs to be repaired.

To remodel our home will take work, and we will first need to remove the decayed weakened structure and replace it with a stronger, newer edifice. To begin, we will need a floor plan to remodel our Family Home which has been designed by our architect, Sathya Sai Baba. His Divine Blueprint, His Teachings, are incorporated throughout the structure of each book helping us in a "Step by Step - How To Do" method.

The teachings of Sai Baba on parenting, embodying His dharmic wisdom, are the most spiritually correct methods on how to teach Human Values to our children for the purpose of building character with love, understanding and discipline.

These books are not just for parenting. They cover the entire family life and the different stages we go through such as selecting a marriage partner, marriage, elders, and stressful lifestyle. They have something for everyone.

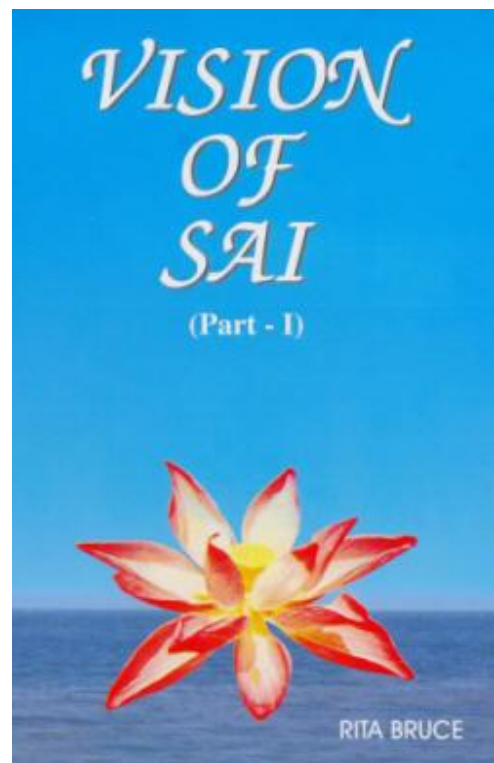
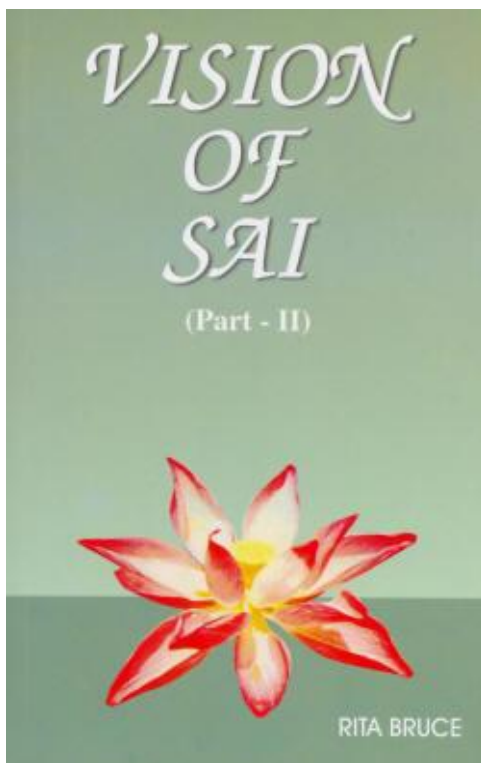


VISION OF SAI I AND II

An artist takes his brush and strokes until he has produced a painting, a picture on canvas. I, too, am trying to paint, a picture on the canvas of your mind through the medium of words. This picture is of Sai Baba - of unchanging everlasting Love and Light.

But how do you capture Sathya Sai Baba through the framework of language and explain Him with words? It seems impossible! And yet, if you open your mind and heart holding back the barriers of pre-conceived beliefs His Light of Truth will come from His Heart directly to your heart... Heart to heart. I am simply a story teller, not a writer, the words of Wisdom in this book are those of Sri Sathya Sai Baba. Within these pages I tell you a story about my experiences with Sai Baba and how His example and words of profound wisdom have helped me to buffer the forces of negativity prevalent in our world by teaching me what REAL LOVE means.

"Who is this person in the orange robe with the halo of soft black hair?" Only you can search for this answer. He tells us that no-one even hears of His name unless it is His Will. So do not take another's word as your truth; seek and discover for yourself. Don't relinquish this golden opportunity and enter your grave, empty and lonely. Go to Him and fill your heart, till it overflows, with DIVINE LOVE.



Articles by Rita Bruce

All articles can be downloaded from the website: www.love-in-human-nature.org

TRANSFORMATION OF THE HEART

As the rivers of life carry us on our current of destiny flowing through the caverns of our inner journey, over the barriers of boulders, washing our egos with the polishing sand and pebbles, transformation is taking place. On its journey, the river passes the mountain peaks, crevasses, valleys, meadows, and forest. Sometimes resting in a pool to soak up the pictorial scenes that have been traversed on this moving, stirring, rippling journey, to reflect on the experiences of learning in one's lifetime. But how to judge the depth of the water, the shallowness of consciousness, the unconscious levels being affected while not aware?



Transformation within us escapes our consciousness blinded by our own ignorance, the bends and turns, swirling around the everyday events, picking up the grit of the river bed, clouds the purity of judgment. The memory of the journey is but a small view compared to the view seen from the top of the Atmic mountain.

Transformation is defined as “to be changed”. It does not state the nature of change. It could be for the good or not so good. But for us on the Spiritual Journey of life, transformation usually implies transformation from sub-human to human to divine, from selfishness to selflessness, from worldly attachments to un-conditional love in search of our Divine heritage.

OMNIPRESENT TEACHER SAI BABA

We come to Prasanthi Niliyam asking, “Who is Sai Baba?” But in reality, the question is “Who are we?” Sai Baba has come on earth to teach us the truth of our own identity, so that we may become enlightened. Coming to see Him is important because His example is the living proof that God does exist in pure selfless love.

The omnipresent form of God is our own Divinity that protects, guides, teaches, and provides for all our needs. Our association, our communication, our chanting His name, mediating on His form, feeling His Divine Presence within us will ultimately lead us to the reality that we are God.

IDEAS AND METHODS FOR TEACHING TEENS

The human values of Truth, Peace, Right Conduct, Non-Violence and Love are the end goal. These values are theoretical and very difficult to teach to children and teenagers. They are abstract. We teach human values whenever applicable in school subjects and stories. The same is true by using their real life experiences, issues and concerns to emphasize the five human values.

Swami says, "The primary responsibility of parents is to mold the character of their children." The same is true for teachers. The objective is character development. This is best accomplished when we help the student explore life situations, in a friendly environment, through communication. We can choose topics that pertain to their lifestyle that will increase their interest.

When teachers impart knowledge in school with subjects such as math, science etc, you need the lecture method. When you teach parenting, spirituality, and character development, we need to emphasize life experiences and experiential learning methods. The role of the teacher is to create for the student or parent an environment that allows them to understand themselves. They need a friendly atmosphere to explore the current issues in their everyday life that are problematic. Once this awareness is present, the solutions are discussed.

BIRTHS ARE MANY; MOTHERS FEW

To be or not to be a mother is the perplexing question that resounds and reverberates in the minds of women around the world today. The consciousness is the same in all countries.

Upon the altar of material gain ***Motherhood*** has become the sacrificial lamb.

When I travel around this world working with the Sai Family, I ask the mothers, "Why are you working?" The answer remains the same. We need a double income to support our family. But most families have only one child, maybe two. In recent years the number of children in each family has decreased while double income increased.

But what lifestyle is required to raise a child? Is it more important for the child to have a television in his room, cell phones, computer games, play-stations, and name brand clothing. Or is it possible for us to rethink our family values and place greater emphasis on the mother staying in the home to give the type of love that only a mother can give.

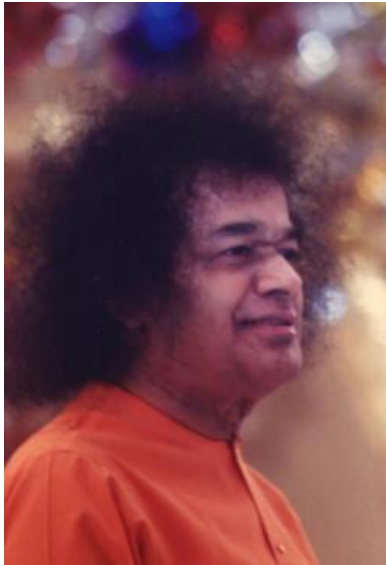
DHARMA FOR WOMEN

Dharma for women means the ***transformation of the role of feminine energy*** on this planet. We need to re-evaluate, re-examine, re-structure, re-store, and resurrect the role of ladies that has sometimes been dishonored to less than human in society.

Women are the highest gift given to mankind because we are the *vessel* in which God's creation continues. In addition, we have the guardianship of preparing the life of our children by molding their character. There is no higher position given to mankind by God than the honor of being a female, the first teacher, setting the stage of right conduct and love of God that is formulated in the early years of child development.

God cannot teach each child on the planet, unless it is through the feminine energy in the role of motherhood. We are the instruments and what kind of a tune are these instruments playing, a worldly or a spiritual tune.

About Sathya Sai Baba's Divine Mission



Sathya Sai Baba is a highly revered spiritual leader and world teacher, whose life and message are inspiring millions of people throughout the world to lead more spiritual, purposeful and moral lives. His timeless and universal teachings, and how he lives those teachings in his own life, are attracting spiritual seekers from all parts of the world. Yet, he is not seeking to start a new religion. His mission is to give us faith in ourselves and in the God within us; to follow the spiritual path of our choice and/or upbringing (as Christians, Muslims, Buddhists, Hindus, Jews, etc.); and to render selfless service to mankind. Sathya Sai Baba is teaching us to see unity in diversity as he demonstrates that to be fully human is to be fully Divine.

Sathya Sai Baba was born November 23, 1926, in Puttaparthi, a small remote village in South India. As a child he demonstrated exceptional qualities of wisdom, compassion and generosity. One example is that he would take his meals out of his parents home to share with beggars on the street. When he was seven years old he began to compose spiritual songs that were performed at religious festivals. Soon he began to materialise and distribute sweets to his classmates after the singing of devotional songs.

To this day, Sathya Sai Baba is known for his ever-present miracles. Most often he materialises vibhuti (sacred ash), which has healing and spiritual powers. He also materialises gifts (such as sacred objects, jewellery and sweets), cures the sick, and heals mental and emotional wounds. Many people, when in the presence of Sathya Sai Baba, have experienced a tremendous opening of the heart, a warmth that inspires spiritual understanding and melts the dryness that was constricting them. He says that these miracles are his “visiting cards” and that their purpose is to promote greater love of God.

Sathya Sai Baba publicly declared his mission in 1940, at the age of 14. Since then, he has daily exhibited in practical and concrete terms the highest ideals of the Human Values he teaches: Truth, Righteousness, Peace, Love and Non-violence. He has often stated, *My life is my message*. Each day, thousands of pilgrims make their way to the tiny hamlet in southern India where Sathya Sai Baba's ashram (spiritual community) is located. They come not only from India, but from virtually every country in the world.

SATHYA SAI BABA'S WORK

Today world leaders seek out Sathya Sai Baba's presence. He works tirelessly for the welfare of the world. His simple lifestyle is untouched by the grandeur that surrounds him. Sathya Sai Baba gives his life, selflessly and magnanimously, to the service of mankind. He often states:

*If there is righteousness in the heart, there will be beauty in the character.
If there is beauty in the character, there will be harmony in the home.*

*If there is harmony in the home, there will be order in the nation.
When there is order in the nation, there will be peace in the world.*

Education

Sathya Sai Baba places great importance on proper education for young people and has established a model education system. In India he has founded elementary and secondary schools, vocational schools, and a university with three campuses (two for men and one for women) that offers undergraduate, Masters, and Ph.D. degrees; no fees are charged to students. Schools based on Sathya Sai Baba's educational principles are now operating in many countries all over the world.

In addition to emphasising the pursuit of academic excellence, Sathya Sai Baba's system of "integral education" is designed to foster self-discipline, Human Values, and character development. Students take courses on morality and spirituality and devote time throughout the school year to some form of community service. Sathya Sai Baba says, *Education must implant elevating ideals and kindle the lamp of wisdom. Character is the most precious gift of education – the end of education is character.*

Healthcare

Sathya Sai Baba believes in providing medical services completely free of charge in hospitals and giving the poor a chance to receive even the most complicated surgery. To this end, he has founded two large, 300 bed hospitals where specialised operations – including open-heart surgery, kidney transplants, and brain surgery – are performed routinely. The regular medical staff is supplemented by doctors from the West who come and spend their vacation time offering their services free of charge.

He has also founded many small Sathya Sai hospitals all over India and his organisation conducts free medical camps in many countries throughout the world. Motivated by the desire to serve humanity, doctors, nurses, and workers render compassionate and loving care to all patients.

Service to the Needy

In 1994, Sathya Sai Baba initiated a project to provide an adequate supply of pure water to 1.5 million inhabitants of the State of Andhra Pradesh (India) who were living with contaminated groundwater and drought conditions. The Prime Minister of India travelled to Prasanthi Nilayam (Sathya Sai Baba's main ashram) in order to inaugurate the project. Another big water project is for the benefit of a huge slum area of Chennai (formerly Madras). Sathya Sai Baba demonstrates that it is the duty of society to ensure that all people have access to the basic requirements for the sustenance of human life.

Sathya Sai Baba has created the Sathya Sai Organisation, a spiritual, non-profit service organisation that recognises the fundamental unity of all religions of the world. It is devoted to teaching the five Human Values to children, young people and adults, to training teachers to

integrate these values into their teaching, and to rendering service to the poor and the suffering. Sathya Sai Baba says, *Hands that work are holier than lips that pray.*

SATHYA SAI BABA'S MESSAGE

As a young teenager, Sathya Sai Baba declared to his parents that he had come to this world with a mission to re-establish the principle of righteousness, to motivate love for God and service to fellow man. Since then, he has consistently called on all mankind to *Love All, Serve All* and has repeatedly asserted that the essence of all scriptures is *Help Ever, Hurt Never.*

Sathya Sai Baba says that our conscience is a reflection of the eternal spirit and that when we follow our conscience, our thoughts, words, and deeds will be noble and consistent. Spirituality is having the courage and determination to follow our conscience in all matters and at all times. In doing so, we recognise that we are all united in God and bound together by Divine love.

I have come to tell you of this universal, unitary faith, this spiritual principle, this path of love, this duty of love, this obligation to love. Every religion teaches man to fill his being with the glory of God and to evict the pettiness of conceit. It trains him in the methods of non-attachment and discernment, so that he may aim high and attain spiritual liberation.

Believe that all hearts are motivated by the one and only God; that all faiths glorify the one and only God; that all names in all languages and all forms man can conceive denote the one and only God. Cultivate that attitude of oneness between men of all creeds and all countries. That is the message of love I bring.

For more information on Sathya Sai Baba and his teachings please visit this website: www.sathyasai.org