



# SERVE THE PLANET 2018

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## Module 3: Study Circle Part 1

### PHYSICAL ENERGY: THE BODY



# Introduction to Module 3

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Over the course of the next three parts of this Module 3 study guide series, we will look at:

- ▶ How we need to serve ourselves first, before we can serve others, including the planet.
- ▶ Understanding the role of physical, mental and spiritual energies in helping us to perform our daily activities as well as directing these towards the service of the planet.
- ▶ How we can practice 'Ceiling on Desires' in relation to physical, mental and spiritual energies.
- ▶ How to direct the energy we are endowed with to help serve the planet.



# Outline: Part 1 study circle guide

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- ▶ What generates physical energy in the body?
- ▶ What is the role of food in generating physical energy?
- ▶ Factors that impact on energy levels and what we can do about them
- ▶ How can we practice 'Ceiling on Desires' in relation to physical energy use?
- ▶ Directing our physical energy towards service of the planet



# **Purpose of this study circle**

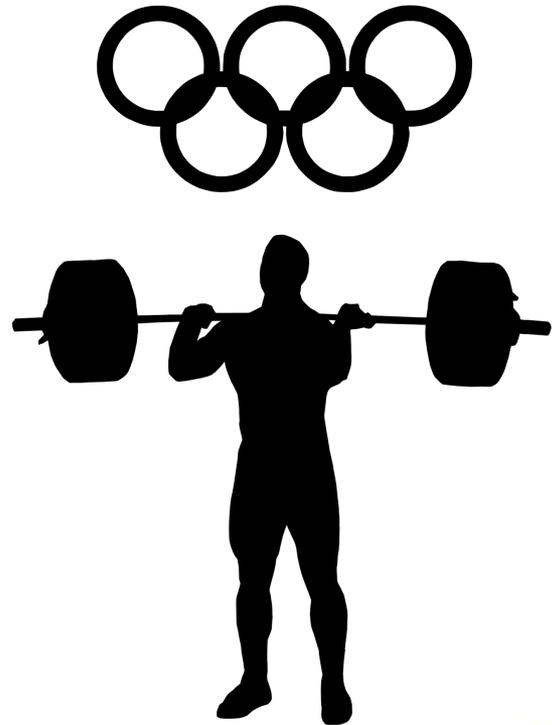
**The purpose of this study circle is to understand the importance of physical energy in relation to the human body and its impact on the environment.**



# What is Physical Energy?

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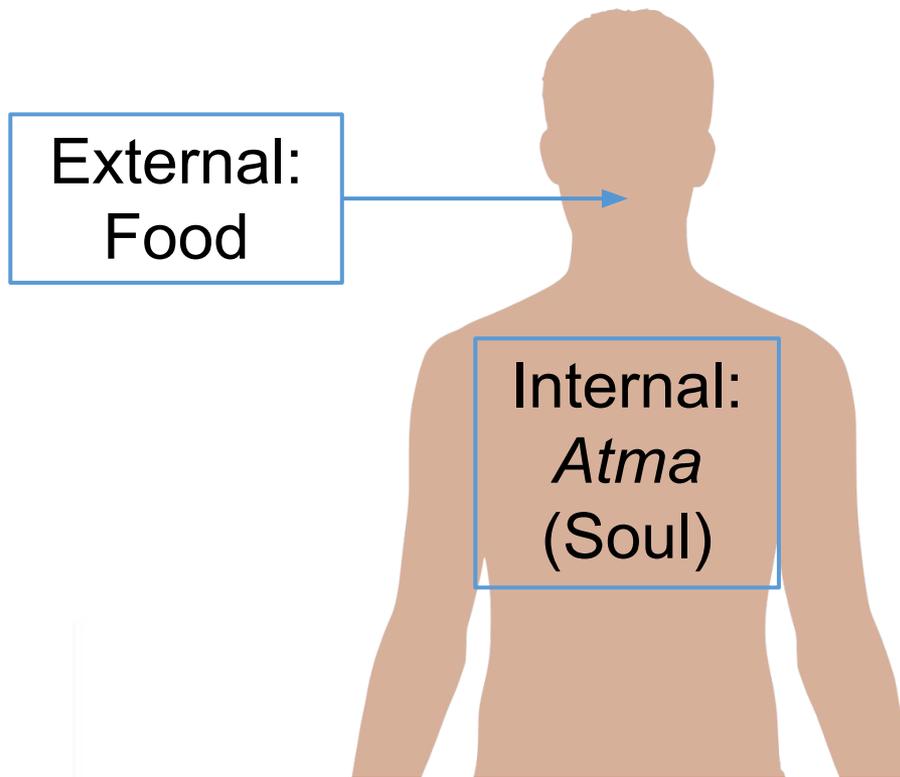
- ▶ Physical energy is 'the strength and vitality required for sustained physical activity'



# What generates energy in the body?

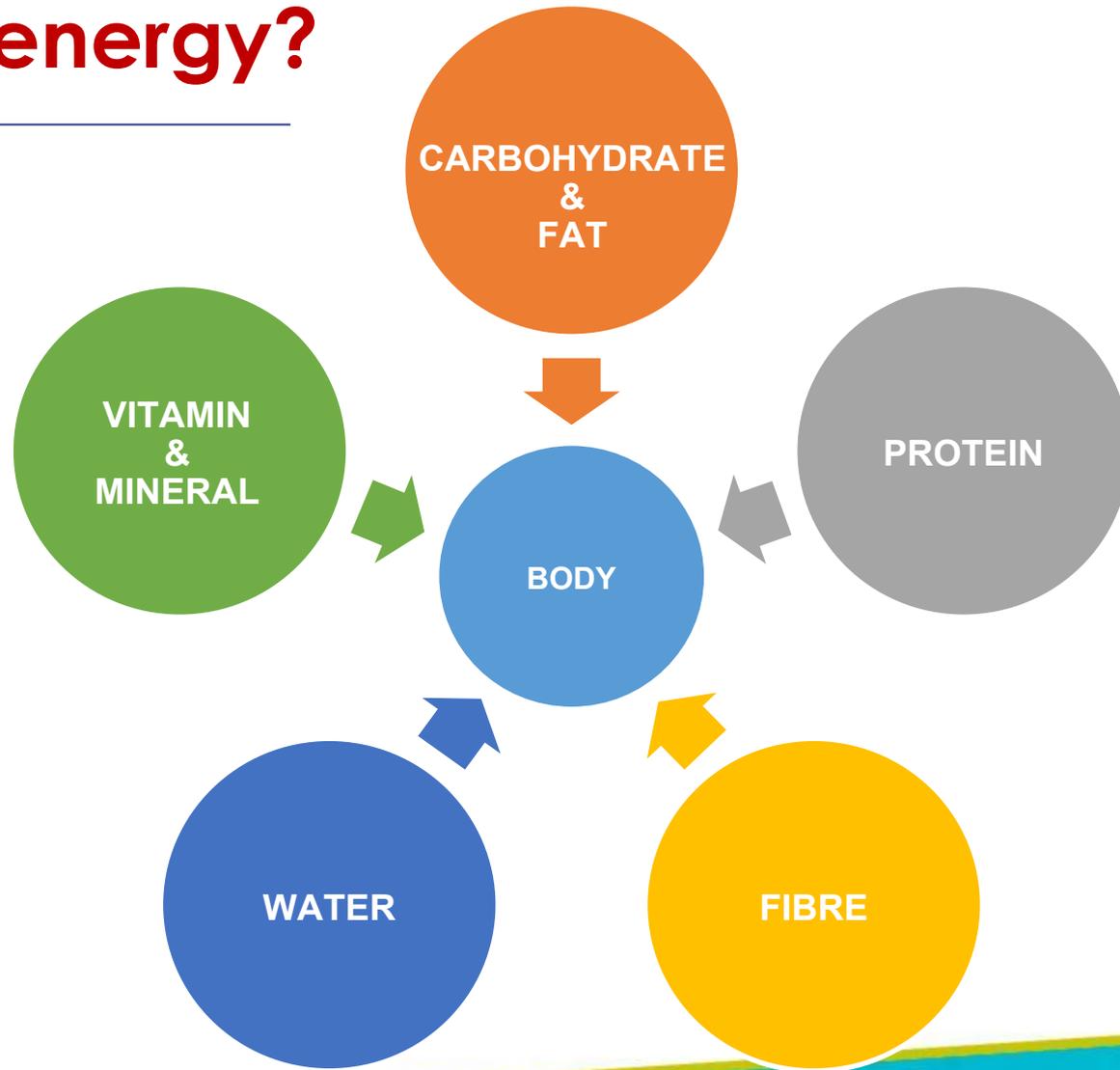
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- ▶ Two sources power human body:



# What is the role of food in generating physical energy?

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# What is the role of food in generating physical energy?

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Source: [https://www.youtube.com/watch?v=LIEhlw\\_d5N8](https://www.youtube.com/watch?v=LIEhlw_d5N8)



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# The key to good health

Food based on three (3) *gunas*  
(attributes, qualities)

Less

More

Refined  
carbohydrates

Sugary foods

Plant-based  
proteins

Healthy fats

Green vegetables

Complex  
carbohydrates

*Sathwic*

food that is capable of strengthening the mind as well as the body

*Rajasic*

food that excites and intoxicates

*Thamasic*

food that promotes dullness

Eat frequent, smaller meals



# Factors impacting on physical energy

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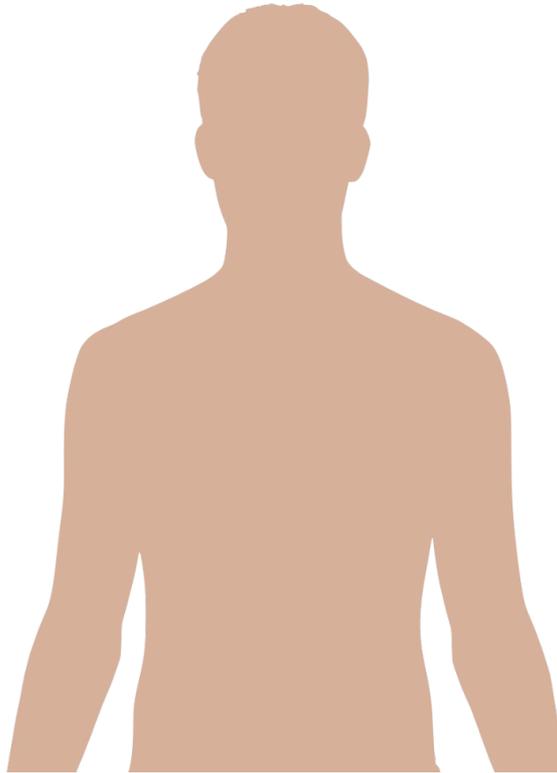
Source: Cartim

**Sleep**



Source: Naturopataonline

**Disease**



Source: El mundo es un balon Blog

**Exercise**



Source: HQH Consultora

**Environment**



# What can we do about them?

## Sleep

Regular  
bedtime routine

Turn off  
electronic  
devices!

Prayer, yoga &  
meditation

## Exercise

Can boost  
mood & energy

Reduce risk of  
stress & anxiety

Has positive  
health benefits

## Disease

Healthy and  
balanced diet

Stay stress-free

Positive  
thoughts, words  
& deeds

## Environment

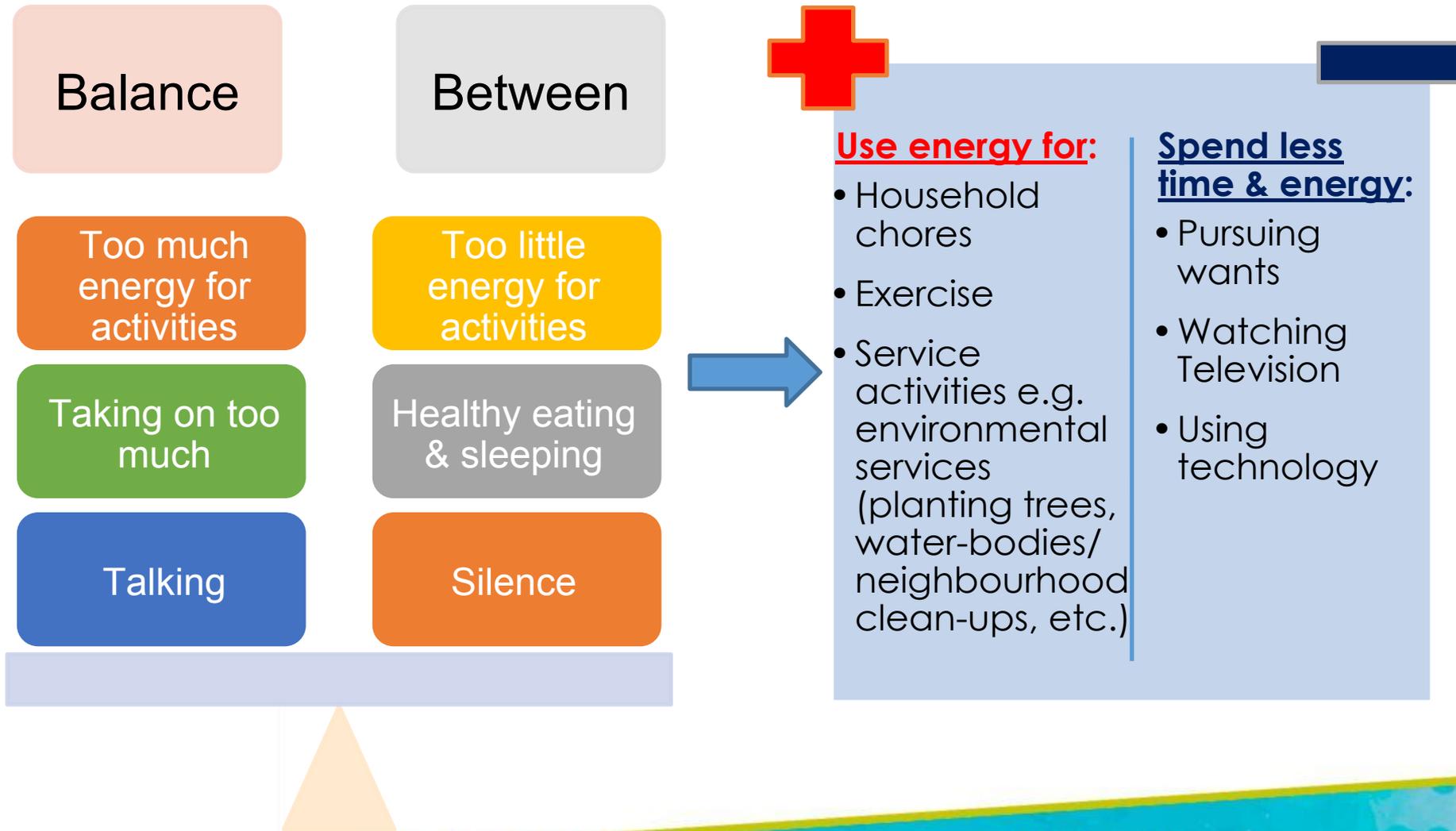
Quality of air,  
food & water

Our  
surroundings

Keep good  
company



# 'Ceiling on Desires' and physical energy use



# Directing our physical energy towards service of the planet

A healthy and energetic body can:

- ▶ Contribute towards the betterment of society and the environment
- ▶ Help preserve resources by:
  - Opting a diet of minimally processed, predominantly plant-based food
  - Relying on our own self to travel around where possible instead of always burning fossil fuel
- ▶ Be less dependent on healthcare resources



**Can you come up with more ideas on directing our physical energy towards positive actions to help the environment?**



# Recap

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- ▶ What generates physical energy in the body?
- ▶ What is the role of food in generating physical energy?
- ▶ Factors that impact on energy levels and what we can do about them
- ▶ How can we practice 'Ceiling on Desires' in relation to physical energy use?
- ▶ Directing our physical energy towards service of the planet



## Next: Module 3 Study Circle Part 2 – Mental Energy

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- ▶ 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



# Get in touch

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



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