



# PROTECT THE PLANET

Study circle



## Topic: Water, the Elixir of Life

This guide has been designed to help Centres/Groups of the Sathya Sai International Organisation (SSIO) facilitate a study circle on the topic of Water. It has been developed to be delivered in two parts (each of 1 hour duration):

**Part 1 will cover:** *What water is, how it is the elixir of life and the importance of revering and being grateful for the water we have*

**Part 2 will cover:** *Challenges around water scarcity and pollution and solutions that we can apply in our lives and communities*

### PART 1

| OPENING AND INTRODUCTION   |   |  |          |
|--|---|--|----------|
| ACTIVITY   | NOTE TO FACILITATOR   | RESOURCES  | DURATION |
| 3 OMs (or a minute's silent sitting) followed by an opening prayer | Whether Omkar or silent sitting is used depends on the audience this study circle is being delivered to. Either way, the objective of this activity is to help settle the group and establish group dynamics. This is the same for whether a prayer or short reading is used.   |  | 1 MIN    |
| Introduce today's topic  | <p>This study circle is part of the Serve the Planet (STP) initiative of the SSIO.</p> <p>The purpose of this study circle is to help us to better understand and appreciate the role of water in our lives.</p> <p>It is important to remain respectful and open at all times. Keep in mind that the Study Circle is about sharing and exploring the topic and inspiring each other rather than 'finding right answers'.</p> | <p><b>Celebrate Water</b></p> <p>Video – <a href="#">Celebrate Water</a> (1 min 28 secs)</p> | 3-5 MINS |

| TODAY'S DELIVERY  |  |  |                       |
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| ACTIVITY  | NOTE TO FACILITATOR  | RESOURCES  | DURATION              |
| <p>Question 1:<br/><b>'What is water?'</b></p>                      | <p>Play the video and when finished, pose the question to the group, "What is water?" Once participants have shared their thoughts, the following can be read which highlights the divinity of water:</p> <p><b>Water as one of the five elements:</b><br/> <i>"God is all-pervasive and is the indweller of all beings. Likewise, the five elements, which are nothing but divine manifestations are also all pervasive and all-powerful. The whole world is pervaded by the five elements, bound by the five elements and it functions because of the five elements. It cannot function even if one of the elements is absent."</i> - Sathya Sai Baba (SSS 34.13: July 05, 2001)</p> <p><b>Water as a life force:</b><br/> <i>"The most vital requirement for man is water. It sustains life. Three-fourths of the earth's surface is covered by water. Water is described in the Upanishads as Jivam (the life-force). Hence, the foremost form of the Lord is water."</i> - Sathya Sai Baba (SSS 24.28: November 23, 1991)</p> <p>Other facts about water:</p> <ul style="list-style-type: none"> <li>• 70% of the Earth is covered with water, but less than 1% of the world's water is readily available for human use because nearly 97% is salty or otherwise undrinkable. Another 2% is locked in the ice caps and glaciers. That leaves just 1% for all of humanity's needs<sup>1</sup></li> <li>• Approximately 60% of our bodies are made up of water<sup>2</sup> and the body needs an adequate amount of water to carry out basic functions and be in good health</li> <li>• Human beings can only survive three days without water<sup>3</sup></li> </ul> <p>Further questions for introspection and discussion:</p> <ul style="list-style-type: none"> <li>• Are we conscious of the fact that water is divine and fundamental for all of life?</li> <li>• Does this truth affect how we view or use water?</li> </ul> | <p><b>Water Facts</b></p> <p>Video - <a href="#">Water Facts</a> (2 mins 53 secs)</p> <p>(*Note if no video facilities are available on-site, participants can be sent ALL video links beforehand to watch at home prior to the study circle taking place)</p> | <p><b>10 MINS</b></p> |
| <p>Question 2:<br/><b>'How can we see the Divine in water?'</b></p> | <p>Read <b>Attachment A</b> the following excerpts and discuss how water reflects god/divinity:</p> <ul style="list-style-type: none"> <li>• How can we see the divine in water?</li> <li>• What can we learn from water? Which human values does water teach us?</li> </ul>   | <p><b>Attachment A</b></p>   | <p><b>10 MINS</b></p> |

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| <p>Question 3:</p> <p><b><i>'What are the ways in which we use water in our daily lives?'</i></b></p> | <p>As a group, brainstorm the different ways in which we use water. First, list out the different uses and then make estimates as to what the group thinks are the larger or smaller uses of water. Encourage the group to think about both direct and indirect usage of water. Some examples include:</p> <p>Direct usage:</p> <ul style="list-style-type: none"> <li>● Drinking</li> <li>● Cooking</li> <li>● Cleaning</li> <li>● Bathing/showering</li> <li>● Flushing/sanitation</li> <li>● Dishwashing &amp; washing clothes</li> <li>● Watering the plants/garden</li> </ul> <p>This is the percentage of water used around the home:<sup>4,5</sup></p> <ul style="list-style-type: none"> <li>● Toilets: 30%</li> <li>● Personal washing: 12%</li> <li>● Kitchen and dishwasher: 8-13%</li> <li>● Clothes washing: 13%</li> <li>● Drinking: 4%</li> <li>● Other (leaks, washing cars, watering plants, etc.): 25%</li> </ul> <p>There is a huge disparity of water availability and use between rich and poor nations. In Africa, household water use is on average 47 litres per person, per day. In Asia, the average is 95 litres. In the United Kingdom, the average is 334 litres, and in the United States the average is 578 litres.<sup>6</sup></p> <p>Indirect usage: Indirect water use includes all the products and services we use that require water, which is just about <b>everything</b>. Right from our daily cup of coffee to commuting to work requires water. This along with our direct water usage is called our 'Water Footprint'. The larger our water footprint, the more water we are consuming.</p> <p>A few facts:</p> <ul style="list-style-type: none"> <li>● It takes 24 gallons of water to make 1 pound of plastic and it takes at least twice as much water to produce a plastic water bottle as the amount of water in the water bottle<sup>7</sup></li> </ul> | <p><b>Where is Water?</b></p> <p>Video – <a href="#">Where is Water</a> (5 mins 30 secs)</p> | <p><b>15 MINS</b></p> |
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|   | <ul style="list-style-type: none"> <li>The water footprint of 1 pound of cotton is 1,320 gallons. That's more than 700 gallons of water for one new cotton shirt<sup>7</sup></li> <li>A loaf of bread requires about 240 gallons of water, and a pound of cheese takes about 382 gallons. So a simple cheese sandwich takes about 56 gallons of water<sup>8</sup></li> <li>Pound for pound, meat has a much higher water footprint than vegetables, grains or beans. For instance, a single pound of beef takes, on average, 1,800 gallons of water. That huge water footprint is primarily due to the tremendous amount of water needed to grow the grass, forage and feed that a beef steer eats over its lifetime, plus water for drinking, cleaning and processing<sup>8</sup></li> </ul> <p>EMPHASISE that we need water for EVERYTHING!</p>                                |                     |                |
| <p>Question 4:<br/><b><i>'What should our attitude be towards water?'</i></b></p>             | <p>Gauge responses to the question, read <b>Attachment B</b> and discuss the questions that follow:</p> <p>Questions for discussion:</p> <ul style="list-style-type: none"> <li>What is our current attitude towards water and water consumption? Why?</li> <li>Do we take water for granted? Why or why not?</li> <li>How can we develop and practice reverence and gratitude for water?</li> </ul>   | <b>Attachment B</b> | <b>15 MINS</b> |
| <b>SUMMARY AND CONCLUSION</b>   |  |                     |                |
| <p>Closing summary of today's session and what to expect at the next session and homework</p> | <p>So far, we have learnt:</p> <ul style="list-style-type: none"> <li>Water is essential for life</li> <li>Water is divine and is a manifestation of God</li> <li>There is much we can learn from water</li> <li>We need water (whether directly or indirectly) for almost everything we do and consume</li> </ul> <p>In PART 2 of this study circle, we will cover:</p> <ul style="list-style-type: none"> <li>The challenges we face around water such as scarcity and pollution</li> <li>How we can individually and collectively address these challenges such as being conservative in our use of water and practicing ceiling on desires</li> </ul> <p><b><u>HOMEWORK and preparation for next session:</u></b></p> <ol style="list-style-type: none"> <li>1. Make a note of all your water consumption over the coming week and bring this to the next session</li> </ol> |                     | <b>5 MINS</b>  |

|              |  |  |              |
|--------------|--|--|--------------|
|              | <p>2. Start to think of ways you could start reducing your water usage and try to put some of these into practice</p> <p>3. Write down a list of tips to reduce water use and bring these with you to the next session to share with the rest of the group</p> |  |              |
| <b>CLOSE</b> | <p>Closing prayer or reading</p> <p>Prayer for universal peace – OM Shanti, Shanti, Shanti</p>   |  | <b>1 MIN</b> |

**Note:** Ideally there should be 2 Facilitators in groups of ten or more participants. The first facilitator is the one who is conducting the study circle. The second facilitator observes the group's dynamics and informs the first facilitator of any lethargy and confusion from participants. This second facilitator also conducts the opening activity (eg. Omkar) and the sharing of insights at the end. This helps give variety to the participants, but also allows the first facilitator space to capture important feedback and learning points at insight sharing.

### Attachment A

*"When the rains come, earth and sky are one in the sheety downpour. It is indeed a beautiful inspiring scene, a scene by which creation itself is teaching you to become One, in unison with it.*

*There are three lessons that can be learnt:*

- *The impermanence of created things*
- *The role of man as the servant and*
- *God as the Master*

*This creation is the wherewithal of the ceremony, man is the worshipper, and God, the worshipped. The game called Life is played with these." – Sathya Sai Baba (Prema Vahini, 8)*

*"Just as underground water is the sustenance of all trees, the Aathma is the underlying source of all the aanandha that the jeevi experiences. You bring that subterranean water up by the process of boring; steady hitting, digging, thumping through a pipe, which contains and directs the drill. The borers have to take care that they do not allow air to go into the pipe; for, then the drilling cannot succeed. So too in the japam that you do, the drilling the Raam, Raam, Raam, you must be very careful not to allow vishayavaasana (attachment to worldly objects) to enter and interfere with the smooth working of the chill. If you do, the Aathma cannot be experienced. Underground water is perennial; it will not dry up. The pleasure one gets through physical, mental and intellectual pursuits is transitory. Good deeds may grant heaven; but, that too is a temporary habitation, from where man has to journey down to earth, to live his life again. It is like the short term an M.L.A. gets to bask in public fame, earned by the votes cast in his favour; when the term is over, he becomes a beggar once again, begging for votes, to win again the lost status. He starts shouting the same slogans for getting popular applause." – Sathya Sai Baba (SSS 04.36: October 16, 1964)*

*"The Sun draws the water up as steam, and endows it with the name and form of 'cloud, 'rain' and then as 'stream,' 'river,' 'flood' until it merges in the sea back again, losing all the manifoldness of name form caused by time, space and causation. Each one of you is the basis of truth, which a cloud of unreality fogs. This is to be discovered, each for himself, by himself." – Sathya Sai Baba (SSS 11.06: January 14, 1971)*

### Attachment B

*"I may tell you, nevertheless, that all the five elements (ether, air, fire, water and earth) have been created by the Will of the Supreme. They have each to be used by you with reverential care and vigilant discrimination. Reckless use of any of them will only rebound on you with tremendous harm. External nature has to be handled with caution and awe." – Sathya Sai Baba (SSS 08.45: November 23, 1968)*

*“Man leads his life on earth, depending on the mutually interrelated five elements: ether, air, fire, water and earth. Every object in the world, whether it is a bird or a sheep or anything else, has a value of its own. Man alone has lost his value because of his involvement in mundane pursuits. Man has no gratitude to the five elements which confer on him gratis innumerable precious benefits like light, heat, air and water. Man has to pay a price for so many small amenities like electricity and running water. But what price does he pay for the light of the sun who illumines the world? This light is a gift of the Divine. What price do you pay for a soft breeze or a heavy downpour of rain? God is providing freely such precious benefits to man. What gratitude does man show to God for all these? The only way to show one's gratitude to the five elements is to chant the Lord's name incessantly. For so many trivial services in life we express thanks, but what thanks do we offer to God who is the provider of the most precious benefits in life?” – Sathya Sai Baba (SSS 30.21: September 14, 1997)*

## PART 2

| OPENING AND INTRODUCTION  |   |           |          |
|---|---|-----------|----------|
| ACTIVITY  | NOTE TO FACILITATOR   | RESOURCES | DURATION |
| 3 OM's (or a minute's silent sitting)<br>Followed by an opening prayer or reading | Whether Omkar or silent sitting is used depends on the audience this study circle is being delivered to. Either way, the objective of this activity is to help settle the group, focus it and establish group dynamics. This is the same for whether a prayer or short reading is used  |           | 1 MIN    |
| Introduce today's topic   | This study circle is part of the Serve the Planet (STP) initiative of the SSIO.<br><ul style="list-style-type: none"> <li>The purpose of this study circle is to help us to better understand the challenges we face around water and solutions we can adopt</li> </ul>   |           | 2 MINS   |
| TODAY'S DELIVERY  |   |           |          |
| ACTIVITY  | NOTE TO FACILITATOR   | RESOURCES | DURATION |
| Question 1:<br><b>'What did you learn from Session 1?'</b>                        | Have a group discussion on the main areas that were touched upon in Session 1:<br><br>These were: <ul style="list-style-type: none"> <li>Water is essential for life</li> <li>Water is divine, and a manifestation of God</li> <li>There is much we can learn from water</li> <li>We need water (whether directly or indirectly) for almost everything we do and consume</li> </ul> |           | 3-5 MINS |

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| <p>Question 2:<br/><b><i>'What challenges do we face in relation to water?'</i></b></p> | <p>Some possible answers to share/draw from are below:</p> <p><b>A significant proportion of the world's population does not have access to clean, safe, drinking water and sanitation</b></p> <ul style="list-style-type: none"> <li>• 663 million people around the world don't have access to clean, safe water,<sup>9</sup> that is 1 in 10 of us</li> <li>• 1.8 billion people use a drinking water source contaminated with faeces<sup>9</sup></li> <li>• Contaminated water can transmit diseases such diarrhoea, cholera, dysentery, typhoid and polio and is estimated to cause 502,000 diarrhoeal deaths each year<sup>9</sup></li> <li>• In many developing countries, children cannot find the time to go to school because they spend the better part of their day walking miles to collect water to cover their basic individual/family needs of eating, drinking, cleaning and cooking</li> <li>• Even when children do go to school, they have no adequate water facilities. In 60 countries in the developing world, more than half of primary schools have no adequate water facilities and nearly two thirds lack adequate sanitation<sup>10</sup></li> <li>• There are 1.7 million child deaths per year because of pollution from contaminated sources<sup>11</sup></li> </ul> <p><b>Water is running out:</b></p> <ul style="list-style-type: none"> <li>• By 2025, half of the world's population will be living in areas of water shortage<sup>9</sup></li> <li>• In major cities, with large populations (such as Beijing, Shanghai, and Mexico City), the use of groundwater to meet growing consumption, has caused each of these cities to sink from a few centimetres to a few inches a year. As such sinking is irreversible and creates real structural issues<sup>12</sup></li> <li>• Around 90% of the world's total managed water supply is used to grow food not for human consumption but to feed livestock. A staggering one-third of the world's total cereal crop and more than 90% of the world's soya crop is used for animal feed<sup>13</sup></li> </ul> | <p><b>Life without clean water</b></p> <p>VIDEO – <a href="#">Life without clean water</a> (4 mins 10 secs)</p> | <p><b>15 MINS</b></p> |
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- It takes on average, 15,500 litres of water to produce one kilogram of beef. That is 15 times more water than is needed to produce one kilogram of wheat.<sup>13</sup> This combined with growing demand for grain-fed meat in developing parts of the world (such as Asia), particularly beef, will further add to the strain
- Per day, a vegetarian diet uses 2,300 litres less water than a non-vegetarian diet, a reduction of 36%<sup>14</sup>

**Not only is water scarce, what IS available for human consumption is also becoming very polluted**

- The quality of our major water bodies, such as rivers, lakes, oceans and groundwater, is greatly reduced by human activity<sup>15</sup>
- The pollution of water has far reaching effects. It not only affects the availability of safe drinking water but also harms the environment<sup>15</sup> including plant, animal and aquatic/marine life that then drink/live in that water
- Polluted water is not only unfit for drinking and for other domestic uses, it is also not suitable for most industrial and agricultural use<sup>15</sup>

**Causes of water pollution:<sup>16</sup>**

- Human sewage and wastewater from industries
- Farming and agriculture – the food sector contributes 40% and 54% to the production of organic water pollutants in high-income and low-income countries, respectively<sup>17</sup>
- Oil spills
- Marine garbage and plastic microdebris, dumping of trash into the oceans and other water bodies, and run-off from littered landscapes carrying the litter (largely persistent plastics) to streams, rivers, and then to the sea



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|   | <ul style="list-style-type: none"> <li>• Industrial waste – in developing countries, 70% of industrial waste is dumped untreated into waters causing high amounts of harmful pollution and reducing the usable water supply<sup>18</sup></li> <li>• Improper disposal of radioactive waste and spills from failed nuclear power plants</li> <li>• The process of mining and discharge of harmful mine tailings from improper storage</li> <li>• Effects of global warming, e.g., increasing run-off/landslide material to water bodies, excess CO<sub>2</sub> causing ocean acidification, warmer water bodies becoming less oxygenated</li> <li>• Atmospheric pollution which leads to acid rain</li> <li>• Eutrophication which is an increase of nutrient levels in water harming fish and marine life (caused by fertilisers that runoff into nearby water). An example of this impact is the Great Barrier Reef, which has begun to bleach again</li> <li>• Bottled water – it takes three times the volume of water to manufacture one bottle of water than it does to fill it, and because of the chemical production of plastics that water is mostly unusable.<sup>19</sup> And, as we saw in the previous topic, large amounts of oil are required to make plastic (for water bottles), not only using up another natural resource but also leading to plastic pollution</li> </ul> |                            |                       |
| <p>Question 3:<br/><b><i>‘What are causes of these challenges?’</i></b></p> | <p>Gauge the groups responses, then read <b>Attachment C</b> and continue to reflect on what causes the challenges discussed above on water. Consider:</p> <ul style="list-style-type: none"> <li>• How do we individually contribute to these challenges? Why is this the case?</li> <li>• How do we collectively contribute to these challenges? Why is this the case?</li> </ul>   | <p><b>Attachment C</b></p> | <p><b>10 MINS</b></p> |
| <p>Question 4:<br/><b><i>‘What are the solutions?’</i></b></p>              | <p>Pose the question and elicit ideas from the group on what we can do to address water challenges. Consider the suggestions and ideas posed in <b>Attachment D</b>.</p>  | <p><b>Attachment D</b></p> | <p><b>10 MINS</b></p> |

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| <p>Question 5:<br/><b>'So what can we do in our own lives?'</b></p> | <p>Share homework from last session:</p> <ul style="list-style-type: none"> <li>• The common areas of water use that everyone identified in their day-to-day living</li> <li>• The steps they took to reduce this</li> <li>• The tips they brought to share with others</li> </ul> <p>Cover the two 'R's:</p> <p><b>Reduce</b> our water use. Brainstorm a list of ideas. Have a look at the suggestions included in our <b>Personal Tips List</b>. This list can also be shared.</p> <p><b>Reuse</b> water: for example, water used to wash dishes can be reused to water plants.</p> <p>Opt for <b>eco-friendly products</b> that are free of chemicals that may pollute water. Audit the soaps, shampoos, cleaning products used at home. You can also make your own home-made eco-friendly products that are chemical-free, and will save you money and purchasing further packaging/plastic.</p> <p><b>Pose the following questions for introspection and discussion:</b></p> <ul style="list-style-type: none"> <li>• Do I want to change myself or my actions?</li> <li>• What makes it challenging to change our behaviour in relation to water use?</li> <li>• How might we overcome these challenges?</li> </ul> | <p>Have a look at the suggestions included in our <b>Personal Tips List</b>. This list can also be shared</p> | <p><b>10 MINS</b></p> |
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| Personal Action Plans   | <p>Knowing what you now know about water, how will you reduce your water usage? Write down the immediate, medium-term and long-term actions you will take to reduce your water consumption</p> <p>CREATE YOUR PERSONAL ACTION PLAN</p> <table border="1" data-bbox="360 448 970 1019"> <tr> <td data-bbox="360 448 555 763">           Immediate goals<br/>- these are changes you can make almost straightaway         </td> <td data-bbox="555 448 767 763">           Medium-term goals - these are changes that will require more thought and forward planning         </td> <td data-bbox="767 448 970 763">           Long-term goals - these are actions you want to take that will make a lasting impact on your water consumption         </td> </tr> <tr> <td data-bbox="360 763 555 1019">           E.g. switch to bucket baths, collect rainwater to water the garden         </td> <td data-bbox="555 763 767 1019">           E.g. fix leaky taps around the home, install a water saving meter         </td> <td data-bbox="767 763 970 1019">           E.g. get involved with water projects in your local community         </td> </tr> </table> | Immediate goals<br>- these are changes you can make almost straightaway  | Medium-term goals - these are changes that will require more thought and forward planning | Long-term goals - these are actions you want to take that will make a lasting impact on your water consumption | E.g. switch to bucket baths, collect rainwater to water the garden | E.g. fix leaky taps around the home, install a water saving meter | E.g. get involved with water projects in your local community |  | <b>5 MINS</b> |
| Immediate goals<br>- these are changes you can make almost straightaway | Medium-term goals - these are changes that will require more thought and forward planning   | Long-term goals - these are actions you want to take that will make a lasting impact on your water consumption |   |  |  |   |   |  |               |
| E.g. switch to bucket baths, collect rainwater to water the garden      | E.g. fix leaky taps around the home, install a water saving meter   | E.g. get involved with water projects in your local community  |   |  |  |   |   |  |               |
| <p><b>Let's work together to reduce our water use</b></p>               | <ul style="list-style-type: none"> <li>How will you monitor your progress with these goals? E.g return to your goals in two weeks and see how well you are doing with these. Will it help to take on this challenge with your family and friends?</li> <li>As a group, what can you do to reduce water consumption in your Sai Centre Activities?<br/><b>(Refer to Centre Ideas Guide)</b></li> <li>What service activities can you organise to help protect the planet?<br/><b>(Refer to Service Ideas Guide)</b></li> </ul> <p>Please note your commitment on the pledge document below. Consider forming a small team to further ideas for service or water reduction at the Centre level.</p>   | <p>Centre Ideas Guide</p> <p>Service Ideas Guide</p>   | <b>5-7 MINS</b>   |  |  |   |   |  |               |
| <b>SUMMARY AND CONCLUSION</b>   |   |  |   |  |  |   |   |  |               |
| <b>CLOSE</b>  | Closing prayer or reading<br>Prayer for universal peace – OM Shanti, Shanti, Shanti   |  | <b>1 MIN</b>  |  |  |   |   |  |               |

**Note:** Ideally there should be 2 Facilitators in groups of ten or more participants. The first facilitator is the one who is conducting the study circle. The second facilitator observes the group's dynamics and informs the first facilitator of any lethargy and confusion from participants. This second facilitator also conducts the opening activity (eg. Omkar) and the sharing of insights at the end. This helps give variety to the

participants, but also allows the first facilitator space to capture important feedback and learning points at insight sharing.

## Attachment C

*“Why does water scarcity arise? When there is a decline in Sathya and Righteousness, the level of water in the earth also declines. As compassion and love have diminished in human heart water has become scarce. This problem is not due to divine fury as some people may imagine. It is because of the rise in evil qualities in man. If people strictly adhere to the path of truth and righteousness, there will never be water scarcity. People blame bad times for their misfortunes. But there is nothing wrong with time. There are adequate rains and perennial rivers. But they are merging into the ocean without being harnessed.” – Sathya Sai Baba (SSS 33.09: May 06, 2000)*

*“When you are thirsty, is it not foolish to desire for the whole of river Ganga? A glass of water is enough to quench your thirst. Likewise, it is foolish to entertain excessive desires. Virtue cannot be attained without discipline. Everything should be within a certain limit. Proper discipline has to be maintained in eating, earning and spending. Only then will your life be blissful.” – Sathya Sai Baba (SSS 33.02: January 14, 2000)*

## Attachment D

### Conserving water

*“I do not waste water like you people. When you wash your face, you leave the tap open continuously. While you apply soap to your face, you waste a lot of water by leaving the tap open. But I do not do like that. I open the tap only when it is necessary and close it immediately. I do not waste even a drop of water because water is God. Air is also a form of God. That is why I switch off the fan immediately when it is not required. Some people keep the light on throughout the night even if it is not required. But I switch on the light when it is necessary and at once switch it off when it is not needed. This is not miserliness. I am not a miser. I am the embodiment of sacrifice. But I don't like to waste anything. Use everything as much as it is necessary. But people today are misusing the five elements.” – Sathya Sai Baba (SnSr April 2012: July 18, 1996)*

### Prayer and service

*“Water is very essential for the survival of everyone. It is the sustainer of life. What else can be of greater service than providing drinking water to the needy? It is the source and sustenance of life. (...) Water is essential for human life. Hence I am prepared to provide water for all. Devotees should pray that everybody should have water to drink. Pray for the welfare of all. Prayer is the need of the hour. You may be worried that Swami is not able to walk. But always remember that Swami is not the body. I have no connection with the body. I am always happy and healthy. Do not pray to God for the fulfillment of your desires. Pray for the welfare of all. When I had a fall, the people of East Godavari and West Godavari came and prayed: “Swami, we want only Your health and not water.” I told them: “Your welfare is my welfare.” – Sathya Sai Baba (SSS 38.14: July 21, 2005)*

### Reducing pollutants

*“Crores (one crore is ten million) are being spent to purify the Ganges water. Of what use is this exercise if the Ganges continues to be polluted by the discharge of drainage water into the river? First prevent the flow of filthy effluents into the Ganges.” – Sathya Sai Baba (SSS 25.08: March 3, 1992)*

## References

1. <http://www.waterwise.org.uk/pages/fun-facts.html>
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