



# **SERVE THE PLANET 2018**

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## **Module 1: Study Circle Part 1**

### **Energy is Divine**



# Outline

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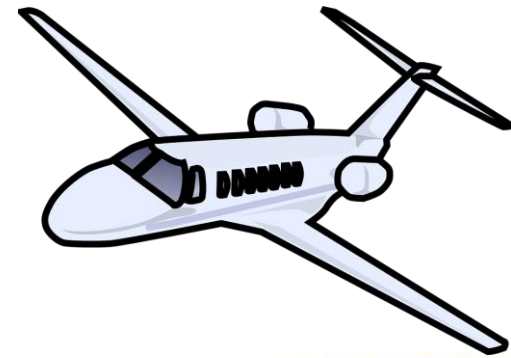
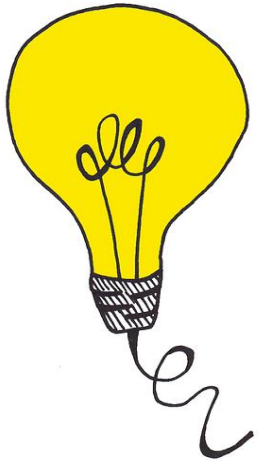
- ▶ What is Energy?
- ▶ What forms of energy exist?
- ▶ Where does energy come from?
- ▶ How does energy affect those around us, and how can they in turn influence us?
- ▶ Why is it important to conserve energy?

**The purpose of this study circle is to better understand what energy is, where does it come from and how we use it.**

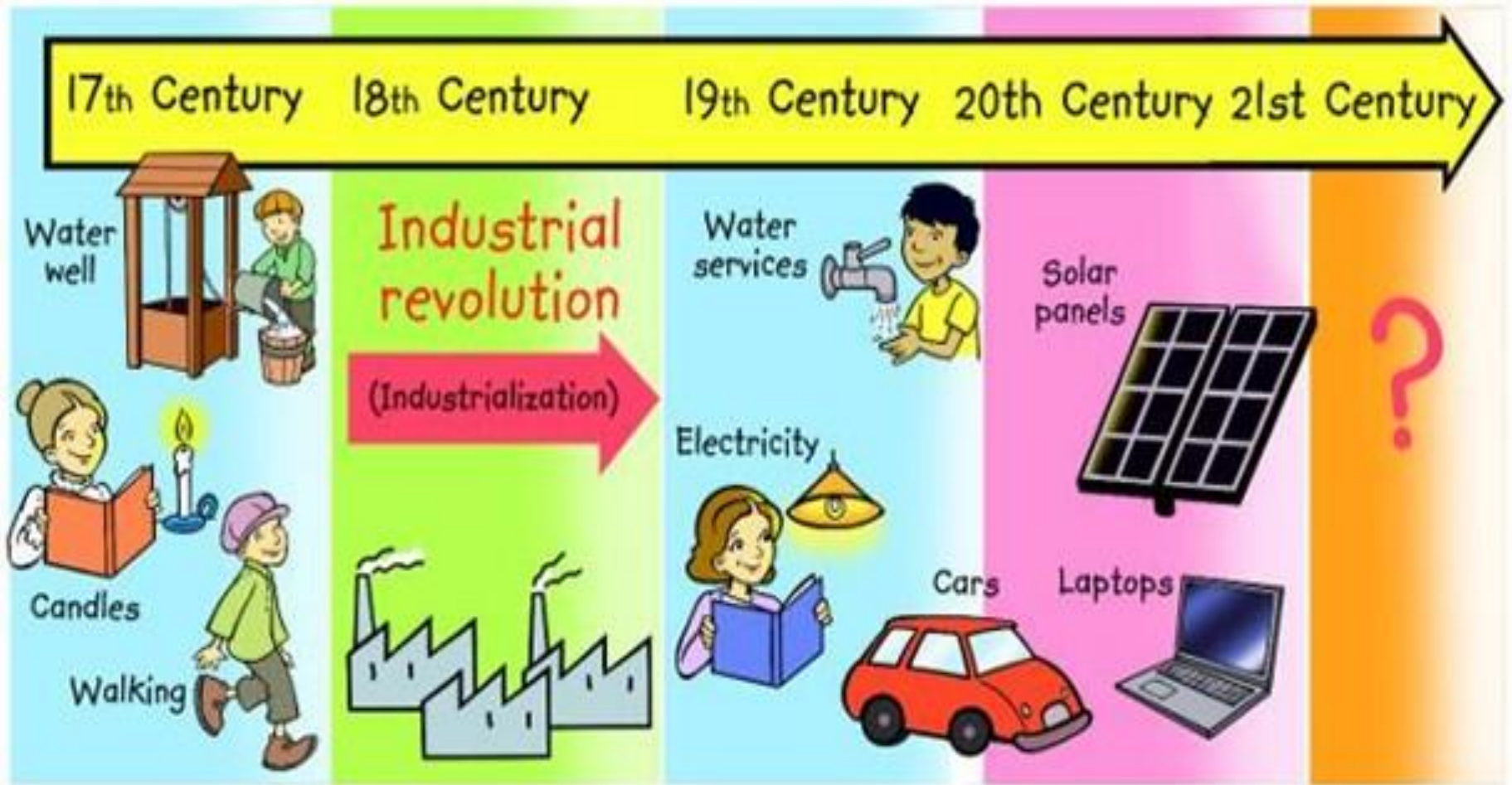


# What is Energy?

That helps in doing work is energy



# What is Energy? contd.



# What is Energy? contd.

Energy is divine. It permeates everything.

*“Scientists, after long investigations, have discovered that the whole universe is made up of atoms. The Vedhaanthins (spiritualists) on their part, declared that everything is permeated by the Divine. The terms used are different but the meaning is the same. Energy is Brahman and Brahman is energy. The cosmos is filled with energy. All that you, see and all that you do are energy. You observe an object. You see an individual. Both the object and the individual are manifestations of energy.”* – Sathya Sai Baba (SSS 30.18: July 20, 1997)



# What forms of energy exist?



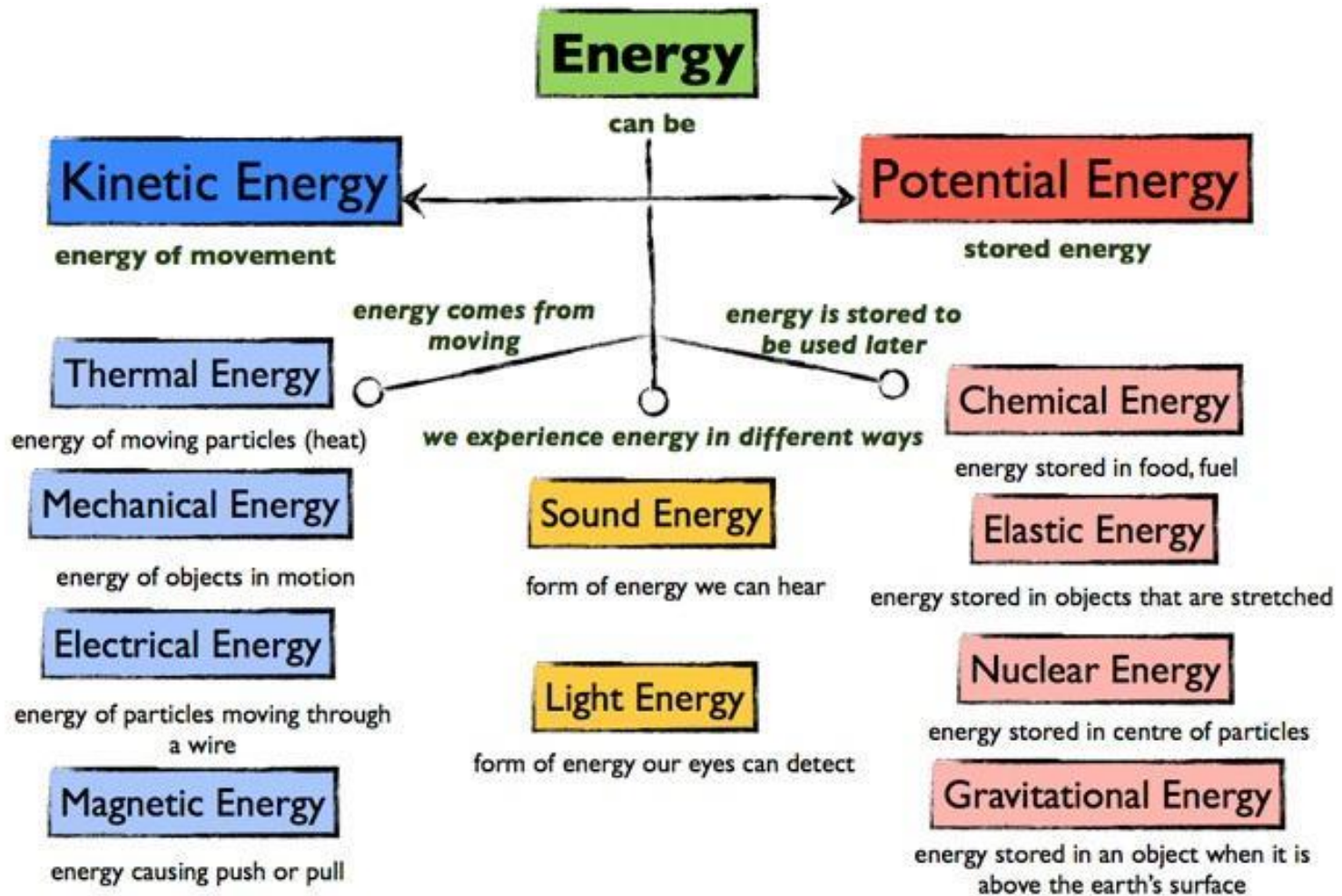
[www.youtube.com/watch?v=Q4M-q8fiJ2I](https://www.youtube.com/watch?v=Q4M-q8fiJ2I)

Video duration - 5 minutes



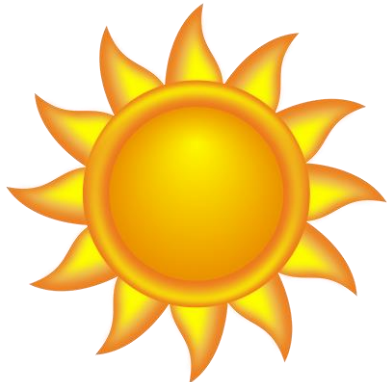
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# What forms of energy exist? contd.



# Where does energy come from?

## Physical



Energy for doing work

## Mental



Ability or willingness to engage in cognitive work

## Spiritual



All pervasive - divine power

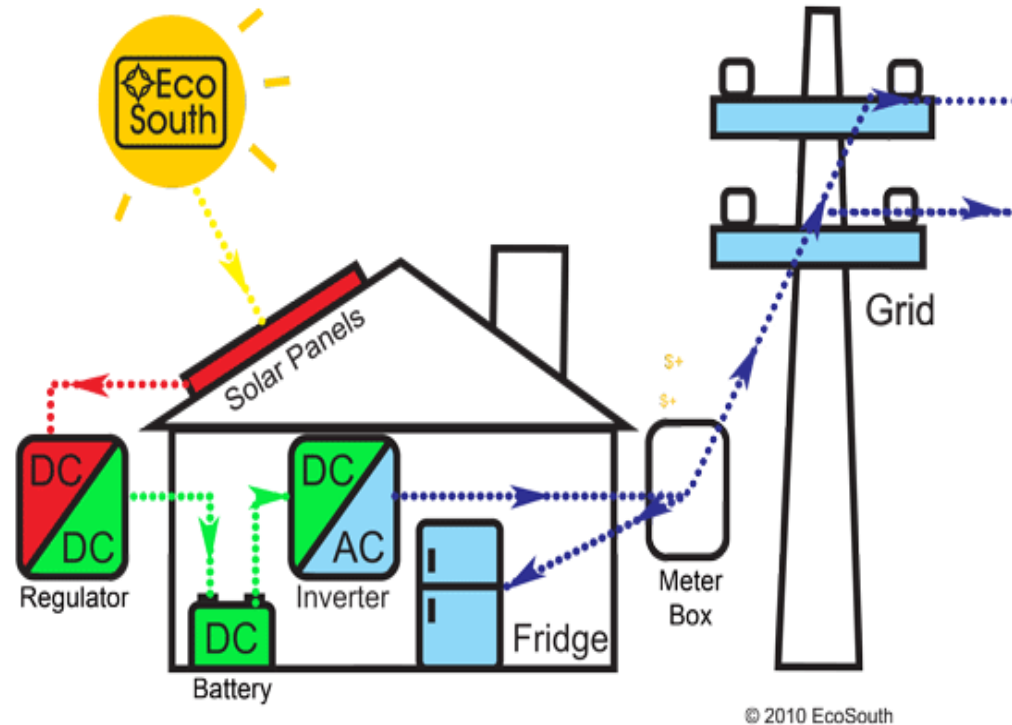
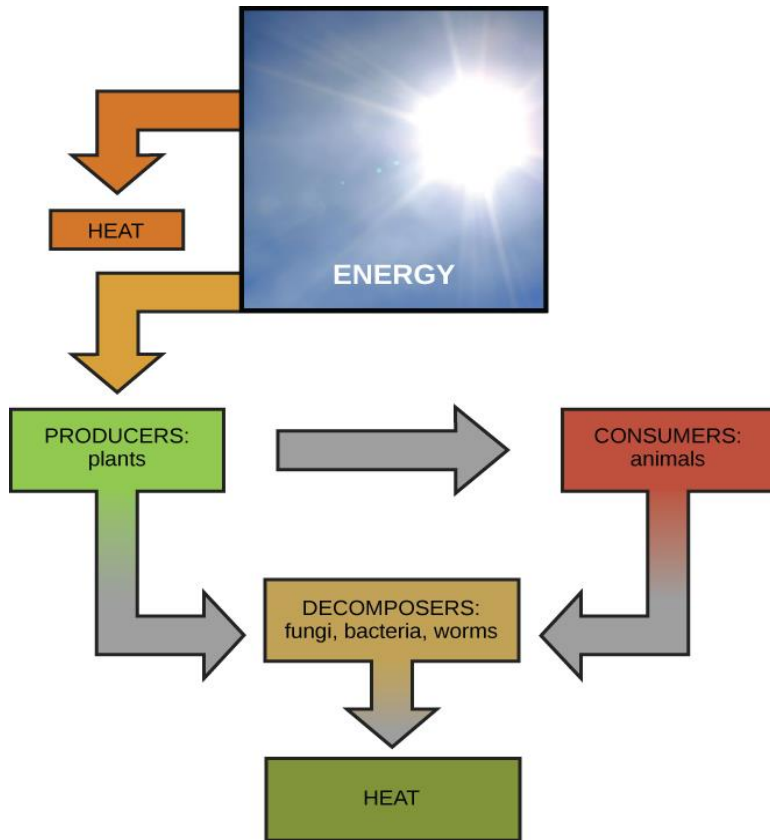




# Where does energy come from?

contd.

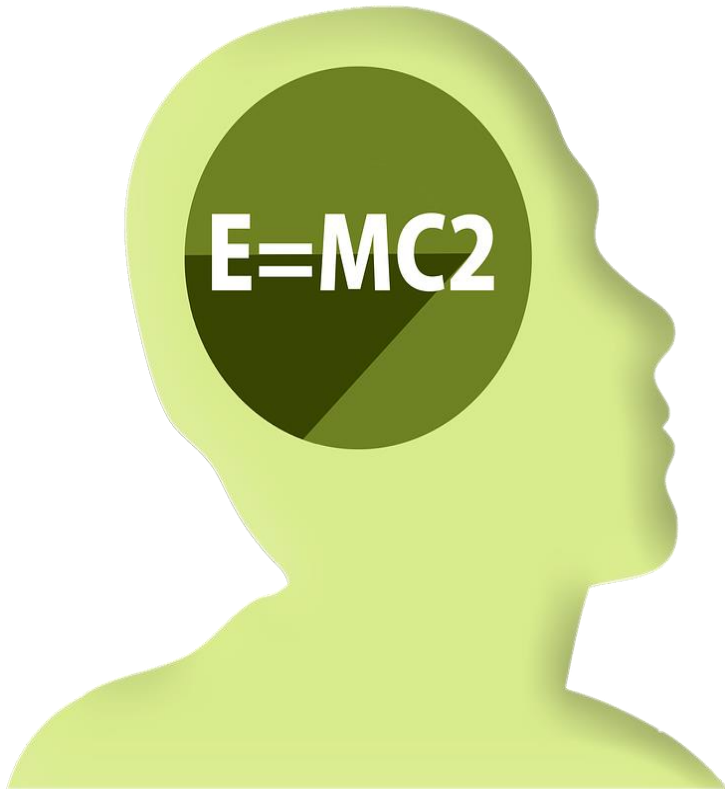
## Physical Energy



# Where does energy come from?

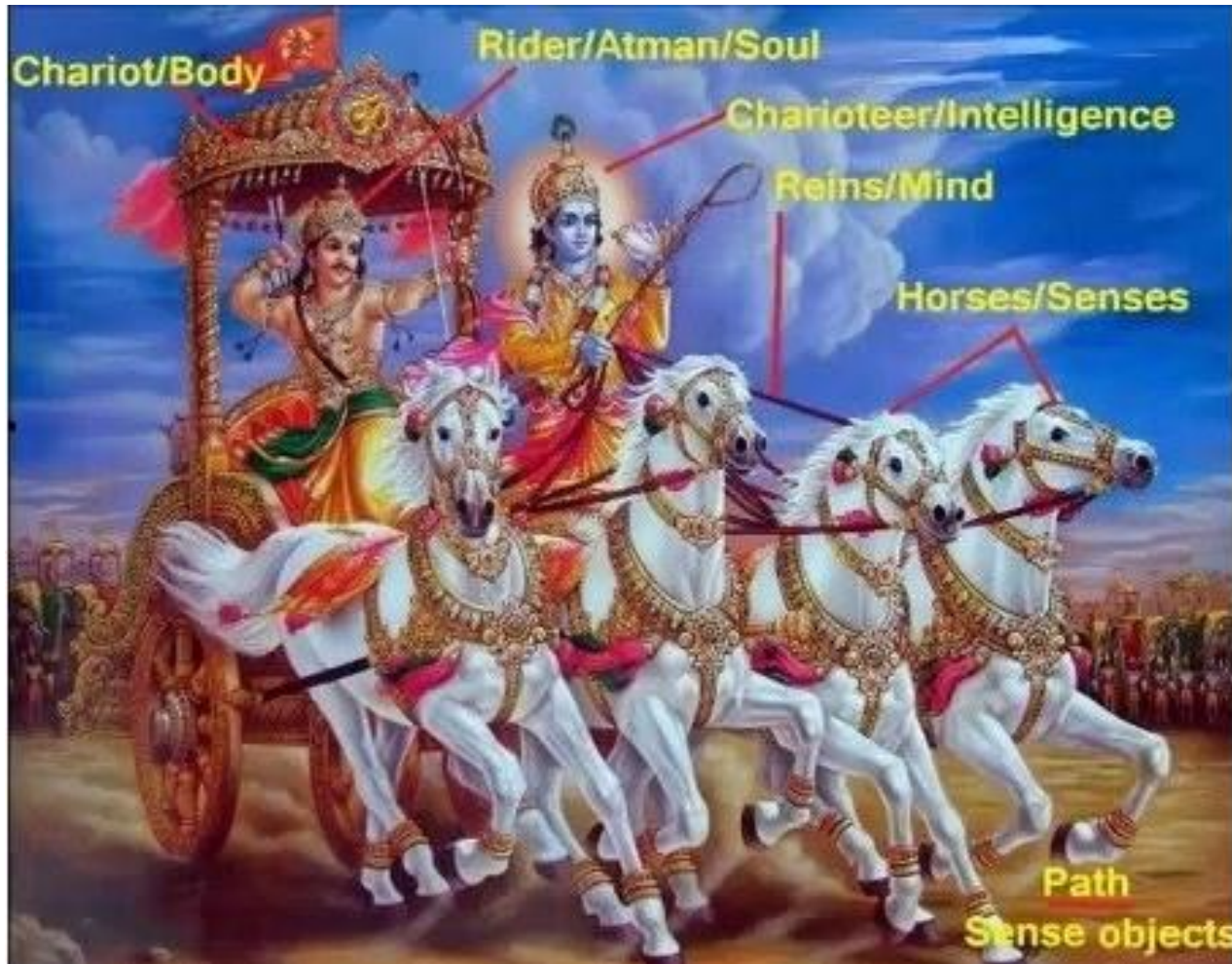
contd.

## Mental & Spiritual Energies



# Where does energy come from?

contd.



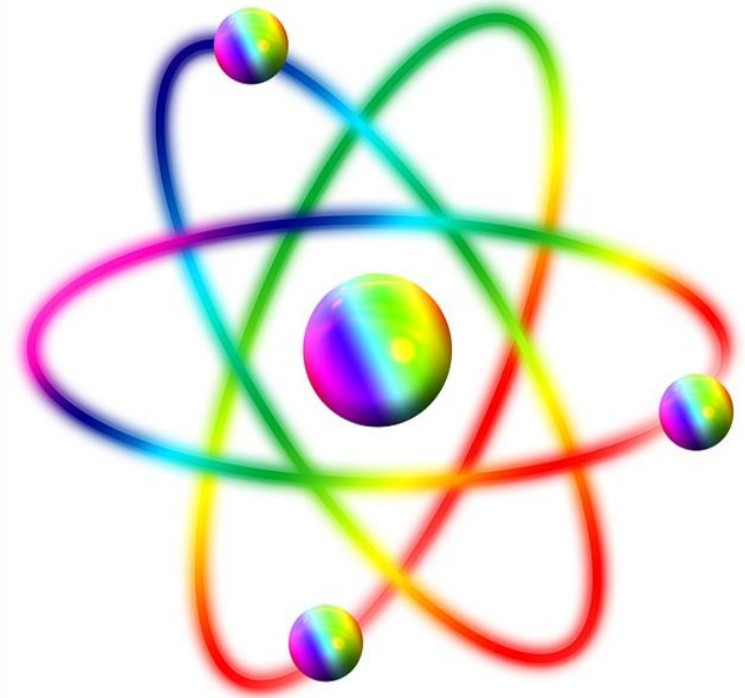
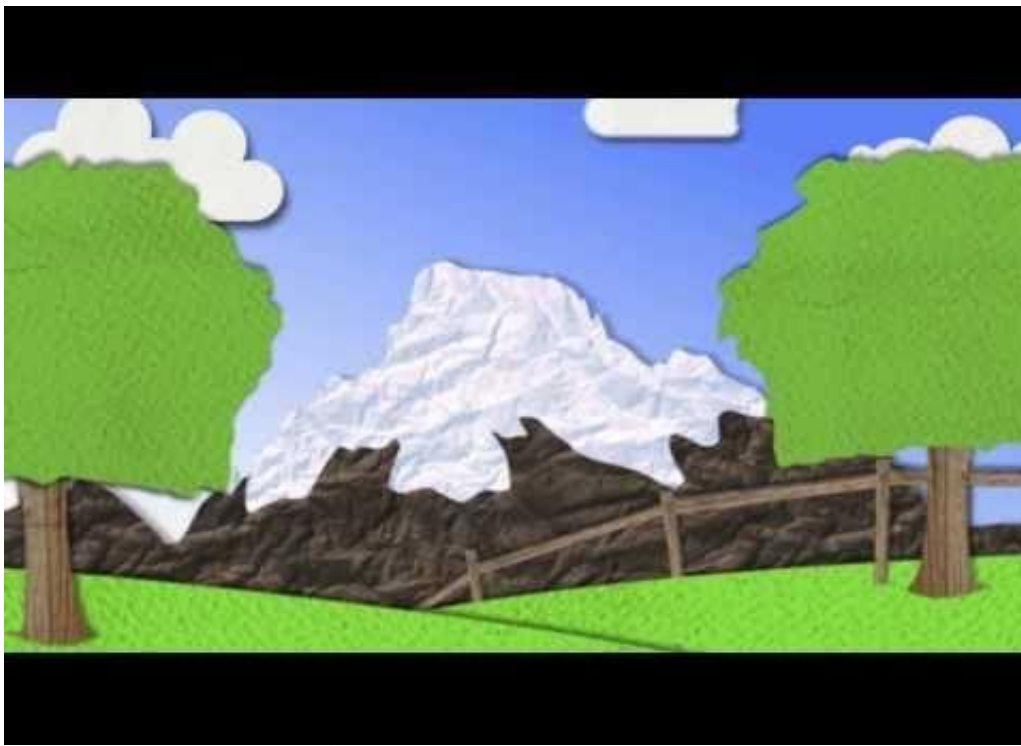
Mind - Body -  
Senses: Inter-  
relationship



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# How does conserving & preserving different forms of energy link to 'Protecting the Planet'?



[https://www.youtube.com/watch?v=bn8R\\_Xqj10](https://www.youtube.com/watch?v=bn8R_Xqj10)

Video duration - 3 minutes



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# In **PART 2** of this study circle, we will cover:

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- ▶ Why do we need energy?
- ▶ What are various sources of physical energy?
- ▶ What is the effect of our energy use on the environment? (Importance of energy conservation)
- ▶ Are renewable sources the answer?
- ▶ Being aware of our energy footprint, how to reduce it



# 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.ssio@gmail.com](mailto:servetheplanet.ssio@gmail.com)

**JAI SRI SAIRAM!**



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