



# Sanathana Sarathi

AUGUST 2012



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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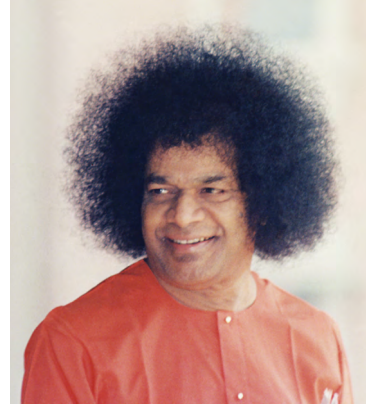
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*"Everything in this world is temporary  
like passing clouds. No one knows when  
one will have to leave the body. The  
body is ephemeral like a water bubble and  
the mind is restless like a mad monkey.  
Therefore, do not follow the body, do not  
follow the mind, follow the conscience.  
Your conscience is your witness. When  
you follow the fickle mind and the  
temporary body, the results are also bound  
to be temporary."*



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AMRITA DHARA

BHAGAVAN'S DISCOURSE:  
22ND JULY 1996

# BECOME DESERVING OF GOD'S LOVE

*All people aspire for easy time, high position and prosperity in life. Few aspire for good intellect, wisdom and good character. What else is there to be conveyed to this congregation of noble souls?*

(Telugu Poem)

ONLY THE EXPERIENCE OF THE ATMA IS PERMANENT

*Dear Students!*



IN THIS VAST WORLD, every living being desires happiness that is eternal. Where can we attain this happiness from? Beauty is happiness and happiness is the nectarine essence of life. Which are the objects that are beautiful in this world? A number of objects attract man in various ways. You think it is the beauty of the objects that attracts. But beauty is temporary, whether it is in human beings, birds, animals or things.

For example, this is a rose. It looks so beautiful. Its beauty gives happiness. But how long will its beauty last? It may last till today or tomorrow. Thereafter, all its petals will fall down and it will lose its beauty. When it loses its beauty, it can no longer give you happiness. Therefore, in this world, you can never find permanent beauty and permanent happiness. Everlasting happiness can be attained

only from God. Only God is permanent in this world; rest of it is all temporary like passing clouds. *Anityam Asukham Lokam* (this world is temporary and full of misery). How can you experience eternal happiness in this ephemeral world which is devoid of happiness? If you want to

***Develop the feeling that you and I are one and consider the universe as the form of God.***

***As the Vedas say: Sarvam Vishnumayam Jagat (Lord Vishnu pervades the entire universe). The divine power is the same in everyone. Therefore, never criticise, ridicule or hate anyone. See God in everyone, constantly contemplate on God and surrender yourself to Him. Only then can you get eternal happiness.***







***Kama and Krodha are responsible for all the sufferings of man. People think they are suffering because of the influence of nine Grahas (planets).***

***In fact, these Grahas do not cause suffering to anyone; they only discharge their duties. However, there are two Grahas which are responsible for all your sufferings. They are Kama and Krodha which are very powerful and cause immense suffering to man. What should you do to control these? You should develop friendship with God. God alone is your true and permanent friend.***



God. Therefore, take refuge in God. Only then can you experience eternal happiness. You can become immortal when you experience everlasting happiness. But man today considers the temporary happiness that he gets from the world as permanent happiness. Adi Sankara therefore cautioned man:

*Ma Kuru Dhana Jana  
Yauvana Garvam,  
Harathi Nimeshath  
Kalah Sarvam.*

(Do not be proud of your wealth, progeny and youth; the tide of time may destroy them in a moment.) How long will the pride of youth, money, etc., last? It is all momentary.

Once a student went to a palmist. Reading his palm, the palmist exclaimed, "What a good fate line of wealth you have! My dear, you are going to be a very wealthy person." On hearing

experience eternal happiness, you have to take refuge in God who is the embodiment of happiness. God is the embodiment of beauty. You can derive eternal happiness by contemplating on the beautiful form of

this, the student became very happy. On reading his palm further, the palmist said, "My dear, you will be highly educated." The student's joy knew no bounds. The palmist



also said, "You will earn a good name and fame." The student was ecstatic. After this, the palmist was silent for some time, looking very pensive. "Sir, what are you thinking? Have you anything else to say?" asked the student. The palmist said, "You have a very short span of life." On hearing this, the student was totally crestfallen. One may be very wealthy, highly educated and may attain great name and fame. But what is the use if one does not have a long life? Similarly, man may experience any type of temporary happiness, but unless he experiences eternal happiness, he will remain disappointed. The happiness you get from this world is not permanent.

Gautam Buddha got up in the middle of night, looked at his wife and son and thought of his kingdom. Then he said to himself, "How long will everything last in this world? The happiness derived from these temporary objects is not permanent. I must attain the permanent happiness of Nirvana (liberation)." Having resolved thus, he at once renounced everything. If man wants to experience eternal happiness in this temporary world, he should lead his life with care and caution. Desire for permanent happiness leads one to Nivritti (inward path) while desire for worldly happiness takes man to Pravritti (outward path). Therefore, you should make efforts to experience permanent happiness. Though man today is highly intelligent and educated, he is unable to realise this truth.

### **Pain and Pleasure are Common to Man and other Creatures**

When the fierce Mahabharata war was being waged, Sage Vyasa noticed a small

worm running away with great speed. He questioned the worm, "Why are you running away so fast?" He granted the faculty of speech to the worm and asked for a reply. The worm replied, "Swami, very soon Arjuna's chariot is coming this side with great speed. Feeling the tremors of the earth, I have become fear-stricken. I must reach home before the chariot comes this way. That is why I am running away." Vyasa was surprised to hear this. He asked, "You are such a tiny creature. How come you also have so much love for life?" Then the worm replied, "Swami, whether we are big or small, life principle is the same in all creatures. Man may be highly educated, intelligent and great, but the happiness, comforts and worldly pleasures he experiences are the same as we experience. It is not the form that is important. Every being, whether it is big or small, loves its life. All other creatures experience the same type of worldly pleasure that man experiences. Just as man feels happy on eating delicious food, we too derive the same type of happiness when we eat tasty food. Just as man feels happy to raise a family, we too feel the same."

It was an eye-opening experience for Sage Vyasa. He said to himself, "Look, this worm appears to be a tiny creature, but it has told a profound truth." Every living being experiences the same type of pain and pleasure. There is no difference between man and other creatures in this respect. Both experience the same type of happiness and sorrow. What separates





man from other creatures is his intelligence. If you find a person weeping, you ask him, "Why are you weeping?" because sorrow is unnatural for man. But do you ask a happy man, "Why are you not weeping?" No, because happiness is natural for man and sorrow is unnatural. Today you consider what is unnatural for man as natural and what is natural as unnatural. Since people today are not able to understand what is natural and what is unnatural to them, they are deluded to think there is so much difference between human beings and other living beings. There is no difference between the experiences of pleasure and pain; there is only difference in Upadhi (form). You may think that smaller creatures have small pain and big creatures have big pain or the pain experienced by a human being is much more compared to the pain of other creatures. This is a great mistake. The taste of a drop of water from a vast ocean is the same as that of the ocean itself. You may think there is a very small quantity of salt in a drop of water from the ocean. The quantity of salt may be small but the quality of saline taste is the same as that of the ocean. Similarly, the experience of pleasure and pain is the same for all living beings.

### **Lead your Life with Equal-mindedness**

How should man conduct himself in the world? As the Bhagavadgita teaches, *Sukhadukhe Samekruthwa Labhalabhau Jayajayau* (one should remain equal-minded in happiness and sorrow, gain and loss, victory and defeat). Man should consider pleasure and pain, praise and

censure alike. That is the state of true Yoga. *Samatvam Yogamuchyate* (equanimity is called true yoga). Sage Vyasa propagated to the world the lesson he learnt from the worm and exhorted man to develop equal-mindedness. Do not observe differences on the basis of form. It is not the form but the qualities and virtues that are important. Observance of equal-mindedness is the main quality of a human being. Man today attaches a lot of importance to the form and thinks that it is the ultimate feeling one should develop. Hunger is the same for the mother and her newborn child. Mother eats rice and the child drinks milk. Food is different but the experience of hunger is the same for both. In this manner, these experiences are common for all beings. Sage Vyasa was a great Yogi and one of wisdom who codified the Vedas, but even he could not understand this truth till his encounter with the worm. Man can learn many lessons even from small creatures. Nature itself teaches man many great ideals.

Man cannot have the experience of eternal happiness merely by reading sacred texts or by listening to the teachings of preceptors. He cannot even receive it as a gift from elders. He should exercise discrimination with proper enquiry in every matter to experience this. He should enquire what is real and what is unreal in the chores of his daily life. He should differentiate between the eternal and the ephemeral, Kshetra and Kshetrajna (field and knower of field). The human body is Kshetra and the consciousness is Kshetrajna. How can



you recognise this consciousness? You can recognise consciousness only with the help of this body. The body is the basis of this. Consciousness cannot be seen by the naked eye. That which cannot be seen by the naked eye can be experienced only by turning the vision inward. This is called meditation. It is the spiritual practice in which you close your eyes and try to experience that which cannot be seen by the naked eye. It is a normal practice for people to go to temples. What for do they go to temples? You go to temples to see God and offer your salutations to Him. But once you go to the temple and stand before the idol, you tend to close your eyes and offer your salutations to God. Having travelled a long distance to reach the temple, why should you close the eyes on seeing the idol of the deity? Why can't you feast your eyes on the blissful form of God? The reason is that the idol is the visible manifestation of invisible God. The bliss that emanates from the idol is invisible. Therefore, you can experience the invisible happiness with the help of the invisible wisdom that you are endowed with. Consciousness is present in every man. It is a witness to all that he experiences. The boy who spoke earlier referred to this.

### **Experience the Atma by Contemplating on God**

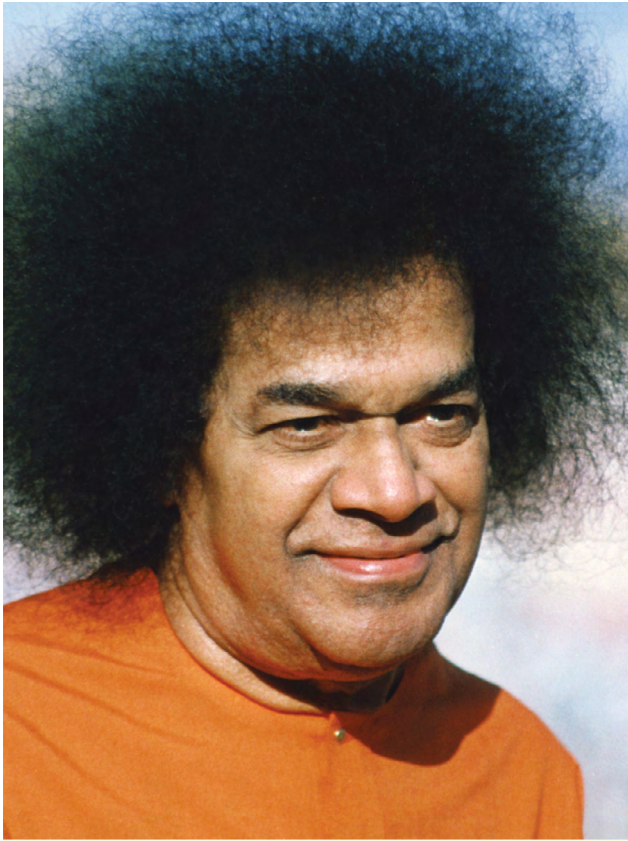
Once while conversing with his ministers and courtiers after his supper one night, King Janaka felt a little tired and retired to his bedroom. The queen and royal servants served the king in many ways and he fell asleep. Seeing this, the

queen gestured to the servants to go out while she herself sat near the king. After some time, the king suddenly got up and started repeating loudly, "Is this true or that?" The queen was put to great anxiety and asked the king many questions. But without answering her questions, he kept asking, "Is this true or that?" Then the queen sent out servants to call the ministers. The ministers came and asked the king what his doubt was. But the king kept on giving only one reply, "Is this true or that?" The ministers then called Sage Vasishtha. The sage asked the king, "Oh king! What has happened?" Even to the question of Sage Vasishtha, the king gave the same reply. Sage Vasishtha closed his eyes and meditated. As he was endowed with the knowledge of all the three periods of time, past, present and future, he came to know the reality.

He said, "The king saw a dream in his sleep. What he saw in the dream was like this: He had lost his kingdom, and so was wandering in a forest. In the forest, he suffered from acute hunger and started shouting, 'I am hungry, I am hungry.' A group of thieves were eating something there. On seeing him, they thought, what a pity, this fellow looks like a king! And they offered him some food. When the king extended his hands to receive the food offered by the thieves, an eagle swooped down and snatched it away from his hands. As he was not able to protect even the food that had been given to him, he started shouting all the more loudly, 'I am hungry, I am hungry.' At this point of time,







***In this world, you can never find permanent beauty and permanent happiness. Everlasting happiness can be attained only from God. Only God is permanent in this world; rest of it is all temporary like passing clouds. Anityam Asukham Lokam (this world is temporary and full of misery). How can you experience eternal happiness in this ephemeral world which is devoid of happiness? If you want to experience eternal happiness, you have to take refuge in God who is the embodiment of happiness.***



the king awoke from sleep. As he got up from his sleep, he saw that he was lying on his couch in the bedroom of his palace; while in his dream, he was wandering in a forest, shouting, 'I am hungry, I am hungry.' He therefore wondered what was true, this or that!" The sage made this fact known to everybody present there.

Then Sage Vasishtha addressed the king and made him aware of the reality, saying, "Oh king! Neither this is true nor that is true. What is true is you. You were there in your dream, and you are there in your waking state also. But the dream does not exist in the waking state and waking state does not exist in dream. What exists in both the states, in dream as well as in waking, that is true." In true state of renunciation, life is just a dream. Knowing that this dream can vanish any moment, man should lead his life without attachment.

What is the inner meaning of this story? Whatever you experience in this world will ultimately disappear in the womb of time one day or the other. Only the experience of the Atma is permanent. It is possible to have the experience of the Atma only by contemplating on God. One can experience eternal happiness by contemplating on God who

is true and eternal. That is why God is described as *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Suddha, Buddha, Mukta, Nirmala Swarupinam* (He is attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). You can attain eternal happiness only from God. All other experiences can never give you permanent happiness. When you are hungry, you go to the canteen, pay two rupees, eat chapatis and satiate your hunger. When your hunger is satiated, you feel happy. But how long does your happiness last? You become hungry again after two hours. Therefore, the happiness resulting from eating chapatis is only short-lived. You have to eat again to satiate your hunger. All worldly happiness is temporary and ephemeral. That is why Adi Sankara said,

*Punarapi Jananam Punarapi Maranam,  
Punarapi Janani Jathare Sayanam,  
Iha Samsare Bahu Dustare,  
Kripayapare Pahi Murare.*

(Oh Lord! I am caught up in this cycle of birth and death; time and again, I am experiencing the agony of staying in the mother's womb. It is very difficult to cross this ocean of worldly life. Please take me across this ocean and grant me liberation.)

Everything in this world is temporary like passing clouds. No one knows when one will have to leave the body. The body is ephemeral like a water bubble and the mind is restless like a mad monkey. Therefore, do not follow the body, do not follow the mind, follow the conscience.

Your conscience is your witness. When you follow the fickle mind and the temporary body, the results are also bound to be temporary.

In this temporary world, you may experience some happiness if you have wealth and other means of comfort, but even that is not guaranteed. There are many people in this world who have everything, yet they cannot experience happiness. Dhritarashtra had enormous wealth and royal comforts, yet he lacked happiness. Though he had a soft bed of feathers to sleep on, his mind was restless and fiery like a volcano. These physical comforts cannot give true happiness. If one has money, one may buy an air conditioner. However, the air conditioner will cool only the body, not the mind. Contemplation on God alone will cool the mind.

You may have all types of conveniences in life. But they cannot calm the restless mind. Arjuna said to Krishna, "*Chanchalam Hi Manah Krishna Pramathi Balavadrudham* (the mind is very unsteady, turbulent and powerful). This mind is highly fickle, stubborn and dangerous. How am I to experience happiness with this?" Then Krishna replied, "Oh simpleton, do as I say. Do not follow your mind. Do not think of your mind at all. Ignore it completely. Always think of God." Arjuna asked, "Swami, how can I think of You when I am fighting in the battlefield?" Krishna said, "*Maam Anusmara Yuddhyacha* (remember Me and fight the battle). You may be in the thick of the battle, but it is only your body which is fighting. What does your mind





do? Focus your mind on Me.” When you contemplate on God in all situations and under all circumstances, you will certainly experience eternal happiness. You can do it by all means; there is no doubt about it. There is enough power in your mind to do this.

### See God in Everyone

Everyone is endowed with divine power. It is a mistake to think that only some people have it and others do not have. Right from a toddler to an old man, from a pauper to a millionaire, from a tiny insect to a big animal, it is present in everyone. There may be differences in form, but divinity is present in all in equal measure. Discharge your duty under all circumstances. Do your duty sincerely. Whatever you see, consider it as divine. When you see with worldly feelings, you will see only the physical and ephemeral world. Therefore, see the world with divine feelings. The Upanishads say: *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (The Cosmic Being has thousands of heads, eyes and feet). All the heads are His, all the forms are His. When you have such a feeling, how happy and peaceful you become! On the other hand, if you observe differences on the basis of form, you will have a dual mind and lose your peace. This duality is the main cause for lack of peace. *A man with dual mind is half blind*. Dualism makes us blind to the truth. Develop the feeling that you and I are one and consider the universe as the form of God. As the Vedas say: *Sarvam Vishnumayam Jagat* (Lord Vishnu pervades the entire universe). The divine

power is the same in everyone. Therefore, never criticise, ridicule or hate anyone. See God in everyone, constantly contemplate on God and surrender yourself to Him. Only then can you get eternal happiness. If you want to attain eternal happiness, you must take refuge in God. If you desire only physical and worldly happiness, then you are bound to suffer.

The Ramayana teaches many subtle truths. Ravana was highly powerful and one of great penance. Yet, he could not control his desire. He wanted to exploit Nature, ignoring the Creator. Sita being the daughter of mother earth symbolises Nature. Whose property is Nature? It is the property of God. If you want to possess Nature without God's Will, what will be your fate? Ravana wanted to possess Sita who was the wife of Rama. What was his fate ultimately? He lost his kingdom, his kith and kin and ultimately met his doom. If you try to steal someone's property, you are sure to come to grief. When you attain God's grace, then only you have right over His property. Because of his desire and ego, Ravana wanted to take away Sita forcibly from Rama. This led to his downfall.

What is the main basis of the Ramayana? The main cause of Ramayana is Kama and Krodha (desire and anger). Manthara is the symbol of anger and Surpanakha represents desire. Manthara and Surpanakha are responsible for the entire story of the Ramayana. It was Manthara who became the cause of Rama's exile to the forest. It was Surpanakha who was responsible for Sita's abduction to Lanka.



These two characters form the entire basis of the Ramayana. Similarly, Kama and Krodha are responsible for all the sufferings of man. People think they are suffering because of the influence of nine Grahas (planets). In fact, these Grahas do not cause suffering to anyone; they only discharge their duties. However, there are two Grahas which are responsible for all your sufferings. They are Kama and Krodha which are very powerful and cause immense suffering to man. What should you do to control these? You should develop friendship with God. God alone is your true and permanent friend.

Child Prahlada told his father, "Father, you may have the power to conquer all the worlds in a moment, but what is that you have achieved when you are unable to conquer your own senses and Chitta (mind-stuff)? You are deluded to think that you have achieved so much. But, in fact,

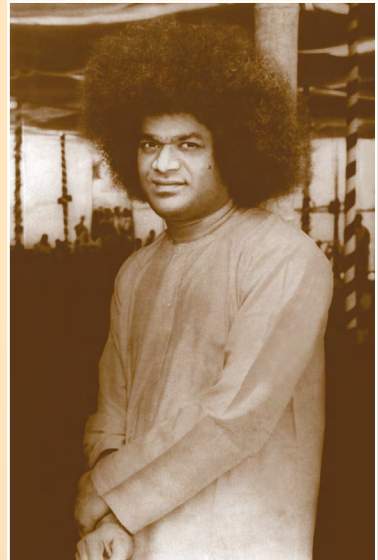
you have achieved nothing. How can the one who has surrendered to the inner foes achieve anything in life?" In this manner, Prahlada taught a lesson to his father. You have to subjugate your inner enemies. How can you subjugate them? It is possible only by attaining the grace of God. There are many who have no experience of divinity. However, there are many noble souls who achieved great powers with the help of prayer and penance. When you become the recipient of God's love, you can conquer the entire world. Therefore, you should become deserving of His love. Time is God. Sanctify your time and redeem your life by contemplating on God and serving Him.

(Bhagavan concluded His Discourse with the Bhajan, "*Prema Mudita Manase Kaho...*")

– From Bhagavan's Discourse in Sai Kulwant Hall on 22nd July 1996.

In addition to knowledge derived from the sacred texts, one should gain wisdom through experience. Education and knowledge without personal experience will be futile. It will assume the form of mere scholarship. If such learning is brought within the ambit of practice and experience, it is creditable. Acquiring and hoarding of wealth will be of no avail if it is not consecrated and spent for the welfare of the world. Similarly, mere acquisition of knowledge from books is a futile exercise.

– *Baba*





# GURU PURNIMA CELEBRATIONS



LARGE NUMBER OF devotees came from all parts of the world to participate in Guru Purnima celebrations at Prasanthi Nilayam. A symposium on “Unity of Faiths” was held on this occasion, in which speakers from major religions of the world delivered illuminating talks on the common features of all religions and paid glowing tributes to Bhagavan Sri Sathya Sai Baba as the embodiment of all faiths. Besides, a variety of cultural and devotional music programmes were organised as part of Guru Purnima celebrations. The venue of the celebrations was Sai Kulwant Hall which was aesthetically decorated for these celebrations.

## Symposium on Unity of Faiths

The inaugural session of the symposium on “Unity of Faiths” was held on the morning of 2nd July 2012. The programme began at 8.30 a.m. after Veda chanting by students. At the outset, a poem of Bhagavan on unity of faiths was played on the public address system:

*He who is worshipped as Allah by Muslims,  
As Jehovah by Christian aspirants,  
As the Lotus-eyed Lord by the worshippers of Vishnu,  
As Sambhu by those who revere Siva,  
In whatever way He is worshipped, He gladly responds,  
Grants the grace of fame and fortune,*

*And showers happiness and joy.*

*He is the One,*

*The Supreme Self. Know Him as Paramatma.*  
(Telugu Poem)

In the audio clip from the Discourse of Bhagavan that followed the poem, Bhagavan said, “Realisation of one’s divinity is religion. If you know who you are, you can understand what religion is.” Bhagavan further said that divinity was present in everyone. Seeing unity in diversity was true spirituality. Divinity, He said, was one; the differences that existed lay in the mind of man.

Sri Srirangarajan, Controller of Examinations, Sri Sathya Sai Institute of Higher Learning who compered the proceedings of the symposium then introduced the two speakers of the morning session. The first speaker was Prof. Akhtarul Wasey, Head of the Department of Islamic Studies, Jamia Millia Islamia University, New Delhi. The erudite speaker observed that a true Muslim was one who recognised the truth that Allah is present in all. Religion does not divide; it unites all, observed the distinguished speaker. Giving the true meaning of Jihad, Prof. Wasey observed that Jihad did not mean holy war against other religions, but supreme struggle against one’s evil desires and tendencies.

After the talk of Prof. Wasey, another audio clip from Bhagavan’s Discourse



was played. In this Discourse, Bhagavan observed that all religions advocated peace, and no religion supported violence. Explaining the meaning of Islamic practices of Zakat and Salat, Bhagavan said that man should worship God with faith and devotion and help his fellow men.

The second speaker of the morning session was Swami Dayananda Saraswati, an eminent scholar and teacher of Vedanta. In his talk, the distinguished speaker remarked that Bhagavan Sri Sathya Sai Baba was loved not only by people of India, but people of all nations, races and religions of the world also since He preached Sanathana Dharma which recognised the divinity of man and oneness of God. Quoting the Upanashadic verse, *Isavasyam Idam Sarvam* (the entire universe is permeated by God), he exhorted one and all to recognise the basic truth of divinity of man and unity of mankind. God, he said, does not observe differences. Pray to God in any language, perform any form of worship, it reaches God, he said. A brief Bhajan session followed the talk of Swami Dayananda Saraswati. The morning session of the symposium came to a close with Arati at 10.30 a.m.

The second session of the symposium on "Unity of Faiths" started at 5.00 p.m. with an audio clip of Bhagavan's Discourse, in which Bhagavan said that a true Muslim, a true Christian, a true Sikh or a true Hindu was one whose heart was filled with love. The first speaker of this session was Fr. Dominic Emmanuel, Director, Delhi Catholic Diocese. Describing India



*A symposium on "Unity of Faiths" formed part of Guru Purnima celebrations at Prasanthi Nilayam.*

as the example of unity in diversity in the world, the learned speaker observed that India welcomed people of all faiths and races. Quoting the famous sayings of Bhagavan Sri Sathya Sai Baba on the unity of faiths, the distinguished speaker said that Bhagavan preached unity of faiths all His life and gave to mankind the religion of love. Referring to the teachings of Bhagavan and Jesus Christ, the distinguished speaker observed, "If you do not have love, you have nothing." Love, he said, was the source of all and it should be translated into action by serving all as was being practised by the committed devotees of Bhagavan.

This was followed by another audio clip of Bhagavan's Discourse, in which Bhagavan emphasised the oneness of human beings as the same Atma was present in all. Truth, He said, is one but

scholars interpret it in many different ways. The second speaker of the programme was Dr. B.V. Rajaram, a well-known speaker on Buddhism from Mahabodhi Society, Bengaluru. At the outset, the learned speaker told that he was fortunate to have Bhagavan's Darshan in Puttaparthi many times. Bhagavan, he said, was the embodiment of love, truth and selfless service. As Bhagavan exhorted one and all to see good, do good and be good, Buddha taught this 2,500 years ago. Buddha, the learned speaker added, considered love as the highest value, taught the path of compassion to mankind and exhorted his followers to shed hatred, greed and violence as Bhagavan taught in modern times.

The symposium befittingly concluded with an audio clip of Bhagavan's Discourse, in which Bhagavan emphasised the importance of respecting all religions as all religions taught oneness of mankind and tolerance towards others. This was followed by a brief session of Bhajans and distribution of Prasadam to the entire assembly of devotees in Sai Kulwant Hall. The symposium came to a close with Arati at 6.45 p.m.

### Guru Purnima Function

On 3rd July 2012, the auspicious day of Guru Purnima, there was a huge



*The students of Sri Sathya Sai Institute of Higher Learning offering musical tributes to their Sadguru Bhagavan Sri Sathya Sai Baba on the morning of Guru Purnima.*

congregation of devotees in Sai Kulwant Hall, which was beautifully bedecked for the important occasion. There were special floral decorations on the Samadhi of Bhagavan, and a beautiful chair was placed for Bhagavan on the right side of the dais. The programme started at 8.00 a.m. with Veda chanting. Thereafter, the students of Bhagavan paid musical tributes to their Beloved Sadguru, Bhagavan Baba. Beginning their presentation with "Sadguru Sai Stotram," they followed it up with a beautiful Carnatic classical music composition. The singers then sang a specially composed song for the occasion, "Sri Sai Gurudev" and thereafter rendered, "Sadguru Ashtakam." They brought their presentation to a close with the song, "Bhajo Re Parama Nama Sri Sai" (chant the Divine Name of Sai).

This soul-elevating musical offering of students was followed by talks by three distinguished speakers. Sri Sai Giridhar,





a research scholar of Sri Sathya Sai Institute of Higher Learning, introduced the speakers. The first speaker was Sri Kota Sivakumar, an alumnus of Bhagavan's Institute. Beginning his talk with a verse in worship of Guru, the distinguished speaker recalled various personal experiences of Bhagavan's teachings to him and paid his tributes to Bhagavan whom, he said, he considered his mother, father, Guru and God. Explaining the teachings of Bhagavan with many anecdotes, he exhorted one and all to install Bhagavan in their hearts.

The next speaker of the session was Dr. Narendranath Reddy, Chairman, Prasanthi Council, Sri Sathya Sai International Organisation. Referring to the first Bhajan sung by Bhagavan, "Manasa Bhajare Guru Charanam," the distinguished speaker observed that we should surrender ourselves at the Lotus Feet of Bhagavan who would take us across the ocean of worldliness. Stressing the need for love in the heart of modern man, Dr. Reddy said, love was the royal road to God and all the teachings of Bhagavan were, in fact, enshrined in the word love.

The last speaker of the session was Sri Nimish Pandya, All India Vice President, Sri Sathya Sai Seva Organisations. Pointing out the importance of love in the teachings of Bhagavan, Sri Pandya remarked that Bhagavan showed to man that love could touch the hearts of millions in the world. Referring to the speech of Swami Dayananda Saraswati during the symposium on "Unity of Faiths" held on the previous day, he said that man should

realise the truth that he is divine. Bhagavan, he said, always told the devotees, "I am God. But you are also God." Sri Pandya observed, "When this mystery is resolved, the world will become one."

Sri Nimish Pandya's speech was followed by an audio clip of Bhagavan's Discourse, in which He exhorted man to control his desires. Referring to the significance of Guru Purnima, Bhagavan said that Guru Purnima signified full moon or total illumination. Man should remove the darkness of ignorance and negative qualities from his heart and attain total illumination, Bhagavan said. Bhagavan brought His Discourse to a close with the Bhajan, "Prema Mudita Manase Kaho Rama Rama Ram" which the entire assembly of devotees followed in chorus. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 10.30 a.m.

### **Devotional Music Concert by Malladi Brothers**

The grand finale to the Guru Purnima celebrations was the soul-stirring devotional music concert of Malladi Brothers, Sri Sriram Prasad and Sri Ravi Kumar. Beginning their presentation at 5.15 p.m. with the famous Thyagaraja composition, "Rama Nannu Brovara (Oh Rama! Protect me), the renowned Carnatic music exponents kept the audience spellbound for over one hour with zestful rendition of devotional songs which included, "Brahma Jnana Pradayaka" (the bestower of the knowledge of Brahman), "Sathya Sai Deva" and concluded with Mangalam song



“Ramachandraya.” At the conclusion of their concert, the singers were honoured with shawls and mementoes. Shawls and mementoes were also offered to the artistes who provided instrumental support to them. This was followed by Bhajans and distribution of Prasadam. The grand Guru Purnima celebrations came to a close with Arati at 7.00 p.m.

## MUSIC AND CULTURAL PROGRAMMES

### Pilgrimage of Odisha Devotees

More than 1,800 devotees came from all parts of Odisha on a pilgrimage from 4th to 6th July 2012 on the occasion of Guru Purnima celebrations at Prasanthi Nilayam. On 5th July 2012, Sri Sathya Sai Seva Organisation of Odisha organised a cultural programme in Sai Kulwant Hall which comprised three items.

The first item of this programme was Sankirtan (congregational chanting of the Divine Name), which was presented in two parts. First, a group of youth presented a beautiful dance to the tune of music



*Odisha youth presenting a dance and music item in Sai Kulwant Hall.*

produced by them with conches and drums. Next, a group of adults presented a vigorous dance while singing devotional songs to the accompaniment of traditional musical instruments like drum, mridangam and cymbals.

The next item of the programme was a dance drama entitled “Sri Krishna Leela Madhuri” which was performed by the students of Sri Sathya Sai Vidya Vihar, Bhadrak, Odisha. The dance drama presented the story of Lord Krishna’s childhood, showcasing His divinity through



*Graceful and swift footwork of the children made the dance drama a scintillating presentation.*

various episodes from His life in Brindavan. While the story was narrated in a song sung by singers, the students in colourful costumes enacted the relevant scenes like killing of the demoness Putana, subduing the ferocious serpent Kaliya, lifting the Govardhan mountain by Krishna, showing the universe by child Krishna in His mouth to Mother Yashoda, etc. Graceful and swift footwork of the children while making beautiful formations made the dance drama a scintillating presentation.

The third item of the programme was a devotional music programme entitled

"Sai Symphony" which was presented by ladies and gents singers of Odisha. The singers began their presentation with the song, "Sathya Ki Raha Dikhane Aaye" (Lord Sai incarnated to show the path of truth) and concluded with the song, "Sai Rama Sai Krishna," singing, in all, four songs dedicated to Bhagavan Sri Sathya Sai Baba. All the songs were saturated with devout feelings of the singers who poured out their hearts expressing their deep love for their Beloved Bhagavan. At the conclusion of this beautiful cultural programme, clothes were presented to the participants. This was followed by Bhajans which concluded with the Bhajan, "Hey Siva Sankara Namami Sankara" in the golden voice of Bhagavan. After distribution of Prasadam to all, the programme came to a close with Arati at 6.30 p.m.

### **Devotional Music Concert by Russian-speaking Countries**

A soul-stirring devotional music presentation was made on 6th July 2012 by devotees from six Russian-speaking countries who came on a pilgrimage to Prasanthi Nilayam on the holy occasion of Guru Purnima. The first item of the programme was a choir performance made by more than 100 singers and musicians from Russia, Belarus, Ukraine, Kazakhstan, Azerbaijan and Uzbekistan. The singers and musicians, both ladies and gents, in their colourful dress and



*Devotees from six Russian-speaking countries presenting their choir programme in Sai Kulwant Hall.*

headgear began their presentation at 5.00 p.m. in Sai Kulwant Hall and kept the audience spellbound for nearly 30 minutes by their soulful presentation of 11 devotional songs in Russian. Some of the soul-elevating themes of the songs were: "Oh Lord, Please Hear this Song," "May the Divine News Fly all over Russia," "The Soul is Full of Pure Light," "May Kindness be on Earth," "Pilgrims of Love, Believe in yourself." The programme concluded with sonorous rendition of Russian national song, "Kalinka" at 5.30 p.m.

The second item of the programme was Bhajans which were led by both ladies and gents singers from the above-mentioned countries. Beginning their programme with the Bhajan, "Vinayaka Vinayaka," they sang next, "Durge Durge Durge Jai Jai Maa," "Sathyam Jnanam Anantam Brahma," "Salaam Salaam" and concluded it with the Bhajan, "Om Namah Sivaya Sivaya Namah Om." The amazing ease and perfection of the rendition of the Hindi Bhajans by Russian singers earned them the admiration of one and all. At the



conclusion of this beautiful presentation, clothes were presented to the singers and musicians. After a brief session of Bhajans by students, the programme came to a close with Arati at 6.00 p.m. after distribution of Prasadam to all.

### **Spiritual Retreat of Sai Youth of Indonesia, Malaysia, Thailand, Singapore and Nepal**

Nearly 600 youth came from Indonesia, Malaysia, Thailand, Singapore and Nepal (Zone 4 countries of International Sai Organisation) to participate in Sri Sathya Sai Youth Spiritual Retreat 2012 from 5th to 7th July 2012.

On 7th July 2012, a group of these youth presented a traditional Balinese dance “Kecak” in Sai Kulwant Hall. The dance depicted a part of the story of the Ramayana, portraying the scenes of the battle between Lakshmana and Meghanath, swooning of Lakshmana in the battlefield, bringing of the hill containing Sanjivini herb by Hanuman, revival of Lakshmana and annihilation of Meghanath. The dance not

only showcased the valour of Hanuman but his impeccable devotion to Rama also. The climax was reached when out of His immense love for Hanuman, Rama embraced him. Thereafter, Hanuman expressed his joy in a beautiful dance while ladies singers sang the Bhajan, “Jai Jai Hanuman Jai Hanuman.” The uniqueness of this Balinese dance was that it was performed without the accompaniment of any musical instruments except the sound articulated by the actors. The graceful dance of the main actors, viz., Hanuman, Rama and Lakshmana was accompanied by the hand gestures of the supporting actors and singers and swaying movement of their body. From all accounts, the dance was a perfect and superb presentation. At the conclusion of the dance, clothes were presented to the dancers and singers. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.00 p.m.

### **Spiritual Retreat of Devotees of Gulf and Middle East Countries**

More than 250 devotees came from Dubai, Abu Dhabi, Oman, Sharjah, Bahrain, Kuwait, Qatar, Saudi Arabia, Turkey, Syria and Iran on a pilgrimage to Prasanthi Nilayam and participated in a Spiritual Retreat from 6th to 12th July 2012.

A group of these devotees presented a captivating devotional music programme



*Traditional Balinese dance presented by the youth of Indonesia, Malaysia, Thailand, Singapore and Nepal.*

entitled, "Sarva Dharma Swaroopa Sai" (Sai, the embodiment of all faiths) on 10th July 2012 in Sai Kulwant Hall. Beginning their presentation at 5.00 p.m. with the song "Allah Allah," the singers and musicians, both ladies and gents, in their traditional dress kept the audience spellbound for



*Devotees of Gulf and Middle East countries in their traditional dress presenting Arabic songs.*

nearly 40 minutes with sonorous and soulful rendition of Arabic songs on five human values of Sathya, Dharma, Santhi, Prema and Ahimsa taught by Bhagavan Sri Sathya Sai Baba. Each song was preceded by a meaningful commentary, which highlighted how these five cardinal human values formed the core of the teachings of Islam as propounded in the Holy Quran, and were, in fact, fundamental teachings of all religions. The melody of rendition along with sweetness of music captured each heart.

This was followed by Bhajans which were also led by these devotees. Meanwhile, clothes were presented to all the participants and Prasadam was distributed. The programme came to a close with Arati at 6.10 p.m.

## Pilgrimage of Mahaboobnagar Devotees

More than 1,400 devotees came to Prasanthi Nilayam from Mahaboobnagar district of Andhra Pradesh on a pilgrimage for two days, 14th and 15th July 2012. On 15th July 2012, a group of these devotees presented a devotional music programme in Sai Kulwant Hall. Beginning their presentation at 5.00 p.m., these devotees enthralled the audience with melodious devotional songs dedicated to Bhagavan Sri Sathya Sai Baba for nearly one hour, creating an aura of devotion in the entire milieu. At the conclusion of this programme, clothes were presented to all the singers and musicians who presented this soul-elevating devotional music programme. The devotional music programme was followed by Bhajans which were also led by these devotees. The Bhajan session came to a close with the Bhajan, "Narayana Bhaja Narayan" in the golden voice of Bhagavan. The programme came to a close with Arati at 6.20 p.m.

## Sambhavami Yuge Yuge: Burra Katha

The folk art form of Andhra Pradesh, Burra Katha, came alive at Prasanthi Nilayam when three students of Sri Sathya Sai Institute of Higher Learning presented the story of Mahabharata war in this art form in Sai Kulwant Hall on 14th

*continued on page 279...*







of the wicked, protection of the good, weeding out of unrighteousness and restoration of righteousness. This is how they may look at the Avatar's doings. But that is not the way the Lord sees things. There is nothing bad in God's view. Hence, there should be no hatred or ill-will towards any being. It is only when you love all that you can be said to love God.

### Think of the Divine at all Times

The state of mind of spiritual aspirants today is like this: when they are in meditation they appear like Yogis. After the meditation is over, they return to their daily activities and are immersed in mundane pleasures. This is not the way of life preached by Krishna. He declared: *Satatam Yoginah* (attain permanent yogic state). What we witness today is: "Yogis in the morning, Bhogis (epicureans) during the day and Rogis (sick) at night." How can such persons ever remain Yogis at all times? You have to think of the Divine at all times, in all situations, in whatever you see, do, say or experience. To pray to God when you are comfortable and to blame God when you are in trouble reflects your selfish and narrow outlook.

You cannot know what may happen at any time, in any situation. What is bound to happen cannot be prevented. Hence, you must regard anything that happens as a gift from God. It is only when you develop such faith and love for God that true spirituality can grow. You should not allow worldly attachments to multiply without limit. Attachment only to the Divine, which transcends all other

***Whoever adores Krishna unintermittently, without any other thought or feeling to perturb him, is Radha. See with the eyes of Love; hear with the ears of Love; work with the hands of Love; cherish thoughts of Love; feel Love in every nerve. The God of Love, Krishna, will come to you on the wave of Love and fill your heart with Himself!***



attachments, is permanent. Wherever you go, whatever you see, develop the sacred feeling that only what pleases God delights you. The body is only an instrument. It is the Divine that animates it and makes it move about and experience things.

The troubles besetting the world today cannot be removed except through the promotion of unity. This unity can be promoted only through love. There is nothing that cannot be accomplished through love. *Love is God. God is Love. Live in Love.*

### Fill your Heart with Love

When you fill your heart with love, you have no ill-will towards anyone. Cultivate the faith that the Divine is in everyone. Surrender to the Divine in a spirit of dedication. The symbolic meaning of the relationship between Krishna and the Gopikas is this: The heart is the Brindavan (in each person). One's thoughts are like the Gopikas. The Atma is Krishna. Bliss is the sport of Krishna. Everyone must convert his heart into a Brindavan and



consider the indwelling Atma as Krishna. Every action should be regarded as a Leela of Krishna. Gokulashtami is celebrated by offering to Krishna Paramannam (rice cooked with jaggery). The real meaning of Paramannam is Annam (food) relating to Param (Supreme). Paramannam is sweet. Your love must be sweet. What you offer to God must be your sweet love. Your love must be all-embracing. This is the foremost message of the Avatar.

### **Merge in Krishna Principle through Love**

You celebrate the Birthday of Krishna, Rama and Sai. But they have no birth. They do not age; they appear and disappear like the sun rising and setting. You roll and rotate; they are steady and ever-present! They appear so, so that you might realise the Unlimited and forget in that ecstasy the limited to which you are shackled.

Do not derive contentment simply adoring pictures and images, and reading or reciting hymns or songs of praise. Move on to the higher stage of Seva activity, and then, to the highest stage of Ananda, which is Go-Loka (heaven)! Know your reality and the reality of all beings as revealed to you; that very instant you become Radha, and since Radha is Krishna and Krishna is Radha, you enter and merge in the Krishna-Tattwa (the Krishna principle), the Divine Truth. Whoever adores Krishna unintermittently, without any other thought or feeling to perturb him, is Radha. See with the eyes of Love; hear with the ears of Love; work with the hands of Love; cherish thoughts of Love; feel Love in every nerve.

The God of Love, Krishna, will come to you on the wave of Love and fill your heart with Himself!

Do not cage Him in a picture-frame; do not confine Him in an idol. He is all forms. His are all names. He is the Reality of all beings. Infect yourselves with madness for Him, instead of for the world. Someone has written a song about Me, saying that I cure madness and confer madness, that I wipe tears and cause tears to flow! Yes; madness for visualising God is anyway preferable to the madness for riches and fame.

### **The Power of Love is Supreme**

Shed tears of Ananda (bliss), not tears of grief. Yearn for the love that will bring you the love of God. I have no power mightier than that. I might change earth into sky or sky into earth, but that power is nothing before the power of love that can bind the world and rule the world. Love; do not hate or harm. Even mosquitoes can pride themselves on the capacity to injure and harm, and cause disease! Bugs can do likewise; so, if you feel proud of the skill to harm, you are only demeaning yourselves. Love and serve; that is the Sadhana (spiritual striving) that will reward you best. Celebrating festivals like this has been prescribed by the sages, since they encourage you to ponder over the fundamentals of spiritual progress. I bless that you attain the constant contemplation of the Lord and that your minds taste the sweetness of the Divine without intermission.

– **From Bhagavan's Sri Krishna Janmashtami Discourses.**



# CELEBRATIONS AT PRASANTHI NILAYAM

## PILGRIMAGE OF MUSCAT DEVOTEES



CONTINGENT OF MORE than 60 devotees including students came from Muscat (Sultanate of Oman) on a pilgrimage to Prasanthi Nilayam in the last



*Children from Muscat presenting a dance item.*

week of June 2012. On 24th June 2012, the students of Saraswati Natyalaya (dance school) and Sri Sathya Sai Education in Human Values children from Muscat presented a beautiful dance programme in Sai Kulwant Hall comprising three items. The first two items of the programme were dances dedicated to Lord Siva. The third and final dance was based on Guru Paduka Stotram, a composition of Adi Sankara dedicated to the worship of Guru. The programme which started at 5.30 p.m. after Veda chanting came to a close at 6.00 p.m. At the conclusion of the programme, clothes were offered to the students who

took part in the three dance items. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.00 p.m.

## INSTALLATION OF GANESH IDOL

The idol of Lord Ganesh that earlier adorned the dais in Sai Kulwant Hall, was installed on 29th June 2012 in front of Gopuram Gate which had earlier been opened for the convenience of devotees. The consecration of the idol started at 5.30 a.m. and Puja was offered to it by priests amidst chanting of Vedic Mantras. The worship of the idol continued up to 6.00 a.m. It was followed by offering of oblations in the Yajna Kunda made near the northern gate of the hall. The Yajna came to a close with Poornahuti (final oblations) in



*Worship of the Ganesh idol before its installation in front of Gopuram Gate.*



the Yajna Kunda by Sri V. Srinivasan and Sri R.J. Rathnakar, Trustees, Sri Sathya Sai Central Trust at 6.15 a.m. This was followed by Abhishekam of the idol. Vedic hymns were chanted by the priests during the course of the Abhishekam. After the ceremony of Abhishekam, the idol was decorated and offerings were made at it. The programme of installation of the Ganesh idol came to a close at 7.15 a.m. with Arati after distribution of Prasadam.

Besides the Gopuram Gate, another gate was opened by the side of the Ganesh Gate for the convenience of devotees. The opening ceremony was performed at 8.15 a.m. with Puja, breaking of coconuts, cutting of ribbon and Arati.

### WORSHIP OF VATA VRIKSHA

To commemorate the planting of Vata Vriksha (banyan tree) on the hillock near university building by Bhagavan on 29th June 1959, a solemn function was held under this sacred tree on 29th June 2012. Grown to gigantic size during the last 53 years, this tree has been attracting numerous sincere seekers who meditate under it for mental peace and spiritual progress. While planting the tree, Bhagavan had created a Yantra (mystic diagram) with spiritual potency which was placed under it. Since this tree was planted by Bhagavan, one of the Names of Bhagavan in Sri Sathya Sai Ashtothara Sata Namavali is "Om Sri Sai Sadhakanugraha Vata Vriksha Pratishthapakaya Namah" (salutations to Sri Sai who planted the banyan tree for showering grace on spiritual seekers).



*Worship of banyan tree planted by Bhagavan.*

The programme of offering worship to the tree started at 9.45 a.m. with performance of rituals amidst chanting of Vedic Mantras by the officiating priest. A group of students thereafter recited, "Om Sri Sai Sadhakanugraha Vata Vriksha Pratishthapakaya Namah," which was followed by Bhajans and distribution of Prasadam. The function came to a close with Arati at 10.30 a.m.

### ASHADI EKADASI

Piety and solemnity marked the celebration of Ashadi Ekadasi at Prasanthi Nilayam on 30th June 2012. A large number of devotees came from Maharashtra and Goa to celebrate this sacred festival in the holy precincts of Prasanthi Nilayam, and presented music and cultural programmes both in the morning and evening in Sai Kulwant Hall.

The morning programme started at 8.30 a.m. with blowing of conches by four devotees in traditional dress. This heralded the entry of the traditional Dindi (palanquin) procession into Sai Kulwant



*Dindi procession in Sai Kulwant Hall.*

Hall which reverberated with the sonorous singing of “Panduranga Vitthale.” The Varkaris (pilgrims) along with the palanquin of Lord Vitthala then came to the Samadhi of Bhagavan and offered a Tulsi (basil) garland and flowers at it. This was followed by a thrilling dance by a group of youth from Maharashtra and Goa.

### **Master the Mind, Be a Mastermind – A Dance Drama**

The drama named above was the second item of the morning programme. The drama enacted by the Bal Vikas children of Maharashtra and Goa and students of Sri Sathya Sai Vidya Mandir, Dharmakshetra (Mumbai) portrayed the plight of modern man who has lost his peace and happiness because his mind is



*A thematic drama presented in Sai Kulwant Hall as part of Ashadi Ekadasi celebrations.*

turbulent due to the influence of desires, attachment, greed, anger, ego, etc. There is turnabout in life when man listens to the voice of his intellect, controls his mind and follows the teachings of Bhagavan Sri Sathya Sai Baba. The intellect then opens his eye of wisdom and shows him the light of the Atma which makes him realise his reality, that is, peace, quietude and bliss.

Interspersed with colourful and thrilling dances of children, the drama was an excellent presentation from all respects. Elevating and realistic theme, good acting of the children, colourful costumes, appropriate make-up and superb direction contributed to the success of the drama. At the conclusion of the drama, clothes were presented to the cast. The drama was followed by Bhajans and distribution of Prasadam. The morning programme came to a close with Arati at 10.00 a.m.

### **A Devotional Music Concert**

The afternoon programme started at 4.30 p.m. with Veda chanting by the youth and Bal Vikas children of Maharashtra and Goa. This was followed by a devotional music concert by the renowned singer, Geet Sagar. Commencing his presentation with the Bhajan, “Pashupati Tanaya Bala Gajanan” (Oh Gajanan, the darling son of Lord Siva), the singer enthralled the audience with popular Bhajans and devotional songs which included “Bhakta Vatsala Tero Naam” (lover of devotees is Your name), “Sai Mata Pita Guru Bandhu Sakha” (Sai is mother, father, Guru, friend and relative), “Hari Naam Gaate Chalo”

(constantly chant the Name of God). The audience also followed the Bhajans in chorus, saturating the entire milieu with devotion and piety. The singer also sang a Qawali, "Moula Moula" and concluded his presentation with the song, "Sai Baba Bolo" (chant the Name of Sai Baba). At the conclusion of his concert, the singer was honoured with a shawl and gifts, and a Sari and gifts were presented to his wife. Clothes and gifts were also offered to the artists who provided instrumental support to him. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.30 p.m.

### ALL INDIA WORKSHOP ON PARENTING

An All India Workshop on Parenting was held at Prasanthi Nilayam on 1st and 2nd July 2012. The proceedings of the workshop, conducted in the Conference Hall, began with the Keynote Address of Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations at 10.00 a.m. on 1st July 2012. In his address, the distinguished speaker observed that transforming individuals to transform the world is the keynote of Sai Organisation. Bal Vikas, being the heart and soul of the Sai Organisation, needed to be a holistic programme for the entire family, he added. Stressing the need for the involvement of parents in the Bal Vikas programmes, Sri Srinivasan said that these programmes had to be made interesting not only for the children but also for parents.



*Participants in the All India Workshop on Parenting attending a session in the Conference Hall.*

After the talk of Sri Srinivasan, Smt. Sarla Shah, National Coordinator, Sri Sathya Sai Bal Vikas Education, released the book "Sai Parenting – The Child is the Father of the Man," containing articles on Parenting received from various States.

Smt. Vidya Srinivasan, Joint National Educational Coordinator, then spoke on "The Objectives of the Parenting Workshop." She stressed on the importance of Parenting Workshops and also listed out the expectations from such Parenting programmes.

This was followed by a very inspiring session by Dr. Guru Raj Karjagi on "Counselling for Parents and Creative Teaching Techniques." Interspersed with animated activities, interesting anecdotes and appropriate video clippings, his session covered different parenting styles and the need for the parents' accepting the child unconditionally.

The post lunch session commenced with a presentation by Smt. Samhitha Nehru of Delhi NCR on "Organising Parents Meet in the Changed Economic Scenario."



Thereafter, Prof. E. Mukundan, State President, Sri Sathya Sai Seva Organisation, Kerala addressed the participants on the "Motivation Methodologies for Parents." He elaborately explained the What, Why and How of Motivating Parents, using many anecdotes and practical illustrations in support of his topic.

Dr. D. Syamala of Andhra Pradesh explained how the SSSVIP programme along with Bhagavan's aquacare, medicare and sociocare projects had motivated and inspired rural Bal Vikas students and parents of the tribal areas of East Godavari district.

Sharing the findings of a very detailed survey of Bal Vikas parents of Nanganallur Samithi, Tamil Nadu, Sri Sai Sundar, SSSIHL alumni, expressed the need for regular Bal Vikas Parent Contact Programmes for improving the quality and quantity of Bal Vikas strength.

The post dinner session started with Parenting Approach in Urban Centres by participants from Mumbai, Maharashtra. This was followed by sharing of experiences in conducting Parenting Workshops in cities by West Bengal, Uttar Pradesh, Karnataka and Gujarat. The speakers shared real life experiences while conducting workshops and emphasised the importance of active participation and involvement of parents in Sai Organisation activities.

The proceedings of the Workshop on 2nd July 2012 began at 11.30 a.m. with the talk of Sri Nimish Pandya, All India Vice President, Sri Sathya Sai Seva Organisations, who stressed on laying down the ethos of the Sai Organisation

and transforming the world through self-transformation. He advised the Gurus to train the children to master the minds and transform themselves as masterminds. Citing the examples of successful Bal Vikas children, he advised the Gurus to train the children to bring in the desired positive change in parents and society.

After this inspiring speech by Sri Nimish Pandya, the participants from the States of Odisha, Bihar, Haryana, Madhya Pradesh and Manipur shared their experiences in conducting parenting workshops in rural areas.

After this, a team of Gurus from Tamil Nadu presented a lively demonstration on Parenting. Professor Yogendra Verma from Himachal Pradesh then delivered his talk providing valuable guidance to parents of teenagers how to conduct themselves and handle sensitive issues of teenage children.

Thereafter, Sri N. Ramani, All India Vice President, Sri Sathya Sai Seva Organisations addressed the participants. He spoke on "Sathya Sai Way of Parenting," quoting his personal life as an example drawing very many parallels and how Parenting had helped to shape him up. He gave the methodology of Parenting to be in Sathya Sai Way of Love and Love alone.

While concluding the workshop, Dr. L. Sasi Bala, National Deputy Coordinator for Parenting, summarised the proceedings of the Workshop and thanked all the participants. The Workshop ended with Arati at 4.00 p.m.



## Effulgence of Divine Glory

# NEED FOR VITAMIN G



EVERYONE IN OUR FAMILY had the blessing and grace of Bhagavan during their darker days. My younger brother M.L. Sampath Kumar lives in Delhi. His wife, Chithra gave birth to a baby on 3rd February 1964, in Madras (Chennai). The baby had a 'club foot' on both his feet. They were curved like the punctuation mark, 'comma.' It was a deformity at birth itself. Baba was at Whitefield and He asked us to bring the baby to Whitefield before giving any treatment. He materialised a small locket to be tied around his neck. The next day, both legs were bandaged in plaster and every fortnight it was replaced. In May 1965, during the wedding of my youngest brother, Baba materialised a gold pendant with exquisite workmanship of Lord Siva and Parvati inside a Prabhavali (decorated arch). Bhagavan wanted us to do

Abhishekam to it daily and make the child drink that water. The doctors had informed us that when the boy became nine years of age, they would operate on the legs to make the feet straight. But Baba told us that no operation should be performed and the feet would become straight by His Prasadam. He named the baby Vijaya Sai. Within a few years, the boy could even play football in school! It was the devotion of the parents and their faith in Bhagavan that had cured a birth deformity. I was reminded of Baba's saying:

*"Illness is caused more by malnutrition of the mind than the body. Doctors speak of Vitamin deficiency. I call it the deficiency of Vitamin G. I will recommend the repetition of the Name of God with accompanying contemplation of the glory and grace of God. That is Vitamin G. This is the medicine."*

— Excerpted from "Lokanatha Sai" by M.L. Leela.

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July 2012. Beginning their presentation entitled "Sambhavami Yuge Yuge" with invocation to Lord Ganesh at 5.00 p.m., the students in the role of Kathakudu (storyteller), Rajakiya (political analyst) and Hasyaka (humorist) narrated episodes related to Lord Krishna's peace mission in the Kaurava court, Arjuna's predicament

in the battlefield, Lord Krishna's message of the Gita, action-packed scenes of the Mahabharata war and finally the victory of the Pandavas over the Kauravas. This was followed by a brief session of Bhajans. The programme came to a close with Arati at 6.00 p.m.



# NEWS FROM SAI CENTRES

## MALAYSIA



**K**AMPUNG BAWIE IS A village nestled deep in the rainforests of Borneo in the Ulu Lemenak district in the East Malaysian State of Sarawak. The 45 families that live in this village are mainly hunters and farmers. There are no modern amenities, and the villagers walk on foot to travel from one place to another. The nearest school is a four-hour walk and the school-going children stay at the school during the week and return on the weekends. From 20th to 22nd April 2012, 45 Sathya Sai volunteers including Sathya Sai youth from Malaysia,



*Sathya Sai volunteers and residents of the village Kampung Bawie in the newly installed playground.*

Singapore and Brunei participated in a three-day integrated village improvement programme in Kampung Bawie. The Kuching Sai Centre in Kuching city (State capital) was used as the home base by the volunteers. They travelled 14 hours

through the rainforests of Borneo on difficult roads. Eleven 4-wheel-drive vehicles were used to transport goods and people to the village from the Kuching Sai Centre. Planning and preparation for the three-day service activity was done over a period of five months. Service activities included a free medical camp for the villagers and distribution of medicines and vitamins; preparing and serving food to about 200 people three times a day; provision of dry rations, fruit trees, vegetable seedlings and essential items to families; distribution of textbooks, reading materials, stationery items and soft toys for children; installation of a new playground and outdoor badminton court; and installation of solar panels and lights for five of the poorest families in the village. Basic hygiene tips were shared with the villagers. A hair salon was organised for the ladies of the village. Sathya Sai volunteers played various games with the village children in the evenings. The volunteers felt Bhagavan's presence throughout the entire journey as well as during their stay at the village.

## AUSTRALIA

A National Youth Camp was organised from 24th to 26th February 2012 in Victor Harbour, a coastal city in South Australia. In attendance were 108 Sathya Sai youth from various parts of Australia. The theme of the camp was "Where there is Confidence, there is Love." The camp







*Sathya Sai youth of Australia participating in National Youth Camp.*

included study circles facilitated by the youth relating to Bhagavan's teachings on self-confidence, a service activity, speaker sessions, sports sessions, inspiring games, morning prayers and devotional singing. The service activity included preparation of 2,500 birthing kits to provide a sterile environment and equipment for expectant mothers in Ethiopia. Speakers at the camp included Sri Neville Fredericks, National Coordinator for Sri Sathya Sai Organisation of Australia and Papua New Guinea; Sri Alvin Leo, Sathya Sai Youth Coordinator for Zone 3; Ms. Moyia O'Brien; and alumni of Sri Sathya Sai Institute of Higher Learning, Sri Ramnaresh Gorlamandala and Sri Sunder Iyer. The camp concluded with a session on practical application of the lessons on self-confidence received during the camp. A key aspect of the camp was the unity and love amongst the youth which was based in the youths' collective love for Bhagavan. One youth commented that "the camp gave us an opportunity to explicitly focus on the being that we are and have the confidence to believe in its expansive existence." Another youth commented, "It is easy to get consumed

with the ups and downs of life; sometimes we need a break to examine ourselves and where we are headed in life. I believe that the Sai Youth Camp did just that!"

## BAHRAIN

On 24th April 2012, about 130 devotees took part in a devotional programme of Veda chanting and Bhajan singing as part of Bhagavan's Maha Samadhi observances. On 25th April, a programme attended by about 125 devotees included a highly inspirational audio-visual presentation of devotees' experiences, and choir presentations. A medical camp was organised on 26th April for a labour camp in Bahrain, where a total of 325 persons were offered general medical check-up including screening of blood sugar, and were lovingly attended to by 15 Sathya Sai volunteers. The "Shakti" (ladies) wing of Sri Sathya Sai Seva Organisation (SSSSO), Bahrain Centre prepared sumptuous vegetarian meals for 325 workers. Also, the SSSSO Bahrain has been organising blood donation camps at the local government hospital for the past



*A blood donation camp in Bahrain.*

27 years on the occasion of Bhagavan's Birthday. This year, on 27th April, 117 people donated blood outside the hospital in a specially-reserved hall to maintain a divine ambience and encourage greater participation. The doctors and hospital staff appreciated the gesture and requested the group to come again.

### U. S. A.

Many service activities and devotional programmes were organised in the U.S.A. on the occasion of the first anniversary of Bhagavan's Maha Samadhi. In St. Louis, Missouri, Sai Spiritual Education (SSE) children donated 39 activity packs to children at a homeless shelter. These activity packs included crayons, markers, pencils, a scratch pad and two giant colouring books with activities, packed in a nice tote bag. Other service activities included collection and donation of non-perishable items along with 108 lunch boxes. In Columbia, Missouri, Maha Samadhi Day was observed by expressing gratitude to Bhagavan. The day was celebrated with a special Bhajan session. Besides, 50 personal sanitary care kits were put together and donated.

In Memphis, Tennessee, Sathya Sai volunteers prepared food and served at a homeless shelter, donated bed sheets and blankets to refugees, and donated non-perishable food items and other resources to the Memphis Food Bank, where food supplies were at an all-time low. Bhajans were conducted at the Sathya Sai Centre. In Nashville, Tennessee,



*Serving the needy in Memphis, Tennessee.*

service activities included volunteering at a walkathon, preparing and serving food for about 190 women and children, and distribution of care packages with each package containing nine essential items. In Chattanooga, Tennessee, at the local community kitchen, Sathya Sai volunteers assisted in serving food to over 100 people. About 25 large cans of fruits and vegetables were donated to this kitchen on 24th April.

### – Sri Sathya Sai International Organisations

### BHARAT

**Gujarat:** Sri Sathya Sai Seva Organisation, Gujarat organised a Summer Course in Indian Culture and Spirituality for Bal Vikas Grade-III students of Gujarat at Vadodara Centre on 12th and 13th May 2012, in which 80 participants from all over Gujarat took part. Educative talks were given by eminent speakers relating to Indian Culture and Spirituality in the



Summer Course. Some of the topics of the talks were: Indian Culture, Experiences by the Former Students of SSSIHL, Essence of Time Management, Service Activities, Youth Motivation, Importance of Prayer in Daily Life, Importance of Communication Skills, Power of Thoughts, Spirituality and its Significance in Daily Life, Human Values and Educare. Certificate and mementoes were given to all the participants at the conclusion of the Summer Course.

A State-level Sri Sathya Sai Village Integrated Programme (SSSVIP) Workshop was organised at Sri Sathya Sai Auditorium, Navsari on 3rd June 2012, in which 83 (63 gents and 20 ladies) delegates consisting of State office bearers, District Presidents, Samithi Conveners, Youth Conveners, SSSVIP incharges actively participated. The Workshop focused mainly on taking care of underprivileged sections of society. First presentation was by Sri Nirmal Patel who had also given presentation at All India SSSVIP Workshop. In total, 13 delegates shared their views by their presentations.

By Swami's grace, Sri Sathya Sai Seva Samithi, Surat has received the "Award for Outstanding Achievement in Social Welfare Programme by NGO" (amongst the NGO's from South Gujarat) for two consecutive years, 2007-2008 and 2009-2011 instituted by the South Gujarat Chamber of Commerce and Industry for the services the Sai Organisation is rendering for the cause of humanity which include free medical services such as cataract operation with lens, dentures,

daily clinic, help to physically challenged and needy by giving wheelchairs, sewing machines, hand carts, etc., Narayana Seva, free distribution of notebooks, teaching aids, etc., thus following Swami's teachings, "Service to Man is Service to God." This award was given away by Sri Suresh Kotak, former Chairman of Indian Merchant Chambers and Chairman, Kotak Chemicals. Seniormost devotee of the Samithi, Sri Chittaranjan S. Patel and active worker Sri Madhukar G. Rao represented the Samithi to receive the award.

**Haryana and Chandigarh:** Four eye camps were organised by the Sai Organisation of the State, wherein 223 eye patients were checked and 34 patients were referred to hospitals for surgery. They were looked after during the hospital stage and provided spectacles.

Each district of the State has adopted a village under Sri Sathya Sai Village Integrated Programme where work is in progress. Two pucca houses were built and given by the Sai Organisation to two needy families and 26 toilets were constructed for the villagers of Mandora in Sonipat



*Sri Sathya Sai Village Integrated Programme Day in a village in Haryana.*



district. SSSVIP Day was celebrated on 5th March 2012 in this village wherein one thousand villagers and Seva Dal members participated. Thirty-one Amruta Kalasams (food provisions) were given to the adopted families. Fifty-one school bags were also distributed. A talk on agriculture was delivered by an expert. Another talk was about government schemes of subsidies provided to the villagers.

**Maharashtra and Goa:** The year 2012 has been named as the Bal Vikas Year by Sri Sathya Sai Seva Organisation of Maharashtra and Goa. As a part of the celebration, Matru Pitru Pada Puja (worship of the feet of mother and father) has been organised in various Samithis across the State. The main objective of this Puja is to revive the ancient Indian tradition which focuses on the Vedic proclamation, “Matru

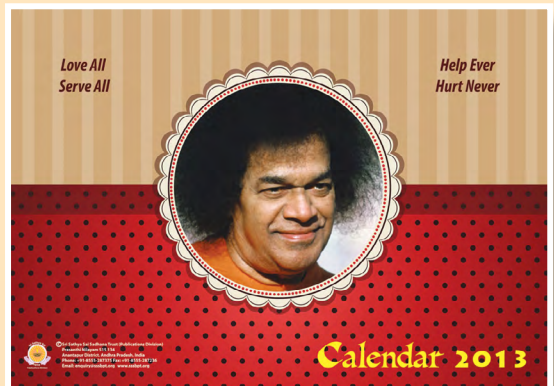


*Worshipping the parents and elders.*

Devo Bhava, Pitru Devo Bhava” (revere the mother and father as God). Through love and reverence for mother and father, the child will learn easily to extend the same love to the Supreme Lord. This event gave an opportunity to the children to express their love, gratitude and respect towards their elders, parents and grandparents.

## *Calendars 2013*

Calendar 2013 with Bhagavan’s beautiful multicolour photographs are available for sale. Minimum order quantity for single address is 5 (five). Prices quoted below are inclusive of cost, packing and shipment. Orders with your complete postal address can be sent to Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam - 515134 Andhra Pradesh, India along with cheques drawn in favour of Sri Sathya Sai Sadhana Trust, Publications Division. Specifications and amount payable are given below:



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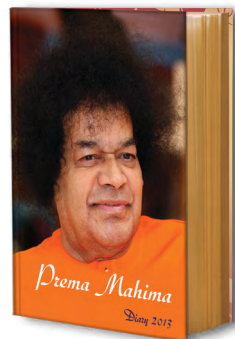
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## Prema Mahima Diary 2013

Prema Mahima Diary 2013 shrink wrapped (15.2 x 21.5 cm) will be available for sale from the 2nd week of July 2012. 342 pages natural shade maplitho; 24 multicolour photographs in art paper including 12 beautiful Bhagavan's photographs; more than 360 divine sayings. Cost of single copy at our Book Stall Rs 105/-. Packing and postage extra. Minimum order quantity is 5 (five) for single address. For your orders email to [orders@sssbt.org](mailto:orders@sssbt.org) or visit our website.



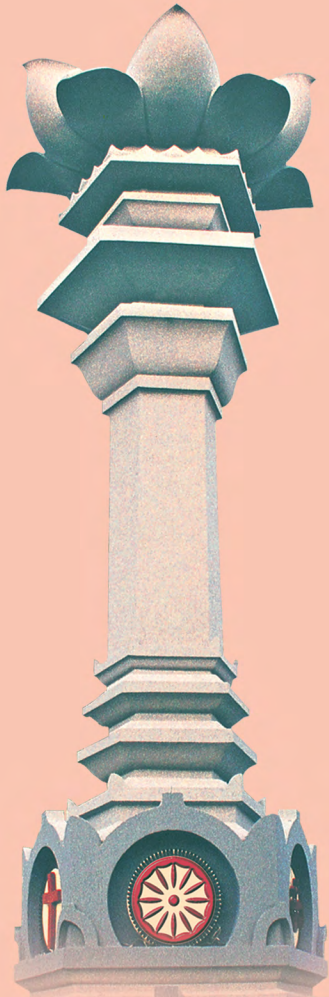
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### *Triple Purity*

There are three things which are immensely pleasing to the Lord: A tongue that never indulges in falsehood, a body that is not tainted by causing harm to others, and a mind that is free from attachment and hatred. These three constitute Trikarana Suddhi (triple purity). Refrain from uttering falsehood, inflicting pain on others and entertaining ill-will towards others. Practise silence as a means of preventing the tongue from straying away from truth.

*– Baba*

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