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*"Treasure the feelings of unity,
harmony and love in your heart.
When you have unity, there will be
purity in your heart. When there is
no unity in your heart, enmity will
enter it. You should travel from unity
to purity and from purity to divinity
before enmity overpowers you."*



CONTENTS

- 2 **Be Ever Grateful to God**
Bhagavan's Discourse: 17th August 1996
- 12 **Homage to Bhagavan on Guru Purnima**
A Report
- 15 **How Swami Provided Direction to my Life**
Dr. V.K. Ravindran
- 19 **Faith in God Ensures Equanimity**
From our Archives
- 21 **Celebrations at Prasanthi Nilayam**
A Report
- 25 **My Dream Came True**
Effulgence of Divine Glory
- 26 **News from Sai Centres**
- 32 **Who is Mad? You or I?**
Chinna Katha

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AMRITA DHARA

BHAGAVAN'S DISCOURSE:
17TH AUGUST 1996

BE EVER GRATEFUL TO GOD

Today there is no fear of sin. Wicked deeds and acts of cruelty have become an everyday occurrence. Their magnitude is beyond all description. Devotion to the Lord has become extinct. Oh man! Understand that you can attain peace and happiness only by chanting the Divine Name.

(Telugu Poem)

Devotion alone elevates man to the supreme state and cures him of the disease of worldliness.

Devotion alone stirs the yearning for the Divine and leads man to liberation.

(Sanskrit Verse)

WHEN INDIVIDUALS ARE GOOD, SOCIETY WILL BE GOOD

Embodiments of Love!

DEVOTION TO GOD IS THE royal road to liberation. It is the divine remedy for the disease of birth and death and all the worldly and physical worries. There is no better path than devotion which leads man to God-realisation.

Chant the Divine Name Constantly

Bharat is the divine and sacred land which has been propagating the knowledge of Vedanta contained in the Upanishads to the entire world. If only the Bharatiyas fill their hearts with total faith in the Upanishadic statements, *Isavasyam Idam Sarvam* (the entire universe is permeated by God), *Isavasyam Idam Jagat* (God permeates the entire world), the entire country will be free from all problems.

God is all-pervasive. Any individual who has unwavering faith in the all-pervasiveness of God will be free from all worries. Man should imbibe the truth contained in the four Mahavakyas (profound statements) of the Upanishads: *Tattwamasi* (That thou Art), *Aham Brahmasmi* (I am Brahman), *Sarvam Khalvidam Brahma* (verily all this is Brahman), *Ayam Atma Brahma* (this Self is Brahman). The entire world is engulfed by the ever-expanding consciousness of Brahman.

Brahman is synonymous with Omkar (Aum). This was the Mahamantra (profound incantation) chanted by the ancient sages of India. Just as there are three letters in the word God, Aum also consists of three letters. In Treta Yuga, Lord Rama's three brothers, Lakshmana,



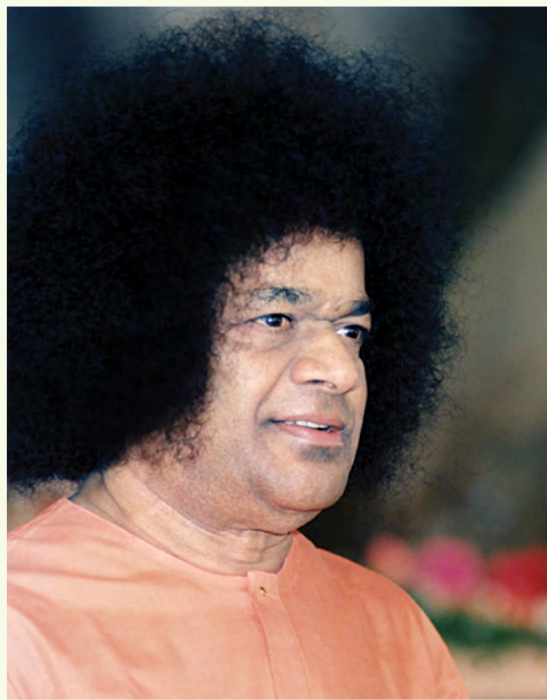
Bharata and Satrugna represented A, U, M respectively and He Himself was the embodiment of Omkar. The Atmic principle represented by Rama signified the unity of these three letters. *Ramayati Iti Rama* (One who pleases is Rama).

If one considers the word Nama (name) from the point of view of numerology, a great truth is revealed. The word Nama is the combination of three letters. According to numerology, the value of Na is 0, that of Aa is 2 and Ma is 5. When you add 0, 2 and 5, it sums up to 7. The Divine Name

Rishis (sages). That is why people conduct Nama Saptaha (chanting of the Divine Name for seven days).

Expression of Gratitude itself is Prayer

God is described as *Sabda Brahmayi, Characharamayi, Jyotirmayi, Vangmayi, Nityanandamayi, Paratparamayi, Mayamayi and Sreemayi* (embodiment of sound, mobility and immobility, light, speech, eternal bliss, perfection, delusion and wealth). Why does one need to chant the Name of God? Why should one pray to



There are many in this world today who have become slaves of money, power, ego, name and fame. Our students should become slaves of ideals. They should become ideal boys. This is what they have to learn. What are the types of ideals they should observe? They should follow such ideals which will make them pure and strong. They should help others and give them joy. If they earn a good name by becoming ideal students, it is enough.

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of Rama similarly gives the number 7. The number seven has great importance as it signifies seven musical notes, seven colours, seven oceans and seven great

God? Is it not our duty to express gratitude to God who has created this vast world and all the living beings and provided them with food to eat, air to breathe and water to drink?



Not only that, He has provided everything for all living beings to carry on their life sojourn on earth. If your handkerchief falls down and someone picks up and gives it to you, you thank him. Even for a small help like this, you say thanks. Then, is it not your duty to express gratitude to God who has given you so much? Expression of gratitude itself is prayer. What does prayer do? It awakens the inner divinity of man which is immeasurable, invisible and transcendental. In this regard, there is an exhortation in the Upanishads, *Uthishta Jagrat Prapya Varannibodhat* (Oh men! Get up; be aware and awake! Go to noble men and learn from them the secret of attaining Divinity). Thus, the Upanishads exhort man to arise and awake from his deep slumber of ignorance.

The Offerings God Accepts

Man is ever in search of happiness. In fact, his entire life is filled with happiness. There is happiness everywhere. Then where is the need to search for happiness? Man searches for happiness in the outside world because he has forgotten his true Self. This is sheer ignorance. The happiness that you want to seek is present within you. You can have happiness only when you love God wholeheartedly. To love God wholeheartedly and to experience His Divinity is devotion. Prayer is essential to develop love for God. True prayer comes from the heart, not merely from the lips. Ravana repeated the Siva Panchakshari Mantra, "Om Namah Sivaya" continuously and performed intense penance. But there

was no change in his demonic qualities. What was the reason? The reason was that his prayer did not come from his heart. His prayer was for a selfish motive. Then how could he experience the love of God?

It is only when you offer something to someone, you deserve to receive something in return. If you go to a shop to buy a handkerchief, the shopkeeper will give it to you only when you give him ten rupees. If you don't pay him ten rupees, he will not give you the handkerchief. Similarly, you have to offer something to God. The Vice Chancellor mentioned in his speech about the teachings of the Upanishads. God does not expect any worldly things from you. What is it that you have to offer Him? Rukmini prayed to Krishna thus:

*One may offer You a leaf or a flower or
a fruit or even water,*

*But, if it is true that You offer Yourself
to one with devotion,*

*Oh Krishna! May You be weighed by
this Tulasi leaf!* (Telugu Poem)

Here what does leaf mean? It is not the leaf of a basil plant or Bilva tree. You don't need to go in search of a Bilva tree to offer its leaf to God. Your body is the leaf that has to be offered to God. What is the flower that you have to offer to God? You have to offer the flower of your heart. Similarly, you have to offer the fruit of your mind and not any other ordinary fruit. What do you do when you offer flowers to God? You don't worship God with all types of flowers. Before offering the flower of your heart to God, you should purify it by removing the



germs of Kama, Krodha, Lobha, Moha, Mada and Matsarya (desire, anger, greed, delusion, pride and jealousy). Similarly, what type of fruit should you offer to God? God does not expect you to offer fruits which grow on trees. You should offer Him the ripe fruit of your mind which is filled with the sweetness of love. Then what type of water should you offer to God? It is not tap water or Ganga water or water of any other river. You should offer your tears of happiness to God. You would have seen people shedding tears when they are filled with extreme happiness. Naara in Sanskrit means water and Nayana means eyes. The Naara (water) that comes from the Nayana (eyes) should be offered only to Narayana (God). You should not shed tears for the world. You should shed tears only for God.

Think you are Brahman and Brahman you Become

Divinity permeates the entire humanity. That is the essence of the Mahavakyas, *Aham Brahmasmi* and *Ayam Atma Brahma*. This means I am Atma and Brahman. When you constantly contemplate on the truth that you are Brahman, you become Brahman. *Brahmavid Brahmaiva Bhavati* (the knower of Brahman becomes verily Brahman). This body is just a Kshetra (field), the Kshetrajna (Knower of the field) is within. There cannot be a Kshetra without Kshetrajna. Similarly, there cannot be a temple without the idol of God. What is the point in having an electric wire without electricity, a school without a teacher and

Have firm faith in Ekatma Bhava (feeling of oneness). Perform all your worldly duties. There is nothing wrong in it. When you discharge your duties with divine feelings, then there will be no scope for defects. When you think that God is in you, you will never commit a mistake or resort to violence or hurt others.

What is the reason? Daivam Premaswarupam (God is the embodiment of love). Where there is love, there can be no violence. Hatred enters the heart which has no love.



a temple without the idol of God? Does anyone offer obeisance in a temple where there is no idol of God? Does anyone establish a school without a teacher? God is within you. You should offer to God your heart filled with the sweetness of love. That is the true prayer.

In the same way, Bhajan also should be sung with heart full of love. Bhajan is not merely associated with Sruti, Laya, Raga and Tala (pitch, rhythm, tune and beat). When a Bhajan is being sung, the next singer should not merely think of the Sruti for his song. That is not correct. One gets real happiness only when one is totally immersed in Bhajan. Happiness can be derived in two ways, one is through Kirtan (singing) and the other is through Sankirtan (community singing).



There may be an element of selfishness in Kirtan. The singer may sing to earn appreciation, honour and reputation. In such a case, the main consideration of the singer may be Sruti, Laya, Raga and Tala and not the Bhava (feeling). On the other hand, Sankirtan gives happiness to one and all. How? *Samyak Kirtanam Iti Sankirtanam* (singing for fulfilment is Sankirtan). In Sankirtan, the focus is not only on the voice or the people who have come to participate. You should sing freely and wholeheartedly, with your heart filled with love for God. When you sing to please God, your song will automatically be pleasing to the ears.

The name of our country Bharat also signifies the harmony of Bhava, Raga and Tala. Bha means Bhava, Ra means Raga and Ta means Tala. Similarly, all your actions should reflect the unity of thought, word and deed. The singing should have connection with the heart. There is no purpose in merely repeating Ram Ram Ram like a tape recorder. The singing should be coupled with feeling from the heart. Then only can there be harmony between your speech and heart, which leads to *Trikarana Suddhi* (unity of thought, word and deed). In fact, there should be harmony in your thoughts, words and actions in all endeavours of life. Only then God's heart will melt and He will shower His grace on you. You should always sing to earn the love and grace of God, not to earn the appreciation of others. Fill your mind with such noble thoughts.

The Same Atma is Present in All

There are so many problems the world is facing today. Wherever you see, you find restlessness, conflicts and chaos. What is the reason? The reason is that man today has limitless selfishness. He has forgotten his humanness, has given up human values and is not bothered whether his conduct befits his human birth. Therefore, he has lost his value. Today everything has value but man has no value. Nonetheless, man is most valuable in the entire creation. Therefore, man should live like a human being.

Who accords value to the precious diamonds and gold? It is man only. Without man, gold and diamonds have no value. But man, who accords value to all these, has lost his own value. Men are more valuable than all the wealth of the world. Students should understand this truth and conduct themselves accordingly. Gold and diamonds acquire value only because of man. In a city inhabited by a large number of people, the value of land per square metre is so very high. On the other hand, you can buy so many acres of land in a forest for the same price. What is the reason? The reason is that human beings do not live in forests. The land acquires value only when it is inhabited by people. Do not forget this truth. Always think that you are very valuable. You are not cheap but you are the chief.

Always remember the Vedic Mahavakya, *Aham Brahmasmi*. If you think that only you are God, that is also a sign of ego. You



should always think that the Atma present in you is present in all. Taking this truth into consideration, you should respect others. The same truth was stated by Lord Krishna in the Bhagavadgita when He said, "I am the Atma present in you and you are the Atma present in Me. There is no difference between your Atma and My Atma."

Suppose, there are one hundred earthen pots, one hundred brass pots and one hundred bronze pots at a particular place as also the pots of many other metals. You find the reflection of the sun in all of them. The value of vessels may vary but the reflection that you find in all of them is one and the same. Likewise, the Atma is reflected in the water of the mind contained in the vessel of human body. When the mind wavers, it looks as though the reflection is also unsteady. But, in fact, the Atma is always steady. It is only the mind that wavers. Because of the wavering nature of your mind, you think the Atma is also wavering. But the Atma is changeless. *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Suddha, Buddha, Mukta, Nirmala Swarupinam* (It is attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). What an ignorance it is to attribute unsteadiness to such an Atmic principle! The Atmic principle does not move, does not change, does not melt. It is sweet, pleasing, attractive, nectarine and full of bliss. As you are not able to understand the Atmic principle, you crave for worldly and mundane things.

Keep your Body Pure and Sacred

Human body is the basis to realise God. Body is like a car. You have to carry on your life journey with the help of this car. You are only travelling in the car, but you are not the car. However, you identify yourself with the car. That is a big mistake. There is a driver inside the car. He exercises control over the steering, accelerator and clutch. Dharma, Artha, Kama, Moksha are the four tyres of this car. Self-confidence is the air in the tyres. Mind is the steering, intellect is the switch, stomach is the engine, food is the petrol and tiffin is the oil. Whichever path you want to take, you have to turn the steering of your mind in that direction. Tyres are outside but the steering is in the hands of the driver. Only when there is air of self-confidence in the tyres can the car move smoothly.

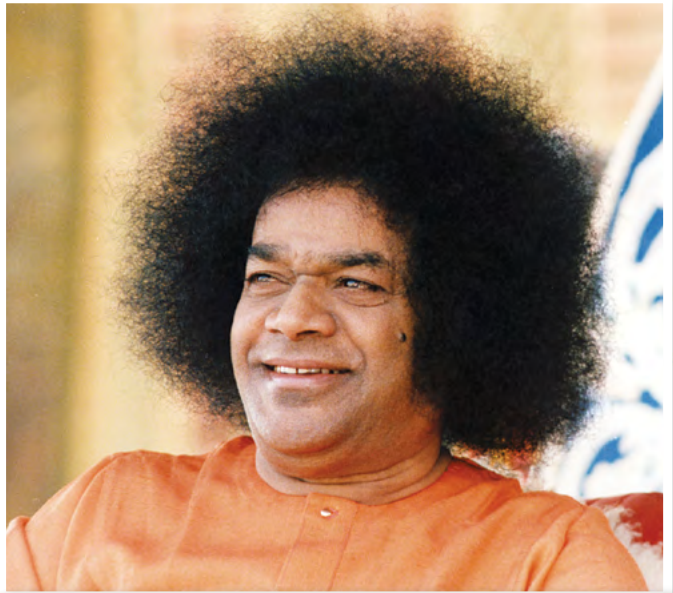
Students!

The car of your body should not move on the road in an arbitrary manner while performing the journey of life. You should be aware of the ups and downs that you may encounter on the road. Similarly, you should use your discrimination and enquire how you should conduct yourself in society in a given situation with regard to your age. You should know how to conduct yourself with humility before elders, how to respect your teachers, how to love your parents, how to discharge your duty with regard to your vocation, how to pray to God. The car can travel along a highway without any danger only when you use your discrimination. Food is essential



for the body to maintain good health. You should acquire the necessary strength and capability. Never neglect the body because the journey of life has to be performed with the help of the body. The body is very sacred. You can realise God only with the help of the body.

The body is like a temple, a chariot and a field. Lord Krishna declared, *Kshetrajnam Chapimaam Viddhi...* (recognise Me as the Knower of the field also). It is said, *Deho Devalaya Proktho Jivo Deva Sanathana* (the body is a temple and the indweller is God). Keep the temple of the body pure, clean and sacred. As much you keep your body pure and sacred, so much will you be closer to God. Offer your body to God. Whatever work you do, consider it as God's work. Wherever you travel, think that you are travelling towards God. What is the reason? *Viswam Vishnumayam* (Lord Vishnu pervades the entire universe). Everything in this world is the form of God. There is no place where God does not exist; there is no form that is not His. That is why the Bhagavadgita declares, *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Srutimalloke Sarvamavruthya*



There are so many problems the world is facing today. Wherever you see, you find restlessness, conflicts and chaos. What is the reason? The reason is that man today has limitless selfishness. He has forgotten his humanness, has given up human values and is not bothered whether his conduct befits his human birth. Therefore, he has lost his value. Today everything has value but man has no value. Nonetheless, man is most valuable in the entire creation. Therefore, man should live like a human being.

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Tishthati (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). Everything is God.



Embodiments of Love!

So long as you observe the difference that you are a Jiva (individual soul) and Deva (God) is different from you, then Jiva is Jiva and Deva is Deva. Have the strong faith that Jiva is Deva. Do not observe any difference between individual soul and God. You lose peace because you observe such differences. Have firm faith in *Ekatma Bhava* (feeling of oneness). Perform all your worldly duties. There is nothing wrong in it. When you discharge your duties with divine feelings, then there will be no scope for defects. When you think that God is in you, you will never commit a mistake or resort to violence or hurt others. What is the reason? *Daivam Premaswarupam* (God is the embodiment of love). Where there is love, there can be no violence. Hatred enters the heart which has no love. It is the hatred that leads you to the wicked path.

Become Deserving of God's Grace

Students!

Treasure the feelings of unity, harmony and love in your heart. When you have unity, there will be purity in your heart. When there is no unity in your heart, enmity will enter it. You should travel from unity to purity and from purity to divinity before enmity overpowers you. But, unfortunately, there is no unity, no purity, no divinity today. You find enmity and hostility between communities in the country. How wicked enmity is! *Sarva Jiva Tiraskaram Kesavam Pratigachchhati* (whomsoever you ridicule,

it reaches God). Offer salutations to everyone because God is in all. Man can attain divinity only through such *Ekatma Bhava*. He becomes an animal when he forgets this. Man has evolved from animal. He should not go in the reverse direction and become animal again. He should move forward and become divine.

Lead a sacred life and become ideal students. There are many in this world today who have become slaves of money, power, ego, name and fame. Our students should become slaves of ideals. They should become ideal boys. This is what they have to learn. What are the types of ideals they should observe? They should follow such ideals which will make them pure and strong. They should help others and give them joy. If they earn a good name by becoming ideal students, it is enough. Your parents will be happy and society will be benefited. When individuals are good, society will also become good.

Students!

Right from this young age, you should develop moral, ethical and spiritual strength and become ideal students. *Help Ever, Hurt Never*. This is the essence of all the Puranas (mythological texts). You can serve the world only when you observe this principle. You will not only bring credit to your family but demonstrate an ideal to the entire world also. Consider the world as the manifestation of God. Try to know how you can become deserving of God's love. Oh God, save me – this is not the prayer you should offer to God. You should pray



for the love and grace of God. You will have no dearth of anything when you have God's love. That is why, Thyagaraja said, "Rama, if I have Your Anugraha (grace), what harm can the Navagrahas (nine planets) do to me?" Tulsidas sang, "What for are the eyes which do not feast on the divine form of Lord Rama!" He said, "I am a Angaheena (cripple)." "When you have hands, legs and all other limbs, how can you say, you are Angaheena?" asked the Lord. Then Tulsidas said, "I have hands, but I am not able to serve You. It is as good as not having hands. I have eyes, but I am not able to see You. Therefore, I am a blind person." You should utilise each limb of yours to do God's work and experience divine bliss. Therein lies the significance, nobility, sublimity and greatness of human birth. That is why even Thyagaraja sang:

Raara Maa Intidaaka (come to our house)

Raghuveera Sukumara, Neeku Mrokkeda (Oh the valorous one of Raghu clan and oh the tender one, I offer my salutations to You)

Raara Dasaratha Kumara Nannelukora, Ne Taalalera (Oh the son of Dasaratha, come to my rescue, I cannot bear separation from You any longer).

(Telugu Song)

Thyagaraja addressed Rama in singular terms, asking Him to come to his house, as he considered Him his old friend. What is the inner meaning of this? On spiritual path, you address God only in singular terms and not in plural terms because God

Man searches for happiness in the outside world because he has forgotten his true Self. This is sheer ignorance. The happiness that you want to seek is present within you. You can have happiness only when you love God wholeheartedly. To love God wholeheartedly and to experience His Divinity is devotion. Prayer is essential to develop love for God. True prayer comes from the heart, not merely from the lips.



is your old friend. When you address an old friend, you use only singular terms such as Raara and Pora (come here, go there). But when a new friend comes to your house, you observe courtesy and formality, saying, please come, take your seat, etc. So long as you observe such courtesy and formality, both will remain new to each other. There will be no intimacy between the two. When you consider someone as your old friend, you will be free with him without observing any formalities. That is why it is said,

The end of wisdom is freedom,

The end of culture is perfection,

The end of knowledge is love,

The end of education is character.

You should consider God as your own. That is real friendship. In fact, God is not different from you and you are not different from God. Both are one and the same.



Ekam Sath Viprah Bahudha Vadanti (truth is one, but the wise refer to it by various names). There are millions of people in this world, but all are one. If you ask which of the two numbers 1 and 9 is greater, even an illiterate person will say, 9 is greater than 1. But in spiritual terminology, this is not correct. 1 is greater than 9. $1+1+1+1...$ becomes 9. Without the number 1, there can be no number 9. One is hero, world is

zero. Hero becomes zero if he forgets God. Therefore, you should become heroes, not zeros. Strive to experience God's love and become a hero.

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

– From Bhagavan's Discourse in Sai Kulwant Hall on 17th August 1996.



One day, Sai Baba put a ring with a diamond of at least 15 carats on the finger of a dear friend of mine. Since he was an expert engineer, this person knew his gems, and when the shock of that miracle passed, he estimated that the stone was worth about half a million dollars. Sometimes, Sai Baba comments ironically on the monetary value of the gems that He produces, and by making them appear so rapidly and effortlessly, He wants to show how illusory matter is and how important it is to pursue higher and more lasting goals. On 5th August 1988, in the course of a talk to a large international group, He said:

It is hard for you to understand Sai. Sai talks like an ordinary person and He moves freely among you. But you would be deceiving yourselves if you thought that Sai is like any other human being. It is not so. Sai can transform the entire world in an instant. Gold, diamonds, everything is in Sai's hands. See for yourselves: with a movement of His hand a large diamond will suddenly appear (as He said this, He waved His hand and a gigantic diamond appeared) and, as you see, with a breath from Swami it will disappear (He blew on the stone and it disappeared). Everything that Swami wills must happen. The true nature of Divinity cannot be understood by everyone. For this, faith is necessary.

– From "A Catholic Priest Meets Sai Baba" by Don Mario Mazzoleni.

Homage to Bhagavan on Guru Purnima

A LARGE NUMBER OF devotees came to Prasanthi Nilayam from all parts of the world to participate in Guru Purnima celebrations and offer their homage to their Sadguru Bhagavan Sri Sathya Sai Baba. The venue of the celebrations was Sai Kulwant Hall which was aesthetically decorated for this important event. There were special floral decorations on Bhagavan's Samadhi and a beautiful golden chair was placed for Bhagavan on the right side of the Samadhi.

Illuminating Talks and Musical Tributes

The celebrations began on 21st July 2013 with inspiring talks of two speakers which were followed by devotional songs and Bhajans. The first speaker, Sri Amey Deshpande, Doctoral Research Scholar, Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning, said that to know, to love and to serve God when He walks on earth is the rarest of rare opportunities for man. Walking on the footprints left by Bhagavan, he said, was His real Paduka Puja (worship of sandals). The second speaker, Sri Manoj Kotekar, Member, Sri Sathya Sai National Council for Education, stated that about 50,000 students in 100 Sathya Sai schools were receiving values-based education, out of which approximately 5,000 passed out



Offering musical tributes to Bhagavan.

every year. These students, he said, would surely have great impact on society.

After these talks, the students of Sri Sathya Sai College of Nursing and Allied Health Sciences, Sri Sathya Sai Institute of Higher Medical Sciences, Bengaluru along with staff of the Institute presented a bouquet of devotional songs expressing their gratitude and love for their Sadguru Bhagavan Sri Sathya Sai Baba. The melody of the compositions, the sweetness of music and deep feelings of devotion of the singers created an aura of devotion in the entire milieu which touched each heart. This was followed by Bhajans which concluded with the Bhajan "Prema Mudita Manase Kaho Rama Rama Ram..." sung by Bhagavan. The programme came to a close with Arati at 6.40 p.m. after distribution of Prasadam to all.

The programme on 22nd July 2013 began with musical tributes of the students of Sri Sathya Sai Institute of Higher Learning to Bhagavan. They started their





Devotional songs by the students of Sri Sathya Sai Institute of Higher Learning.

presentation with auspicious notes on the Institute's percussion band at 8.20 a.m. and followed it up with devotional songs and Stotras (verses) which included Guru Paduka Stotra, Carnatic music compositions and an enthralling instrumental piece on Sitar.

Talks by Distinguished Speakers

A very informative talk on Vidya Vahini by Sri Satyajit Salian, Coordinator, Vidya Vahini project followed this. Giving a detailed account of this project, the speaker stated that Vidya Vahini endeavoured to make the teaching and learning process enjoyable while it imparted human values to the students and ensured education for all. Books on Vidya Vahini were thereafter released by Sri K. Chakravarthi, Trustee, Sri Sathya Sai Central Trust.

Two speakers addressed the gathering after this. The first speaker was Dr. Srikanth Sola, Consultant Cardiologist, Sri Sathya Sai Institute of Higher Medical Sciences, Bengaluru. Dwelling on Bhagavan's

maxim of 4 F's, 'Follow the Master, face the devil, fight to the end and finish the game,' Dr. Sola narrated his personal experiences to observe that if one followed the first F earnestly, the other three F's will be taken care of by the Master Himself. The next speaker was Prof. Delto de Souza Amorim, Zone Chairman of South American

countries. Speaking about various service and spiritual activities being carried out by the Sathya Sai International Organisation in all parts of the world, the distinguished speaker cited facts and figures to highlight how the Divine Mission of Bhagavan was expanding worldwide.

Bhagavan's Discourse

Video screening of a Discourse of Bhagavan followed next, in which Bhagavan dwelt on the Soham principle and exhorted one and all to understand that Soham is Brahma Tattwa (principle of Brahman) which reminded man of his divinity with each breath. Bhagavan's Discourse was followed by Bhajans which concluded with the Bhajan "Prema Mudita Manase Kaho Rama Rama Ram" in the golden voice of Bhagavan. The morning programme came to a close with Arati at 10.45 a.m. after distribution of Prasadam to the entire assembly of devotees in the hall.



Speakers Emphasise the Importance of Bal Vikas

Three speakers addressed the gathering in the afternoon session after regular Veda chanting by students. The first speaker, Sri Hemant Patel from Gujarat, emphasised the importance of 9-point Code of Conduct given by Bhagavan for individual transformation and laid stress on providing Bal Vikas education to all children to inculcate values in them. The second speaker Ms. Divya Tyagi from Delhi also underlined the importance of Bal Vikas for children and observed that to transform the child was to transform the nation. The third speaker was Sri Sundar Anantaraman from Karnataka. Observing that selfless service was the ideal means for man's emancipation, he exhorted all devotees to engage themselves in selfless service with full energy.

This was followed by a video film depicting scenes of Bhagavan's Darshan in olden days at Prasanthi Nilayam and Brindavan (Bengaluru), immersing one and all in sweet nostalgic old memories of the glory and grandeur of Bhagavan.

A Carnatic Music Concert

An elevating Carnatic music concert by the accomplished artiste Ms. S. Sowmya followed this. Beginning her concert with traditional Sanskrit prayer to Guru, the singer enthralled the devotees with her melodious rendition of sweet devotional songs for nearly one hour. At the conclusion of her concert, the artiste was felicitated. The artistes who provided instrumental

support were also offered clothes and gifts. This was followed by Bhajan which concluded with video screening of Bhagavan's Bhajan "Subrahmanyam Subrahmanyam." The programme came to a close with Arati at 7.00 p.m. after distribution of Prasadam to all.

40 Years of Sai in Mexico

Sri Sathya Sai Organisation of Mexico organised a cultural programme at Prasanthi Nilayam to celebrate "40 Years of Sai in Mexico" on 23rd July 2013. The first item of the programme was a Balinese dance dedicated to Lord Krishna. This was



A devotional music presentation by Mexican devotees.

followed by a medley of Mexican folk songs presented by a group of Mexican devotees, both ladies and gents. The Mexican songs were preceded by three prayer songs and followed by five devotional songs dedicated to Lord Ganesh, Bhagavan Baba, Lord Krishna and Lord Siva. All these songs including the Sanskrit prayers were very well rendered and earned the appreciation of the audience. At the conclusion of the programme, the participants were felicitated and clothes and gifts were

continued on page 24...



HOW SWAMI PROVIDED DIRECTION TO MY LIFE

Dr. V.K. Ravindran

BY 1978, MY WIFE AND I HAD completed our specialist medical degrees, and we had two children, a son of eight years and a daughter of six years. We realised that life had to have a better direction and that it could not be worked out in isolation. Therefore, we started on a quest for an organisation that could give us a direction in our lives. One day, by sheer chance we came upon a neighbouring house where weekly Sai Bhajan sessions were being conducted. Within a month, the whole family was captured by Bhagavan Baba's Divine Love.

The First Physical Encounter

I read many books on Bhagavan Baba and many Discourses by Swami. Words that captured my heart were the assurance by Baba: "Sai is Love. He is compassion and kindness itself. He is ever dwelling in the hearts of all."

On 26th November 1979, we made our first visit to Bhagavan Baba at Brindavan, Whitefield, Bengaluru. We waited under the Banyan tree in front of the beautiful Krishna statue. As the graceful form of Bhagavan Baba came gliding from the Mandir, my heart stood still. As He passed me, Swami smiled at me and my son, a smile that instantaneously drew me to Him. On the last day of our trip to Brindavan (29th November 1979), Bhagavan came for evening Darshan and selected a few devotees from Singapore for an interview. Both my wife and I were chosen to be among the blessed few.

I must admit that even at this juncture, my mind was in turmoil. On one side was my heart strongly and mysteriously drawn to Him. On the other side was my sceptical scientific mind that refused to accept anything that could not be scientifically explained.

*Over the years,
Bhagavan has
miraculously saved me
and my family from several
disasters – a car accident,
an incident when a roof
tile from a multi-storeyed
building missed my head
by centimetres and an
impending heart attack. The
list is very long. The very
fact that I am living and
breathing and serving is
only due to Swami's grace.*

Swami sat on His chair and about twenty of us crowded into the tiny room. I was fortunate enough to get a place in the front row where I could have an unhampered view of what was to happen. Bhagavan materialised Vibhuti which He gave to all of us. Then Swami asked in His sweet melodious voice, "What is Japa?" The person behind me said, "I don't know, Swami. Please tell us". Baba looked straight into my eyes, rolled up His sleeves, smiled at me and started waiving His hand which I could see very clearly. Lo and behold, out came a long Japa Mala made of Rudraksha from His hand. My mind went blank. With a terribly guilty feeling, I whispered, "I am sorry, Swami, not only am I convinced that You are beyond understanding, but also that You are omniscient, knowing even the innermost feelings and doubts in my mind."

In the interview room was seated a mother carrying a retarded child of about six years. The child was noisy and was hitting the mother and pulling her hair. Swami looked at them very sternly and ordered "Get out!" As the mother got up, my monkey mind asked, "How can You do that, Swami?" Suddenly, Swami told the mother, "I did not ask you to get out" and asked her to sit down. To our surprise, we found the child to be very calm. Probably, Swami had asked the 'violence' in the child to go out! Bhagavan told the mother that she was a chosen one and that the child was a special blessing given to her.

Faith is the ability to accept painful experiences as a blessing. This revelation

not only changed my attitude towards life, but also helped me to assist many of my patients suffering from chronic pain, cancer, etc.

Miracles Galore

After our return from Brindavan, we decided to move the Sai Centre to our home. The six years that followed presented a saga of miracles in my home at Johor Bahru, Malaysia.

On the day of inauguration of the Centre, honey started flowing simultaneously from Swami's pictures kept in three separate meeting places. Two months later, Vibhuti and occasionally Kumkum (vermilion) started materialising on Swami's picture, in front of which I used to sit daily for meditation. On the day of Sri Krishna Janmashtami, during the Bhajans, honey started flowing from the 'heart' area of a Krishna statue which continued for forty-one days. Even at night, people from various parts of the country came to collect honey.

Working at Grassroot Levels

Sai movement was in its infancy in Malaysia. We used to collect as much guidance and materials as possible during our visits to Puttaparthi. It gave us a lot of happiness cooking and distributing food to the poor, cleaning the old folks' homes and bathing the retarded children. We already had a good Bhajan group. The Bal Vikas classes were started in 1978 and we formed a strong Mahila Vibhag (women's wing). Study circles were attended by fifty to sixty devotees with great fervour.



The First Bal Vikas Conference was organised at Prasanthi Nilayam in 1981. On this memorable occasion, Swami was all splendour and love during the conference and spent several hours with us, giving Discourses and interacting with us. On the second day, Swami came to me and asked, “Bal Vikas Guru?” When I answered in the affirmative, Swami put His hand on my shoulder and said, “Only for Group 3. Groups 1 and 2 need mothers.” I have continued to be a Bal Vikas / SSE teacher till today.

In 1984, first Seva Dal Conference was organised at Prasanthi Nilayam. On this occasion, Swami spent several hours with us and gave Padanamaskar to all of us and distributed Seva Dal badges and scarves with His own Divine Hands. At the end of the conference, Bhagavan Himself served us food in the South Indian Canteen, coming to each one of us and seeing to it that we enjoyed the meal.

Serving the Sai Organisation

I continued to serve in the Sathya Sai Organisation of Malaysia in various capacities starting from the Chairman of the Sai Centre right up to the Vice President. In 1985, when I was the National Medical Coordinator, Malaysia organised the first National Medical Camp. This was followed by many medical camps in the country. I experienced and witnessed Sai Love in action in Malaysia which was further enriched by my yearly visits to Puttaparthi during Bhagavan’s Birthday celebrations.



In the year 1998, Sathya Sai International Organisation appointed me as the Central Coordinator for Malaysia, Singapore, Indonesia, Philippines and Brunei. On this occasion, Swami blessed me with an interview along with Sri Indulal Shah, Sri Ryuko Hira and Sri Nari Chugani. Swami gave me a lot of personal attention and materialised a ring for me. While putting the ring on my finger, Swami said, “I will be with you always.” Then Swami suddenly turned again to me and said, “You are covering Indonesia too? Indonesia is going to have a lot of disasters and you have a lot of work. Don’t worry, Swami will be with you.” True enough, Indonesia has suffered a lot of natural disasters since then; several earthquakes, the terrible Aceh Tsunami in 2004, eruption of volcanoes and floods to name a few. It was through Bhagavan’s grace that we managed to face the challenges and rise to the occasion. Indonesian Sai Organisation now has an active Sai Rescue Team and has since been rendering meritorious service to the country.

In the year 2004, I was posted as the Zone Chairman for fourteen countries in Asia and Swami very graciously approved the appointment and blessed me in the verandah. I have had innumerable opportunities to interact with Bhagavan. Our Zone organises the Chinese New Year celebrations every year and takes turn to organise the Buddha Purnima celebrations at Prasanthi Nilayam.



Chinese New Year 2011

Many of us from Zone 4 countries were at Parthi to prepare for Chinese New Year celebrations to be held on 7th February 2011. Swami's physical health was declining fast. Darshans had become rare. On 4th February 2011, Swami came to give Darshan and saw the Annual Report of the Sathya Sai School of Malaysia which I presented to Him. For two days, Swami did not come to give Darshan. On 7th February 2011, the day of Chinese New Year celebrations, I waited at the Yajur Mandir with 20 Chinese children to receive Bhagavan. At 6.30 p.m., Swami arrived in Sai Kulwant Hall accompanied by our procession. Bhagavan lit the lamp at the altar specially prepared for the occasion. However, Swami left after some Bhajans. The dances and dramas we prepared could not be presented. All of us, instead of being


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disappointed, felt greatly blessed by Swami's presence. Later, when we had our meeting, all of us were driven to tears when we realised how much the frail physical form of Bhagavan must have been suffering for the sake of His devotees.

Over the years, Bhagavan has miraculously saved me

and my family from several disasters – a car accident, an incident when a roof tile from a multi-storeyed building missed my head by centimetres and an impending heart attack. The list is very long. The very fact that I am living and breathing and serving is only due to Swami's grace. I am conscious of His Divine Presence at every moment, more so, I should say, after His Maha Samadhi.

– The author, Dr. V.K. Ravindran,
is Chairman, Zone 4 of Sathya Sai
International Organisation.

Scriptures are endless; Sadhanas are countless; opportunities are few; time is fleeting fast. But you can easily win the battle of life, in spite of these handicaps, provided you arm yourself with love, which is the essential teaching of all scriptures, the goal of all varieties of Sadhana, the best use to which all opportunities can be put and the most profitable way of utilising the precious capital time.

– Baba



From our Archives

FAITH IN GOD ENSURES EQUANIMITY

MAN MUST BE A YOGI ALWAYS

IT IS NOT EASY FOR THE mind of man immersed in worldly concerns to turn to God. Meditation, repetition of the Name of the Lord, Bhajans (group singing of devotional songs), reading of scriptures and other such activities are designed to purify the mind so that it can concentrate on God. As a field has to be properly ploughed and prepared for sowing so as to raise a good harvest, the field of our heart has to be rendered pure and sacred through good

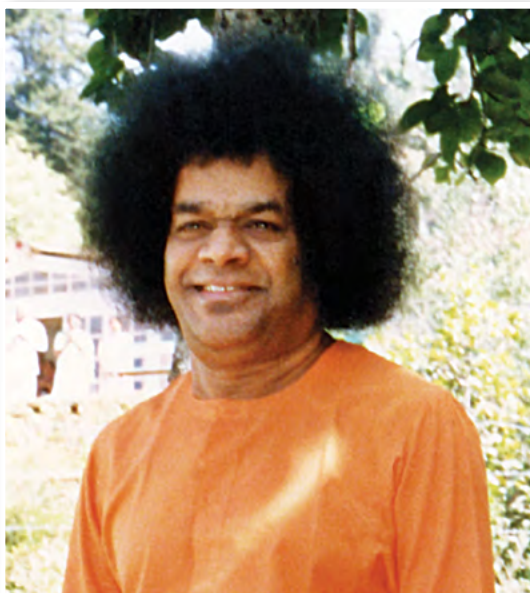
and holy actions and Sadhana (spiritual discipline) if it is to yield the fruit of divine wisdom.

Stages in the Spiritual Journey of Man

There are four stages in the spiritual journey to God. In the first stage, one-half of the time of the mind may be devoted to the pursuit of the three Purusharthas (goals of life) – Dharma, Artha and Kama

When man gets established in equal-mindedness, Krishna installs Himself in his heart; His voice becomes the conscience that guides him at every step. Through yoga, fortitude must be acquired; through Japa, sense control must be earned; through Sadhana, the mind should be filled with peace.

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(righteousness, wealth and desire) for earning one's livelihood and carrying on one's worldly duties to family and kith and kin. One quarter should be used for the study of scriptures and the remaining one-fourth for contemplation on God.

Gradually, you proceed to the second stage (the intermediate stage) when only one-fourth of the time is devoted to worldly affairs, half the time is used for study of scriptures and the remaining one-fourth for meditation on God. At the next higher stage, half the mind's time should be devoted to scriptural studies and the other half to meditation. In the fourth stage, Mumukshu (the seeker of liberation) should devote the entire time of the mind to God-realisation. This is the stage when one gets oneself permanently established in yoga. If you pursue your spiritual discipline, while regulating your daily life in this manner, discharging your daily duties, you are bound to become the recipient of God's grace.

Attain Permanent Yogic State

In the Bhagavadgita, Krishna has declared that He and the Gita are one. When you reverentially study the Gita at home, you must regard the Gita as Krishna Himself installed in your shrine. Where Krishna and Gita reside, it is not a mere home but a temple.

When man gets established in equal-mindedness, Krishna installs Himself in his heart; His voice becomes the conscience that guides him at every step. Through yoga, fortitude must be acquired; through Japa,

sense control must be earned; through Sadhana, the mind should be filled with peace. But these effects are not noticeable, though the causes are practised. People close themselves in their shrine rooms and perform Puja, offer flowers and fruits and later emerge from the place, only to shout and swear, frighten and fight with all and sundry. Man must be a yogi always, under all circumstances. *Satatam Yoginah* (attain permanent yogic state), says the Gita. This means he will be ever in Ananda. Faith in God can ensure equanimity and balance.

Avatars Come to Raise Man to the Pinnacle of Spirituality

The Lord's love for a devotee is as intense as the devotee's love for the Lord. Having regard to the well-being of the devotee and the good of the world, Krishna performed actions whether big or small, solely for the good of others. He was indifferent to praise or blame. His sole purpose was protection of devotees and fulfilling their wishes whether small or otherwise. In His view, all things are equal.

Correcting the defects of men, directing them on the right path, the Lord in His human incarnation seeks to raise humanity to the highest level by all methods. Ordinary people may question whether it is proper for God to do certain things and not certain others. From a mundane point of view, things may appear trivial or big. But in the Divine calculus, there are no such differences because He views everything with the same Divine love.

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



CELEBRATIONS AT PRASANTHI NILAYAM

PREMA DHARA: A DRAMA

ON 14TH JULY 2013, 1ST year postgraduate students of Prasanthi Nilayam Campus presented a drama “Prema Dhara” (stream of love), depicting how pure love of man could lead him to God-realisation. The theme of the drama was illustrated by the example of ardent devotees of Lord Rama



The drama “Prema Dhara” highlighted the significance of devotion.

who won His grace by their pure love and unwavering faith. The first episode showcased the deep devotion of Tulsidas who composed the Ramayana in Hindi. The second episode showed the pure love and deep devotion of Lord Siva for Rama. And the third episode highlighted the devotion of Bharata and Kaikeyi. The drama was followed by Bhajans which concluded with the Bhajan “Rama Rama Rama Sita” in the golden voice of Bhagavan. The programme came to a close with Arati at 6.15 p.m. after distribution of Prasadam to all.

SAI SPIRITUAL SHOWERS 2013

Nearly 300 devotees from seven countries of Zone 4 of Sathya Sai International Organisation, namely, Malaysia, Indonesia, Thailand, Singapore, Nepal, Sri Lanka and Laos along with special guests from Hong Kong and Taiwan participated in a four-day intensive Spiritual Showers programme held in Poornachandra Auditorium, Prasanthi Nilayam. The theme of the programme was “The Divine Legacy of Bhagavan Sri Sathya Sai Baba.”

Proceedings on 17th July 2013 commenced at 10.00 a.m. with lighting of the lamp and a brief introduction followed by the welcome speech by Dr. V.K. Ravindran, Chairman, Zone 4. The first speaker, Dr. Narendranath Reddy, Chairman, Prasanthi Council, thereafter shared his experiences in his speech entitled “Living in the Constant Presence of Sathya Sai.” Sri Rathnakar Raju, Trustee, Sri Sathya Sai Central Trust, was the next speaker who enthralled the audience with his personal and intimate experiences with Swami in his speech entitled “Living with God – Divine Lessons Learnt.” Following the lunch break, Sri Srirangarajan, Controller of Examinations of Sri Sathya Sai Institute of Higher Learning made a presentation which explained what it



meant to be “A True Sai Devotee.” The proceedings concluded with a workshop session on the inner secrets of Sathyam, Sivam Sundaram.

The programme on 18th July 2013 commenced with a presentation by the Vice Chancellor of Sri Sathya Sai Institute of Higher Learning, Prof. J. Shashidhara Prasad on “Educare and Values-based Education.” Speaking after this, Dr. Suresh Govind, President of Sri Sathya Sai Council of Malaysia, summarised the essence of the subject “Purity, Unity and Divinity.” After the lunch break, Sri Satyajit Salian, Coordinator, Vidya Vahini Project and Dr. A. Ramakrishna, Director, Sri Sathya Sai World Foundation enthralled the audience with their personal experiences and lessons learnt at the Lotus Feet in the topic entitled “Walking and Working with God.”

The first speaker on 19th July 2013 was Sri J. Jegadeesan, Advisor, Sri Sathya Sai Central Council of Malaysia who spoke on the subject “Trikarana Suddhi – Unity of Thought, Word and Deed.” This was followed by Dr. G. Venkataraman, Trustee, Sri Sathya Sai Sadhana Trust who in his inimitable style expounded the meaning of “Constant Integrated Awareness.” After lunch, Sri Shashank Shah, Faculty Member of Sri Sathya Sai Institute of Higher Learning, Sri Vinay Kumar, Member, Sri Sathya Sai Trust of Karnataka and Dr. Phil Gosselin, Chairman of Zone 1 took to the stage for question and answer session on the topic “Becoming an Effective Instrument in His Divine Mission.”

The question and answer session was preceded by a 30-minute speech by each speaker on the same topic.

The final day of the Spiritual Showers programme commenced at 6.00 a.m. with a practical meditation session led by Dr. Art Ong Jumsai, Director, Sri Sathya Sai Institute of Thailand. He then spoke for an hour on the “Theory and Practice of Light Meditation” and the various meditative techniques that one could follow. After the morning Veda chanting and Bhajans in Sai Kulwant Hall, the participants gathered again in Poornachandra Auditorium for the presentation by Dr. Srikanth Sola, Consultant Cardiologist, Sri Sathya Sai Institute of Higher Medical Sciences, Bengaluru on the topic “Reflection, Reaction, Resound” followed by Dr. P.L. Rani, Associate Professor, Sri Sathya Sai Institute of Higher Learning, Anantapur who shared her thoughts on the inner significance of the “Master’s Final Message – Love All Serve All.” The afternoon of the last day was reserved for presentations by National Presidents of each country in the Zone on various Seva and spiritual activities carried out in their respective countries followed by a presentation on the “Way Forward” by the Zone Chairman, Dr. V.K. Ravindran. The conference proceedings came to a close with Arati.

ASHADI EKADASI

The sacred festival of Ashadi Ekadasi was celebrated at Prasanthi Nilayam with great devotional fervour. The devotional



programmes organised by Sri Sathya Sai Seva Organisation of Maharashtra and Goa were held on this occasion for three days from 18th to 20th July 2013.

Divine Heritage: A Dance Drama

On the eve of Ashadi Ekadasi, a very impressive and informative dance drama “Divine Heritage” was presented by the Bal Vikas children and youth of Goa on 18th July 2013. The drama very successfully depicted the natural beauty of Goa, the love of Nature of its inhabitants



A scene from the drama “Divine Heritage.”

as reflected in their folk dances and festivals and harmony of various cultural traditions. Superb direction, beautiful folk dances, appropriate costumes and make-up and sweet music made the drama an excellent presentation. This was followed by Bhajans. Meanwhile, the participants in the drama were felicitated. The programme which began at 5.00 p.m. came to a close with Arati at 6.20 p.m.

The Divine Kaar Rally: A Drama

Another drama as part of Ashadi Ekadasi celebrations was presented by the Bal Vikas children and youth of Maharashtra and Goa on the morning of



The drama “The Divine Kaar Rally” illustrated man’s journey of life.

19th July 2013. Comparing man’s journey of life with a car journey, the drama depicted that man should use the car of Namaskar (surrender) and take to the road of Sanskar and Paropakar (refinement and selfless service) to reach his destination of Sakshatkar (God-realisation), leaving the car of Ahamkar (ego) and also the road of Maya (delusion) and ignorance. Excellent acting of the children, pithy dialogues and good props made the depiction of the car journey very lively. The drama which began at 8.30 a.m. came to a close at 9.20 a.m. This was followed by Bhajan, during which the participants in the drama were felicitated.

Manav Se Mahatma: A Drama

On 19th July 2013, the Bal Vikas children and youth of Thane district of Mumbai presented a drama “Manav Se Mahatma” (from man to saint), portraying the life story of Mahatma Gandhi and showing how strict adherence to values from his very childhood elevated him from an ordinary person to a Mahatma. Interspersed with popular songs “Vaishnav Jana To Tene

Kahiye” and “Raghupati Raghav Raja Ram” dear to Mahatma Gandhi, the drama provided inspiration to one and all to lead a values-based life and redeem themselves by following the teachings of Bhagavan Sri Sathya Sai Baba and the 9-point Code of Conduct given by Him. The drama was followed by Bhajans and felicitation of cast of the drama.

Quantum Signature of God: A Musical Presentation

The grand finale of Ashadi Ekadasi celebrations was the musical presentation by an alumnus of Sri Sathya Sai Institute of Higher Learning, Sri Girish Atreya and his party which showcased how music could beautifully blend science with spirituality. Starting their presentation at 5.00 p.m. with a prayer to goddess Saraswati, the singers surcharged the entire milieu with divine vibrations and filled each heart with deep devotion by their inspired rendition

of devotional songs which included “Mata Kalika” (Mother Kali), Yahan Sai Vahan Sai” (Sai here and Sai there) and “Tera Mana Darpan Kahalaye (your mind is the mirror). They concluded their presentation with two beautiful compositions of Kabir “Ghata Ghata Mein Panchhi Bolta” (the voice of the Atma is heard in each heart) and “Mana Laga Mere Yar Fakiri Mein” (life of adversity is very pleasing). The commentary that preceded each song explained how Quantum Vacuum Field of science was nothing but Quantum Consciousness and spirituality was the culmination of all experiments of science. At the conclusion of this innovative presentation, the artistes were felicitated and offered clothes and gifts. The programme came to a close with Arati at 6.15 p.m., bringing to happy conclusion the three-day Ashadi Ekadasi celebrations at Prasanthi Nilayam.

...continued from page 14

offered to them. This was followed by Bhajans and distribution of Prasadam. The programme came to close with Arati at 6.20 p.m.

Voices Raised in Adoration

A medley of devotional songs entitled “Voices Raised in Adoration” in various languages and representing major religions of the world was presented by devotees of Glendale and Arcadia, U.S.A. on 24th July 2013. Beginning their presentation at 5.00 p.m. with a prayer to Lord Ganesh “Deva Ganapati Deva” (oh Lord Ganesh), they presented in all nine well-selected songs, concluding with the song, “Allaho Akbar” at 5.30 p.m. Melodious rendition of




U.S.A. devotees presenting devotional songs and prayers.

songs and sweetness of music made it an excellent devotional music presentation. At the conclusion of the programme, the singers were felicitated. After Bhajans and distribution of Prasadam, the programme came to a close with Arati at 6.00 p.m.

Effulgence of Divine Glory

MY DREAM CAME TRUE

 ONCE WHEN BHAGAVAN was on a visit to Srisailam, He invited me to go with Him. I travelled to Kurnool town and joined Bhagavan and a group of His devotees. On reaching Srisailam, I was told to share the accommodation with Mother Easwaramma. As I was given the task of preparing Bhagavan's meals, I was greatly elated at this rare privilege though I was nervous at the same time. I was afraid that Bhagavan might have trouble and discomfort, if the dishes were not properly made and perfect. So, every time I prepared food for Him, I would place a sample of every item on a plate, offer it to the picture of Swami on the table in the kitchen and then taste a morsel of each dish. I would send the dishes to Bhagavan only after making adjustments whenever necessary.

Mother Easwaramma used to tease me, saying, "What is this, Malathi? You taste your Lord's food just like Sabari had tasted the fruits before offering them to Lord Rama!" I would say, "Amma, I am afraid that I might commit an error during preparation and Bhagavan might not be able to eat the food. That is why I am checking the taste before serving Him." From then on, Bhagavan's Mother started calling me 'modern Sabari.' Five blissful days thus passed. Swami was

making preparations to go to Mahanandi. The next day was Vaikuntha Ekadasi. It was Bhagavan's habit to produce Amrita (nectar) and distribute the same to all His devotees on Vaikuntha Ekadasi every year. I was eagerly anticipating this opportunity to receive Amrita from Bhagavan's holy hands. But to my great disappointment, I was directed to go to Kurnool town immediately, and make arrangements for Bhagavan's arrival there.

When I reached Kurnool town, I found that my father-in-law Sri T.R. Ramachandra Sastri, who was the President of the Sathya Sai Seva Samithi in Kurnool town, had already made all the arrangements for Bhagavan's visit. That night I had a dream, in which Bhagavan had come to Kurnool a day after Vaikuntha Ekadasi. Everything was ready for Him. When I went for His Darshan, He said, "Malathi, I know you were disappointed because I sent you away before you could receive the Amrita from Me. Don't worry! I have brought some Amrita especially for you." I woke up feeling very happy and satisfied that Bhagavan had shown so much love and concern for me. Wonder of wonders! The next morning, my dream came true. Bhagavan had indeed brought some Amrita for me!

– Excerpted from "Sai the Ultimate"
by Malathi Subramaniam.

NEWS FROM SAI CENTRES

U. S. A.

SATHYA SAI CENTRES throughout the U.S.A. observed Bhagavan's Maha Samadhi Day with many programmes including devotional meetings and service projects.



Packages for distribution to needy families.

All 27 Sathya Sai Centres throughout the Pacific South region arranged various service activities from 20th to 24th April 2013, including distribution of about 4,500 kg of food to 250 very needy families in Oxnard, California, and offering of home-cooked meals to over 200 homeless people in downtown Los Angeles.

Between 24th and 27th April, Sathya Sai devotees from the Mid-Atlantic region, consisting of eight States on the east coast, served home-cooked food at shelters, provided canned foods to food banks and soup kitchens, distributed



Sai devotees of Mid-Atlantic region serving the needy.

hygiene kits to members of the community and undertook environmental initiatives in the Hurricane Sandy storm-affected areas. Similarly, Sathya Sai devotees in Chicago, Illinois, Florida, Memphis, Tennessee and various other Sai Centres conducted devotional programmes and served home-cooked meals and distributed food items to needy people, food banks and community kitchens on the occasion of Sri Sathya Sai Aradhana Mahotsava in April 2013.

NEPAL

Thousands of Sathya Sai devotees from all 196 Sathya Sai Centres across Nepal participated in service activities and served delicious food to thousands of people. Cereal packets were distributed to 70 Chepang families, a primitive tribe that survives on wild tubers. Mosquito nets and clothes were provided to 120 families who survived a fire accident in the western part of Nepal, while blankets were distributed



to needy people in the desolate, snowy Himalayan region adjoining China. In honour of the work performed by the local Sathya Sai Centre, a street was named "Sai Marg" in the presence of the local District Magistrate.

Interfaith programmes were organised in each of the seven regions of the Sathya Sai Organisation in Nepal, where local



Participants in the interfaith conference, Nepal.

heads of different faiths shared their views in the light of Swami's teachings and recalled the unparalleled contribution made by Bhagavan in the fields of education, health and social services.

UNITED KINGDOM

To commemorate Bhagavan's Maha Samadhi Day, 27th April 2013 was observed as "Sathya Sai National Human Values Day." An interfaith meeting was held in Leicester on this day with about 900 people participating. The programme commenced with Bhajans and songs on human values, followed by a welcome address by the U.K. National Chair. The



National Human Values Day in Leicester, U.K.

five human values of truth, righteousness, peace, love and non-violence taught by Bhagavan were highlighted by a team of speakers from the Sathya Sai Youth Wing and guest speakers representing various faiths and religions, including Baha'i, Buddhism, Christianity, Hinduism, Islam, Jainism, Sikhism and Zoroastrianism. The celebrations included many vocal and instrumental musical performances.

CROATIA

Tree planting ceremonies were organised and dedicated to Mother Earth on the occasion of Bhagavan's Maha



Attendees of devotional programme in Croatia.



Samadhi Day. About 35 participants planted 700 oak trees in an area close to the city of Zagreb.

On 24th April 2013, more than 130 devotees participated in a devotional programme. A book entitled "The Lord's Drama," about the last days of Bhagavan in His physical form was discussed, and several copies were donated to all regions in Croatia. Beautiful stories of Bhagavan's recent manifestations and miracles, as witnessed by His devotees around the world, were also presented.

INDONESIA

On 24th April 2013, volunteers from the Sathya Sai Centre, Jakarta distributed food packets to 1,600 needy families. Each packet contained 10 kg rice, green lentils, milk powder, biscuits, brown sugar, bread, oranges, sweets and drinking water. Later



Distribution of food packets to needy families in Jakarta, Indonesia.

that day, over 240 Sathya Sai devotees participated in a four-hour Bhajan session.

On 21st April, volunteers from the Sathya Sai Centre of Palembang in South Sumatra distributed food packages to the needy and groceries to patients at leprosy hospitals.

The Sathya Sai Centre of Bandung in West Java conducted several service activities, which included distribution of 60 packages of hygiene kits, rice, sugar, cooking oil, cooked food and snacks to children at the Assabiqunal Awwalun orphanage. The Sathya Sai Council of East Java conducted service activities on Sunday, 28th April, at the Pura (temple) of Medang Kemulan, the Desa (village) of Mondoluku and the Gresik Regency.

KUWAIT

On 24th April, 159 Sathya Sai devotees attended a special programme of Veda chanting and a study circle at the Indian Community School in Salmiya, Kuwait. The participants discussed their experiences at the time of Bhagavan's Maha Samadhi, followed by outstanding talks by three Bal Vikas children on the topics "Be a Friend to Win a Friend," "Smile," and "Face the Fear and it will Disappear." The young orators expressed their ideas with clarity and conviction. The children also presented a programme entitled "Unity in Diversity."

Many devotional programmes and service activities were similarly conducted in France, Italy, Costa Rica, Hong Kong, Japan and Taiwan on the occasion of Bhagavan's Maha Samadhi Day.

– Sathya Sai International Organisation

BHARAT

Andhra Pradesh: Sri Sathya Sai Trust, Andhra Pradesh and Sri Sathya Sai Seva



Organisation, Andhra Pradesh conducted a five-day residential Summer Course in Indian Culture and Spirituality from 4th June to 9th June 2013 for students, both boys and girls, of Classes 7th to 10th. About 150 students who participated in the Summer Course were exposed to



Summer Course students participating in a meditation session.

the rich cultural and spiritual heritage of Bharat. The Summer Course endeavoured to foster values and skills in the students for their all-round development through illuminating talks by a galaxy of speakers, meditation sessions and devotional and cultural programmes. The Summer Course was inaugurated on the morning of 5th June 2013 by Sri A. Ranga Rao, Convener, Sri Sathya Sai Trust, Andhra Pradesh who observed that such programmes were meant to mentor children who would be torch-bearers of the world. On 9th June 2013, Bal Vikas children of Hyderabad offered their musical tributes to Bhagavan through their thrilling musical presentation entitled “Connecting Lives – the Sai Way.”

Assam: Organised by Sri Sathya Sai Seva Organisation, Assam and Sri Sathya Sai Trust (NER), Sanathana Sarathi Golden Jubilee exhibition “Journey with Sai” was inaugurated at Sri Sathya Sai Sadhana Nilayam, Guwahati on 7th June 2013. Bhagavan’s unmistakable aura of divinity



Sri Tarun Gogoi, Chief Minister of Assam, inaugurating “Journey with Sai” exhibition in Guwahati.

hung in the air as Sri Tarun Gogoi, Chief Minister of Assam, cut the ribbon to declare the exhibition open on a cool forenoon in the otherwise hot and humid Guwahati summer.

The Chief Minister in his speech said that in his three visits to Prasanthi Nilayam he found that Bhagavan’s stress on Educare, Medicare and Aquacare had attracted humanity at large all over the world. For service to people irrespective of caste, creed or community, Sri Sathya Sai Baba and His devotees have set a unique example, he said. The distinguished speaker observed that we should all get inspiration from Bhagavan’s ideals whereby various



problems afflicting us can be solved. After his speech, Sri Gogoi released a book published by SSSBPT, Assam entitled 'Sri Sathya Sai Bhasana Sudha,' Assamese version of six Discourses of Bhagavan Sri Sathya Sai Baba from Summer Showers in Brindavan, 2002. The exhibition attracted a large number of visitors and concluded on 16th June 2013.

Later, in order to reach a larger section of society, especially the people of South Guwahati, "Journey with Sai" exhibition was again organised at Sai Madhuram, another Sai Centre from 27th June to 4th July 2013. In an unique gesture, the exhibition was inaugurated by former Bal Vikas student and present Cabinet Minister of Assam for Industries and Power, Sri Pradyut Bordoloi.

Gujarat: On 1st and 2nd June 2013, a two-day National Workshop on Meditation was held at Western Regional Centre, Navsari. Thirty-two delegates from different States participated in this workshop. Speaking on this occasion, Sri N. Ramani, All India Vice President of Sri Sathya Sai Organisations and Smt. Kamala Pandya, Deputy National Coordinator for Bal Vikas programmes, explained the significance of meditation for man's transformation. Sri Rajiv Gosai, coordinator for the workshop, conducted the workshop. The programme included silent sitting and practice of Mudras (subtle yogic postures), Asanas (body positions typically associated with the practice of yoga) and breathing exercises, Soham (That I am) meditation, Om meditation,

Jyoti meditation and meditation on Koshas (sheaths) and Chakras (centres of vital energy).

Karnataka: A National Bhajan Conference was held on 22nd and 23rd June 2013 at Brindavan, Bengaluru. The conference was inaugurated by Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisation. Sri Nimish Pandya and Sri N. Ramani, National Vice Presidents addressed the gathering of over 250 delegates from all over the country. Presentations were made on Power



Participants in the National Bhajan Conference.

of Namasmarana, Experience of Coordinating Bhajans before Bhagavan, Technology and Bhajans, etc. Panel discussions covered wide range of subjects including Revised Bhajan Guidelines. All the participants had the rare opportunity of participating in a Bhajan session inside Trayee Mandir.

Jammu and Kashmir: Three veterinary camps were organised by the Sai Organisation of the State, in which animals of different species were dosed with medicines against various diseases





Veterinary camps were organised in Jammu and Kashmir to cure animal diseases.

under the guidance of qualified veterinary experts. Moreover, livestock owners were provided guidance regarding proper care of their livestock under modern hygienic conditions. The first veterinary camp was organised in village Rattanpur Paras, Jammu district on 21st January 2013, in which about 250 animals were provided treatment. The second veterinary camp was held in village Rerion, Samba district on 3rd March 2013 and the third one in Govindser, Kathua district in which about 250 and 150 animals respectively were treated.

Maharashtra: On the occasion of 45th anniversary of Dharmakshetra, Bhagavan's abode in Mumbai, world renowned spiritual Guru Sri Rameshbhai Oza graced the occasion by his presence. In his 90-minute talk on this occasion, the distinguished speaker praised the immense work being done by the Seva Dal volunteers of the Sai Organisation all over the country. He particularly pointed out the sanctity of Bhajan singing very lovingly taught by Baba and imbibed by Sai singers all over the world. He acknowledged the significance of teachings of Bhagavan Baba in his own life and the need of the same in the world today.

On 23rd June 2013, a workshop on "Beyond Freedom" was conducted by Dr. Srikant Sola from Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield and Smt. Shivani Sola. The audience in the fully-packed hall learnt simple techniques to connect with the "Inner Sai" and experienced how self-realisation could be just a thought away.

It is here in India that there is a mine of spiritual wisdom and spiritual treasure: the Darshanas (six schools of philosophy), the Upanishads, the Gita and the Vedas. This has to be distributed, pure and unsullied, guaranteed in value and quality, to eager aspirants everywhere and so, we have here a succession of sages and saints. On account of the teachings and the lives of these people, there is a vast field of spiritual virtue in this land, which needs only a little care to yield a rich harvest.

– Baba

Who is Mad? You or I?

A SAINT PERFORMED INTENSE penance for a long time on a sea shore with the object of knowing fully the form and nature of God. One day, he saw a small boy dipping a coconut shell

madness has overtaken you?" asked the saint. The boy counter questioned the saint and taught a sublime lesson to him, saying, "Oh, it is not a big task at all. I can easily empty the sea of its water before you



"I am making the sea empty by throwing its water out," said the boy to the saint.

in the sea time and again and throwing the water of the sea on the sea shore with it. Noticing this, the saint asked the boy, "Oh child! What is it that you are doing?" "I am drawing out the entire water of the sea and throwing it on the seashore," said the boy. "In how many aeons will you be able to empty this infinite sea by drawing out its water with a coconut shell? What



Lord Himself appeared before the saint in the form of a child and taught him a sublime lesson.

comprehend the nature of God completely. Who is mad? You or I?"

Who could be this boy who opened the eyes of the saint? He was none else but the Lord Himself, the embodiment of Satchidananda, who is infinite and the indweller of all beings, and who removes the worldly madness of people and fosters madness for God in them.

Truth, renunciation, love and selfless service are the essential components of character. Follow the dictates of your conscience. You can never be wrong.

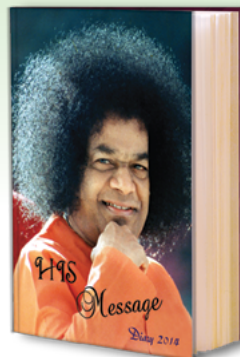
– Baba

His Message - Diary 2014

Diary 2014, depicting glimpses of Bhagavan's divine life and message is on sale. A brief summary with a global map of Sri Sathya Sai International Organisation and a report on the service activities of Medicare division of Sri Sathya Sai Central Trust are also included.

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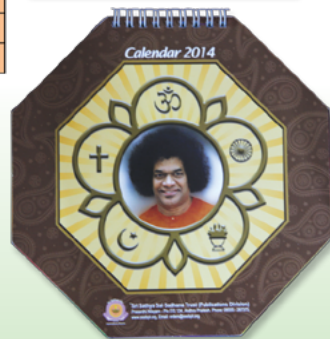
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The Message of the Avatar

The purpose of the Sai Avatar is different from that of Rama and Krishna because the forces of good and evil are now present in every human being and the process of transformation has to be effected in a context very different from the previous Yugas. In the Kali Yuga, the process of transformation has been individualised. Everyone has to correct himself. “Child! You have to save yourself. I am present within you as a witness.” This is the Lord’s message.

– Baba



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