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"Kama, Krodha and Lobha (desire, anger and greed) are the three enemies which cause immense suffering to man. Desire ruins your good actions, greed ruins your devotion and anger destroys your wisdom. As man has become the victim of desire, anger and greed, his Karma, Uplasana and Inana (actions, devotion and wisdom) are completely destroyed. Because of desire, greed and anger, man is unable to imbibe good thoughts and feelings, undertake good actions, participate in devotional activities and safeguard his wisdom."



CONTENTS

- 222 Expand your Love and Experience Eternal Bliss**
Bhagavan's Discourse: 21st July 1996
- 230 Summer Course in Indian Culture and Spirituality 2012**
A Report
- 232 Achieve the Vision of Unity**
From our Archives
- 237 A Psychiatrist's Tryst with Sai**
Interview
- 244 A Prayer Answered**
Effulgence of Divine Glory
- 245 News from Sai Centres**
- 251 Divine Medicine for all Worries**
Chinna Katha

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AMRITA DHARA

BHAGAVAN'S DISCOURSE:
21ST JULY 1996

EXPAND YOUR LOVE AND EXPERIENCE ETERNAL BLISS

Oh man! Develop the principle of love by performing meritorious deeds and cultivating the spirit of sacrifice.

Subjugate your demonic tendencies, develop divine qualities and lead an ideal life in this world.

(Telugu Poem)

LOVE IS THE LIFE FORCE OF SPIRITUALITY



HAVING BEEN BORN IN THIS vast universe, it is a matter of great shame that man should have a narrow mind. This universe is the form of God. As God is immanent in everyone, man's heart should be as expansive as the universe itself. Since man today has forgotten God and is enmeshed in worldly life, he has become narrow-minded. If he contemplates on all-pervasive God, his mind will also become broad and expansive. In this way, man should broaden his heart.

Safeguard the Spiritual Wealth of Bharat

Instead of spreading noble ideals in society, man today is promoting narrow-mindedness. Every act of man should promote divinity, sacredness and broad-mindedness. Therefore, it is said, body x infinity = Virat Swarupa (Cosmic Being), mind x infinity = Hiranyagarbha (golden womb of consciousness), Atma x infinity

= Brahman. Man is the repository of great powers and spiritual wealth. But he is not realising his infinite powers. He can set a great ideal to society only when he realises that he is a part of infinite Divinity. This infinite divine power is present in each and every human being. There are three aspects of this Divinity – Paramarthika,

What do you gain by developing love? You experience bliss. As much as you expand your love, your bliss will also expand in the same proportion. As much as you limit your love, your bliss will also become limited. Therefore, if you want to experience eternal bliss, develop love more and more. The more you develop love for God, the more blissful you become.





What does Brahman connote? It connotes all-pervasive and ever expansive divine principle. It continues to expand all the time. Expansion of love is life and contraction of love is death. Therefore, you should have expansion love. Because man is essentially divine and divinity is all-expansive, your actions should reflect this ever expansive divinity, and divine feelings should manifest in you. Man today lacks such broad feelings. He has become totally narrow-minded. How can your narrow mind grasp ever expansive divinity?



there can be no froth without waves. The waves are the basis of froth and water is the basis of waves. Water is the same in all the three – ocean, waves and froth. Similarly, the same Divinity is present in Paramarthika, Vyavaharika and Pratibhasika.

Man should make spirituality as the basis of all his worldly activities. But, unfortunately, man today considers Paramarthika and Vyavaharika as separate from each other. He says there is no relationship between spirituality and worldly life. This is a great mistake. It is not possible for the world to exist without the foundation of spirituality. In fact, spirituality is inherent in worldliness. Therefore, the Vedas demonstrated the truth that the same Divinity is present in Paramarthika, Vyavaharika and

Vyavaharika and Pratibhasika (absolutely real, empirical and illusory). These three are not different from each other. The same divinity is present in all the three. There can be no waves without water and

Pratibhasika.

From generation to generation, Bharat has been sharing its spiritual wealth with other countries and thereby promoting



peace and security in the world. Since ancient times, Bharat has been spreading the broad feelings contained in the Vedic dictum, *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!). Kings, sages and seers have been safeguarding the spiritual wealth of Bharat by propagating such sacred ideals. The entire world will be ruined if Bharat loses its spiritual wealth. Spirituality is the fundamental basis for all the nations. Everyone has ultimately to take to the path of spirituality one day or the other. Our ancient kings, sages, seers and women of chastity displayed great sense of sacrifice in upholding this great ideal. In fact, all Bharatiyas were united in spreading this ideal. But today everybody has his own way; there is no unity at all. When there is no unity in the heart, enmity creeps into it. Therefore, you should see to it that you do not give room to enmity. Today the heart of man is devoid of unity and divinity. People are leading an artificial life. In fact, they are making their life worthless by harbouring narrow communal feelings.

You cannot find anyone who is free from thirst. Similarly, there is none who does not have desires. But man should develop only sacred desires. Only contemplation on God can quench the worldly and spiritual thirst of man. It is the water of spirituality that can free man from the thirst of desires. Today there is lack of moral, spiritual and social values in society. Power and wealth have become the only objectives of man these days. In what way should one spend one's money? There is nothing wrong

in earning money, but it should be put to proper use. Modern society is in turmoil because people do not spend their money in a proper way.

Uphold Human Values

Man should realise his innate divinity and perform sacred actions. What is it that has lost its value today? The value of vegetables and even firewood is on the rise. In fact, the value of everything has gone up; only the value of man has declined. What is the reason? Man has lost his value because of lack of human values in him. In this world, birds, animals and even insects safeguard their values by performing their respective duties. But man alone is destroying his human values by acting contrary to humanness. In fact, he is not able to realise his value. He questions the very existence of human values. Values come into existence from the very birth of man. But man has forgotten such values which are with him right from the time of his birth. He is running after the shadow of worldliness and leading an artificial life. His value will increase manifold when he develops human values in him.

What is meant by Srishti (creation)? It is an expression of Divine Will. Prakriti (Nature) is another name for creation. Man is born to safeguard the divinity of Nature. He has assumed human body to redeem himself by developing his physical, mental and spiritual powers and fostering human values. Man should first of all make efforts to uphold his human values. Love is the foremost quality of man. It is only because



of this quality of love that man is denoted by the term mankind. Kindness is very essential for mankind. Bereft of kindness, love, truth and righteousness, he is not a human being at all. In fact, he is no better than a living corpse.

People talk about Brahmacharya. What does it mean? Is it to remain without getting married? No, no. Dwelling constantly on the principle of Brahman is true Brahmacharya. Focus your mind on Brahman at all times, at all places and under all circumstances. A Brahmachari is one who is always immersed in the feelings of Brahman (Divinity). This is at the level of spirituality. You should follow this principle at the worldly level also. Your conduct should be proper, your manners should be sacred and your speech should be truthful. Even people leading a worldly life can be called Brahmacharis if they lead a sacred life. God is the Father and all the men and women of this world are His children. Therefore, all should live like brothers and sisters. When they imbibe such feelings, they can realise this truth at worldly level also. Just as coolness is common for froth, waves and ocean, likewise man should experience divinity in all the three aspects of his life, namely, Paramarthika, Vyavaharika and Pratibhasika.

Kindness is the Hallmark of Mankind

Man's Antahkarana (inner instrument) comprises Manas (mind), Buddhi (intellect), Chitta (mind-stuff) and Ahamkara (ego sense). It is only when you associate the mind, intellect, mind-stuff and ego sense with the divine principle of Atma that

you can realise your humanness. Today man's heart is devoid of compassion and kindness. His heart has become so hard that he is ready to inflict pain on others to any extent and does not show any sympathy towards those who are in distress. Your heart should melt seeing the suffering of others. That is real kindness. Only such a person deserves to be called a human being. Kindness is the hallmark of mankind. Bereft of kindness, the word mankind has no meaning. Our heart should be full of compassion at all times and under all circumstances. Such sacred principles were practised and propagated in Bharat in ancient times. But now where does the defect lie? People today only propagate these principles without practising them. It is only when you practise can you experience happiness. Unfortunately, hardly anyone is putting these principles into practice. Whatever man learns from reading sacred texts or listening to spiritual discourses, he should put it into practice first and share it with others. If he is not able to put into practice all the sacred teachings, he should at least practise a few of them.

Here is a small story. Once the captain of a ship had to move away from his place on some urgent work in the course of a battle. He told his son, "You stay here in my place till I come back." As the enemy guns fired at the ship, it caught fire and all the occupants started jumping into the water with life boats to save their lives. Some of them came to this boy and told him to move away from that place to save



his life. But the boy replied, "I am ready to give up my life, but I will not disobey my father's command. My father told me to stay here, and I shall abide by his words." Though the entire ship was getting engulfed in flames, he did not move from his place and as a result sacrificed his life. Thus, he set an example of implicit obedience to his father's command. He was none other than Casabianca. He earned a great name by his sacrifice.

Practice is Important, not Preaching

The value of humanness will increase only when man puts into practice at least some of the good things he learns. Even when people know that something is good for them, they do not put it into practice. On the other hand, they keep telling others what is good. When they tell others what is good, why don't they themselves put it into practice? Why should they say something to others which they do not themselves accept wholeheartedly? This type of conduct is artificial, untruthful and contrary to humanness. Do what you say and say what you think. Since there is no harmony between thoughts, words and deeds of people, they are unable to experience peace in



Only contemplation on God can quench the worldly and spiritual thirst of man. It is the water of spirituality that can free man from the thirst of desires. Today there is lack of moral, spiritual and social values in society. Power and wealth have become the only objectives of man these days. In what way should one spend one's money? There is nothing wrong in earning money, but it should be put to proper use. Modern society is in turmoil because people do not spend their money in a proper way.



spite of the rise in the number of spiritual organisations. Wherefrom can you get peace? Peace is within you; it cannot be acquired from outside. When you follow the truthful and righteous path, you will experience peace.

If you truly have faith in God, that faith will be reflected in you in the form of peace. People today pretend that they have faith in God, but in reality, they have no faith. That is why they are always in the grip of unrest and agitation. They repeat the words, Sathya, Dharma, Santhi and Prema (truth, righteousness, peace and love) like parrots, but do they put into practice even one of these values? What is the use if such people give discourses and sermons on human values? In fact, such people bring bad name to Sai. Sai will be pleased with you if you practise at least one of these values. It is not difficult to practise these values. How easy is it to speak truth and say things as they are! (Showing His handkerchief) It is easy to say I am holding a handkerchief. On the other hand, how difficult is it to say and convince people that there is a garland in My hand when actually it is a handkerchief! To say such a thing is an utter lie. It is very easy to speak the truth and extremely difficult to tell a lie. But man has forgotten such an easy path and is following the difficult and treacherous path of untruth.

Shed Narrow-mindedness

It is a great surprise that man is so narrow-minded in spite of having the ever expansive divinity in his Hridaya. When I use the word Hridaya (heart), I do not

mean physical heart which is confined to the body made of five elements. Hridaya refers to divinity which is all-pervasive as mentioned in the Vedic dictum, *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (The Cosmic Being has thousands of heads, eyes and feet). What does this refer to? It refers to the Brahma who has thousands of heads, eyes and feet. What does Brahman connote? It connotes all-pervasive and ever expansive divine principle. It continues to expand all the time. *Expansion of love is life and contraction of love is death*. Therefore, you should have expansion love. Because man is essentially divine and divinity is all-expansive, your actions should reflect this ever expansive divinity, and divine feelings should manifest in you. Man today lacks such broad feelings. He has become totally narrow-minded. How can your narrow mind grasp ever expansive divinity?

Divinity is infinite. That is why God is extolled as *Ananta Rupaya Namah* (salutations to the One who is infinite). In this vast universe, God pervades everything in His all-expansiveness. He permeates everything, sentient and insentient. As He is present everywhere, He is called omnipresent. This principle of omnipresence is known as Brahman. You may or may not be able to visualise this Divine Principle; it all depends on your faith and deservedness. If your faith is true and firm, you can visualise God in a moment. God neither descends from heaven nor goes away anywhere. He neither comes nor goes. There is nothing like coming or



going for God; He is everywhere. God is Antaryami (indweller). What is meant by Antaryami? He is the one who resides in the heart of every being. Antaratma is another name for Antaryami. However, the power of Maya (delusion) that arises out of Him covers Him and hides Him from your vision. The clouds that originate from the sun cover it. Does the sun chastise the clouds which cover it? No. Wait for some time with patience. The clouds will move away and the sun will become visible again. Divinity is the source of everything. God is the cause of creation, sustenance and dissolution of the universe. Everything is related to God. Therefore, you should consider everything as divine. There are only two things that God wants from you. They are Sathya and Dharma. If you have these two, then you will have everything else and all other values like compassion and kindness will be added to them. Sathya and Dharma are the most important values. All other values are part and parcel of these two. Man should have compassion. Compassion is synonymous with love. When you have love in your heart, hatred cannot enter it.

Noble Ideals Live Forever

Kama, Krodha and Lobha (desire, anger and greed) are the three enemies which cause immense suffering to man. Desire ruins your good actions, greed ruins your devotion and anger destroys your wisdom. As man has become the victim of desire, anger and greed, his Karma, Upasana and Jnana (actions, devotion and wisdom) are completely destroyed. Because of desire,

If you truly have faith in God, that faith will be reflected in you in the form of peace. People today pretend that they have faith in God, but in reality, they have no faith. That is why they are always in the grip of unrest and agitation. They repeat the words, Sathya, Dharma, Santhi and Prema (truth, righteousness, peace and love) like parrots, but do they put into practice even one of these values? What is the use if such people give discourses and sermons on human values? In fact, such people bring bad name to Sai. Sai will be pleased with you if you practise at least one of these values.



greed and anger, man is unable to imbibe good thoughts and feelings, undertake good actions, participate in devotional activities and safeguard his wisdom. Why should you entertain these three evil qualities which are so harmful? First and foremost, get rid of them. Man may have desires, but they should not be unlimited. He should limit his desires. In order to get rid of evil qualities, you should contemplate on God. In this vast universe, man should have a broad heart. Our heart should be as expansive as an ocean. That is the real Manasarovar. One who lacks broad heart cannot be truly called a human being.

You should never give room to narrow feelings. There are defects in everyone



and everyone makes mistakes. Do not pay undue attention to them. Never give up love. When you have love as your guiding principle in life, you can achieve anything. Man should entertain only noble thoughts and not mean ideas. Follow great ideals and have a broad outlook. Even after the death of a person, his ideals will continue to live. Noble ideals live forever. Body may perish, but the ideals will never perish. Therefore, man should develop sacred ideals.

Embodiments of Love!

All of you are the repositories of love. But you limit your love. Never do that. Expand your love more and more. Your life will become as much ideal as much as you expand your love and keep it sacred. Among all types of love, love for God is supreme. We love our mother, father, brother and sister, but this love is at worldly and physical level. This is like passing clouds which come in the middle and go. But God's love is permanent. What do you gain by developing love? You experience bliss. As much as you expand your love, your bliss will also expand in the same proportion. As much as you limit your love, your bliss will also become limited. Therefore, if you want to experience

eternal bliss, develop love more and more. The more you develop love for God, the more blissful you become.

God is love and love is God. You can connect yourself with God only through love. Develop love and achieve the supreme state of non-dualism.

(Telugu Poem)

Love is non-dual. When you develop love, you imbibe the principle of non-dualism and experience oneness. *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Srutimalloke Sarvamavruthya Tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). This One is present everywhere. You should attain that. You may pursue worldly education which is useful for your existence in the world. But you should also acquire spiritual education. Love is the life force of spirituality. Therefore, develop love. When you develop love and compassion, you attain the supreme state of divinity.

(Bhagavan concluded His Discourse with the Bhajan, "Hey Siva Sankara Namami Sankara...")

– From Bhagavan's Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 21st July 1996.

Cultivate comradeship with the good, develop compassion for the distressed, foster the feeling of elation at the happy and prosperous, and deepen indifference towards the evil-minded – this is the ancient, well-tried prescription for a calm peaceful life. God will bless such men and award them grace. The Name of God when uttered with sincere joy has great influence on the mind of man.

– Baba

SUMMER COURSE IN INDIAN CULTURE AND SPIRITUALITY 2012



SUMMER COURSE IN INDIAN Culture and Spirituality was organised at Prasanthi Nilayam by Sri Sathya Sai Institute of Higher Learning from 8th to 10th June 2012, in which the students and teachers of Prasanthi Nilayam, Brindavan, Muddenahalli and Anantapur campuses of the Institute took part. The Summer Course was so thoughtfully designed that it exposed the participants to the wisdom of various scriptures through illuminating talks, and provided opportunities to them to grasp values from them and from the Discourses of Bhagavan in interactive sessions. While the morning sessions consisting of talks and interactive sessions were conducted in Poornachandra Auditorium, the evening sessions were held in Sai Kulwant Hall where a summary of the morning sessions was presented

and devotional music programmes were conducted by the students of Anantapur Campus and Brindavan Campus of the Institute on 8th and 9th June 2012.

The proceedings of the Summer Course started with chanting of Vedic hymns by students at 8.30 a.m. on 8th June 2012 in Poornachandra Auditorium which was befittingly decorated. An attractive portrait of Bhagavan Sri Sathya Sai Baba adorned the dais amidst floral decorations, and a beautiful chair was placed for Him on the right side of the dais. In his introductory remarks, Sri G. Srirangarajan, Controller of Examinations of the Institute, referred to the Summer Courses organised in the Divine Presence of Bhagavan and observed that these courses gave to the students an understanding of the wisdom of Indian Culture and Spirituality which recognised close relationship between



Summer Course participants in Poornachandra Auditorium.



man and man and saw unity in diversity. This was followed by the inaugural address of the Vice Chancellor of the Institute, Prof. J. Shashidhara Prasad. The distinguished speaker observed that the Summer Courses initiated by Bhagavan were meant to provide firm foundation of spirituality to the students. Stressing the importance of imbibing the values propounded by the Indian Culture and those received from Bhagavan Himself, he exhorted the students to put these values into practice in their life.

A number of very educative and illuminating talks were given by the teachers and research scholars of the Institute during the course of the Summer Course. The talks showcased the insights and lessons from the ancient Indian scriptures, viz., the Ramayana, the Mahabharata, the Vedas, the Upanishads, the Bhagavata, the Gita and Patanjali Yoga Sutras. The talks also included the life and teachings of Bhagavan. The speakers who gave these valuable talks were: Sri S. Sai Giridhar, Doctoral Research Scholar, Dr. Raghunath Sarma, Assistant Professor, Dr. Sanjay Mahalingam, Senior Systems Administrator, Dr. N. Siva Kumar, Assistant Professor, Dr. R. Sai Sathish, Assistant Professor, Sri K.M. Ganesh, Doctoral Research Scholar, Kumari U. Suma, Assistant Professor, Sri Amey Deshpande, Doctoral Research Scholar, Dr. T. Ravikumar, Associate Professor, Dr. P.L. Rani, Assistant Professor, Smt. Mahima Kapoor and Sri Daman Hejmadi, alumni of the Institute. The talks were

invariably followed by the video clippings of Bhagavan's Discourses and Darshan sessions.

By far the highly educative part of the Summer Course were interactive sessions, in which the Discourses given by Bhagavan in the Summer Course of 1973 on the theme of "Bhaja Govindam" were discussed by the students and teachers in groups. In these interactive sessions, the participants were exposed to most illuminating and profound messages given by Bhagavan in these Discourses.

In the valedictory session of the Summer Course held on 10th June 2012, the students of all the four campuses and those of XI and XII Classes of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam made a thought-provoking global presentation which highlighted the importance of values, spirituality, devotion, prayer and right attitude for realising the goal of life. This global presentation was followed by the valedictory speech of Dr. T.R. Rajeshwari, Associate Professor, Anantapur Campus. Thanking all those who helped to make the Summer Course a grand success, Dr. Rajeshwari observed that the system of education at the Institute provided the platform to mould the lives of the students according to the teachings of Bhagavan and helped them to attain all-round growth – physical, mental and spiritual. The Summer Course, she said, was a most enriching experience both for students and teachers as it provided valuable lessons to them to lead a righteous life. The Summer Course came to a close with Arati at 1.40 p.m.



From our Archives

ACHIEVE THE VISION OF UNITY

One who cultivates the crop of love in the field of one's heart is a true Christian, a true Sikh, a true Hindu and a true Muslim. In fact, he is a true human being and a true Guru.

(Telugu Poem)

THE ATMA IS THE UNIVERSAL WITNESS

WHAT IS THE MEANING OF Guru Purnima? Guru is one who illumines your path to divinity. Purnima signifies the sacred light of the full moon. Full moon stands for a mind with total illumination. It is spotless and blemishless. Even if there is a little trace of blemish in the mind, it will lead to darkness. It cannot give you total bliss.

The Vedas say: *Chandrama Manaso Jatha Chaksho Suryo Ajayatha* (the moon was born out of the mind, the sun out of the eyes of the Supreme Being). Moon is the presiding deity of the mind. That day is Purnima in the true sense of the term when the mind is filled with pure love. Let your mind shine brilliantly like the moon on the full moon day. This is possible only when you fill your mind with love.

The True Guru

Who is a Guru? The term "Guru" means one who dispels the darkness of ignorance. "Gu" means one who is beyond attributes (Gunas), "Ru" implies one who is beyond forms (Rupas). This refers only

to God. That is why the "Guru" is hailed as Brahma, Vishnu and Siva.

Both macrocosm and microcosm arise from the one Truth. They are manifestations and emergents of that Truth, which is not affected by either. That Truth is known as Brahman. When this unmodifiable, transcendent and immanent Brahman,

We find individuals and groups trudging to Badrinath, Kedarnath and Haridwar in search of peace and happiness. They also go to Tirupati and Kasi. Have they jettisoned even a few of their animal propensities? That is the test; that is the justification for the money and time they have spent and the troubles they have undergone. When the animal is conquered and Godhead is felt within reach, man can assert that all these pilgrimages are within him.





The word Adhyatmic (spiritual) is used often by aspirants and preceptors. What exactly is implied by Adhyatmic? Is Bhajan Adhyatmic? Or does it involve Japa or Dhyana? Or does it denote religious rituals and ceremonies? Or does it extend to pilgrimages to holy places? No. These are only beneficial acts. Adhyatmic, in its real sense, relates to two progressive achievements or at least sincere attempts towards those two achievements: elimination of the animal traits still clinging to man and unification with the Divine.



instead of just 'being,' decides on 'becoming,' It is best designated as 'God,' 'Iswara' (Almighty). The divine ground of everything is the spiritual Absolute, called Paramatma (Supreme Absolute Self). It is also the ground, the base, the core, the reality of man.

But in spite of 'becoming,' which is only an illusion imposing multiplicity on the One Being, It remains One. So long as inquiry is postponed, only the multiplicity is cognised. The multiplicity is neither real nor unreal. It is relatively real, temporarily real, pragmatically real, Mithya – not Sathya, but an amalgam of Sathya (truth) and Asathya (untruth), apparently real but fundamentally unreal, real for most practical purposes (Vyavahara) but unreal when the basic nature is unravelled. Mithya is the mixture of Sathya and Asathya, the knowledge of the serpent which is negated when the knowledge of the rope is won.

Maya Makes us Believe the World is Real

The clouds appear to be stuck to the sky; so, too, Maya (the tendency to conclude that what the senses tell us is true or to project our preferences and prejudices on to the world around



us) gives us an untrue picture of Brahman. It makes us believe that the world is real. Its impact warps our reasoning process, our sensory impressions and our views on God, on creation and on man. It spreads before us a diversity which tantalises and deceives.

The basic truth upon which Maya (divine illusion) projects its kaleidoscope is described by seers as Sat-Chit-Ananda (Existence, Knowledge, Bliss). This does not mean that Brahman has three attributes, namely: It exists beyond time and space; It knows and can be known; It is the source and acme of bliss. They are not three distinct characteristics; they indicate the One, of which the three can be grasped by experience – not by words, for words can only recoil before that Godhead. We cannot assert that Brahman (Supreme Being) belongs to a class or genus, nor can it be defined by the three basic qualities. It cannot be described as performing any specific activity, for It is ever motionless. Nor can It be explained in terms of relationship with other entities for It is One, without a second.

The Individual has Three Qualities in him

The Jiva (individual soul) has emotional, passionate and active qualities in its composition. The quality that is inferior is the Tamasic and that which is superior is the Sattwic. Iswara is the Sattwic reflection of Brahman. Therefore, man must strive to rise higher into the Sattwic realm. He must be ever vigilant not to slide down into the lower realm – the Tamasic realm of matter and material pursuits. The Guru

has to hold this ideal before the pupil and guide him towards it. He must encourage him to become aware of the God within man.

The word Adhyatmic (spiritual) is used often by aspirants and preceptors. What exactly is implied by Adhyatmic? Is Bhajan Adhyatmic? Or does it involve Japa or Dhyana? Or does it denote religious rituals and ceremonies? Or does it extend to pilgrimages to holy places? No. These are only beneficial acts. Adhyatmic, in its real sense, relates to two progressive achievements or at least sincere attempts towards those two achievements: elimination of the animal traits still clinging to man and unification with the Divine.

Three Different types of Gurus in the World

Consider how far man has succeeded in overcoming the animal inheritance of lust, greed and hate, when he spends time, money and energy for these so-called Adhyatmic exercises. What progress does he make by listening to exponents of texts? Has man become any less bestial? This is the enquiry, this is the assessment for man to be engaged in, though this is the very task ignored by him at present.

The Sadhanas (spiritual practices) now adopted promote only pride and pompous display, envy and egotism. They do not uproot them in the least. People proceed to the house of God as pilgrims, but pray to Him for more money, fame and power, for their thoughts, words and deeds centre only around these transitory and trivial



tokens of worldly success. The world and all its trappings bespeak the Tamasic Guna (quality of inertia). They can never raise man to the higher Sattwic (pure level).

The Guru must exhort the individual self to realise the Universal Self. On this Guru Purnima, we must revere with grateful hearts such Gurus who have consummated liberation for many. They are the highest Gurus. There are in the world many other types also. There is the Guru who gives you a Mantra (sacred formula), tells you its potentialities and directs you to repeat it sincerely and steadily. He is the Deeksha Guru; the initiation into the Mantra is called Deeksha in ritualistic parlance. He assumes that his duty ends with the gift of the Mantra and the command to use it with conviction and care. He does not direct the pupil to master his senses or guide him to march forward and attain that victory. For the pupil, the Mantra is a formula to be repeated in a parrot-like way. He might not even know that it is a precious gift, but without the Sadhana (spiritual discipline) of self-improvement, the gift has no value at all.

The Maya too is an Aspect of Brahman

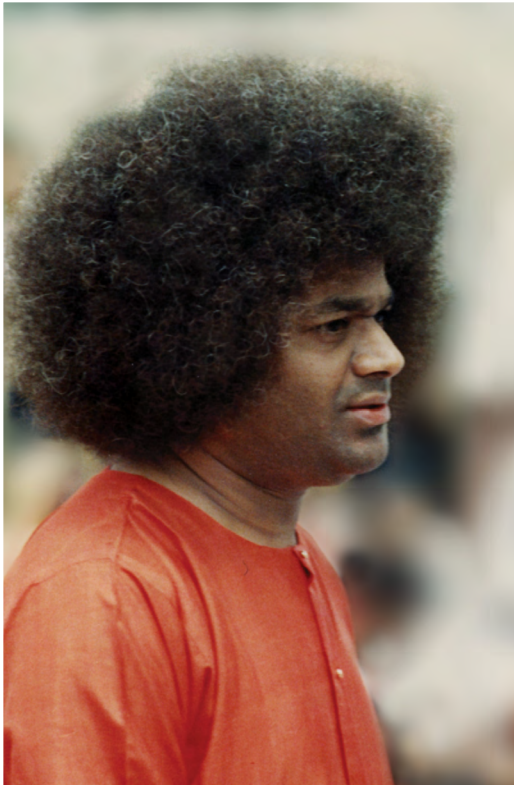
A second type of Guru recommends the worship of one or another of the forms of God. Another set of Gurus teach lessons destined to change your consciousness. These are the teacher-Gurus. But all these types ignore the One and divert attention, adoration and devotion to the many, which are only relatively real. They do not lay down methods by which purity and clarity can be won. They are afraid to

antagonise the animal urges in their pupils. Their teachings fill the head but do not thrill the heart. All types of Gurus assert that God, Nature and man are distinct, whereas they are all really based on the play of Maya on Brahman. They deal with subsidiary not the primary, the diversity not the unity, the trivial not the true. The primary is Brahman which, when reflected in Maya, seems to be broken into God, Nature and man. These three are only the unreal images of the One. And the Maya, too, is an aspect of Brahman. "Mama Maya" (My Maya), says Krishna in the Gita. Hence, when we merge in Brahman or win the grace of the Lord, His Maya cannot exist for us.

This day thousands of you have gathered here because it is Guru Purnima, the 'full moon of the Guru.' The fully worthwhile Guru must facilitate that vision of unity without the discords and divisions that engender 'mine' and 'thine' in the mind of man. Such a Guru was the Sage Vyasa. This day is also called Vyasa Purnima, a day when mankind offers him the gratitude he deserves. 'Vyaso Narayano Harih': Vyasa is the Lord Narayana, Hari. Narayana, the Lord Himself, came as a man called Vyasa, to collate the Vedas and teach man the path towards God. He made the path plain and easy to climb.

But the tragedy is that man has misinterpreted or missed the path. He has stuck to his out-moded beliefs in the efficacy of worldly, material and transitory rituals and rites, which weaken his mind through fear or pride. The true Guru





The Sadhanas (spiritual practices) now adopted promote only pride and pompous display, envy and egotism. They do not uproot them in the least. People proceed to the house of God as pilgrims, but pray to Him for more money, fame and power, for their thoughts, words and deeds centre only around these transitory and trivial tokens of worldly success. The world and all its trappings bespeak the Tamasic Guna (quality of inertia).



should keep away from such weakening tactics and should impart the strengthening awareness of the Atma. Only then can he be revered as a Guru.

Embodiments of the Divine Atman!

In truth, man is the encased Atma. He is the repository of the infinite, ever-full, One, Indivisible Atman. Man, at best, remains man, satisfied with the Rajo Guna dominant in him. Many are content with their dealings with the objective, Tamasic world. Their ideal is only to amass material wealth and satisfy material needs. Examine yourselves and discover at what level you are by analysing your desires and activities. In this way, you can yourselves sublimate your thoughts and urges.

We find individuals and groups trudging to Badrinath, Kedarnath and Haridwar in search of peace and happiness. They also go to Tirupati and Kasi. Have they jettisoned even a few of their animal propensities? That is the test; that is the justification for the money and time they have spent and the troubles they have undergone. When the animal is conquered and Godhead is felt within reach, man can assert that all these pilgrimages are within him. He has no need to travel from temple to temple. And without achieving this victory, you have no right to claim that you are a devotee of Rama or Krishna, or of any other incarnation of the Lord. This is real spiritual progress. I bless you all that you may earn it.

– Excerpted from Bhagavan's Guru Purnima Discourses.



Interview

A PSYCHIATRIST'S TRYST WITH SAI

A revealing interview of Dr. Michael Congleton, President, Central Council of the Sathya Sai Organisation, U.S.A. by Dr. G. Venkataraman, eminent physicist and former Vice Chancellor of Sri Sathya Sai Institute of Higher Learning.



WILL BEGIN BY EXTENDING you a welcome to our studio. I am going to start by asking you to introduce yourself. So, tell us about your profession, where you come from, etc.

My name is Michael Congleton. I am originally from Texas, and I got my initial education in physics, a Ph.D. in that subject. In 1972, I applied for admission in medical school in the University of Texas in Galveston. After I completed medical school, I got interested in psychiatry. Meanwhile, the Navy offered me a commission, which I accepted, as the Commander in the Navy Medical Corps. But while I was finishing my psychiatry residency, my wife Carol and I got interested in Yoga.

Which year was that?

It was around 1978.

Did it have anything to do with your interest in psychiatry?

Yes, I used to read books on psychiatry and there was one Yogi named Swami Rama, who had written a book "Yoga

and Psychotherapy." He was from the Himalayas and wrote several other books, one of which was "Living with the Himalayan Masters." I had the good fortune of meeting Swami Rama who had established an institute back in Honesdale, Pennsylvania called the Himalayan Institute. So, being interested in this, we would go to Houston which was right up the road from Galveston on the weekends and buy books on Yoga, Chinese philosophy, etc.

In 1978, I was in one of the rooms at a bookstore looking at the books, and a gentleman asked me: "Have you ever heard of Sathya Sai Baba?" I said, "No, I have never heard of Sathya Sai Baba." He said, "Well, I just got back from India; He is a man of miracles. You need to buy a book about Sai Baba." I went over to that part of the bookstore where it had books about Swami. So, I looked, and it was on the very top shelf. I was a chief resident in psychiatry, so can you guess what book I was attracted to?

Sandweiss' book!

That's right! I picked up "Sai Baba: The Holy Man and the Psychiatrist." Carol,



came up after a while and said, "Okay, it's time to go back home." And then she looked at the stack of books I had and said, "You are not going to buy all those books, are you?" I glanced at the books, looked at Carol and saw the books again, and said, "No, may be I could put some of them back." I went through the books and looked at the ones I was least interested in, and when I came to Swami's book, "Sai Baba: The Holy Man and the Psychiatrist," I thought, "Well, I don't really need this book." So, I put it up on the top shelf and turned around, and then, the book just flew off the shelf and hit me on the head! And Carol said, "You better buy that book!" We bought the book and as fate would have it, and Swami would wish it, I ended up in San Diego working at the Naval Health Research Centre, right around the corner from Samuel Sandweiss' home.

Because of our interest in Yoga, we wanted to go to Rishikesh, or up to the northern part of India where the Yogis live. We also bought, "Autobiography of a Yogi," and it just stimulated our interest even more. We had our home still in Galveston and a hurricane came through in there and damaged the home. There was five feet of water in the house. After we had it repaired with the insurance money, there was enough money left over to take a trip to India!

So, Carol planned out the itinerary that we were going to start in Bombay (now Mumbai), go up north, across to Agra, Delhi, then over to Kathmandu, then back down to Kolkata and then I thought, "Wait

He took the quartz egg, held it up for everyone to see, and asked the group, "What is this?" He held it up so that everyone could see it, but nobody answered Him. He then said, "This is glass; it's only glass. I am going to make a real Siva Linga." And He put the quartz egg into the palm of His right hand and held His hand, palm up, for everyone to see. He gently blew on it several times without moving His hand. It transformed from a reticulated quartz egg into a solid black Siva Linga!

a minute! There's a holy man in India that the book we had bought in Houston talked about. Let's see if we can find out where He is." I looked in the book and the author was Samuel Sandweiss in San Diego – that's where I was living! I called the operator, got the number to Sam's home and called him. He said, "Tomorrow night is our first open house, you come over, and I will tell you how to get there."

You mean, you used him as your tour guide!

That's exactly right! I got there, and he couldn't be more helpful! He told us how to go to see Swami. And in fact, that night, it was Elsie Cowan at his home as the guest speaker. Hearing her story (of the resurrection of Walter Cowan, her husband, by Baba) was also very



interesting to me; she was there as Walter had already passed on. In any case, going and seeing Swami was the last and the greatest part of our trip to India.

After visiting Kathmandu when we got to Kolkata, we discovered that India had been on a general strike for the last four weeks while we were travelling around in Nepal. And Andhra Pradesh was the State that had instituted the strike. But we were desperate to come and see Swami. The attraction was so strong that we just felt like crying because it didn't look like it was going to happen. Suddenly, we were able to catch a plane to Bengaluru and got into a hotel there. When we checked in, we were told that all buses had stopped running to Puttaparthi for one month! As our luck would have it, the strike just ended, and we reached Puttaparthi by taxi. I think we were among the first few people to reach Puttaparthi after the end of the strike, and we were thrilled to be there.

We checked in and went into a shed; I think there were four other couples in the shed. Of course, Carol's idea of camping out is staying in a four star hotel! You can imagine us going into a shed and I thought, 'What are we going to do?' So, we went outside, got a mattress, and came back in, got comfortable and settled in. Next morning, we saw Swami in Darshan. There must have been about 30 or 40 people in all.

So, you must have got to see Him almost at point-blank range?

Yes, almost.

So, how was it?

You know, my son John was 11 years old at that time. We never talked about Swami. We just saw Swami and you know what his comment was?

What was that?

He is God!

Is that right? At first look?

First look! He just knew! In the innocence of childhood, he just knew! And I was so impressed with that. Swami just seemed to glide across the ground and He seemed to be transparent. You could just see Swami through the buildings and everything; it was a mystical experience. We had to get back to work, so after Darshan, we headed back to the hotel.

I went back to work, and I started going to the Sai Centres and as fate would have it, the State Department asked me if I could go to Mumbai, India, and see if there was a way that there could be some medical technology transfer between the two countries, and I gladly accepted the task. I went to Mumbai and worked with the Municipal Corporation and interfaced with the hospitals there; I am trying to remember their names – King Edward Memorial Hospital and others there.

Yes, K.E.M. Hospital.

Yes. I finished my meetings and the studies. I needed to write a report for the State Department and in the back of my mind, I thought: "I am taking two weeks vacation; I am going to see Swami." At the end of the two weeks, I came down to Bengaluru, and they said, "Swami is in



Kodaikanal, and He will be coming back to Whitefield in two days.” So, I found a place that was local to Whitefield, right across from the main gate and waited. When Swami returned, it was a small group of devotees – only 50 with Him. I thought it was a large crowd; but it’s nothing like today! There was a Darshan tree, and we formed lines.

Yes, I remember, the Sai Ram Shed.

Even if you were the last in line to go, you had a great seat anyway! And Swami came around and I felt like I was being totally ignored! And I noticed people had notes that they were writing and giving Swami. I thought: “I will write a little poem, and I will ask Swami for an interview.” He came out, walked around, took my request – the little letter – and said, “Go!” I went into the compound and had my first interview with Swami in 1987. In the interview room, the ladies were sitting on one side and the gents on the other. He walked over to the wall switch, looked up to the ceiling fan, turned on the switch and turned around. He looked at the ladies sitting right across from me, swept His hand through the air, and materialised a rosary – a Japamala! He held the Mala at the very top and it looped down under His two hands. He pulled a little bit at the top of the Mala, and it split into two Malas! It was like peeling a banana. He was splitting it apart, one Mala was going up, and two Malas were coming out – and click, click, click – then there were two identical Malas; one for each of the twins!

Where were those twins from?

I am not sure.

Were they Indian?

Yes, they were Indian ladies. He also materialised a watch for one of the students there, and I learnt the significance of watch later – W-A-T-C-H meaning, Watch your Words, Actions, Thoughts, Character and Heart.

He then called each person back for a private interview. After one such interview, He came out and said to me, “You are next!” He then called me inside. I was carrying a Japamala (rosary) and a quartz egg with me that was like a Siva Linga, and I wanted Swami to bless those items for me. He looked at the items I was carrying, picked up the quartz egg and said, “This isn’t a Siva Linga. I will make you a real Siva Linga tomorrow; be ready.”

Next morning, I left for Darshan early and was lucky to get a seat on the front line in the Darshan area. As Swami passed by me during Darshan, He said: “Go!” I went to the waiting area outside His residence where other devotees were waiting for interview.

Everyone went into the interview room. He motioned for me to come forward and I gave Him the quartz egg I had been carrying. He took the quartz egg, held it up for everyone to see, and asked the group, “What is this?” He held it up so that everyone could see it, but nobody answered Him. He then said, “This is glass; it’s only glass. I am going to make a real Siva Linga.” And He put the quartz egg into the palm of His right hand and held His hand, palm up,



for everyone to see. He gently blew on it several times without moving His hand. It transformed from a reticulated quartz egg into a solid black Siva Linga!

He held it up and said: "This is a real Siva Linga." He continued, "It is made of five elements." He stopped and looked at me asking, "Who does this belong to?" I looked up to Him and said, "To You, Swami." He smiled, nodded yes, and pulled a silk handkerchief out of my pocket. He wrapped the Siva Linga in the silk handkerchief and put it in my shirt pocket. He then said to me, "Put it in water every night, and it will help calm your mind." I have been carrying His Siva Linga with me for twenty years, and I have put it in water every night. The Siva Linga is on loan from Swami. It still belongs to Swami.

Many nights, when I take it from the silk handkerchief to put it in water, I wonder, "Is it still here or did Swami take it back?" I believe He is beyond space and time, and His reach is unlimited. During the last twenty years, I have travelled over two million miles on job related trips and vacations, and the Siva Linga has always travelled with me. In fact, it is with me today.

Have you had any sort of out-of-the-ordinary experiences on account of this Linga that has saved you from any calamity?

Well, probably many times I have been saved.

Is that right? I want you to share at least one experience.

Swami has saved me, and He has saved all of us on many occasions. An example is the experience my wife and daughter-in-law had during their recent trip here (to Puttaparthi) a week ago. During their trip, when they were in Heathrow Airport just last week, there was a bomb scare and the authorities closed the airport. The authorities evacuated about 3,000 people, including my wife and daughter-in-law from the airport terminal to the airport parking lot. They announced that all the flights to Europe had been cancelled, and all the long haul flights had also been cancelled. My wife and daughter-in-law started to worry that they might not be able to continue their trip to Bengaluru. The authorities said that only those passengers on flights that were announced could return to the airport. They also learned that their flight to Bengaluru had not been cancelled. They had been listening very closely for the announcement of their flight for several hours.

As they waited outside in the airport parking lot, it started raining. The stranded passengers started to move closer and closer to the front door of the airport hoping to go inside and subsequently blocking the doors for all other passengers. As my wife and daughter-in-law were waiting, a man walked up to them and asked, "Are you ladies going to Bengaluru?"

Was this man an Indian?

No, he wasn't, and Carol, my wife, told me his name was Andy. They answered him, "Yes, we're going to Bengaluru."



As I mentioned, they had been listening very closely for any announcement concerning their flight – they had heard nothing. However, Andy said, “I’m going to Bengaluru too, and your flight was just announced! You need to go back into the terminal and go through security.” He then helped guide them up through the packed mass of people to the front door of the terminal. As they entered the terminal, they turned around to thank him, and he had disappeared! They looked for him on the plane to Bengaluru when they got on board; he was not on the plane; he didn’t fly to Bengaluru.

Andy’s job had been done!

Yes, this definitely was Swami’s doing! Thank you, Swami! These miracles happen in our daily lives, and most of the time we take them for granted! Many times in our lives, someone has unexpectedly helped us, and I think that Swami has prompted that to happen. To tell you the truth, I think that it is Swami who is actually doing the helping!

No question about it! He always says, “I come in so many Forms.” What aspect of Swami’s teachings appeals to you most?

To love God above all, and to love our fellow man as our self; these are His most meaningful teachings.

There are lots of people who don’t believe that love is going to work. This is an age of violence, you see violence everywhere.

If you look at the results, you will see that that’s not true – violence begets violence.

Supposing somebody asks you: “Come on, don’t tell me that you can transform people with love,” what would your reply be?

Well, I would say: “That is hearsay information; you haven’t tried it to see if it works.”

Do you know of any example where love has triumphed reasonably at least?

I know the story of a man I was talking to recently, Dr. Upadhyaya.

He is an ophthalmologist in U.K.

Yes. He was saying that he had gone to Bosnia. And while he was there, they had trucks full of medical and other supplies they needed to get to the refugee camps to save lives. But the problem was that in order to get the trucks to the camps, they had to drive through a very hostile territory. There was a high probability that the driver and the truck would not make it. They couldn’t get anyone to volunteer to drive the trucks.

One day, he was asked to see someone who wanted to end his life. This person came to Dr. Upadhyaya as a patient. He said that he was a wealthy man but he was very unhappy. He was upset and was going to commit suicide. He said that there was no God, and there was no reason to live. Dr. Upadhyaya thought for a moment, and then asked him, “Could you do me a favour and put off taking your life for thirty days?”

The man said, “What do you mean?” Dr. Upadhyaya continued, “Well, we have a job that’s very dangerous, and there’s a strong likelihood that you could become



injured or killed while doing the job. The job involves driving medical and other supplies to people in need of help. We can't get anyone to take the equipment and the supplies."

The man said, "Yes, I will do that. I will drive the supplies." So, he got into the truck, took off, made it to the villages, and started distributing the supplies. The recipients of the supplies were overwhelmed with joy because of his arrival and they showered him with their gratitude and love! This experience transformed him. He changed from someone who was ready to end his life into a loving, caring person who practises active love, two hands selflessly serving those in need. He continues to carry needed supplies all over that country into and through hostile territories. He has become very well known to the authorities, and he is the one man who can go anywhere in that country.

You mean, he keeps on doing it.

Yes, he keeps on doing it and the people in charge, even though they disagree with each other, see the need to help their own people and to allow him to come and do his work. I think it's the expression of the love of those people to him that transformed him. I believe the same thing can happen too when you have an outpouring of love. Love transforms whoever you are interacting with.

This is a very interesting thing. A man, who wanted to end his life, put it off, took to loving service, and was transformed. That's

I glanced at the books, looked at Carol and saw the books again, and said, "No, may be I could put some of them back." I went through the books and looked at the ones I was least interested in, and when I came to Swami's book, "Sai Baba: The Holy Man and the Psychiatrist," I thought, "Well, I don't really need this book." So, I put it up on the top shelf and turned around, and then, the book just flew off the shelf and hit me on the head! And Carol said, "You better buy that book!" We bought the book and as fate would have it, and Swami would wish it, I ended up in San Diego working at the Naval Health Research Centre, right around the corner from Samuel Sandweiss' home.

a very striking example. I wish we could get more people to know about these things so that they turn away from desperation to something more constructive and positive, and more people become oriented towards positive work. It is a very nice thing to hear.

Thank you, and we look forward to seeing you when you come back here for Christmas! Sai Ram!

Sure. Thank you. Sai Ram!

– Courtesy: Radio Sai Global Harmony



Effulgence of Divine Glory

A PRAYER ANSWERED



I HAD LONG CEASED TO GO to church, but that year, Christmas eve 1978, I had a strong urge to do so. It was a very cold winter and I had only an old Volkswagen car with no heating in it. As I was still unwell, Genoveva thought me very foolish attempting to go out late at night. However, I insisted and went.

The church address that evening was given by Ursula Roberts. She compared Jesus with a young man called Sathya Sai Baba who lived in southern India. This created in me an immediate interest. I wanted to know more about Sathya Sai Baba. After some searches, I discovered fascinating information in the books "Sai Baba: The Holy Man and the Psychiatrist" by Samuel Sandweiss, an American psychiatrist; "Sai Baba, Man of Miracles" and "Sai Baba, Avatar" by Howard Murphet, an Australian scientist and "Sathyam Sivam Sundaram" by N. Kasturi, an Indian professor.

Although I believed what these three independent scholars had written, my prejudices and suspicions overcame me from time to time, resulting in my putting the books aside. I was vacillating between accepting Baba and rejecting Him. Finally, on 3rd February 1980 I knelt by my bedside at 10.45 p.m. and prayed as follows:

"Oh Sai Baba, I do not know You. You live far away in India. I have learnt a lot about You from books and people. From what I have read and been told and after very careful consideration, I have no doubt whatsoever that You are God Incarnate. My wife and I would like to be Your devotees. If You accept us, please give a sign."

I then went to bed and slept. Two-and-a-half hours later, at 1.15 a.m., I awoke from a terrifying dream. In my dream, Sai Baba with His bushy hair came and sat on our healing table. The ceiling and reading lights went off with a bang. It seemed as if a powerful and overwhelming force had entered the healing room. I cried for help:

"Oh Jesus, help us;

Oh God, help us;

Sai Baba, help us."

Then I awoke trembling. I could not sleep again that night. It had been confirmed to me what thousands of others had said about Sathya Sai Baba's omnipresence and ability to answer prayers. In just over two hours since I had prayed to Him that I believed that He was and is God Incarnate, He had answered me from thousands of miles away!

I pondered over this great mystery. Having been brought up in the African

continued on page 250...



NEWS FROM SAI CENTRES

Bhagavan's Maha Samadhi Day Observances

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.

On 18th April 2012, Sathya Sai youth from the Manhattan Sai Centre (New York State) presented an exhibition on Bhagavan's teachings and screened a video of various service projects conducted in the region. On 24th April, devotees from Buffalo and Niagara Falls organised a devotional programme with Bhajans and a short audio/visual presentation. SSE children offered flowers at Bhagavan's Lotus Feet during chanting of 108 sacred names of Bhagavan. A delicious meal was served at an emergency shelter for women and families, and 90 vegetarian sandwiches were distributed to residents at a local homeless shelter.

Devotees from all Sathya Sai Centres in New York City offered a bouquet of Bhajans to Bhagavan on 27th April. On 28th April 2012, volunteers from the Sathya Sai Baba Centre of Wappingers Falls organised a health fair at the Beulah Baptist Church in Poughkeepsie where over 45 people were lovingly provided medical services. Also the devotees performed Narayana Seva by serving meals to 140 needy people. Prof. A. Anantharaman, Media Coordinator, Sri Sathya Sai Central Trust, spoke on



Devotees of New York participating in a devotional music programme on the occasion of first anniversary of Bhagavan's Maha Samadhi.

Bhagavan Baba's life and teachings on 29th April. At the Sathya Sai Baba Centre of Flushing, Dr. Paul Erhard, Smt. Ellen Erhard and their children Jeffrey and Robert Erhard of Denver, Colorado, offered a musical tribute to Bhagavan, which was titled "Sands Around Infinity."

On 19th April, the Jersey City Sathya Sai Baba Centre organised a musical tribute "Sathya Sai Samarpan" with participation by Sathya Sai students, Sai youth and devotees. From 21st April to 24th April, prayers and Satsangs were conducted at three places and food was served to 100 needy people on the first day. On 24th April 2012, about 100 Sathya Sai volunteers from the Sathya Sai Baba Centres of East Brunswick, Edison, Bridgewater, Scotch Plains and Holmdel prepared 775 food packets and served the needy at various locations.

In Pennsylvania, 108 bags of breakfast items (cereal, juice, fruit cups, peanut butter, crackers and cookies) were prepared amidst chanting of Sai Gayatri and distributed to the needy. On 21st April, devotees from the Pittsburgh Sathya Sai Centre cleaned a large flower bed in front of the Sathya Sai Centre and planted azalea shrubs amidst chanting of Sai Gayatri. From 21st to 28th April, devotees from the Centre worshipped Bhagavan's Padukas (holy sandals) by chanting Sai Gayatri and singing Bhajans in 21 homes.

On 8th April, volunteers from West Palm Beach Sai Centre, Florida prepared and served food for about 120 people in Ft. Lauderdale, followed by Bhajans. The last weekend in April, Sathya Sai volunteers along with SSE children served breakfast to children at a foster home. At the Orlando Sai Centre, special study circles were organised on the omnipresence of Bhagavan, and the importance of living in the Divine Presence with faith

and gratitude. On 24th April, a special devotional programme attended by about 90 people included multi-faith prayers by SSE children, devotional singing, and a talk by Sri Vijay Sangramsingh, the U.S.A. National Devotion Coordinator. Devotees from the Sai Centres in Miami took part in Nama Likhita Japa, serving food for the needy and spending time with the residents of a nursing home. Devotees from Pace, Ft. Walton Beach, and Pensacola donated clothes, food and supplies to the needy. Devotees from Tallahassee donated medicines including pain relievers to a local homeless shelter. Volunteers including SSE children from the Sai Centre in Jacksonville planted trees at a local elementary school.

About 50 devotees including Sathya Sai youth and SSE children from the Walpole Sai Centre, Massachusetts took part in a devotional programme on 24th April that included multi-faith prayers and Bhajans. Food was served to 100 people



Food, clothes and other articles of daily need for the needy by devotees of Ft. Walton Beach, Florida.



Sharing of experiences with Bhagavan by devotees of Boston Sai Centre, Massachusetts.



at a homeless shelter. Also on the 24th, devotees from the Boston Sai Centre organised a programme that included sharing of their experiences with Bhagavan and a presentation by SSE children.

Special Bhajans, study circles and service activities were also organised by a large number of devotees in Maryland, Washington DC, Delaware, North Carolina and St. Thomas.

EL SALVADOR

A meeting attended by about 100 devotees was organised in El Salvador on 24th April 2012 to pay tributes to Bhagavan. It was followed by the screening of a film featuring Bhagavan's childhood and His life up to the early 1970s. The programme closed with devotees reflecting on how they could improve their individual Sadhana (spiritual practice) to experience more and more of Bhagavan's love. Two of the most-watched television channels in El Salvador covered the event and broadcast the video, "His Work." Bhagavan's presence was felt by all the devotees during the programme. Devotees continued their regular service activities at the Sai Medical Clinics and serving food to the needy at the local hospital and in homes of the elderly.

DUBAI

On 13th April 2012, a medical camp was organised for ladies of various nationalities who work at the MBM Office and live in the vicinity. About 108 ladies were lovingly provided medical services including blood sugar testing, physical check-up and free

distribution of medicines. All who received medical service were very happy and requested the Sathya Sai volunteers to conduct medical camps more often. On 27th April 2012, 1,008 dry ration packages containing 9 items – rice, two types of Dal (lentils), cooking oil, sugar, dates, tea, biscuits and flour – were distributed at labour camps.

A five-day Aradhana programme was organised at the Sathya Sai Mandir from 23rd to 27th April. The programme included a display of Bhagavan's teachings in the Mandir (temple), a Paduka Puja (worshipping Bhagavan's sandals), special Bhajan sessions, Veda chanting, Lalita Sahasra Nama and Vishnu Sahasra Nama (chanting of 1,008 Divine names



Devotees of Dubai singing the glories of the Lord in a special Bhajan session.

of Goddess Lalita and Lord Vishnu), and a video presentation. More than 235 devotees took part in the Aradhana programme and experienced Bhagavan's love.



KUWAIT

Devotees of Kuwait commemorated the Maha Samadhi Day of Bhagavan Sri Sathya Sai Baba from 19th to 28th April 2012. On 19th April, about 70 devotees took part in a study circle and a Bhajan session led by the ladies. On 20th April, the monthly service project by 20 lady volunteers included distribution of dry rations – rice, Dal (lentils), sugar and oil – along with sweets to 140 ladies at a labour camp in Farwania. A mass blood donation campaign was organised on 21st April with over 115 people donating blood. Twenty Sathya Sai volunteers and medical staff from the Kuwait Blood Bank lovingly offered their services during the blood donation. On 22nd April, Sathya Sai youth presented a special music programme attended by about 70 people. Chanting of Sri Rudram 11 times by about 60 devotees took place on 23rd April, and on the 24th, a special programme attended by about 120 devotees included Veda chanting and a children's programme on Swami's childhood, followed by Bhajans.

A special souvenir of Sai Lekha magazine was released to commemorate the Maha Samadhi Day. The magazine featured articles from devotees on how Bhagavan's love and teachings had influenced their lives. For the past many years, Sathya Sai volunteers from Kuwait have been rendering loving service to children with special needs. On 25th April, 11 such children were taken for a picnic at Orange Beach. The picnic included singing, games and a stroll along the

beach. The Sathya Sai volunteers who took part in this service activity served homemade snacks to the children. Another picnic was organised for the children on 27th April at the Sharq Garden, with about 90 children, 30 teachers and 15 Sathya Sai volunteers taking part in this event. The children enjoyed the games, gifts and a delicious meal. Continuing a regular Friday and Saturday service activity, sumptuous meals were served on 27th and 28th April to over 270 needy people at three labour camps by more than 20 Sathya Sai volunteers.

SAUDI ARABIA

A variety of devotional and service activities were organised by devotees from the Sathya Sai Centre in Riyadh on the occasion of the first anniversary of Bhagavan's Maha Samadhi. A special programme consisting of Veda chanting, prayers, quiz on Bhagavan's life and a specially composed musical was held on 24th April 2012. Then, on the morning of 26th April, about 30 volunteers distributed 110 packets of delicious meals to the needy.

NETHERLANDS

A Sathya Sai Conference held in Biezenmortel, Netherlands, from 10th to 13th May 2012 brought together 220 devotees from nine countries. Dr. Samuel Sandweiss from the USA and his wife Smt. Sharon Sandweiss; Sri Sanjay Sahni, Director of Sri Sathya Sai Institute of Higher Learning, Whitefield, India; and Ms. Gisela



Sebastian from München, Germany, were the keynote speakers at the conference. Sri Sanjay Sahni, who has been serving in Swami's institutions for over two decades, spoke of the joy of being chosen by God to serve Him. Dr. Sandweiss and Sharon inspired participants with lively stories of how Swami called them to His fold, leading to the transformation of their family through practising the divine teachings. The third speaker, Ms. Sebastian, shared how Swami came into her life, narrating the many personal trials and tribulations she had undergone and how He guided her ever closer to the oasis of peace and grace. Ms. Gisela touched everyone's hearts with her stories of divine experiences and her melodious songs, which brought tears to the eyes of many participants. Workshops on Swami's teachings were conducted for the participants, with a separate workshop by Dr. Samuel Sandweiss and Smt. Sharon Sandweiss for the Sathya Sai young adults and an EHV programme for children, conducted by trained teachers. Swami's love was experienced throughout the conference, which concluded with an inspiring performance by the Sathya Sai Seva Choir.

– Sri Sathya Sai International Organisations

B H A R A T

Gujarat: A beautifully designed entrance gate named "Sri Sathya Sai Sneh Dwar" near Sri Sathya Sai Seva Centre of Navsari, Gujarat was inaugurated on

6th May 2012, Easwaramma Day by Sri Mangubhai Patel, Minister of Tribal Welfare and Environment, Gujarat State amidst chanting of Vedic hymns by the students of Sri Sathya Sai Vidyaniketan, Navsari. The inauguration ceremony was followed by a grand procession led by Bhagavan's beautifully decorated chariot and followed by the band troupe of students of Sri Sathya Sai Vidyaniketan. Dignitaries and devotees followed the chariot singing Bhajans. Some dignitaries expressed their views on Bhagavan's teachings on this occasion.

Jammu and Kashmir: A Grama Seva camp was held in village Radien, district Samba in March 2012. The Seva activities carried out in this camp included a veterinary camp, in which over 2,000 animals were examined and treated. It also included a medical camp, in which more than 400 patients were provided medical services. Free medicines were also supplied on the spot to those who needed them.

A farmers conference was also held on this occasion, in which the farmers were told about latest technological inputs about proper housing, feeding and sanitation of their livestock and latest modern economic technology to be used in the field for achieving the best harvest yield of their respective crops in agriculture and horticulture sectors.

Kerala: During the month of March 2012, meetings were organised in Sri Sathya Sai Schools in the districts of Ernakulam, Palakkad, Kozhikode and Thrissur, wherein Sri Satyajit delivered talks on Vidya Vahini.



A Summer Course on Indian Culture and Spirituality was organised on 11th, 12th and 13th May 2012 for college students and youth of Kerala. There were 210 participants. Sri B.N. Narasimha Murthy, Secretary, Sri Sathya Sai Loka Seva Trust, Dr. T. Ravikumar, Warden, Brindavan Campus, Sri Sathya Sai Institute of Higher Learning, Sri Bhabani Sankar, research scholar and Captain Yaras delivered illuminating talks on various aspects of Indian Culture and Spirituality in the Summer Course.

A Devotees Meet was organised by Sri Sathya Sai Seva Organisation of Kerala at Sri Sai Vidyapeeth, Srisailam, Kozhikode on 30th May 2012 in memory of the first



A Devotees Meet at Sri Sathya Sai Vidyapeeth, Srisailam.

visit of Swami at Srisailam on 30th May 1976.

A seven-day long programme was organised on the occasion of the first

... continued from page 244

tradition and in Christianity, and having prayed thousands of times, never had I had an experience where my prayer was answered almost instantaneously.

We lost no time in joining the Tooting Sai Centre in South London and became

anniversary of Bhagavan's Maha Samadhi. It included Narayana Seva, 12-hour Bhajan, 12-hour Sai Gayatri Japa, visit to old age homes, orphanages, blood donation and public meetings.

Tamil Nadu: A new Mandir named "Sai Kailash" was inaugurated at Yellanalli, Nilgiris district on 23rd May 2012 by Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations in the presence of Sri R. Iyyaroo, chief of the Badagas, Sri G. Govindarajulu, Trustee of the Mandir, Sri G. Varadhan, State President of Tamil Nadu and many dignitaries. On this occasion, Sri V. Srinivasan gave an inspiring talk and recalled his experiences of having come to Ooty the last time with Bhagavan in 1993. Exhorting the people to shun ego, he said that the aim of the Sai Organisation was to transform people with love. Sri R. Iyyaroo and Sri Vijayakrishnan, State Youth Coordinator also addressed the gathering.

The afternoon programme began at 4 p.m. with beautiful and melodious singing by the students of Sri Sathya Sai Institute of Higher Learning. This was followed by performances by the Bal Vikas students of the various zones of the Nilgiris district. The programme came to an end with the drama "Sathya Harishchandra" performed by the youth of Nilgiris district.

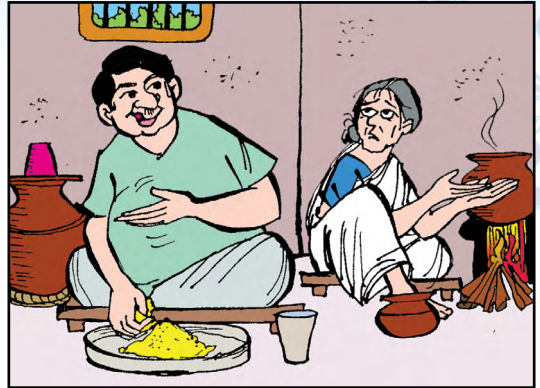
actively involved with Sai activities in other London centres. As we did so, the frequency of Baba's appearance in my dreams and visions increased...

— Excerpted from "Sathya Sai Baba God Incarnate – Vol. II" by Victor Krishna Kanu.

Divine Medicine for all Worries

ONCE THE SON-IN-LAW OF A poor woman came to stay in her house. She borrowed money and some articles from her neighbours, and served him a sumptuous meal of curry, Dal and a sweet dish on the first day in order to honour him. On the second day, she served him food with one curry but on the third day, she served him food only with chutney. However, there was no sign of the son-in-law leaving the house. It was a discourtesy to ask the son-in-law to leave. She thought she could have allowed him to stay but she could not do it when she herself led a life of great hardship and earned two square meals by doing odd jobs. At the same time, she did not want her son-in-law to know about her adversity.

One day in the course of conversation with her son-in-law, the woman said, "My dear, we are not born merely to eat. We should try to earn a living by doing hard work. We should not be dependent on others." The son-in-law understood the underlying meaning of his mother-in-law's statement. But he paid scant regard to it and said, "Dear mother-in-law, no other dwelling place in the three worlds can give a man more happiness than the house of the mother-in-law. Don't our Puranas



Without caring for the poverty of the woman, her son-in-law wanted to stay in her house and enjoy her hospitality.

tell that Lord Siva has his abode in the Himalayas and Lord Vishnu resides in Ksheera Sagara? Hence, there can be no objection to my staying in the house of my mother-in-law."

To teach a lesson to her son-in-law, the woman one day locked the house and went away somewhere when her son-in-law was not present in the house. The son-in-law was left with no alternative but to go away.

What is the inner meaning of this story? The poor mother-in-law in the story represents human body. Worries in the form of son-in-law come and stay put in it. How can one get rid of these worries? The only way is renunciation.



Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam

With the Divine blessings of Bhagavan Sri Sathya Sai Baba Varu X and XII students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam have appeared for C.B.S.E. board examination March 2012, **the highlights of the results are given below:**

Class X

Total number of students appeared in class X 99 (boys 63, girls 36)
32 students secured 10/10 Grade point average
67 students secured 7.5/10 Grade point average

Class XII

Total number of students appeared in class XII 119 (boys 79, girls 40)
54 students secured 90% and above
109 students passed with distinction (75% and above)
119 students passed with first division (60% and above)

School Toppers

| | |
|---------------|-------------------------------|
| School First | Santosh C.R. 96.2% |
| School Second | Rahul Raju Pattar 96.0% |
| School Third | K. Ganga Geeta Gayathri 95.6% |

Subject-wise highest marks

2 students secured in Mathematics 100 out of 100 marks
4 students secured in Computer Science 99 out of 100 marks
1 student secured in Sanskrit 99 out of 100 marks
1 student secured in Commerce 99 out of 100 marks

– Principal

Sathya Sai Mirpuri College of Music

Vidyagiri, Prasanthi Nilayam – 515134, Anantapur District, Andhra Pradesh
Tel: 08555-287239, Fax: 286919, Email: registrar@sssihl.edu.in

APPOINTMENT

Applications are invited on plain paper with detailed curriculum vitae and recent passport size photograph along with email address and cell phone number for a teacher in Hindustani Music – Vocal for Sathya Sai Mirpuri College of Music, Prasanthi Nilayam. Application forms should reach the Registrar on or before 25th July 2012.

Post: Teacher in Hindustani Music – Vocal

Qualification: (i) Traditional artiste with High-B grade in Hindustani Music – Vocal OR
(ii) A postgraduate degree in the concerned discipline of music from any University in India established or incorporated by or under a Central Act or State Act or any Institution recognised by the University Grants Commission or an equivalent qualification. Training under a reputed guru will be an added qualification.

Application forms should be sent to the Registrar, Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam – 515134, Andhra Pradesh.

– Registrar

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:



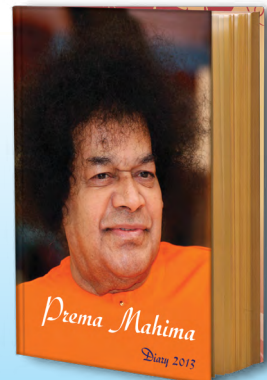
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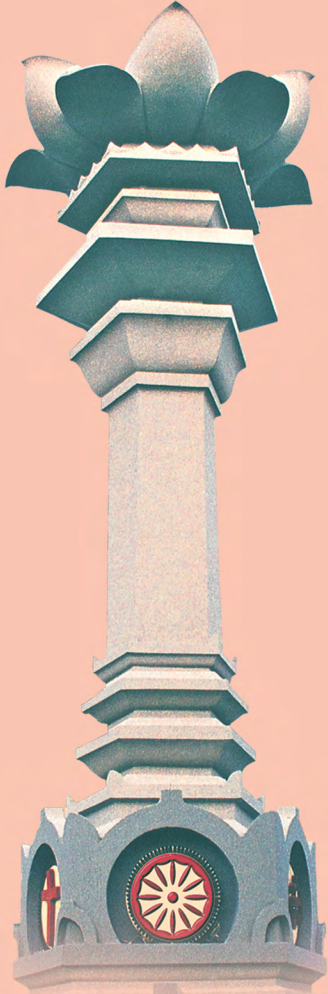
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Prema Mahima Diary 2013

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 or visit our website.





Transcend Duality

You reach the Akshara stage (the stage of attributeless unity) in three steps of Sadhana: (i) I am Thine, (ii) Thou art mine and (iii) Thou art myself. Through Sadhana, one must transcend the duality of You and I. I is only the reflection of You in this body. The consummation is reached when duality is superseded. That is why it has been said, "It is good to be born in a church; but it is not good to die in it." That is to say, before life ends one must go beyond the limits set by institutionalised religion and reach the vast limitless expanse of the Atma which pervades all.

– Baba

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