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# Sanathana Sarathi



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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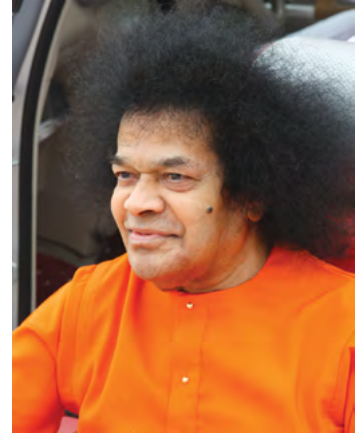
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"Everyone is playing a role in  
this drama of life. On the stage,  
his name and form are different.  
But his actual name is Atma.  
You should never forget this truth.  
Remembering this truth always,  
you may play any role in this drama  
of life. That is the way of leading  
an ideal life and deriving bliss  
therefrom."



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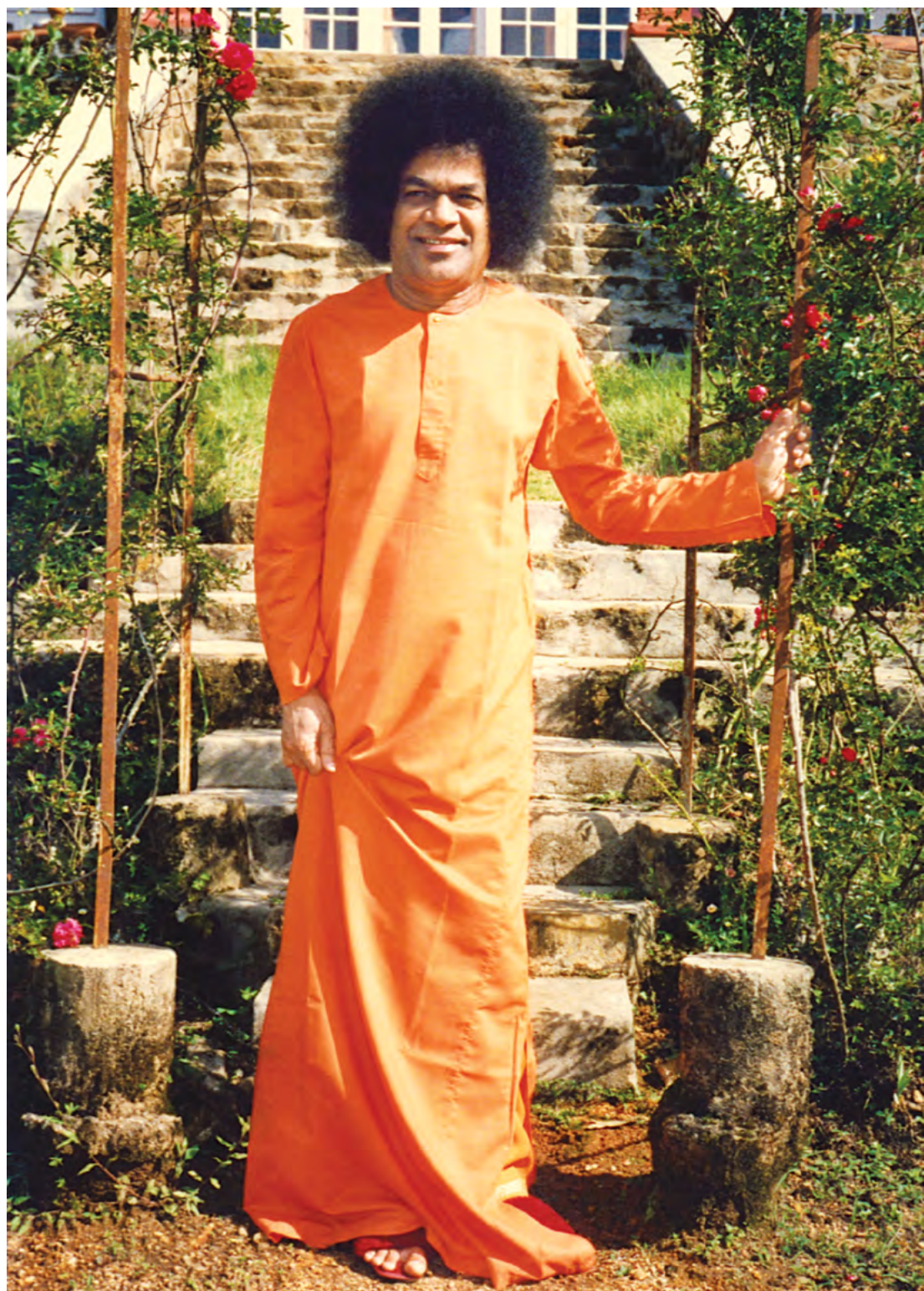
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AMRITA DHARA

BHAGAVAN'S DISCOURSE:  
29TH AUGUST 1996

# FAITH IN GOD REMOVES ALL FEARS

*Man's life is like a bed infested with bugs. His body is a den of diseases. Truly speaking, he has no real happiness in life. Do not forget these words of wisdom.*

(Telugu Poem)

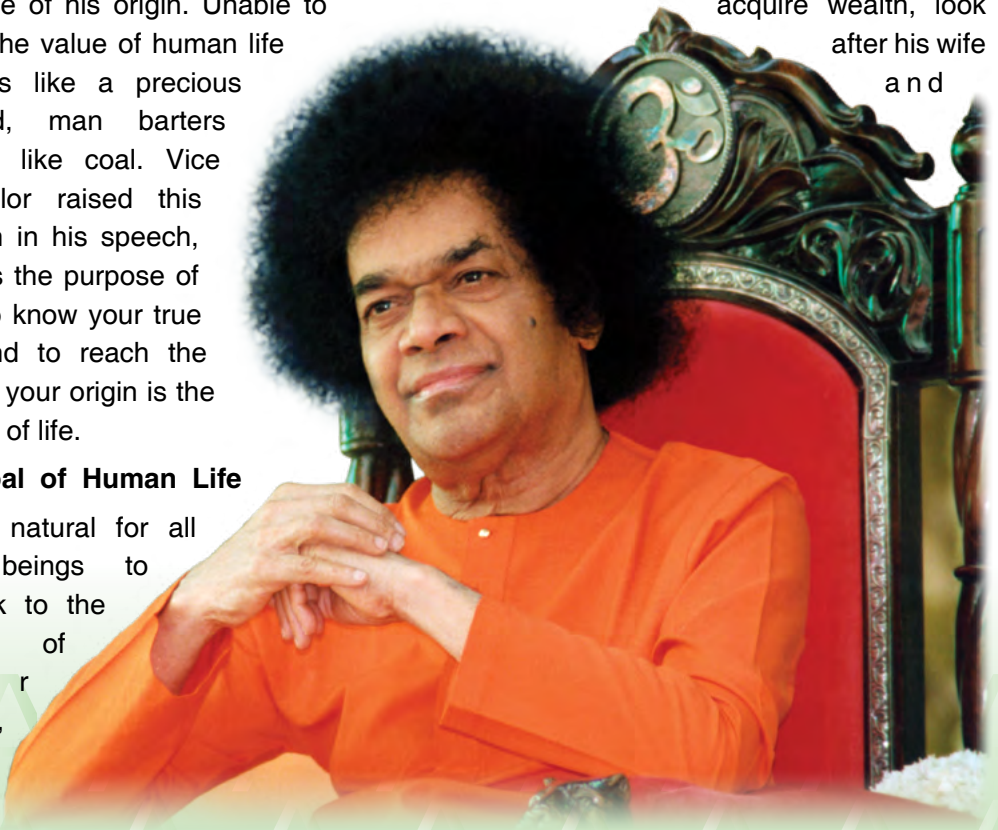
## FORBEARANCE IS A DIVINE QUALITY

MAN'S LIFE HAS COME TO THIS sorry state as he has forgotten his true nature, true form and the place of his origin. Unable to realise the value of human life which is like a precious diamond, man barter it away like coal. Vice Chancellor raised this question in his speech, "What is the purpose of life?" To know your true form and to reach the place of your origin is the purpose of life.

### The Goal of Human Life

It is natural for all living beings to go back to the source of their origin, not to any

other place. This is the purpose and goal of human life. Forgetting this truth, man strives hard right from dawn to dusk to acquire wealth, look after his wife and





children, earn name and fame and enjoy peace and happiness. But what he needs to do is to go back to the source and attain the goal of his life. The main purpose of his life is to retrace his path. If a question arises, as to where you have to go, put a question to yourself, from where you have come. You have to go back to the place from where you have come. It is not proper to deviate from this path. Try to know who you are. *Isavasyam Idam Jagat* (the entire world is permeated by God). God is expansive by nature. That is why He is called Brahma. Wherever you see, you find the principle of Brahman. There is no place in this world where He is not there. There is no object in this world which is not His form. He is present in you, in them and in everyone. However, everybody cannot have firm faith in this principle of unity. The Upanishads declare, *Ekoham Bahusyam* (the One willed to become many). There is only One. That is the reality. That One assumes many forms. You can experience happiness when you realise this truth.

Lord Krishna declared in the Bhagavadgita, *Sarvadharmam Parityajya Maamekam Saranam Vraja* (Perform all your actions as an offering to Me and take refuge in Me alone). Offer everything to Me, I will look after you, Krishna said. What does this really convey? Man is bogged down by all sorts of worries in this world.

*To be born is a worry, to be on the earth is a worry; world is a cause of worry and death too; entire childhood is a worry and so is the old age; life is*

***The honour of a family depends on the virtues of the housewife. Therefore, every woman should develop forbearance. Not only women, men also need to cultivate this. But it is very important for women. One who has forbearance can achieve anything. In fact, forbearance is a divine quality; it is the gift of God.***

*a worry, failure is a worry; all actions and difficulties cause worry; even happiness too is a mysterious worry.*

(Telugu Poem)

### **Pass on your Worries to God**

Life itself is a big burden of worries. How can you lead your life carrying this burden of so many worries on your head? What can you achieve when you are enmeshed in so many worries? How can you tread the right path in your life? However, these worries are not permanent. One worry will go away giving place to another worry in a moment. Therefore, do not bother much about these worries. What is the shape of worry? It is mentally created fear only. The mind by nature is fickle. How can worries which are the creation of this fickle mind be permanent? Each worry is like a naya paisa. One rupee is equal to 100 naya paise and 100 rupees are equal to 10,000 naya paise. When you make a bundle of 10,000 naya paise, it is quite heavy and not easy



to carry. Therefore, the Lord says, give me those 10,000 naya paise and I will give you a 100 rupee note which is very light, easy to carry and can safely be preserved. It is rather difficult to safeguard the big bundle of 10,000 naya paise. It is all the more difficult to carry it and protect it from others. Hence, the Lord exhorts man, "My dear, surrender to me the bundle of your worries." Therefore, pass on this burden to the Lord. God teaches this truth in a subtle way. You may ask, if you leave everything to the Lord, what about your duties? Man has his own duties. He has to earn money, look after his wife and children, etc. You don't need to give up any of your duties. Discharge your duties. How?

Suppose you are performing the role of a father in a drama. In the drama, you have a son who is afflicted with some disease. You are worried that your son is sick. But truly speaking, neither you are his father nor he is your son nor is he suffering from any disease nor do you actually cry. All this is only acting in a drama. Even while crying in the drama, you are very well aware that your name is so and so and you are studying in such and such class. Even while expressing your anxiety about your son's illness, you are very well aware that he is not your son but a boy from another class. On the stage, you must do correct acting. Even while playing your role to perfection, you don't forget your actual name. For instance, Nagaiah plays the role of Thyagiah. He sings, "Oh Rama! Where am I to search for You?," just like Thyagiah. But in reality he is aware that he

is only Nagaiah, and not Thyagiah. Once the drama is over and he gets down from the stage, everybody will complement him, saying, "Nagaiah, you have played the role of Thyagiah very well." It is only Nagaiah who is singing and acting. But while on the stage, he acts like Thyagiah. Likewise, everyone is playing a role in this drama of life. On the stage, his name and form are different. But his actual name is Atma. You should never forget this truth. Remembering this truth always, you may play any role in this drama of life. That is the way of leading an ideal life and deriving bliss therefrom.

Some people complain, "I have offered everything to God; I have surrendered to Him. Then why am I put to so many difficulties? Why is God making me undergo so much suffering?" Students should clearly understand this. When your surrender is total, how can you have difficulties? How can you have the feeling that you are suffering? You will not have such thoughts at all. You will not consider anything as a difficulty and worry about it. If you are worried, it only means that you have not surrendered to God completely. One who has totally surrendered to the Lord will not care for any worries. God is in you. But when you lack faith "God is in me," you will be surrounded by worries.

### **Try to Understand Who you are**

Names and forms may vary but God is one. Christians, Muslims, Zoroastrians, Buddhists and Hindus, all worship the same God. But you attribute various names



and forms and worship Him based on the doctrines of the religion that you follow. There is a Brahmin, and he is cooking in the kitchen. On the basis of the work he does, we call him Vanta Brahmin (Brahmin cook). The same Brahmin is called Pujari Brahmin (Brahmin priest) when he does worship in the temple. When he reads the almanac, he is called Panchanga Brahmin (almanac Brahmin). The same Brahmin when he goes to office and discharges his official responsibilities, he is called Adhikara Brahmin (officer Brahmin). Different names are attributed to the same person. Similarly, on the stage of the world, each one is given a name on the basis of the role he plays and the accrued merits and demerits of his previous lives. Truly speaking, all this is a mere illusion. There is no truth in this whatsoever. It is the impact of the mind that is responsible for all this delusion. When you realise that all this is a mere Bhrama, you will have the vision of Brahma. On the other hand, when you realise that you are Brahma, Bhrama will at once disappear. In this manner, when you make an effort to understand who you are, you will certainly realise the truth.

It is natural for all living beings to go back to the source of their origin. Water of the ocean changes into water vapour due to the heat of the sun. The water vapour turn into clouds. When the clouds reach a cool region, water vapour get converted into water drops and fall on earth as rain. The water drops that fall on earth join together and form a stream. These small streams again join together and form a

***God is present in your heart. But you are unable to visualise Him.***

***What is the reason? You have built the walls of ego and body attachment which hide God from your view. Then how can you have the vision of God? He is very much there in you, but you cannot see Him.***

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river. Ultimately, where does the river reach? It reaches the ocean again. In the same way, all living beings have to go back to the source of their origin. This is the purpose of life.

Here is another example. A potter goes to a pond, digs out clay from it and brings it home. He dumps the clay in front of his house. There is a pit in the pond as a result of his digging out clay from it. There is a mound of clay in front of his house. When the clay is dug out, a pit is formed and when the same clay is deposited in one place, a mound is formed. The clay of the pit is the same as the clay of the mound. You have dug a pit to make a mound. The mound becomes smaller and smaller as the potter uses the clay to make pots and plates. The pots and plates thus prepared cannot hold water unless they are baked in fire. If you put water in unbaked pots, they will break. Therefore, the potter puts them in fire and subjects them to the process of refinement. After they are baked in fire, the pots can hold water. The unbaked pots cannot hold water, while the baked pots can hold water. We utilise the pot water



for various purposes. One day when you are fetching water from a well, the pot slips from your hand and falls down; it breaks into pieces. Do you take those broken pieces with you? No. You leave them where they are. Those pieces get crushed under the wheels of vehicles and the feet of human beings and again turn into clay.

to go. He has naturally to go back to the source of his origin.

Saint Purandaradasa sang, "Oh Lord! I am born in this world because I had forgotten You. If I had not forgotten You, I would not have been born in this world."

He said, "Oh Lord! So long as You are by my side, how can I become an orphan



*Some people complain, "I have offered everything to God; I have surrendered to Him. Then why am I put to so many difficulties? Why is He making me undergo so much suffering?" Students should clearly understand this. When your surrender is total, how can you have difficulties? How can you have the feeling that you are suffering? You will not have such thoughts at all. You will not consider anything as a difficulty and worry about it. If you are worried, it only means that you have not surrendered to God completely.*



The pot which has come from clay goes back to the clay again. It assumes the form of pots and plates in between, but these forms are only temporary. Therefore, you don't need to ask anyone where he has

or a destitute? You are the one who grants me wisdom and knowledge. In fact, You are my redeemer. You are my supreme saviour. You are the bestower of all the eight types of wealth. Even if the sky falls on my head, I will not be afraid. I have





Your support in all situations. When You are in me, with me, above me and below me, why should I be afraid? I don't need to go elsewhere in search of You; You are always with me. Lord, You are the only doer. I am a puppet in Your hand."

When someone has such strong faith, he will be free from all fears. He will not lack anything. Misery and poverty will not touch him. When the master of wealth is with you, how can you lack anything? With such firm conviction, you should discharge your duty. God alone gives you everything. Never give scope to ego and attachment. How foolish it is to blame the sun for not spreading light in your house! When the sun is illuminating the entire world, how is it that you are not getting sunlight in your house? The sun god laughs at your ignorance and says, "Oh madcap! You have built the walls of ego and attachment around you. How can I enter your house? Destroy the walls of ego and attachment and I will enter your house on my own. You don't need to call me, invite me or pray to me. It is my duty, I will certainly come." In the same way, God is present in your heart. But you are unable to visualise Him. What is the reason? You have built the walls of ego and body attachment which hide God from your view. Then how can you have the vision of God? He is very much there in you, but you cannot see Him. Saint Ramdas held the feet of Lord Rama tightly and said, "Oh Lord! I will not allow You to go even one step away from me unless You shower Your grace on me.

How can You leave me and go?" Then the Lord said, "The question of My leaving you and going away arises if I am outside. I am always in you. In fact, I am you and you are Me. It is a mere illusion to think that I will leave you and go." God does not forsake anyone and does not go anywhere. He is always there in you. In fact, He is present everywhere.

### **Seek Dependence on Divine Grace**

I spoke about this in one of the recent Discourses also. Once a Gopika, thinking that she was alone in the house, wanted to close the door. At that very moment, Lord Krishna knocked at the door from outside. She was in a dilemma whether to open the door or leave it closed. Watching all this, Radha was amused. Then she sang,

*The whole universe is the Lord's abode,  
Where then is the front door for that mansion?*

*Play on the life strings of your body,  
Offer yourself at His feet and shed tears of joy,*

*See heaven in that experience, oh Jiva!  
That is the main entrance to the Lord's abode.*

(Telugu Song)

There is an element of doubt between closing of the door of the heart and opening it after hearing the call of the Lord. The individual wants to close the door and the Lord wants it to be opened. God is changeless, Jiva is fickle and subject to change. When a little sparrow perches itself on a tender branch of a tree, it is not afraid by the swaying of the branch



because it depends on the strength of its wings, not on the branch. A sparrow has confidence in the strength of its wings, but man lacks faith in the Self. Even the slightest difficulty causes fear in him and makes him unsteady. A human being should not be that timid. He should become courageous and valorous by contemplating on the Name of God. What you need today is not physical strength and intelligence; you need divine grace and the strength of righteousness. I told you this earlier also.

*One may have physical prowess and  
the power of intelligence,*

*But one will come to grief if one lacks  
divine grace,*

*Karna was a great warrior but what  
was his fate?*

*Never forget this truth. (Telugu Poem)*

Truly speaking, Karna was a greater warrior than Arjuna. He was born by the grace of sun god. But, unfortunately, he depended more on his physical strength and intelligence. Instead of taking refuge in Lord Krishna, he took the side of Duryodhana and Dussasana. What is the reason? His ego was the root cause. Once he was prevented from participating in the competition of archery as he was neither a prince nor a Kshatriya. Everyone in the assembly made fun of him, saying that the son of a charioteer did not have the deservedness to compete with Kshatriyas. Feeling deeply humiliated when Karna was leaving the arena, Duryodhana called him back and made him the king of Anga. Knowing very well that Duryodhana was a

wicked person, Karna became his close friend out of his gratitude and attachment for him. You should get rid of such misplaced attachment in all situations. A wicked person is always a wicked person. Karna should have rejected Duryodhana's offer rather than accepting it and befriending him. Why did he require Duryodhana's help? He should have sought refuge in God who helps everyone. But Karna lacked such faith and spirit of sacrifice. He degraded himself by accepting the offer of kingdom from a wicked person like Duryodhana and became one of the Dushtachatushtaya (wicked foursome, namely, Duryodhana, Dussasana, Sakuni and Karna). In fact, Karna was the son of Kunti and the brother of Yudhishtira.

### **Draupadi was the Embodiment of Great Virtues**

When Draupadi was being humiliated in Kaurava court, Karna also passed derogatory remarks against her. Draupadi was the embodiment of righteousness and a great Pativrata (chaste woman). People may question, how a woman having five husbands can be chaste. But the five Pandavas were not separate individuals as the world considers them. They represented the five elements. Once there was a debate in Krishna's presence as to who was the greatest among Pativratas. Krishna declared in unequivocal terms:

*Draupadi dutifully obeyed the command  
of her husbands. She would never say  
to any one of them that she had no time  
to serve him. She was satisfied with*



*whatever she got in life. She was the supreme example of chastity and none could match her in this respect.*

(Telugu Poem)

She was the embodiment of many virtues. The quality of Kshama (forbearance) she had was unparalleled. It was a heartbreaking sight for Draupadi when Aswatthama massacred the young Pandava children while they were asleep. Arjuna tracked down the perpetrator of the atrocity, and dragged him before Draupadi. The supreme virtue of forbearance that Draupadi exhibited in this situation is noteworthy. Instead of cursing Aswatthama, she fell at his feet and said:

*It is at the feet of your father, Dronacharya that my husbands have learnt all that they know. Being the son of Dronacharya, was it proper for you to kill my children? How could you have the heart to kill them, who were unarmed, young, quietly asleep, were not having any grudge against you, and were not contemplating any harm to you?*

(Telugu Poem)

When Draupadi was praying like this, Bhima could not bear to see this. Exploding in anger, Bhima roared: "Having lost her sons, this Draupadi has lost her balance of mind. Otherwise, why would she fall at the feet of this wicked fellow?"

*This Draupadi is a stupid woman, for she pleads for this wretch's freedom. She feels no anger against this murderer of her sons. This assassin Aswatthama is not a Brahmin. Do not*

*release him but kill him. If you do not do that, I myself will hammer his head with my powerful fist, for you to see!*

(Telugu Poem)

Then Draupadi pacified Bhima and said to Arjuna:

*Oh Partha! It is not righteous to kill a person who is afraid or has lost courage, who is asleep or intoxicated, who seeks refuge or is a female. You should not kill Aswatthama, for he is your preceptor's son.*

(Telugu Poem)

But Arjuna said, "I have taken a vow to kill this evil-doer. I cannot forgive him and break my vow". Then Draupadi contemplated on Krishna and suggested to Arjuna to shave Aswatthama's head as a token punishment and set him free. Arjuna paid heed to her advice, and did accordingly. This is how Draupadi reacted to the situation; she did not have the slightest hatred for one who mercilessly wiped out all the Pandava offspring. She said, "It is against Kshatriya Dharma to kill a person like Aswatthama. I am grieving over the loss of my sons. I don't want to inflict such grief on the mother of Aswatthama. My sons cannot be brought back to life, whatever we may do. Why should I cause grief to another mother?" With such words of wisdom, she prevented Arjuna from killing Aswatthama. It was her forbearance that protected the Pandavas till the end and helped them to earn great name and fame. The honour of a family depends on the virtues of the housewife.





Therefore, every woman should develop forbearance. Not only women, men also need to cultivate this. But it is very important for women. One who has forbearance can achieve anything. In fact, forbearance is a divine quality; it is the gift of God.

*Everyone has to face the consequences of his actions, whoever he may be.*

*No one can know what lies ahead for him in future.*

*But this much is sure that everybody has to reap the consequences of his actions. Even the mighty Rama suffered the pain of separation from His consort Sita and cried like an ordinary person. Even the Pandavas had to go into exile and live in forest.*

(Telugu Song)

It is impossible to say what lies in store for a person, where, when and under what

circumstances. Whatever has to happen will happen. Everything happens according to God's Will. If something good happens, think it is good for you. If something bad happens, accept that also as good for you. Acceptance of both good and bad with equal-mindedness is a supreme virtue that will lead you to the realisation of Brahman. When you have such sacred, nectarine and broad feelings in your heart, you will be victorious everywhere and in all your endeavours. You will be highly successful in your life.

(Bhagavan concluded His Discourse with the Bhajan, "Govinda Krishna Jai Gopala Krishna Jai ...")

**– From Bhagavan Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 29th August 1996.**

*Utilise the chance of association with Me as much as possible and endeavour as quickly and as best as you can, to follow the directions that I have been giving. Obeying My instructions is enough; it will benefit you more than the most rigorous asceticism. Practise Sathya, Dharma, Santhi and Prema, which are dear to Me; resolve to keep those ideals before you ever, in all your thoughts, words and deeds. That can confer on you the summum bonum of mergence in the Supreme Substance of Divinity.*

– Baba

# CELEBRATIONS AT PRASANTHI NILAYAM

## EASWARAMMA DAY FUNCTION

**R**EVERENTIAL TRIBUTES WERE paid to Mother Easwaramma on Easwaramma Day held at Prasanthi Nilayam on 6th May 2014. On the eve of Easwaramma Day, on 5th May 2014, students of three Sri Sathya Sai Schools presented devotional songs, folk dances and cultural programmes to pay their homage to Mother Easwaramma. The first presentation was made by the

dress of devout Sikhs. The presentation of a vibrant folk dance by girl students and a thrilling Bhangra dance by boys students of Sri Sathya Sai Saraswati Vidya Mandir, Patiala (Punjab) followed this. The last presentation was a beautiful folk dance of Rajasthan which was performed by girl students of Sri Sathya Sai Higher Secondary School, Jodhpur (Rajasthan). Sri Sathya Sai Vidya Vahini programmes have been introduced in these schools. Their presentations also marked the 3rd anniversary of Vidya Vahini. Bhajans



*Music and cultural programme by the students of Sri Sathya Sai Schools.*

students of Sri Sathya Sai Vidya Niketan, Baghpur, Hoshiarpur district (Punjab). Beginning their programme with Vedic chants, they next presented a beautiful Qawali and followed it with a devotional song and a playlet depicting the touching story of Sudama and Lord Krishna. They concluded their programme with a recitation of Gurbani (sacred chants from Sri Guru Granth Sahib) by a group of students in the

and distribution of Prasadam followed these music and cultural presentations. Meanwhile, clothes were offered to the students who made these spectacular presentations. The programme came to a close with Arati at 7.00 p.m.

The morning programme on Easwaramma Day, 6th May 2014, was held at the Samadhi of Mother Easwaramma and Pedda Venkama Raju,





*Worship at the Samadhi of the Divine Parents, Mother Easwaramma and Pedda Venkama Raju.*

the Divine Parents of Bhagavan. As the Bhajans began at 8.15 a.m., the relatives of the Divine Parents made reverential offerings at the Samadhi. Many dignitaries gathered on this occasion also paid their respectful homage to the Divine Parents. The morning programme at the Samadhi concluded with Narayana Seva, wherein food was served to all the people present at the Samadhi.

The programme in the evening was held in Sai Kulwant Hall which was befittingly decorated for the sacred occasion. There were attractive floral decorations at Bhagavan's Samadhi where a beautiful portrait of Mother Easwaramma was placed amidst flowers of various hues. The programme comprised two devotional music presentations and Bhagavan's Divine Discourse. The first presentation was made by a 14-year-old talented Carnatic music vocalist Sarvepalli Shreya from Nellore, Andhra Pradesh. Beginning her concert at 5.20 p.m., the singer enthralled the audience with her melodious rendition of Carnatic classical

compositions and Bhajans which included "Easwaramma Priya Nandana" (the darling child of Easwaramma) and "Chitachora Yashoda Ke Bal" (the son of Yashoda who steals the hearts of devotees). The second concert was presented by noted vocalist Vijaya Ramanathan from Ponneri, Tamil Nadu. Beginning her concert with a prayer to Lord Ganesh, the singer paid musical tributes to Mother Easwaramma and Bhagavan by her rendition of devotional songs and Bhajans.

Bhagavan's Divine Discourse followed these music concerts. In His Discourse, Bhagavan exhorted the devotees to follow the great ideals set by Mother Easwaramma who never complained of her difficulties and always tried to help others. She had a compassionate heart, said Bhagavan, and she never wanted anything for herself. Bhagavan brought His Discourse to a close with the Bhajan "Prema Mudita Manase Kaho Rama Rama Ram." Bhagavan's Discourse was followed by Bhajans and distribution of Prasadam. Meanwhile, the two singers who made their musical presentations were felicitated. The programme came to a close with Arati at 7.00 p.m.

## BUDDHA PURNIMA

The sacred festival of Buddha Purnima to commemorate the birth, enlightenment and Nirvana of Lord Buddha was celebrated at Prasanthi Nilayam with great devotional fervour and piety.

Devotees from countries under Zone 4 and 5 of the International Sathya Sai





Organisation, namely, Nepal, Sri Lanka, Thailand, Malaysia, Brunei, Singapore, Indonesia, Japan, China and Taiwan came to participate in the celebrations which were held on 13th, 14th and 15th May 2014. The theme for this year's celebrations was "The Master Lives On."

On the eve of Buddha Purnima, Sri Anil Kumar addressed the gathering of devotees on 13th May 2014. Dwelling on the teachings of Lord Buddha and Bhagavan Baba, the learned speaker remarked that all the religions taught the same truth and emphasised the importance of spirituality which formed the foundation of the unity of mankind.

On 14th May 2014, the programme commenced at 5.30 p.m. with traditional Buddhist chants by the devotees from Thailand. Dr. V.K. Ravindran, Chairman of Zone 4 then welcomed the participants, briefly explained the significance of the celebration and introduced the two speakers who addressed the gathering on this sacred day. The first speaker was Dr. Praneth from Sri Lanka, an exponent on the teachings of Buddha. He spoke on Buddhism in detail with reference to Bhagavan's teachings and explained the Noble Eight Fold Path as taught by Lord Buddha. The second speaker was Sri Billy Fong, Central Coordinator, Malaysia who spoke on the importance of five visions that could support the organisation's growth and the great importance of carrying out Sadhana at individual, family and societal level. Bhajans by overseas devotees and



*Bhajans by overseas devotees  
on Buddha Purnima.*

students followed these two illuminating talks. The programme came to a close with Arati at 7.00 p.m. after distribution of Prasadam to all.

On 15th May 2014, two Buddhist monks addressed the gathering. They were: Venerable Aaron Lobsang Thardodh and Venerable Gesha (Dr.) Lobsang Lhundup. Venerable Aaron, who spoke in English, on the theme 'Love', explained how human beings could be different from other creatures by exhibiting their inherent potential called 'Love', the best medicine for all ailments. Venerable Gesha chose to speak in Tibetan translated by Venerable Aaron. His speech was on the enlightening life of Siddhartha turned Buddha and Buddha's main principle of non-dualism.

Sai Youth of Malaysia then performed a drama entitled "The Master Lives On..." presenting the life of the protagonist whose vibrant, dynamic life came crashing down as an aftermath of the physical departure of Bhagavan Baba. Drawing parallels from the life of Ananda, Buddha's cousin turned first disciple and his plight during Buddha's





*A scene from the drama "The Master Lives On."*

physical departure, the presentation highlighted the truth that Bhagavan has not gone anywhere and is present everywhere, listening and responding, guiding and guarding every single devotee. The powerful presentation ended with the Bhajan "Buddham Saranam Gachchhami." At the conclusion of the drama, the participants were felicitated. Bhajans by overseas devotees followed this before students took over and ended with a recording of Bhagavan singing "Love is My Form, Truth is My Breath." The programme concluded with Arati at 7.00 p.m.

## ANNIVERSARY OF SAI GEETA

The unparalleled devotion of Sai Geeta, the dear elephant of Bhagavan, was portrayed in a beautiful presentation made in Sai Kulwant Hall on 22nd May 2014, the 7th anniversary of this great devotee of Bhagavan. As the story of Sai Geeta's unique devotion was narrated by Swami's students, video clips on the screen illustrated it, making the presentation lively and interesting. Besides, a musical offering was made as a tribute to Sai Geeta showcasing her intense yearning for Swami and Swami's unbounded affection for her. This was followed by a short clip of Bhagavan's Discourse in which Bhagavan praised the exemplary devotion of this great soul. Bhajans and distribution of Prasadam followed this. Meanwhile, the caretaker of Sai Geeta, Sri Pedda Reddy was honoured for his dedicated service to Sai Geeta and Bhagavan and clothes were presented to him. The programme which began at 5.30 p.m. came to a close with Arati at 7.00 p.m.

*When you install God in your heart, there is no room in it for anything else. But today's aspirants treat the heart as a musical chair. They go from one "Swami" to another and shift from one kind of Sadhana to another. Of what avail is this kind of merry-go-round? It is a waste of time and of life itself. One heart, one thought, one God, one goal. Whether you utter the name of Allah or Jesus, Buddha or Zoroaster or Guru Nanak – it is all the same.*

- Baba

From our Archives

# REALISE THE GLORY OF YOUR HUMAN BIRTH

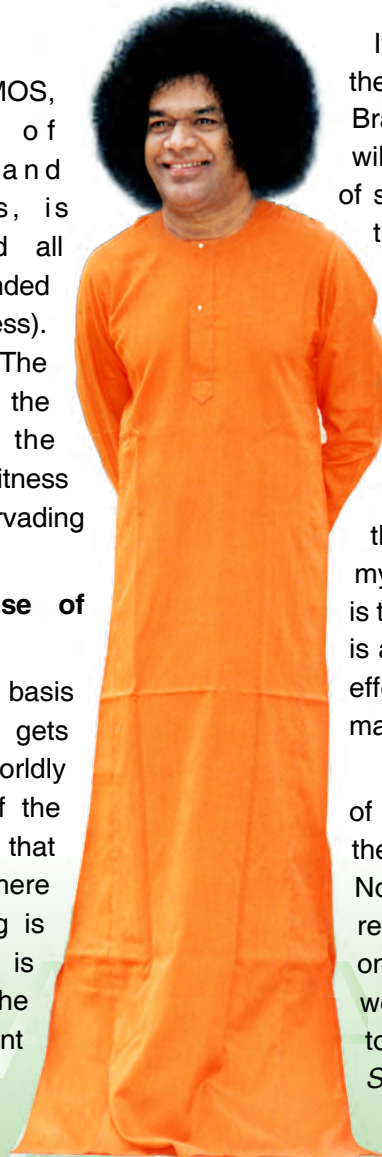
LEAD IDEAL LIFE BY MANIFESTING YOUR DIVINITY

## *Embodiments of Love!*

**T**HIS VAST COSMOS, consisting of movable and immovable objects, is permeated by truth, and all names and forms are founded on Dharma (righteousness). Dharma is the form of God. The Atma which is present in the subtlest of the subtle and the vastest of the vast as a witness is verily Brahman (all-pervading consciousness).

## **Attachment is the Cause of Man's Sorrow**

Forgetting the spiritual basis of the universe, man gets entangled in misery by his worldly attachments. It was out of the recognition of this truth that Buddha declared: "Everywhere there is sorrow. Everything is momentary and everything is perishable." To consider the worldly things as permanent is the cause of sorrow.



If man recognises that the world is permeated by Brahman, which is all bliss, he will free himself from the cause of sorrow. He fails to recognise the divinity that subsumes the whole of Prakriti (Nature). Instead, he regards the Divine as a natural phenomenon. Though the workings of the Divine can be seen in Nature, man in his folly fails to recognise the Divine. Nature in its myriad forms is the effect. God is the cause. The entire cosmos is a manifestation of cause and effect. Hence, the universe is a manifestation of the Divine.

Among the teachings of Buddha to the world, the foremost was Ahimsa. Non-violence is not merely refraining from inflicting injury on others with one's limbs or weapons. Non-violence has to be practised with *Trikarana Suddhi* (unity of thought, word



and deed). There should be no ill feelings because this is also a form of violence. What are the people doing today? They are listening to what is undesirable. They are looking at ugly scenes. How, then, can they hope to get peace? They can attain peace when they have the harmony of the mind, the heart and the tongue. There should be unity in thought, word and deed.

Buddha laid down three rules for all actions:

*All acts done by the hand should be good. Truth is the true necklace and listening to the sacred texts is the true ornament of the ears. What other ornaments does anyone need?*

(Sanskrit Sloka)

No one should be harmed even by speech. The speech should be sweet, pleasing and wholesome. All actions should be helpful to others.

### **Rise above Animal Tendencies**

Despite all the teachings, no real transformation is taking place in the behaviour of man. Of what use are Bhajans and Satsang (the company of the good) if one does not become pure? Through the company of the good, one should cultivate good thoughts, which in due course will lead one to *Jivan Mukti* (liberation).

Act according to the dictates of your conscience which can discriminate between right and wrong. Rise above animal tendencies and realise the glory of

***Forgetting the spiritual basis of the universe, man gets entangled in misery by his worldly attachments.***

***It was out of the recognition of this truth that Buddha declared:***

***“Everywhere there is sorrow.***

***Everything is momentary and everything is perishable.” To***

***consider the worldly things as permanent is the cause of sorrow.***



human birth. Lead an ideal life, manifesting your inner divinity. Everything you do, should be exemplary. Even the smallest act should cause no harm to others.

The history of Bharat is replete with stories of great men who upheld Dharma. Buddha also had to face criticism from his contemporaries. These are the familiar experiences of all Avatars. No incarnation could escape from calumny. All good causes also suffer from criticism. Peace and good result from the work of the Avatars in spite of these attacks and impediments.

The following is the four-fold formula for all people: Welcome good company. Eschew all association with the evil-minded. Perform meritorious acts ceaselessly. Always discriminate between the transient and the everlasting.

– **Excerpted from Bhagavan’s Buddha Purnima Discourses.**

*One should not think lightly of doing evil, imagining, “a little will not affect me;” just as a water jar is filled up by falling drops of rain, so also, the fool is filled up with evil, by accumulating it little by little.*

– The Dhammapada

*Father Henry Fehren*

## IT IS GOD WHO GIVES US IDENTITY

**S**AI BABA AND BELOVED friends! For me who was ordained a priest 57 years ago, Sai Baba is a great inspiration. All people are one family of God, He points out. Sai Baba does not condemn any religion. He says, there is spiritual good in every person and we should learn from everyone because there is something hollow in each one of us which cannot be filled except by God.

### **See God in Others**

There are different traditions of the way which people find to satisfy their religious longing. So, we must open our eyes, willing to learn and realise that we are all made in the image and likeness of God. When we try to make God in our image and likeness, that means trouble. When we think we have God in our pocket, that's when things go wrong and we are more likely to do evil in the name of God. Sai Baba's teachings highly impressed me. My trip here is like a pilgrimage where I have come to learn. If we all have open minds and are willing to learn, it certainly enriches our spiritual life. Sometimes, it seems we need something to hate. Mistakenly, it gives a purpose, an identity, a goal. This means we have lost sight of God. It is God who gives us identity. He

has created us; we do not bring ourselves into this world. We do not need anything more than God. So, to despise and disdain others is an insult to God for they too are God's children and God loves them and He is in them. Jesus to whom Sai Baba is often compared, said, "I am in the Father and the Father is in me." Sai Baba teaches that God is in each one of us. Therefore, to offend anyone is to offend God. See God in other people. So, we cannot do evil to someone in the name of God. If everyone understands this, there will be peace in the world. We are told to love our neighbour as ourselves, for to love our neighbour is to love God. St. John Evangelist said, "God is Love" and therefore God's love is in us and all that we need. People develop ego often out of greed, lust, gluttony, passion, revenge, pride, but to do evil in the name of God is to reduce God to us, the worst evil that is. As God is love, He can only act out of love. Since we are filled with God, we can only do likewise. But why do we not love more?

### **Jesus had Unlimited Love**

Real love is not easy; it is demanding. Sometimes, when we think, love is only a faction; a dreamy, sloppy, romantic, unrealistic emotion. Sometimes, we love because somebody pleases us. That is shallow love which costs us nothing. Love somebody we do not like, somebody who we would rather hate us or be indifferent to us. That is the love which God expects of us. God loves all of us although in many ways we are a mess. If God loves



the person who has hurt us, cannot we love as God loves? "If you love those who love you, what credit is there to you?" as Jesus said. Even sinners love those who love them. Over the years, Jesus taught love and exemplified it. He knew he had unlimited love for everyone. Even for those who would cause his torture and death, his love was unlimited. During his agony in the garden in the night before his crucifixion, Peter, James and John, his close disciples, fell asleep, yet he loved them. Peter publicly denied him, yet he loved him. Judas betrayed him, yet he loved him. Love is never easy or effortless. Jesus bore the agony of the scourging at the pillar, the crowning with thorns, the jeers of soldiers and bystanders, the crucifixion, the nailing to the cross and hanging there for three hours. Has Jesus condemned anyone? No. He still loved them all, and from the cross, he prayed, "Father, forgive them for they know not what they do."

Forgiveness is part of love and if we do not forgive, we do not love. Even when we think we love our neighbour, it is easy to be indifferent to him. Perhaps we should examine our conscience with the tests that Jesus gave us. "Lord, when did we see the hungry or thirsty or stranger or naked or ill or imprisoned and did not minister to you?" his disciples asked. His answer was, "Truly I tell you, whatever you did not do for one of the least of these, you did not do for me."

Jesus told this story: "One day a man travelled the road from Jerusalem to Jericho. On the way, robbers stopped him.

*It is God who gives us identity. He has created us; we do not bring ourselves into this world. We do not need anything more than God. So, to despise and disdain others is an insult to God for they too are God's children and God loves them and He is in them. Jesus to whom Sai Baba is often compared, said, "I am in the Father and the Father is in me." Sai Baba teaches that God is in each one of us. Therefore, to offend anyone is to offend God.*

They took his money, tore off his clothes, beat him, and left him half dead by the roadside. Soon a priest came along. He saw the injured man lying there, but he did not stop to help. He did not even say a kind word to the poor man. Next, a Levite came by. He, too, saw the wounded man lying by the road, but he did not give him a second look. He hurried on, leaving the poor man to die. Perhaps the man would have died if a kind-hearted Samaritan had not come along. The Samaritan saw the suffering man lying there. At once he stopped his mule, climbed down, and bent over the stranger. The wounded man was a Jew. Even though the Jews were not friendly to his people, the Samaritan felt he must help this Jew who was in great trouble. First he poured oil on the man's wounds and bandaged them. Then lifting the man to his mule, the Samaritan took him to an





inn. Here he cared for the wounded man. On the next day, the Samaritan had to continue his journey. To the innkeeper he gave money and explained, "Take care of this man until he is well. If you need more money, I will pay it when I come back." It was an act of love and therefore a great thing. It was an act of compassion. So, God was there, God who is love and compassion personified.

### **God is Beyond all Definitions**

Some people confuse man-made laws with religion which must be infused with love. Naturally, a society, a family needs guidance, orders, rules, traditions, laws. But Jesus gave only two laws and these were: "to love God with all your heart, soul and mind and to love your neighbour as yourselves." Jesus did not found a religion as such. He condemned the Pharisees and the religious leaders for making so many laws. They had 613 from the first five books of the Bible, the Torah. Similarly, Sai Baba has not founded any other religion with concrete set of laws. He says, keep your own religion for religions are good and they have done tremendous good over the centuries.

All these make you realise who you are and God is living in you. But sometimes to justify evil, we may be disappointed with God. God is a mystery, but we want to limit God to our way of thinking. The most common complaint I hear about God is when something happens bad, people say, if God loves us, why does God allow this? It is said, however, God works in mysterious ways.

*There are different traditions of the way which people find to satisfy their religious longing. So, we must open our eyes, willing to learn and realise that we are all made in the image and likeness of God. When we try to make God in our image and likeness, that means trouble. When we think we have God in our pocket, that's when things go wrong and we are more likely to do evil in the name of God. Sai Baba's teachings highly impressed me. My trip here is like a pilgrimage where I have come to learn.*

One cannot compete with the wisdom of God who is within us, who fills us, who loves us. Man proposes but God disposes. Whenever we are depressed, it is good idea perhaps to read the book of Jobs in the Jewish Bible. He had one misfortune after the other, even his wife nagged him. But everything came out beautifully because of his trust in God, no matter how many things went wrong. So, life is easier if we accept God's love and we are at peace.

Talk about love, said one official. Well, I will be 85 in one month and I have been to 194 countries of the world. But I have never heard a good definition of love. May be because God is love, but I have never found a good definition of God. You cannot limit God to a definition. You cannot define Him. God cannot be defined. He cannot be



limited to a definition. So, neither can love be. We philosophers examine everything, go analytically, go through everything, look for the meaning of everything. So, when we see a term like love which you would have heard a million times, you say, what is that? You try to figure it out. But we do know love, we experience love. We somewhat understand love from the results of it in our own lives. We know that love is a great experience; it is basic and necessary in our lives. It protects us from chaos and disorder. It is instrumental in our ordering in our purpose of our living. That love only brings to our souls that peace that passes understanding. St. Paul in the first letter to the Corinthians sums it up all for all of us: "If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal. If I have the gift of prophecy, and know all

mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. And if I give all my possessions to feed the poor, and if I surrender my body to be burned, but do not have love, it profits me nothing."

Love is patient and kind, love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way. It is not irritable or resentful, it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. So, faith, hope and love abide these three. But the greatest of these three is love. Amen.

– **From the talk of Father Henry Fehren delivered by him in the Interfaith Conference held at Prasanthi Nilayam on 22nd July 2005.**

## NEW RELEASES

| Code  | Titles of books in English                                  | *Rs. | Author                    | Classification |
|-------|---|------|---------------------------|----------------|
| 12799 | To Sai With Love  | 45   | Mrs. Anurupa Roy Choudury | EXPERIENCES    |
| 12800 | I am Yours  | 80   | Prof. Anil Kumar Kamaraju | TEACHINGS      |
| 12806 | Living in India in the Presence of Divinity                 | 60   | Ms. Gloria B Blake        | EXPERIENCES    |
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## Effulgence of Divine Glory

### *Yah Billi Ke Liye*

**T**HOUSANDS OF MILES AWAY, someone somewhere cries and the answer comes! A poor cat thousand five hundred miles away from here mewed and Swami heard its cry. There was a nurse who had a sister and the sister had a cat, her pet. The elder sister was allergic to cats, and she used to blame the younger sister for keeping the animal in the house. Always blaming, blaming, blaming. Not feeding it, attacking the cat every time, saying it stole something or spoilt some place. If it did not catch a mouse, the younger sister was blamed, "What else your cat can do? Why doesn't it catch the mouse? Why should you feed it? What do we get in turn?" Like that, she was quarrelling with her younger sister day in and day out. The poor cat did not know anything about it. It simply sat on peoples' lap warming them.

One day it carried off a piece of fish from the kitchen, and the elder sister grew terribly angry. She could not tolerate it. All her suppressed anger came out. She attacked the younger sister for keeping it in the house. The younger sister was so annoyed that she held the cat in her hand and started beating it severely. This happened thousand five hundred miles away from where Swami was at that time.

In their house, there used to be Bhajan every Thursday and Sunday and there were Swami's photos everywhere, in the shrine room, in the hall, in the kitchen, above the front door and other places. When the poor cat was beaten, when this inhuman act was committed in the place where there were Bhajan vibrations, where there were Swami's photos, all the pictures of Swami on the walls fell down, sixteen of them. I visited the house and I know the house well. The pictures of Swami, on the front door, in the kitchen, in the front room, in the hall, on the table, and wherever they were, all of them tumbled down! They thought it was an earthquake! Only Swami's pictures had fallen, and not other pictures. The elder sister was confused. "Don't kill that cat, Baba is angry, all His pictures have fallen down!" She cried out. The younger sister placed the cat on the table and when it shook its body, Vibhuti came out from its body and spread for nearly a foot all around on the table. Its fur on the body was covered with Vibhuti. Swami had put Vibhuti on its body, His hands thousand five hundred miles away!

After about three months, some devotees from that place came to Puttaparthi for Swami's Birthday. Swami announced in the auditorium, "A few



people from Assam have come through sun and rain, through all kinds of trouble during the seven days journey. All those who have come in that special coach, go to the prayer hall. I will come and speak to them.” At that time, there was some political agitation in Assam, and when the coach was passing through Assam, all the Bengalis were pulled out and beaten! When the coach was passing through Bengal, all the Assamese were pulled out and beaten! The coach was full of Assamese and Bengalis. Then they passed through terrible rain and wind due to a cyclone and so Swami said they had suffered a lot. We got all of them in the prayer hall, and I was the person who carried Vibhuti basket for Swami to distribute to them. Swami spoke for about half an hour and gave them Padanamaskar, and a handful of Vibhuti

packets to each one. There was a girl aged about sixteen years, and He gave her a handful of Vibhuti packets. He moved a little further, came back again to that girl and gave her another handful of Vibhuti packets, saying “Yah Billi Ke Liye,” (this is for the cat)! I was going with Him with the Vibhuti basket and I thought, “What is this Billi Ke Liye!” Prasadam for the cat! I noted that particular girl and went in search of her, and asked her, “What is this Prasadam for the cat?” The girl narrated the incident. When I went to Assam, I went to their house and fondled that cat. It is such a blessed soul. I have a photograph of it in my house, just to remember that Swami loves all living beings. That is the power of His love. His love is charged with such power that it can go round the world.

– From “**Sathya Sai Baba: God in Action**” by Prof. N. Kasturi.



*My mission is to raise the consciousness of man to a level at which he neither rejoices nor mourns over anything. In that supreme state, one is going through re-birth and re-death each moment, for these acts are one and the same, emerging from the formless into form, merging from the form into the formless. Then, there is no success or adversity, no joy or pain. When the devotee attains this oneness, his journey towards Me ceases, for he will be with Me endlessly.*

- Baba

### EXPANDING DIMENSIONS OF BAL VIKAS

**F**IRST AND FOREMOST, I AM grateful to Bhagavan Baba for having bestowed upon me the opportunity to speak on the topic, “Sri Sathya Sai Bal Vikas and my Role as a Bal Vikas Student.” The first question that comes to our minds is what is the meaning of Bal Vikas? Bal Vikas is that potent tool through which we journey from ‘I’ to ‘We.’ It is the tool that teaches us to move closer to society. It gives us the determination to have an orientation, not confined to ourselves and our family alone, but have a broader vision to include not just humanity, but the entire Nature in its myriad manifestations like trees and rivers.

When I first joined Bal Vikas, I had the feeling that I was going there for my own transformation, and that it would be fun to learn Bhajans and play with other students of the class. Now that I have completed nearly nine years in Bal Vikas, I have realised that Bal Vikas has been the source of my all-round development. This is contributing to the uplift of society and helping our nation reach new heights. I would like to illustrate this with the example of my elder sister, who also has been a Bal Vikas student.

One day when she reached the school, her teacher called her and said, “Child, I do not like the nature of your friend.” My sister

said, “Madam, I will change the nature of my friend.” On this, the teacher replied, “You have the potential to change not only your friend but the whole class.”

I would like to share another instance with all those gathered here. Once, when I was sitting in the Bal Vikas class, one aunty brought her child to the class and said that she wanted her child also to join Sri Sathya Sai Bal Vikas. That child was differently-abled and that set our teacher thinking as to how that child could be admitted to the class. That aunty told our teacher that her child had been examined and treated by the best hospitals in India, but could not be cured. Thinking that every child that comes to Bal Vikas is sent by Bhagavan Himself, she admitted the child to the class. In the first year, every student of the class felt disturbed by the presence of that child. In the second year, there was some improvement in the child’s behaviour. In the third and fourth years, the child acquired perfect normalcy. All the doctors who had treated that child were amazed at the child’s miraculous cure, beyond the understanding of medical science. This incident is a living example of how Sri Sathya Sai Bal Vikas can lead to Lok Vikas.

Today we are aware of the presence of Bal Vikas students across the world. We may be in the school, in the market or



elsewhere, wherever we have a student of Bal Vikas, the environment around him improves for the better. I used to think, how will the country develop through a handful of Bal Vikas students? In the beginning, we were a handful who started together towards the goal, but today you will be surprised to see that people keep coming together and this caravan keeps growing and marching towards its destination of social transformation.

I think, but for Bal Vikas, the darkness caused by the degradation in human values cannot be dispelled from our society. In this scenario, every Bal Vikas student shines like a lamp, making his contribution to dispel this darkness.

– From the speech of Saisha Rao from Madhya Pradesh who spoke on 4th January 2014 in the National Convention of Bal Vikas Alumni and Group 3 students at Prasanthi Nilayam.

## BHAGAVAN'S TIPS TO STUDENTS

Students in the past practised “simple living and high thinking.” But today they are engaged in “high living and low thinking.” High living urges them to earn and amass money, which is subject to devaluation and diminution. But the wealth of knowledge and character is free from both these. Fire cannot burn nor rulers confiscate. Floods cannot dampen nor can thieves decamp with it, as the saying goes. Kith and kin can lay no claim on it. Share this special wealth with others; it does not become less; it grows with each gift.

## VALUABLE MAXIMS

Given below are three valuable maxims stated by Bhagavan Sri Sathya Sai Baba for our uplift. Remember these and search the following words in the given word maze: giving, forgiving, getting, forgetting, duty, deplorable, love, desirable, divine, way, immortality, removal.

1. *Love lives by giving and forgiving,  
Self lives by getting and forgetting.*
2. *Duty without love is deplorable,  
Duty with love is desirable,  
Love without duty is divine.*
3. *Removal of immorality is the only way to  
immortality.*

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# Greed Leads to Loss

T
 HERE WAS ONCE A YOUNG and beautiful Greek princess who was also endowed with qualities of courage and confidence. Moreover, she had earned a great name in running race, and, therefore, she declared that she would marry only that young prince who could defeat her in a race. Many Greek princes came to compete with her with the desire to marry her, but the princess was such a great runner that none of them could defeat her. Not able to



*A wise elder suggested to the princes the stratagem to defeat the princess.*



*The princes felt humiliated when they were defeated by the princess.*

bear the humiliation of their defeat by the princess, all the princes gathered together to think of a plan to defeat her in one way or the other and subdue her pride. At that time, a wise elder told them a stratagem to defeat the princess.

Since all the princes were quite rich, they collected their precious gold ornaments and gave them to the prince selected by them to compete with the princess. They also revealed to him the stratagem suggested by the wise elder. When the race began, the prince dropped the ornaments one by one while running. On seeing these beautiful ornaments, the princess halted in between the race to secure them, and then started running again. In the time she lost in this process, the prince reached the winning post. Defeating the princess in this way, the prince secured her hand in marriage.

The lesson we can deduce from this story is that the prince attained the desired fruit of his marriage with the princess



because he forsook precious ornaments. On the other hand, the princess lost the competition due to her craving for ornaments. Sacrifice leads to victory, whereas attachment leads to defeat. The mind of man is the basis of both.

Human life is like a running race. Focus your mind on the goal with full concentration. You cannot attain the goal when you lose concentration of mind due to worldly temptations.

## LOVING SADGURU

*Once in an interview, my father mentioned to Swami that I had interest in spiritual matters from my childhood. Swami remarked very lovingly that I might have had interest in spiritual matters but my mind is 'in rest' in other things. I quickly understood this to mean that Swami being a witness to all things in this universe is aware of all the layers of our consciousness. Generally, a normal human being has both good and bad inside him which co-exist. But the old Vasanas are in various layers in our consciousness ready to sprout when conditions are suitable to them. The superficial layers may be expressing something very holy but the deeper layers may be waiting for an opportunity to express later since the present conditions are not conducive. We may not be aware of the deeper layers most of the time; only Divinity is aware of it. Such was my predicament in the present situation. Swami was hinting that even though there was interest in spirituality, there were deeper layers lurking inside which were worldly and waiting to be expressed. This is how my enquiry took shape after that encounter with Divinity. From that time on, I was very keen on being aware of my deeper nature, day after day, moment by moment. This is a fascinating thing to do; this self-awareness can be shattering in the beginning since we may come across grotesque aspects of our personality. But if we persist without fear then it pays rich dividends. When we are self-aware, there is no judgment or condemnation. We look at ourselves as we are without labelling anything as good or bad. If it is rightly done, this simple awareness liberates us from the Vasanas or tendencies accumulated over several lives. Swami lovingly had opened my eyes forever by gently pointing out my inner state. Is there a greater loving Sadguru than Sai?*

– From “My Experiences with Swami”  
by P. Krishna Kumar

# NEWS FROM SAI CENTRES

## TRINIDAD AND TOBAGO

**M**ANY CHILDREN IN TRINIDAD suffer from heart conditions due to a lack of paediatric cardiologists. From 2nd to 9th April 2014, the Sathya Sai International Organisation conducted a



*Interventional cardiology mission for children in Trinidad.*

paediatric interventional cardiology mission for children with congenital heart disorders such as atrial septal defects, patent ductus arteriosus, pulmonary valve stenosis, congenital aortic stenosis and coarctation of the aorta, which can lead to heart failure and eventually death if left untreated. Four doctors and four paramedical staff from U.S.A., assisted by three doctors and one nurse from Venezuela, screened 114 children and performed 24 complex cardiac procedures at the Mount Hope Medical Sciences Complex. The event received press coverage in the local newspaper, *Guardian*, which carried a full-page report

by the local authorities on 26th April, thanking the volunteers and the Sathya Sai International Medical Committee.

## PANAMA

In observance of Avatar Declaration Day, the Sathya Sai Organisation of Panama held a medical camp in Lomas de Campana, Capira, Panamá, on 16th November 2013. More than 30 Sathya Sai volunteers, nine doctors, one surgeon, fourteen nurses and six dentists provided medical services to 273 needy patients suffering from common cold, myalgia, skin infections, hypertension, intestinal parasites and other common ailments. Mammograms and gynaecological services were rendered to 57 women; eye glasses were delivered to 114 people; and 153 people received dental care, including prophylaxis, amalgam and fluoride application. Sathya Sai volunteers also distributed medicines, clothes, shoes and food.

A medical camp was held in Chiriquí, Panamá, on 12th April 2014, near the site of an abandoned banana plantation, which had closed five years ago following the outbreak of plague. The former plantation workers had left the area in search of jobs elsewhere, leaving the women and children of 40 families to fend for themselves. There is no water or electricity in this area. The Sathya Sai Centre of Bugaba has provided the destitute inhabitants with food, clothes



and medicines since the plantation closed, and has held medical camps periodically. In the medical camp of 12th April, a general physician and a paediatrician examined 28 adults and 38 children. Sathya Sai volunteers served food to all attendees.

## MALAYSIA

On 18th March 2014, the Sathya Sai Organisation of Malaysia, in coordination with others, organised an interfaith



*Interfaith prayer meeting for the victims of Malaysian Airlines Flight MH 370.*

gathering to pray for the victims of Malaysian Airline Flight MH370, which disappeared on 8th March 2014. About 100 people, including local leaders of the Muslim, Christian, Buddhist, Sikh and Hindu faiths, attended the event at the majestic Tuanku Mizan Zainal Abidin Mosque, also known as the Iron Mosque, in Putrajaya, Malaysia. Dinner was served to all attendees, followed by prayers led by leaders of the religious groups, and a press conference. A government official from the Department of National Unity and Integration attended the event.

## KAZAKHSTAN

Thirty-six Sathya Sai volunteers from seven cities organised the 19th medical and service camp in Kazakhstan from 4th to 6th April 2014, in the town of Saran in Karaganda district. A physician, a psychologist and a dermatologist examined 66 patients and provided medicines. The dermatologist also gave a lecture on hygiene and personal care.

Sathya Sai volunteers renovated a classroom at a boarding school by painting and repairing the windows, walls and ceiling; welding fixtures; replacing electrical equipment, boards and linoleum and installing a new door with a lock. The volunteers served three cooked meals every day and delivered 35 packages of sugar, rice, buckwheat, macaroni, tea, sunflower oil, butter, milk, dates, Halwa and apples to the homes of needy residents. New clothes were distributed. Sathya Sai educators, including 13 Sai Spiritual Education (SSE) teachers, gave talks to senior students from low-income families about the harmful effects of alcohol and tobacco. In appreciation, the headmaster of the school presented a certificate of merit to the Sathya Sai Organisation of Kazakhstan.

## U. S. A.

A first Sathya Sai health camp in New York City was organised at East Elmhurst in Queens, New York, on 19th April 2014. Over 65 medical and nonmedical volunteers, including internists, specialists,





nurses and medical assistants, provided healthcare services. As divinely ordained, exactly 108 participants – mostly needy residents from the local community – were screened for blood glucose, blood pressure and body mass index. Participants also received wellness and preventive care information along with complimentary hygiene kits.

Sathya Sai devotees observed Bhagavan's Maha Samadhi Day on 24th April 2014 by serving breakfast and lunch to the needy on the sidewalks of Manhattan in New York City. More than 300 people from homeless shelters were served breakfast at Tompkins Square Park, and lunch was served on First Avenue in Manhattan. Sathya Sai volunteers also distributed hygiene kits and toiletries.

In observance of Bhagavan's Maha Samadhi Day in Southern California, 70 volunteers from the Sathya Sai Centres of Lakewood, Mission Viejo and Tustin served freshly-made meals to 650 adults and 50 children at 11 homeless shelters in Santa Ana, Long Beach, Costa Mesa and Placentia on 20th April 2014. On the same day, Sathya Sai devotees from Arcadia, Glendale and Hollywood served food to more than 200 homeless people in downtown Los Angeles.

On 27th April 2014, more than 20 volunteers from the Sathya Sai Centres of Arcadia, Camarillo and Glendale in Southern California distributed about 4,500 kg of dry food and supplies, along with hygiene kits, to 250 extremely poor

families at a church in Oxnard, about 100 km west of Los Angeles. Migrant labourers and their families received rice, beans, sugar, cereal, jam, canned food, oil and peanut butter, as well as a blanket, towel, two pairs of socks, lotion, soap, toothpaste, toothbrushes, bandages, combs and tissue paper. About 20 volunteers, including children, had packed the bags of food, supplies and hygiene kits at the Arcadia-Glendale Food Bank on 26th April.

## DOMINICAN REPUBLIC

The president and five members of the Sathya Sai Institute of Human Values conducted a workshop on human values on 15th and 16th March 2014 at a town



*Workshop on human values in  
Dominican Republic.*

hall in Santiago, Dominican Republic. More than 100 participants, including the Mayor, community leaders and the local police, were informed about the human values of truth, right conduct, peace, love and non-violence and how to apply them at work and in personal lives. The Mayor of Santiago had requested this workshop



for the benefit of public officials as well as the community. The workshop was well received and solidified the link between the community and the Institute of Sathya Sai Education in Human Values for future work.

## INDONESIA

About 350 Sathya Sai devotees from all over Indonesia attended a National Sai Youth Camp and Convention from 6th to 8th December 2013 at the Sathya Sai



*National Sai Youth Camp and Convention in Indonesia.*

Centre, Tegehkur, Denpasar, Bali. The Sathya Sai Organisation of Indonesia also held meetings of its education, service and women's wings on 6th December 2013. Several uplifting talks were given on 7th December, and cultural performances were organised in the evening. Fun-filled family activities were organised at the botanical garden of Bedugul, Tabanan, Bali, on the third and final day of the event.

## DUBAI (U. A. E.)

On 8th February 2014, 239 Sathya Sai devotees and others attended a play titled "Sant Mira" at the Sathya Sai Mandir in Dubai. The two-hour programme depicting the life of Mira was presented beautifully by 13 SSE children, through song, dance and dialogue.

On 27th February 2014, nine volunteers from the Sathya Sai International Organisation (SSIO), Dubai, participated in a can collection drive, in association with the Emirates Environmental Group (EEG) of U.A.E., the most prestigious environmental group in the Middle East. The event was organised at Zabeel Park, Dubai, where the volunteers facilitated the collection, weighing, recording and loading of the recycled cans.

## ITALY

On 15th February and 12th March 2014, the Institute of Sathya Sai Education held its first two-day training for volunteers serving at the Humanitas General Hospital in Rozzano, near Milan. The Humanitas Foundation manages 200 volunteers committed to supporting patients and families at the hospital. The training involved the leaders of 13 volunteer groups and covered topics on service, spirituality and Education in Human Values. The training was highly appreciated by the participants and the Humanitas Foundation Board alike, and one-day follow-up seminars were planned to train all remaining volunteers.

– Sathya Sai International Organisation



## BHARAT

**Gujarat:** Sri Sathya Sai Seva Organisation, Gujarat organised a “Walk for Values” rally on 8th April 2014 all over Gujarat at the same time. The rally was flagged off at each place by exemplary dignitaries who had adopted values in their life. The rally was led by a Veda chanting group followed by band, chariot, palanquin and floats



*Walk for values in Gujarat.*

depicting great people who followed these values. This rally was organised in 18 cities all over Gujarat with great dedication and enthusiasm. Approximately, 3,200 plus people participated in this rally which included devotees, Bal Vikas students and Gurus, Sri Sathya Sai School students, teachers and parents. Leaflets on importance of values in one's life were distributed to passers-by during the rally. At the place where the rally concluded, needy persons were given tricycles and

sewing machines. The rally concluded with a pledge taken by all that they would adhere to values and lead a value-based life, thus bringing peace to oneself, home, nation and the world at large.

**Maharashtra and Goa:** Sri Sathya Sai Seva Organisation, Maharashtra and Goa organised an evening of devotional music in NSCI Auditorium, Worli, Mumbai on 27th April 2014 to offer gratitude to Bhagavan Sri Sathya Sai Baba on the 3rd anniversary of His Maha Samadhi. The programme started with devotional songs by the four winners of the State-level Bhajan Mahotsav, held earlier for all Bal Vikas children from various districts of Maharashtra and Goa.

Thereafter, Sri Indulal Shah, the doyen of the worldwide Sri Sathya Sai Seva Organisation, was felicitated by senior members of Sri Sathya Sai Central Trust and International Sai Organisation for his extraordinary contribution to the organisation. Several service projects were then announced as new initiatives in the fields of educare, medicare and



*Rich tributes to Bhagavan on the third anniversary of His Maha Samadhi.*



sociocare to make a formal beginning of 90th Birthday celebrations of Bhagavan.

On this occasion, noted thespian Aishwarya Rai Bachchan, recounted her feelings and experiences when she performed before Baba at Puttaparthi as a Bal Vikas student.

Renowned artistes who mesmerised the 6,000-strong audience with their soul-stirring musical presentations included Pandit Shiv Kumar Sharma, Anup Jalota, Pankaj Udhas, Kavita Krishnamurthy Subramaniam, Padmaja Phenany Joglekar, Richa Sharma, Sumeet Tappoo, Gaurav Chopra and Keshav Prasad. The evening was a befitting tribute to the Legend of Pure Love! It was also a walk down the memory lane for many in the hall.

**Odisha:** Sri Sathya Sai Rural Vocational Training Centre which was inaugurated on Easwaramma Day, 6th May 2014, will serve as one of the three national initiatives taken up by the All India Sai Organisation as part of Swami's 90th Birthday celebrations and the 50th year of the Sai Organisation. This centre will provide multi skill training to the unemployed rural youth from Sri Sathya Sai Village Integrated Programme villages free of cost. To start with, in the first batch, six such youth from the housing project villages of Odisha have been enrolled. The trades selected are plumbing, two and three wheeler repairing, bicycle and tricycle repairing, electrical and electronics repairing. The course duration for each batch will be of six months and it will be

fully residential. Besides developing the skills of the trainees, the centre will also cater to the spiritual needs of the trainees.

The 38th State Conference of Sri Sathya Sai Seva Organisation, Odisha was held at Damanjodi in Koraput district of the State from 21st to 23rd March 2014, in which more than 2,000 delegates from all over the State participated. On 21st March, a meeting of the district level office bearers was held followed by the address by Sri Nimish Pandya, All India Vice President to the delegates. The proceedings on the first day ended with a cultural programme by Bal Vikas students. In the session held on 22nd March, the keynote address was given by Sri Nimish Pandya and a talk was delivered by Sri R.K. Mishra, Executive Director, Nalco. Speaking on this occasion, the State President of Odisha gave a brief account of the ongoing activities of the organisation and declared the current year to be observed as the year of Bal Vikas. On 23rd morning, there was a rally of Bal Vikas students and 12 new Samithis were ceremonially handed over the Prasanthi flag. Some of the senior devotees were felicitated for their contribution to the organisation. In the valedictory session, Sri Satyajit, National Coordinator, Sri Sathya Sai Vidya Vahini and Sri Nimish Pandya spoke on the topic 'Sri Sathya Sai Seva Organisation – Bhagavan's Gift to Mankind.' The conference came to a close with the concluding remark by the State President.

**Punjab:** Sri Sathya Sai Bal Vikas, Batala, Punjab conducted the programme "There







*Students worshipping their parents.*

is God – My Loving God - My Parents” on 4th May 2014 (Sunday). The programme started with Veda chanting followed by worship of their parents by Bal Vikas students. The students presented a coconut, flowers and sweets to their parents, and offered Arati to them in keeping with the rich tradition of Indian culture which Bhagavan propagated through His teachings.

**Tamil Nadu:** Sri Sathya Sai Seva Organisation, Tamil Nadu organised Easwaramma Day at Sai Sruthi, Kodaikanal on 6th May 2014. The early morning programme commenced with Omkaram, Suprabhatam followed by Nagar Sankirtan. At the end of the Nagar Sankirtan, all devotees offered a flower

at the statue of Mother Easwaramma as a mark of expression of their reverence for the Divine Mother. Flag hoisting was performed at 8.30 a.m. which was followed by Veda Parayanam and Bhajans. Thereafter, Bal Vikas children from Chennai Metro West staged a Burra Katha and dramatically spelt out the love of Bhagavan for humanity and the unlimited compassion of Mother Easwaramma for others. Local school children performed a



*Narayana Seva at Sai Sruthi, Kodaikanal.*

dance after this. Subsequently, Narayana Seva was organised by serving food and offering clothes and blankets to about 2,200 villagers. All the children who came to Sai Sruthi on 6th May were given writing implements in a handy bag which would be useful to them in their school.

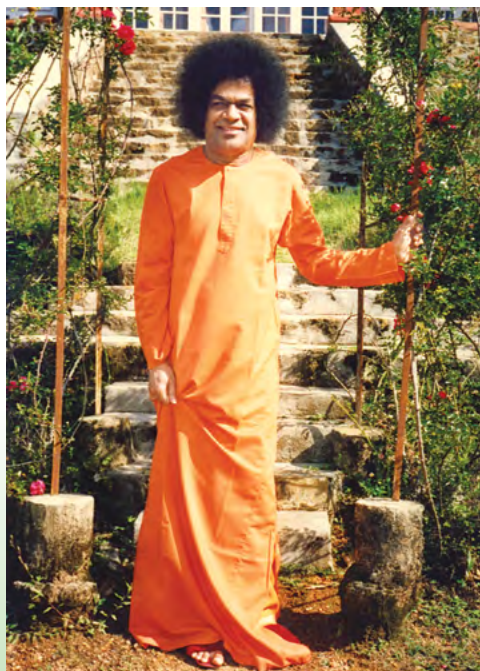
### **Fellowship Programme in Cardiac Anaesthesia under IACTA Education and Research Cell**

Applications are invited from candidates who have passed **MD/DNB Anaesthesia** from recognised university or MCI equivalent to undergo two year training in fellowship programme in cardiac anaesthesia.

Interested candidates may apply with full particulars to The Director, SSSIHMS – Prasanthigram before 15th June 2014 by e-mail to [academicspg@sssihmspg.org.in](mailto:academicspg@sssihmspg.org.in). The stipend will be paid as per the rules of the Institute.

*– Officiating Director*

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## **About SSSSTPD**

On 1st January, 2009, Sri Sathya Sai Sadhana Trust (SSSST) commenced operations with four divisions; the Bhakta Sahayak divisions (one in Prasanthi Nilayam, Puttaparthi and another in Brindavan, Bangalore), the Publications division, and the Media division.

### **The Publications Division (SSSSTPD) caters to:**

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries, educational software etc for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagawan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-versions of the magazine are also released simultaneously and are available in PDF and EPUB formats on [www.sanathanasarathi.org](http://www.sanathanasarathi.org).
- 3) Maintaining a reporting channel, which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers' - for free distribution.
- 4) Organising and conducting seminars

and conferences on spirituality, religion, education, and human values.

5) Providing library and Reading room for visiting devotees, with a very large collection of various spiritual and religious books.

## **Other Books By SSSSTPD (In English)**

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmara
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. Sevalad
15. Silence
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18. Atma
19. Do You Know
20. Gopikas Of Brindavan
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*Bhajans by overseas devotees on Buddha Purnima.*



*Talk by Venerable Gesha (Dr.) Lobsang Lhundup.*

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Editor: G.L. ANAND

## *Shine Forth in your Real Nature*

Paramatma draws the Jivatma towards itself; it is the nature of both to have this affinity, for they are the same. They are like the iron and the magnet. But, if the iron is rusty and covered with layers of dirt, the magnet is unable to attract. Remove the impediment; that is all you have to do. Shine forth in your real nature and the Lord will draw you into His bosom. Trials and tribulations are the means, by which this cleansing is done.

— *Baba*

