



Sanathana Sarathi



APRIL 2008

Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol: 51 Issue No. 4 Date of Publication: 10th April

APRIL

2008

© Sri Sathya Sai
Books and Publications Trust,
Prasanthi Nilayam

Printed and Published by

K.S. RAJAN

on behalf of the owner,
Sri Sathya Sai

Books and Publications Trust,
Prasanthi Nilayam 515 134,
Anantapur District (A.P.),

Printed at M/s Rajhans Enterprises,
136, 4th Main Road, Industrial Town, Rajaji
Nagar, Bangalore - 560 044, Karnataka.
Published at Prasanthi Nilayam 515 134.

E-mail: subscriptions@sssbpt.org
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For Audio Visual / Book Orders: orders@sssbpt.org

SSSBPT.org

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Annual Subscription

English or Telugu

Acceptable for 1, 2 or 3 years.

Inland (India, Nepal and Bhutan):

Rs 50/- (12 issues)

Overseas: Rs 480/-

or U.S. \$11 or U.K. £7 or €9

Note: Please do not send currency notes
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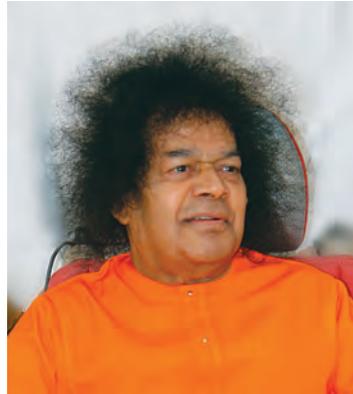
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should be addressed to The Convener,
Sri Sathya Sai Books & Publications Trust,

Prasanthi Nilayam 515 134, Anantapur
district, Andhra Pradesh, India.



“Sivarathri means auspicious night; the night to develop virtues. Day and night come one after the other. But all nights are not Sivarathris. The night on which you recite the name of God is real Sivarathri. That is the night which brings auspiciousness to you. Hence, you should develop good feelings in your heart at least on Sivarathri.”

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Official Websites of Prasanthi Nilayam

Sri Sathya Sai Central Trust: www.srisathyasai.org.in

Sri Sathya Sai Books & Publications Trust: www.sssbpt.org

Radio Sai Global Harmony: www.radiosai.org

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Cover Page Photograph

Sri Sathya Sai International Centre for Sports





UNDERSTAND THE PRINCIPLE OF UNITY

People undergo a lot of difficulties and struggle day and night for the sake of money. They even stealthily resort to unfair means to earn money. Their ego and mental aberrations add to their sufferings. So long as the world is in such a bad condition, man cannot escape from sufferings. He can attain peace and prosperity only when he is true to his word and his mind is full of sweetness. One cannot have the vision of God with a disturbed or wavering mind.

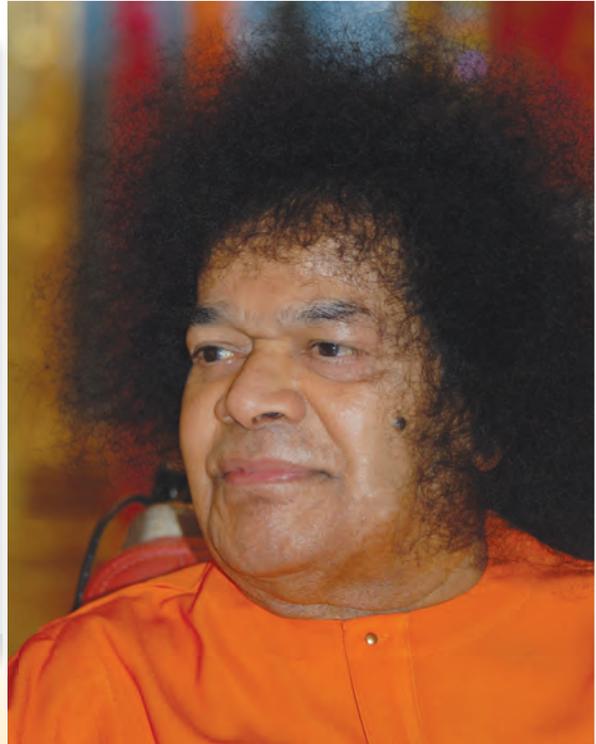
(Telugu Poem)

Embodiments of Love!

TODAY THE ENTIRE WORLD revolves round money. Right from a student to a vegetable vendor, everyone runs after money. One cannot definitely say that this man has more craving

undergo all sorts of difficulties for the sake of money, but there is none who undergoes difficulties for the sake of God. God protects all. One may have any amount of money but life without God is no life at all. However,

*We should all become united.
People may speak different languages, pursue different areas of education but all should follow the principle of one country, one caste and one culture. The present differences have arisen because people are divided on the basis of caste, language and culture. The message of Sivarathri is that Bharat should achieve the objective of unity of the entire country.*



for money or that man. But everyone considers money as the be-all and end-all of life. People

such people are very few in number who give highest importance to God in their life. There are still fewer who contemplate on God.

God is Present in Everyone in the Form of Love

That is why we have started Bhajans. There may be a few who take to wrong path even after joining Bhajans. But by and large, people will contemplate on God when they sing His glory. There may be many types of waves in the ocean, but water in all of them is the same. Similarly, people may have different types of thought currents but the same God is present in all of them. Beings are many but the Atmic principle in all of them is the same. *Ekatma Sarva Bhutantaratma* (one Atma dwells in all beings). *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). Those who adhere to this truth are in fact real devotees. The essence of all the Vedas lies in establishing this truth. But such people who understand this truth are not to be seen today. Never forsake truth. When truth and righteousness come together, one can experience peace and love. Truth is the basis of everything. *Sathyameva Adviteeyam Brahma* (Truth is Brahman which is one without a second). Truth embodies the form of love.

Embodiments of Love!

Love does not come from somewhere outside. It is immanent in the heart of everyone. Man cannot live without love. This love assumes many forms such as love between husband and wife, mother and child, and between friends. In spite of its different forms, love is the same. If someone asks you, where is God, you can say that God is present in the heart of everyone in the form of love. This love signifies the principle of oneness.

The life that is led observing



In keeping with the noble traditions set in the Ramayana, we should always maintain unity, morality and spirituality. The name Sumitra itself signifies that she was a good friend to one and all, and paragon of all virtues. Similarly, Sita's other name, Vaidehi signifies that she was the daughter of Videha (one who transcended body consciousness). The Ramayana, the Mahabharata, the Bhagavata and other scriptures give the names which signify great qualities of persons bearing those names. In the same way, God is called by different names, all of which have deep inner meaning. The name of this body is Sathya Sai. But this has a deep inner meaning and it signifies one who reclines on truth (Sathya Shayee).



the principle of love is true life. Without the principle of love, it is no life at all. All other values are contained in love.

Here is a small example. A few days ago, Shourie left his mortal coil. Many people joined his funeral procession. When his body was cremated, the five elements of his body merged with their source - earth merged with earth, fire with fire, air with air, so on and so forth. What remained in the end? Just a heap of ash! But the Atmic principle in him followed its divine course.

Everything is immanent in Brahman. Brahman is one without a second. Therefore, if someone asks you what is your name, you should reply, "*Aham Brahmasmi* (I am Brahman); I have no other name."

People call God by many



names such as Rama, Krishna, Govinda, Narayana, but Brahman is one. *Brahma Sathyam Jagan-mithya* (Brahman alone is real, the world is unreal). People give many names to God. Names are given according to the liking of individuals. Mother gives some names to her children and calls them by those names. In the same way, we call people by various names in this world. But God has only one name and that is Brahman. One who understands the principle of Brahman becomes Brahman himself. All the names of God such as Rama, Krishna, Govinda, Narayana refer only to Brahman. Hence, we should not attach too much importance to names. Sathya, Dharma, Santhi, Prema are divine principles. When we adhere to these divine principles, we can attain the proximity of God. Contemplate on any name of Brahman, with the feeling that He is present in all. You may identify others by any name, but Brahman is present in all of them since He is omnipresent. Wherever we see, we find only Brahman. Brahman is the only reality. Therefore, we should always contemplate on Brahman. Everyone should chant "Namah Sivaya, ... Namah Sivaya, ... Namah Sivaya." The principle of Brahman is present in this sacred Panchakshari Mantra.

I have been seeing both Easwamma and Pedda Venkama Raju for the last one month. They also appeared before Me when I was coming to Sai Kulwant Hall. Even Satyajit who sleeps in My room has seen them. Both of them were wearing yellow dress. Yellow colour represents the principle of Brahman. Today I wanted to bring out a yellow colour Linga. But as I was coming to the Hall, all the students, devotees and residents of the Ashram prayed to Me, "Swami! You need not bring out Linga because we cannot bear the suffering that You undergo. We want to see only Your blissful

form." My heart is totally pure. Whatever I will, it must happen. The heart of the worldly people is always unsteady. But Sai's heart is steady and changeless. How can there be any change in the principle of truth? Nobody can understand this eternal principle of truth. Once there was a yogi who mastered the Vedas and other scriptures after putting in a lot of hard work. When he was asked what he had learnt, he told that he had mastered all the Vedas, Puranas (mythological texts) and other scriptures. However, what is that from which all these scriptures originate? All these have originated from the Word. What is the form of the primordial Word? It is Pranava or Om. God is embodied in sound. All other forms of energy emanate from it. In the same way, the sound of Siva's Damaruka when he performs his cosmic dance contains the sound of all the musical instruments. There is a song which describes the cosmic dance of Siva. The form assumed by Siva while performing the cosmic dance is possible only for divinity and none else. We should never forget such a divine form.

*Lord Siva is lost in ecstasy
Parameswara, Sambasiva is lost in
ecstasy,
Dancing and dancing the Tandava dance
With Sage Narada accompanying on
Tanpura and
The Lord's matted locks shining
brilliantly.
Wielding the Trident, Siva is dancing
Tadhim, Tadhim, Tadhim Tadhimitaka.
Lord Siva ...
With Goddess Saraswati playing Veena
and Indra, the flute,
Lord Vishnu on Mridanga,
Dhimi Dhimi Dhimi Dhimitaka.
Lord Siva ...*

With Ganga coursing through his matted locks.

And the third eye flashing on his forehead,

As the crystal rosary sparkled and glinted,

Siva danced the Tandava.

(Telugu Song)

When somebody asks you, where you have come from, you should not say that you have come from Mysore (Karnataka) or Andhra Pradesh or Tamil Nadu. You should say, you have come from Bharat. You should proudly proclaim, "Bharat is my country." In fact, Bharat is the home of everyone. When I visited East Africa, Idi Amin asked Me where I had come from. I did not say that I had come from Karnataka or Andhra Pradesh. I told him, "I have come from Bharat." If everybody develops such feelings of belongingness to his country, then the whole country will prosper. Very soon, the whole of India will be united and all the differences will disappear.

Man should Remember His Divine Parents

The cosmic dance of Parvati and Easwara is most enchanting. None other is capable of performing it. Parvati and Easwara are the divine parents of all the people of the world. We will be free from all suffering when we constantly remember them.

But today nobody remembers them. How can then people have protection?

Once when Siva and Parvati were moving about in the sky, they saw a person cutting the branch of a tree on which he was sitting. As he was on the verge of falling, Parvati prayed to Siva to save him, "Oh Lord! Please save him when he falls on the ground." But Siva said to Parvati, "It is you who saw him first. It is you



again who realised that he would die when he falls down. So, it is your responsibility to save him." Then Parvati submitted, "Dear Lord, when someone falls on the ground, he will either utter 'Amma' (mother) or 'Appa' (father). If this man utters 'Amma', then I will save him, but if he utters 'Appa', you should save him."

Easwara agreed to this proposal.

As the branch broke, both



Siva and Parvati came forward to save him. But while falling, this man did not utter either 'Amma' or 'Appa'; he uttered 'Ayyo' (alas). Though both Siva and Parvati were waiting to save him, he did not call them. The moral of the story is that we should always remember our parents. One who does not remember his parents even in times of difficulty is really a fool. Lord Easwara and Mother Parvati are universal parents. If one constantly remembers them, one will not encounter any difficulty or suffering. Unfortunately, today people do not remember their parents. That is the reason why they lack protection.

When our end approaches, we should remember either our divine mother or divine father. Those who remember their divine parents are really blessed ones. What to talk of our divine mother and divine father, people today do not remember even their own parents. Why should one remember one's mother? It is the mother who carries you in her womb for nine months and gives birth to you. She brings you up bearing all difficulties. He is a fool who does not remember his mother with gratitude. Similarly, your father bears all types of difficulties to provide education to you and brings you up in life. Is it possible for you to progress in life without going to a preceptor and acquiring education? Hence, everyone should always remember his parents. You may or may not remember anybody else, but you must remember your parents.

Message of Sivarathri

Easwaramma is the mother of this body. The meaning of the word 'Easwaramma' is 'mother of Easwara (God)'. In the history of Divinity, Mother Easwaramma exemplifies Divine Motherhood. Not only this. Pedda Venkama Raju,



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the father of this body, signifies the lord of seven hills. Now both of them are residing in Vaikuntha (heaven). Swami is the incarnation of both Parvati and Easwara. In the triune Sai Avatars, the first one was Shirdi Sai, the second is Parthi Sai and the third will be Prema Sai. Prema Sai will bring about complete unity of mankind. Love is the unifying force in the world. Now we do not find any unity in the world. There are differences and differences all along everywhere. There will be complete unity only when love manifests in the heart of man. Then all will become one. There will be unity of caste, culture and country. When somebody asks you, where you have come from, you should not say that you have come from Mysore (Karnataka) or Andhra Pradesh or Tamil Nadu. You should say, you have come from Bharat. You should proudly proclaim, "Bharat is my country." In fact, Bharat is the home of everyone.



When I visited East Africa, Idi Amin asked Me where I had come from. I did not say that I had come from Karnataka or Andhra Pradesh. I told him, "I have come from Bharat." If everybody develops such feelings of belongingness to his country, then the whole country will prosper. Very soon, the whole of India will be united and all the differences will disappear. It is necessary that there is unity of caste, culture and country. When there is unity between these three, then all of us will become united and live like brothers and sisters. The history of Bharat exemplifies this spirit of oneness.

In the story of the Ramayana, both Kausalya and Kaikeyi shared their pudding of the Yajna with Sumitra when the bowl containing her share of pudding was taken away by an eagle. While Kausalya gave birth to Rama and Kaikeyi to Bharata, Sumitra gave birth to Lakshmana and Satrugna, both of whom served their elder brothers Rama and Bharata respectively. Thus, all the three wives of Dasaratha and his four sons set highest ideals of unity and love in the world. In keeping with the noble traditions set in the Ramayana, we should always maintain unity, morality and spirituality. The name Sumitra itself signifies that she was a good friend to one and all, and paragon of all virtues. Similarly, Sita's other name, Vaidehi signifies that she was the daughter of Videha (one who transcended body consciousness). The Ramayana, the Mahabharata, the Bhagavata and other scriptures give the names which signify great qualities of persons bearing those names. In the same way, God is called by

different names, all of which have deep inner meaning. The name of this body is Sathya Sai. But this has a deep inner meaning and it signifies one who reclines on truth (Sathya Shayee).

Therefore, we should all become united. People may speak different languages, pursue different areas of education but all should follow the principle of one country, one caste and one culture. The present differences have arisen because people are divided on the basis of caste, language and culture. The message of Sivarathri is that Bharat should achieve the objective of unity of the entire country.

Embodiments of Love!

Wherever you may go, you should say with a sense pride that you belong to India and you follow Indian culture and speak its language. It would be very nice if you understand the principle of unity, develop faith in it and lead your life accordingly. There should be unity of caste, culture and country. Only then can our country achieve desired progress. The name 'Bharat' contains two syllables – 'Bha' and 'rat'. 'Bha' signifies God and 'rat' stands for love. Hence, Bharat is that country where people have love for God. You should understand this truth and treasure it in your heart. (Bhagavan sang the Bhajan "*Hari Bhajan Bina ...*") Whoever wishes to have Santhi (peace) must participate in Bhajan. Bhajan alone can confer true peace on us.

– From Bhagavan's Sivarathri Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 6th March 2008.

The only way left for us is to turn our minds within ourselves and find out 'the true and everlasting basis', the supreme source from which alone can we get true happiness and peace in the world. That basis is God, who is in fact dwelling in the heart of everyone of us.

– *Baba*



SIVARATHRI CELEBRATIONS AT PRASANTHI NILAYAM

A MAMMOTH GATHERING OF devotees from all parts of the world thronged Prasanthi Nilayam to celebrate the holy festival of Sivarathri in the Divine Presence of Bhagavan Sri Sathya Sai Baba. The devotees participated with great dedication in the night-long Sivarathri Bhajan which started in the Divine Presence of Bhagavan on the evening of 6th March 2008 after the Sivarathri Discourse of Bhagavan. Sai Kulwant Hall, the venue of celebrations, bore a festive look on this occasion with various beautiful decorations. Video screens had been installed in the Hall and a huge screen was set up outside the Hall near the Ganesh Temple to enable the devotees to watch the festivities conveniently.

Cosmic Dance of Siva: A Ballet

On the eve of the holy festival of Sivarathri, the students of Sri Sathya Sai University performed a dance ballet enacting the mythological story of Ksheer Sagar Manthan (churning of the ocean of milk) followed by the cosmic dance of Siva. The programme began at 6.10 p.m. after the afternoon Darshan of Bhagavan followed by a lively Bhajan session in Sai Kulwant Hall on 5th March 2008. The churning of the ocean by the gods and demons yielded many celestial items, but the emergence of Halahala (deadly poison) portended total destruction. To save the universe from destruction, Lord Siva consumed the deadly poison after which



On the eve of Sivarathri, the students of Sri Sathya Sai University presented the cosmic dance of Siva and the mythological story of churning of ocean by gods and demons on 5th March 2008.

he performed the cosmic dance. The superb acting of the students and their thrilling dances brought the entire mythological story alive. The programme came to a close with Arati to Bhagavan at 6.45 p.m.

Bhagavan's Sivarathri Discourse

On the afternoon of 6th March 2008, Bhagavan came to Sai Kulwant Hall at 5.20 p.m. As soon as Bhagavan entered the Hall amidst Veda chanting by the students of Sri Sathya Sai University, two music teams of students of the University welcomed Him with sweet and auspicious notes of music. After showering the bliss of His Divine Darshan on the devotees who occupied every inch of space in and outside Sai Kulwant Hall, Bhagavan came to the verandah where a huge cake was placed by overseas devotees. Bhagavan graciously lighted





A view of the huge congregation in Sai Kulwant Hall on Sivarathri.

a lamp on it and performed the cake-cutting ceremony at 5.25 p.m. amidst joyous cheers of devotees. After this, Bhagavan came to the dais to deliver His Sivarathri Discourse. Before the Divine Discourse of Bhagavan, Sri V. Srinivasan, All India Present, Sri Sathya Sai Seva Organisations, addressed the gathering. Extending his warm greetings to the huge assembly of devotees on the auspicious occasion of Sivarathri, Sri Srinivasan observed that Sivarathri was the night of revelation and realisation and Sivarathri Bhajan held in the Divine Presence of Bhagavan would spread sacred vibrations to usher in peace, harmony and spirituality in the world. In conclusion, Sri Srinivasan exhorted the devotees to sing the glory of God wholeheartedly and attain His grace. Thereafter, Bhagavan gave His Divine Discourse. Revealing the significance of the three incarnations, viz., Shirdi Sai, Sathya Sai and Prema Sai, Bhagavan observed that Prema Sai will bring about total unity in the world. Bhagavan brought His Discourse (full text given elsewhere) to a close with the Bhajan “*Hari Bhajan Bina Sukha Santhi Nahin...*”

Sivarathri Bhajan and Bhagavan’s Second Sivarathri Discourse

Sivarathri Bhajans, led alternately by boys and girls students

of Sri Sathya Sai University, started after this Bhajan of Bhagavan. Bhajan was carried out throughout the night by groups of students, devotees and Ashram and hospital staff. Many groups of overseas devotees also led Bhajans which were invariably Hindi Bhajans sung with meticulously correct pronunciation. On the morning of 7th March 2008, Bhagavan came to Sai Kulwant Hall at 7.05 a.m. and showered the bliss of His Divine Darshan on the yearning devotees both inside and outside Sai Kulwant Hall. The devotees basked in blissful splendour of Bhagavan’s Darshan while singing His glory for more than half an hour on this auspicious morning before the Sivarathri Bhajan was brought to a happy conclusion at 7.40 a.m. with offer of Arati to Bhagavan. Prasadam was then distributed to the entire assembly of devotees both inside and outside Sai Kulwant Hall.

Bhagavan blessed the devotees with another nectarine Discourse on the afternoon of 7th March 2008. Before Bhagavan’s Discourse, Sri Ajit Popat of London, U.K. addressed the gathering. Sri Popat exhorted the devotees to follow the example and teachings of Bhagavan and dedicate their lives in the service of others. Only then, he added, could they call themselves true devotees of Bhagavan. After this, Bhagavan gave His Discourse and exhorted the devotees to entertain good thoughts and perform good actions so as to enjoy good results. (Full text of Bhagavan’s Discourse has been given elsewhere in this issue.) The programme which began at 5.00 p.m. with Bhagavan’s Divine Darshan came to a close with Arati to Bhagavan at 7.35 p.m., thus marking the happy conclusion of Sivarathri celebrations at Prasanthi Nilayam.





REDEEM YOUR LIFE BY GOOD ACTIONS

*Man is born out of Karma,
He lives and dies in Karma.*

Karma is verily God,

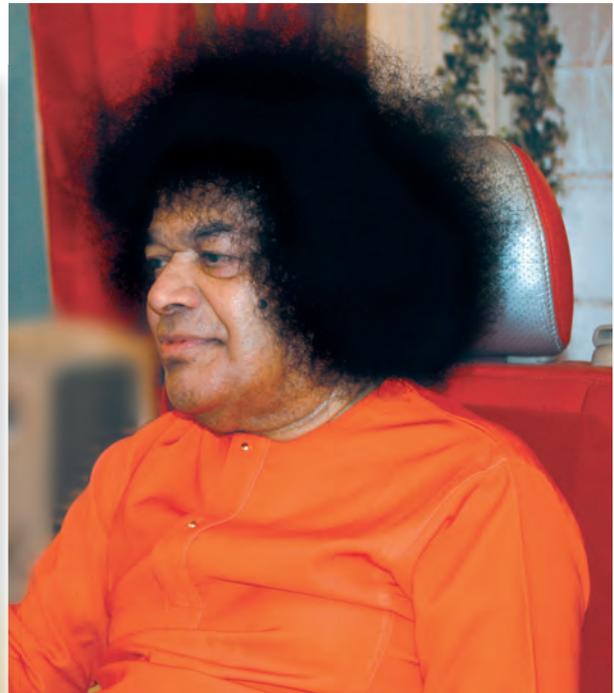
And it is responsible for man's happiness and sorrow. (Telugu Poem)

KARMA IS VERILY THE LIFE of man. Whatever actions man undertakes to perform from morning to evening, he should first understand and then perform. This is the primary duty of man. The nature of the action that you perform determines the type of the result that you get. When man performs good deeds, he will have good results. On the other hand, when he performs actions with evil intention, the results are bound to be bad.

Man should Behave like a Human Being

Bats fly in the sky like all other birds which perch themselves on the branches of trees to take rest. However, unlike other birds, bats hang from the branches with their head down and feet up. Has anybody tied them in this manner with a thread? Or, has someone forcibly put their heads down? No. It is the

First and foremost, students should control their anger. Thereafter, they should develop forbearance. Not merely this, they should always be peaceful. Only when you are peaceful can you understand the real meaning of what you are studying. At this age, students have a sacred heart. Offer your pure heart to God. You may not be able to please everybody in this world, but you must please God.



result of their Karma. In the same way, if man harbours evil thoughts and performs evil actions, he is bound to get evil results. However, if he performs good actions, he will get good results in accordance with the nature of his actions. When we look at them, even bats appear to be like other birds. But, they have a different fate unlike other birds, which fly freely.

We cannot escape from the consequences of our actions. But we perform bad deeds and expect good results. There is none who desires bad results after performing good actions. However, every action has a result in accordance with its nature. When you write correct answers to the questions put by your teacher in the examination, you get good marks. But if you commit mistakes, your marks will be deducted. In the same way, one who is born as a human being should perform actions after enquiring what is good and what is bad. To perform good actions is the primary duty of man. To perform bad deeds is the attribute of an animal. You should always remind yourself that you are a human being and you should perform only those actions which befit a human being. You should ask yourself before performing any action, "Am I behaving like a human being or an animal?" We should perform actions after examining them in a proper way. A human being should perform actions which befit his human birth. If you act contrary to human nature, even your neighbour will chide you, saying "Having been born as a human being, you are behaving like an animal." In this manner, man will be punished by his fellow human beings if he behaves like an animal. Therefore, man should conduct himself like a true human being. It is a disgrace to humanness if having been



Do not have jealousy, anger and ego. Not only that. You should have gratitude for everything good done to you by others. Gratitude is very important. One with a sense of gratitude will reap good fruits wherever he may be. There are some people who betray even those who have done good to them. This is not good. We should be grateful even for a little good done to us. Your life will be a mere waste if you lack gratitude.



born as a human being, man behaves like an animal. Man must conduct himself in a manner which is appropriate for a human being. The result of good actions will be good and bad actions will be bad.

Do not Forget your Humanness

There is no need for God to punish you for the bad actions performed by you. Your own bad actions will give you the punishment. It is not possible to get good result out of a bad action and vice versa. We should understand the truth that we are born as human beings only to perform good deeds. The word 'Manava' (man) consists of three syllables – Ma, na, va. Ma means ignorance, na means without, va means to conduct. A human being is one who conducts himself without ignorance. One who is born as a human being must conduct oneself like a human being and speak sweetly and softly. Among the birds also, there are many categories. Some of them sing sweetly and give happiness to all. But there are others like crow which are disliked by people and are driven always when they start cawing.

One feels like listening to



the song of a cuckoo for any length of time. Similarly, the type of treatment that we receive from others is in accordance with our speech and behaviour. We are born to do only good deeds. A human being should always help his fellow human beings. *Help Ever, Hurt Never*. We should not hurt anybody. Sometimes, we hurt others knowingly. This is a greater mistake. God has given mind, intellect and Chitta (mind stuff) to man to use them in a proper way. It is for this reason that the Vedanta declares *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is the cause of bondage and liberation of man). The mind that has been gifted by God to man should be put on the right path. It is not the nature of a human being to criticise others, to make fun of them or to hurt them. Man should be devoid of all evil. When even animals are doing so much service to man, there is nothing great if man helps his fellowmen. Having been born as a human being, we should love our fellow human beings like our brothers and sisters. That is the hallmark of a true human being.

First and foremost, man should obey the command of God. The same divine principle is present in all human beings. *Daivam Manusha Rupena* (God is in the form of a human being). Man should implicitly follow the command of God who incarnates as a human being. You should listen to the command of God, and not of your friends who may be very close to you. We are born as a human being. Our appearance is also like a human being. So, we have to conduct ourselves like a human being. Never harm anybody by your thoughts, words or deeds. Conduct yourself as a human being and uphold your humanness. Whatever caste or culture you may belong to, you should acquire goodness in accordance with that.

Since you are born among

human beings, live among human beings, you should follow humanness. Only then will your life as a human being become worthwhile. If you forget your humanness, there is no use in performing any amount of Japa, Tapa, Yoga and Yajna (recitation, penance, spirituality and sacrifice). Whatever spiritual practice you may undertake, you can be called a human being only when you uphold humanness.

First Achieve the Unity of Thought, Word and Deed

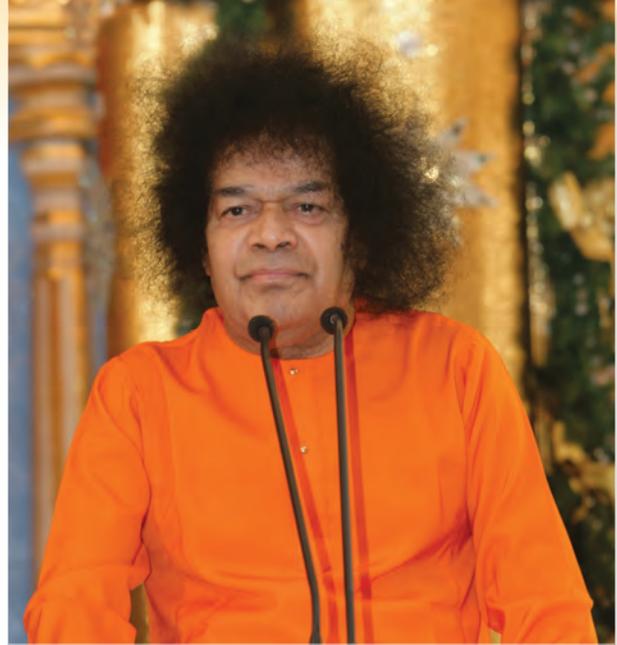
You should perform only those actions which please God. Then only does your life as a human being become meaningful. *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest). You should not waste such a precious and rare human birth. You will lose your humanness completely if you indulge in falsehood, injustice and unrighteousness. Therefore, you should have good thoughts, good speech and good vision. *See Good, Do Good, Be Good*. This is the inner meaning of human life. There are people who may appear to be good and smiling but their vision is filled with evil intentions. This is not good. *Manasyekam Vachasyekam, Karmanyekam Mahatmanam; Manasyanyath Vachasyanyath, Karmanyanyath Duratmanam* (Those whose thoughts, words and deeds are in perfect harmony are noble ones; those who lack harmony of these are wicked). One should have the unity of thought, word and deed. If you have unity, then you will attain purity and purity will lead you to divinity. Therefore, one should have purity in order to attain divinity. Saying one thing and doing something other is not good. This is no unity at all. How can you have purity when you are devoid of unity? Therefore, if you want to have purity, you must have unity. Suppose somebody



criticises you, you should think that this also is for your good. Whatever others may do, think that it is all for your own good. Perform all actions with the aim of redeeming your life. You should see to it that you do not lose your humanness. You may lose any property, but do not lose the property of humanness. Lead your life always smilingly and blissfully. But laughing unnecessarily is also not good. You should perform all actions with good intentions. When you perform good actions, your thoughts will also be good. When your mind is filled with good thoughts, all your bad thoughts will disappear. Therefore, you should always develop only good thoughts. This will lead to good health. We should love everyone. *Love All, Serve All*. If you adhere to these principles, you will always have good health.

It is necessary for man to be healthy. Health is not limited only to physical body; it includes mental well-being also. Never eat improper food. Eat only those food items which are good and sacred and have been sanctified by offering to God. Do not offer improper food to God. Offer only sacred and Sattwic (pure) food to God in clean utensils. You get the result in accordance with the offering that you make. As are the actions performed by us, so is the result that we get. It is not possible to get good fruits by performing bad actions. Therefore, we should perform good actions and experience good fruits. Then only can we have good health. If we eat good food, we will have good thoughts. But people today say one thing and do something else.

Once a Sannyasi came to a house and begged for food. The housewife said to him, "My dear son!



There are people who may appear to be good and smiling but their vision is filled with evil intentions. This is not good. Manasyekam Vachasyekam, Karmanyekam Mahatmanam; Manasyanyath Vachasyanyath, Karmanyanyath Duratmanam (Those whose thoughts, words and deeds are in perfect harmony are noble ones; those who lack harmony of these are wicked). One should have the unity of thought, word and deed. If you have unity, then you will attain purity and purity will lead you to divinity. Therefore, one should have purity in order to attain divinity.

Go to the river and have your bath. Meanwhile, I will prepare food for you." This Sannyasi was an epitome of laziness. He said to her, "Mother!

For Sannyasis like us, *Govindeti Sada Snanam* (reciting the



name of Govinda is like having a bath).” Then the intelligent housewife gave him a befitting reply, saying, “*Govindeti Sada Bhojanam* (reciting the name of Govinda is like having food). Hence, you may go.” It is meaningless to say, *Govindeti Sada Snanam* to justify our laziness and not to have a bath. When you say that reciting the name of Govinda is like having a bath, you should also accept that the recitation of His name amounts to having food. We should observe propriety in our life.

Understand the Importance of Good Company

Sometimes, you may get bad thoughts. You should immediately change them into good thoughts. For this, good company is necessary. *Tell me your company, I shall tell you what you are.* When you join good company, you become good. On the other hand, when you are in bad company, you become bad. Hence, always have good company. How can anybody accept you as a good person when you indulge in smoking, drinking and meat eating. If you want to be good, perform only good deeds. Whatever be the type of action you perform, you will get the result according to that.

Human life is most sacred. It is attained as a result of merits earned in many previous births. Thousands of people have gathered here. For what? Only for God. Many people gather at places like liquor shops also. But there you cannot have good thoughts. Therefore, we should always have good company.

We should join good company and develop good feelings. Do not have jealousy, anger and ego. Not only that. You should have gratitude for everything good done to you by others. Gratitude is very important. One with a sense of gratitude will reap good fruits wherever he may be. There



You should perform only those actions which please God. Then only does your life as a human being become meaningful. Jantunam Nara Janma Durlabham (of all living beings, human birth is the rarest). You should not waste such a precious and rare human birth. You will lose your humanness completely if you indulge in falsehood, injustice and unrighteousness. Therefore, you should have good thoughts, good speech and good vision. See Good, Do Good, Be Good. This is the inner meaning of human life.



are some people who betray even those who have done good to them. This is not good. We should be grateful even for a little good done to us. Your life will be a mere waste if you lack gratitude. Develop good qualities. Wherever you may go, you should conduct yourself with good feelings and serve everyone. Even if you come across your enemy, you should offer your greetings to him. Then he will also reciprocate in the same manner. On the other hand, if you talk to him with disrespect, he will also show disrespect to you. Our entire life is reaction, reflection and resound. If you want to achieve good results, you should lead a good life. If you work hard and study well, you will secure first rank. But if you do not study well, how can you get good marks? If you do not study well and yet get good marks, people may doubt that you have copied in the examination. Your conscience is your witness that you have got good marks because you have written your examination well. Hence, do good and experience goodness.



Only then will your life as a human being become meaningful. Live your life as a human being.

You need not pray to God for protection. Your goodness will protect you. Your goodness is your true support in life. *Manasuku Manasu Sakshi* (mind is the witness of mind). We do not need any other witness. Lawyers say, witness, witness, witness. But what sort of witness? Not always a true witness. Our true witness is only our mind. Whether for earning money or developing virtues, we should act in a righteous manner. We should perform only those actions which are acceptable to our conscience. Self-satisfaction is very important. We can perform self-sacrifice only when we have self-satisfaction. Students! Right from this age, you should develop good feelings. This is true education. There is no use reading big books without developing good feelings. There are many students who appear to be studying all the time. But nobody knows what they are really studying. You should study something only after knowing that it is good for you. You should not read those books which teach you to go on the path contrary to humanness.

Perform All Actions to Please God

You are all students. Hence, your only objective is to acquire education. But what sort of education? Atma Vidya (education of the Self). You should study for self-satisfaction. Some students study day and night. But nobody knows what they study. They have big big books and in these big books they keep trash books and read them. Their parents feel happy thinking, "Our child is reading the Mahabharata!" You should not resort to such evil practices. When you act in this manner, you will lose respect in society. Not only that, your life itself will be ruined.

First and foremost, students should control their anger. Thereafter, they should develop forbearance. Not merely this, they should always be peaceful. Only when you are peaceful can you understand the real meaning of what you are studying. At this age, students have a sacred heart. Offer your pure heart to God. You may not be able to please everybody in this world, but you must please God. If you return the money given to you by someone, he will be satisfied. But you should not return only the money, you should give him love also. You should treasure gratitude in your heart. Then only can you say that you have repaid your debt. Everybody wants happiness. But where is happiness? "*Hari Bhajan Bina Sukha Santhi Nahin ...*" (There can be no happiness and peace without chanting the name of God). That is why Guru Nanak started the practice of community singing. When many people sing the glory of God together, at least a few of them may be able to focus their mind on God and achieve self-satisfaction. Some people may be dozing during Bhajans, while the mind of some others may be wandering here and there. But at least one person's mind will be focused on God. Hence, community Bhajan singing is very good, which will fill your heart with bliss.

Yesterday was Sivarathri. Sivarathri means auspicious night; the night to develop virtues. Day and night come one after the other. But all nights are not Sivarathris. The night on which you recite the name of God is real Sivarathri. That is the night which brings auspiciousness to you. Hence, you should develop good feelings in your heart at least on Sivarathri.

– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 7th March 2008.



Welcome arch at the entrance of the exhibition.

DEVOTEES THROU “JOURNEY WITH SAI” EXHIBITION

THE PHOTO EXHIBITION “Journey with Sai” inaugurated by Bhagavan on 1st March 2008 (reported in the previous issue) continued up to 9th March 2008. During this period, the exhibition attracted nearly 14,000 visitors. They included about 2,600 students of various Sathya Sai educational institutions, viz., Sri Sathya Sai Primary and Higher Secondary Schools at Prasanthi Nilayam, Sri Sathya Sai Loka Seva institutions at Alike and Muddenahalli, and those of Brindavan, Anantapur and Prasanthi Nilayam campuses of Sri Sathya Sai University. Besides the students and other visitors, many dignitaries visited the exhibition and evinced great interest in it. They included Sri Indulal Shah, International Advisor, Sri Sathya Sai Organisations; Justice P.N. Bhagwati, former Chief

Justice of India; Dr. J. Geeta Reddy, Minister for Major Industries, Sugar, Commerce and Export Promotion, Andhra Pradesh; Sri K. Chakravarthi, Secretary, Sri Sathya Sai Central Trust; former Vice Chancellors of Sri Sathya Sai University, Dr. G. Venkataraman and Sri S.V. Giri; the present Vice Chancellor Sri Anil V. Gokak; Sri V. Srinivasan, All India President, Sri Sathya Sai Organisations; Dr. Michael Goldstein, Chairman, Sri Sathya Sai World Foundation; Dr. Narendranath Reddy, Director, Sri Sathya Sai World Foundation; Sri C. Sreenivas, Member, Sri Sathya Sai Central Trust; Air Chief Marshals, Sri O.P. Mehra and Sri N.C. Suri; Dr. A.N. Safaya, Director, Sri Sathya Sai Institute of Higher Medical Sciences, State Presidents of Sri Sathya Sai Seva Organisations, Wardens and Principals of the three



Students avidly viewing the exhibits of "Journey with Sai: A Photo Exhibition" in Poornachandra Auditorium.

campuses of Sri Sathya Sai University and a host of other dignitaries. Many visitors gave their valuable comments, recommending the holding of this exhibition at various other places in India and abroad. Some of them suggested making of books and DVD's for wider dissemination of the information contained in the exhibition.

Set up in the spacious Poornachandra Auditorium, the exhibition depicted a short

Delhi, Haryana, Punjab, Madhya Pradesh, Uttar Pradesh, Uttarkhand and East Africa through nearly 700 photographs. The photographs containing the date and place of each visit were chronologically arranged and attractively displayed in nine pavilions. There was a special pavilion for "Sanathana Sarathi" which showcased its brief history, its phenomenal growth and its role in the Divine Mission of Bhagavan. There were two pavilions for video section. One of these screened the documentary film, "Sanathana Sarathi: 50 Glorious Years" in English and Telugu and the other showed video films on Bhagavan's visits to various places. Another pavilion was devoted to Prasanthi Nilayam which briefly showed its development and growth as the spiritual centre of the world. Besides the photographs and films, text matter containing a short history of Bhagavan's visits was prominently displayed in English, Telugu and Hindi for the information of visitors. Bhagavan's important messages



Devotees in large numbers visited "Journey with Sai: A Photo Exhibition" held in Poornachandra Auditorium from 1st to 9th March 2008.

history of the visits of Bhagavan Sri Sathya Sai Baba from 1940's to date to various places including Andhra Pradesh, Tamil Nadu, Maharashtra, Gujarat, Kerala, Karnataka, Jammu and Kashmir, Himachal Pradesh,



Visitors to the exhibition watching the documentary film, "Sanathana Sarathi – 50 Glorious Years" in the video pavilion.

regarding "Sanathana Sarathi" and His Divine Mission along with His large-size photographs were also aesthetically displayed in a large number of illuminated panels. The altar set up in the centre of the exhibition was also a great source of attraction for the visitors.

PEACE MOVEMENT OF A HIGH CALIBRE

"If I started lecturing all over the world on Swami's teachings, that is not going to change anybody. If I live His message in my own context, in whatever vocation of life I am, that will influence people. What you and I can do, and people here around Swami can do, is become living examples of Swami's message," said Sri M.K. Rasgotra, former High Commissioner of India in London in an interview for Radio Sai Global Harmony by Dr. G. Venkataraman, former Vice Chancellor of Sri Sathya Sai University.

SAI RAM, SIR, AND A WARM welcome to the studios of Radio Sai. This is the first time we have the pleasure and privilege of interviewing a diplomat of great eminence and experience. Let me ask you this opening question. How and when did you come to Swami?

Let me thank you, dear professor. It is my pleasure and privilege to be here. Though I had my first Darshan of Swami in April 1972 in the house of Sri Sohan Lal in Delhi, I had my first real meeting with Him in Anantapur on 2nd July 1972 which has been the luckiest day in my life ever since.

Some time after His Darshan in Delhi, I went to Srinagar for a long holiday. Meanwhile, Government of India asked me go to London as Deputy High Commissioner. So, I flew down to Thiruvananthapuram to fetch my wife back to Delhi from where both of us were to go to London. The flight used to stop at Bangalore. Something happened to my plane, and it was announced that my flight could not proceed to Thiruvananthapuram. We had to wait for one day at Bangalore. So, I decided to go to Swami's Ashram at Whitefield. But Swami was not there. So, I went to Puttaparthi where Prof.

Kasturi told me that Swami was at Anantapur. Spending the night at Puttaparthi, I went to Anantapur College next morning.

The Principal of the college asked me to sit in the waiting room. After talking to various

I think, His message is very simple. It is in the framework of human values, of which one is non-violence. Wherever I see, I see His subtle influence at work. Wherever violence has erupted, you find that it doesn't work somehow. When I go to Pakistan, I see that people there are also beginning to learn about Swami's message. It is a peace movement of a very high calibre. I see it with my limited vision. He is spiritualising human understanding of human affairs. This is an enormous task, even for an Avatar.

people, Swami beckoned me and I touched His feet. He produced Vibhuti for me. He gave me a lot of time, at least an hour or so. I insisted on sitting at His feet, but He asked me to sit on the sofa. Anyway, we talked. That was my first lesson in spirituality. It began with His narrating various incidents of my life which were known only to me. And then, He said, "*Tum London jata hai, High Commissioner hoke?*" (you are going to London as High Commissioner?). I said, "Baba, I am going as Deputy High Commissioner." He said, "*Hum bola na tum High Commissioner hota hai*" (I told you that are High Commissioner).

He gave you promotion!

Yes. Then He said, "Lot of problems there. *Bahut dushman hai tumhara* (you have many enemies). *Bahut* problems." I got a bit frightened. I asked Him, "Baba, what should I do?" He said, "You just do your work. Do what you think is right." The conversation was partly in English, mostly in Hindi though. Finally, I took leave.

You forgot about your flight!

While I was sitting with Him, I forgot everything. His charming personality and magnetic presence fascinated me. I was amazed at the simple way in which He was telling such profound truths. When I landed at the airport, there was still an hour to spare for the flight to leave.

One question that we normally ask is about unusual experiences relating to Swami. Have you had any? Some people have, some people don't. May be you could share one or two things with us.

His first miracle that He intended for me happened during a subsequent visit of Swami to Delhi in the same

house. This time, I was going there everyday. One afternoon, I had to go somewhere for dinner. This must have been 1975. I was then Ambassador in Nepal already; I had left London. As I was leaving the gate, Sohan Lal came running after me, panting and said, "*Ruk Jao. Ruk Jao* (stop, stop)." I stopped and went. He just caught hold of me and dragged me into the dining room. It must have been 6.30 or 7.00 p.m. There were about 20 devotees seated on the ground on three sides of the dining hall. And on the fourth side was Swami with a small table in front of Him, laden with food, which He hardly touched. You could feel His presence. I was sitting right in front of Him. This must have been Swami's direction, because nothing ever happens without His Will.

I had to go to dinner elsewhere, so I was a little sparing on the food. I was constantly focusing my eyes on Him. I looked around and found everybody busy with food. As I looked at Swami, I saw a halo of sunlight, not unpleasant on the eye, about 6-inches wide, around Swami's head. Swami looked at me and smiled. There was no beam of sunlight in the room as it was evening. It was surely His aura. Swami was sitting against the wall and the aura was separate from the wall. There was about 6-inches wide circle of light around His head. I saw it again and was dazed. I looked around; nobody was looking at Swami. It was just special for me! I got the confirmation from Swami Himself later. The dinner ended and Arati was performed. I did my Namaskar to Swami and Swami said to me, "*Kuchh Dekha?*" (did you see anything?). I touched His feet and took leave. This was a doubt remover.

Swami gave me a new life in 1986. I was dead as a dodo on the 2nd of July 1986. I had a massive heart attack. I had to be



given that revival shock before the thing went blank. It worked out; after about 12 hours or so, I regained consciousness. My younger brother came to Puttaparthi to tell Swami. Swami said, “*Kuchh nahin hai*” (there is nothing). I was in ICU for about 5-7 days, then in the hospital further 10 days before I came home. Swami sent message and His blessings, telling not to worry. The doctors in Delhi said that there were three serious blockages in my heart. They were in two minds, whether to recommend surgery or not. They would not recommend surgery here, in Delhi. In those days, Delhi was not all that advanced in heart surgery.

In 1987, I came to Puttaparthi. Swami blessed me and reassured me. He didn’t talk much about it. If I tried to talk about it, He would say, “*Kuchh nahin hai.*” Meanwhile, I was appointed as High Commissioner of India in London. Everybody said to me, “Now that you are going to London, you can get the bypass surgery done there.”

In the Trombell Hospital in London, the director of hospital, led a team of doctors and did an angiography. Angiography located massive blockages and so on. So, the doctor said bypass is necessary. We had a family council. My wife said why not have it? My son said the same thing. By then my faith in Baba had firmed up. I said to them, I will have surgery only if Baba says so. Coincidentally, Swami invited me to Puttaparthi to give the Convocation Address in November 1988. I came here, looking emaciated, having lost about 10-15 kg. I was put up in the Poornachandra guest house. I was looked after very well. Swami came to the room and said, “*Idhar tum sab pani pee sakta hai, pani bilkul achchha hai* (water here is good. You can drink this water).” He was instructing everybody and telling what to give me, diet, etc. He is

always a perfect host! There is no better host anywhere!

Anyway, I gave the Convocation Address. The following day, I took out the angiography and said to Swami, “All these doctors are saying that I need bypass surgery.” He looked at me and the angiography, laughed and said, “*Kya? Nahin kama hai.* (What? Surgery is not to be done).” I repeated two or three times. I explained the urgency and importance. He got a little fed up. He said, “*Hum ne bola na, tum ko jaroorat nahin hai. Viswas nahin hai? Phir se angiography karaoh. Kuchh nahi dekhega. Main tum ko dekh raha hoon.*” (I have told you that you do not need surgery. If you have no faith, get angiography done again. You will not see anything, I am looking after you). That was the end of story.

Now not for a moment the thought occurred to me that I will have another angiography. My faith had firmed up to that extent. You see me now. This was in 1988. I am now fit as a fiddle. I walk 5 or 6 km when I go out for a walk. I do yoga half an hour, everyday. I eat normally. I have even put on a little weight.

When you went back, did the doctors ask you?

Yes, they did. I said, “Thank you. My Guru has told me I don’t need surgery.” They thought I was a fool of some kind; even High Commissioners can be foolish! I firmly refused. From that day, I also decided when this Divine Physician is looking after me, why do I go for these six monthly check-ups? And I stopped going to the hospital. Now for the last 10 years, I haven’t had a check-up. I get my check-up here!

I used to come to Him at least once when I was abroad, and twice when I was around here. He was watching me



every time I came. He would give me Vibhuti and I would swallow it then and there. Finally, one day, He took me into His room. "Sab kaisa hai?" (how is everything?) He asked. I said, "Swami, by Your grace I am fine." He thumped my heart and said, "Now this thing is perfect." *Ab yeh bilkul theek hai.* So, my treatment was in His hands. He gave me a second life, which today is more than 20 years old. Doctors had given me only 2-5 years.

At this point, I want to go to a different topic because it is important. If you look around the world, there is so much of conflict, violence and sometimes things look pretty hopeless, whether it is the Middle East, Africa, Latin America or other places. You are aware of Swami's teachings and message. Do you feel Swami's message would be accepted by the world? Is the world ready?

The world, as I have seen it, is not yet entirely ready. But world is in the process of getting ready.

That is heartening, can you enlighten further?

I see a change. I have talked with Swami several times. I talk to Him when I go to a new post. In Delhi itself, there was a lot of scepticism. People there were not aware of Swami's teachings. But now His name there is a legend. I went from China to Moscow, to United States, to Latin America. Everywhere, there is a Sathya Sai Centre. There is somebody holding the torch for that teaching. It is making waves. But this is a slow process.

I have asked Him, "There is so much poverty in India. Why? You are here. Why can't You reform this country?" He has told me, "Time *lagega*" (it will take time). I told Him, "I am Ambassador here, I am Ambassador there. Why don't You come? Come to London. Come to wherever I am." His answer was, "First, I have to set India right."

As I looked at Swami, I saw a halo of sunlight, not unpleasant on the eye, about 6-inches wide, around Swami's head. Swami looked at me and smiled. There was no beam of sunlight in the room as it was evening. It was surely His aura. Swami was sitting against the wall and the aura was separate from the wall. There was about 6-inches wide circle of light around His head. I saw it again and was dazed. I looked around; nobody was looking at Swami. It was just special for me! I got the confirmation from Swami Himself later. The dinner ended and Arati was performed. I did my Namaskar to Swami and Swami said to me, "Kuchh Dekha?" (did you see anything?).

And He is setting India right. I think, His message is very simple. It is in the framework of human values, of which one is non-violence. Wherever I see, I see His subtle influence at work. Wherever violence has erupted, you find that it doesn't work somehow. When I go to Pakistan, I see that people there are also beginning to learn about Swami's message. It is a peace movement of a very high calibre. I see it with my limited vision. He is spiritualising human understanding of human affairs. This is an enormous task, even for an Avatar. In the times of Rama and Krishna, the world was very limited. Now in the world, there are six billion people in about 200 different countries, often at conflict in terms of national interests and so on. But there is His subtle influence creeping all over. Wherever His word has reached, conflict has vanished.

Let me then wrap it up by asking you, what, sir, do you think we all should be doing to spread His message? Obviously, there is a desperate need for His message because that is the only cure.

If I started lecturing all over the world on Swami's teachings, that is not going to change anybody. If I live His message in my own context, in whatever vocation of life I am, that will influence people. What you and I can do, and people here around Swami can do, is become living examples of Swami's message.

O.k., Ambassador, I want to ask you one question. This is definitely related to international affairs and Swami's love. In 1988, did you see any Russians here?

In 1988, no, I don't think so. I have been here continuously since I superannuated over 11 years ago and I have been astonished by what I might call the Russian phenomenon. For two years, almost every other day, Swami would pick up Russian groups for interview. They came in waves. Something tremendous happened quietly in a huge country where He was not known at all. He is now known everywhere in Russia, and without the help of any Hislop or Murphet or Kasturi, all by Himself He has brought Russia here.

He has got a master plan. You see in Holland, there was nobody when I went there as Ambassador. Then, one Sai Centre propped up somewhere. In France, there was nothing. In England, when I went there in 1972, Swami said to me among a lot of other things, "*Dekho, London mein ek hamara centre hai. Usko dekhna*" (there is a Sai Centre in London. Look after it). And He gave me the name of that gentleman. So, one of the first few days after

I went, what I did was to track him down. And he asked me, "Will you come to our Bhajan?" I said, "Swami has asked me to come to you. I will come to the Bhajan." I started going to the Bhajan there. There were then 10 to 20 people. When I left, and don't misunderstand me, it is not my doing, it was Swami's doing! When I left there, in the Centre's weekly Bhajan there used to be on Sundays at that time 1,000 people, 1,500 people, 2,000 people. Now, there is a multiplicity of Sai Centres in London, all over Britain actually, all over Europe. Swami has now caught on to Russia. Time to reform it.

The U.A.E. Ambassador to Moscow, he was here with his wife. It is spreading!

Yes, it is spreading.

It happened so quietly, without even us knowing it was happening.

That is why it is effective. I think the change in Russia is one of the great remarkable miracles. It just happened like that.

That had to happen. It was God's Master Plan. Similar is the receding of nuclear threat between the two superpowers of that era. At some time, after Cuba it was quite nasty.

All of a sudden, you don't even remember, some major threats have receded. In 1979, looking at Berlin, it was a frightening experience ten feet away. Now that wall is in super markets. The wall around the minds of people and hearts has to break. I hope, you and I will be around to see that happen. It is a blessing to be around while He is there. There is an enormous amount of change in the world.

Thank you, sir, for your visit. Please come again and tell us more about your experiences with Swami.

Courtesy – Radio Sai Global Harmony

SOLAR COOKERS FOR VILLAGERS

The sun is an immense ball of hydrogen and helium. There is immense scope for harnessing a small fraction of the energy coming to the earth from the sun.

– Bhagavan Sri Sathya Sai Baba

DELINEATING THE BENEFITS of solar energy, Bhagavan said this on 4th March 1993. In light of the energy and environmental crises around the world, we can now – some fifteen years later – better understand what Swami was guiding us to do. For the past three years, the Easwaramma Women's Welfare Trust has had two main projects: medical camps in 22 villages surrounding Prasanthi Nilayam, which provide up-to-date medical pre-and postnatal care for mothers and infants, as well as nutrition and hygiene education; and training projects for village women, including large-scale food preparation, packing, fresh juice bar, and tailoring. This past year the Women's Trust also added a purified drinking water project. EWWT has also done outreach to the villagers in the form of bicycles, Saris, water filters and cows.

Now, in one humble initial effort to put Swami's direction about solar energy into practice, the Easwaramma Women's Welfare Trust will add a new item to their outreach. EWWT has adapted a simple solar cooker for use in Andhra Pradesh. Villagers will be able to carry these cookers to the fields with them, saving early morning



Bhagavan inaugurated the new project of EWWT regarding distribution of solar cookers to villagers on 25th January 2008.

cooking time and providing them with fresh, hot food. The use of these cookers will also save the considerable time that is required for villagers to go to the hills periodically in search of firewood. The cookers would provide an alternative for villagers who have begun using gas stoves, which they cannot afford. The solar cookers are also eco-friendly, requiring no fossil fuels to operate and releasing no gas, heat or fumes into the atmosphere.

Bhagavan graciously inaugurated the project for the Easwaramma Women's Welfare Trust on 25th January 2008. EWWT will

Continued on page 126 ...



CELEBRATIONS AT PRASANTHI NILAYAM

An Excellent Musical Presentation

MORE THAN ONE THOUSAND senior Sai devotees representing all parts of Andhra Pradesh came to Prasanthi Nilayam on 1st March 2008 to invite Bhagavan to Hyderabad during summer. On 2nd March, Sai Youth of Hyderabad presented a medley of devotional songs and Bhajans



Sai Youth of Hyderabad presented a medley of devotional songs and Bhajans in Sai Kulwant Hall on 2nd March 2008.

in Sai Kulwant Hall in the Divine Presence of Bhagavan. Beginning with a welcome song to Bhagavan at 5.15 p.m., the singers first enthralled the audience with devotional songs and then sang Bhajans in a continuous strain, surcharging the entire milieu with spiritual vibrations. During the course of this devotional music programme, Bhagavan called two youth to the dais and materialised a gold chain for each. The programme came to a close at 6.15 p.m., after which Bhagavan distributed clothes to the singers and posed for group photos with them. At 6.40 p.m., Bhagavan accepted Arati to mark the conclusion of the programme.

A Magnificent Vocal Music Concert

Pandit Jasraj, a renowned Hindustani vocal music maestro, enthralled the devotees with a stellar performance on the afternoon of 4th March 2008 in the Divine Presence of Bhagavan. Presenting his concert from the Bhajan Mandir, the eminent musician sent the devotees into raptures with his masterly rendering of Mira Bhajans and other devotional songs. At the end of this hour-long concert presented by Pandit Jasraj in the accompaniment of his disciples, Bhagavan blessed him and his team of artistes. He also materialised a gold chain for one of his disciples.

Sterling Performance of the Students of Sri Sathya Sai University

Academic excellence of the students of Sri Sathya Sai University came to the fore when 30 of its students passed with distinction the All India Graduate Aptitude Test in Engineering (GATE) held all over India on 10th February 2008. The students of the University excelled in all the disciplines in which they appeared, namely, physics, life sciences, chemistry, engineering sciences, mathematics and information technology. To top it all, three students of the University secured 2nd and 4th ranks in physics and 7th rank in life sciences in this all India examination.

On the afternoon of 15th March 2008, the Revered Chancellor of the University, Bhagavan Sri Sathya Sai Baba showered His blessings on the students in Sai Kulwant Hall, distributed watches to them and posed for

group photos with them. He also materialised a gold chain for the student who secured the 2nd rank in physics. One of these students spoke on this occasion and expressed gratitude to Bhagavan whose grace, he said, had made this achievement possible by the students. Sri Anil Kumar, a faculty member of the University, observed in this regard that Bhagavan's grace and the integral system of education of the University introduced by Bhagavan was responsible for the all-round development of its students which included their academic excellence. Bhagavan also blessed the staff members of the University who helped the students in the preparation for this examination.

Holi Festival at Prasanthi Nilayam

The joyous festival of Holi was celebrated at Prasanthi Nilayam in the Divine Presence of Bhagavan Sri Sathya Sai Baba. On this occasion, Bal Vikas children, Sai Youth and devotees of Bihar and Jharkhand presented beautiful music and cultural programmes on 22nd, 23rd and 24th March 2008.

The programme on the Holi day, i.e., 22nd March 2008 began at 4.50 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. The first item of the programme was a beautiful dance on the Gayatri Mantra accompanied by appropriate devotional music. This was followed by a song on the glory of Sai Avatar and a thrilling Qawali on Grama Seva depicting the transformation brought about in villages of India by the programme of village uplift. Then followed a beautiful dance accompanied by the recitation of Sivashtakam (verse in praise of Siva). After this dance by Bal Vikas children, there was a sufi song of Bulleshah sung solo by a lady singer in her melodious voice. The grand finale



Bal Vikas children of Bihar and Jharkhand presenting a beautiful Qawali on Grama Seva as part of Holi celebrations at Prasanthi Nilayam on 22nd March 2008.

of this beautiful programme of songs and dances was Ras Leela admirably performed by the Bal Vikas children accompanied by devotional songs in praise of Lord Krishna including some Holi songs. Good devotional songs, sweet music and excellent dances of children made the entire programme lively and delightful. At the conclusion of the programme, Bhagavan blessed the participants and posed for group photos with them. The programme came to a close with Arati to Bhagavan at 6.05 p.m. Prasadam was distributed to the entire gathering of devotees in the end.

Bhakta Sabari – A Drama: On 23rd March 2008, Bal Vikas children of Bihar and Jharkhand enacted the drama “Bhakta Sabari”, depicting the inspiring life story of this great devotee of Lord Rama who attained His grace by suffusing her life with Rama's Name and by deep yearning for His Darshan. Excellent acting of the children, sweet songs and powerful singing support of the singers made the drama lively and impressive. The drama which commenced at 6.05 p.m. came to a close at 6.50 p.m. with group chanting of Rama's Name by the entire troupe while making the final formation for Bhagavan's blessing.

Bhagavan blessed them





A scene from the drama "Bhakta Sabari" enacted by the Bal Vikas children of Bihar and Jharkhand in Sai Kulwant Hall on 23rd March 2008.

all and posed for group photos with them. He also materialised a gold chain for the child who enacted the role of Sabari. The programme concluded with offer of Arati to Bhagavan at 6.55 p.m.

An Excellent Cultural Programme: On the afternoon of 24th March 2008, Sai Youth of Bihar and Jharkhand presented an excellent cultural programme which began at 5.55 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. The youth, both boys and girls, first sang group devotional songs in Hindi, English, Telugu and Sanskrit to the accompaniment

... Continued from page 123

begin this initiative by giving out 200 cookers, educating the village recipients on how to cook with them and on the advantages of using them. Since this innovation represents a break with tradition, there might be some natural resistance to the idea. So, follow-up teams will go to villages to monitor the response and



Sai Youth of Bihar and Jharkhand enacted a drama on the theme of Village Integrated Programme in Sai Kulwant Hall on 24th March 2008.

of sweet and thrilling music, which delighted one and all. After this, they presented a drama on the significance of Village Integrated Programme which is being conducted by the Sai Organisation for the progress of villages and transformation of the youth. A true-to-life story, sterling acting of the youth, ingenious insertion of excerpts of Bhagavan's poems and Discourses at appropriate places in the drama made it a superb presentation. The programme came to a close with Arati to Bhagavan at 7.00 p.m., marking the conclusion of joyous Holi celebrations at Prasanthi Nilayam.

troubleshoot any problems that may arise. If the villagers like the cookers and become used to them, they are expected to prefer this way of cooking to the old ways.

Once this project is successful, it may give rise to a supplemental project using biogas fuels for cooking.



NEWS FROM SAI CENTRES

ITALY

A TWO-DAY CONFERENCE entitled “Love All, Serve All: An Opportunity to Experience” was convened in Pescara, Italy on 16th and 17th February 2008. More than 400 devotees attended the conference. There were several noteworthy speeches. The first was by Marco



More than 400 Sai devotees participated in the two-day conference on “Love All, Serve All: An Opportunity to Experience” held on 16th and 17th February 2008 in Pescara, Italy. The picture shows a section of the audience.

Pesce, the National Coordinator of the Sai Organisation of Italy. He thanked all the members of the Central Council of Italy for their dedicated services in carrying out the various activities of the Italian Sai Organisation. Ivan Bavcevic, the European Youth Coordinator of Zone 6, who is from Croatia, gave a speech in Italian on the theme of surrender, and maintaining equanimity through all circumstances in life. In addition to answering many questions

from the audience, Dr. Michael Goldstein, Chairman of Sri Sathya Sai World Foundation, gave an inspiring talk. He said, “A Sai Centre is a spiritual place, not a philosophical, intellectual or political place ... The mandate is that we must restore peace, mutual understanding and respect among all devotees. We must restore selfless love among all who are present and all who are not here.” In her talk, Alida Parkes, Chairperson of Zone 6, emphasised the theme of unity. She also read the letter from Dr. Narendranath Reddy, Director, Sri Sathya Sai World Foundation. In his letter, Dr. Reddy conveyed Swami’s message to the Italian devotees that they should focus on unity, love and harmony as necessary means to enable spiritual transformation and realise their divine nature.

Three video films were shown in the conference. The first film described the initial thirty years of the Italian Sai Organisation. This film was made possible by collecting data, notes, photographs, film footage and interviews of many devotees. A second film about Swami’s elephant, Sai Geeta, delighted attendees. This touching film emphasised the mutual bond of love between the Creator and His creation. Finally, the film ‘His Work’ was shown. This film beautifully documents the many humanitarian projects initiated by Bhagavan in India.

MAURITIUS

Bhagavan’s 82nd Birthday was celebrated on 23rd November 2007 with a grand, multi-faith celebration





A grand multi-faith function marked the 82nd Birthday celebrations of Bhagavan Sri Sathya Sai Baba in Mauritius on 23rd November 2007 which was attended by the Acting Prime Minister and Minister of Tourism and Foreign Affairs and the Mayor of Quatre Bornes, and was covered by national television.

attended by the Acting Prime Minister and Minister of Tourism and Foreign Affairs, L. Xavier Duval and the Mayor of Quatre Bornes, Regina Maudar. National television covered the event, which was attended by more than 200 people. The function started with a Human Values Walk through the town of Quatre Bornes led by a marching band, the singing of human values songs and waving of flags bearing messages of human values. Participants included Sathya Sai devotees and citizens belonging to different religious and ethnic backgrounds. Children, teachers and parents from a local school adopted by the Sathya Sai devotees also joined the celebrations. After the walk, the programme continued with various EHV programmes, multi-faith prayers, cultural dances, singing and talks by distinguished persons. People of different faiths addressed the august gathering on the teachings and inner significance of Swami's Mission on earth to bring global harmony and unity.

EL SALVADOR

The Sathya Sai Institute of Human Values in El

Salvador offers a diploma course in Sathya Sai Education in Human Values. Each course includes 84 hours of training over a 4½-month period and prepares teachers to teach EHV to children in public schools. Teachers who have gone through the training have described it as one of the best professional development training programmes they have received, and there currently exists a waiting list to take the diploma course. Thirty-six students were enrolled in the most recent course that started on 9th February 2008. Since 2002, 13 courses have been conducted for professional teachers free of cost.

Twelve Institute teachers who conduct these trainings are Sathya Sai devotees with experience in teaching human values. They started their work by teaching human values classes in adopted schools before becoming part of the Institute team. The Institute has also sponsored two music festivals for schools participating in the human values programme.

U. S. A.

On Sunday 27th January 2008, Sathya Sai devotees from Region 8 organised the Second Free Pet Health Screening Day at Memorial Park, Chula Vista, California, a poor community south of San Diego, close to the border with Mexico. With 8 veterinarians, 22 veterinary technicians, 23 local high school students and 108 volunteers, 240 dogs and 58 cats were examined. All the dogs received deworming medication, flea control treatment and a full examination. Groomers were on sight to trim nails, clean ears and give grooming tips. Vaccines were administered depending on the need, age and circumstances. After 100 dogs received the rabies vaccine for free, the city of Chula



Sathya Sai devotees of Pacific Region South organised their second Free Pet Health Screening Day at Memorial Park, Chula Vista, California on 27th January 2008 in which 240 pet dogs and 58 cats were examined and provided treatment.

Vista provided licences for them. The benefits of having fewer stray dogs and cats were addressed. Ten dogs and two cats had blood tests, and the results were referred to three local veterinarian hospitals that chose to participate in these efforts. The pet owners were given a gift bag filled with pet food, gift coupons and a medical record booklet. All the pets were given water and pet biscuits while they were waiting for the examination. Pet owners were filled with gratitude and some even wanted to volunteer their time for the next veterinary camp. Respect, compassion, kindness, and patience were felt throughout the camp.

THAILAND

Thailand Sai Organisation's annual Sadhana Camp was held from 29th to 31st December 2007 at Maesai, in the northern tip of Thailand. The theme of the camp was "Master the Mind, Be a Mastermind." Ninety-three participants attended the camp. The President of the Sathya Sai Foundation of Maesai and the National Chairman delivered the camp's opening notes. The keynote speaker, Dr. Art-



Thailand Sai Organisation organised its annual Sadhana Camp at Maesai from 29th to 31st December 2007 on the theme "Master the Mind: Be a Mastermind" in which 93 participants took part.

ong Jumsai, spoke about the Sathya Sai School and the forthcoming Education Conference at Prasanthi Nilayam in July 2008. It was followed by a very practical workshop by Dr. Jirattikarn Pongpakatien on becoming aware of obstacles in the mind and their reflection in our daily actions and life.

The "Challenges of the Youth" was a dynamic session led by Sri Manoj K. Singh, Youth Advisor. Following Sri Singh's presentation, several youth spoke about how the Nine Point Code of Conduct had helped them to be on the right path in this pivotal time in their lives. One afternoon session included a workshop by Angela Loraine Burrows. She explained that by exploring the pure love deep within oneself, and expressing this pure love outward, one may achieve tranquillity of the heart and peace of mind. The last day of the camp was dedicated for service to hill-tribe children in Santikhiri School. One hundred and eighty school uniforms and 200 blankets were given to the students. Youth from the Sadhana Camp engaged the school children in human values games and distributed ice cream.



DUBAI, U. A. E.

The Sathya Sai Group of Dubai, United Arab Emirates, participated in a large-scale environmental clean-up campaign on 12th December 2007. The Emirate Environmental Group (a non-governmental organisation, accredited by the United Nations Environment Programmes) organised the “Clean-up U.A.E. 2007” campaign with the aim of mobilising over 20,000 participants from all walks of life at different natural and man-made sites across the seven emirates of the U.A.E. Sathya Sai devotees managed one of the four zones during the activity, supervising the work and providing for the needs of about 780 workers covering an area of about 7 square kilometres. More than 40 Sai volunteers – many of whom having



More than 40 Sai volunteers of Dubai took part in the “Clean-up U.A.E. 2007” campaign and managed one of the four zones during the activity on 12th December 2007.

taken the day off from their jobs – participated in collecting trash, bagging it, and moving the trash bags to the roadside for pick-up.

CANADA

Sai Youth of Ontario, Canada engaged themselves in a collective ceiling on desires programme and used their savings to serve needy families during the Christmas season. They curtailed spending on unnecessary items for

nearly a month, and used this money to host a Christmas celebration for about 30 needy families. The Christmas celebration took place on 21st December 2007 at the Oakridge Community and Recreation Centre. Guests were treated to games, dinner and Christmas gifts. Sai Youth also sang Christmas songs during the celebration. The atmosphere was steeped in the holy, holiday spirit, and many guests shared their joy and appreciation for the work of the Sai Youth.

– Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: Krishna district gave 26 blankets along with Sai literature and Sanathana Sarathi in Gunadala slum area on 27th January 2008. It gave clothes and copies of Sanathana Sarathi to 46 leprosy patients in Gannavaram leprosy colony on 3rd February 2008.

Chittoor district conducted a free veterinary camp in Venugopalapuram village on 3rd February 2008 and treated 700 sheep and 76 animals.

Mahaboobnagar district conducted a medical camp in the tribal village Vankeswaram and treated 1,800 patients, gave spectacles to 100 needy patients and successfully carried out eight cataract operations. This district gave training in car driving to 14 people, in sewing and embroidery to 25 women and in computer operation to college students at Nagar Kurnool, providing free food and accommodation also.

West Godavari district conducted a mega medical camp in a tribal village, Konda Madalu on 24th February 2008, treating 750 patients.

Vizianagaram district gave 30 Amruta Kalasams (food

provisions) for selected families in village Parvathipuram and 37 Amruta Kalasams in Sriramnagar. Similarly, Guntur district gave 18 Amruta Kalasams in three different villages.

Karnataka: Like last year, a medical camp was held at Sri Sathya Sai Loka Seva Trust, Alike for three days from 28th to 30th January 2008. More than 3,500 patients were seen and several specialities were covered. Blood, ECG and X ray tests were carried out for the needy. More than 1,000 spectacles were also provided. 354 patients are being processed for further treatment and will be offered free surgery if needed at hospitals in Mangalore. About 80 doctors participated everyday including several



In the medical camp conducted by Sri Sathya Sai Loka Seva Trust, Alike from 28th to 30th January 2008, 3,500 patients were examined and provided free treatment by 80 doctors and paramedical staff.

paramedical staff in this camp. A few doctors and optometrists came from the U.K. and two massage specialists came from Russia and Ukraine. Narayana Seva was offered to 6,500 people in the camp.

Kerala: Sri Sathya Sai Mobile Clinic for Ernakulam district was started on 22nd February 2008. This was the second mobile clinic of the Sai Organisation of Kerala, the first one having been introduced in Thiruvananthapuram. The



Sri Sathya Sai Mobile Clinic for Ernakulam district was inaugurated on 22nd February 2008. This is the second mobile clinic of the Sai Organisation of Kerala.

present mobile clinic was inaugurated by Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations, who visited the State from 22nd to 25th February 2008. On 23rd February 2008, Sri Srinivasan inaugurated a new school block of Sri Sathya Sai Vidyapeeth at Srisailam, a water project benefiting about 100 people under Tikkoti Samithi of Kozhikode district and Sri Sathya Sai Institute of Primary Healthcare at Shornur. The Institute will provide preventive, promotive, palliative and curative health services to needy people.

Tamil Nadu: A specialised screening camp on gynaecology and general medicine was organised for a cluster of villages under Erukkuvai Panchayat of Tiruvallur district on 3rd February 2008 by Sai Youth of Chennai Metro (North District). A total of 220 patients were examined. All the patients were provided with health record book. As a follow-up of this screening, two cases requiring surgery were identified and they were taken to Chennai where they were operated upon. With the divine grace of Bhagavan, both of them are on the way to recovery.



Sri Sathya Sai Institute of Higher Medical Sciences,

Prasanthigram - 515 134, Anantapur Dist. (A.P.) India

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Desirable

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Eligibility: 12th Class with Science background with good marks in English. Should be able to communicate in English.

The classes will start by 1st of September 2008.

All interested students should send their application form along with 10th class pass certificate; 12th class provisional pass certificate and mark statements to:

Director, Sri Sathya Sai Institute of Higher Medical Sciences, EPIP Area, Whitefield, Bangalore 560 066.

The applications should reach us by 1st June 2008. There will be a written examination followed by interview in the month of July. Selection will be based purely on merit. For further details, visit the [website: www.sssihms.org.in](http://www.sssihms.org.in)

Director

**Sri Sathya Sai Institute of Higher Medical Sciences,
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– *Baba*

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Printed and Published by K.S. RAJAN on behalf of the owner Sri Sathya Sai Books and Publications Trust, Prasanthi Nilayam 515 134, Anantapur District (A.P.) and printed at M/s Rajhans Enterprises, 136, 4th Main Road, Industrial Town, Rajaji Nagar, Bangalore - 560 044, Karnataka and published at Prasanthi Nilayam 515 134.

Editor: G.L. ANAND