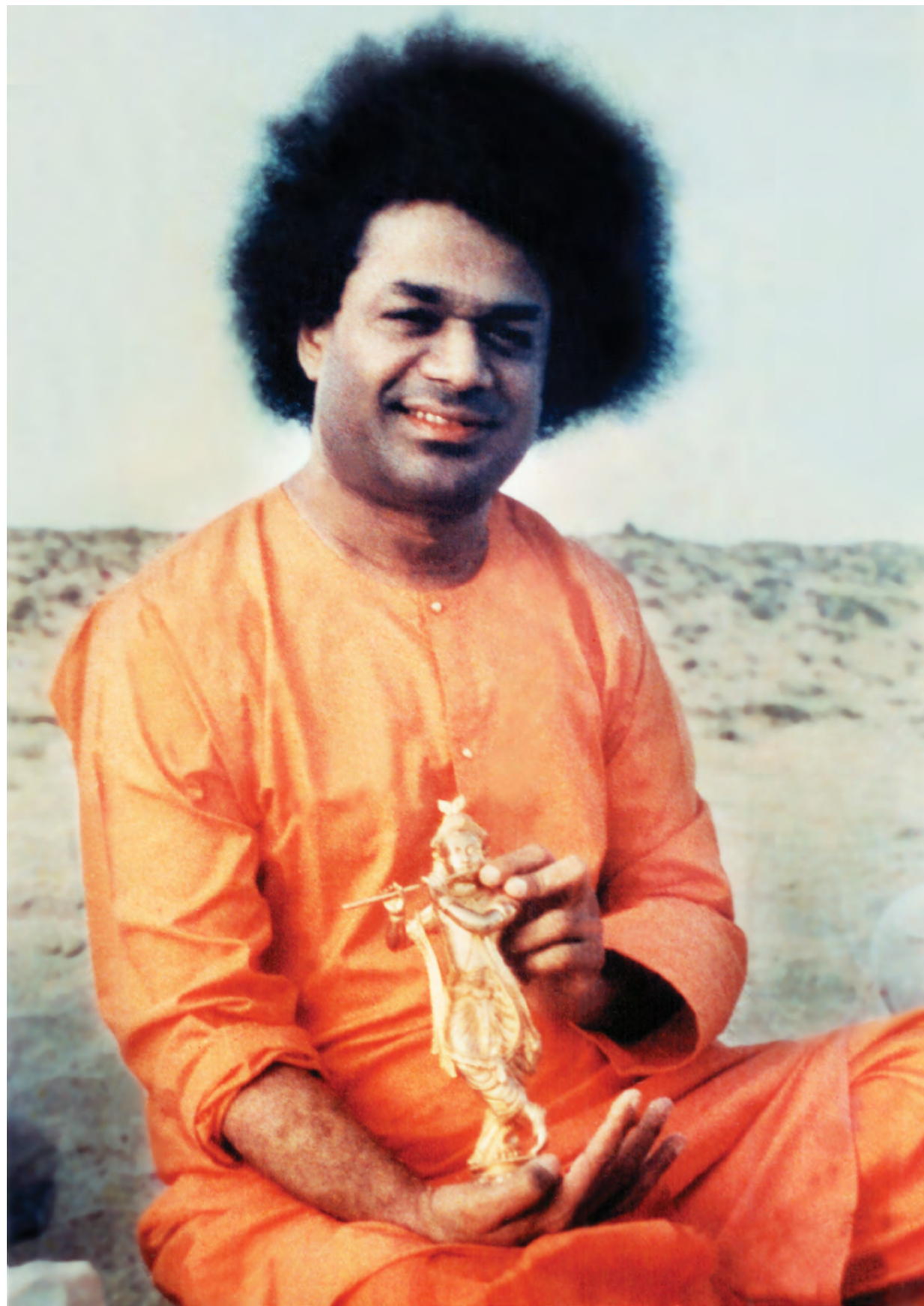


# Sanathana Sarathi

AUGUST 2018





# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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"Do not pray for attaining mundane things. Pray for spiritual wealth. People pray for job, promotion, children, health, etc. Pray instead for eternal Ananda (bliss). That Ananda is God. Ananda is related to the heart - everlasting, changeless, full of radiant glory. Happiness pertains to head - temporary, ephemeral. Mukti (liberation) is everlasting Ananda."



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AVATAR VANI

# NAMASMARANA GIVES PEACE AND BLISS

DIVINE SOUNDS ARE MOST ELEVATING

**B** HAKTI IS OF NINE TYPES: *Sravanam* (listening), *Kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *Padasevanam* (serving His Lotus Feet), *Vandanam* (salutation), *Archanam* (worship), *Dasyam* (servitude), *Sneham* (friendship), *Atma-nivedanam* (self-surrender).

*Embodiments of Divine Love!*

You hear with your ears. You contemplate on the sound you hear. You also sing. You

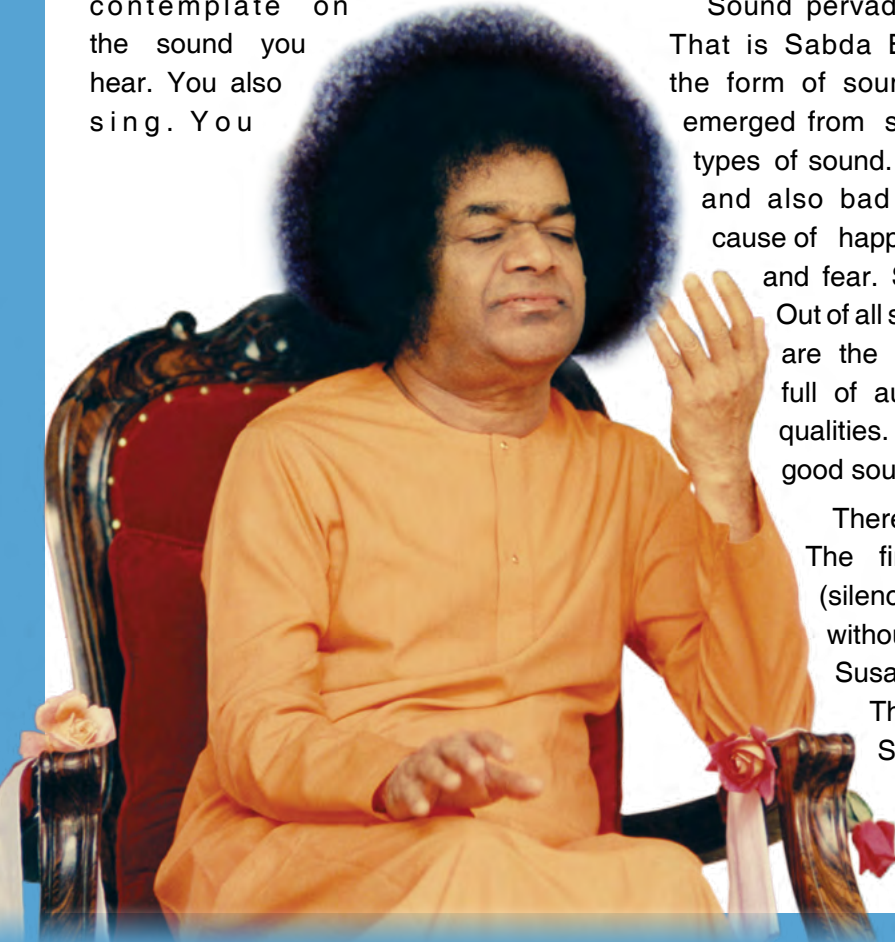
contemplate on the meaning of the song you sing and at the same time, salute with gratitude the Lord within your heart. Along with this, do Seva and develop your friendship with God. Through this real friendship, you attain God. Love is one, only bodies are different. Nurture this type of love for God and develop permanent friendship with Him.

## The Power of Sound

Sound pervades the entire universe. That is Sabda Brahman (Brahman in the form of sound). The entire universe emerged from sound. There are many types of sound. There are good sounds and also bad sounds. Sound is the cause of happiness, misery, courage and fear. So, do not ignore sound. Out of all sounds, the Divine sounds are the noblest, most elevating, full of auspiciousness and good qualities. All can enjoy and share good sounds.

There are four types of sounds. The first one is Nissabdam (silence), that is sound without words. The second is Susabdam (beneficial sound).

The third is Bhayankara Sabdam (fearsome sound), the sound that creates panic. The





fourth is Santhi Sabdam (the sound that gives peace). Besides these sounds, there is Deva Sabdam (divine sound) which is most elevating. On the other hand, unholy sounds cause perversion in the mind.

Sounds have the power to change a person. Here is a small example. Surrounded by his students, a village teacher was teaching his students. He said to them, "Dear children, man has the ability to realise God, unlike the birds and animals which only eat, drink and sleep. Humans are unique; they are lofty and noble. The goal of human life is Ananda (bliss), peace and liberation. But bliss and peace cannot be attained through worldly means. Real happiness and permanent Ananda can be had only by contemplation on God. True education is that which gives this knowledge to man. That is called Vidya. Vidya = Vid + Ya. Vid means knowledge, Ya means that which gives. So, what is education? Education is that which gives the knowledge of God. Man should educate himself to attain Atmasakshatkara (experience of the Atma)".

The teacher then narrated the story of Prahlada who attained Atmasakshatkara. Prahlada's father Hiranyakasipu hated God. One day, he asked Prahlada, what had he learnt from his teachers. Prahlada said, "I have learnt a great secret". When his father asked him, what was that, Prahlada said, "Om Namo Narayanaya" (This is called Ashtakshari Mantra having eight syllables). His father chided him, calling him a mad fellow, fool. Prahlada's father then went to his teachers and told them that they should not spoil him by teaching such Mantras. They should teach only that which is given in the books. But it was through the chanting

***A magnet attracts only iron; it does not attract gold, silver or any other metal. God is the magnet and devotees are the iron. Other persons may be great scientists, doctors, philosophers, scholars, intellectuals, politicians, etc., but they are like precious metals such as gold and silver. The magnet will not attract them. God attracts only devotees. Devotees are like iron, but they may take on themselves rust and dust of worldly desires.***

***When you remove the rust and dust, God will rest you in liberation.***



of this Mantra that Prahlada attained Atmasakshatkara. Divine sounds have a sublime effect on man.

### **Liberation is Everlasting Bliss**

As the village teacher was telling this story to the students, an inspector of schools came there. The inspector told the teacher not to teach the students by telling stories like this. He asked him to teach them only what was given in the textbooks. The teacher then said, "Sir, the spoken word has good effect on students. Sound is, in fact, responsible for feelings of happiness, sorrow, anger, etc". By way of acting upon what he said, the teacher ordered a small boy to get up and tell the inspector to get out of the classroom immediately. At this, the inspector got very angry. The teacher then said, "You see, how you are angry. Nobody has hit you or beaten you; you got angry just by hearing one sentence".

## Chanting the Divine Name is Most Beneficial

Repeat the Divine Name of God and through that sound you can obtain sacred benefits. In olden days, there were no electric street lights. There were only oil lamps in the streets. A God-loving person was appointed to light street lamps in

etc. Pray instead for eternal Ananda (bliss). That Ananda is God. Ananda is related to the heart – everlasting, changeless, full of radiant glory. Happiness pertains to head – temporary, ephemeral. Mukti (liberation) is everlasting Ananda.

Once Sankaracharya went with his disciples to Kashi. There, a person was sitting on the bank of the Ganga under a

*Bliss and peace cannot be attained through worldly means. Real happiness and permanent Ananda can be had only by contemplation on God. True education is that which gives this knowledge to man. That is called Vidya. Vidya = Vid + Ya. Vid means knowledge, Ya means that which gives. So, what is education? Education is that which gives the knowledge of God. Man should educate himself to attain Atmasakshatkarā (experience of the Atma).*



Kashi (Varanasi). When he wiped the glass chimney of the lamp to clean it, he used to repeat the Name of God. (Swami sang the song: *Janaki Jivana Ram; Karunga Tumhare Kaam* – Oh Rama, the soul of Janaki, I will do Your work only). The lamps he lit shone with great brightness, whereas the lamps in other streets gave only dim light. This shows that God's Name has the great power to purify and illumine.

Do not pray for attaining mundane things. Pray for spiritual wealth. People pray for job, promotion, children, health,

tree, chanting the rules of grammar, saying, "Dukrun Karane Dukrun Karane". Sankara asked him, "What are you chanting"? He repeated what he was chanting. Sankara asked, "Why are you chanting this"? "To become a Pandit (scholar)." "Why do you want to become a Pandit?" "To serve the king and obtain wealth, position and protection." Sankara said, "Mad fellow! Chant the Name of God. The rules of grammar will not protect you when your end approaches. There is nobody except God to protect you. This



world is transient and full of difficulties. How can you get Ananda here? Seek protection only in the Divine Name of God". In this Kali Yuga, keep repeating God's Name without intermission. Then the small plant of life will grow into a big tree and give a lot of fruits. God is greater than the greatest and subtler than the subtlest.

### The Supreme Power of Bhakti

The vibrations arising from the repetition of God's Name affect your thought waves. Pure thoughts lead to liberation. *Mind is like a mad monkey, body is like a water bubble.* The bliss of the Indweller of the body is important, not the body. It is possible to attain liberation only by the grace of God. Repeat the Name of God. Do not waste time. Do not waste your life. Time waste is life waste. Do not spend your time, energy and power in improper ways. Experience bliss and help others to experience it.

Two brothers, Santhi Deva and Jnana Deva were travelling in a forest. Santhi Deva was the embodiment of Bhakti (devotion) and Jnana Deva, that of Jnana (knowledge). They were thirsty and came near a deep well. There was no way to get water from the well. Jnana Deva looked around and got the vision that all was one, everything was nothing but God. He transformed himself into a bird, went down into the well and drank the water. Santhi Deva sat beside the well and chanted God's Name. The water rose up and came near him (within his reach). He had no need to change his form. It is only a Bhakta (devotee) who can forget himself, repeating God's Name and get His grace.

A magnet attracts only iron; it does not attract gold, silver or any other metal. God is the magnet and devotees are the iron. Other

persons may be great scientists, doctors, philosophers, scholars, intellectuals, politicians, etc., but they are like precious metals such as gold and silver. The magnet will not attract them. God attracts only devotees. Devotees are like iron, but they may take on themselves rust and dust of worldly desires. When you remove the rust and dust, God will rest you in liberation. If you have dust, He will give you test. Worldly desires are the dust. The dust causes the rust. Rust makes the iron lose its capacity and strength. You should cleanse your heart by doing Namasmara (repetition of God's Name) daily.

Darshan (vision) releases you from all your sins. Sparshan (touch) releases you from the effects of all your past actions. Sambhashan (conversation) removes all your sorrow. By God's grace, your heart will become pure. Many people come here from far-away places out of love, spending a lot of money. Fill your heart with love. This will benefit not only you, but your friends and those around you also. There is no peace in the world; there are only pieces. Contemplation on God only will give you peace and protection. Keep repeating God's Name. Sound spreads everywhere. Good sound comes out of Namasmara; it benefits all. When you sing Bhajans with unison of Sruti, Laya and Tala (pitch, rhythm and beat), the sound produced by it casts beneficial effects. Sruti box is the mind, Laya is the words and Tala is the actions. When the mind (thoughts), words and actions are in unison, we get Tripti (fulfilment).

(Bhagavan brought His Discourse to a close with the Bhajan, "*Hari Bhajan Bina Sukha Santhi Nahin...*").

– Bhagavan's Discourse in Sai Sruthi, Kodaikanal on 23rd April 1997.





## BHAGAVAN WRITES FOR SANATHANA SARATHI

**W**HEN BHAGAVAN SRI SATHYA SAI BABA STARTED SANATHANA SARATHI in February 1958, He also began writing an article for it every month from its very first issue and continued writing without any break up to October 1984. All these articles were written in perfect sequence as these were meant to be compiled in the form of books which were called Vahini series. To acquaint our readers how these articles were written by Bhagavan, we reproduce Bhagavan's handwritten articles along with their translation that formed the 16th and final book of Vahini series named "Leela Kaivalya Vahini" (Stream of Cosmic Consciousness Divine). Expounding the profound knowledge of the Vedas in question-answer form, these articles are little gems of spiritual wisdom. The article given in this issue is the second and final part of the introductory article of "Leela Kaivalya Vahini", the first part of which was published in the previous issue of Sanathana Sarathi.

The subsequent issues of Sanathana Sarathi will carry further articles of "Leela Kaivalya Vahini" which are virtually an ocean of profound knowledge of the Vedas in nutshell. Since Bhagavan Sri Sathya Sai Baba Himself is the Veda Purusha and Vedas have emerged from Him, there can be no greater authority to propound the eternal values and invaluable teachings of the Vedas than Him. The seekers who want to grasp the authoritative and true import of the spiritual truths contained in these most ancient scriptures should read and reread these articles.





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గాన శ్రుతిగా పుట్టి, గాన శాస్త్రమైన శాస్త్రాన, గాన  
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(అంతర్జాతీయం)  
(సామాన్య సాధకులందరినీ)



# లీలాకైవల్య వాహిని

అత్యువిశ్వాసరహితులకు, కార్యాచరణకు వెనుదీయుచుండువారికి, ప్రాపంచిక బాధ్యతలతో, చింతలతో క్రుంగిపోవుచుండువారికి, స్వాభావిక దౌర్బల్యమువలన భగవద్విశ్వాసము లేక ప్రార్థనచేయజాలనివారికి వక్క మాట. ఈ లోకిక ప్రపంచములో మనమెన్నియో భోగభాగ్యములనుభవించితిమి, అనుభవించుచున్నాము. ఈవిధముగ అనుభవించినవారెందరో పోయిరి. మనమూ అంతే! ఉన్నంతలో మానసిక శాంతిని, ఆదర్శ జీవితాన్ని అనుభవించాలని ప్రతి వ్యక్తి అభిలషించవలసిన విషయము.

మానవుడుగా పుట్టి, మానవ విశిష్టతను విడువక, మానవత్వమును మరువక, మానవునిగా జీవించాలి కాని, తనకంటే హీనమైన పశువుగనో లేక అంతకంటే క్రూరమైన అసురుడుగనో జీవించరాదు, అన్న దృఢ సంకల్పము మానవునిలో ఆవిర్భవించాలి. అట్లు ఆవిర్భవించవలెనన్న, వక్క ఆధ్యాత్మిక మార్గముతప్ప అన్య మార్గములయందు అట్టి పవిత్ర భావములు కలుగనేరవు.

నిత్యజీవితములో యెదురయ్యే అనేక సమస్యలను యెదుర్కొనుటకు నైతిక, ధార్మిక, ఆధ్యాత్మికములతోపాటు లోకిక తెలివితేటలు కూడా అత్యవసరము. వ్యావహారిక, పారమార్థికములు పక్షికి రెండు రెక్కలు, బండికి రెండు చక్రములు ఎంత అవసరమో మనిషికి పైరెండూ అవసరమే. పారమార్థికమున బిగువు కలుగవలెనన్న లోకిక జీవితాన్ని అర్థము చేసుకోవలసి వుంటుంది. లోకికము మిథ్యము, అనిత్యము అను సత్యమును గుర్తించిననే పారమార్థికమునందలి పవిత్రత నిత్యసత్యమని నిరూపించగలరు. ఇది ధన కనకాదులతో కానీ, పదవీ ప్రతిష్ఠలతోకానీ, విద్యా పాండిత్యములతోకానీ లభించునది కాదు. కేవలము చిత్తశుద్ధితో, తీవ్ర ఆకాంక్షతోనే లభించును. ఈ మధ్య యెన్నియో అపోహలు, అనుమానాలు, అర్థముకాని ఆవేశాలు కలుగుతూ వుంటాయి. ఉగాదినుండీ, అట్టి అపోహలను, అనుమానములను తీర్చి శాంతిని చేకూర్చుటకు ‘లీలాకైవల్య వాహిని’ అను పేరుతో మిమ్ములను ఆనందమున ముంచెత్తును. ఆధ్యాత్మికములో ప్రవేశపెట్టును. వేచియుండుడు.

(లీలాకైవల్య వాహిని)

(సాయి సాధకుల సంభాషణ)



# LEELA KAIVALYA VAHINI

## (Stream of Cosmic Sport Divine)

A word to those, who are overwhelmed by the burden of worldly responsibilities and anxieties and to those, who find themselves unable to pray to the Highest, either because they have condemned themselves undeserving, or because they have no faith in the Highest. Enormous is the number of those, who live their days in joy. You, too, were joyful and are so, now. But, everyone is destined to disappear one day, as generations have already done. Therefore, everyone must desire and adopt every means to attain not only joy, but what is far more valuable, peace of mind and an ideal, exemplary life.

Born as human beings, one should not disown the unique nature of humans. One should not forget even for a moment the genuine characteristics of humans. One should never degrade oneself to the level of beasts; or a level, which is far worse and despicable, that of demonic beings (Asuras). Man must firmly resolve that he would not allow himself to fall into these depths. The spiritual path alone can arouse and sustain that resolution, which alone can awaken and strengthen such yearning.

It is necessary to emphasise that, in order to successfully confront the problems that arise in one's daily living, one has also to possess intelligence and skill, in addition to the qualities of justice, virtue and spiritual excellence. Both these attainments are essential for progress, as essential as two wings for a bird or two wheels for a cart. The importance of the higher path that leads to the Highest can be realised, only by experiencing and understanding the world.

The world is enchanting, because it is a tantalising appearance, though it is fundamentally untrue. It is a phenomenon that is fading out. When this Truth is realised, one becomes aware of the Cosmic Sport of God and the Eternal Universal Being.

This state of consciousness cannot be won through the piling of wealth or of worldly power or the acquisition of knowledge and skill. It can be won through the purification of one's consciousness in all its facets and the earnestness, with which the search is pursued.

During that search, there naturally arise various obstacles, like doubts and dogmas, purposeless arguments and flimsy fancies.

From the coming Ugadi (New Year) Festival Day, this series under the name, Leela Kaivalya Vahini, will dissolve all such obstacles and fill you with Ananda. It will lead you to the path of spiritual progress. Meanwhile, await the message.







## AROGYA NILAYAM TO ANANDA NILAYAM

G.S.R.C.V. Prasada Rao

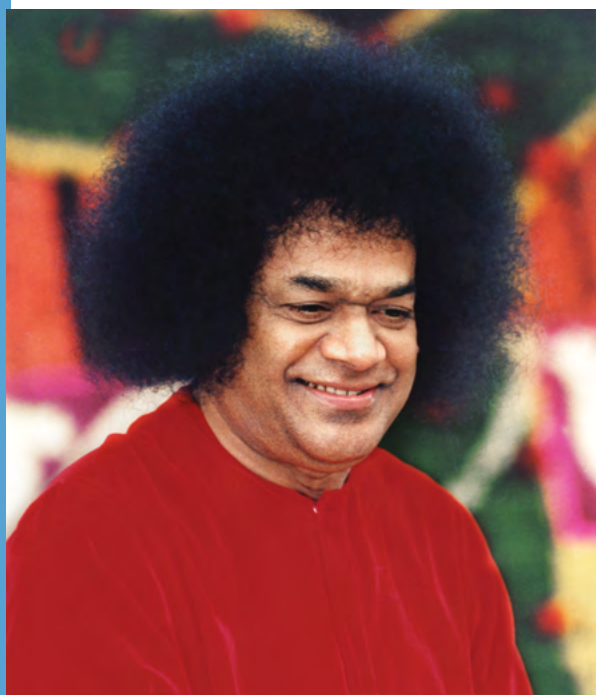
**B**HAGAVAN SRI SATHYA SAI BABA said, “To many it might appear strange that in this Ananda Nilayam (abode of bliss), there exists an Arogya Nilayam (abode of health) or hospital. They

to cure those who come to Me. There are some who desire treatment by doctors in a hospital; that is the means by which they feel they can be cured. There are many who have no faith in anything except tablets and the needle (injection)”.

### **Importance of Ahara and Vihara in Life**

Having started the general hospitals and super speciality hospitals which are Arogya Nilayams, not Arogya Kendras (health centres), Swami exhorted the doctors to give more importance to educating the patients while treating them on how not to fall sick again. Swami said, “Doctors should make earnest efforts to educate the people in health and hygiene and impress on patients how Ahara (food habits) and Vihara (lifestyle) affect life and cause diseases”.

It is said that if Ahara and Vihara are ideal, the person will not fall sick. Of course, due to seasonal changes, the body may show signs of illness which can be prevented or treated by modulation of eating and living habits suited for that season. Similarly, due to ageing also some specific illness may develop. The Ahara and Vihara are to be modulated to suit the age. Ahara and Vihara have wider connotations. Ahara is not just the food we eat. “Every experience that is drawn through any of the senses is food and has an effect on one’s health”, said Swami. Vihara is not just our lifestyle or our regular daily chores like Puja, meditation, etc., but also the way we spend our leisure time or



may wonder why prominence is given to bodily health in a place that is dedicated to the health of the spirit. But for attaining the four Purusharthas (goals) of human life, Dharma (righteousness), Artha (wealth), Kama (desire) and Moksha (liberation), the basic requirement is health of the body and the mind. “Do not be under the impression that we have this hospital because I need the help of these doctors and these drugs



engage in recreational activities in addition to our job, business, profession, vocation, etc.

Bhagavan expects the patients that their journey should be from Arogya Nilayam (abode of health) to Ananda Nilayam (abode of bliss).

Health is defined as “a state of physical, mental, spiritual and social well-being” – World Health Organisation (W.H.O.)

In Swami's mobile hospitals under instructions from Him, it is a triangular approach by doctors – preventive, curative and spiritual. For example, when the mobile hospital camps in a village, there will be Sai Bhajans and Satsangs, lectures-cum-demonstration classes on health and hygiene, preventive care and medical treatment. In the treatment, doctors always contemplate on Swami who cures when doctors treat the patient with love, using their knowledge and skill. The testing equipment is available to the extent necessary to supplement and confirm the bedside diagnosis (clinical diagnosis).

### Swami's Guidelines on Health

The following sayings of Swami on different occasions are relevant in this regard:

1. “Because of man's excessive desires, he is prone to diseases of every kind”.
2. “Indeed, more than physical ailments, mental diseases are growing limitlessly. Tension and worry cause so many body ailments”.
3. “Hurry, worry and curry (fatty foods) are the cause of heart diseases”.
4. “Bad thoughts and habits, bad company and bad food are fertile grounds where disease thrives”.

5. “When people view the world with vision of love, they will have peace; all diseases will be cured”.

6. *Vaidyo Narayano Hari* (doctor is verily God).

He told the doctors:

1. “Inspire confidence in the patients. Then any medicine you give will work wonders.”
2. “While you are examining the patients, you should have a smiling face, and should talk to the patients sweetly.”
3. “Every doctor should have love for the patients. They should talk to the patients with love, make them feel comfortable and develop noble virtues of understanding and adjustment.”
4. You should render service with the spirit of sacrifice. *Na Karmana Na Prajaya Dhanena Thyagenaike Amrutattwamanasu* (immortality is not attained through action, progeny or wealth; it is attained only by sacrifice). Sacrifice is the hallmark of doctors. Thyaga (sacrifice) alone can lead to yoga (spirituality).

Become more aware of your reality and you will lose the sense of identification with the body. That will make you disease free.

- Baba

All the doctors, nurses, technicians and the other staff working in Swami's hospitals work with an understanding that doctors and other paramedics treat the patients and God cures. The divine vibrations around if invoked and allowed will work wonders. The central dome area of the Super Speciality Hospital at Prasanthigram is very significant in this regard.

– **The author is the Member Secretary, Sri Sathya Sai Central Trust, Prasanthi Nilayam.**



## *Effulgence of Divine Glory*

# SWAMI AS KRISHNA

[John S. Hislop](#)

*I* WAS WITH Swami on many expeditions.

When we were in the car driving to some location, I would sit in the front seat with the driver and Swami would sit in the back seat with another devotee and Swami's personal attendant. During the ride, I would be constantly turning around, straining my neck to see what was happening in the back seat, because that is where the action was. Swami would be laughing and joking or singing Bhajans or sometimes, just sitting very quietly.

Once when I turned around and looked, I was absolutely astonished, because Swami had disappeared, and sitting in His place was a person with the most beautiful, the most exquisite face of the greatest beauty I had ever seen. You could not imagine the incomparable beauty; no painter has ever captured such beauty, nor could any poet describe it. It just caught your heart and twisted it, the beauty was so great.

So I stared and stared, but then quickly turned to the front again – I was embarrassed to have stared so openly. But I turned back right away and started to stare again! Finally, Swami's two companions in the back seat,



one of whom was Raja Reddy, a well-known Bhajan singer, said to me, "Hislop, why are you staring at Swami like that"? I did not answer him, I just said to Swami, "Swami, what is that dark blue colour"? because this lovely face was dark blue. Swami said, "Whenever you are looking at something where the depth is impenetrable, where it cannot be penetrated – like the sky at certain times or when you are on a ship looking down into the depths of the ocean – whenever the depth cannot be penetrated, then it is that dark blue colour". That was all He said.

When I turned around the next time, the regular Swami was there again. The other people in the back seat, had not seen this at all.

*continued on page 17...*





# SWAMI'S MESSAGE OF SEVA

Dr. K. Narasimhan

**S**WAMI SAYS HUMAN BIRTH IS NOT an incidental phenomenon or an accidental event but that which has a very sublime and lofty purpose. The real significance of human birth, however, did not actually dawn upon me until Bhagavan once emphatically brought it up in an interview.

## The Importance of Human Birth

During a personal interview I had with Swami, He asked me, "Which is the greatest aspect of your life you think you are the most fortunate to have"? I said, "Swami, obviously it is to know You, see You, talk to You. That is my greatest good fortune". Swami dismissed all this as secondary and said that the greatest fortune is that you are born as a human being – *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest). He said, "It is only through this medium, through this human body, that you can realise the Truth and reach the Absolute". Although we know this, we do not realise its value or importance. We often take our lives for granted and find ourselves running after the trivial and the ephemeral. We enter into conditional or programmed thinking that is limited to the identity we are given, the place we are born into, the education we attain, the work we do, and the responsibilities we discharge as individuals in different capacities. Meanwhile, the wave of time sweeps us out of this world.

The tendency of the human mind to go after temporary things was beautifully



portrayed by Bhagavan in an interview. We were all looking at Swami talk, while He suddenly circled His hand twice and materialised a beautiful golden ring. For a moment, it seemed to us like He wanted to show us the ring. But much to our surprise, Swami threw the ring on one side, and all of us immediately turned to check where the ring fell. Swami instantly said, "This is the mistake all of you are committing. The Creator is sitting right in front of you, but you forget the Creator and focus on the creation. You should not run after things that are transient and ephemeral. Aspire for that which is permanent and eternal".

## Hands that Help are Holier than Lips that Pray

Bhagavan, very compassionately, has given us the golden formula to attain the goal of life that has two components to it;



Namasmarana (chanting the Divine Name) and Niswartha Seva (selfless service). Namasmarana, on the one hand, seemed to me like a relatively easier way of reaching the goal of life. But Swami once explained to me why Namasmarana is not as easy as it appears to be. He emphasised that even to remember God's Name, it completely requires His grace.

Swami in an interview once told, "I am not concerned with chanting, worship or meditation. You may do as you wish". At that moment, I wondered if Swami was redefining the meaning of Namasmarana, but very soon Swami added to it and said, "You sit in a Puja room thinking you are doing Puja; you sit in the Bhajan hall thinking you are singing Bhajans, but I know where your mind is – your mind is in the market. Of what use is this Puja or Bhajan in that case"? That incident made me realise that Namasmarana in itself is extremely powerful, but the current Kali Yuga we live in, clouds our mind with distractions and does not allow us to have the undivided focus and passion to take it as the sole form of spiritual pursuit. Because we do not have the required qualifications, Swami emphasised that Seva is the crucial form of spiritual pursuit in this Yuga. However, we should not neglect Namasmarana because even Seva done without taking the Name of God is not spiritual service; it is social service or even a show of service.

Swami has always shown a lot of love and affection towards His Seva Dal. On one such occasion, I took a team of super specialist doctors to Bengaluru hospital as Swami instructed that I take all of them to His hospital and show them the place. On returning from the hospital that evening, Swami asked the doctors about

which aspect(s) of the hospital they liked the most. One doctor said, he liked the beautiful architecture while another doctor appreciated the state-of-the-art equipment installed in the hospital. Swami then said with a smile on His face, "Do you know who has kept the hospital so spick and span? It is the Seva Dal who have maintained it so well. They are My people".

### **Doing Service with Love**

The best tool to erode one's ego is Seva. The cause of this ego can be attributed to a person identifying himself as the individual consciousness. It is difficult for any one of us to fathom the fact that the Universal Consciousness has confined itself into our bodies as individualised consciousness. This leads us to believe that we are the individual, separate from the Divine. Swami mentioned this to be the root cause of all pain, sorrow and suffering.

Swami said, "It is Seva that opens our heart by expanding our consciousness, thus integrating our individualised consciousness with Universal Consciousness". Seva, as advocated by Swami, also emphasises that it should be saturated with love. Seva is indeed love in action. Love being a subtle, abstract concept is easier to follow when expressed in action.

There have been multiple instances where Swami emphasised the importance of performing Seva with love. In one such case, Swami asked me, "How are your service activities going on"? I replied, "Swami, we are doing well, with devotion and dedication". Swami said, "Kaadu, Prematho Chestunnamu Ani Cheppu (you should tell that you are doing it with love)". I also vividly recollect Swami's advice to medical practitioners. He said, "You are a doctor. If you practise medical service with



love, it becomes medicare. That implies you care for the patient. But if you are practising medicine without love (unfortunately, the state of medicine in most places today), then it turns into 'MediSin', a grave sin".

### **Our Lives should be Swami's Message**

In any job that we take up, and wherever we go, it is essential that we do not merely engage in taking Swami's Name or advertising His principles. We should instead try to exemplify Swami's ideals, His principles and values. When we work with absolute commitment, devotion, dedication and discipline, that in itself will send across the message that we are His devotees. To be known as Swami's devotees or Sathya Sai students through the work we do is the best way to make Swami proud and happy. That is the only language that should speak.

In my life's experience, I have seen that Swami attaches unique importance to

medical service. He often said that the real temple of God is our human body and that we should do more to serve this temple rather than build external structures of temples. Health being the biggest wealth is of utmost value to every human being. And to those engaged in the service of this human body, especially for the rural poor (Grama Seva), He said, "I will take care of all your requirements, big or small. You need not strive for salvation as a separate goal. Grama Seva itself will lead you to salvation".

Although the medical profession is in its very nature, a service-oriented work, this does not imply it is superior to other forms of Seva. Any form of selfless service that is infused with love will make Swami happy, and will ultimately help us evolve as better human beings in this birth.

**– From the talk of Dr. K. Narasimhan, Director, Sri Sathya Sai Mobile Hospital, Prasanthi Nilayam.**

*...continued from page 14*

Nothing more was said until three years later. At that time, I was at Prasanthi Nilayam, sitting on the verandah as usual. Also sitting there were an army officer from Shimla, his wife and his daughter. No sooner had they arrived, than Swami had them in for an interview, which was unusual. Even in those early days, people had to wait a long time, maybe weeks before they got an interview. But He called them right away. I was sitting on the porch and Swami called me in with them.

He talked to them about incidents in their lives before they met; incidents in their lives after they had met, married, had children, and so on. He was showing them that He had been with members of the family ever since they were born. He gave the

wife a necklace and the daughter a pair of earrings.

Then He turned to me and said, "Hislop, tell them some stories". So, I told some stories – and I finally told the story that I just told you about the beautiful person in the car. This army officer could not contain himself. He said, "That must have been Krishna"! Swami looked at him and said, "Yes, that is correct". He said, "I showed Hislop Krishna as He really and truly was, not as artists and poets have depicted Him". The man was quite excited and could not contain himself. He said, "Oh, I want to see Krishna"! Swami reached over and patted his shoulder and said, "Patience, patience".

**– Excerpted from "Seeking Divinity" by John S. Hislop.**

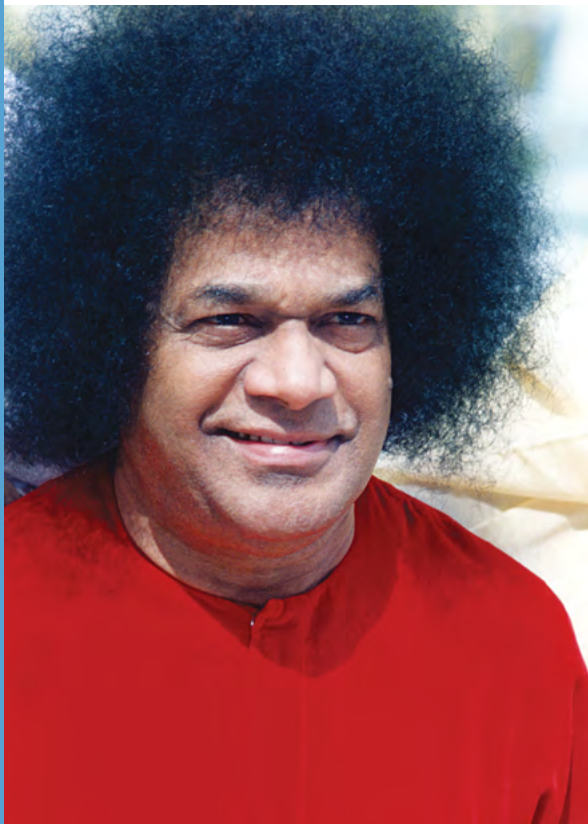




B.S. Sivananthan

## EXPERIENCING BHAGAVAN'S DIVINITY

**B**HAGAVAN SRI SATHYA SAI BABA has blessed me with the opportunity of spending many years in His service, both in Prasanthi Nilayam and abroad, as



a devotee and a member of the faculty of Sri Sathya Sai Institute of Higher Learning. I have had the good fortune of several life-changing experiences and interviews with Swami and I want to share a couple of these, wherein Swami played the role of Apadbandhava (saviour) and demonstrated His Omniscience, Omnipresence and Omnipotence.

### Bhagavan Hears my Prayer

This experience occurred in the summer of 1990 or 1991. The summer holidays were approaching and students at the SSSIHL were preparing for their final exams. At the time, I was the head of the Computer Centre and I was responsible for the smooth operation of Sri Sathya Sai Computer Centres across the three campuses.

The computer centres were established under Bhagavan's direct care and supervision, and equipped with excellent computer systems for use by the students in their academic pursuits. One of the challenges of running computers reliably is to ensure that a steady power supply is available. To do this, the computer centre has UPS (Uninterruptible Power Supply) system that basically makes sure that students do not lose data if there is a power failure, which is a frequent phenomenon in the heat of summer in many parts of India.

As the exams were nearing, I had been busy running systems checks to make sure that everything was in order for the final exams. It was at this time that I found that the UPS system was not functioning correctly and would only last for about 30 minutes before shutting down. I made an urgent request to the procurement department to buy new UPS devices. While such requests normally take time (for inventory and shipping reasons), I had made a special emphasis that the UPS units needed to be received before the forthcoming exams.

Unfortunately, the exams began and there was no sign of the UPS equipment being delivered. We had to improvise with the available computers on the morning of the exams and almost inevitably, the power failed and the UPS system failed too. Many



students that morning lost their work. As a short-term solution, I ran the generator power supply directly to the computers (which is not advisable) to allow those students to redo their work and complete the exams.

It was lunch time when they were done and I was really upset that the students in my care had to undergo this hardship for a problem I had foreseen. I could not even bring myself to eat and as is the case with so many devotees, I directed my frustration towards Swami. There was a large picture of Swami in the computer centre, given by Swami Himself, that hung in the main hall. I addressed my anger and upset feelings about the failure towards this picture. I went straight home after that and skipped even the evening Darshan and Bhajan and went directly to bed.

I was woken by loud knocking on my door. It was the clerk to the Vice Chancellor (VC) of the University and he said that I was needed urgently to see the VC. At that time, the esteemed Professor Sampath was the Vice Chancellor of the University, and he was a person with a strong Computer Science background as well. I followed the clerk to the VC and was greeted by an upset Prof. Sampath asking me, "Why did you go directly to Swami and complain about the UPS system"? For a moment, I was baffled. I told the VC about the events that morning and added that I had not even attended the evening Darshan that day as I was upset. He replied that Swami had said, "Sivananthan complained to Me that the UPS system failed and that the students had to redo all of their work".

It was then that it dawned on both of us that Bhagavan had been listening as I stood before His photo and complained to

Him! He had made sure that I had received the message that He cared, that He is Omnipresent, Omnipotent and Omniscient. The new UPS system arrived within two days and was installed immediately. When I went for Darshan, the Lord came and asked, "Is the UPS ok"? I replied, "Yes, Swami" and the Lord walked away with His beautiful smile.

### **A Life-changing Experience in Kuwait**

In late 2017, in the middle-eastern country of Kuwait, I found myself feeling very drowsy while driving back home from work. At the time, I lived about 25 km away from my office and the afternoon traffic was always very heavy on the highway.

Feeling unable to drive safely, I pulled over to the emergency lane and decided to try and take a break. After a short while, I decided to wash my face with some water and resume driving back towards my home.

At this point, I had moved into the centre lane with the high-speed lane on my left and another lane to my right and I was driving at the maximum speed of 120 km/h. Kuwait is a country where drivers in the high-speed lane frequently exceed speeds of 140-160 km/h. It can be quite dangerous to lose even a moments control of one's vehicle and the country has one of the highest fatality rates in the world for traffic accidents. In such an environment, I suddenly blacked out.

I woke up after an unknown period of time, having travelled at least 7 km while asleep. My hands were folded in my lap, and not on the steering wheel. The car had been somehow pulled into the emergency lane, the hazard lights switched on, and it was drifting slowly in a straight line of its

*continued on page 21...*



# SANCTIFY YOUR SENSES IN THE SERVICE OF ALL

*"You might have done a few good deeds in life, but they pale in comparison with the number of bad deeds you have performed. That is not the quality of a human being. Cultivate good thoughts, speak good words and perform good deeds. That is true humanness," said Bhagavan in His Sri Krishna Janmashtami Discourse on 22nd August 2000.*

ADHERE TO TRUTH AND RIGHTEOUSNESS

## Embodiments of Love!

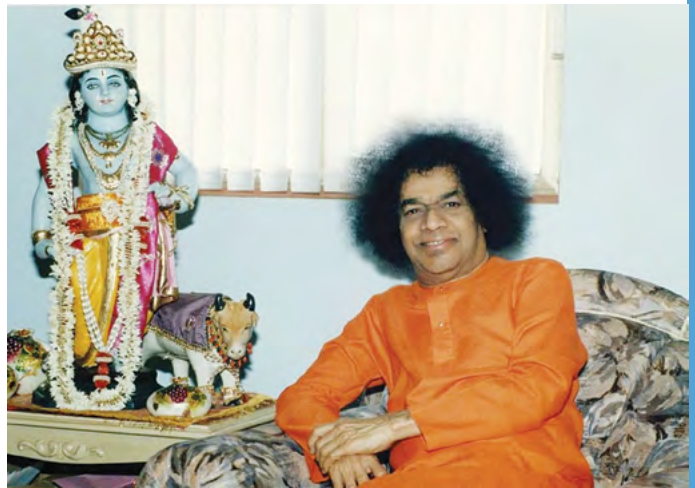
PEOPLE WORSHIP GOD WITH devotion and sincerity, but God is not satisfied with external worship. You should serve society. Only service can confer bliss on you. By rendering service to society, not only can you alleviate the sufferings of the people, but you can also bring about transformation in their lives. Serve society to your utmost capacity.

## Selfless Service Purifies the Mind

You are doing Bhajans morning and evening. The satisfaction that you get by participating in Bhajans is temporary, whereas service confers permanent satisfaction. A few minutes ago, the students sang Bhaja Govindam, in which it is said,

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

(Do not be proud of your wealth, progeny and youth; the tide of time may destroy them in a moment.)



Do not take pride in your youth and wealth. They are like passing clouds. So, do not entertain excessive desires. Do your duty sincerely. Whatever happens, be it good or bad, accept it as the gift of God. Understand that it is good for you. Time is the most precious gift of God, but you are wasting it in vain pursuits and unsacred feelings. Sanctify the time given to you by serving the society. Today unrest and violence reign supreme in the world as Sathya and Dharma have declined in the





hearts of people. All that you find outside is nothing but the reaction, reflection and resound of your inner feelings. Human life is highly sacred, most precious and divine. Do not fritter away this life by indulging in unsacred activities. It has to be lived in the proper way by exercising control over the ten Indriyas. Speak sweetly and softly. Sanctify your senses in the service of all. If you exercise control over your senses, you can achieve anything in life. If God is not pleased with you, you will be looked down upon by everyone in the world. You may think that you have given away ten bags of rice in charity and distributed clothes to five hundred people. Such accounts are to be submitted to the Income Tax Department and not to God. God is not interested in quantity, He sees the feeling behind your acts.

### **Lead the Life of a True Human Being**

Remind yourself that you are a human being, not an animal. Having been born as a human being, you should cultivate human values. Do not behave like an animal.

Adhere to truth and righteousness. The entire creation is based on truth. Where there is truth, there you find plenty and prosperity. Human life is not meant to enjoy physical comforts and conveniences, which are momentary. It is meant to set an ideal to the rest of the world. Having lived all these years, what is the ideal that you have set? What is it that you have achieved? Put a question to yourself. The answer is a big zero.

You might have done a few good deeds in life, but they pale in comparison with the number of bad deeds you have performed. That is not the quality of a human being. Cultivate good thoughts, speak good words and perform good deeds. That is true humanness. The names of ancient sages and seers are remembered even today because of the good deeds they performed. Do not follow the dictates of body, follow the conscience, i.e., the principle of Atma.

– **Excerpted from Bhagavan's Sri Krishna Janmashtami Discourse on 22nd August 2000.**

*...continued from page 19*

own accord. The realisation of what had happened horrified me and in fact, even as I put my hands back on the steering wheel, the car began to drift sideways and I had to straighten it out.

I was stunned into wakefulness and was able to arrive back home safely. I had driven back shaken, in tears and feeling my heart filled with gratitude to Bhagavan for having saved my life. For there was no other explanation for how I had made it while virtually unconscious from the middle of a

dangerous highway safely to the side of the road while travelling several kilometres at high speed. The Lord showed His limitless kindness and compassion in being there for a devotee in danger and saving me from certain disaster.

Shared with humble salutations at the Lotus Feet.

– **The author is a long-standing devotee of Bhagavan and is currently serving as IT Consultant in Sri Sathya Sai Sadhana Trust, Prasanthi Nilayam.**



# CELEBRATIONS AT PRASANTHI NILAYAM

## PILGRIMAGE OF DEVOTEES FROM KRISHNA DISTRICT

A MUSICAL DANCE DRAMA ON the sublime theme of devotion was presented on 30th June 2018 by the Bal Vikas children and Sai Youth of Krishna district of Andhra Pradesh as part of the pilgrimage of devotees from



*Musical dance drama by Bal Vikas children and Sai Youth of Krishna district of Andhra Pradesh.*

this district. More than 2,000 devotees including Bal Vikas children and Sai Youth participated in this pilgrimage. The drama highlighted the true devotion of a priest for the Divine Mother Durga who blessed him with her vision, thereby sanctifying his devotion although he belonged to a low caste and was subject of ridicule by high caste people. Embellished with a number of thrilling dances of Bal Vikas children, the drama drove home the truth that it was true devotion that earned Divine grace irrespective of the caste, creed and status of the devotee. Besides this beautiful drama by Bal Vikas children and Sai Youth, Veda chanting and Bhajans in Sai Kulwant Hall were offered by the Sai Youth of Krishna district during this pilgrimage.

## GOLDEN JUBILEE OF BHAGAVAN'S EDUCATIONAL MISSION

A grand function was organised by the students, staff and alumni of Anantapur Campus of Sri Sathya Sai Institute of Higher Learning in Sai Kulwant Hall on 21st July 2018 to celebrate the golden jubilee of Educational Mission of Bhagavan Sri Sathya Sai Baba which started with the establishment of Sri Sathya Sai Arts and Science College for Women at Anantapur by Bhagavan on 22nd July 1968.

The programme started at 8.00 a.m. with chanting of Vedic hymns. Simultaneously, a procession of alumni of Anantapur College entered Sai Kulwant Hall accompanied by the brass band of Anantapur Campus. Thereafter, a beautiful song of dedication "Sai Ram Teri Saran Mein Aaye Hain Hum" (Oh Sai, we have come to take refuge in You) reverberated in Sai Kulwant Hall, expressing love and gratitude to Bhagavan. This was followed by offering of three scintillating pieces by the Anantapur brass band.

The Director of Anantapur Campus Dr. Rajeshwari Patel then gave a welcome address, wherein she commented on the societal impact of Bhagavan's Educational Mission which brought about transformation of students who in turn have been working to bring about transformation in society. A coffee table book "Sai Sannidhi" which gives a pictorial representation of the bond of love between Mother Sai and His students at the Anantapur Campus in the last 50 years was thereafter released. The Chief



Guest of the function was Dr. Rosario G. Acierto from the Philippines. Narrating her first visit to Bhagavan in 1999 that resulted in a complete personal transformation into a better individual and a better Christian, Dr. Rosario shared a beautiful dream experience of Bhagavan that paved the way for the implementation of ISSE in Philippines. Speaking on the unique features of Sathya Sai Education, Dr. Rosario, in conclusion, spoke of her special recipe for experiencing Bhagavan by following 4S's – S for Sai, S for Simplicity, S for Seva and S for Share.

Two alumni of the college then spoke about their invaluable learning at Bhagavan's Lotus Feet. Speaking first Smt. Sarika Pradhan of 1998 batch said that the years she spent in the Presence of Bhagavan gave her the best learning experience of her life. Narrating how she learnt the art of finding Bhagavan in her heart by dedicating every single act unto Him, the speaker also highlighted the service opportunities available in the government sector. Smt. Pradhan is a Civil Servant currently serving as Additional Secretary, Rural Management and Development Department, Government of Sikkim. The final speaker for the session, Smt. Sumana Murali spoke of the Guru Dakshina that students owe to Bhagavan after learning the art of living and art of being at His Lotus Feet. Narrating a beautiful incident with Bhagavan, wherein Bhagavan once sought Guru Dakshina from her 'batch' of students, Smt. Sumana said that the day one feels himself / herself as a reflection of Swami, that is the day one should be paying the real Guru Dakshina. Smt. Sumana is an elementary school teacher from New Jersey, who is also active with Sri Sathya Sai Education. The grateful alumni then burst into three beautiful musical offerings

surcharging the entire milieu with deep devotional fervour. The morning programme concluded with Bhajan and Arati.

The programme in the evening began with Veda chanting after which Prof. Rajeshwari Patel addressed the gathering. Dwelling upon the Educational Mission of Bhagavan which began with the establishment of Sri Sathya Sai Arts and Science College in Anantapur in 1968, Prof. Patel elucidated that Bhagavan gave great importance to education of girls and guided them to promote values in society.

A souvenir "The Indweller" was thereafter released by the Chancellor of the Institute, Sri K. Chakravarthi, after which he gave an insightful talk highlighting the salient features of the education system started by Bhagavan which integrated human values with secular knowledge. Education according to Bhagavan, he said, was for life and not merely for earning a living. Dwelling upon the philosophy of educate, the distinguished speaker observed that educate was the medium to manifest man's divinity from within. A felicitation ceremony followed this, wherein the Chancellor, former Vice Chancellors and faculty members of the Anantapur College were felicitated for their outstanding contribution to the Educational Mission of Bhagavan. The felicitation ceremony was followed by a talk of a senior alumna Ms. Sushma Kotagiri who narrated her experiences of Bhagavan's Divinity and expressed her gratitude to Him for His inspiration and guidance in her life. A video film on the Anantapur College was then screened which showcased its genesis, growth and development. A devotional music programme was then presented by the alumni, the music and melody of which cast a mesmerising effect on the audience.







*Music programme by the alumni of Anantapur Campus.*

Some of the beautiful and melodious songs rendered by the singers included “Vandana Prabhu Vandana” (salutations, oh Lord, salutations), “Tallivi Neeve” (Thou art mother), “Tu Khudaya” (Thou art God) and a Mira Bhajan “Payoji Maine Naam Ratan Dhana Payo” (I have found the jewel of Divine Name).

The devotees were thereafter blessed with a Divine Discourse of Bhagavan, in which He advised the devotees to purify their mind, because when their mind was purified, their behaviour and life would also become pure. As is the mind, so is the man, He added. Bhajans followed this and concluded with Arati.

### **ASHADI EKADASI**

More than 2,000 devotees came from the twin States of Mumbai and Goa to celebrate the sacred festival of Ashadi Ekadasi in the sacred precincts of Prasanthi Nilayam. Besides the traditional Dindi procession, they presented enrapturing music and cultural programmes and conducted Veda chanting and Bhajan singing in Sai Kulwant Hall on 22nd and 23rd July 2018.

On 22nd July 2018, an accomplished singer Smt. Priyanka Barve Kulkarni with her team of fellow musicians from Pune presented a devotional music programme.

entitled “Sai Swaranjali” which comprised Marathi Abhangs dedicated to Lord Vitthala, Kabir and Mira Bhajans and instrumental pieces on Sarod. Some of the devotional songs, Abhangs and instrumental pieces were: “BaaJe Muraliya BaaJe” (Krishna plays on the flute), “Bheti Laga Jeeva, Laagali Se Aaga”, “Raghupati Raghava Raja Ram”, “Khara To Prema Na Dhari”, “Avagha Rang Ek Jhala”. The entire presentation by the skilled musicians and singers had a spellbinding effect on the audience and set the tone for grand Ashadi celebrations on 23rd July 2018. The presentation which started at 5.00 p.m. concluded at 6.30 p.m. Bhajans followed next and concluded with Arati.

The programme on 23rd July 2018 began at 8.00 a.m. with Veda chanting followed by a brief dialogue of two youth



*Dindi procession in Sai Kulwant Hall.*

on the significance of the Ashadi Dindi. As the Dindi procession entered Sai Kulwant Hall, the entire hall reverberated with the Divine Name “Jai Jai Ram Krishna Hari”. As a group of girls performed a beautiful dance, the devotees in the hall waved flags, creating a scene of joy and sacredness. This was followed by a tableau of saints of Maharashtra and then the devotees witnessed a vibrant dance performed by Sai Youth from Wardha district of Maharashtra. The last item of the morning programme





*A vibrant dance by the Sai Youth of Wardha district of Maharashtra.*

was a devotional music presentation by Sai Youth, both boys and girls, from Nagpur and Akola districts of Maharashtra. The entire hall resounded with Divine Name of Lord Vitthala when the singers sang famous Marathi Abhangs with their hearts full of deep devotion.

In the evening, Bal Vikas children of Pune district presented a dance drama entitled “Tamaso Ma Jyotir Gamaya” (lead me from darkness to light) which portrayed the life stories of three great women of Maharashtra, namely, Muktabai, Jijabai and



*Jijabai imparted first lesson of values to young Shivaji.*

Savitribai Phule. Commencing with a prayer song and dance dedicated to Lord Ganesh and goddess Saraswati, the drama first depicted the life of Muktabai, the younger sister of Sant Gyaneswar, who taught the deeper meaning of Sadhana to him which formed the very basis of his spiritual journey to sainthood. Next, the drama depicted the

life story of Jijabai, the illustrious mother of Chhatrapati Shivaji, who moulded the young Shivaji by her teaching of values to him. Finally, the drama showcased the life story of one of the great social reformers of India Savitribai Phule who founded the first girls school in Pune in the year 1848 and worked for abolishing discrimination in society on the basis of gender, caste and creed. Sublime theme, excellent acting of the cast, appropriate make-up and costumes and thrilling songs and dances of the children and good multimedia support made the drama an excellent presentation.

## GURU PURNIMA

A mammoth gathering of devotees came from all parts of the world to Prasanthi Nilayam to offer their love, reverence and gratitude to their Sadguru Bhagavan Sri Sathya Sai Baba on Guru Purnima which was celebrated on 27th July 2018. A very illuminating Discourse of Bhagavan on the significance of Guru Purnima, insightful talks by learned speakers, Guru Vandana in the form of Stotras and devotional songs by the



*A mammoth gathering of devotees in Sai Kulwant Hall.*

students and thrilling devotional music and cultural presentations marked this event of great spiritual significance. A detailed report on Guru Purnima celebrations will be given in the next issue of Sanathana Sarathi.





# NEWS FROM SAI CENTRES

## CANADA

EVERY MONTH, SSE CHILDREN from the Sathya Sai Centre of Cooksville, Mississauga, present a musical programme, "Melody of Divine Love", to residents of the Erin Meadows Retirement Home. The theme for the 25th February 2018 programme was "Love", with emphasis on the message of "Love All, Serve All". The afternoon was filled with sweet melodies, rendered by talented



*"Melodies of Divine Love" by SSE children, Canada.*

## RUSSIA

Over the last 17 years, Sathya Sai Young Adult volunteers from a Sathya Sai Centre in Russia's North-West region have been regularly serving residents of Veterans House as part of a project called "Days of Mercy". In 2017, the young volunteers visited the veterans 10 times, assisting them with daily activities, such as helping to clean their apartments, iron clothes, insulate



*Service to senior citizens, Russia.*

children and youth playing the tabla, harmonium, keyboard, and veena. Vibrant devotional songs echoed through the halls of the retirement home, with the audience clapping and singing along. The younger children performed a classic popular song, "Skidamarink", with rhythmic dance movements to communicate the message of love for all. The programme ended with a brief skit, "Only Time Is Capable of Understanding the Value of Love". This skit, beautifully presented with a lot of enthusiasm and dedication, touched everyone's heart.

windows, perform household repairs, and buy groceries. In addition to helping with such household tasks, the volunteers enjoyed spending time with the veterans, providing support and engaging them in heart-to-heart conversation. The veterans also look forward to each visit by the youth, who offer words of support and solace, and converse with them on topics important to the senior veterans. During holidays, Sathya Sai volunteers organised concerts for the veterans, wherein everyone joined in singing songs and enjoying refreshing





tea. The residents also received sweets and gifts on several occasions. Sathya Sai volunteers in the region organised a total of four concerts at the facility during the year. The residents showed their gratitude towards the volunteers by dedicating a New Year poem to them and their selfless service, remarking, “We love you very much, and no one will replace you”.

## TRINIDAD AND TOBAGO

Sathya Sai volunteers in Trinidad have built and given away many houses to deprived low-income families. On 14th January 2018, a team of 100 volunteers travelled to Sea Lots, a poverty-stricken community on the outskirts of Port-of-Spain,



*Houses for needy families,  
Trinidad and Tobago.*

Trinidad, and constructed houses for eight families whose homes had been destroyed by recent fires. Starting from scratch, the volunteers worked diligently to complete the construction by the end of the day. In addition, they also upgraded community toilets and the sewage system in the area.

## KENYA

The Sathya Sai Centre of Nairobi serves food to about 1,200 children every Sunday throughout the year. Prior to receiving the food, the children attend Sathya Sai



*Narayana Seva in Nairobi, Kenya.*

Education in Human Values (SSEHV) classes. Children under age 10 watch videos and listen to short stories depicting the five human values. A dedicated SSEHV teacher conducts lessons and holds storytelling sessions for children aged 11-15. Started in 2014, this programme has had a remarkable impact on the children, bringing noticeable improvements in discipline, conduct and attitude. On 25th February 2018, the Young Adults at the Sathya Sai Centre joined in the weekly service project and distributed hampers containing toothpaste, toothbrushes, exercise books, pencils, erasers, sharpeners, chocolate biscuits, and a packet of snacks, to approximately 1,200 needy children.

## AUSTRALIA

The SSIO of Australia regularly contributes to the national Clean up Australia Day Campaign. Embracing the message, “Cleanliness is Next to Godliness”, Sathya Sai devotees, Young Adults, and SSE children in New South Wales volunteered at clean-up events in Bonnyrigg, Rooty Hill, and Blacktown. Volunteers in Queensland removed rubbish from the Fortitude Valley region and later convened in Spring Hill to reflect upon Sathya Sai Baba’s



teachings on protecting the environment. In Adelaide, 21 Sathya Sai volunteers collected 14 bags of rubbish and filled seven bags with recyclable material at the Adelaide City parklands. More than 60 volunteers of the Western Australia Region cleaned up the Willetton region, including a local park, native bushland, and areas surrounding a small shopping complex. Sai volunteers and SSE children in the Australian Capital Region and Victoria also participated in Clean Up Australia Day events at Edison Park, Woden, Millpark and Epping.

—Sathya Sai International Organisation



**Gujarat:** Gujarat is a blessed land for Bhagavan visited different places in this State. On 17th May 1970, Bhagavan visited the holy shrine of Somnath which is considered the first Jyotirlinga among the twelve Jyotirlingas. Swami entered the holy shrine where Pandits were reciting Vedic hymns and asked for a plate. He then spread the fingers of His right hand and shook them over the plate. Instantly, 108 silver Bilva leaves and 108 golden flowers fell from His hand. These very leaves and flowers Swami poured on the Lingam as Abhishekam. He also inaugurated the Digvijay Dwar during His visit.

To commemorate this divine visit, Sri Sathya Sai Seva Organisation arranged Mass Rudrabhishekam and chanting of Vedas in the shrine. The programme started with three Omkars and lighting of lamp by dignitaries including one of the priests from the temple. Bhajans in praise of Lord Siva were sung and then State President Sri Manohar G. Trikannad briefed all about Swami's visit to the Somnath Temple. It was



*Mass Rudrabhishekam at Somnath Temple.*

followed by chanting of Sri Rudram and other Vedic Mantras. The programme ended with Arati and distribution of Abhishekam Vibhuti received from the temple main priest, who happened to have had the Darshan of Bhagavan during His visit in 1970.

**Kerala:** Under Sri Sathya Sai Premadhara Project, Pathanapuram Samithi in Kollam district installed a water purifier at Punnala Government Higher Secondary School on



*93rd water purifier installed at Punnala Government Higher Secondary School as part of Bhagavan's 93rd Birthday celebrations.*

5th July 2018. 250 litres of purified water is available per hour to students. This is the 93rd water purifier provided by the Sai Organisation as part of 93rd Birthday celebrations of Bhagavan Sri Sathya Sai Baba.



BHAGAVAN'S DISCOURSE ON 15TH AUGUST 2007

# ATTAIN ETERNAL ATMIC KINGDOM

LOVE AND TRUTH ARE OUR TRUE STRENGTH

**T**HE PRINCIPLE OF ATMA IS THE same in everyone. All are endowed with Atmic power. Man is the embodiment of Atma. That is why Lord Krishna declared in the Bhagavadgita, *Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal Atma in all beings is a part of My Being). He said, "All are an aspect of My Divinity". When I consider you as part of My Being, you should also consider others as your own self. *Love All, Serve All*. You should not observe any difference between individuals, thinking one as a pauper and another, a millionaire.

## Practise Charity and Righteousness

There are many millionaires in Bharat. But they are engaged in filling their own belly. They are not prepared to give even a morsel of food as alms to a beggar who stands at their doorstep saying, *Bhavati Bhiksham Dehi* (mother, give alms). What is the use of having such rich men in our country? They are rich only for name's sake but in reality they are the poorest of the poor. In spite of so many rich people in our country, righteousness and charity seem to have disappeared from it. Therefore, people of this country should pursue the path of charity and righteousness. Consider others as your own brothers and sisters. Rather, consider them as thyself. People just address others as brothers and sisters

from the stage, but who is actually putting it into practice? None.

## Remember Noble Souls Always

Today wherever you go, you see people hankering after money. People are striving to amass wealth but none is making efforts



to cultivate love and righteousness. The earlier three speakers spoke about the world, but none of them spoke about the Atma. The same principle of Atma is present in everyone. It is present in you, Me and everyone else. *Daivam Manusha Rupena* (God is in the form of a human being). It is not proper to show disrespect to anyone because everyone is the embodiment of God. You should lead your life with this conviction that all are your brothers and





sisters. We can attain Swaarajya only when we develop such broad feelings. Till then, we merely have Swarajya (political freedom) where 'Swa' means Swartha (selfishness). But we should aspire for Swaarajya (freedom of the Self), in which 'Swaa' is related to the Hridaya (spiritual heart).

You are all performing Grama Seva and serving the poor. But first of all, you should achieve true Swaatantrata (independence of the Self). Love, respect and help everyone. Only then can you be called a true Sai student. Everything can change but not the Atma. Even a wicked person or a demon cannot bring about any change in the Atma. Strive to attain such changeless and eternal Atmic kingdom. Have self-confidence. Only then can you attain the natural state of a human being. This is your true and eternal state. Attain the kingdom of the Self and earn a good name.

I spoke only out of My love for Subhas Chandra Bose, though none invited Me to

speak. Such persons like Subhas Chandra Bose should be born in Bharat again and again. India should attain its pristine glory again. Had Subhas Chandra Bose been alive today, he would have attained the highest name in history. There would have been no beggars in this country. But, unfortunately, the Bharatiyas themselves were responsible for his leaving the country. As a result of that, they are now facing great difficulties. We should love and trust noble souls. Love and trust are our true strength. We should never forget Subhas Chandra Bose. His teachings were full of noble thoughts and great ideals.

Unfortunately, people forget such good persons and remember the bad ones. It is a great mistake. Never forget good people. They are like precious jewels. I wish that you should always remember such noble souls. I bring My Discourse to a close with My blessings to you all.

**– From Bhagavan's Divine Discourse on 15th August 2007.**

### **Sri Sathya Sai General Hospital**

Prasanthi Nilayam - 515134, Puttaparthi, Anantapur District, Andhra Pradesh

Email: [hmrgh@sssihms.org.in](mailto:hmrgh@sssihms.org.in), Phone 08555-287256, 289409

#### **Applications are invited for the following posts:**

- **Urgently required Obstetrics & Gynaecology**

Post of Senior Consultant / Consultant / Junior Consultant / Senior Resident

Qualification : M.B.B.S. + MD / DNB with Relevant experience

- **Paediatrician: Senior Resident / Junior Consultant in the Department of Paediatrics**

Qualification : M.B.B.S. + MD / DNB / D.C.H.

*– Medical Superintendent*

### **REQUEST TO DEVOTEES**

As devotees may have noticed, we have been serialising Bhagavan's Discourses delivered by Him during His visits to Kodaikanal in 1992 and 1993, the audio copy of which was very kindly provided by a devotee from Denmark. We propose to continue serialising Swami's other Kodaikanal Discourses and need audio or video copy of these. We shall be grateful if any devotee / devotees help us in this regard.

**– Editor**

**Email: [editor@sssbpt.org](mailto:editor@sssbpt.org)**



**GO GREEN CONFERENCE** was organised by Sathya Sai International Organisation at Prasanthi Nilayam on the subject of protecting the planet earth from environmental pollution from 25th to 26th July 2018, in which about 1,200 delegates from 70 countries participated. The deliberations of the conference were held in Sai Kulwant Hall as well as Poornachandra Auditorium on both the days.

#### **Day 1: 25th July 2018**

The first session of the Conference was held in Sai Kulwant Hall which started with the theme song of the Conference "Together we Sing in Peace and Harmony" by Sathya Sai Young Adults. In his Welcome Address, Dr. Narendranath Reddy, Chairman, Prasanthi Council observed that Nature was God's gift to man and every atom of it was permeated with Divinity. Therefore, man, he said, should revere and protect Nature instead of polluting and destroying it. Describing the projects undertaken by the Sathya Sai International Organisation in various countries to protect the planet earth and to conserve natural resources, Dr. Reddy cautioned that depletion of natural resources and pollution of the environment would have disastrous consequences. The Keynote Address of the Conference was delivered by Sri M.C. Mehta, a world renowned environmental lawyer, who observed that Go Green meant Think Green, Act Green and Live Green. Stressing

on the practicality of the programme, he called upon the Sathya Sai International Organisation to join hands in serving and saving the planet earth by creating more and more awareness in people for protecting the natural resources.

The devotees were then blessed with the Divine Discourse of Bhagavan Baba which was aired on the public address system. Speaking about the close relationship between man, society, Nature and God, Bhagavan observed that man should put a limit on his desires and check unrestrained consumption so as to restore balance in Nature. Bhajans followed next and concluded with Arati.

The morning programme continued in Poornachandra Auditorium. Ms. Katinka van Lamsweerde, a member of the SSIO Environmental Committee, reminded participants that they were all fruits from the same seed of divine love. But sadly, man's uncontrolled desires had resulted in disastrous consequences for Mother Earth. She highlighted the urgent need for greater awareness, reverence and gratitude towards Nature.

A dynamic panel discussion considered 'Spiritual Solutions to Environmental Problems'. The panel addressed important environmental concerns, particularly climate change, solutions at policy and personal level, the importance of spirituality to realise the oneness of environment and society and creating greater awareness and knowledge of environmental issues.



The evening session in Sai Kulwant Hall began with presentation of the summary of the proceedings of morning session held in Poornachandra Auditorium. The summary was presented by Ms. Roshini Viswanathan. This was followed by talks by two speakers. The first speaker was Ms. Hrund Hafsteinsdottir from Iceland who spoke on the topic "Go Green Initiatives in Iceland". Cautioning one and all about the catastrophic natural calamities caused by reckless exploitation of Nature by man, she referred to first ever legally binding global agreement on environment under the auspices of U.N. in Paris, identifying renewable energy as the key for addressing the threat of climate change. The second speaker of the session was Ms. Achenyo Idachaba-Obaro from Nigeria who spoke on the topic "Practical Environmental Solutions". Narrating the inspiring story of her own innovative foundation Miti Meth, she gave technical details of reusing and recycling of natural resources to avoid wastage.

The last item of the programme was a devotional music presentation by Bal Vikas children and Sadhana Group devotees from

accompanied by thrilling music. Some of the songs were: "Dance Siva Dance in our Heart", "More Love More Power, More of You in my Life", "Sai, You are my Heart and Soul". Bhajans that followed this were also led by Bal Vikas children of California.

## Day 2: 26th July 2018

Three speakers addressed the gathering in the morning session in Sai Kulwant Hall on 26th July 2018, the second and final day of Go Green Conference. The first speaker was Manfred K. Müller-Gransee, a self-employed trainer and consultant who is running a recycling project for electronic products and Chairman, Sai Care Foundation of Germany. Speaking on the theme "Nature: The Vesture of God", he urged one and all to raise their awareness to the ultimate truth that Nature was the manifestation of God. Calling Divine Love as the basis of Nature's work frame, the speaker emphasised that Nature was the Vesture of God. Referring to the 2000 years of exploitation after the time of Jesus Christ, the speaker listed out the catastrophically gruesome ill effects of the human exploitation threatening lives on planet earth.

Speaking next on the topic "Environmental Initiatives in India", Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation underlined the need for Individual Environmental Responsibility, and gave details of the environmental projects being implemented all over India by the Sai Organisation. He pointed out that external pollution reflected the pollution in our mind. He reminded delegates that their conscience should guide them to reduce excessive consumption.

Ms. Shruthi Vijayakumar, a Young Adult from New Zealand was the last speaker of the session who spoke on "Opportunity for Action". Listing out many an imbalancing act



*Devotional music offering by Bal Vikas children of California.*

California. With their hearts full of deep devotion and love for Bhagavan, the singers rendered melodious songs in English





that ill-serve the planet, Ms. Shruthi sounded that what was required was our collective thoughts and actions. The external pollution was just a reflection of our inner pollution and the solution lay in following Bhagavan's teachings, said Shruthi. Bhajans followed next and concluded with Arati.

The morning programme in the Poornachandra Auditorium began with a talk by Sri R. J. Rathnakar, Trustee of Sri Sathya Sai Central Trust who explained how the earth was a gift of God and how the SSSCT had been implementing green initiatives for many years, including the most recent solar power projects. He urged delegates to 'Go Green, Go Divine'. Speaking on the topic "Environmental Initiatives by Sathya Sai School of Thailand", Dr. Art-ong Jumsai, Director of the Sathya Sai School of Thailand, told about the school's organic food and solar projects, and the production of bio-diesel from used vegetable oil.

The evening session in Sai Kulwant Hall began with the talk of Sri Dhivesh Pai who spoke on "Go Green Highlights from Around the World". He enumerated the global Go Green initiatives ranging from personal level to societal, citing instances from Indonesia to Australia, Surinam to Germany, listing out some of the outstanding projects in action.

Ms. Selena Ricart from Argentina then presented the Conference Summary and eight resolutions that emerged from the conference.

International Young Adults Coordinator Sri Deviesh Tankaria from the U.K. thereafter addressed the gathering, describing the global Sai initiatives under the auspices of SSIO. Detailing many an initiative around the globe, the speaker had one answer for all problems, that was given out by Bhagavan Himself. He said, the answer for

all problems was in human mind, as answer for everything was within and not without.

In the end, Young Adults presented a musical drama "Love All Serve All" bringing in greater environmental awareness. The presentation beautifully depicted how Bhagavan separated Himself from Himself resulting in the vast infinite creation and how one should always be aware of the oneness of God-Nature-Man following the Go Green path. Vibrant values-based songs rendered by Young Adults enriched the presentation.

### **Sathya Sai International Leadership Programme for Young Adults**

Earlier, on 24th July 2018, a graduation ceremony was held, wherein about 300 Young Adults from 31 countries were awarded certificates on the completion of their Sathya Sai International Leadership Programme for Young Adults organised by Sathya Sai International Organisation. On this occasion, the graduates presented a



*A devotional music offering by Young Adults of Leadership Programme.*

scintillating devotional music programme. Beginning their programme with the Sanskrit prayer dedicated to Lord Ganesh "Vakra Tunda Mahakaya" and a prayer to goddess Saraswati, the singers sang seven songs which included "From Ignorance to Truth", "There is no Reason for Love", "Think of a World so Neat and Clean", a Bhajan medley and a Spanish song.



# SRI SATHYA SAI CENTRAL TRUST

PRASANTHI NILAYAM

PUTTAPARTHI, ANDHRA PRADESH

## PUBLIC CAUTION NOTICE

**The General Public are hereby notified that the institutions founded by Bhagavan Sri Sathya Sai Baba and Sri Sathya Sai Central Trust, Sri Sathya Sai Institute of Higher Learning, a deemed to be University and Sri Sathya Sai Loka Seva Trust have no connection with the University called Sri Sathya Sai University for Human Excellence promoted by Prashanthi Balamandira Trust.**

- 1) Bhagavan Sri Sathya Sai Baba AS A FOUNDER TRUSTEE, ESTABLISHED Sri Sathya Sai University in the year 1981. It is now known as Sri Sathya Sai Institute of Higher Learning. The University has four campuses, at Anantapur, Andhra Pradesh for women, at Brindavan, Whitefield, Bengaluru, Vidyagiri, Puttaparthi and Sri Sathya Sai Grama, Muddenahalli, Chikkaballapur District, Karnataka. Apart from the above, Bhagavan Sri Sathya Sai Baba also ESTABLISHED a public charitable Trust, viz., Sri Sathya Sai Central Trust for the purpose of carrying on many humanitarian works including MANAGING schools and for medical relief activity and carrying out other objects of public utility like water supply schemes, etc. Bhagavan Baba was the Sole Trustee.
- 2) On 14.08.1978, Bhagavan Sri Sathya Sai Baba ESTABLISHED a Trust known as Sri Sathya Sai Loka Seva Trust and took over the OWNERSHIP AND MANAGEMENT OF two Schools which were MANAGED by a Society known as Loka Seva Vrinda at Alike and Muddenahalli. These schools prospered and became models of education emphasising on human values and universal love and respect for all religions and their teachings. Bhagavan Baba was the Sole Trustee of the SRI SATHYA SAI LOKA SEVA TRUST.
- 3) AFTER BHAGAVAN BABA, The Trust Deed of Sri Sathya Sai Loka Seva Trust ENTRUSTED the power to appoint trustees BY THE TRUSTEES OF Sri Sathya Sai Central Trust. In exercise of the power, the Trustees of Sri Sathya Sai Central Trust appointed Trustees to Sri Sathya Sai Loka Seva Trust in April 2011 after Baba's Maha Samadhi. For some time, the Trustees functioned harmoniously. After a year, in 2012, Sri B.N. Narasimha Murthy in cahoots with one Madhusudhan Naidu WITHOUT THE REQUIRED CONSULTATION AND CONSENT OF ALL THE TRUSTEES AND THE CENTRAL TRUST MADE UP a document to amend the Deed of Trust, TO ILLEGALLY BENEFIT HIMSELF. This gave rise to litigation which is pending before the civil court. The claim of Sri B.N. Narasimha Murthy that he is a Trustee of Sri Sathya Sai Loka Seva Trust is not true. In order to divert the funds AND ASSETS from

Sri Sathya Sai Loka Seva Trust, Sri B.N. Narasimha Murthy and his supporters have started operating various other Trusts, IN THEIR OWN PERSONAL NAMES AND INTEREST, one of them is Prashanthi Balamandira Trust.

- 4) It is now learnt that IN JUNE 2018 the Karnataka State Legislature has enacted a Law providing for establishing Sri Sathya Sai University for Human Excellence promoted by Prashanthi Balamandira Trust and the same has been published in the Karnataka Gazette. THE NEW UNIVERSITY WAS SECRETLY ESTABLISHED WITHOUT ANY PRIOR NOTICE OR CONSULTATION WITH ALL Trustees of Sri Sathya Sai Loka Seva Trust AND OTHER INSTITUTIONS OF BHAGAVAN BABA. Wide publicity is being given in the media and in social media about setting up of the University at Kalaburagi in Karnataka State. In such advertisements, the photographs of Bhagavan Sri Sathya Sai Baba, the name "Sri Sathya Sai" and the Sarva Dharma emblem, which are protected under the Emblems and Names (Prevention of Improper Use) Act, 1950 are being prominently displayed and used to create an impression in the minds of the general public, devotees and donors that Sri Sathya Sai University for Human Excellence is promoted by the Institutions set up by Bhagavan Sri Sathya Sai Baba. This is totally false and misleading.
- 5) **Prashanthi Balamandira Trust is not an institution founded or set up by Bhagavan Sri Sathya Sai Baba and is in no way connected to or associated with Sri Sathya Sai Central Trust or any other trust founded by Bhagavan Sri Sathya Sai Baba. ACCORDINGLY, A legal notice has been issued IN JUNE 2018, to the Government of Karnataka, TO INSTITUTE AN ENQUIRY INTO THE ILLEGAL ACTIONS OF SRI B. N. Narasimha Murthy AND OTHERS RELATING TO THE SETTING UP OF THE SAID UNIVERSITY AND TAKE APPROPRIATE ACTION AGAINST THE DEFAULTERS. In view of the above, in order to set the record straight this public notice is being issued.**

It is further clarified that there is no such group called Sri Sathya Sai Loka Seva Group of Educational Institutions, Muddenahalli. The Public are cautioned to note that none of the regulatory approvals required to set up the university have been obtained and as on date there is no approval granted by the Karnataka State Government and other regulatory bodies to commence any educational activity. The promoters of the University have not complied with the legal requirements to start admission of students.

THE PUBLIC ARE CAUTIONED TO NOTE the above and not be misled by any false claims made by Prashanthi Balamandira Trust and Sri B. N. Narasimha Murthy or others.

**For Sri Sathya Sai Central Trust  
Member Secretary  
[www.srisathyasai.org.in](http://www.srisathyasai.org.in)**

Dated: 14th July 2018



## About Sri Sathya Sai Sadhana Trust Publications Division (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 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-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on [www.sanathanasarathi.org](http://www.sanathanasarathi.org).
- 3) Maintaining a reporting channel [www.theprasanthireporter.org](http://www.theprasanthireporter.org), which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers' - for free distribution.
- 4) Providing library and Reading room for visiting devotees, with a very large collection of books written by Bhagawan Sri Sathya Sai Baba and books on Bhagawan besides various spiritual and religious books.

## Get Sanathana Sarathi

On Sanathana Sarathi official website – [www.sanathanasarathi.org](http://www.sanathanasarathi.org) – subscribe for paperback and e-versions. Single monthly editions are also downloadable in English and Telugu languages at <http://bit.ly/sarathienglish> and <http://bit.ly/sarathitelugu>.

### 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. Namasmarana
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. Sevalal
15. Silence
16. Suffering
17. Surrender
18. Atma
19. Do You Know
20. Gopikas Of Brindavan
21. Gratitude
22. My Beloved Ones
23. Only Love
24. Purity
25. Memoirs Of A Sai Student
26. A Journey To Self-Peace
27. Dharma
28. Guru

29. Karma
30. Life
31. Meditation
32. Peace
33. Simple Truths
34. Nama Mahima
35. Divine Vibrations
36. Guidelines To Active Workers
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*Tableau on the saints of Maharashtra.*



*Devotional music programme by Smt. Priyanka Barve Kulkarni and her team of fellow musicians.*



*A dance number by Sai Youth and Bal Vikas children of Krishna district.*

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## *There is only One Atma in all Beings*

To recognise unity in diversity is spirituality. The basic truth to be recognised is that there is only one Atma in all beings. The questions and doubts arise when you see multiplicity in unity. The entire creation has emerged from love. There is no difference between religion, spirituality and educare. Religion is realisation of your Self. Spirituality also is discovering who you really are.

*– Baba*

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