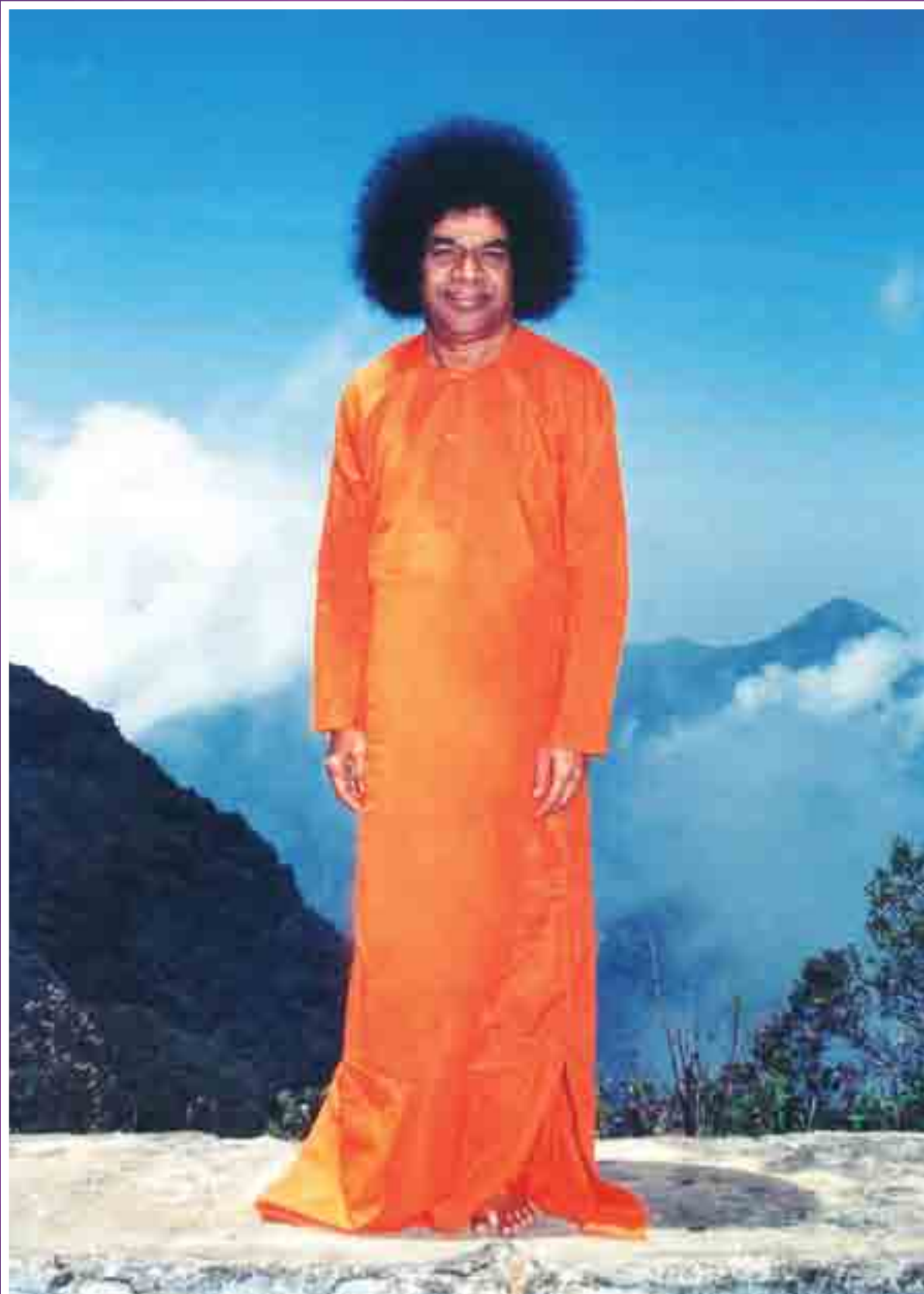


**Sanathana Sarathi**

**DECEMBER 2020**



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol.: 63 Issue No. 12 Date of Publication: 1st December

**December 2020**

© Sri Sathya Sai  
Sadhana Trust, Publications Division  
Prasanthi Nilayam

Printed by **K.S. RAJAN**  
Published by **K.S. RAJAN**

On behalf of the owner, Sri Sathya Sai  
Sadhana Trust, Publications Division, Prasanthi  
Nilayam 515134, Anantapur District (A.P.)  
And Printed at Sri Sathya Sai Press,  
Prasanthi Nilayam  
And Published at Sri Sathya Sai Sadhana Trust,  
Publications Division, Prasanthi Nilayam  
515134, Anantapur Dist., Andhra Pradesh.

Editor **G.L. ANAND**  
Assistant Editor **P. RAJESH**

E-mail: subscriptions@sssbpt.org  
editor@sssbpt.org  
For Audio Visual /

Book Orders: orders@sssbpt.org  
ISD Code : 0091

STD Code : 08555

Telephone : 287375

Sri Sathya Sai Central Trust Telefax : 287390

Sri Sathya Sai University -

Administrative Office : 287191 / 287239

Sri Sathya Sai Higher

Secondary School : 289289

Sri Sathya Sai

Primary School : 287237

SSSIHMS, Prasanthigram,

Puttaparthi : 287388

SSSIHMS, Whitefield,

Bengaluru : 080 28411500

*Annual Subscription*

acceptable for 1, 2 or 3 years.

**English India:** (12 issues) ₹ 120

**Other Countries:** ₹ 1200

or US \$22, UK £17, €19,

CAN \$29, AUS \$31

**Telugu India:** ₹ 90 (12 issues)

**Other Countries:** ₹ 900, US \$18,

UK £13, €14

**Note:** Please do not send currency notes  
in postal covers. **For the Attention of**  
"Sanathana Sarathi" **Subscribers.**

Three asterisk marks (\*\*\*) appearing  
after your subscription number on  
the mailing wrapper indicate that  
you should renew your subscription  
immediately. Please quote your present  
subscription number while renewing the  
subscription. All subscriptions and other  
correspondence should be addressed to  
The Convener, Sri Sathya Sai Sadhana  
Trust, Publications Division, Prasanthi  
Nilayam 515 134, Anantapur district,  
Andhra Pradesh, India.



*"Sanctify your tongue by uttering  
only sweet and true words. Do  
Kirtan, do Bhajan, do it with  
love. Do it blissfully, not simply  
with tongue but with heart full of  
love. Your singing should not be by  
force but by source (heart)."*

## CONTENTS

- 4 Sai is the Supreme Preceptor**  
**Bhagavan's Discourse: 6th April 1996**
- 7 Divinity Pervades all Forms**  
**Bhagavan's Christmas Message**
- 11 Bhagavan's 95th Birthday Celebrations**  
**A Report**
- 15 Transformation Lead us to our True Home**  
**Dr. Ramesh M. Wadhvani**
- 20 39th Annual Convocation of SSSIHL**  
**A Report**
- 22 Awakening to the Environment**  
**The Lord's Blessing for Greater Self-awareness**  
**Ashok K. Sakhrani**
- 25 My Experiences with Bhagavan Sri Sathya Sai Baba**  
**Dr. Goteti Saraswati**
- 29 Moments of Revelation**  
**Rabin Kumar Diyali**
- 31 News from Sai Centres**
- 34 The Disease of Atheism**  
**Chinna Katha**

### SRI SATHYA SAI DIARY 2021

Due to overwhelming demand, the stock of "Sri  
Sathya Sai" Diary 2021 is exhausted. No further  
orders will be entertained.

— Convener

AVATAR VANI

# SAI IS THE SUPREME PRECEPTOR\*

BECOME DESERVING OF GOD'S LOVE

**G**OD IS THE ETERNAL witness. But this divinity is forgotten today. Man is running after unnecessary fleeting worldly objects.

## Do Everything to Please God

Who is near God? One who follows the command of God and manifests divine qualities is near God. One who has full faith in God is a true human being in reality. What is the meaning of Manava (human being)? Manava is also called Manisi – Ma-Ni-Si. It means man is the embodiment of love. But if these three letters are reversed, then it becomes Si Ni Ma. Man today has become cinema. Human is gone, cinema has come. In cinema, they cry artificially, laugh artificially. Birth, death, happiness, everything is artificial in cinema. Do not follow the artificial way of life; follow God. If you follow the command of God, everything else will follow. If you have gold in hand, you can have any ornaments of your choice. Without gold, how can you have ornaments? You pray, I want grace, I want blessing, I want love. These are all artificial utterances. They are ornamental. What is the

real gold? Real gold is the prayer when you say, "I want You, I want You, I want God". If God is there, then everything is there.

When there is no God, then nothing you find there. So, everything is nothing. All worldly things you crave for are nothing. Listening, experiencing and being happy, all these are nothing. That which is not heard, that which is not seen, that which is not performed, that which is not forgotten is bliss. Do not lead artificial life. Follow truth and experience Divine love. *Love is God. Live in Love.* How to develop this love?

*Start the day with love,  
Fill the day with love,  
Spend the day with love,  
End the day with love,  
This is the way to God.*

But how do we start the day? We start the day with sadness and end the day with worry. Napoleon said, "Be clear, the rest will follow". In the first instance, Napoleon controlled the mind. When one has control over one's mind, all work will be transformed into worship. Do any work. Do anything you want. Go to office, do



business, study or serve. Everything should be done to please God. How can you experience God? You can experience God when you recognise God as the only Doer. It is wrong to say that you are the one who is doing work. Suppose, you have a plan to construct a house. Didn't that thought come out of your heart? It came out of your heart. Where is the heart? God is the indweller of the heart of all. All that comes from the heart is divine. You are not the doer. God is the Doer. But man today does not recognise this truth.

### **Play a Proper Role in the Drama of Life**

You have an apple in your hand. You want to eat it. Do you eat to satisfy the apple? No. You eat for your own satisfaction. Your friend has a child. You love the child. Is it for the child? No, it is for your own satisfaction. So, you do all work for self-satisfaction, not for the satisfaction of the mind, the body or the senses.

The doctor holds the knife. He performs the operation. Is it the knife that did it? No, it is the doctor who conducted the surgery. Knife is an instrument, body is an instrument, mind is an instrument, intellect is also an instrument. They are all instruments – body, mind and intellect.

It is your good fortune to play the role of an actor in the drama designed by God. God Himself will select and assign the role. There will be selection. Today there is no selection in worldly life. In place of selection, there is election. Selection comes from the heart, election out of the mind. You know what happens in election. You are not the candidate selected by God. Yet you win the election. How? You give the note and get the vote. This is election. So, selection is important, not election. In selection, God is in you as conscience.

You are selected by God. Be privileged to listen to Him, be blessed to follow His command. This is the real good fortune. That is true human life. That is the goal of human life. It is love that is important. There is nothing in this world beyond love. The value of love is incomparable. Everything is love. Live in love. So, be happy, serve and worship God. Then you will attain eternal bliss which is ever fresh and new. Keep always smiling. None should put on a castor oil face because Swami is very happy to see smiling faces. There are two types of smile. One is Hasan and the other is Prahasan. Hasan is smile. Prahasan is loud laughter like that in cinema. Do not laugh loudly. What is the language of God? Silence is the language of God. Be pure of heart and steady in devotion. Spend life with smile.

When the heart is full of love, there will be sweetness in speech. The ladies sang, "Oh Lord! You are the sweetest of all". The sweetness you find in God is nowhere else. His watching is sweet, His listening is sweet; He is the sweetest of all sweets. Those who recognise the sweetness of God will be happy in life. So, develop love for God more and more. Mere listening to talks and reading sacred texts is not enough. Put into practice all that you read and listen. Otherwise, all learning is useless. There is no use of Sadhana without practice. You repeat God's Name, you meditate, you do Bhajans and perform all actions through the body. Then love should manifest and emanate from your body. There is water in the tumbler. Without the container, you cannot hold water. The body is like the tumbler. Fill the water of Divine love in it. Fill the heart with love. Then only love will emanate from it. Devotion means pure love. This love gives you bliss. Jayadeva also said:



*Oh tongue, the knower of taste! You are very sacred. Speak the truth in the most pleasing manner. Chant the Divine Names of Govinda, Madhava and Damodara incessantly. This is your foremost duty.* (Sanskrit Verse)

*The tongue moves in between the teeth without getting harmed. Likewise, it is good for man if he conducts himself with care and caution while leading his life in society. Never forget these words of wisdom.* (Telugu Poem)

The tongue accepts what is sweet and throws out that is bitter. It discriminates between good and bad. It receives all that is good. All the bad is thrown out. Not only that, how sacred it is! It does not go out and visit anybody. It does not leave its place like some people who go from house to house like rats and cats. Use your tongue to talk sweetly. Do not utter falsehood and do not criticise. Let the Name of God dance on your tongue. The tongue is like a Nartaki (dancer). It dances continuously. How can you control Nartaki? When you reverse the letters in the word Nartaki, it becomes Kirtana (singing the glory of God). So, continuously sing the glory of God through your tongue. Then only will it be put to sacred use.

### **God and Devotee are One**

Sanctify your tongue by uttering only sweet and true words. Do Kirtan, do Bhajan, do it with love. Do it blissfully, not simply with tongue but with heart full of love. Your singing should not be by force but by source (heart). This is the role you are supposed to play in the drama of life. Then only will you earn a good name. People will call you a very good actor. It is not enough if you get good name from people. You have to get good name from

God. If you are not accepted by God, world will also not accept you. If God does not accept you, you become cheap. God's love is immense as He is the Divine Mother. Become deserving of God's love. How to earn this Divine love? You can earn God's love when you follow the command of God and have exemplary conduct. God will then submit Himself to you.

God creates the devotee and devotee also creates God by constantly remembering Him. So, devotee and God are one and the same. God has creative powers and so does have the devotee. There can be no devotee without God. When there is no devotee, God has no value. Without God, devotee has no value. Unity of God and devotee exalts human quality and proves that God and devotee are one and the same. This sacred truth is being made unsacred today. Having been born as Manava (human), one should end his life as Madhava (God). Nobody should die as a human. At the time of birth, we cry Koham, Koham, Koham (who am I?). At the time of death, we should say Soham, Soham, Soham (That I am). If you sit in the examination hall reading question paper all the time, when will you answer? What result can you expect? So, you get zero result. Learn the answer before your time on earth is up so that you pass the examination. Then you will get the degree. When you pass, God will say, "You are Mine". It would be your greatest good fortune when God says this. Safeguard this fortune. In order to safeguard this fortune, you should think of God continuously.

(Bhagavan brought His Discourse to a close with the Bhajan, "Prema Mudita Manase Kaho Rama Rama Ram...")

– **Bhagavan's Divine Discourse in Sai Sruthi, Kodaikanal on 6th April 1996.**

## BHAGAVAN'S CHRISTMAS MESSAGE

# DIVINITY PERVADES ALL FORMS

## VISUALISE GOD IN GOD'S CREATION



### *Embodiments of Love!*

*Sathyam Bruyath, Priyam Bruyath, Na Bruyath Sathyamapriyam* (speak truth, speak pleasantly and do not speak unpalatable truth). These three correspond to moral, righteous and spiritual values, respectively. Man is the combination of these three values. Without waves, there can be no ocean. Without rays, there can be no sun. Likewise, one without love cannot be called a human being. Just as

waves are for ocean and rays are for sun, so also love is for man. Hence, man should fill his life with love. He should neither hate anyone nor indulge in violence. He should fill his heart with compassion. That with Daya (compassion) is Hridaya (heart). Ego and unlimited desires are responsible for wicked qualities in man. One with ego cannot have compassion in his heart.

### **Jesus Taught the Principle of Unity**

One should not lead a life of selfishness and self-interest. One should keep in mind the prevailing situation in the country and act accordingly. Man cannot lead a totally independent life. He has to depend on society. Prakriti (Nature) is a combination of Vyashti, Samashti, Srishti and Parameshti (individual, society, creation and Creator). The individual should serve society and try to visualise God in creation. Jesus said that the life of an individual was useless if he did not realise his duties towards society. *Where there is unity there is purity, where there is purity there is divinity, where there is divinity there is bliss.* People should recognise the intimate and inseparable relationship that exists between unity, purity and divinity.

When Jesus was born, three Arabian kings visited him to pay their respects. One of them felt that the child would be a lover of God. The second one said that he would be the beloved of God. And the third

one felt that he was verily God. Opinions vary from person to person, because each is different from the other. Our ancients visualised unity in diversity, whereas modern man, due to the impact of the Kali Age, fragments unity into diversity.

According to Vedanta, man is a combination of Bhutakasa (body), Chittakasa (mind) and Chidakasa (Atma). Bhutakasa corresponds to the body and all that is seen by the naked eye. All that is seen is bound to disappear, which means Bhutakasa is transient and ephemeral. The sun, the stars, and the milky way, which are crores of miles away from earth, also come under Bhutakasa. The rivers, seas, forests, and mountains all form part of Bhutakasa. Bhutakasa constitutes all Bhutas (elements) and living beings.

Such a vast Bhutakasa is engulfed by Chittakasa (mind). You can very well imagine the vastness of Chittakasa. Bhutakasa, consisting of sun, stars, rivers, oceans, etc., forms a tiny part of Chittakasa. You may wonder how it is possible. Whatever you see, for example, the sun, the stars, the oceans, the mountains, etc., get imprinted in your Chitta. Likewise, the apparent world is contained in you as a small entity.

Bhutakasa and Chittakasa relate to the body and mind, respectively. There is a fundamental basis for these two, which is referred to as Chidakasa by Vedanta. This corresponds to the Atma. Human being is a combination of these three – Bhutakasa (body), Chittakasa (mind) and Chidakasa (Atma). The first refers to the one you think you are; the second, to the one others think you are; and the third, to the one you really are.

Man's nature is infinite and immortal. Such a human life is looked down upon

as low and mean. People deny the existence of the Atma because it cannot be perceived. Chidakasa symbolises the Atma. It has no form. It is changeless and transcends time and space. Vedanta describes this as *Nirgunam*, *Niranjanam*, *Sanathana Niketanam*, *Nitya*, *Suddha*, *Buddha*, *Mukta*, *Nirmala Swarupinam* (It is attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness).

Bhutakasa corresponds to Jagrat (waking state), Chittakasa to Swapna (dream state), and Chidakasa to Sushupti (deep sleep). In Chidakasa, one experiences only bliss. This can be understood by the fact that you experience peace when you have a good sleep at night.

When you say, it is my body and my mind, it means that you are different from them. In fact, you are the master (Atma). Master the mind and be a mastermind. How can man, being the master of everything, consider himself low and weak? Chidakasa is the true form of man. Bhutakasa, Chittakasa and Chidakasa correspond to Pratyaksham (direct), Paroksham (indirect), and Pavitram (sacred). Chidakasa transcends name and form. It is described as *Sabda Brahmayi*, *Characharamayi*, *Jyotirmayi*, *Vangmayi*, *Nityanandamayi*, *Paratparamayi*, *Mayamayi* and *Sreemayi* (embodiment of sound, mobility and immobility, light, speech, eternal bliss, perfection, delusion and wealth).

The Atma transcends the limitations of form. Buddha and Jesus made concerted efforts to have the vision of the Atma. Buddha realised that names, forms and physical relationships were transient. He said, one should not get deluded by them.



*Yad Drishyam Thannasyam* (all that is seen is bound to perish). He studied various sacred texts and had an audience with many scholars, but he was not satisfied. Ultimately, he came to the conclusion that one could attain Nirvana only through proper use of the five senses. No spiritual practice can yield the desired result if the senses are misused. Have sacred vision. Speak good words. Hear only what is good. Entertain noble thoughts. There is no greater spiritual practice than this. This was the teaching of Buddha.

The same was taught by Jesus. The fishermen wanted Jesus to fulfil their worldly desires. Peter wanted more fish. But ultimately, he realised the futility of worldly desires. He wanted to go beyond the level of body and mind, as per the teaching of Jesus. Jesus told them to give up hatred and to love all and serve all. He exhorted them to develop faith in the principle of unity. Many disciples of Jesus interpreted the teachings of Jesus in their own way.

When he was being crucified, Jesus heard an ethereal voice, "All are one my dear son, be alike to everyone". When Mother Mary was shedding tears, Jesus told her, "Death is the dress of life". Death is like changing of dress. Do you find anybody wearing the same dress every day? Just as you change your dress every day, you change the body from birth to birth. It is the body that dies, not the life principle. The Spirit is immortal and non-dual. To realise the non-dualistic nature of the Spirit was true wisdom, said Jesus. *Advaita Darshanam Jnanam* (experience of non-dualism is wisdom). *Ekameva Adviteeyam Brahma* (Brahman is one without a second). Man attributes names

and forms to God because of his worldly feelings and external tendencies.

### **Realise the Oneness of the Atma**

Truly speaking, there is only one God. We sing in our Bhajans, *Ek Prabhu Ke Anek Naam* (one God has many names). Give up body attachment. Only then can you develop attachment towards the Atma. Since you are endowed with a physical body, you have to discharge your duties diligently. However, do not be deluded with the feeling that this is permanent. All physical relationships are like passing clouds and are subject to change. Truth alone is that which does not undergo change. That is Chidakasa, the principle of Atma.

A mother has four sons. The first son asks her for red colour juice, the second for green colour juice, the third for black, and the fourth for white. Then what does the mother do? Being an intelligent mother, she pours the same juice in red, green, black, and white colour glasses to satisfy her sons. Our bodies are like those glasses. We should not go by differences in bodies. We should realise the oneness of the spirit within. The cups and colours may be different but the sweet juice (Atma) is the same in all. The body is bound to perish one day or the other. You will have to face misery if you are attached to the body. In order to attain immortality and experience bliss, you have to transcend name and form. As long as you have a body, you have to take care of it. But you should not be unduly attached to it or worried about it. Ignorance is the root cause of worry. Whatever has to happen will happen. So, never give scope to worry. Develop faith in the principle of Atma. This was the main teaching of Jesus.

Mathew was one of the twelve disciples of Jesus. He was an income tax collector by profession and used to meet the fishermen to collect taxes. Jesus used to impart sacred teachings to the fishermen everyday. Mathew noted down all his teachings and wrote the holy Bible. Later on, many others wrote the Bible based on their own feelings. Nowhere has Jesus ever stated that he was God or the Master. He always addressed God as his Father. He has shown the path to experience unity. He never gave scope for multiplicity. He always said that all were divine.

From the beginning, Jesus never said that he was God. He only said that God was his father. He taught people that there was only one God and all were his children. His critics complained to the head priest against Jesus. The priest knew that Jesus was speaking the truth. But they did not support Jesus in order to safeguard their own position. It was decided that Jesus should be crucified. The Governor issued the orders, but later he repented.

The Romans addressed Jesus as 'persona', meaning one of sacredness. The English word person has been derived from this. It means that there is divinity in everyone. That is why I address you as embodiments of divinity. I and you are one. There is divine spirit in everybody. The very Self is called 'persona'. There is no life principle without divinity. *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Srutimalloke Sarvamavruthya Tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). Divinity pervades all forms. The Bible and the Quran contain many sacred teachings. But foolish people who do not understand their teachings are taking to wrong ways.

*He who is worshipped as Allah by Muslims,  
As Jehovah by Christian aspirants,  
As the Lotus-eyed Lord by the worshippers of Vishnu,  
As Sambhu by those who revere Siva,  
In whatever way He is worshipped, He gladly responds,  
Grants the grace of fame and fortune,  
And showers happiness and joy.  
He is the One,  
The Supreme Self. Know Him as Paramatma.* (Telugu Poem)

You attribute various names and forms to God for your own satisfaction, but God is essentially one. Be He Rama, Krishna, Allah or Jesus, all their teachings are meant for the emancipation of man. No religion preaches violence or harm to anybody. Some evil-minded people misinterpret the sacred teachings and indulge in wicked deeds. All noble souls have taught sacred things. They said, "Love all". They did not preach hatred. God never tells anybody to kill others. No one has any right to kill the other, because the same Atma is present in all. In the name of God, people are committing heinous crimes. It is not good for anybody.

*Love all, Serve all. You cannot always oblige but you can speak always obligingly.* There is no God greater than love. *Love is God, God is love. Live in love.* Destroy wicked qualities. Mean-minded people try to attribute their meanness to God. It is a sign of ignorance. Do not pay heed to such people. Have faith in your own Self. Otherwise, you cannot have love for God.

– Excerpted from **Bhagavan's Christmas Discourse on 25th December 2001.**

# BHAGAVAN'S 95TH BIRTHDAY CELEBRATIONS

**D**IETY AND SOLEMNITY marked the 95th Birthday celebrations of Kali Yuga Avatar, Bhagavan Sri Sathya Sai Baba. Besides, other programmes, this year's Birthday celebrations of Bhagavan featured a special Narayana Seva, wherein about one lakh meals were distributed in 199 villages spread over 17 Mandals of Anantapur district on 23rd November 2020, the holy day of Bhagavan's Birthday.

The entire township of Prasanthi Nilayam bore a festive look with colourful decorations on this occasion. Sai

nations, religions and races join together and sing the glory of God continuously for 24 hours for peace and harmony in the world. This year, this event became all the more significant as it started on 14th November 2020, the auspicious day of Deepavali festival, which signifies illumination within and without. Moreover, it was virtual Akhanda Bhajan, wherein various Sai Centres from India and across the globe offered soulful Bhajans which could be participated by all devotees of the world through live streaming. The Akhanda Bhajan which started at 6.00 p.m. on 14th November 2020 came to a close at 6.00 p.m. on 15th November 2020 with two Bhajans "Govinda Krishna Jai Gopala Krishna Jai" and "Subrahmanyam Subrahmanyam" in the golden voice of Bhagavan Sri Sathya Sai Baba.

## SRI SATHYA SAI SATHYANARAYANA VRATAM AND RATHOTSAVAM



*Grand illumination of Yajur Mandir.*

Kulwant Hall, the venue of the Birthday programmes, was aesthetically decorated with attractive buntings, festoons and other decorations. Besides, there were brilliant illuminations at night on Sai Kulwant Hall and Yajur Mandir.

## GLOBAL AKHANDA BHAJAN

Global Akhanda Bhajan is one of the most significant events of the Sai Organisation, in which devotees of all

Bhagavan's 95th Birthday celebrations started on 18th November with Sri Sathya Sai Sathyanarayana Vratam followed by Rathotsavam. After ceremonial Puja in the Bhajan Mandir, the idol of Sri Sathya Sai Sathyanarayana along with the idols of Rama, Lakshmana, Sita and Hanuman and Venugopala Swami were brought out in Sai Kulwant Hall in a procession amidst chanting of Vedic Mantras and set up on

a specially decorated platform in front of Bhagavan's Samadhi at 8.15 a.m. Soon after this, the priests started the Puja of the idol of Sri Sathya Sai Sathyanarayana amidst sacred Vedic chants. Ceremonial worship of the idol of Sri Sathya Sai



*Sri Sathya Sai Sathyanarayana Vratam.*

Sathyanarayana was followed by recitation of Sri Sathya Sai Astottharashata Namavali (108 Names of Lord Sai). The life story of Sri Sathya Sai Sathyanarayana was then narrated in Sanskrit with an introduction in English in the beginning. The Puja concluded with offer of Arati to the idol. It was a blissful experience for the devotees to witness the Puja and listen to the life story of their Beloved Sri Sathya Sai Sathyanarayana. At the end of this



*"Sri Sathya Sai Sathyanarayana Vrata Kalpam" book released.*



*Rathotsavam at Prasanthi Nilayam.*

programme, a book entitled "Sri Sathya Sai Sathyanarayana Vrata Kalpam" compiled by Sri Vedanarayanan and published by Sri Sathya Sai Sadhana Trust, Publications Division was released.

As Bhajans started in Sai Kulwant Hall, the idols of Rama, Lakshmana, Sita and Hanuman as well as the idol of Venugopala Swami were taken out in a procession led by musicians and Veda chanting and Bhajan singing groups of students. Large groups of devotees joined the procession at Gopuram Gate, from where it meandered its way to Pedda Venkama Raju Kalyana Mandapam in Puttaparthi village. Residents of Puttaparthi offered worship to the idols on the entire route. Arati was offered in Sai Kulwant Hall at 10.20 a.m. to mark the end of the morning proceedings.

### **BHAGAVAN'S 95TH BIRTHDAY FUNCTION**

Bhagavan's 95th Birthday function was held in colourfully decorated and brilliantly lit Sai Kulwant Hall on 23rd November 2020. The programme started at 8.00 a.m. with sacred Vedic chants followed by a soulful musical offering "Guru Vandana" (worship of the Guru) by Prasanthi Mandir Bhajan Group, who offered Hindi, Telugu and English numbers at the Lotus Feet of their Sadguru Bhagavan Sri Sathya Sai Baba to express their reverence and gratitude



to Him. This most elevating musical presentation included “Vaada Nibhayenge Hum” (we will fulfil our promise), “Jai Jai Sai Ram, Jai Jai Sai Ram”, “Pyare Sai Hamare” (our Beloved Sai), “Happy Birthday to You”. They concluded their presentation with a riveting Qawali “Sai Ke Darbar Mein” at 9.30 a.m.

After this soul-stirring musical presentation, Sri S.S. Naganand, Trustee, Sri Sathya Sai Central Trust, spoke about the main activities and initiatives of Sri Sathya Sai Central Trust in the year 2019-20. He outlined the exemplary work done by Sri Sathya Sai educational institutions, hospitals and Seva Organisations and quoted statistics how these institutions were serving the needy. For example, he stated that in the last year itself the medical institutions working under the Central Trust served nearly three million patients. He also made a mention of the new multimedia museum being set up at Whitefield, Bengaluru and the new Convention Centre that is coming up at Prasanthi Nilayam. Applauding the work being done by the newly set up Sri Sathya Sai Media Centre, Sri Naganand stated that the Media Centre

was streaming various programmes 24 hours a day. He also informed that the Central Trust was proposing to set up Sri Sathya Sai Global Council as the responsibility of Central Trust had increased after United Nations (ECOSOC) accorded it Special Consultative Status. After the talk of Sri Naganand, the Annual Report of Sri Sathya Sai Central Trust for the year 2019-20 was released.

The devotees were then blessed with an illuminating Discourse of Bhagavan Sri Sathya Sai Baba. Emphasising the power of Dharma, Bhagavan gave examples of the power of Arjuna and Bhima from the Mahabharata and said that in spite of their power, they always adhered to Dharma. Man, Bhagavan said, should follow Dharma as it was the main principle of life. He exhorted the devotees to put the teachings of the sacred texts into practice; mere study of the scriptures was not enough. Bhagavan brought His Discourse to a close with the Bhajan “Hari Bhajan Bina Sukha Santhi Nahin”. Bhajans followed next and concluded with Arati at 10.30 a.m.

### **Golden Chariot Procession and Jhoola Mahotsava**

The programme in the evening started with golden chariot procession. The



*Annual Report of  
Sri Sathya Sai Central Trust released.*



*Golden chariot procession.*





*Jhoola Mahotsava in Sai Kulwant Hall.*

glittering golden chariot with a beautiful photograph of Bhagavan started at 5.00 p.m. from Ganesh temple led by musicians and Veda chanting and Bhajan singing groups of students. A sizeable number of devotees joined this grand procession, observing all the norms of social distancing. After circumambulating the Prasanthi Mandir precincts, the golden chariot reached Sai Kulwant Hall at 5.40 p.m. where Arati was offered to Bhagavan.

Jhoola Mahotsava started soon after this. A beautifully decorated Jhoola (swing)

was set up for this purpose in front of Bhagavan's Samadhi in Sai Kulwant Hall. As the Jhoola with a beautiful photograph of Bhagavan started swinging, Prasanthi Mandir Bhajan Group made a soulful musical offering to their Beloved Swami. The compositions rendered by the Bhajan Group included "Anandam Tava Darshanam

(Your Darshan grants bliss), "Mere To Giridhara Gopal Doosro Na Koyi" (I have none other as refuge than Krishna), "Madhura Mohana Ghanashyama Sundara Sai" (Krishna is full of sweet charm). The programme concluded with a Qawali "Sai Tere Naam Ki". English commentary which interspersed these songs added to its richness. Bhajans followed this which concluded with Arati at 7.20 p.m., bringing the glorious celebration of Bhagavan's 95th Birthday to a happy conclusion.

*Cultivate good thoughts and perform good deeds. Sometimes, people ask, "Yes, we should learn to love everyone, but what should be done if other persons hate us in spite of our loving them so much"? Why should you be bothered whether others reciprocate your love or not? Your duty is to see that you do not swerve from the right path. If you also hate, how can you claim that you are still good? Endeavour your best to influence and transform others, but do not swerve from being good. I will give an example with Myself as the basis. I love everyone. I love even those who do not love Me. We must see our love is pure or not.*

*— Bhagavan Sri Sathya Sai Baba*

# TRANSFORMATION LEAD US TO OUR TRUE HOME

Dr. Ramesh M. Wadhvani

*During one of my earliest interviews with Swami, after taking my Padanamaskar, I humbly asked, "Swami, when may I return"? Then came an unexpected, yet a very profound reply! In a commanding voice, Swami said, "When you leave your mother's house, do you ask her when can you come back? I will be here, waiting for you"! Then, He went on to say, "I did not create these institutions for Myself. They are meant for you..."*

**I**T IS FORTUITOUS TO BE BORN when the Lord of the universe took birth in our midst as Bhagavan Sri Sathya Sai Baba. We devotees are exponentially blessed to have breathed the same air as the Poornavatar and to have received personalised guidance through His Darshan, Sparshan and Sambashan. In a population of over 6 billion people, only a very small fraction has had the privilege to know, hear and see Him. We verily are His contemporaries, and as such, we have a duty to serve Him and carry out His Message.

## Swami's Mission

One day on the Mandir portico, Swami was having a light conversation with college boys. A senior devotee who was also present spoke about Swami's Mission. Swami said, "My only Mission is to help you realise that you are God". All His mega projects – the development of Sri Sathya Sai Seva Organisation, the many water projects, educational institutions, and the creation of world class hospitals – are all insignificant considering the one and only Mission He has for us. His true Mission is to help us become ideal human beings through steady transformation. The institutions Swami has created are merely



tools of Sadhana that devotees could employ for their spiritual transformation.

Undoubtedly, spiritual transformation carries itself over many lifetimes. However, our Prema Swarupa has said that He will carry us across the ocean of Samsara (worldliness) in this lifetime if we want it. Once we are deeply devoted to Him, He clears the path for us, and we face life's challenges with greater equanimity. Swami provides us with unique experiences, customised to our unique spiritual and emotional DNA. As we gradually tune

into the Universal Consciousness, life's experiences become teachable moments and transformation naturally unfolds from within. Let me share with you a few personal experiences from my own awakening.

### **Swami Answers my Wife's Prayer**

One Thursday afternoon around autumn of 1978, I was out of town travelling to Boston for a job interview. My wife, Sunita, and her visiting friend attended a local Sai Baba Centre in St Louis. Upon her arrival, my wife prayed, "I hear that You are God and that You fulfil everyone's wishes. My husband lost his job four months ago, and since then he has been searching for work. I will believe You are God if You find work for him soon".

When I returned to St. Louis, Sunita recounted her blissful evening listening to Sai Bhajans at the local centre. She had also finished reading Howard Murphet's book, "Man of Miracles", and encouraged me to read it. The following Thursday, she took me to the Sai Centre. As I entered the premises, the mere sight of Sri Sathya Sai Baba's altar picture resulted in an electric current rising in my spine. Instantaneously, an inner voice told me, "You have found God". I knew in my heart that I needed no proof, nor had I any questions to be answered. To me, the revelation itself was all the evidence I needed. That moment held within itself my spontaneous awakening. After enjoying a blissful evening at the Centre, we travelled back home and sensed a strong jasmine fragrance in the car. On entering our residence, an even more pungent scent of flowers was diffused throughout the house. We later discovered that this extraordinary olfactory experience was considered a sign of Baba's Presence.

After this enchanted evening, Sunita had still not told me about her prayer

challenging Baba to find me a job. And yet, every Thursday for nine weeks, I received a job offer in the mail. All nine positions came from Fortune 1,000 companies, spread across the United States. An impossible feat, indeed! The miracle here is how strategically Swami's hidden hand executed all the variables for various jobs – despatching of the offers from disjointed companies to planning their arrival on each Thursday – a reminder that it was all His blessings in response to Sunita's prayer on that first evening at the centre. This momentous event launched us onto our spiritual journey. We instantaneously welcomed Baba into our family as our God, our Guru, our Everything...

### **Eleven Years of Annual Pilgrimage**

Very soon, by late 1978, we took a trip to India to express our gratitude to Baba and receive His blessings before starting my new position with GE. On our first Darshan, Swami took my letter, blessed and autographed the book that I was reading. He then casually asked me, "Where are you from"? I replied, "Baba, from St Louis". He nodded His head sideways, looked into my eyes, smiled, and said, "very happy" and walked away! I became very intrigued. I had accepted Him as my God. So, I wondered, "He knows all this. Then why this question"?

I returned in 1980, and again Swami asked the same question. After some thought, I decided to approach a senior official in the trust office who said, daily thousands come here and only a fortunate few get the opportunity to interact with Baba – be happy that Swami conversed with you. It was a candid advice, and I was satisfied. However, this went on for the next few years and I became increasingly perplexed. One day in 1986, while seeking

an answer to this puzzling matter, I opened a random page from a newly purchased book. My eyes landed on a line which precisely addressed this perplexing question. It stated, Swami asking a person where they come from is a spiritual question that He often poses to students. It said that Swami is not asking our physical address but rather, prompting us to seek our true origin, that we come from God. With a bit of ego, I said to myself, "Now, I know better how to answer Baba on my next encounter with Him"!

As God would have it, He let me contemplate on the matter and did not ask me again for another few years. However, He graciously allowed me to interact with the university authorities and get involved in small Seva projects suited to my professional skill. In 1989, my son and I were seated in the front row on the outer aisle. On that day, Swami gently walked up to us, stopped to accept our letters, and graciously granted us Padanamaskar. As we looked up to Him, He asked, "Where are you from"? I promptly replied, "Baba, from Shelton Connecticut". He smiled and said, "very happy", and walked away! My son immediately noticed my mistake and said, "Dad, you made the same mistake. You were supposed to say – "Baba, I come from You"! My head went into a tailspin. I silently prayed to Him, "Baba, I am not baked yet, please pardon and guide me"! Mother Sai has infinite patience, teaching each child at their own pace, without rushing, and never giving up on any one of them. This is the task that the Avatar has taken upon Himself.

For many years, we did not have any personal interview with Swami, but we continued to travel to Puttaparthi regularly as a family. However, we had numerous

close, beautiful and loving Darshans in which He granted us small conversations as He passed by us. These moments brought us supreme joy. We were happy that He was accepting our letters and steering our 'family ship' with gentle, tender and loving care.

7th March was my birthday. I was seated in the first row at Darshan holding a birthday tray. Swami gracefully walked towards me. I rose to my knees with my tray in hand and He blessed it, and lovingly granted me a birthday Padanamaskar. I was in bliss. As I was about to sit down, He asked: "Where are you from"? Before I could even answer, Baba had already walked down several feet, probably knowing what I was going to say! I said, "Baba, from You"! He quickly turned around, looked at me sharply and asked in amazement "What"? I repeated, "Baba, from You". He nodded, uttered "go" and continued with His Darshan. I felt myself get dizzy as a powerful gloomy sadness overtook my chest. What had I done to upset Him so much? I became very agitated and about to break down emotionally because to me, "go" with a sharp look meant "Get out before you get thrown out"! At that moment, a kind gentleman seated beside me asked, "Why are you sitting? Swami has called you for an interview"! I was momentarily stunned, then quickly jumped to my feet, and proceeded towards the verandah where several devotees had already assembled, anxious for the interview with our Lord.

### **My First Interview with Swami**

Unfamiliar with interview etiquette, I quietly followed the group of devotees into the interview room and seated myself near the door. Baba came in and sat in His chair at the other end of the room, looked straight at me and asked, "Where are you from"?

And I repeated, “Swami, from You”! He then said something in Telugu that resulted in big laughter! I knew the joke was on me, imagining that I might have said something inappropriate. The rest of the interview was in Telugu, which might as well be Latin or French to me. Nonetheless, I was on cloud nine! I was in the company of God, my eyes fixed on Him for the rest of the hour in a blissful trance. As the interview was winding down, the compassionate Lord took mercy on me and summoned me to come next to Him. I took the opportunity of being so near to Him that I kissed His Lotus Feet. Then I knelt beside Him, my hands in prayer. He asked me, “What is your name”? “Swami, Ramesh,” I responded. He then asked me if I knew the meaning of Ramesh, and I answered that I did not. Swami explained that Ramesh consists of three syllables Ra+me+esh, ‘Ra’ implies Ramata, which means fully consumed and in ecstasy; ‘Ra+me’ means one who is always aesthetically engrossed with something; ‘esh’ implies Iswara. Ramesh therefore means one who is always in ecstasy and engrossed in Iswara (God).

Nosooner did Baba finish His explanation than His hand went into a circular motion and materialised a magnificent ring with 18 coloured gemstones, with Lord Siva’s Linga on top studded with stones. Baba then showed the ring to other devotees, pointing to the details of the Linga on top of the ring, that symbolises Iswara. Everyone present was captivated by the beauty and intricate details of the ring. Swami gently slid it onto my ring finger. It was a momentous birthday experience with God, culminating in a spiritual lesson, memorialised by this beautiful ring. The story does not end here.

Whenever Swami gives anything, there is always a deeper meaning within His gift that only you will understand. God knows everything about each one of us and loves to remind us of this fact. In my case, He confirmed and encouraged my daily worship of Lord Siva, which had been my practice for three decades. Furthermore, He quietly reminded me to worship Him as Lord Siva. When I had left India to pursue my graduate studies in the USA many years back, the priest at our local temple gifted me a beautiful Siva Linga. He instructed me to take the Linga abroad and worship it everyday. Little did I know, I was destined to meet the full incarnation of God who would reinforce my faith in Lord Siva.

### **Serving Swami through His Institutions**

Swami’s love and compassion towards all living beings is beyond comprehension. Throughout His life, Swami always kept giving and He has left for the benefit of mankind and His devotees many gems as His legacy. Within His broad legacy, the most important gems are His Divine institutions, that He architected, built and operated tirelessly.

During one of my earliest interviews with Swami, after taking my Padanamaskar, I humbly asked, “Swami, when may I return”? Then came an unexpected, yet a very profound reply! In a commanding voice, Swami said, “When you leave your mother’s house, do you ask her when can you come back? I will be here, waiting for you”! Then, He went on to say, “I did not create these institutions for Myself. They are meant for you...”

With time, I have come to realise that Swami has created His institutions as vehicles through which His devotees may serve God and sanctify their lives. It is up



to each one of us to find our place in His Mission, based on our own capabilities.

It was a revelatory turning point in my life when Swami stated that His institutions were built for us. I put His words into practice and transformed my life through selfless service within the bracket of His institutions. Today, I know that every act of service in which I am involved is for God alone. Seva has become a worshipful act of surrender. By Swami's grace, Seva has become an important part of our family's Sadhana through the vehicle of the Prasanthi Trust for humanitarian projects. The Trust was named and blessed by Him during November 1992 interview by giving us personal guidance, approving of five initial Trustees and the by-laws.

### **Teachable Moments from Seva through Swami's Institutions**

We need to realise that service is a spiritual practice that requires discipline of devotion, surrender, detachment and humility. Thus, we must prioritise the welfare of others above our own. Once we do this, our spiritual transformation gradually goes onto autopilot mode without even our awareness. As a result, we consciously become trustees of all assets bestowed upon us! The trusteeship title takes away the burden of asset ownership and ego. As a result, the detachment takes over and Sadhana of Seva becomes very easy. Empathy becomes our second nature and we become more blissful by making others happy. As we evolve and commit to undertake bigger selfless projects, we start experiencing His Omniscience and Omnipresence because we start experiencing flow of resources from the universe, to make our projects successful.

Thus, we finally start getting glimpses that He is the Doer behind everything.

These experiences strengthen our faith in Swami, and we start relying on tools of Sathya and Dharma as our daily guiding pillars.

### **Bhagavan's Fundamental Teachings**

In time, I realised that Swami knew all along that He was going to bring us closer to Him. He first wanted to ensure that we grasped the fundamental principles of His teachings: God is the Creator, Sustainer and Destroyer of all things and that He and only He gets His work done through each one of us as our indweller.

Secondly, over many years and numerous trips, Baba taught us ever so lovingly to find Him within ourselves and in the world. He did test us all along, until we knew with absolute certainty the meaning of "who we are". As we progressed, we realised, Swami driving all our thoughts, words and actions, keeping them in sync.

There are three fundamental teachings that we have learned from Swami from years of personal transformation:

- Trust in His Word and surrender to His Will – count as among the most impactful lessons.
- To escape from the grip of anxiety, we must remove attachment to life events.
- Know deeply that Swami is all-knowing, and His Will (Sankalpa) knows no obstacles.

We have become a reflection of Bhagavan – as individuals, and as a family. Our family has been, and continues to be shaped by His love, guidance, teachings and blessings. He is the core of our family.

– **The author, Dr. Ramesh Wadhwani, has been an ardent devotee of Bhagavan for more than four decades. His residence "Sai Nivas" in Shelton, CT, USA has become a full-fledged Sai Centre.**



# 39TH ANNUAL CONVOCATION OF SSSIHL

**T**HE 39TH ANNUAL Convocation of Sri Sathya Sai Institute of Higher Learning (a Deemed to be University) was held at Prasanthi Nilayam on 22nd November 2020. The Chief Guest of the Convocation was Dr. Soumya Swaminathan, Chief Scientist, World Health Organisation (WHO).

## Vice Chancellor's Introductory Speech

The event began at 3.30 p.m. when the distinguished delegates, the Chancellor, Vice Chancellor, Registrar, Controller of Examinations, Deans, members of Sri Sathya Sai Institute of Higher Learning Trust, Academic Council and the Board of Management entered Poornachandra Auditorium in Prasanthi Nilayam with Registrar of the University carrying the ceremonial mace.

The proceedings of the Convocation began at 3.30 p.m. with invocatory Vedic chants by a group of students. Revered Founder Chancellor, Bhagavan Sri Sathya Sai Baba then declared the Convocation open after the Vice Chancellor, Prof. (Dr.) C.B. Sanjeevi prayed to Him.

In his introductory speech, the Vice Chancellor spoke about the values-based integral education system of the Institute which catered to the all-round development of the students to make them the disciplined citizen of the country. He reported that about 53 crores rupees had been spent to establish SSSIHL Central Research Instruments Faculty (CRIF) at



*Introductory speech of the Vice Chancellor, Prof. (Dr.) C.B. Sanjeevi.*

Prasanthi Nilayam and SSSIHL Central Research Laboratory (CRL) at Anantapur Campus which has enabled giant strides to be made (within a short duration) on a number of translational research projects in various frontier areas of science and technology covering Physical, Biological, Chemical, Materials Science, Food Sciences and Computational and various interdisciplinary areas. Mentioning about the quality of research being conducted in the Institute, the Vice Chancellor remarked that it was a socially relevant research which benefited less privileged sections of society. He made a special mention of Grama Seva started by Bhagavan Sri Sathya Sai Baba which aimed at creating awareness in the students about the needs of the poor in India. In the end, the Vice Chancellor announced amidst a burst of applause how the university staff and students had developed a Covid Detection Kit after hard labour. He then presented the kit to the Chancellor of the Institute, Sri K. Chakravarthi.

## Graduands Admitted to their Degrees

After the introductory speech of the Vice Chancellor, the graduands were virtually presented by the Controller of Examinations, Sri Sanjay Sahni to the Chancellor Sri K. Chakravarthi who admitted them to their degrees. The Convocation pledge was then administered to the graduands by the Vice Chancellor. The Chancellor thereafter awarded gold medals to the meritorious students who excelled in various faculties during the academic year 2019-20 and degrees to doctoral research scholars.

## Convocation Address by the Chief Guest

The Chief Guest Dr. Soumya Swaminathan then virtually delivered her Convocation Address. Underlining the urgent need for people to live in harmony with each other and with Nature, Dr. Swaminathan cautioned that unlimited consumerism and accumulation of wealth in a few hands could lead to disastrous results. Deploing the lack



*The Chief Guest of the Convocation delivering her Convocation Address virtually.*

of opportunities for the underprivileged sections of society, she emphasised the need for democratisation of education, good governance, effective public health programme, good communication system and social understanding. Referring to the global emergency caused by the pandemic

Covid-19, she stressed that there was need for quality healthcare delivery. Wishing a brilliant future to the graduating students, she advised them to do good to all.

## Benedictory Address of the Revered Founder Chancellor

Divine Benedictions of the Revered Founder Chancellor, Bhagavan Sri Sathya Sai Baba followed this. In His Benedictory Address, Bhagavan said that man did not only need physics, he also needed metaphysics. Elaborating further, Bhagavan emphasised that man should not seek merely the benefits of science, he should also know how to use scientific knowledge. The problems of the world, He said, were caused by the lack of knowledge. Modern scientists, Bhagavan added made many discoveries, but scientific knowledge should synthesise with spiritual wisdom. Giving the example of Newton, Bhagavan said that he discovered the force of gravity, but he understood that he had not created that force.

After the Discourse of Bhagavan, the entire gathering stood up to sing National Anthem. Arati at 5.20 p.m. marked the conclusion of the Convocation programme.

## Convocation Drama: Mann Mandir

Convocation drama broadcast on YouTube later featured a common family problem of conflict between two brothers. But Bhagavan's teaching of Sathya, Dharma and Prema brought about a change in the heart of the adamant brother. A video clip of the story of Rama and Bharata from the Ramayana from an earlier Convocation drama showed the path how Bharata's love overwhelmed Rama and Rama's love of Dharma made Bharata to submit to Rama.

# Awakening to the Environment

## The Lord's Blessing for Greater Self-awareness

Ashok K. Sakhrani

**M**ANY PRIVILEGED PEOPLE IN the developed and developing world have never given the environment any serious consideration even when there has been an explosion



of information in the mainstream media about the effects of climate change and pollution. We have become addicted to the abundance of relatively cheap material things, made possible by globalisation and worldwide supply chains. Powerful marketing engines have changed what and how much we consume as we are spoilt with an excess of affordable choices. Amongst many, there is an unmistakable ambivalence towards the slow degradation

of the environment. Experts warn about climate change and advocate for significant reductions in our use of fossil fuels but our political leaders reach international agreements on cutting emissions that are only to be implemented many, many years on. Then, there are the deniers. It appears that transformational change is not coming any time soon, and so the concern of many for the environment remains in a coma.

### Environment Crisis is Spiritual Crisis

In my case, after many years, an inner shift did eventually take place and slowly, but surely, there has been an unambiguous awakening to the environment. In truth, this didn't just happen, I believe it was orchestrated by Bhagavan Sri Sathya Sai Baba Himself to help my spiritual uplift.

For some time in recent years, I prayed to Swami for His physical Darshan. However, each time there was an 'instinctive knowing' in reply that He actually wants us to see Him everywhere, to take His Darshan in His creation. I realised His physical Darshan would only be fleeting whereas seeing Him in His creation would be the ultimate experience of living constantly in the Divine Presence, or in Constant Integrated Awareness. The confluence of events to bring about this inner shift was a blessing granted in response to my prayer to have His Darshan. Lesson number one: Yearn for God, He listens!

In November 2016, Sri Sathya Sai International Organisation announced a Go Green Conference in Prasanthi

Nilayam in July 2018. Sometime in the following year, I was prodded by Divine Hands to put together an inter-faith booklet entitled “Mother Earth”, which set out some teachings from different religious and faith traditions on man’s duty to God’s creation. Little did I know then that it would be an audition for a Seva opportunity.

At the beginning of 2018, I was offered a chance to be a part of the editorial team to produce the conference book, “Nature: Vesture of God”. Knowing little about environmental issues, the only skill I brought to that Seva was the ability to research environmental problems and solutions, and write / edit with a modicum of intelligibility. It appeared that was enough! Lesson number two: One only has to be willing.

Swami was deftly focusing my attention on the environmental catastrophe the planet is facing and how His teachings and those of other faith traditions provide the only real answer, for they don’t just tackle the problem but go to the root of it, viz., human ignorance, greed and lack of Self-awareness. He presented me with a saying of Swami Tripurari: “The environmental crisis is in essence a spiritual crisis ...”

This quote is better understood if one comprehends the essence of Sri Sathya Sai Baba’s teachings on man’s relationship with Nature: God manifests in Nature and is to be realised by man through Nature, and there is actually no difference between God, Nature and man. Swami has been drawing attention to the same point for about 40 years: we humans have lost our reverence for Nature and by our actions we have destroyed the balance necessary to keep that relationship pure, and so there are dire consequences as Nature reacts.

## The Go Green Conference

The Go Green Conference itself was an important reaffirmation of man’s interconnectedness and interdependence on Nature and an opportunity to showcase the environmental work Sri Sathya Sai Organisation has been doing and still has to do. As a participant, unknowingly I was being prepared to imbibe the lessons shared there and reflect on my own relationship with Nature, and hence God Himself. The Go Green Conference linked my love of my Guru and God, Sri Sathya Sai Baba, to my relationship with Nature, and indeed all creation. That is how drastic the impact was!

Soon after the conference, in about August 2018, I was offered the chance to serve on the SSSIO’s Environmental Sustainability Committee (ESC). Why me? What did I have to offer on a subject I had been neglectful about only the year before? I soon realised these were the inconsequential musings of an overactive mind. One needs only to know one thing: if the opportunity to serve Sri Sathya Sai Baba’s Mission is given, in whatever capacity, accept it without question and with gratitude.

I was heartened by a message I had just heard during the July 2018 trip to Prasanthi Nilayam (orchestrated or just coincidence, one might ask rhetorically) – at one of the sessions of the Sri Sathya Sai International Leadership Programme for Young Adults, one of the speakers quoted Swami: “God does not call the qualified, He qualifies those whom He calls”. That is all we need to know – having chosen us to serve, He will teach us. That is lesson number three.

It has been a blessing to work with career experts in environmental work. With



His grace and the dedicated contribution of every member of the committee, a fair bit has been achieved – there is coherence in our efforts and output, which are part of an inspired vision that we humans need to, and can, reconnect to the God within in order to rejuvenate our reverence for Nature and live in harmony with it. The ESC's webpage on [sathysai.org](http://sathysai.org) is full of useful wisdom and practical tools.

This harmony can easily be built upon the personal foundation of consuming moderately and responsibly in accordance with Swami's Ceiling on Desires programme and the five universal human values, so that we live more simply, with our attention not on pleasing our senses but on pleasing God. The committee realises that transformation must first begin within us personally and within the SSSIO because, individually and collectively in Sri Sathya Sai Centres, we must be the change we want to see in the world. We need to be "heroes, and not zeros" in living in harmony with Nature.

### **Intimate Relation Between Man, Nature and God**

Being a member of a committee engaged in environmental work brought in me an increased sensitivity to the sublime beauty of our trees, the majesty of our mountains, the fragrance of the harbour, the abundant blessings of the sun's illumination and the radiance of the moon on a dark night, to name a few observations. If one looks closely, one will begin to revere Nature, this beautiful home that nourishes us and on which we are totally dependent for our very existence. God's creation is truly magnificent, we humans cannot destroy it! These observations are available in high

density cities just as they are in natural areas, vast vistas, etc. We just need to open our hearts so that we see the glory of God everywhere. The awareness of the breathtaking beauty of God in His manifested form can be transformational as it breaks down the egotistical basis of individual separation, allowing the universality of all creation to reveal itself to us.

Members of the committee do increasingly speak to devotees around the world who too have a vision to protect the environment and live in harmony with Nature. One knows that Swami is leading this effort by bringing people together to create greater collective awareness and mutual support.

In truth, the unique contribution of the SSSIO to the discussions on climate change and environmental pollution is in the message that God, Nature and man are of the same Divine principle and that there exist simple programmes that, when properly understood and practised, can transform the hearts and minds of earnest seekers and ensure change. It is incumbent on all to take these teachings into the wider community. We need not fret at the enormity of the challenge. He will change the world as He Wills, we are just along for the ride to Self-realisation. It starts with turning the tap off when water is not needed and switching off unused lights, because everything is a gift from God, nay, is God Itself.

– **The author, Barrister-at-Law, Hong Kong, is Chairman of Environmental Sustainability Committee and Chairman, Zone 5 Countries of Sri Sathya Sai International Organisation.**

# MY EXPERIENCES WITH BHAGAVAN SRI SATHYA SAI BABA\*

Dr. Goteti Saraswati

**F**OR THE BADRINATH TRIP WITH Bhagavan, we were asked to come to Madras (now Chennai) on 5th June 1961. I was granted leave and we reached home. After we came home, we hardly had three weeks' time and had to be in Chennai by the due date. There was a notice published in Sanathana Sarathi, which stated that only those people who received letters for Badri Yatra trip will have the chance to go. Those who did not receive the notification from Swami cannot come.

## **Badri Yatra with Lord Narayana, 1961**

I had not received any letter yet. I mentioned this to Sri Bhadram and said, "Swami Himself asked me to come, but I have not received any letter yet". He suggested that I write a letter. I wrote a letter to Swami. "Swami, You said like this, but I have not received the invitation letter. Should I come or not?" I got an immediate response from Swami. Letters were very quick in those days. Letter went and response came, "You should prioritise My word, and not some letter. Didn't I ask you to

come? I have reserved two tickets for you and Bhadram. Bhadram will accompany you. He will be helpful; both of you come together". I posted that letter to Sri Ramarao in Rajahmundry (Rajamahendravaram). Ramarao and his sister responded, "When you have got a letter from Swami, what else do you need? Start immediately"! So, we started accordingly from Chennai. You would have heard of Badri trip, but there is only one thing about the Badri trip that I felt. Swami is seen in a unique form by each one of us. Isn't it? People wait to touch Swami's Feet, but only some get the opportunity and some don't, even if Swami is in front of them. Similarly, even at Badri, each one of us had a unique experience and I have my own.



*The entourage to Badri with Bhagavan.*

## Divine Motherly Love of Swami

We left for Badrinath on 6th June 1961, and I remember Badri trip was from 11th to 17th June 1961. On the first day, they asked us to perform puja. Those days, there were no bus facilities. We used to walk slowly seeing the beautiful scenery of the Himalayan mountains and conversing with each other. You won't believe if I say this, Seetharam Babu's younger aunt and I, and a couple of other gents from Rajamahendravaram walked almost 17 miles. We used to drink ice water, and due to the cold, our throats would freeze. On our way, we saw a Doli (palanquin) sent by Swami in front of us searching for us, wondering where we two women were. Not that He doesn't know, but Swami showed His affection in that way. Sri Bhadram told us that Swami was concerned and restless since we had not arrived. Swami asked us, "Dunnapota (buffalo), why so late? Where were you? You got me really worried for a long time". Swami came in front of us and asked, "Why so late? Go quickly and have food first". I was reminded of my mother. A mother always worries about her daughter. When we were young kids, and if we came back late from school as we had to walk three miles, she used to send lanterns with the servants, asking them to accompany us home. Similar was the affection shown by Swami towards us.

### Scolding by my Grandfather

At the beginning of the Badri trip, we were given a list of things to bring along, viz., water bottle, canvas shoes, goggles, hand gloves, etc. We bought them from the Madras market. We boarded the Delhi train, reached Delhi and went to Dehradun and then to Haridwar. We had to climb the mountains to Joshimath and there

my water bottle broke. I was thirsty while climbing the mountain. Swami had all of us gathered around Him, and He sat in the centre and gave us pearls of wisdom. Swami took His water bottle and drank water. I was sitting opposite to Swami. Swami asked, "Will you drink? Do you want water"? I responded that I wanted to drink water. Swami took the water in bottle cap and gave it to me. After drinking water tilting my head, I poured it in Sita's mouth and returned the empty cap to Swami. It was placed back on the water bottle and we resumed walking. Grandfather was furious at me and started scolding us, "You don't have brains". I asked, "Why"? He said, "You cannot drink water from Swami's bottle"! I said Swami was the one who offered me, and I was really thirsty as well. He asked, "Even if you felt thirsty, don't you know how to speak to Swami"? I did not know, to be honest, as it was the first time after I had Swami's Darshan we had gone there. He said, "It is wrong. You should know how to speak to Swami. He is God! You should be cautious. You should maintain a distance. He is Fire"! Grandfather kept reprimanding us till we reached the destination, and we kept listening to him. There grandfather gave us a good training indeed!

### Materialisations in Sanctum Sanctorum

The next day, we were told that we were going to the temple. It was near the China's border, where communism prevailed and there were rationalists. Swami asked us to enter the temple. Swami was in front, and we followed Swami into the temple. There was a huge dispute as there were people waiting outside. They argued that they are also devotees and not just us. Swami said, "Open the door. Do not restrict anyone". Everyone came inside the temple. There

were Nambudiris (priests). Their ancestors had been there since Adi Sankara's time. They did not even allow Swami to go near and climb up. Badri Narayan deity was on a higher platform. We could not go near. Swami said, "Let us take this God with us..." and saying that in the inner sanctum, Swami took a silver plate from someone. All of a sudden, Swami began waving His hand and materialised a golden petalled lotus. Swami waved His hand again and



*Bhagavan with the manifested Linga and Badri Narayana deity.*

there came a Siva Linga. That Siva Linga could fit exactly in the centre of the lotus. Then Swami materialised a statue of Vishnu. Swami held His plate and asked us to follow. Opposite the temple, there was a Chatram (choultry) where we were put up. Swami brought us there. There were Rama and Lakshmana. They were twins from Kumbakonam and sang very well.

Rama and Lakshmana led the Bhajans. We sang in chorus. Swami was in front, and we followed Swami. Then we went into a hall. A table was placed and a cloth covered the top of the table, where Swami placed this silver plate along with fruits. After placing it, Swami asked Sri Bhadram to recite the Mantras. While performing Abhishekam, Swami materialised a small silver pot, like the ones we have in temples like Kasi. Swami held His hand this way (shows the shape). There was a small hole at the bottom in the pot. Swami said, "I have taken this holy water from Gangotri. We will perform Abhishekam to the manifested Linga". Swami allowed each one of us to touch the pot, as Bhadram was chanting Mantras and Swami was performing Abhishekam. After Abhishekam, Puja was performed. Swami waved His hand again and materialised 108 "Maredu Dalali" (108 golden Bilva leaves) of this size. Sri Kasturi mentioned to Swami about "Thumi Puvulu" (laucas aspera). I did not know what Thumi flowers were. Swami materialised Thumi flowers and sprinkled them on the Linga. Thus Puja was completed. After that, Swami gave each one of us a Bilva leaf. Burgula Ramakrishna Rao was the Uttar Pradesh Governor then. Swami asked him to keep the Linga safe. After sometime, the Linga vanished. Swami asked him to get the Linga, but it had vanished. Swami said, "It was sent to the same place where it came from"! Badri temple is closed for six months. People leave things as they are as temple is fully covered with snow. People from Badri later came to Swami and took Padanamaskar. Later that evening, Swami gave a Discourse.

### **Swami's Father Cured by Vibhuti Materialised by Swami**

We stayed there for four days. During the four-day stay at Badri, I received a



scolding from Swami, as I did not know how to behave. There was an X-ray unit that was inaugurated by Swami. Someone said, "Aren't you a doctor? Please come and visit the X-ray centre". I walked 200 metres and went there. There were no women in the vicinity. I was the only woman. I wondered, why no other women had come there, among all those people. When I went there, Swami saw me and said, "Adhigaprasangam" (arrogant). I thought Swami was saying that I was excessively talkative. I responded to Swami, "Adhigaprasangam? When did I excessively talk, Swami"? I did not know fear then. Swami did not say anything, I was really a fool then. We returned and the next day was the return journey. The weather in the Himalayas is cold but at the same time it is hot during summer. Swami's father got sunstroke. I used to call him Thatha Garu (grandfather). There was a separate Wing for gents. I did not know

that ladies should not go to their Wing and should not speak to them. In the hospital, we used to serve everyone, so I was not aware of this. Easwaramma Garu told me, "Child, grandfather is unwell, something has happened. I cannot go to that Wing. Can you please go to grandfather and check him"? I ran there immediately. He was unconscious and had vomited. I quickly cleaned his face, and was calling him, "Thata Garu..." When I was offering my service there, Raja Reddy came by. He also called grandfather, "Thatha Thatha" and then there came Swami. Swami did not scold me and did not say anything as I was doing service there. Swami materialised Vibhuti, applied on grandfather and he recovered.

**– The author, a gynaecologist by profession, was a devotee of Bhagavan for over five decades.**

*It is not easy for the mind of man, immersed in worldly concerns, to turn to God. Meditation, repetition of the Names of the Lord, Bhajans, reading of scriptures and other such activities are designed to purify the mind so that it can concentrate on God. As a field has to be properly ploughed and prepared for sowing so as to reap a good harvest, the field of the mind has to be rendered pure and sacred through good and holy actions and Sadhana if it is to yield the fruit of Divine Wisdom.*

*– Bhagavan Sri Sathya Sai Baba*



## ALUMNI FORUM

## MOMENTS OF REVELATION

RABIN KUMAR DIYALI

**A**S I SIT ALONE IN A RATHER pensive mood, attempting a mental resume of my student life at Bhagavan's Lotus Feet, the thought overawes me that, in fact, seven precious summers have passed since I entered the portals of this paradise. It is unbelievable... for was it not only yesterday that I joined Bhagavan's college? Verily one forgets to keep track of time when one is living with Eternity itself.

The thought gives me joy with a tinge of sorrow, for when I try to peep into the inner recesses of my heart to find the glow of His love, I at once discover that He has been unfailing in His bountiful love for me. In spite of knowing that He is the way and the goal for all of us without whom our lives would not bear any meaning or taste, we fail to understand His love. On a number of occasions, He has reminded us to realise the Divinity in Him and not to be deluded by external appearances. Through parables and examples, jokes and stories, He has been constantly trying to drive home that truth in all of us.

One such golden moment came in my life on a bright morning. The day was the 7th of November 1984. All of us were eagerly awaiting Swami's Darshan. As He came out, He picked up four boys and I was one of the fortunate four. Swami directed us to go to the anteroom in the Mandir apparently to clean and tidy up the room. After going round the devotees and



granting them the much-coveted Darshan, Swami came straight into the room, where we were engaged in cleaning the place. We all stood in front of Him with folded hands. Swami in His characteristic and Divine way proceeded to grant us one of the rarest moments of my life.

Swami pointed to a deer skin which was rolled and kept on a rack, and addressed one of the boys, "Take this deer skin to the Himalayas and do Tapasya there"? For a moment, the boy was nonplussed: "Did He really mean it? Is Swami telling seriously or is it meant to be a pleasant joke"? There was silence for a few seconds, while Swami waited for an answer from us. Swami looked at me and asked, "Is it good to do Tapasya in the Himalayas"? I promptly said, "Yes, Swami". But this answer did not satisfy Him. He Himself said, "Do you not realise that the result of all Tapasya is Here"? and pointed at Himself.

He thus gave us a glimpse of His Divinity and showed that there is no need to do Tapasya in the Himalayas when the object of all such endeavours was right in front of us in flesh and blood. He continued, "Whenever I give Darshan to those who are engaged in penance in the Himalayas, even for a few seconds, they feel extremely blissful for having attained that vision of God. And they regard it as a great experience. But you all are having My Darshan every morning and evening, yet you never realise the value of it".

He gave further a beautiful illustration. "Whenever people desire to see an elephant, they go to the forest. And by chance, if they see even the tail of an elephant whose body might have been hidden among the bushes and shrubs,

they feel immense joy at having seen an elephant. In your case, there is an elephant (Sai Geeta) in front of your hostel. But you do not pine to see her, because she is a familiar sight."

We must realise the value of His Divine Darshan from these examples. Since we are blessed with the opportunity to be near Him, we should make the best use of each and every moment of our life here. Sometimes, we may be confused by delusion and despair. In those weak moments, we must pray to Swami for His benign grace so that we may always feel His Presence within us.

– **The author did his M.A. from Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning.**

– **From April 1988 issue of Sanathana Sarathi.**

*What is the root cause of all the disorder, chaos, crime, falsehood and violence that prevail in the country today? It is the behaviour of the people contrary to the dignity of human nature that is responsible for the present situation. The education that one receives today has no relation to human values. Whether it be in the sphere of political behaviour or social conduct, economic activity or spiritual pursuits, all one's actions are based on the tendencies of the mind. No change in any form of activity is possible unless the mind is changed. That is why the Vedas proclaim that the mind is the cause of bondage as well as liberation of man.*

– *Bhagavan Sri Sathya Sai Baba*

# NEWS FROM SAI CENTRES

## AUSTRALIA

**I**N JULY 2020, SRI SATHYA SAI International Organisation (SSSIO) of New South Wales (NSW) Region East and NSW Region West organised a service project called “Love in Action”. Volunteers provided food and books to people in need, donated blood, wrote inspiring letters to cheer up the lonely, and organised environmental awareness campaigns. SSSIO members supplied more than 950 kg of food to refugee families and those who lost their jobs due to the COVID-19 pandemic. In collaboration with others, they donated over 200 new books to needy students attending schools in remote parts of Australia. SSSIO volunteers also organised a blood drive at the Australian Red Cross.

Members of NSW Sathya Sai Centres adopted another meaningful project, “Zero-Waste” to protect Mother Nature. This is an ongoing project to encourage devotees to follow Sri Sathya Sai Baba’s teachings and inculcate good habits. All participants practised ceiling on desires and pursued the goal of zero waste for one or more of the following: food, money, time and energy to protect the environment.

## MAURITIUS

On 25th July 2020, a Japanese ship ran aground on the southern reefs of Mauritius, creating an unprecedented ecological disaster for the island. The ship spilled hydrocarbons and an estimated 1,000 tons of fuel into a protected marine park which had pristine coral reefs and mangrove forests that supported endangered species. A massive clean-up operation was



*Protecting the ecosystem endangered by oil spill, Mauritius.*

launched in response to the oil spillage. SSSIO volunteers in Mauritius were in the forefront and proactively collaborated with the government authorities and local environmental non-governmental organisations (NGOs) to protect the ecosystem and biological integrity of the lagoon during this unprecedented crisis. Hundreds of SSSIO members of all ages and walks of life joined hands to manufacture the absorbing floating booms made from sugarcane straw to hold back the tide and absorb the oil from spreading in the lagoon.

## SOUTH AFRICA

In South Africa, SSSIO volunteers, including Young Adults, started Sri Sathya Sai Food Kitchen during the festival of Guru Purnima in July 2020. On 9th August 2020, the group prepared 20 pots of food and served 500 people who were first screened for COVID-19 by a SSSIO doctor. Food was also delivered to several old age homes, orphanages, shelters, adopted communities and neighbourhoods. The service was well received and benefited a large number of



*Sri Sathya Sai Food Kitchen, South Africa.*

indigent people in and around the greater Durban area.

## DOMINICAN REPUBLIC

On 30th July 2020, Tropical Storm Isaiás made landfall in Dominican Republic, damaging more than 1,000 homes in Hato Mayor, a province in the eastern part of the country, and displacing thousands of people. SSSIO volunteers immediately responded by identifying the families most affected by the storm and delivered 55



*Humanitarian relief in Tropical Storm, Dominican Republic.*

care packages of non-perishable food, sheets, towels, household utensils and clothes for women, men and children. The families expressed their gratitude for the help received.

## USA

St. Vinny's Bistro is a shelter in downtown San Antonio in Texas, operated

by the Society of St. Vincent de Paul of the Archdiocese of San Antonio. It provides three hot, nutritional meals each day, 365 days a year, serving an average of 1,000 meals per day to the needy. Since the end of April 2020, volunteers from Sri Sathya Sai Centre of San Antonio have helped



*Meal distribution, Texas, USA.*

prepare hot meals every week for about 600 recipients at St. Vinny's Bistro. In view of the COVID-19 pandemic, precautions were taken to ensure that the items were procured, cooked and distributed with strict adherence to safety and social distancing guidelines.

## RUSSIA AND ADJOINING COUNTRIES

Sri Sathya Sai volunteers from Zone 8 launched an ecological project, "Clean Planet" to inspire everyone to practise the universal values of Unity is Divinity and Purity is Enlightenment by serving Mother Earth.

The first phase of the project involved clean-up of public areas by collecting trash. During the period 10th to 30th August 2020, 144 participants from Russia, Ukraine, Kazakhstan, Kyrgyzstan and Azerbaijan took part in this activity. Participants were



assigned territories, in which they cleaned the yards, reservoir banks, playgrounds, parks and forests. The volunteers not only contributed to the cleaning and preservation of Nature but also used this opportunity to reflect on the teachings of Sri Sathya Sai Baba by reading quotes on Nature, drawing pictures, reading poems and creating figures using plasticine with the underlying theme, "I am taking care of my native Nature". The children also participated in interviews and answered questions that helped them contemplate on the necessity of preserving Nature. This stage of the project concluded with a joint online celebration, in which about 90 people shared poems, songs and videos and children engaged in quizzes about Nature. This project inspired the volunteers to care and preserve Nature. This project not only had a positive ecological impact but also filled everyone's heart with love, appreciation for Mother Earth, and gratitude to Sri Sathya Sai Baba for making this project a reality!

– **Sri Sathya Sai International Organisation**

## B H A R A T

**Odisha:** All Samithis in Odisha have been adopting some destitute families and providing them Amruta Kalasham every month as directed by Bhagavan. During this period of unprecedented crisis which had thrown many families into unknown misery, SSSSO Odisha came forward to identify such families and support them with Amruta Kalasham kits. This programme was aimed at reaching the poor and needy families, who were unable to earn anything due to lockdown restrictions and could not afford two square meals for themselves. With the extension of the lockdown, their miseries only multiplied till Bhagavan



*Amruta Kalasham family kits.*

arrived at their doorstep in the form of the Amruta Kalasham family kit. This was not just a kit for physical survival, but also a source of mental strength and spiritual solace for them and their families, as they realised that God had not forgotten them. The beneficiaries were selected from among families of poor migrants stranded in quarantine centres, families of road side vendors having no business, railway porters whose families were in starvation due to stoppage of rail movement and tribal families having no work and deprived of government relief.

As a first step, a meticulous survey was conducted by all the District Presidents regarding actual beneficiaries. After that, our brothers and sisters collected the materials, packed them neatly in bags, offered before Swami and went to the nearby villages for gifting to the needy ones. The family kit contained grocery and items of daily need.

All the Seva Dal brothers and sisters maintained social distance and adhered to the safety norms laid down by the government. Till 20th August, 9,688 Amruta Kalashams were distributed covering all the 35 districts of Odisha.

# The Disease of Atheism

ONCE THERE WAS A VERY wealthy person who had nothing else to do other than 'loading and unloading'. Because of his excessive eating and lack of physical work, he suffered from indigestion. He went to a specialist and asked him the remedy for it. He was an expert doctor. He said, "You don't need to spend even a naya paisa to cure indigestion. In fact, you have yourself invited this trouble because of excessive eating. Don't you know how much your stomach can hold? But on account of your greed you are overloading it. Hence, the indigestion. Your power of digestion is less but the food you consume is more. That is the cause of your indigestion. Therefore, I prescribe a very good remedy for this. Try to listen. Keep a small piece of salt in your mouth and suck its juice".

Now salt is available in the form of powder, but earlier it was available only in rock form. The wealthy person did accordingly and got cured of indigestion. It was the time of his birthday. As he was cured of his indigestion, he wanted to distribute sweets to all and celebrate the occasion. He went to a sweetmeat shop and wanted to taste the sweet before buying it. When he put a small piece of the sweet in his mouth, it tasted salty. He told the owner of the sweetmeat shop that his sweet was not good and went to another shop. There also he had the similar experience. In this manner, he went to five sweetmeat shops one after the other but did not like the taste of the sweets in any of these.

The owner of the sixth shop understood his problem. Before the rich man could taste the sweet, the owner of the shop told him, "Look, there is a tap. Go there and rinse your mouth thoroughly and come. Then only you should taste my Laddu". The rich man accordingly rinsed his mouth thoroughly after throwing away the piece of salt that was in his mouth. Then the Laddu tasted sweet. "Yes, this Laddu is very tasty", he said. The shopkeeper said, "Oh mad fellow, when you have a piece of salt



*"Your habit of overeating is the cause of your indigestion," said the wise doctor to the wealthy man.*

in your mouth, how can you appreciate the sweetness of any Laddu? Every Laddu will taste salty". Likewise, a person suffering from the disease of atheism, and having the bitter substances like bad thoughts and bad feelings in his mind, cannot enjoy the sweetness of the Divine Name. When someone tells him the sacredness of service and such other spiritual practices, they appear to be tasteless to him. Does the defect lie in the Divine Name or spiritual practices? No, no. This is the result of his own disease of atheism.

## About Sri Sathya Sai Sadhana Trust Publications Division

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 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 Bhagavan 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 Bhagavan Sri Sathya Sai Baba and books on Bhagavan 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 Sri Sathya Sai Sadhana Trust, Publications Division (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmara
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. 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
37. Sri Sathya Sai Anandadayi
38. Truth, Auspiciousness, Beauty
39. Sai Baba's Mahavakya On Leadership
40. Path To Peace - Prayers for Daily Life
41. Sathya Sai Speaks Vol-1
42. Summer Showers In Brindavan, 1973
43. Summer Showers In Brindavan, 1974
44. Sathyam Sivam Sundaram Vol – 1
45. Sathyam Sivam Sundaram Vol – 2
46. Sathyam Sivam Sundaram Vol – 3
47. Sathyam Sivam Sundaram Vol – 4
48. Life is a Game, Play it
49. Divine Inspirations Vol-1
50. Divine Inspirations Vol-2
51. Divine Inspirations Vol-3
52. Divine Inspirations Vol-4
53. Divine Inspirations Vol-5
54. The Light of Love
55. Bhagavatha Vahini
56. Dharma Vahini
57. Dhyana Vahini
58. Gnyana Vahini
59. Geetha Vahini
60. Prema Vahini
61. Prashnottara Vahini
62. Leela Kaivalya Vahini
63. Vidya Vahini
64. Prasanthi Vahini
65. Sathya Sai Vahini
66. Eashwaramma: The Chosen Mother
67. Loving God
68. Love and Suffering, My Road to Liberty

69. Chinna Katha Book-1
70. Chinna Katha Book-2
71. Chinna Katha Book-3
72. Living with God
73. Capturing Divinity
74. Full Flame 2 unconditional Love
75. Fragrance, A Tale of Love
76. Sai Nandana: 60th Birthday
77. Sai Nandana: 75th Birthday

### **Telugu Books Available As eBook**

1. Vidya Vahini
2. Upanishad Vahini
3. Dharma Vahini
4. Dhyana Vahini
5. Gnyana Vahini
6. Sandeha Nivarani
7. Leela Kaivalya Vahini
8. Prasnottara Vahini
9. Sutra Vahini
10. Geetha Vahini
11. Prasanthi Vahini
12. Sathya Sai Vahini





Sri Sathya Sai Sathyanarayana Vratam.



Rathotsavam at Prasanthi Nilayam.



39th Convocation of SSSIHL.



Jhoola Mahotsava in Sai Kulwant Hall.



Sri Sathya Sai Golden chariot procession.



Musical offering by Prasanthi Mandir Bhajan Group.

REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/1958 REGN.NO. HDP/002/2018-2020  
LICENCED TO POST WITHOUT PREPAYMENT No.PMGK/RNP/WPP-01/2018-2020

Date of Publication: 1st December 2020

## *All are Children of One God*

God belongs to all. He is universal. All of you have to give up differences of every kind and give no room to narrow, parochial and national loyalties. Consider yourselves as the children of one God. You may worship God in any form of your choice, but recognise the truth that God is only one. The observance of holy days like Christmas is an occasion for realising the importance of love and harmony among human beings.

*– Bhagavan Sri Sathya Sai Baba*



Annual Subscription English (12 issues)

India ₹120. Other Countries ₹1200 or US \$22 or UK £17 or €19,

CAN \$29, AUS \$31. Acceptable for 1, 2 or 3 years.

Payment for print and electronic editions can be made online through our website: [www.sanathanasarathi.org](http://www.sanathanasarathi.org) or through conventional methods such as M.O. or D.D. or Personal Cheque in favour of **Sri Sathya Sai Sadhana Trust, Publications Division.**