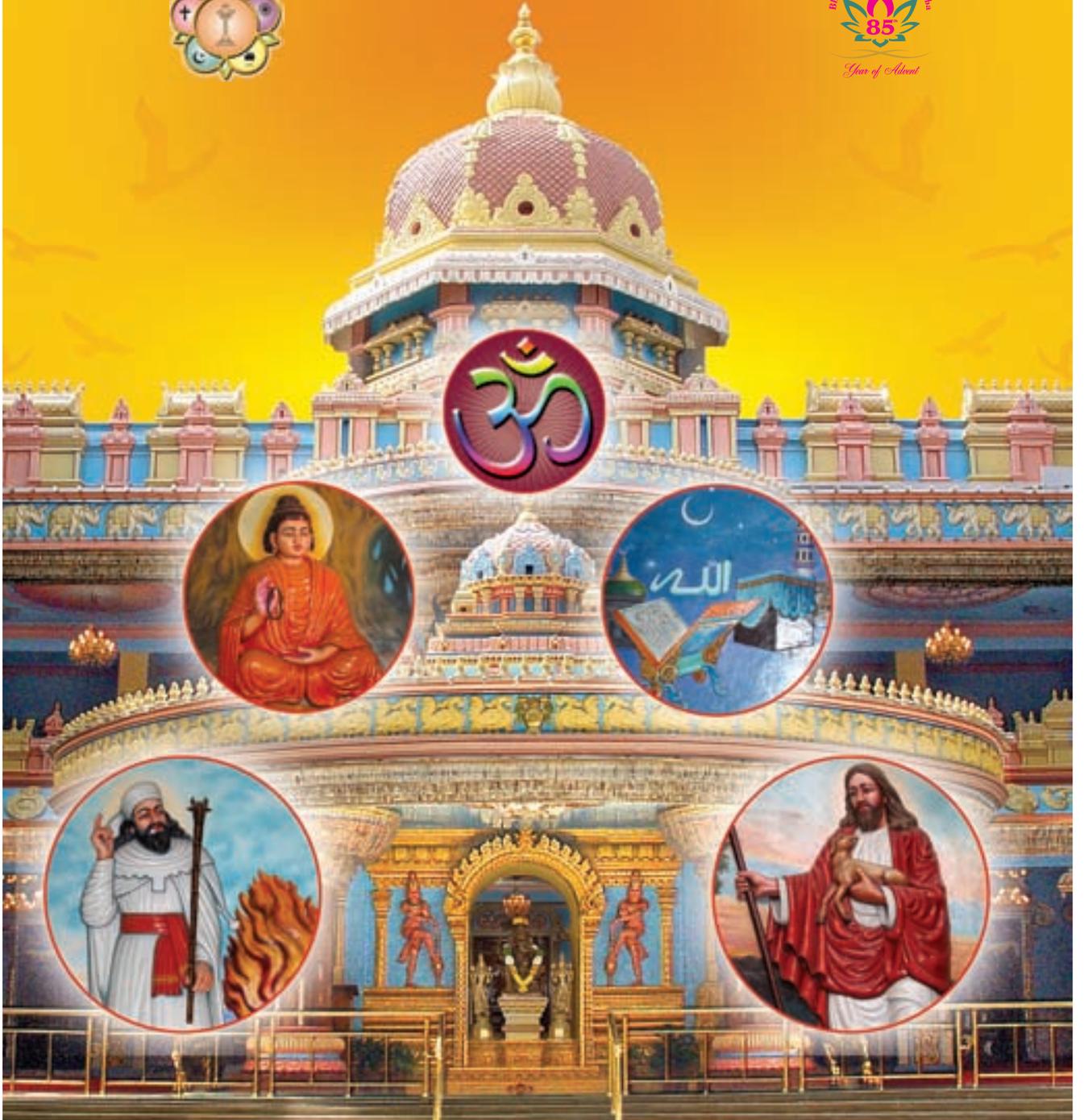


FEBRUARY 2011

# Sanathana Sarathi



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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Editor **G.L. ANAND**

E-mail: [subscriptions@sssbpt.org](mailto:subscriptions@sssbpt.org)  
[editor@sssbpt.org](mailto:editor@sssbpt.org)

For Audio Visual / Book Orders:  
[orders@sssbpt.org](mailto:orders@sssbpt.org)  
ISD Code : 0091

STD Code : 08555  
Telephone : 287375

Sri Sathya Sai Central Trust Telefax :  
287390

**General enquiry : 287164**

Sri Sathya Sai University -  
Administrative Office : 287191 / 287239

Sri Sathya Sai Higher  
Secondary School : 287522

Sri Sathya Sai  
Primary School : 287237

SSSIHMS, Prasanthigram,  
Puttaparthi : 287388

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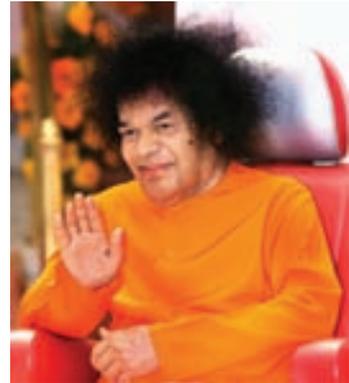
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Cover Page Photograph: **Unity of Faiths**

*"What really is the meaning  
of Sadhana? Real Sadhana  
means to forget Anatma (non-  
self) and contemplate on the  
Atma (Self), forget Avidya  
(ignorance) and pursue Vidya  
(knowledge), forget all that is  
ephemeral and think of only that  
which is eternal."*



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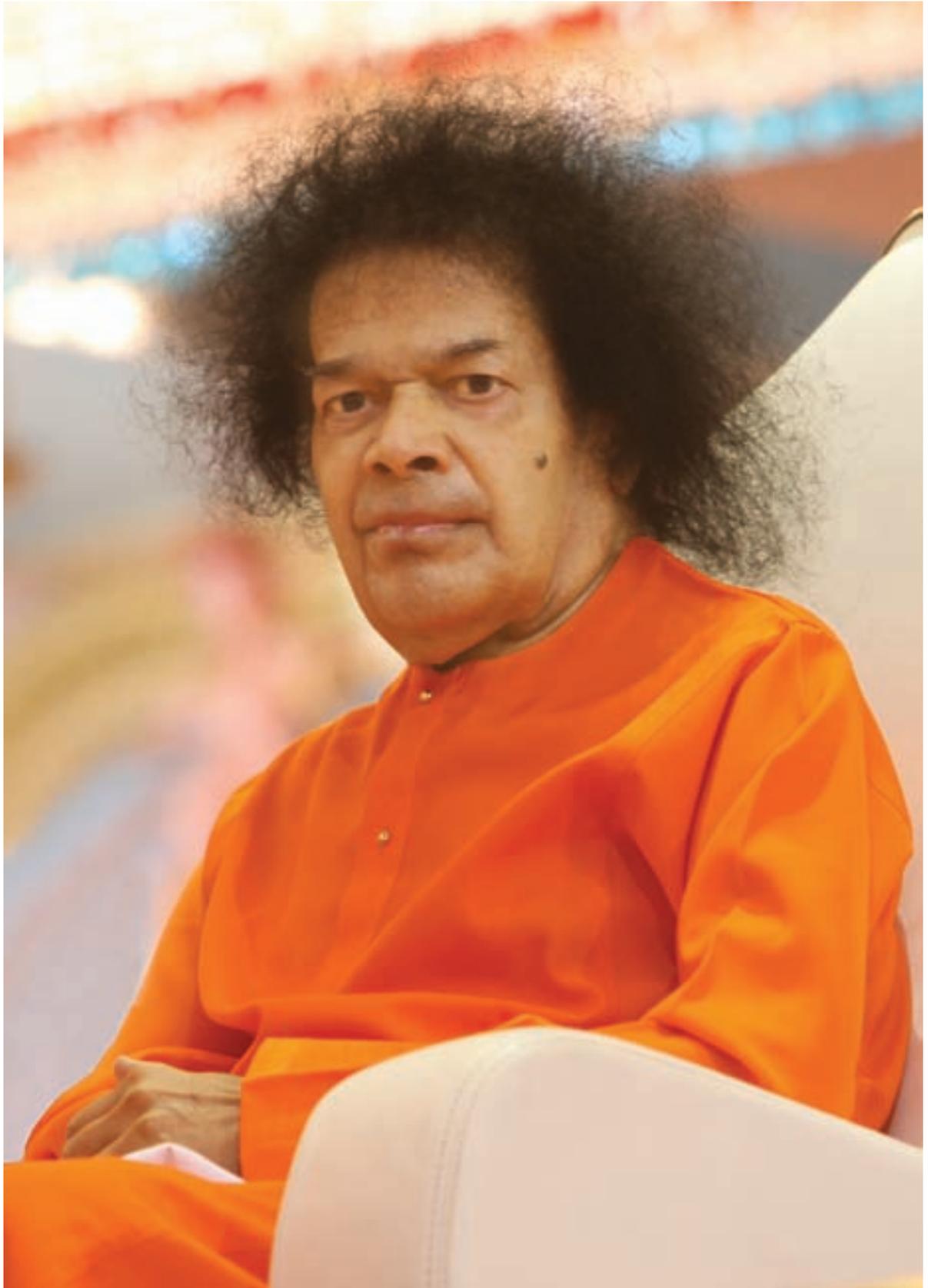
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# FORGET THE NON-SELF AND CONTEMPLATE ON THE SELF

*Oh man! Lead your life by performing meritorious deeds, undertaking acts of sacrifice, developing love, curbing demonic tendencies and taking to the path of devotion.*

(Telugu Poem)

TO DEVELOP SACRED FEELINGS IS REAL SADHANA

## Embodiments of Love!



HUMAN BIRTH IS VERY RARE to attain. It is all the more rare to attain peace in human life.

From birth to death, man's life is subject to many changes. But it is strange that man himself does not realise this truth.

*In childhood, one develops absorbing interest in play and enjoys the company of one's playmates. In youth and middle age, one is engrossed in cultivating worldly relations and earning money. In old age, one repents for not having this and that; one still craves for money without contemplating on God even at that ripe age. In this way, man wastes his precious human birth. (Telugu Poem)*

## Consider your Duty as Sadhana

Man is endowed with great power of intelligence. Since he does not know how to make proper use of it, he takes to the wrong path. He knows what is right and what is wrong. When you question someone why he has taken to the wrong path, he would give excuses such as, "All this is due to the influence of Maya". People think, all the

delusion that prevails in this world is the play of Maya. What is Maya? It is only a name but has no real existence. Learned people and scholars call Maya a Nartaki (dancer) who makes man dance to her tune. Then, how can you bring this Nartaki under your control? If you reverse the letters of the word 'Nartaki', you get the word 'Kirtana' (singing the glories of God). That is to say, you can subjugate

***Man can lead his life in this world without any worries by adopting one principle. What is that principle? That is the principle of love. If you have love, you can have everything. You will have physical prowess, intellectual power and all other powers. All types of powers that you require in this world are present in love. When you have gold with you, you can get any ornaments made out of it. Similarly, when you have God's grace, you can attain everything. When God becomes your own, what else do you require?***



Maya by taking to the path of devotion and singing the glories of God.

A person who is totally immersed in love cannot describe his experience just as a person totally submerged in water cannot speak anything. Only the one who experiences love at superficial level can talk about love. It is very funny that people who have never tasted love and never experienced it give lectures on the principle of love. What is the Sadhana that one should undertake to experience love? What really is the meaning of Sadhana? Real Sadhana means to forget Anatma (non-self) and contemplate on the Atma (Self), forget Avidya (ignorance) and pursue Vidya (knowledge), forget all that is ephemeral and think of only that which is eternal.

Sadhana is not just limited to performance of Japa, Tapa, Dhyana and Yajna (chanting, penance, meditation and sacrifice). Many women perform their household duties with dedication and look after the needs of their husband and children. Some of them feel bad that they are not able to participate in spiritual activities like Satsang and listening to spiritual talks as they have to spend all their time in the performance of their household duties. What is the great merit that accrues when you take part in spiritual practices when your household duties are neglected? The real Sadhana for a woman lies in looking after her children, making her husband happy, keeping the house clean and leading an ideal family life. Preparing food for the husband and children in the morning and evening, sending the children to school and helping the husband to go to office, and looking after the house well is also a great Sadhana.

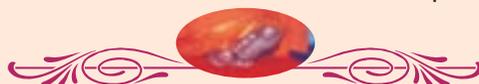


***Till the time a spiritual seeker realises the truth that God is within him, he keeps on searching for Him in the external world. Once he realises that God is in him, there is no need for him to perform any Sadhana. Everyone should try to understand this principle of omnipresence of God. In fact, you yourself are God. Your body is the temple of God and your heart is the sanctum sanctorum. God is the resident of your heart. You should realise this truth.***



### **Perform Sadhana for Spiritual Growth**

Even the performance of day-to-day household duties like cooking can become highest spiritual practice. Picking out small stones from the rice and making the rice free from impurities can be compared to



*Kshetra Kshetrajna Vibhaga Yoga* (the yoga of discrimination between the field and the knower of the field) and *Gunatraya Vibhaga Yoga* (the yoga of classification of the three qualities of Sattwa, Rajas and Tamas) as described in the Bhagavadgita. This can also be considered as the yoga of discrimination between the Atma and the Anatma. In this context, the stones that are separated from rice stand for Kshetra and rice represent Kshetrajna. Women in the house also cook vegetables. While cutting vegetables with a knife they should think, "I am not cutting the vegetables but cutting the evil qualities that are present in me with the knife of wisdom". Thereafter while washing the vegetables, they should think that they are washing them in the water of love. While putting them on fire and adding salt and spices, they should think that they are putting them on the fire of discrimination and adding the salt and spices of steadfast faith and devotion. This is the Sadhana which can promote their spiritual growth.

The mother in the house prepares light tiffin of Puris for children in the evening. While preparing Puris, she need not feel bad that she is unable to go for Bhajan and that all her time is spent in the kitchen. While pressing the ball of flour for making it flat in the shape of Puris, she should have the sacred feeling that she is broadening her heart. Similarly, while sweeping the house, she should think, "I am not merely cleaning my house but making my heart pure and clean". *Deho Devalaya Proktho Jivo Deva Sanathana* (the body is a temple and the indweller is God). To develop sacred feelings is the real Sadhana. There is no use going to spiritual congregations, listening to spiritual

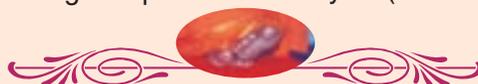
***Today you are young like a fully blossomed flower, but tomorrow you will become old like a withered flower. It is the body that undergoes all changes; the principle of the Atma in the body is changeless in all the three periods of time. The Brahma Sutra (principle of Brahman) is like the single thread that runs through all the flowers of the garland. It is present in all beings. Beings undergo change but the principle of Brahman remains the same always.***

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talks and forgetting everything on reaching home. Instead of that, staying at home and performing household duties in a sacred way is the best Sadhana. To perform one's duty is the highest Sadhana. What else can be the greater Sadhana than following this sacred path? Don't you come across so many people who don ochre robes and pretend that they have renounced the world but are unable to get rid of their ego and attachment?

### **Giving up Evil Qualities is True Renunciation**

During the course of his triumphant tour of the country to disseminate the knowledge of the Vedas, Adi Sankara met a great Vedic scholar, Mandana Misra, and had a debate with him. Mandana Misra's wife was also a great scholar and a woman of great wisdom. Living in an Ashram, she used to teach the principles of righteous conduct to her disciples. One day, she was going along with her disciples to the river Ganga for taking bath in the river. On the way, she observed a Sannyasi (renunciant) lying in the shade of a



tree, keeping a dried bottle gourd under his head which he used for storing drinking water. He was preserving it very carefully so that nobody should take it away. Ubhayabharati saw this Sannyasi's attachment to the bottle gourd and said to her disciples, "Look! This man calls himself a Sannyasi, but he has great attachment to a bottle gourd. How can a person with so much attachment attain renunciation"? The Sannyasi heard this comment, but did not utter anything then.

While Ubhayabharati and her disciples were returning from the river, he threw the bottle gourd in front of them in order to demonstrate that he was not attached to it. Observing his action, Ubhayabharati aptly remarked, "I thought he was beset with Abhimana (attachment) only, but he has Ahamkara (ego) also". Throwing away his bottle gourd does not show his sense of renunciation; it demonstrates his ego. How can one with Abhimana and Ahamkara become a Jnani and a Sannyasi? What benefit can such a person derive by performing spiritual practices? Then Ubhayabharati said to the Sannyasi, "When you have renounced everything in life, why should you have ego and attachment? This is not good". In this way, she imparted the knowledge of true renunciation to the Sannyasi and showed him the path of wisdom. The Sannyasi fell at the feet of Ubhayabharati and promised her that he would henceforward give up his ego and attachment and would lead a life of true renunciation. In the same way, many people are deluded to think that they have renounced everything. But, what is it that they have renounced? What is the real meaning of renunciation?

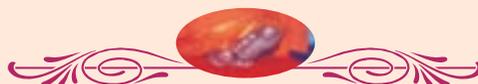
*Renunciation does not merely lie in giving up one's wealth and family and going to*

*forest. Real renunciation lies in giving up evil qualities. This is real Thyaga and yoga.*  
(Telugu Poem)

Many people renounce certain worldly and material possessions. But that is not renunciation in the true sense. You should give up evil qualities, evil practices, ego and unsacred feelings that are present in you. This is true renunciation. It is quite easy and not very difficult to leave one's hearth and home. What you should give up is your evil qualities which take you to the wrong path and cause immense suffering. People worry about the effect of Navagrahas (nine planets) on their life. But what really causes suffering to man are not Navagrahas but only two Grahas of Raga and Dwesha (attachment and hatred). Man can attain peace when he gives up these two.

There is no need for you to undertake any special spiritual practice for the sake of peace. You will attain peace when you discharge your duties with earnestness. If you are a Grihastha (householder), you should discharge the duties prescribed for a householder. If you are a Brahmachari (celibate), follow the principle of Brahmacharya. In this manner, all should adhere to the Dharma (duty) prescribed for their stage of life and sanctify their time by contemplating on God. But strange are the ways of the people in this world. They are not receptive to talks on sacred and ideal matters. But they listen with great interest to talks on all sorts of evil matters. Two ears are not enough for them to listen to evil talk. They even borrow the ears of others to listen to it.

*People do not listen to good words spoken wholeheartedly. On the other hand, they are all ears when evil words are spoken.*



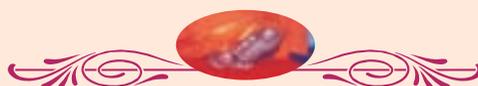
*How can such people comprehend My Divinity? What is the use of all their education?*  
(Telugu Poem)

This is the way in which man conducts himself today. He has no liking for seeing anything good; he craves to see all that is bad. His mind is not receptive to anything good, but it is ever ready to get engrossed in all that is evil. If he is asked to think of something good, his mind becomes totally blank. On the other hand, no effort is needed on his part to entertain evil thoughts; they come to him automatically. What is the reason? He has become accustomed to this type of behaviour in his life. Therefore, he should change his ways and develop good practices.

***Many women perform their household duties with dedication and look after the needs of their husband and children. Some of them feel bad that they are not able to participate in spiritual activities like Satsang and listening to spiritual talks as they have to spend all their time in the performance of their household duties. What is the great merit that accrues when you take part in spiritual practices when your household duties are neglected? The real Sadhana for a woman lies in looking after her children, making her husband happy, keeping the house clean and leading an ideal family life.***

## **Body Undergoes Changes, not the Atma**

The principle of divinity is one, but it is seen in many diverse forms. See this garland of flowers. There are flowers of many colours in it, but the thread in them is one. The thread does not undergo any change. It was the same thread yesterday and will be the same tomorrow. But the flowers were buds yesterday, they have blossomed today and will wither away tomorrow. Human body is also like these flowers. Today you are young like a fully blossomed flower, but tomorrow you will become old like a withered flower. It is the body that undergoes all changes; the principle of the Atma in the body is changeless in all the three periods of time.



The Brahma Sutra (principle of Brahman) is like the single thread that runs through all the flowers of the garland. It is present in all beings. Beings undergo change but the principle of Brahman remains the same always. You should not worry about the body which is subject to continuous change. You should try earnestly to attain that which is eternal. This is the Sadhana that you should perform. You should make proper use of the mind and the intellect given to you by God to perform this Sadhana.

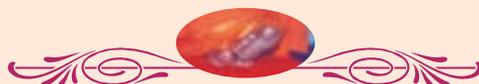
Suppose, there is water in a tumbler and there is sugar at its bottom. You cannot have the taste of sugar when you drink water from the surface of the tumbler. When you thoroughly stir the water with a spoon, the sweetness of sugar will permeate the entire water. In the same way, the sugar of divinity is present at the bottom of your heart. If you stir the water of your thoughts with the spoon of Buddhi (intellect), divinity will permeate your entire heart. This is the Sadhana that you have to perform. In order to perform this spiritual practice, there is no need for you to go anywhere. The vessel of heart is with you; so is the sugar of divinity and the spoon of intellect. Then, where is the need to search? Where to search? Where has one to go? It is mere ignorance to search for divinity elsewhere.

### **God Resides in your Heart**

Thyagaraja was in search of Lord Rama everywhere, but ultimately he realised that there was no need to search for the One who was always with him. The king of Thanjavur invited Thyagaraja to his court to listen to his compositions. Thyagaraja noticed so many eminent personalities in the court and

in all humility he started his concert with the composition, *Endaro Mahanubhavulu, Andariki Vandanamulu ...* (there are many great souls; I prostrate before all of them). Listening to his sweet song, the entire assembly was spellbound. In order to reward him, the king offered him some money. Seeing this, Thyagaraja asked himself, "Oh mind! Tell me whether there is happiness in money or in the divine proximity". After due reflection, he declined to accept the money offered by the king. Then the king sent him back to his village in a palanquin with due honours.

Seeing Thyagaraja going in a royal palanquin, some thieves followed him, thinking he must be carrying a lot of money with him. Noticing the thieves, the bearers of palanquin told Thyagaraja, "Swami, we are being chased by thieves. They might even kill us". Then Thyagaraja said, "Why should you be afraid? You do not have any money which is the cause of fear. Only those who possess money have fear. Why should those who have only the wealth of virtues be afraid of thieves? You have only virtues and no money. Therefore, have no fear". After a while, the thieves came running to Thyagaraja and fell at his feet and prayed, "Kindly protect us, protect us". Thyagaraja asked them, "Whom should I save you from? Why do you ask me to save you? What calamity has befallen you"? They told Thyagaraja that two young men armed with bows and arrows were threatening to punish them. On hearing this, Thyagaraja, who had earlier gone in search of Rama here and there, realised that Rama was always with him. Then he sang this song in praise of Rama, "*Munduvēnaka Irupakkala Todai Unnava, oh Rama!*" (Oh Rama! You are in



front of me, behind me and on my either side). Rama made him realise His omnipresence by giving him this experience. God is always with such noble souls and protects them in every way in times of difficulties. Extolling the compassion of Rama, Thyagaraja sang this song and was lost in ecstasy, *Rama Nannu Brovara* (Rama, please be my protector).

Till the time a spiritual seeker realises the truth that God is within him, he keeps on searching for Him in the external world. Once he realises that God is in him, there is no need for him to perform any Sadhana. Everyone should try to understand this principle of omnipresence of God. In fact, you yourself are God. Your body is the temple of God and your heart is the sanctum sanctorum. God is the resident of your heart. You should realise this truth.

*You commit sin when you criticise others. You can never escape from its consequences, because others are none but God Himself.* (Telugu Poem)

Those whom you consider as others are not really so. They are verily the embodiments of divinity. Therefore, you should not criticise, abuse or disrespect anyone. What is the reason? God is present in all. Once you realise this principle of divinity, you will have no worry. Whomsoever you come across, love and respect him. Here is a small example.

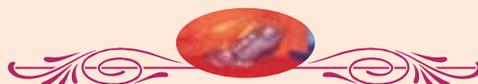
### **All Powers are Immanent in Love**

The boy who spoke earlier is from Shimla. When he joined our Primary School ten years ago, he was a small child. His brother is also studying here. Their father brought their mother to Brindavan on a stretcher from Himachal Pradesh. I told their mother,

***Many people renounce certain worldly and material possessions. But that is not renunciation in the true sense. You should give up evil qualities, evil practices, ego and unsacred feelings that are present in you. This is true renunciation. It is quite easy and not very difficult to leave one's hearth and home. What you should give up is your evil qualities which take you to the wrong path and cause immense suffering.***

“From now onwards, they are My children. Do not worry about them”. Handing over these children to Me, their mother said, “Oh Sai Ma! I leave my children under Your care”. Saying so, she closed her eyes and breathed her last. I brought these children to Prasanthi Nilayam and admitted them in Primary School. At that time, this boy said, “Sai is my real mother”. Their father also was happy to put them under My care. Right from that day, these boys never shed tears. Though they are tender-hearted, they firmly adhered to the promise they made to Swami.

Once you offer yourself to God, you will never come to grief in life. That is true surrender. Their mother died. Even their father does not come here often as he knows that Swami is taking care of them. Everyday, I see them, talk to them and enquire about their welfare. Their tender hearts are full of firm faith. Today this boy spoke very well on the topic of faith because his heart is suffused with faith. They do not suffer from the pangs



of separation from their mother. Once when this boy remembered his mother and started crying, the warden brought him to Me. She said, "Swami! He is not eating food, and is crying all the time". At that time, he was in First Standard. Swami took him into the interview room, created a ring for him, spoke to him sweetly and made him happy. From that day onwards, he always has a smiling face (*prolonged applause*). Children have a sacred heart and that is why they are able to experience divine love. Elders, on the other hand, are not able to experience this love. Love is highly sacred and it can impart immense courage and fortitude. These boys have been able to stay here happily because they are with Swami. Would they be happy if they had to stay somewhere else? No. Swami gives them more than the love of a thousand mothers. Even those who call themselves as renunciants are not able to understand this truth. They perform spiritual practices like Japa and Dhyana (chanting and meditation). But what is the use? Their mind is overpowered by ego and attachment.

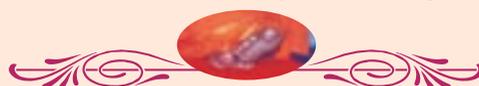
Man can lead his life in this world without any worries by adopting one principle. What is that principle? That is the principle of love. If you have love, you can have everything. You will have physical prowess, intellectual power and all other powers. All types of powers that you require in this world are present in love. When you have gold with you, you can get any ornaments made out of it. Similarly, when you have God's grace, you can attain everything. When God becomes your own, what else do you require? What is there greater than that? Therefore, understand this principle of divinity and act accordingly. It is

enough if you give up all your evil qualities. If you do so, you do not need to do any spiritual practice. Develop the faith that the God whom you worship is present in all. Students should cultivate the principle of oneness. When you develop the principle of oneness, you can achieve everything. Wealth and riches are like passing clouds; they come and go. However, they are also required to some extent to live in this world.

I take personal care of all matters, whether big or small. You feel bad that Swami has not spoken to you as you are not aware of this truth. I call the warden and discuss with him even small matters. Though I have got so many other responsibilities, I enquire about each and every student (*loud applause*). But those students who are narrow-minded think, "Alas! Swami has not spoken to me, He has not looked at me". But I see all and enquire about their welfare. The boy who spoke earlier said, "I lost one mother but gained the love of a thousand mothers". How many can have such great good fortune? How many can speak in this manner with such conviction? That is why he addressed Me as "My Mother Sai" in the beginning of his speech. People who are endowed with such firm faith are protected by faith. Their faith alone confers on them all types of success. Similarly, love bestows all types of success. Therefore, develop love. You will be victorious in all your endeavours if you develop love alone.

### **Observe Silence and Maintain Discipline**

There is another important thing I want to tell. That is, you should observe discipline. As I told you yesterday, you should always speak sweetly with love. I have also told you



not to use harsh words while talking to others. But during the last few months, there has been some laxity in discipline at Prasanthi Nilayam. People make a lot of noise as they get up after the Bhajan is over. After I select devotees for interview and take them inside, people in the verandah and also outside get up and create a lot of commotion as if it is a marketplace. After the programme is over in the Mandir, you should go back silently contemplating on what Swami has said, instead of indulging in unnecessary talk with each other. On one side, the ladies make a lot of noise, and on the other, gents do so. All along, they are talking, talking and talking! Not only here in this Mandir or Prasanthi Nilayam, even on the road or wherever you are, do not indulge in excessive talk.

Discipline should be like your shadow. It should follow you wherever you go. Not only in this campus, even while you walk on the road outside, you should adhere to discipline. Most importantly what God expects from you is discipline. At the conclusion of the programme or Bhajan, you should go back to your places silently. You can talk only after you go back to your homes. Whether you are at Prasanthi Nilayam or anywhere else, you have no business to indulge in excessive talk. You waste a lot of energy by talking too much. Listening to unnecessary talk also disturbs your peace of mind. You suffer from nervousness when you talk too much. You also suffer from loss of memory. Therefore, you should strictly observe discipline and remain silent. Men and women should not talk to each other in the Mandir. They may do so after going home. But do not talk to each other unnecessarily either in the Bazaar or in the Mandir or anywhere else. Not only

***Suppose, there is water in a tumbler and there is sugar at its bottom. You cannot have the taste of sugar when you drink water from the surface of the tumbler. When you thoroughly stir the water with a spoon, the sweetness of sugar will permeate the entire water. In the same way, the sugar of divinity is present at the bottom of your heart. If you stir the water of your thoughts with the spoon of Buddhi (intellect), divinity will permeate your entire heart. This is the Sadhana that you have to perform.***

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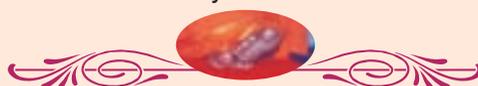
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this. There are some elders who indulge in unnecessary talk in front of students and set a bad example to them. Elders should conduct themselves in an exemplary manner. You can hear Sabda Brahman (cosmic sound) when you observe silence. Therefore, at least from today onwards, observe silence and follow discipline. Moreover, do not use harsh words while talking to others, as I told you yesterday.

Lead your life with love, considering love as your life-breath. Have faith that love is God. If you forget love, it amounts to forgetting God. Suffuse your speech with love. Lead your life with compassion and forbearance. Attain the state in which you even forget time in the contemplation of God.

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

**– From Bhagavan's Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 4th July 1996.**



## A SPLENDID DISPLAY OF SPORTS AND CULTURAL EVENTS

**T**HE ANNUAL SPORTS AND Cultural Meet 2011 of Sri Sathya Sai educational institutions was held on 11th and 12th January 2011 in Sri Sathya Sai Hill View Stadium which was magnificently decorated for this grand event. Besides the students of Sri Sathya Sai Primary and Higher Secondary Schools, the three campuses of Sri Sathya Sai Institute of Higher Learning at Prasanthi Nilayam, Brindavan and Anantapur and Sathya Sai Mirpuri College of Music, the students of Smt. Easwaramma English Medium School and College of Nursing and Allied Health Sciences participated in this year's sports and cultural events.

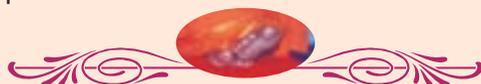
### **Inauguration and March Past**

All the galleries of the sprawling stadium were packed to capacity with spectators hours before the commencement of the sports events on the bright and sunny afternoon of 11th January 2011. Veda chanting in the stadium commenced at 4.40 p.m. and continued for nearly half an hour, surcharging the entire milieu with sacred vibrations. The Anantapur Campus brass band welcomed Bhagavan Sri Sathya Sai Baba, the Revered Chancellor of Sri Sathya Sai Institute of Higher Learning with joyous and sweet notes of music when He arrived at the northern end of the stadium in His sparkling white robe at 5.05 p.m. Bhagavan's motorcade then slowly proceeded towards Santhi Vedika in a grand procession which

included motorcycle outriders, flag bearing slow marching squad and the brass band of the Institute. As Bhagavan came near Santhi Vedika, the flag bearing squad made a canopy of flags to offer reverential welcome to Him. On His arrival at Santhi Vedika, the Vice Chancellor and senior staff members of the Institute welcomed Bhagavan by offering roses to Him.

The proceedings of the function began at 5.15 p.m. when Bhagavan inaugurated it by lighting the sacred lamp at Santhi Vedika amidst a thunderous applause of the mammoth gathering of spectators. After Bhagavan was seated on the dais, contingents of students of various Sri Sathya Sai educational institutions came marching smartly one after the other and offered their respectful salute to Him at Santhi Vedika. In all, 1,600 students took part in this grand March Past which was led by the contingent of Sri Sathya Sai Primary School, Prasanthi Nilayam.

At the conclusion of the March Past, Bhagavan hoisted the Institute flag, after which the Institute captain administered the oath to the participants of the sports meet to take part in sports in the true spirit of sportsmanship, for the honour of the country and the glory of Mother Sai. After this, Bhagavan lighted the ceremonial torch which was carried by pairs of athletes to the base of Hanuman Hill, from where a mascot in the form of a tropical parrot carried it to the





*Colourfully dressed and smartly marching contingents of students offered salute to Bhagavan at Santhi Vedika in the March Past.*

top of the hill where it lighted the Ceremonial Flame. Meanwhile, Bhagavan released white pigeons and bunches of balloons. Thereafter, the brass bands of Anantapur Campus and Prasanthi Nilayam Campus of the Institute marched past Santhi Vedika.

### **Courage and Confidence of Anantapur Campus Students**

Sports events began with the performance of Anantapur Campus students. The first item of their programme was motorbike stunts which they performed with great courage, skill and confidence. Their daredevilry was witnessed when they performed ramp jump



*Daring feats of Anantapur Campus motorbike riders were most spectacular.*

over 20 girls. Their next item was a dance which featured different formations with colourful bands of cloth. After this, they made various formations on two structures in the



*One of the attractive formations by the students of Anantapur Campus on two structures in the shape of ships.*

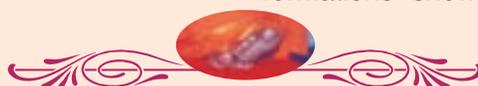
shape of ships. Their last item was a dance with kites. It was innovative and topical since Sankranti festival is associated with kite flying.

The next presentation was made by the students of the College of Nursing and Allied Health Sciences, Sri Sathya Sai Institute



*The students of the College of Nursing and Allied Health Sciences performing a dance in Sri Sathya Sai Hill View Stadium.*

of Higher Medical Sciences. Dressed as nurses, the students made various formations showcasing the nobility of the



nursing profession. Though this was their first participation in the sports meet, it was highly appreciable.

### **Display of Skill, Dexterity and Balance by Brindavan Campus Students**

The next performance came from the students of Brindavan Campus of the Institute. The first item of their presentation was sweet musical tunes of their brass band, which played two pieces. A thrilling group dance with a beautiful background setting



*A thrilling group dance accompanied by a devotional song set to sweet music was a spellbinding item of Brindavan Campus students.*

was the next item of the Brindavan Campus. The accompanying devotional song set to sweet music added great charm to the dance. After another beautiful group dance item, the students presented a marvellous display of



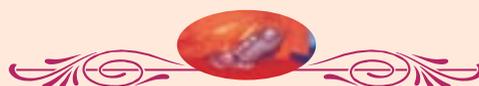
*The students of Brindavan Campus displayed great skill and perfection in their dragon dance.*

dragon dance. After this, they demonstrated their skill and dexterity by performing martial arts such as combats with swords and sticks. In the last item of their presentation, the students made attractive formations on a high stand. Calling themselves aerial acrobats, the students performed with skill, dexterity and balance. The display of “85 Years of Love” with illumination added attraction to this item. The first day’s programme of the sports and cultural meet came to a happy conclusion with Arati to Bhagavan at 6.45 p.m.

### **Impressive Performance of Primary School Students**

On the second day of the sports and cultural meet on 12th January 2011, Bhagavan came to Sri Sathya Sai Hill View Stadium at 5.15 p.m. escorted by motorcycle outriders. Dragon dancers of Sri Sathya Sai Primary School, lion dancers of Prasanthi Nilayam Campus, and the brass band of Brindavan Campus led Bhagavan to Santhi Vedika in a grand procession.

Sports and cultural events on the second day of the sports meet began with the presentation of Sri Sathya Sai Primary School, Prasanthi Nilayam. A beautiful hoarding of the universe with the message “Universe is a Divine Play in His Safe Hands” formed the backdrop of their performance. The first item of the programme of Primary School students was a colourful dance by girls accompanied by the theme song which conveyed gratitude to Bhagavan for His mercy and grace. Their next item was floor exercises and gymnastics which displayed their agility and dexterity. The audience held their breath when some of the students jumped over ten boys after getting elevation from a ramp. Acrobatic





*The performance of Primary School students added colour and beauty to the sports and cultural meet of Sri Sathya Sai educational institutions.*



feats on a high structure was their next item, which was done with the same perfection as their previous item. This was followed by a colourful dance by girls who performed with graceful movements. After this, there was magnificent display of dragon and lion dance which won the appreciation of one and all. A Kavadi dance and a peacock dance followed this which were as vibrant as colourful. The last item of the Primary School was a dance by girls with floral arches, the colours of which kept changing with the movements of the dancers, making the dance all the more charming and colourful.

The students of Smt. Easwaramma English Medium School gave their first performance in the sports and cultural meet after this. Though their presentation



*The first participation of Smt. Easwaramma English Medium School in the sports and cultural meet won the appreciation of the spectators.*

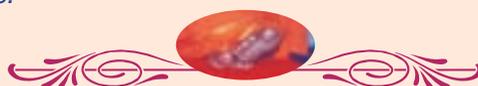
was short, they gave a good account of themselves by performing beautiful dances and gymnastics.

### **Daring Feats of Prasanthi Nilayam Students**

The last performance of the sports and cultural meet was made by the students of Prasanthi Nilayam Campus of the Institute, Sri Sathya Sai Higher Secondary School and Sathya Sai Mirpuri College of Music. Before the commencement of their programme, they brought before Santhi Vedika a giant idol of Lord Krishna which was a wonderful piece of art. They began their presentation with gymnastics on vaulting horse and parallel bars which were most spectacular,



*The students of Prasanthi Nilayam Campus displaying their feats on vaulting horse.*



particularly the jump over a van on which was held a horizontal pole on fire. This was followed by a colourful dance which displayed their skill of synchronisation. The next item was a fine medley of music, dance and drama accompanied by a meaningful commentary. After this, they displayed their skill on roller skates and performed daring



*The students of Prasanthi Nilayam displaying their skill on roller skates.*

ramp jumps. Particularly, their ramp jump over six boys was very impressive. This was followed by a display of a cricket match which brought alive the memories of Sri Sathya Sai Unity Cup Cricket Match played in the same ground in 1997. Their next item was harmony in lights, which they displayed by making various formations with wands of light in their hands. Their last presentation was the lion dance which showed many daring and delectable feats like balancing on one leg and climbing a high structure with ease. The dance was made all the more charming with the glittering lights of the lions. At the end of this most spectacular and joyous sports and cultural meet, there was a fine display of fireworks. The programme came to a close with Arati to Bhagavan at 7.10 p.m.

## JOYOUS SANKRANTI CELEBRATIONS

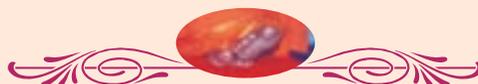
The festival of Sankranti was celebrated at Prasanthi Nilayam with gaiety and piety on 15th January 2011. Sai Kulwant Hall, the venue of the celebrations, was beautifully decorated on this occasion. Since this festival is also associated with harvest, bunches of new crop of sugarcane and coconuts were hung on the gates of the hall and some other prominent places, apart from other decorations.

### Valedictory Function

The Valedictory function of the Annual Sports and Cultural Meet 2011 of Sri Sathya Sai educational institutions was also held on this auspicious day. Special decorations were made on the dais where a large number of trophies and prizes were displayed for awarding to the winners of the sports events.

On 15th January 2011, Bhagavan came to Sai Kulwant Hall at 6.30 p.m. The brass band of Prasanthi Nilayam Campus and a flag bearing squad of students led Bhagavan to the hall. As Bhagavan's car reached the centre of the hall, the flag bearing squad made a canopy of flags to offer reverential welcome to Him. The function began at 6.40 p.m. with lighting of sacred lamp by Bhagavan on the dais.

Two speakers addressed the gathering on this occasion. The first speaker was Sri Sanjay Sahni, Principal, Brindavan Campus of the Institute. Dwelling on the significance of Sankranti, Sri Sahni observed that the sun represented man's vision which needed to be turned Godward as the sun moved northward



with the advent of Sankranti. Referring to the excellence displayed by the students in the sports and cultural events, Sri Sahni said that the source of inspiration of students is Bhagavan who has provided world-class sports facilities to the students free of cost. The second speaker who addressed the gathering was Kum. Suma Rao, a faculty member of Anantapur Campus. Deliberating on the significance of sports events under the guidance of Bhagavan, the learned speaker observed that the sports endowed the students with many qualities like courage and poise and helped them to overcome fear as their focus all the time was Bhagavan whom they consider as the only doer.

After these two talks, Bhagavan gave trophies to the students of all educational institutions which took part in the sports and cultural meet. He also blessed a large number of medals and certificates for awarding to



*The students of Sri Sathya Sai Primary School receiving a trophy from Bhagavan for excellence in their sports and cultural events.*

the winners of games and sports. Bhagavan expressed His happiness at the performance of the students in the sports and cultural meet, and also the drama enacted by the students on the eve of Sankranti. As Prasadam blessed by Bhagavan was distributed in the hall, the brass band of Prasanthi Nilayam played lively tunes which added joy to the occasion. The celebrations concluded with offer of Arati to Bhagavan at 7.55 p.m.

### **Bhagavata Saaramu – A Drama**

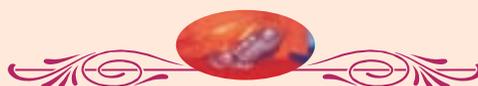
The students of Prasanthi Nilayam Campus of the Institute performed a drama “Bhagavata Saaramu” (the essence of Bhagavata) on the eve of Sankranti festival on 13th January 2011. The drama began at



*A scene from the drama enacted by the students of Prasanthi Nilayam Campus of the Institute on 13th January 2011.*

6.10 p.m. after Bhagavan’s Darshan in Sai Kulwant Hall. The theme of the drama was clarified in the very first scene of the drama when Lord Vishnu told Narada that Bhagavata was not merely a story of His life; it was, in fact, the story of man’s evolution through various paths of Bhakti, Jnana, Vairagya (devotion, knowledge and renunciation) and realisation of truth, leading him ultimately to the final goal of Mukti (liberation). The

*Continued on page 52...*



From our Archives

# MY REALITY IS SATHYAM, SIVAM, SUNDARAM

*I am neither man nor celestial being. I am neither a Brahmin nor a Kshatriya nor a Vaishya nor a Sudra. I cannot be described as a celibate or a householder, or a recluse or a monk. Know Me as the Teacher of Truth. My reality is Sathyam (Truth), Sivam (Goodness), Sundaram (Beauty).*

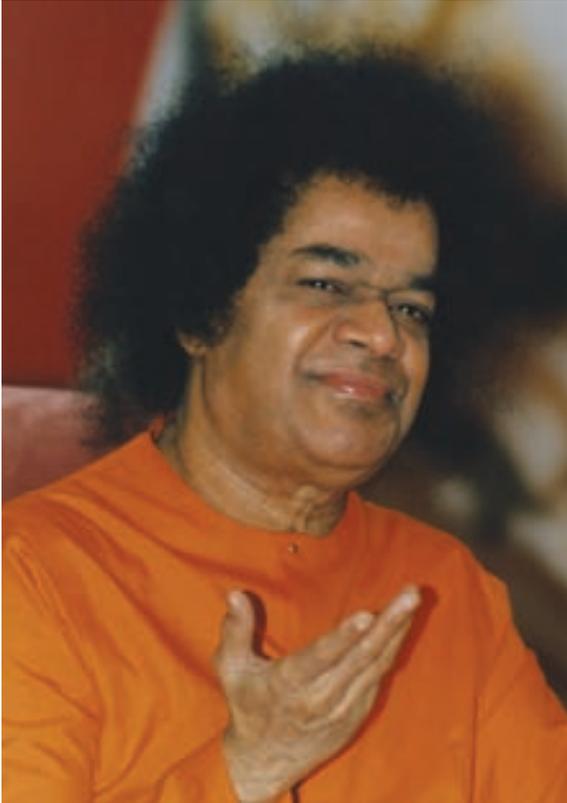
(Sanskrit Sloka)

RAMA AND KAMA CANNOT COEXIST



OUR REALITY TOO IS Sathyam, Sivam, Sundaram. Without truth, there cannot be

goodness; without goodness, what does beauty avail? The effect of truth on the mind is goodness; the joy that flows from goodness is the genuine beauty that artists love. The



***The real moon for man is his mind. When that moon is mastered, Sivam illumines the night, and it is transmuted into Sivarathri (auspicious night). Or else, it is Shava-rathri (night of death). So far as man remains unaware of himself and of his divinity, he is no better than a corpse. The sages of India laid down various rites, ceremonies, disciplines, modes of behaviour and conventions to help man cleanse his emotions and confirm his faith. They also laid down the discipline one should observe about food one takes. Take only simple, pure, clean food – what is called Sattwic food by the sages.***



three are really one and indivisible. Truth is goodness and goodness is beauty. Experience this truth. That will give you the highest bliss. Let not lesser joys distract you. Do not fritter away your energy, playing the silly game of gaining and losing, gathering and scattering, winning temporary fame, fortune and felicity. Go straight on the royal road that leads to self-realisation; don't stray into the bylanes of counterfeit bliss. This does not mean that you have to give up your kith and kin and foot it all alone. The community in which you find yourself is the arena where you can win the victory, the gymnasium where you develop the skill to win. Spiritual journey lies through compassion, sympathy, mutual help and service, and these are fostered by society and are to be used for society.

### **Love is the Strongest Antidote for Greed**

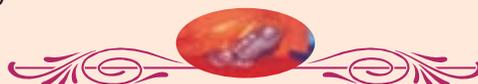
Ravana was the mightiest potentate of his day, as Valmiki describes him. His capital city was an impregnable fortress, filled with rare treasures. He was the master of the four Vedas and six Sastras (spiritual sciences). Duryodhana, the eldest of the Kauravas, was, as Vyasa describes him, unsurpassed in the number and strength of his army and armaments, and in diplomatic skill. Yet, these two have been execrated by young and old for centuries. Why? Because they degenerated from the human to the bestial level, instead of rising from the human to the divine level. Both had the same flaw – greed. They did not know the secret of contentment. They were afflicted with Kama, incessant desire. Rama and Kama cannot coexist. The inner shrine of man can accommodate only one of them, Rama or Kama.

If you love another person, you will not covet lordship over him; you will not covet

his property; you will have no envy when he prospers, no joy when he suffers. Love is the strongest antidote for greed. This therefore is the fundamental spiritual discipline: give love and receive love. You might have heard of Bhutabali, a word that is interpreted as sacrifice in order to satisfy spirits. Bali means tax as well. Bhutabali which everyone is enjoined to give is tax to be paid to the Bhutas (elements) for this splendid chance of human birth. For all the good words that come your way, all the good deeds you benefit by, and all the good thoughts that spread peace in your heart and light the road you tread, you have to pay tax.

### **Sai Devotees should have Tolerance and Compassion**

Love persuades you to consider the distress of others, whenever you are overcome by it. You are drawn to those who are equally afflicted by grief. You become engrossed in the sorrow of others and so forget your own. Draupadi bewailed her lot before Krishna. She cried, "Krishna! When a mother loses a child who is snatched away from her lap by death, she is drowned in grief. Aswatthama slaughtered my children in cold blood at dead of night while they were sleeping soundly. I have lost all of them. How can I be consoled? How can I get those children back?" Krishna said, "Sister! You braved the insults that the wicked Kauravas inflicted on you in open court; bear this blow with equal courage. Look at Gandhari, the mother of the Kauravas. She has imposed on herself the blindness which her husband is suffering from; she has lost all her one hundred sons! Not one is left". Krishna consoled her, presenting before her the picture of greater fortitude of another mother. Consider the agony of others and





***Do not fritter away your energy, playing the silly game of gaining and losing, gathering and scattering, winning temporary fame, fortune and felicity. Go straight on the royal road that leads to self-realisation; don't stray into the byelanes of counterfeit bliss. This does not mean that you have to give up your kith and kin and foot it all alone. The community in which you find yourself is the arena where you can win the victory, the gymnasium where you develop the skill to win.***

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share their grief. Feel for them, more than you feel for your own calamity. This is the sign of a genuine Sai Bhakta (devotee). He should have compassion, tolerance and sympathy; if he does not possess these, he will be the target of ridicule, and with good reason.

People ask sneeringly, "Where is your God? How does He look like? What does He do?" etc. They sneer because those who have experienced the majesty and glory of God are very few. God is Truth, Goodness

and Beauty, but only those who have had experience of Him can assert so and convince others. You may have a pot full of Amrita (ambrosia), but unless you place a drop on your tongue, how can you vouchsafe its fragrance and sweetness? Through you, Sai Bhaktas, transformation has to be brought about in the minds of people. So, your responsibility is very great.

### **Love can Smother the Flames of Anger**

When the Mahabharata war was imminent, it was said in circles that knew the evils of the age that only a thick shower of arrows could smother the flames of hate. Now, it is the other way round: only a thick shower of love can smother and destroy the flames of anger, fear and anxiety that envelop the world today. A group of scholars who had come to Me recently asked Me, "Swami! You talk of flames of anxiety and fear; but, surely, You will appreciate the great step forward that man has taken by landing on the moon". I

told them, it was wrong to spend billions of dollars and roubles on such enterprises. They argued that though there might not be any immediate profit from all that capital spent, its potentialities for good were very great. I said, "It is a question of priorities; first things first. When so many nations on the earth are undernourished, undereducated, underhoused, it is sheer absence of discrimination to spend time, skill and money



on this spectacular competitive adventure. Later, when the earth has been made the home of a happy family of peoples, such enterprises can be planned”.

### **Observe the Discipline Laid Down by Sages**

The earth is the natural habitat of man. Why should he venture out of the range of the elements, of which his body is composed, and go places where he has to take water, air and other essential requisites with him? When he goes to the moon, he does not leave anxiety, fear and falsehood behind. The moon that man has to voyage into is the mind, not this inert satellite with no capacity to illumine itself. The Ramayana mentions that Ravana skilfully prepared a wax head similar to that of Rama and arranged that it be presented before Sita as the severed head of her Lord, so that she might give up all thought of living with Him again and surrender to the wiles of her captor, Ravana. The moon is like that lifeless imitation head of Rama. The real Rama is vibrant, active, somewhere else.

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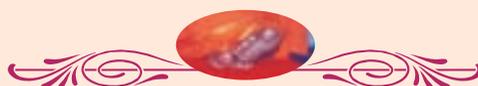
*...Continued from page 48*

subsequent scenes of the drama presented various episodes from different scriptures to illustrate this theme. These episodes included Hanuman's Bhakti and his encounter with Ravana in his court, removal of Brahma's delusion by Lord Krishna, teaching of Vairagya through Anuraga (affection) to Mother Devaki and Yashoda by Krishna and Yama's explanation of the reality of man's life to Nachiketa. The last scene depicted the stage of man's liberation when Radha merged with the Lord as Krishna played

The real moon for man is his mind. When that moon is mastered, Sivam illumines the night, and it is transmuted into Sivarathri (auspicious night). Or else, it is Shava-rathri (night of death). So far as man remains unaware of himself and of his divinity, he is no better than a corpse. The sages of India laid down various rites, ceremonies, disciplines, modes of behaviour and conventions to help man cleanse his emotions and confirm his faith. They also laid down the discipline one should observe about food one takes. Take only simple, pure, clean food – what is called Sattwic food by the sages. That is to say, eat only that food which will not arouse the impulses and emotions, sharpen the passions, upset the equanimity and hamper health. Food offered to God is free from the evil vibrations that harm the individual in subtle ways. Food offered to the hungry and then eaten has also the same beneficial quality. Since food has a subtle impact on the feelings and thoughts of man, he has to be vigilant ever with regard to the food that he eats.

**– From Bhagavan's Sivarathri Discourse at Prasanthi Nilayam on 6th March 1970.**

on His flute. The drama was based on the teachings of Bhagavan and was embellished with sweet poetic compositions. Good acting, excellent costumes, make-up and sets and perfect choreography added to the merit of the drama. At the conclusion of the drama, Bhagavan blessed the cast, posed for group photos with them and distributed Prasadam to them with His Divine Hands. After distribution of Prasadam to all, the programme came to a close with Arati to Bhagavan at 7.20 p.m.



# CELEBRATIONS AT PRASANTHI NILAYAM

## GRAND CHRISTMAS CELEBRATIONS

**P**IETY, SOLEMNITY AND grandeur marked the celebration of the holy festival of Christmas at Prasanthi Nilayam. Thousands of devotees came from all parts of the world to celebrate it in close proximity of Bhagavan and bask in the ambience of true Christian spirit witnessed during these celebrations at Prasanthi Nilayam. The entire township of Prasanthi Nilayam bore a festive look with decorations of various kinds and illumination of all temples and office buildings at night. Elaborate decorations were made in Yajur Mandir, the abode of Bhagavan and Sai Kulwant Hall, the venue of these celebrations, both of which were profusely illuminated with white and red lights. Giant prints of Jesus and Mother Mary and various Biblical scenes were displayed prominently in Sai Kulwant Hall. Magical lighting on the walls of the hall depicting the flow of snow drops added to the beauty of the decorations. A miniature Bethlehem was created outside North Indian Canteen amidst nativity scenes and glittering trees lit up with low voltage LED lighting. Christmas scenes depicted in front of the Western Canteen and in the park opposite

the North Indian Canteen were also a source of great attraction for devotees who thronged these venues in large numbers specially at night when these were illuminated.

### Overseas Christmas Choir

Festivities of Christmas started on the Christmas eve on 24th December 2010 with a soul-stirring programme of carol singing and devotional songs by the Overseas Christmas Choir of nearly 750 singers and musicians, both ladies and gents, from over 50 countries of the world. On 24th December



*Overseas Christmas Choir presented a soul-stirring programme of carol singing and devotional songs in Sai Kulwant Hall on 24th December 2010.*

2010, Bhagavan came to profusely decorated and brilliantly illuminated Sai Kulwant Hall at 6.00 p.m. and showered His blessings on the huge congregation of yearning devotees who occupied every inch of space in the hall and stood outside its boundaries to catch a glimpse



of their Beloved Lord on this auspicious occasion. After coming to the aesthetically decorated dais, Bhagavan inaugurated the programme by lighting a candle at 6.30 p.m. amidst a joyous applause of devotees. The choir started its programme with chanting of Om followed by “Ganesh Prarthana” (prayer to Lord Ganesh) in Sanskrit. What followed this was a sumptuous feast for the soul which tens of thousands of enthusiastic devotees from all over India and different countries of the world relished with great devotion and delight. The choir sang in all 12 hymns, the melody and music of which kept the audience mesmerised for nearly 40 minutes. At the conclusion of the programme, Bhagavan blessed the singers and musicians and posed for group photos with them. The programme came to a close with Arati to Bhagavan at 7.15 p.m.

### **Memorable Christmas Function**

On the holy day of Christmas, 25th December 2010, Bhagavan came to Sai Kulwant Hall at 6.50 p.m. in a resplendent yellow robe and showered His blessings on the mammoth gathering of devotees in the hall. On arriving in the verandah of the Mandir, Bhagavan lighted candles on the cakes brought by devotees and students and performed the cake cutting ceremony.

The proceedings of the Christmas function began at 7.10 p.m. with a brief introductory speech of Sri John Behner, Chairman, International Christmas Committee, who offered gratitude to Bhagavan for His bounteous love and benedictions and introduced the two speakers who were blessed by

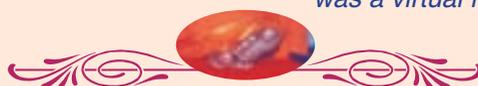
Bhagavan to address the gathering. The first speaker, Smt. Kirsten Pruzan of Denmark, observed that like Jesus Christ, Bhagavan Baba has incarnated to redeem mankind. Narrating an incident how Bhagavan saved her husband from being taken as a hostage after Iraq’s invasion of Kuwait in 1990 when he was returning to Denmark from Prasanthi Nilayam, the distinguished speaker said, Bhagavan is always with His devotees and saves them at all times, in all difficult situations. The second speaker who addressed the gathering was Sri Cass Smith from the U.S.A., who described the glory of Jesus Christ and his experiences of Bhagavan’s divinity, and sang three songs in his melodious voice, embellishing each song with sweet music on his guitar.

### **A Christmas in Divine Love: A Devotional Music Concert**

A group of Italian musicians and singers thereafter presented a devotional music concert “A Christmas in Divine Love”, suffusing the entire milieu with devotion and



*The devotional music concert “A Christmas in Divine Love” presented by Italian singers and musicians as part of Christmas celebrations at Prasanthi Nilayam was a virtual feast for the soul.*



sacredness. Beginning their programme with three Omkars and prayer to Lord Ganesh, the singers followed it with solo and group songs which included “Mukunda Murari”, “Jaya Radha”, “I have a Dream”, “My World”, “White Christmas”, “Happy Xmas”, keeping the audience spellbound for nearly one hour. At the conclusion of this scintillating musical offering of Italian devotees, Bhagavan showered His blessings on the singers and musicians and gave Prasadam with His Divine Hands to ladies and young participants. The programme came to a close with Arati to Bhagavan at 9.25 p.m. after distribution of Prasadam blessed by Bhagavan to the entire assembly of devotees in the hall.

### **The Spirit of Christmas: A Musical Play**

On 26th December 2010, Bhagavan came to Sai Kulwant Hall at 7.10 p.m. in a grand procession led by over 40 children, both boys and girls, from 15 countries, dressed as Mother Mary, Joseph, Jesus, three wise men and shepherds. After blessing the huge congregation of devotees in the hall with His Divine Darshan, Bhagavan was seated on the dais as the students continued Bhajans. Soulful rendition of Bhajans for nearly 45 minutes in the Divine Presence of Bhagavan filled each heart with divine bliss. Before the conclusion of Bhajans, Prasadam blessed by Bhagavan was distributed to all the devotees in the hall. The programme came to a close with Arati to Bhagavan at 7.55 p.m.

The grand finale to the Christmas celebrations at Prasanthi Nilayam was provided by the International Children’s

Choir and the Sathya Sai International Children’s Theatre who sang Christmas songs and enacted the musical play “The Spirit of Christmas” in the Divine Presence of Bhagavan on 27th December 2010. While the songs and music were rendered by the Children’s Choir of 72 boys and 77 girls from 26 different countries, the drama highlighting the teachings of Jesus Christ and Bhagavan Sri Sathya Sai Baba was performed by the Children’s Theatre of 30 girls and 24 boys from 11 different countries. The programme began at 8.10 p.m. with chanting of three Omkars followed by Sanskrit prayer to Lord Ganesh “Vakra Tunda Mahakaya” and homage to Guru “Gurur Brahma Gurur

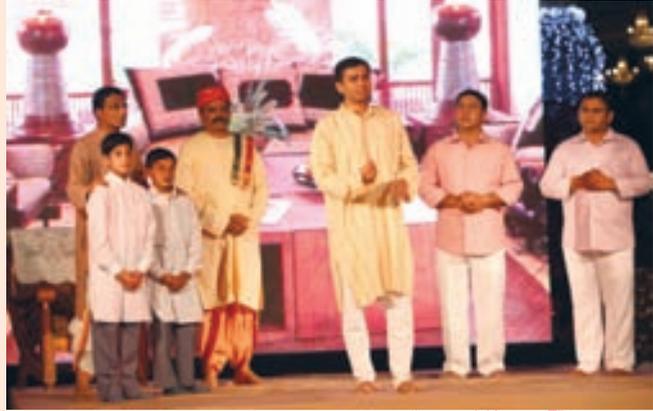


*The drama “The Spirit of Christmas” depicted the life of Jesus Christ and highlighted his teachings and those of Bhagavan Sri Sathya Sai Baba.*

Vishnu” by the children. The drama “The Spirit of Christmas” which began after this was an enactment of the life of Jesus through the story of a family in the thick of Christmas celebrations, the Christmas spirit of which was dampened by the waywardness of their young son, Billy. The family’s prayer to Bhagavan resulted in the dream of Billy who saw the entire life of Jesus in his dream and was brought to Prasanthi Nilayam by



his guardian angel so that when he woke up, his faith was restored and the family celebrated the Christmas with renewed joy. Appropriate story depicting the life and teachings of Jesus and Bhagavan, excellent acting of the children and wonderful rendition of songs with sweet music made the drama a very impressive presentation. At the conclusion of the drama, Bhagavan blessed the children and posed for group photos with them. After distribution of Prasadam to all, the programme came to a close with Arati to Bhagavan at 9.00 p.m., bringing the glorious Christmas celebrations at Prasanthi Nilayam to a joyous end.



*The drama "Your Message is our Life" presented by the alumni on 31st December 2010 stated their resolve to make their life exemplary according to the teachings of Bhagavan.*

## ALUMNI MEET 2011

More than one thousand alumni of Sri Sathya Sai Institute of Higher Learning came to Prasanthi Nilayam from all corners of the globe to participate in the Annual Alumni Meet 2011 and offer their grateful tribute to Bhagavan who provided free education to them and moulded their life. Many of them were accompanied by their families.

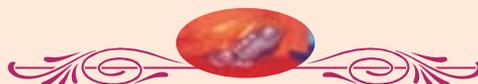
### **Your Message is our Life: A Drama**

On the eve of New Year 2011, a group of these alumni presented a drama entitled "Your Message is our Life" on 31st December 2010 in the Divine Presence of Bhagavan. The drama which began at 6.20 p.m. after Bhagavan's Darshan in Sai Kulwant Hall renewed the pledge of the alumni to make their life reflect the Divine Message of Bhagavan and dedicate it to the service of mankind. The opening scene picked up the thread from last year's drama which depicted the sacred bond of love between Bhagavan and His students.

The subsequent scenes showed how with the grace of Bhagavan, the students of Bhagavan successfully established an orphanage, a school, a hospital and a water treatment plant in a village. Excellent acting of the cast and brilliant video support successfully highlighted the message and teachings of Bhagavan and showed that Bhagavan's Presence was always evident wherever His work was being done by His students or devotees. At the conclusion of the drama, Bhagavan blessed the students and posed for group photos with them. After distribution of Prasadam blessed by Bhagavan, the programme came to a close with Arati to Bhagavan at 7.35 p.m.

### **Devotional Music by the Alumni**

Bhagavan was offered a traditional welcome with Poornakumbham amidst Veda chanting by a group of alumni when He came to Sai Kulwant Hall on 1st January 2011 at 7.15 p.m. in a grand procession. In addition to the Veda chanting group, the procession included a group of flag bearing students, a student carrying a colourful parasol and two students carrying traditional fans. As the





*The alumni presented a delectable programme of devotional music in Sai Kulwant Hall on the occasion of Alumni Meet 2011.*

procession moved forward, a sweet song offered welcome to Bhagavan. On arriving in the verandah of the Bhajan Mandir, Bhagavan lighted candles on cakes brought by devotees and students and performed the cake cutting ceremony. After this, Bhagavan came to the dais and inaugurated the proceedings by lighting a sacred lamp. He also cut the cake placed on the dais by the alumni. The alumni commenced their music programme

with a thrilling composition on the band and followed it with devotional songs interspersed with commentary which expressed the love and devotion of the alumni for Bhagavan and refreshed their fond memories of student days at Prasanthi Nilayam. The devotional songs concluded with a vibrant Qawali, after which the students started Bhajans which were followed in chorus by the entire gathering in Sai Kulwant Hall. While the Bhajans continued suffusing the atmosphere with sacred vibrations, Prasadam blessed by Bhagavan was distributed in the hall. Before the conclusion of the programme, Bhagavan called one of the alumni and materialised a gold chain for him amidst a thunderous applause of the entire gathering. Arati was offered to Bhagavan at 8.40 p.m. which marked the conclusion of this delightful programme.

## **SRI SATHYA SAI GENERAL HOSPITAL**

Prasanthi Nilayam -515134

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

**Applications are invited for the following posts (Honorary Basis)**

### **Consultant/Senior Resident in the Department of OBGY**

Qualification: M.B.B.S. + MD / D.G.O.+ relevant experience in the Department of OBGY

### **Consultant/Senior Resident in the Department of General Medicine**

Qualification: M.B.B.S. + MD (General Medicine) + relevant experience in the Department of General Medicine

### **Consultant/Senior Resident in the Department of ENT:**

Qualification: M.B.B.S. + M.S. (Oto-Rhino-Laryngology) + relevant experience in the Department of ENT

Apply to the Medical Superintendent, Sri Sathya Sai General Hospital, Prasanthi Nilayam, with full Bio-data and a photograph immediately.

*– Medical Superintendent*

## THE POWER OF LORD'S BLESSINGS

**B**Y THE TIME BHAJANS started, we were already in the interview room. The other devotees who came in the morning also joined us. Baba gave some spiritual Upadesh to the new couple, accepted their garland and Arati, and granted them Padanamaskar. After distributing Vibhuti Prasadam among us, He took back the ring from Kunu and blew on it once. It was immediately transformed into a bright diamond ring. He put it on his finger and said, "This diamond is an emblem of pure mind, sacred heart and unflinching faith". Then He looked at me and said, "Give your political friends at Delhi a light party"... I decided to give a party on 9th August, Thursday, on the lawns of my Delhi residence. The President, Vice-President, Prime Minister, Members of the Cabinet, Speaker of Lok Sabha, all Members of the Rajya Sabha, leaders of different political parties in the opposition and a few close friends, Secretary General of the Parliament, some Sai devotees outside the Parliament – all about 700 dignitaries were invited. I personally invited the President, Vice-President and P.M. For the rest, I sent the invitation by post. The decorator was a Sai devotee...

From 8th morning, intermittent rains started. The sky remained clouded. I was afraid, though I had complete faith in Baba. I was sure since He had asked me to arrange it, nothing could stand in its way... As soon as clouds gathered, my prayers rose up to Him.



*Sri Brahmananda Panda with Bhagavan.*

Rain continued pouring till 2.30. My prayers also continued, "Lord, send these rain clouds out of Delhi at least for today". Then tired and a little disappointed, I fell on my bed. Sleep overcame me for a few minutes. Baba took that opportunity to appear in my dream. He looked a little irritated and said, "Do you think you are doing it? Why are you so restless"? When I got up, it was 4 o'clock. A heavy shower was just passing. There was ankle deep water all over the lawn. The decorator had dozed off in a chair in my verandah. Then his men and Ramesh started cutting escape routes for the water. At 4.45, on a well decorated stage, I put Baba's picture. When I went to garland Him, I saw a trickle of honey on the picture. I was assured. By 6.00, most of the invitees had come. Around 6.15 came the President, stayed for about half an hour, blessed the couple and returned. Then came the Vice-President. He too stayed for half an hour, blessed the couple and left. Then

*Continued on page 59...*

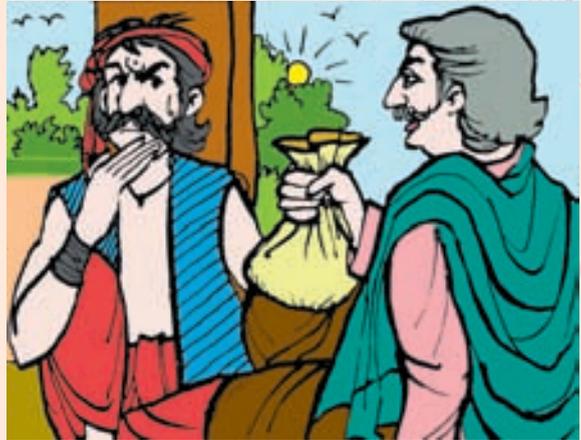
## Where is the Atma?



ONCE A RICH MAN WENT TO A nearby village to take part in a fair. While he was returning from the fair, a thief followed him with the intention of stealing his money bag. He spoke nicely to the rich man and developed familiarity with him. Both of them stayed in a choultry at night. After everyone fell asleep, the thief got up and searched for the money bag of the rich man. As much as the thief tried, he could not find anything. Early in the morning, the thief woke up the rich man and said to him, "There are many thieves around. Have you kept your money bag safe"? The rich man replied, "Yes, I have. For the same reason, I put my bag under your pillow. See, it is absolutely safe here". Saying so, he took out the money bag from under the pillow of the thief.

*...Continued from page 58*

came the Ministers, leaders of the opposition parties. After 7.00 came Lalit Narayan Misra. He was staying at Akbar Road. He told me, "I had to come for fear of your scolding. But it was very difficult to get out in the pouring rain. Since you are doing it on the lawns, I thought everything would have been washed away. But I see, not a drop here"! I told him, "Lalit, this function is organised by Baba, not me. The clouds cannot disobey Him". He had had Darshan of Baba. The P.M. came at 7.30., stayed for about 15 minutes and blessed the



*Taking out the money bag from under the pillow of the thief, the rich man told him that it was lying under his pillow all night.*

Though the money bag was right under his pillow all night, the thief was not aware of it and searched for it elsewhere in vain. In the same way, man is unaware of the Atmic power that is within him and searches it outside.

couple. All the invitees who were present in Delhi came to the function.

Later, I came to know that from 6.00 to 8.00 in the evening (my party time), there were pouring rains in North Avenue, Akbar Road, Santhipath. Only South Avenue was dry! This is the power of Lord's blessings. But human mind is so weak that in spite of the all-powerful blessings, it wavers.

*— Excerpted from "Raso Vai Sah"  
by Brahmananda Panda*

# NEWS FROM SAI CENTRES

**T**HE YEAR 2010 MARKED A unique chapter in mankind's history, as it was the 85th year since the Advent of Bhagavan Sri Sathya Sai Baba. The world has been illumined by His divine incarnation, love, compassion, service and spiritual guidance. Multitudes of people rejoiced during this auspicious occasion by celebrating, serving the needy and engaging in spiritual practices. Sathya Sai devotees from countries across the globe expressed their heartfelt joy to be blessed as contemporary witnesses to the glory of the Avatar. Activities from some of the countries are reported below.

## JAPAN

Swami's 85th Birthday celebrations were held in Tokyo on 23rd November 2010, which also happened to be the 35th anniversary of the Sathya Sai Organisation of Japan. About 700 guests attended the event. An exhibition on the 35 years of philanthropic work, divine



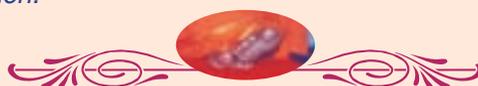
*Bhagavan's 85th Birthday was celebrated in Tokyo on 23rd November 2010. An exhibition showcasing the service activities of Sai Organisation of Japan was also organised on this occasion.*

manifestations, cultural and Vedic activities of the Sai Organisation in Japan was held on this occasion. The programme began with a Veda procession, followed by a music programme by Bal Vikas children. Sathya Sai youth welcomed the guests in a traditional Japanese way by playing Wadaiko (Japanese drums). This was followed by a ceremony, marking the completion of reciting the Gayatri Mantra 8.5 million times in commemoration of Swami's 85th Birthday. The Chief Guest was Sri Yoshiro Mori, former Prime Minister of Japan and Member of Parliament, who spoke highly of Bhagavan's message on education. Other dignitaries included the Ambassador of India to Japan, Sri Hemant Krishan Singh, who praised Bhagavan's global humanitarian work. A music programme and a video on Bhagavan's mission and work followed this, concluding with Arati and Prasadam.

## GREECE

Bhagavan Sri Sathya Sai Baba's 85th Birthday was celebrated in many Sathya Sai Centres in Greece on and around 23rd November 2010. In Athens, approximately 70 people attended the celebration conducted at the Sathya Sai Centre, which opened with a video of two episodes from the series "Spiritual Blossoms". A reading from Bhagavan's Discourse of 23rd November 1968, "I have incarnated from time to time..." and a Bhajan session followed. Small booklets of prayers taken from Bhagavan's Discourses and letters were then distributed.

For the past 20 years, Sathya Sai volunteers have been visiting the Children's





*Besides Athens, many other Sai Centres in Greece celebrated Bhagavan's 85th Birthday on and around 23rd November 2010.*

Recuperation and Rehabilitation Centre in Voula, Athens, and have been rendering service to more than 100 children residing in this Centre. On 20th November 2010, 50 volunteers, including Sathya Sai Education in Human Values (SSEHV) students and Sai Youth, visited the Rehabilitation Centre and lovingly offered homemade food to the children and sang EHV songs accompanied by musical instruments. On the same day, Sathya Sai volunteers served homemade food to more than 40 individuals at the Mother Teresa Home in Athens, called "Missionaries of Love".

### DENMARK

The Danish Sathya Sai Organisation extended an open invitation to the public to participate in the celebration of Bhagavan's 85th Birthday on 23rd November 2010 at the Unitarian Church, Copenhagen, the capital of Denmark. Over 100 people attended the event, and the programme started with a two-hour Bhajan session and video presentation. The video included Bhagavan giving Darshan, Bhagavan serving the poor, and devotees experiencing divine love during Darshan. An



*Over 100 persons attended Bhagavan's 85th Birthday function held at Unitarian Church, Copenhagen on 23rd November 2010.*

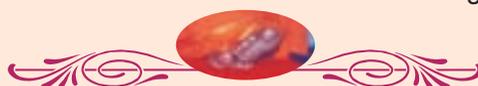
exhibition and bookstore was set up to inspire and inform participants about Sathya Sai Educare, service activities, study circles and light meditation. Invited speakers recounted their personal experiences of Bhagavan. The celebration concluded with music from Chile performed by three devotees.

### CROATIA

Bhagavan's 85th Birthday was celebrated in Zagreb over a period of three days, from 21st to 23rd November 2010. During the first two days, celebrations took place in Sathya Sai Centres. On the third day, celebrations were held in a public theatre and were attended by 650 people. This programme included an inspiring speech on Bhagavan's teachings and the enactment of an enchanting play called, "I Ask You, Lord". In this play, devotees ask the Lord questions and He gives them answers. The programme concluded with devotional songs from different religions and Prasadam distribution.

### PHILIPPINES

The children of Pililla Sathya Sai School celebrated Bhagavan's 85th Birthday by



performing Grama Seva in surrounding villages, wherein they served 108 families for one week from 15th to 20th November 2010. Then, on 21st November, volunteers of the Sathya Sai Organisation prepared over 280 bags of groceries which were distributed to needy families by the Sathya Sai School children at the Sathya Sai School where the families congregated. Also, a medical camp was organised at the Institute of Sathya Sai Education on 27th November, where over 220 adult and paediatric patients were treated and sixty people were given reading glasses.

### CANADA

The Sathya Sai Centre of Ottawa-Carleton celebrated Bhagavan's 85th Birthday from 19th to 23rd November 2010. The celebration was named "Festival of Divine Love". The first day of the festival was observed as Ladies



*Bhagavan's 85th Birthday titled "Festival of Divine Love" was celebrated in Canada for five days from 19th to 23rd November 2010.*

Day which featured a play titled "Women of Glory" as well as Bhajans. The next day, 20th November, was marked by 14 hours of devotional singing from various multi-faith devotional groups and a devotional classical music programme in the evening.

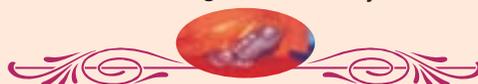
On 21st November, Bhajans followed a spiritual talk titled "What is True Worship"? and 22nd November was celebrated with Bhajans. About 700 devotees participated in the concluding festivities on 23rd November which included Veda chanting and Bhajans by 104 SSE (Sai Spiritual Education) and 15 EHV (Education in Human Values) students. In addition, about 300 care packages were distributed to homeless people on this special day.

### IRAN

The Shiraz Sathya Sai Centre celebrated Bhagavan's 85th Birthday on 23rd November 2010 with about 120 people attending the event. A Persian birthday song was offered to Bhagavan, and Bhajans were sung in Persian and Sanskrit. Celebrations included a speech on Bhagavan's life and teachings as well as a devotional Persian music offering to Bhagavan. At the Tehran Sathya Sai Centre, about 100 people attended the birthday celebrations, which consisted of Veda chanting and Bhajans in Persian and Sanskrit.

### INDONESIA

Devotees from the Sathya Sai Centre in Denpasar, Bali celebrated Bhagavan's 85th Birthday on 23rd November with Bhajans attended by about 4,000 people. In Palembang, about 400 people celebrated Bhagavan's Birthday on 23rd November with morning Suprabhatam and evening Bhajans. Participants included Buddhist monks and officials from Buddhist and Hindu organisations. In Medan, Sumatra, about 1,000 people celebrated Bhagavan's Birthday with music, drama, classical dances, poetry and Bhajans on 5th December.





*Cultural and music programmes were organised in many cities of Indonesia to celebrate Bhagavan's 85th Birthday.*

In Jakarta, about 500 people attended Bhajans on 23rd November to celebrate Bhagavan's Birthday, and on 26th November, about 1,250 people attended celebrations at the Integrity Convention Centre in Jakarta. This programme included Bhajans and drum band performances by SSE children and ladies. In Bandung (West Java), about 300 people attended birthday celebrations, which included Veda chanting, Bhajans, classical dances by Malaysian youth and a video highlighting service projects carried out by the Sathya Sai Centre. In Dago (West Java), about 170 people attended celebrations that included Veda chanting and music and dance performances. Also on 23rd November, about 150 people attended Bhajans in Surabaya (East Java) and about 60 in Malang (East Java).

### HONG KONG

On 23rd November 2010, about 500 people attended celebrations at Sathya Sai Centre in Hong Kong. During the year 2010, Sai devotees chanted Sai Gayatri more than 2,00,000 times as part of Bhagavan's 85th Birthday celebrations. A special DVD on Sathya Sai's teachings, made locally



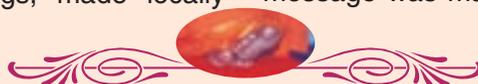
*About 500 people participated in Bhagavan's 85th Birthday celebrations in Hong Kong on 23rd November 2010.*

and entitled "Sravanam", was distributed. The theme of the cultural programme was "God Is', 'I am I' and 'Love All, Serve All'". The programme included classical dances, musical performances by Chinese devotees from the mainland, a youth drama entitled "From Shirdi to Parthi" and a video of Bhagavan's Darshan.

About 100 hampers of household items, such as blankets knitted by Sathya Sai volunteers, towel sets contributed by Sathya Sai Youth and bed sets contributed by SSE children through savings realised from practising the ceiling on desires programme were prepared. These hampers were distributed in Hong Kong and two cities in mainland China. All the recipients were touched by this gift of love on the occasion of Bhagavan's Birthday.

### TAIWAN

A public programme was held on 21st November 2010 at the Taipei City Hall to celebrate Bhagavan's 85th Birthday and the 14th Anniversary of SSEHV in Taiwan. A short bilingual presentation in English and Mandarin on Bhagavan's life and message was made, followed by a cultural





*Many programmes were held on 21st and 23rd November 2010 in Taipei to celebrate Bhagavan's 85th Birthday.*

programme by SSE children and students of Sri Sathya Sai Kindergarten of Taiwan. Over 125 people attended this programme. On 23rd November, programmes were held both in the morning and evening consisting of Bhajans, Jhoola (swing) and a cake-cutting ceremony at the Indian Association of Taipei Prayer Hall. Sathya Sai volunteers distributed gift bags containing cakes, fruits and juice to over 120 people at five homes for the elderly on Bhagavan's Birthday. Also in commemoration of this divine event, a number of devotees performed Ekadasa Rudrabhisheka (ceremonial bathing of Linga eleven times) on 11 Saturdays during the year.

## MALAYSIA

A Human Values Expo was opened to public on 4th December 2010 in Johor Jaya, Malaysia, marking the pinnacle of Bhagavan's 85th Birthday celebrations. About 700 people attended the Expo, the theme of which was "Love All, Serve All". It was aimed at practising and propagating Bhagavan's message on selfless service. The exhibits showcased at the Expo were intended to inspire people from all walks of

life to raise consciousness in society through understanding, experiencing and having the conviction that pure love and selfless service were the key to happiness.

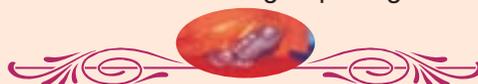
The event was well received and supported by the Chief Minister of Johor and was officiated by his representative, the Chairman of Community Development Committee for Women and Family Development and Health for Johor State. An inspirational book entitled "Love All, Serve All", comprising articles written by presidents and active leaders of various organisations, was distributed free to the public.

The Human Values Expo consisted of human-values-oriented events, such as a poster competition for young adults and an art competition for children. The entire atmosphere was made inspiring through motivational exhibits, competitions, music performances and face painting. The Human Values Expo was an eye opener to people, especially the youth, to explore how they could serve mankind. The celebrations came to an end with Bhajans, interfaith prayers, cultural performances and a drama depicting the day's theme.

– Sri Sathya Sai World Foundation

## BHARAT

**Gujarat:** The third Sri Sathya Sai Inter School Values Festival was held from 24th to 26th December 2010 at Sri Sathya Sai School, Surat. The theme of the festival was "Peace is Forgiveness". In all, 236 boys, 52 teachers and 9 principals from four schools each of Maharashtra and Gujarat took part in this values festival. Various events that were conducted during these three days included group songs and dances, Bhajans, elocution,



story telling, poster and paper collage, Veda chanting, skits and experiential learning. On the concluding day, a "Shanti Yatra" (peace rally) was taken out from the Sathya Sai Marg to the Sathya Sai School, covering a stretch of around two kilometres. The rally was flagged off by the Deputy Mayor of Surat, Smt. Chhaya Bhuva and was led by



*On the concluding day of the three-day Inter School Values Festival in Surat from 24th to 26th December 2010, a peace rally was taken out.*

band and lezim groups of students along with Veda chanting and Bhajan singing students.

**Rajasthan:** A two-day Annual State Conference of Sri Sathya Sai Organisation was held on 8th and 9th January 2011 in Bikaner, wherein nearly 180 members participated. The programme started with chanting of Omkar and Vedic hymns followed by Bhajans. Thereafter, three distinguished speakers addressed the gathering. They were: State President of Rajasthan, Dr. Jai Singh Shaktawat, State President of Gujarat, Sri Manohar Trikannad and Muni Sri Rajkaran. Other eminent speakers of the

State also delivered talks on the importance of Educare, SSSVIP, National Narayana Seva, Veda chanting, cattle care, role of youth in the organisation, training to the active members of the organisation and Bal Vikas Gurus. Practical demonstration on Sai Net, Digital Archives and Rajasthan Website was also given. E-techno group resolved to provide toilets, smokeless Chulhas (hearths) and solar power lights in villages. In his concluding remarks at the end of the conference, State President of Rajasthan set targets for different activities in the year 2011 including covering of all the districts of Rajasthan in the organisation. The programme ended with Mangalarati and distribution of Vibhuti Prasadam.

**Tamil Nadu:** The fourth Annual Sadhana Camp of former Bal Vikas students was organised at Erode by Sri Sathya Sai Organisation, Erode district on 26th December 2010. Former Bal Vikas students, who are settled fairly well in their life, attended the camp along with their families. The camp provided a forum for free exchange of thoughts and discussion on Sai culture. It also provided an opportunity to the participants to work out a plan of action to increase the number of Bal Vikas centres so as to benefit a larger spectrum of society. Success stories of former Bal Vikas students made a great impact on the present Bal Vikas students. Interestingly, all former Bal Vikas students, wherever they were, opted to become Gurus there, which would go a long way in strengthening the Bal Vikas movement.

## NOTICE

Due to unexpected demand, Antharyami 2011 diaries and calendars 2011 are exhausted. Devotees are requested not to place any further orders for diaries and calendars.

– Convener

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## *Get Rid of Jealousy*

No enemy can be so insidious as jealousy. When one sees a person more powerful or more knowledgeable or with greater reputation or more wealth or more beauty or even wearing better clothes, one is afflicted with jealousy. One finds it difficult to acknowledge and accept the situation. One's mind seeks means to demean him and lower him in the estimation of people. Such propensities and evil tendencies should never strike root in the minds of students and the educated. These should not pollute their character.

*– Baba*

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