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"There is divinity in you but you are not able to visualise it. What is the reason? The reason is that you are afflicted with the disease of ego and attachment. When you suffer from malaria, even a sweet tastes bitter to you. The defect lies in your tongue, not in the sweet. Likewise, divinity pervades your entire being. You are not able to realise it because your mind is polluted with ego and attachment."

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AMRITA DHARA

BHAGAVAN'S DISCOURSE:
24TH AUGUST 1996

GOD IS THE EMBODIMENT OF ALL NAMES AND FORMS

How can one realise the principle of Atma if one lacks purity of heart? Only those with purity of heart can experience the Atmic principle. Listen, oh valiant sons of Bharat!

(Telugu Poem)

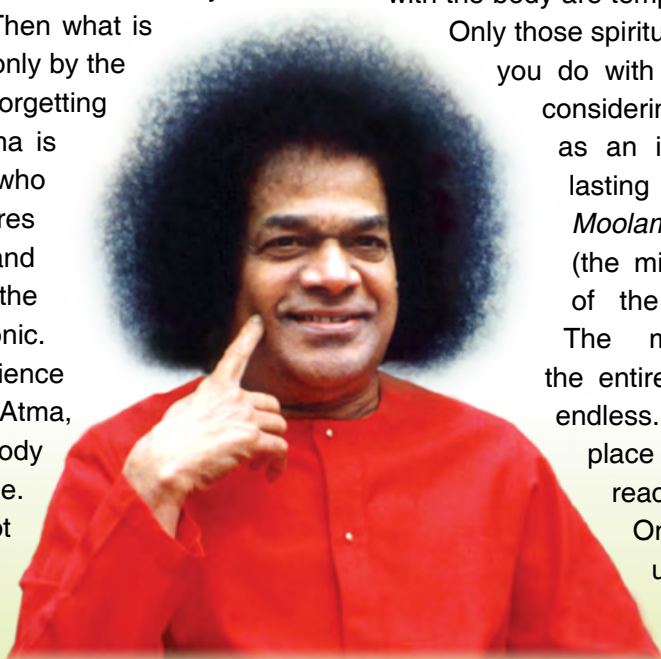
ENGAGE YOURSELF IN DIVINE ACTIVITIES

MAN TODAY IS NOT ABLE to understand what is human, what is animal, what is demonic and what is divine. In fact, it is very easy to understand the difference between these four qualities. Humanness is the combination of the body, mind and Atma. Then what is animality? Going only by the physical needs, forgetting the mind and Atma is animality. Those who crave for the desires of the body and mind, forgetting the Atma are demonic. Those who experience the bliss of the Atma, forgetting the body and mind are divine. If man cannot become divine, at least he should live like a human

being without degenerating to the level of an animal or a demon.

All spiritual practices that you do with body attachment give only temporary satisfaction because the body is temporary. In fact, all the actions that you perform with the body are temporary in nature.

Only those spiritual practices that you do with purity of mind, considering the body as an instrument yield lasting results. *Mano Moolam Idam Jagat* (the mind is the basis of the entire world). The mind pervades the entire universe. It is endless. There is no place beyond the reach of the mind. One should understand the nature of the mind with the



help of the body. A pure mind is nothing but Brahman.

Sage Uddalaka tried to impart the knowledge of Atma to his only son Swetaketu in a number of ways. There was no scholar greater than Uddalaka in those days, yet he sent his son to another preceptor for education. The son will always treat his father as father only and not as Guru. So long as he treats him as his father, he cannot learn from him as he would learn from a Guru. Uddalaka sent his son to another preceptor so that he would develop the feelings of reverence for his Guru and learn from him. When Swetaketu returned after completing his education, Uddalaka asked him what he had learnt from his Guru. Swetaketu said, "I have learnt the principle of Brahman." His father then asked him, "What is it that you have learnt about Brahman?" Swetaketu replied, "I have learnt that Brahman is all-pervasive." Uddalaka said to his son, "Oh simpleton! Just saying that Brahman is all-pervasive is not enough. You should acquire practical knowledge instead of merely repeating what your Guru has taught you."

Can one become valorous merely by wielding a sword?

Can one become a musician by merely holding a Veena in his hand?

(Telugu Poem)

Students learn a little and boast about it endlessly. This is their weakness. It is unbecoming of a student to be boastful. In

Senses are your slaves. If they lure you to follow the objects of their desires, you should at once silence them saying, "Shut up and sit down." You should discipline your senses in this manner. Only such a person can become a Dheera (courageous), Veera (valiant) and Gambhira (noble). He is the real master. You should become the master, not the slave of your senses. Whose slave should you become? You should become the slave of God.

order to impart practical knowledge to his son, Uddalaka said to him, "Son, go inside and bring some water in a tumbler and a little sugar." Swetaketu did accordingly. "Put the sugar in water and dissolve it," said Uddalaka. Swetaketu put the sugar in water and stirred it well till it was completely dissolved. Then Uddalaka said, "Now tell me, where is the sugar?" Swetaketu tried to see but the sugar was not visible. Uddalaka said, "Put your hand in water and try to bring out sugar from it." But when Swetaketu put his hand in water, he could not take the sugar out. He said, "Father, the sugar is neither visible nor am I able to take it in my hand." Then Uddalaka said, "You have brought the sugar in your hand, seen it with your eyes and put it in water. But now you can neither see it with your eyes nor can you get it in your hand. Then see, where it is?" Swetaketu did not have



an answer to this question of his father. Then Uddalaka asked his son to put two drops of water on his tongue. After putting water on his tongue, Swetaketu said, "Father, sugar is there in water." Uddalaka again asked, "Is the sugar present on the top of water or at the bottom or present all over?" Swetaketu said that the sugar was present in the entire volume of water.

Experience the Sweetness of Divinity

This is the principle of unity. How is it possible to experience the sweetness of divinity which is present everywhere in this giant cosmic vessel? You can neither see it with your eyes nor can you catch it in your hand. It can only be experienced. This sweetness of divinity is present at the bottom, at the top and all over in this cosmic vessel. It means the entire cosmos is suffused with the sweetness of divinity. Students! You should understand this truth and propagate it to the world. Similarly, divinity is immanent in man. Therefore, all your thoughts, words and actions should be suffused with the sweetness of divinity. Whatever your senses perceive should be sweet. *Adharam Madhuram Vadanam Madhuram Nayanam Madhuram Hasitam Madhuram ... Madhuradhipathe Akhilam Madhuram* (His lips, face, eyes, smile and His entire being is suffused with sweetness. In fact, the Lord of Madhura is sweetness personified). This sweetness is the essence of oneness. If you speak harshly, it means there is no sweetness in the vessel of your body; there is only water. There is divinity in you but you are

not able to visualise it. What is the reason? The reason is that you are afflicted with the disease of ego and attachment. When you suffer from malaria, even a sweet tastes bitter to you. The defect lies in your tongue, not in the sweet. Likewise, divinity pervades your entire being. You are not able to realise it because your mind is polluted with ego and attachment. Whatever you do, do it earnestly. It is not enough if you do it mechanically; you must put your mind in whatever you do. Swami is teaching not to the man but to the mind. Only when the teachings are imparted directly to the mind will they be retained in it. What is the use if you listen with one ear and leave it out from the other? Whatever work you do, do it with purity of heart. *Chittasya Suddhaye Karmah* (good deeds give mental purity). Engage yourself in sacred activities which are beneficial to others. Consider service to society as service to God. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). You may call Him by any name like Allah, Jesus, Zoroastra, Rama, Krishna, etc., God is one.

Put your Senses to Proper Use

Here is a small example. There is life principle in your body. The same life principle pervades the entire blood stream. Blood is one, heart is one and the life principle is also one. But if you keep a Laddu in your hand, can you know its taste? No. You can know its taste only when you put it on your tongue. The same blood is present in the hand as well as in the



tongue. But it is only the tongue which can experience the sweetness. Ears have the ability to hear, but they cannot see. Eyes can see but they cannot hear. Nose can only smell and cannot do anything else. In this way, every limb has been assigned a specific task to perform, and man should make proper use of all his limbs. But man today is putting his senses to misuse. Why has God given you tongue. *Bhikshannam Deha Rakshanartham* (food is meant to sustain the body). God cautions man, "My dear! Use your tongue only to eat pure and sacred food. You will spoil your stomach if you go on eating anything and everything just because you have got tongue, teeth and stomach."

God has given you stomach so that you eat healthy food and lead a healthy life. Therefore, eat only that which will maintain your health. Then what for has God given you nose? He says, "My dear! I have given you nose to help you in the process of inhalation and exhalation for the sustenance of your life." But man does not allow the nose to do its work properly. He gets addicted to snuff. What for God has given man nose and what is he doing? Man becomes a victim of many diseases when he misuses his senses. Human birth will be sanctified only when man uses his senses in an appropriate manner at all times. But, unfortunately, today man lacks sense control. You can win Anugraha (God's grace) only by Indriya Nigraha (sense control). Therefore, if you want God's grace, you should control your senses.

Do you know why God has given hands to you? Is it only to feed your stomach? No. Do you know why God has given you feet? Do you think God has given you feet to roam in lanes and bylanes? Do you know why God has given you ears? Are they meant to listen to idle gossip? No, no. Every limb and every sense organ that God has given you is meant for a sacred purpose. You should put them to proper use and experience oneness. Only then can you taste the sweetness of divinity.

Students would have noticed this in their hostel. The cook brings chillies, salt, tamarind and coconut. If he just mixes them together, it will not have any taste. On the other hand, if he grinds all these together in a mortar, it will assume the form of Chutney which is very tasty. Betel leaf is green in colour, betel nut is brown and lime is white. When you mix and chew them, your tongue becomes red. Similarly, when good thoughts, good qualities and good actions combine, they give the experience of Divinity. Though Siva and Vishnu are attributed with different names and forms, they represent the same divine principle.

Thyagaraja sang, *Saadhinchene O Manasa* (O mind! He has achieved his objective). What is it that he has achieved? He has realised the divinity that is inherent in man. Thyagaraja said, "I have realised the divine principle of Rama." He prayed, "Oh Rama! Life becomes true and meaningful only when one sees You, plays with You and moves with You in close proximity."

Oh my mind! Can't you meditate on Sri Rama, Raghurama, Srungara Rama?



Who knows as to what penance Kausalya did perform earlier to kiss the Lord on His gleaming cheeks! Who knows what penance Kausalya did perform!

Who knows as to what penance Dasaratha did perform earlier in order to call the Lord, Oh Sri Rama, come here! Who knows what penance Dasaratha did perform!

In the end, he said, "Oh Rama! What great penance this Thyagaraja has performed that he is able to lead his life peacefully taking refuge at Your Lotus Feet? This sweetness of Your divine proximity is enough for me in this life." In this manner, Thyagaraja composed many songs, explaining the intimate and inseparable relationship that a devotee should develop with God. Divinity is present not only in all human beings but also in all living beings.

Do not observe any differences between the various names and forms of God like Rama, Krishna, Vishnu, Easwara, etc. It is a common belief that Brahma creates, Vishnu sustains and Siva dissolves, but all are one. Here, there and everywhere, wherever you see, there is only one Divine Atmic principle. Though ears, nose,



Man becomes a victim of many diseases when he misuses his senses. Human birth will be sanctified only when man uses his senses in an appropriate manner at all times. But, unfortunately, today man lacks sense control. You can win Anugraha (God's grace) only by Indriya Nigraha (sense control). Therefore, if you want God's grace, you should control your senses.



mouth, hands and feet are different from each other, they constitute the same body. Similarly, God is the embodiment of all names and forms.

Make your Heart the Temple of God

Students may be knowing this story. A teacher took four blind boys to an elephant and asked each one of them to tell what the elephant looked like. One boy put his hand on the elephant's stomach and said, "Sir, elephant is like a big wall." Another student



touched its leg and said, "Sir, elephant is like a pillar." The third boy touched its ear and said, "Sir, elephant is like a hand fan." The fourth boy held its tail and concluded, "Sir, elephant is like a rope." What each one perceived was correct from his viewpoint. It is true that elephant's stomach is like a big wall, its legs are like pillars and its ears are like hand fans. But each limb separately cannot be called elephant. The elephant is the combination of all these. Similarly, you should not think that Rama, Krishna, Jesus and Zoroastra are different from each other. They represent the various forms of the same Divinity. Everyone should try to realise this principle of unity without giving scope to differences of any kind.

God is one. He is the Supreme Being. He is great. There is none greater than God. He is present in one and all. You may consider yourself a human being on the basis of your physical body. But have firm faith that God is present in you. The same truth was taught by Mira. She said, "Krishna, my heart is Your temple. You cannot go away from it." God dwells in the heart of each and everyone. Therefore, gradually develop the faith, I am God, I am God. Engage yourself in divine activities because your body is the temple of God. *Deho Devalaya Proktho Jivo Deva Sanathana* (the body is a temple and the indweller is God). Your heart is the sanctum sanctorum. Here heart does not refer to the physical heart. The physical heart is only like the main switch board. It is present on the left side of your body.

But the Hridaya (spiritual heart) is present on the right side. The students chant the Vedic Mantra: *Neelatoyadamadhyasthad Vidyullekheva Bhasvara* (brilliant like a streak of lightning set in the midst of the blue rain-bearing clouds). Just as you find white and bright lightning amidst dark clouds, the life principle shines forth between the ninth and twelfth vertebrae of your spinal column. This is referred to as Vidyullekha. It is due to the presence of this life principle in the spinal column that all limbs are able to function. Therefore, realise the truth that God is present everywhere. He is not in any distant land. However, in order to experience His all-pervasiveness, you should listen to Swami's teachings, put them into practice and enjoy the bliss. Your hunger is satiated only when you eat food and not by merely looking at it. What is it that you are supposed to do to send the food into your stomach that is served in your plate? You should put your hand and mouth to work. Only then, the food will reach your stomach. Similarly, Swami is serving you food in the form of His teachings in the vessel of your heart. You should try to eat the 'food' served with the spoon of your intellect. Only then will this food provide you strength and fulfilment.

Do not Become Slave of your Senses
Students!

Senses are meant to be your servants. You should remain their master. But, unfortunately, man today is becoming a slave of his senses. A great devotee sang, "I should become the servant of servants;



I should serve the servants of the Lord.” In fact, senses should be subservient to you. You will subject yourself to great danger if you become the servant of your senses. You should never follow the advice of your servants. That will put you to great risk. Kaikeyi was the dear wife of King Dasaratha and the daughter of the king of Kekeya. Such a great lady like Kaikeyi lost her honour and respect because she paid heed to the words of her servant Manthara. Do you find anyone having the names Kaikeyi and Manthara among women today? Manthara was the one who spoke bad words and Kaikeyi listened to them. Therefore, nobody likes to have their names. Likewise, senses are your slaves. If they lure you to follow the objects of their desires, you should at once silence them saying, “Shut up and sit down.” You should discipline your senses in this manner. Only such a person can become a Dheera (courageous), Veera (valiant) and Gambhira (noble). He is the real master. You should become the master, not the slave of your senses. Whose slave should you become? You should become the slave of God.

In fact, you yourself are God. Gradually develop this faith. When everyone develops this faith, the entire world will be filled with peace and security. Then you don't need to pray *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!). There will be naturally peace and happiness in the world when you develop such faith. Moreover, you should not pray that only people of India should be happy. The whole world is like a big mansion in

How is it possible to experience the sweetness of divinity which is present everywhere in this giant cosmic vessel? You can neither see it with your eyes nor can you catch it in your hand. It can only be experienced. This sweetness of divinity is present at the bottom, at the top and all over in this cosmic vessel. It means the entire cosmos is suffused with the sweetness of divinity. Students! You should understand this truth and propagate it to the world.

which Bharat, America, Russia, China, etc., are like different rooms. Each country is like a room of this great mansion. If you go to a five star hotel, you will see a number of rooms. Likewise, there are so many rooms in this mansion of the world. What is it that separates one room from the other? It is the wall. If you remove the wall, there will be only one single hall. Oneness can be experienced only when differences are removed.

*You become I and I become you,
When we become one, that is the real knowledge.*

When duality is transcended and oneness realised,

Ego and attachment cease to exist.

God is Akshara (imperishable) and He is also present in Kshara (perishable).

When the eternal truth of Kshara and Akshara is realised,



Mind is transcended and oneness experienced.

God is beyond Maya (illusion) and is also the cause of Maya.

When the veil of Maya is removed, Divinity is revealed. (Telugu Song)

Everyone should understand this truth. Even simple words convey profound truths. The nation is put to great loss when people observe differences. Consider this example. There are various limbs in the body. If hand is cut off from the body, how much blood will be lost which is the common property of the entire body and how much the body will become weak! In the same way, there should not be even

small differences between people in the country. All should remain united. There is great strength in unity. Can you perform any task with one finger? No. You can do anything when five fingers join together. Unity is great strength. I bring My Discourse to a close blessing you to develop the spirit of unity and make the world happy and prosperous.

(Bhagavan concluded His Discourse with the Bhajan, “*Manasa Bhajare Guru Charanam...*”)

– **From Bhagavan’s Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 24th August 1996.**

Prestigious Award to Sri Sathya Sai Mobile Hospital

Sri Sathya Sai Mobile Hospital was presented a prestigious award “CNBC TV18’s India Healthcare Award 2013” on 23rd December 2013 in a function held in Taj Palace Hotel, New Delhi. Dr. Narasimhan, Director, Sri Sathya Sai Mobile Hospital along with Sri S.S. Naganand, Trustee, Sri Sathya Sai Central Trust went to New Delhi and received this Healthcare Award “Commendation for Innovation in Transforming Lives” from Dr. Montek Singh Ahluwalia, Deputy Chairman, Planning Commission of India in recognition of the selfless service being performed by over 400 doctors and hundreds of other paramedical staff including scores of selfless Sai workers to offer quality medical aid to the poorest of the poor at their doorstep in the villages of Anantapur district of Andhra Pradesh.



(From left) Sri S.S. Naganand, Dr. Montek Singh Ahluwalia, Dr. Narasimhan.

Annual Sports and Cultural Meet of Sri Sathya Sai educational institutions

Spectacular Sports and Cultural Events

THE ANNUAL SPORTS AND Cultural Meet is a major event in the calendar of Sri Sathya Sai Institute of Higher Learning (SSSIHL), and Sri Sathya Sai educational institutions founded and nurtured by Bhagavan Baba. This year, the event was held over five days from 11th to 15th January 2014 at Prasanthi Nilayam.

Annual Sports Meet – 11th January 2014

The Sports Meet on 11th January each year is a culmination of a month-long, intensive preparation of athletic displays, acrobatics, cultural dance routines and the like by students from all campuses of the University and Sri Sathya Sai educational institutions.

The colourful and courageous presentations unfold in the Divine presence, in front of a gathering of over 10,000 spectators seated in the viewer galleries of Sri Sathya Sai Hill View Stadium. The presentations are divided into two sessions, the morning session and afternoon session.

This year, the morning programme commenced at 8.00 a.m. when Bhagavan's car with a beautiful photograph of Bhagavan, was escorted by motorcycle escorts, and welcomed by the women's brass band of the Anantapur Campus of the University. This was followed by a



Slow March Squad proceeding towards Santhi Vedika.

welcome by the captains of the University and Bhagavan was escorted by the Slow March Squad, a special contingent that was led by the brass band of the Prasanthi Nilayam Campus of the University. When Bhagavan arrived in a grand procession at the Santhi Vedika (the stage where senior members of the Sai institutions and Trusts along with invited guests sit in the Divine presence), a Veda chanting group of students offered a ceremonial welcome with Poornakumbham and the Vice Chancellor along with senior members of the Sathya Sai educational institutions offered salutations to Bhagavan.

The March Past and Sports Meet Oath

The March Past is a spectacle in itself. The training, coordination and camaraderie of the March Past is evident in the execution of it. It is a wonderful sight. Accompanied by the women's and men's brass bands of the University, the



students of the Sai educational institutions marched from the north end of the stadium and gathered in front of the Santhi Vedita to offer their salutations to Bhagavan. Following the hoisting of the University flag, the customary Sports Meet oath was administered to the participants and the sports torch for 2014 was lit and carried to Hanuman Hill by the mascot in the form of Flying Hanuman to light the sports urn.

Morning Session

The students of Anantapur Campus, SSSIHL, made the first presentation of the sports events. Their first item was a Russian folk dance, performed to the tune of 'Kalinka Malinka' (a Russian folk song) celebrating the beauty of Nature in swift, rhythmic movements. This was followed by a flamboyant display of crisscrosses (at



Daring display of motorbike stunts by Anantapur Campus students.

high speed), display formations, an array of jumps (including on ramps and through fire) on motorbikes. They concluded with a pyramid formation. Lastly, the students performed a mass drill in various formations of rockets named Mystic Whites in blue and white colours.

The students of Muddenahalli Campus, the youngest campus of SSSIHL, followed with two presentations. Their first item was a well-coordinated exhibition of wheeling



Muddenahalli Campus students' impressive display of bicycle formations.

skills using bicycles. The stunt items consisted of the wheelie, the endo, the ramp endo and the bunny hop. Secondly, they performed a series of western dance steps, beginning with the tap dance. This 'Art in Motion' performance saw aerobic dance movements, symbolic formations (such as 'Aum Sai Ram') and the like.

The Brindavan Campus – the last performance for the morning – began with innovative formations called 'Celestial Rhythms' done on a raised structure. They displayed their skills with formations like cascading effect, balancing upside down, triangle formation to finally end with a formation of 'We Love Sai'. Their next act, 'Master Strokes' included various cricketing strokes such as the sweep shot, forward defence and hook shot in colourful uniforms. Their final





Display of skill in disaster management by Brindavan Campus students.

item, 'Disaster Management' turned out to be an educational performance even for the spectators as they simulated real-life situations such as making stretchers for injured people to saving lives from a burning building.

The morning programme concluded with a final formation of Brindavan students offering their heartfelt gratitude to Bhagavan followed by Arati.

Afternoon Session

The afternoon session commenced at 4.30 p.m. with the ceremonial welcome to Bhagavan by the brass band of the Brindavan Campus of the University along with students of Smt. Easwaramma English Medium School on stilts and students from Sri Sathya Sai Primary School on skates.

The first performance was by the students of Smt. Easwaramma English Medium School. Dubbed 'The Secret of Happiness,' this dance presentation used



Colourful dance by Smt. Easwaramma School students.

the metaphor of a child's dream to express joy towards the feeling of the constant presence of the Lord. Their performance was punctuated with colour, acrobatics and innovative costumes portraying animals and fruits.

Next up were an array of performances through dance and music by students of Sri Sathya Sai Primary School. A traditional dance involving gymnastics and floor exercises was followed by tiny tots gyrating to a song whilst carrying lotus flowers. Roller Skaters performing balancing acts whilst jumping off ramps led to an interesting game of hockey on roller skates.



An enchanting dance presentation by Primary School students.

An array of dance sequences followed. Girl students, in bright blue costumes dancing with luminescent sunflowers were succeeded by the little ones doing a Punjabi dance, much to the delight of everyone. The offering concluded with the final formation of all the students to the song "Sayeesha Nee Namam Entho Ruchi Ra" (Sai, how sweet is Your Name).

A martial arts themed dance known as Kung Fu Fan Dance by the students of SSSIHMS, College of Nursing and Allied Health Sciences was next. They followed

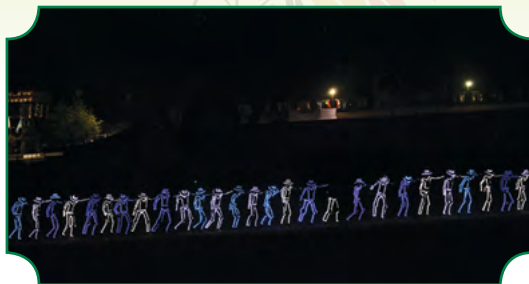


A martial dance by the students of Nursing College.

up this by a bamboo lantern performance, an artistic display of balancing lanterns placed on long bamboo poles.

The first offering by the students of Prasanthi Nilayam Campus was an invocatory dance. An assortment of acrobatic displays while balancing on giant wheels was executed with great skill and dexterity. The next item, 'Ropes and Rings: Gravitons' was performed on rings and bungee ropes hanging from a 35-foot high iron structure. It included flip movements, moonwalk, free falls, jumping through fire rings and the like.

By this time, the setting sun had given way to the enveloping darkness, a fitting platform for the next performance – Let Everybody Dance (LED). This innovative item that involved brisk, wave-like



The students of Prasanthi Nilayam Campus dance in LED suits.

movements with sabre swords emitting blue and green lights concluded with synchronous dance steps with LED suits.

The students of Sri Sathya Sai Higher Secondary School then made their presentation. Their first item was 'Gymnastics: Lords of the Ring' – a form of floor gymnastic wherein feats like dives through the rings at different heights, back flips, somersaults, air cartwheels, aerial acrobatics, etc., were performed. Next was 'Aerial Acrobats' – yoga postures by balancing on three tall wooden poles. Lastly, 130 students literally played with fire. Graceful movements offered with synergy using fire sticks, fire staffs and hoops showcased the courage that is the backbone of all sports and cultural meets of Sai educational institutions.

A magnificent colourful flying exhibition using remote-controlled lit planes soaring in the night sky, aided by a fireworks display served as a finale before Mangal



Arati offered to Bhagavan Baba at 7.15 p.m. marked the end of the day's offering.

Cultural Presentations – 12th to 15th January 2014

As part of Sports and Cultural Meet 2014, the students of Sri Sathya Sai Higher Secondary School and Brindavan Campus, Prasanthi Nilayam Campus, and Anantapur Campus, SSSIHL performed dramas on 12th, 13th, 14th and 15th January 2014 respectively. All performances took place in the evening in Sai Kulwant Hall, Prasanthi Nilayam in the Divine presence.

Revolving around the story of a group of pilgrims, who met at Shivapuram, a temple city, the drama – “Prem Ki Pukar” by the students of Sri Sathya Sai Higher Secondary School brought to the fore life's



A scene from the drama “Prem Ki Pukar.”

most essential values for man to earn Divine Grace. The message was portrayed through the story of four pilgrims who come together on a pilgrimage. Their stories and interactions brought finer spiritual values to the fore, helping each one of them (being at

the crossroads of their societal and spiritual lives) in turning to the right direction in life through greater spiritual awareness.

In their drama, the students of Brindavan Campus portrayed the life and message of Saint Thyagaraja, a great devotee of Lord Rama, whose love and search for God rendered thousands of devotional compositions to the world of devotional music. This portrayal of devotion to God



A drama on the life and message of saint poet Thyagaraja.

through Kirtanam (singing) was done through snippets of Thyagaraja stories. The drama, intertwined with beautiful songs and dance sequences, turned out to be an audio-visual-devotional treat for the august assembly on the eve of Makara Sankranti.

The students of Anantapur Campus put up a drama based on the Chinna Kathas told by Bhagavan Baba on various occasions in His Divine Discourses. Through these stories, Bhagavan conveys the deepest philosophy in the simplest of styles. The drama was enacted with the





A dance of human puppets.

folk art form of puppetry. It saw both doll puppets and human puppets in action. It had three acts, each of which highlighted significant human qualities all devotees and spiritual aspirants must aspire for. The drama was interspersed with two folk puppet dances.

The students of Prasanthi Nilayam Campus offered a drama presentation titled “Jaya.” The drama was based on selected episodes from the Mahabharata. The episodes depicted were Yaksha Prashna, Game of Dice, Krishna’s test of Karna at the time of his death and Karna’s redemption, Draupadi forgiving Aswatthama and Mahaprasthanam.



A scene from the drama “Jaya.”

The planning, script, production, direction, props, costumes and overall execution of all dramas were done completely by students of respective campuses and institutions without any help from outside.

The Prize Distribution Ceremony – 14th January 2014

The Prize Distribution Ceremony of the Sports and Cultural Meet was held on the auspicious day of Makara Sankranti, 14th January 2014 in Sai Kulwant Hall, Prasanthi Nilayam.

All the cups, trophies and prizes for students displayed on the dais were complimented by buntings, festoons, flowers and fruits of the new harvest, along with special decorations of fresh flowers on the Samadhi of Bhagavan.

The programme commenced with a grand procession comprising the University brass band, Veda chanting group of students and a flag-bearing squad, which started at 8.00 a.m. from Yajur Mandir, the abode of Bhagavan. The master of ceremonies, Sri Sanjay Sahni, Director, Brindavan Campus, SSSIHL made an introductory speech, and delved into the significance of the festival of Sankranti and the prize distribution function of the Sports and Cultural Meet. Thereafter, Dr. (Miss) Kiron Bala Arora, Associate Professor in Hindi and Warden, Anantapur Campus, drew parallels between the Annual Sports and Cultural Meet and man’s sojourn on

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From our Archives

DEVOTE YOURSELF TO VIGILANT ADORATION OF GOD

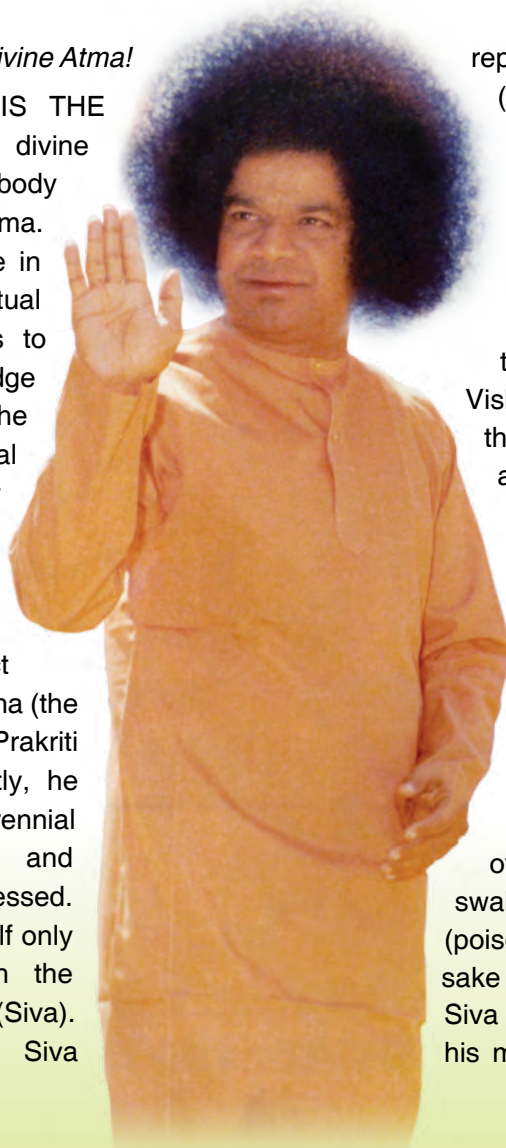
TRANSFORM EVERY MOMENT INTO A SACRED CELEBRATION

Embodiments of the Divine Atma!

THE ATMA IS THE basis for divine life. The body enshrines the Atma. Worldly life should be in consonance with spiritual aspirations. Man has to be taught the knowledge of the Spirit because he considers his physical existence as the only reality today.

Contemplate on Siva

Man is the product of interaction of Purusha (the Supreme Being) and Prakriti (Nature). Consequently, he should have the perennial bliss of the Divine and remain perpetually blessed. He can divinise himself only by contemplating on the attributes of Easwara (Siva). The three eyes of Siva



represent the three Lokas (worlds). Siva's trident is symbolic of the past, present and future, the three aspects of time. The three Gunas (Sattwa, Rajas and Tamas) are images of the Trinity – Brahma, Vishnu and Siva. The three worlds, the triune aspect of time, the three Gunas (qualities) are thus manifestations of the Easwara Principle. When the Divine is installed in the heart in this manner, man can raise himself to the level of the Divine.

It is for the well-being of the world that Siva swallowed the Halahala (poison). Again, it is for the sake of the world's good that Siva enshrined the Ganga in his matted locks. Siva bears

the moon on his head to confer peace of mind on mankind. When man moulds himself on the pattern of Easwara, he will get rid of all his evil tendencies and offer to the world what is good in him. This is the meaning of the worship of Siva. It is only when man gives up utterly his bad thoughts, evil desires and wicked deeds, he will be able to transform himself into divinity.

Ananda (bliss) is man's real nature. But, alas, man in his ignorance and perversity, devotes all his skills, resources and time to acquire it through his outward-bound senses, rather than discover it by using the inward probing intellect and intuition. Man expects Ananda in a career, in a job, in business or farming and believes that the satisfaction he derives from these is worthwhile. But he can attain lasting Ananda, when his career is converted into Sadhana, his business is transformed into calm serenity and his interest in farming is sublimated as cultivating devotion in the well-ploughed weedless mental field. Even intelligent persons are tempted by the pleasure which external effort can yield, rather than the divine bliss which internal search can confer.

Devote this Night to Prayer

Man lives for a high purpose, not for submitting as the beast does to every demand of instinct and impulse. He has to install himself as the master, not crawl as a slave. He has the right to proclaim, Sivoham (I am Siva), I am Achyuta (I am

the undiminishable fullness), I am Ananda. As soon as he becomes aware of his reality, the chains that bind him, iron as well as gold, will fall off and he will attain Moksha (liberation).

Today is Sivarathri, the Rathri (night) of Sivam (goodness, godliness, good fortune). It is an auspicious night because the mind can be made to lose its hold on man by devoting the night to prayer. The moon is the presiding deity of the mind, according to the scriptures. The mind is kindred to the moon as the eyes are to the sun. Sivarathri is prescribed for the fourteenth night of the dark half of the month, the night previous to the new moon when the moon suffers from total blackout. The moon and the mind which it rules over are drastically reduced on the fourteenth night. When that night is devoted to vigilant adoration of God, the remnant of the wayward mind is overcome and victory ensured.

With firm faith and cleansed heart, the night should be spent in glorifying God. No moment should be wasted in other thoughts. Time flees fast. Like a block of ice, it melts soon and flows away; like water held in a leaky pot, it disappears drop by drop. The time allotted for one's life ticks off quite soon, and the span ends sometime somehow. So, be vigilant, be warned, be alert and be aware. Seek the refuge of the Lord and transform every moment into a sacred celebration.

– **From Bhagavan's Sivarathri Discourses.**



CELEBRATIONS AT PRASANTHI NILAYAM

PRIMARY SCHOOL ALUMNI MEET

ON THE EVE OF NEW YEAR 2014, a very beautiful and innovative audio-visual presentation was made by the alumni of Sri Sathya Sai Primary School, Prasanthi Nilayam who came from all parts of the world to express their love and gratitude to their Divine Master, Bhagavan Sri Sathya Sai Baba. Beginning their programme at 5.00 p.m. in Sai Kulwant Hall on 31st December 2013 with chanting of Sai Gayatri, the alumni, both ladies and gents, sang sweet and melodious songs expressing their love and devotion for Bhagavan and simultaneously screened animation films illustrating valuable and profound teachings, imparted to them by Bhagavan through Chinna Kathas (small stories). Audio clips from Bhagavan's Discourses related to Primary School children accompanied by the video screening of their cultural programmes and

sports events followed this, which made the programme all the more enriching. The programme concluded with Bhajans which were also led by the alumni.

INSTITUTE ALUMNI MEET

More than 400 alumni of Sri Sathya Sai educational institutions from all over the world came to Prasanthi Nilayam along with their families to celebrate New Year Day and express their gratitude to their Divine Master, Bhagavan Sri Sathya Sai Baba. The programme on the morning of 1st January 2014 began at 8.00 a.m. with Veda chanting which was followed by a scintillating band display by the students of Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam Campus. The band troupe presented an assortment of seven Western and Indian musical pieces including Bhajans, concluding with a brilliant final number blending classical Indian vocal with Buddhist chants. Budding violinists from Sri Sathya



Excellent band music presentations by Prasanthi Nilayam Campus students and Institute alumni.

Sai Higher Secondary School also joined the troupe in the final three numbers. An interesting talk of an alumnus, Sri Amitabh Dasgupta followed this thrilling band music presentation. Sri Dasgupta narrated his personal experiences of his student days in the divine proximity of Bhagavan and expressed deep gratitude to Him for His loving care and divine guidance. The morning programme came to a close with Arati at 9.45 a.m.

Sai Kulwant Hall witnessed another brilliant band music presentation in the evening when the Institute alumni paid their musical homage to Bhagavan. Beginning their programme at 4.50 p.m. with the popular number "Ishwar Hey Allah," the alumni band troupe presented thrilling pieces one after the other, keeping the audience spellbound for nearly 30 minutes. This was followed by an engrossing dance presentation by the Prasanthi Dance Troupe. Commencing their programme with Ganesh Vandana (prayer to Lord Ganesh), the dancers next made a classic depiction of Dasavatar (ten incarnations of Lord Vishnu) and followed it up with "Ramji Ki Nikli Sawari" (procession of Lord Rama) accompanied by the palanquin procession of Bhagavan. "Khanda Khandatara" poem in Bhagavan's voice followed before they concluded their thrilling presentation with "Dandalayya, Dandalayya Koti Dandalu," offering millions of salutations to Beloved Swami. The alumni thereafter presented devotional songs followed by Bhajans. This joyous New Year programme came to a close with Arati at 7.00 p.m.

NATIONAL CONVENTION OF BAL VIKAS ALUMNI AND GROUP 3 STUDENTS

A National Convention of Bal Vikas Alumni and Group 3 students was held at Prasanthi Nilayam on 4th and 5th January 2014, wherein about 3,000 Bal Vikas alumni and students came to participate from all parts of India. The high quality of presentations made by the Bal Vikas alumni and students during these two days was an indication how this spiritual education programme started by Bhagavan in 1969 was nurturing and reforming the children.

On 4th January 2014, the programme started at 4.30 p.m. with Veda chanting by the Bal Vikas students of Kerala. This was followed by an introductory talk by Dr. Deepti Upadhyay, a former Bal Vikas student, who referred to Bal Vikas a divine opportunity and observed that it influenced all aspects of a student's personality – physical, mental, emotional and spiritual. An invocatory group song by all the participants followed next. After this, three Bal Vikas students gave inspiring speeches on the subject "Sri Sathya Sai Bal Vikas – Educare for Loka Vikas." They were: T. Saisha Rao from Madhya Pradesh, Pranay Vidyut from Andhra Pradesh and Ritankshi from Himachal Pradesh who spoke in Hindi, Telugu and English respectively. (The speech of one of these students has been given elsewhere in this issue.) After these elevating speeches, a book on the same topic was released. Awards for excellence were given to outstanding Bal Vikas alumni next. A devotional music presentation by



Vivek of Madhya Pradesh, a former student of Sathya Sai Mirpuri College of Music, followed next, who enthralled one and all with the songs “Baaje Muraliya Baaje” (the flute of Krishna gives out enchanting music) and “Yaad Saiki Aaye” (memory of Sai is painful).

Two spellbinding performances by child prodigies followed this. The first performance was given by seven years old Triptaraj, a Guinness record holder for the youngest tabla player, who spread waves of ecstasy in the audience by his presentation on tabla which included classical Ragas



Bal Vikas child prodigies display their rare talents.

and light music compositions, “Vaishnav Janato Taine Kahiye” and “Madhuvan Mein Radhika Nache Re” (Radha dances in Madhuvan). The second performance was a scintillating dance by Pooja who mesmerised one and all when she danced on a plate and on two copper pots in a plate with lamps on her head and hands. At the conclusion of their performance, these budding artistes were honoured with shawls. The first day’s programme came to a close with Arati at 6.30 p.m.

Earlier in the morning, the two-day convention was inaugurated in

Poornachandra Auditorium at 10.30 a.m. The inaugural ceremony was followed by a group song and talks and dances by Bal Vikas students from various parts of India. The morning programme concluded with an inspiring talk of a Bal Vikas alumnus, Dr. M. Saikumar.



Sri Sathya Sai Bal Vikas Benediction Ceremony to award diplomas to the Bal Vikas students who completed nine years Bal Vikas course was held on 5th January 2014. The programme began with band procession at 8.20 a.m. which was followed by a dance presentation on the theme song “Aham Asmi Aham” (I am I). Thereafter, Sri Nimish Pandya, All India Vice President of Sai Organisations addressed the gathering. Quoting a saying of Bhagavan, Sri Pandya observed that the first and foremost objective of education

was development of individual character, which could lead to harmony and peace in the family, society, nation and world. Speaking about half a million strong Bal Vikas community, Sri Pandya stated that this movement was progressing by leaps and bounds. The next speaker was Smt. Rama Sampath, a diploma holder of Institute of Sathya Sai Education, who said that it was Bal Vikas which was shaping the lives of thousands of children by its values-based and spiritual education.

Sri Sathya Sai Bal Vikas Convocation followed this, wherein diplomas were awarded to the students who passed nine years Bal Vikas course. As the students stood up in the hall, a solemn oath to uphold truth and righteousness was administered to them by Ms. Nita Khanna, Deputy National Coordinator of Bal Vikas. At the



Sri Sathya Sai Bal Vikas Convocation in Sai Kulwant Hall.

end of this solemn benediction ceremony, Bal Vikas alumni who were serving in Bhagavan's institutions were honoured and clothes were presented to them.

Two young alumni and two senior alumni thereafter addressed the gathering. A Bal Vikas alumnus of Punjab, Sathyam was the first speaker who narrated how he learnt the lesson of ceiling on desires

from his mother, a Bal Vikas teacher and celebrated his birthday in an orphanage to share his joys with less fortunate children. The second speaker was Shwetha from Maharashtra who referred to Bal Vikas as the beacon light gifted by Bhagavan to students to illumine their lives.

A senior alumnus, Dr. M. Saikumar, Secretary to the Government of Tamil Nadu, then addressed the gathering. Referring to Bal Vikas as a network of hearts, the distinguished speaker observed that students should follow the principle of unity and serve their fellow beings and society at large. The last speaker was the Chief Guest of the function, Dr. Ajeenkya D.Y. Patil, who opined that he stood there only as a Sevak (servant) and not as Chief Guest. The real heroes of this function, he said, were Bal Vikas students. He referred to the ancient universities of Nalanda and Takshashila and observed that Bharat was always known as a spiritual giant in the world and shared her knowledge with all. In conclusion, he quoted a saying of Bhagavan and observed that the devotees should put into practice the message of unity given by Bhagavan and consider the entire mankind as one family. This was followed by Bhajans which concluded with Arati at 10.30 a.m., bringing this grand function to a happy conclusion.

THYAGARAJA ARADHANA MAHOTSAVAM

A scintillating devotional music presentation "Thyagaraja Aradhana Mahotsavam" was presented by the

students and staff of Sathya Sai Mirpuri College of Music, Prasanthi Nilayam on 16th January 2014. The presentation comprised Pancharatna Kritis and Kirtans of this legendary saint poet and an instrumental piece. The programme which began with Thyagaraja's composition "Saadhinchene O Manasa" was followed by Bhajans and came to a close with the Bhajan "Prema Mudita Manase Kaho Rama Rama Ram" in the voice of Bhagavan.

13TH ANNIVERSARY OF SSSIHMS, WHITEFIELD, BENGALURU

On the auspicious occasion of the 13th anniversary of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bengaluru, its staff and students presented a very informative and interesting programme in Sai Kulwant Hall on 19th January 2014.

The programme began at 5.00 p.m. with Vedic chants by a group of girls students of the College of Nursing of the Institute. Thereafter, the Director of the Institute, Dr. Swarna Bharadwaj presented the Annual Report of the Institute and stated how the Institute had made spectacular progress during the last year. Quoting statistics, the distinguished speaker said that about 1,300 cardiac surgeries and 1,800 neuro surgeries were performed besides providing about 78,000 outpatient consultations in the last year. The next speaker was Dr. Prayaag Kini, a consultant cardiologist of the hospital. Swami's hospitals, he said, had no cash counters and billing departments

but there was one account which everyone working in the hospital must maintain, and that is accountability to Bhagavan to bring about excellence in every act of the work as the chosen instrument of Bhagavan's Divine Mission. The last speaker, Smt. Pritha Selvakumar, Lecturer, College of Nursing referred to Bhagavan's emphasis on values and said that the uniqueness of this Nursing College was that Bhagavan had made human values as part of the curriculum of this college.

Gold medals for meritorious performances were then awarded to three students of the College of Nursing. An enrapturing presentation in the folk art form of Burra Katha followed this. Beginning their presentation with prayer to Lord Ganesh,



The folk art form of Burra Katha showcased the Divine Glory of Bhagavan.

the three participants in the traditional costume of Burra Katha exponents offered deep gratitude to Bhagavan who is the embodiment of Truth and refuge of the destitute. They sang the glory of Lord Siva after this and then went on to describe the grandeur of the hospital building and followed it up with the description of three boons of Mother Easwaramma which resulted in the establishment of hospitals,



educational institutions and water projects by Bhagavan. They concluded their presentation with evergreen songs “Humko Tumse Pyar Kitna” and “Ananda Mey Sai Bhajana,” expressing their love and gratitude to Bhagavan.

The last item of the programme was a very absorbing and inspiring video film entitled “Tamasoma Jyotirgamaya” (lead me from darkness to light). The film presented a beautiful commentary on the working of the hospital through the story of a girl from Assam who underwent a heart surgery in the hospital and opted to become a nursing student after her cure, highlighting how those who were touched by the love of Bhagavan dedicated their life to the service of others.

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earth. This was followed by brief talks by four students, Amrit Prasuthas, Sai Abhinav Mudaliar, Padma Lalitha, Vijay Sai and Lakshmikanth Sharma from Sri Sathya Sai Higher Secondary School, Muddenahalli Campus, Anantapur Campus, Brindavan Campus and Prasanthi Nilayam Campus of the Institute respectively. These students' speeches bore testimony to their unflinching faith in Bhagavan, ever ready to do anything to make Him happy.

The prize distribution ceremony then began with awarding of The Founder Chancellor's trophies to all the Sai educational institutions. They were given away by Prof. Shashidhara Prasad, Vice

CONSTRUCTION OF NEW OUTPATIENT BLOCK IN GENERAL HOSPITAL

In order to cope up with the ever-increasing number of patients in its nine outpatient departments, Sri Sathya Sai General Hospital, Prasanthi Nilayam has undertaken to construct a new outpatient block in its premises. Bhumi Puja (ground breaking ceremony) for its construction was performed on 26th January 2014 in the presence of Trustees of Sri Sathya Sai Central Trust and other dignitaries amidst chanting of Vedic Mantras. Speaking on this occasion, the Medical Superintendent of the hospital, Air Vice Marshal (retd.) Dr. Vinod Kumar Varma said that the new two-storey complex would be hopefully ready by the next Birthday of Bhagavan, 23rd November 2014.

Chancellor, SSSIHL. In the proceedings, the lists of winners were offered at Bhagavan's Lotus Feet. Subsequently, Championship Trophies were given away to various representatives, under various categories, for all the campuses and Sri Sathya Sai Higher Secondary School, where intra-campus competitions on various disciplines were held.

In His Divine Message that followed, Bhagavan underlined the importance of turning the mind towards God as the sun turned northwards on Makara Sankranti. The function concluded with Prasadam distribution followed by Arati at 10.00 a.m.



GREAT GOOD FORTUNE

William Harvey

These 36 years have been the happiest and most meaningful of my life. By His grace, I am still pursuing the path of truth and righteousness. Though the “monkey mind” that tends to be an obstacle for all of us continues its struggle for ascendancy, I practise daily prayer, strive to be in good company, and make conscientious efforts to “face the devil” and “fight to the end.”

I GREW UP IN THE DEEP-SOUTH State of Mississippi during the time when racial segregation and flagrant State-sanctioned terror and discrimination against Negroes constituted the order of the day. However, my childhood was a happy one, and I received lots of love, especially from my mother. My family was church going, and we led our lives generally in accordance with the teachings of Christ. After completing college, I shifted to St. Louis, Missouri, earning a doctorate degree in psychology before launching into a career in the field of substance abuse treatment and prevention.

How Swami Came into my Life?

In December 1976, I found myself back in Jackson, Mississippi, attending a spiritual workshop entitled “Inward Bound” led by Alexander Everett. During the workshop Alexander remarked: “I understand that the highest soul on the planet is a person named Sai Baba in India who neither needs

to sleep or eat.” He told us that he planned to visit India soon and would make a point to go to see Sai Baba. The workshop was offered again the following March, and I flew back to Jackson to take it.

Before March, Alexander had gone to Prasanthi Nilayam, spent two days there, and was called for an interview. He told us about the materialisations he witnessed, adding that Sai Baba knew all about him and the work he did. He said Sai Baba asked him if he would like packets of Vibhuti to take “for your friends in America.” Immediately, I had the distinct feeling that I was one of the persons Sai Baba had in mind. So, I requested and received a packet. Having no idea what to do with it, I simply tucked it away in my wallet.

A few weeks later, quite unexpectedly, I came across the book, “Sai Baba, Man of Miracles” by Howard Murphet. Once I started reading this fascinating book, I continued the entire night until



I finished it. The experience was like none I had previously known. The author had painstakingly interviewed scores of persons who had been eyewitnesses to miracles and wondrous feats performed by Sai Baba, including healing the sick and lame and even reviving the dead. I felt exhilarated and was totally convinced that the astounding stories Murphet was relating were true! In addition, there was a strange 'ring of familiarity' about them. My joy knew no bounds!

Next day after telephoning a couple of close friends to tell them about 'my discovery,' I went to a music store that carried a large collection of Jazz albums – the 12-inch gramophone records of that era. The store also had a section that contained music from other countries. On impulse, I ventured to a stack labelled "India," hoping to find something related to meditation. Flipping through the albums, I came upon one with the title "Jyoti Meditation" by Indra Devi. Lifting it out, I was stunned to see that the next one bore a full-length photo of Swami with the caption, "Sathya Sai Baba Chants the Bhajans." There were two copies. I purchased all three albums, and rushed home in order to hear God's voice.

Though I did not understand the meaning of the words of the songs He was singing, I was enraptured by Sai Baba's melodious voice. Then came Professor Kasturi's recitation of the long passage from Swami's 1968 Discourse that begins with "For the protection of the virtuous, for the destruction of evil-doers and for establishing righteousness on a

I first saw Sathya Sai Baba around 4.30 a.m. on Christmas morning. Western devotees made a candle-light procession around the Mandir (temple) where Swami resided. When I had completed one circumambulation, I looked up to the balcony, and there He was – swaying gently in the breeze as the carollers sang "Joy to the World." It was a sight I shall never forget. I sank, my knees hitting the sand. There seemed to be some form of energy flow coming directly to me from Him that produced pure ecstasy.

firm footing, I incarnate from age to age." As I listened to and imbibed every word, the transformation process that began in me the night before seemed to accelerate. I am not suggesting that I suddenly became pious and abandoned all my bad habits. However, I definitely sensed a reconnection to a long absented joy, which was now going to serve as a continuous backdrop during my daily routine.

In St. Louis Sai Centre

My challenge became how to find out more about Sai Baba in that pre-Google era. Fortunately, during a visit to San Francisco, California, my host suggested that we check the telephone directory. We were delighted to discover that there was a Sai Centre in the Haight District. On arrival, we met an extremely friendly and helpful



devotee (Don Heath), who, in addition to sharing many stories, gave me some books, pamphlets and trinkets. He also asked me if I knew an African American man in St. Louis named Juan Moore. When I said that I didn't, Don somehow failed to convey that Juan was President of the Sai Baba Centre in St. Louis. Several weeks passed before I came to know that there was a St. Louis Sai Centre and that it was only a twenty-minute drive from where I lived.

I found the ambience at the St. Louis Sai Centre to be uplifting, and soon it was the place I most looked forward to going each week. I read many books by and about Sathya Sai and got completely caught up in the fervour of participation in all three wings of the Centre Programme. Gradually, I grew more serious about trying to practise some of the Sai teachings.

The Ecstasy of Swami's First Darshan

The opportunity to go to Prasanthi Nilayam came the week before Christmas of 1978. For months, leading up to the time of departure, almost daily, some highly unusual event occurred that appeared to be a 'sign' that Swami wanted me to come. Obstacles would suddenly arise, and then just as suddenly, they would dramatically evaporate. Each incident further strengthened my faith and confidence.

I first saw Sathya Sai Baba around 4.30 a.m. on Christmas morning. Western devotees made a candle-light procession around the Mandir (temple) where Swami resided. When I had completed one circumambulation, I looked up to the

balcony, and there He was – swaying gently in the breeze as the carollers sang "Joy to the World." It was a sight I shall never forget. I sank, my knees hitting the sand. There seemed to be some form of energy flow coming directly to me from Him that produced pure ecstasy.

Swami arranged a special Christmas lunch in the canteen for the hundreds of Western devotees who had come to spend their highest holy day in His Divine Presence. Later in the afternoon, we all assembled in the Mandir and were treated to short talks by Howard Murphet and John Hislop before Swami gave His thrilling Divine Discourse. Dr. Bhagavantam was translating the Discourse, and I was ruminating over my good fortune. Then, I slowly became disheartened and depressed, as I recalled mistakes and poor behaviour choices I had made along the way. Just at that moment, Swami ceased speaking in Telugu and bellowed in clear English: "Forget the past!" What a lifting of spirit that brought! I was again happy and the mood of contentment remained with me the rest of my weeklong stay. On the afternoon of the third day, as I sat in the Darshan Line, Swami paused and asked where I was from. He then directed me to go to the verandah to await the coveted interview. Inside, His speaking privately to me had the effect of quelling all thought. I just felt happy. When the interview ended, and we filed out, I went into the Mandir because Bhajans were still going on.

All Questions Answered

At that point, my mind went into hyper-drive, as I re-created what I thought had



occurred during my precious verbal exchange with Lord Sai. Confusion and doubt arose when I concluded that things hadn't gone the way I had hoped. In particular, I had not been able to ask the questions I had wanted to put to Him. So, a bit disappointed, I quickly wrote down four questions that were uppermost in my mind. The first question was whether it was permissible to write something about Him in one of the professional psychology journals. The other three questions had to do with clarification about some points related to spiritual practice.

Once I had exited the Mandir, several devotees came up to me to ask for details of what had transpired in the interview. During the exchange, a Western devotee asked me what my profession was. When I told him, he shared: "I am a psychiatrist, and there are two others and a psychologist here. We are meeting tomorrow to talk about writing something for one of the professional journals. Would you like to join us?" I said yes, asked his name, and he replied "Sam Sandweiss."

This, for me, answered the first question I had wanted to raise with Sai Baba. Over the next two hours, to my amazed delight, each one of the other questions I had written down was clearly answered or satisfactorily addressed. In the canteen, a discussion started between two devotees seated near me that wound up covering one of the subjects. Finally, my roommate invited a former Sai student and his brother to the room so that he might practise the

Gayatri Mantra. In the course of their conversation, the final item on my list was answered. The remainder of my stay at the Ashram was blissful, as I savoured memories of the interview and absorbed the many spiritual benefits of daily life inside the compound. Upon returning to the U.S.A., I was drawn more extensively into Sai Organisation activities.

Every experience Lord Sai presents us with is beneficial for our spiritual growth. However, I have to find ways to re-remind myself that everything He does is for my good. In this regard, I find it beneficial to engage regularly in dialogue with other spiritual aspirants.

These 36 years have been the happiest and most meaningful of my life. By His grace, I am still pursuing the path of truth and righteousness. Though the "monkey mind" that tends to be an obstacle for all of us continues its struggle for ascendancy, I practise daily prayer, strive to be in good company, and make conscientious efforts to "face the devil" and "fight to the end."

Now that Sathya Sai is no longer manifesting in physical form, we, who have benefited so mightily by having awareness of Him and His Glory, must ceaselessly strive to impart by example His Message of Love. We must constantly keep in mind that we are divine, as is also everyone and everything that we see around us.

– The author is a Member of Prasanthi Council, Sathya Sai International Organisation.



NEWS FROM SAI CENTRES

FIJI

THE SEVENTH ANNUAL FIJI-Australia Sai Medical Camp was held from 18th to 23rd August 2013 in Fiji, under the leadership of three medical specialists assisted by 42 volunteers from Australia, one volunteer



Volunteers who provided their services in the Fiji-Australia Sai medical camp.

from New Zealand and eight volunteers from Fiji. The first day was dedicated to continuing medical education on women's health at the University of Fiji. Several lectures were given and medical papers were presented by attending scholars.

Over the next five days, the team of visiting and local medical volunteers, assisted by 40 medical students, drove to remote village schools and set up medical camps. More than 3,000 medical consultations were provided in the areas of general medicine, vision, general dental, dental prosthetic, children and women's health, nursing, neurosurgery, medical education and pharmacy. In addition, over

750 pairs of spectacles were distributed. The local Sathya Sai volunteers helped in the camp operations, and attending medical students received practical clinical training.

GUYANA

An Educare workshop was conducted on Saturday, 12th October 2013, by the Institute of Sathya Sai Education of West Indies, Guyana Chapter, at the New Opportunity Corps (NOC). This is a detention facility for delinquent youth located on the Essequibo River, which can be reached only by boat. During the



Educare workshop for inmates of a detention facility for delinquent youth.

course of the journey, Sathya Sai devotees were fortunate to have an unplanned meeting with Donald Ramoutar, President of Guyana, who happened to be in the area. Upon learning about the upcoming workshop on human values, the President wanted to meet the Sathya Sai educators. Three Sathya Sai devotees accordingly met with President Ramoutar and briefed



him about the workshop at NOC, which was an outcome of a Sathya Sai conference the President had attended earlier.

The Educare workshop was held successfully. The youth who attended the presentation were well behaved, alert, receptive and participated fully in the workshop. The staff and youth inmates of NOC then presented musical programmes to entertain the Sathya Sai devotees and show their appreciation for the loving services rendered. The NOC was very impressed with the presentations made and requested the Sathya Sai educators to conduct another workshop for the remaining staff.

MYANMAR

In celebration of the Avatar Declaration Day 2013, nine members of the Sathya Sai International Organisation (SSIO) of Singapore along with SSIO officers from neighbouring countries conducted a four-day Sathya Sai Education in Human Values (SSEHV) teacher training at Yangon, Myanmar, from 10th to 13th October 2013. SSEHV training was conducted for



Sathya Sai Education in Human Values teacher training at Yangon.

23 teachers of the Su Taung Monastery School at Thanlyin, Yangon. On 12th October 2013, 11 Sathya Sai volunteers organised a half-day medical camp at the school for 1,000 students and 35 school staff. Two nurses from Singapore along with 27 doctors, 10 nurses and 10 volunteers from the local area offered loving services. Camp participants were tested for blood pressure and vision, followed by consultations with doctors for worms, TB, hepatitis B and other common ailments. Patients were provided with prescribed medicines in an adjoining dispensary. Five patients diagnosed with possible TB were referred to a TB hospital for further treatment, and 50 patients were referred to a local clinic for treatment of hepatitis B. Sathya Sai volunteers also arranged for the construction of the sanitary system at the school and a water reservoir.

Thingangyun Township is situated in the eastern part of Yangon. On 20th October 2013, Sathya Sai volunteers distributed food to about 120 patients at the Sanpya Government Hospital in Thingangyun.

SOUTH AFRICA

All 13 regions of South Africa participated in devotional, educational and service activities at children's homes, schools, homes for the elderly and other venues to commemorate Avatar Declaration Day. Over 16,700 hot meals were served and 2,325 grocery hamper boxes distributed. In addition, baby food, vegetable seedlings, Moringa trees and clothing were distributed. Sai Spiritual

Education (SSE) students prepared "Serve the Planet" personalised cards for insertion in the hamper boxes. Sathya Sai devotees noted that in most remote villages, people recognised Bhagavan and His love for all. SSE children and Sathya Sai youth staged a short play titled "The Strongest Link." A slide presentation was also put together by the youth, highlighting the importance of serving mankind.

– Sathya Sai International Organisation

B H A R A T

Gujarat: A newly-constructed free medical centre also with a spiritual wing built by Sri Sathya Sai Seva Samithi, Sachin was inaugurated on 1st December 2013. The centre is situated on Surat Navsari State Highway, and the surrounding area is inhabited by industrial workers. This centre will have daily dispensary, eye clinic and dental clinic. Similarly, Sri Sathya Sai Seva Samithi, Bharuch started a free medical centre in a remote and backward area, namely, Tilakwada situated in Narmada district on 8th December 2013. On the very first day, 90 patients were treated.

Kerala: A State-level Conference of Sri Sathya Sai Organisation of Kerala was conducted on 7th and 8th December 2013 in Trichur, in which more than 800 office bearers took part. After the inauguration of the conference by Sri N. Ramani, activity-wise meetings of all office bearers were held in 10 groups. There was a special meeting for Samithi Conveners. Sri V. Srinivasan, All India President of the

Organisation, held deliberations with all District Presidents and State Co-ordinators and gave clear guidance on the mission before the Sai Organisation. This was followed by meetings with members of State Trust. Officials of six Sai Schools met All India President separately and got clarifications and guidance for the better and effective functioning of these schools.

On the second day, more than 1,700 active workers participated in the conference, wherein All India President felicitated former office bearers, who had served the Sai Mission for 3 or 4 decades. 75 former office bearers were honoured and mementoes were presented to them. The two-day conference came to a close by placing the action plans for 2014 at the Divine Lotus Feet of Bhagavan.

Maharashtra and Goa: Milad-un-Nabi, the birthday of Prophet Mohammed, was celebrated in a grand manner on 19th



Milad-un-Nabi, the birthday of Prophet Mohammed, celebrated at Dharmakshetra, Mumbai.

January 2014 at Dharmakshetra, the abode of Bhagavan Sri Sathya Sai Baba in

continued on page 32...



BAL VIKAS – SHORTEST HIGHWAY TO GOD

I WAS BROWSING THROUGH the Bal Vikas website a few days back out of curiosity when I came across this sentence in it, “Bal Vikas is not just an education for children; it is the essence of all spiritual knowledge. It is educare for Lok Vikas.” My journey began with some friends. Friends, who always played pranks. Our group was known for its notorious activities. Days passed by and examination marks started showing up. Teachers stared at us for our poor performance. And to top it all, parents were up in arms. We started feeling the heat of the situation, the need to amend ourselves.

Then one day, my group of friends and I, accidentally entered Sri Sathya Sai Bal Vikas class. We were dazzled looking at tiny tots reciting Mantras. The Bal Vikas teacher lovingly started a small story. The characters of the story portrayed us in the role play. We thought it was our story, the actions portrayed each one of us. The story ended with a garland falling from Bhagavan’s portrait, leaving us all elevated. That was the moment when I started thinking, what I am doing. Am I following the right path? These words reverberated in my mind. And the story initiated a process of transformation and there has been no looking back ever since. For me, Bal Vikas became the direct and the shortest highway to God. Such is the Divine Leela of our Beloved Lord, Bhagavan Sri Sathya Sai Baba.

In 1969, this little seed of educare was sown by our Beloved Swami which has now become a full-fledged tree. This is like a distance education programme for all those children who could not join Swami’s institutions directly. This is Swami’s way of reaching out to us, of guiding, of putting us in touch with our higher Self so that we return to Him fast, to home fast. While other children were learning to sing “Ba-ba Black Sheep,” we were learning to lay the foundation of the five principles – Sathya, Dharma, Santhi, Prema and Ahimsa so that the distance towards Him for us is shortened. We were learning ceiling on desires so that we would not lose sight of what was more important since transitory worldly pleasures could lead us astray from the path and the goal.

It is aptly said that education is given by the teacher and educare is taught by Bhagavan. Bal Vikas is a medium through which we learn to put theory into action. Action where we serve humanity, thereby bringing out the essence of educare. That is development of head, heart and hand. Swami said, “My life is My Message.” So, let us put Sri Sathya Sai Bal Vikas Educare into action for Lok Vikas and serve Swami’s Mission.

– From the speech of Kumari Ritankshi, a former Bal Vikas student from Himachal Pradesh, who spoke on 4th January 2014 on the occasion of National Convention of Bal Vikas Alumni and Group 3 students at Prasanthi Nilayam.

Locate 3 D's, 3 P's and 3 W's in the Crossword

For easy understanding of devotees, Swami sometimes summed up His teachings, denoting them by letters of the English alphabet. Can you tell what according to Swami are 3 D's, 3 P's and 3 W's? Search for these words in the given Crossword and put them into practice in life.

(see answers below...)

D	E	V	E	P	O	L	M	E	N	T	R	Y	Z	E
M	O	N	D	D	P	W	Q	U	C	V	O	N	D	P
W	H	Y	P	U	R	I	T	Y	P	O	E	R	T	Y
S	A	W	M	T	I	S	B	E	C	K	O	N	E	D
D	E	L	I	Y	G	D	H	T	E	D	W	O	N	G
B	O	N	D	E	D	O	C	R	P	A	T	T	O	G
H	I	S	T	O	R	M	E	C	E	C	N	D	E	R
L	A	B	O	U	R	E	W	O	R	K	A	S	K	S
W	O	N	D	E	R	E	D	I	S	C	I	P	Y	N
B	E	A	W	U	D	T	I	F	E	U	L	Y	W	S
D	E	V	O	T	I	O	N	G	V	O	N	E	D	S
G	U	E	R	P	S	M	R	E	E	D	E	R	S	E
W	I	S	S	I	C	T	U	D	R	E	F	R	O	M
U	N	D	H	E	I	R	O	P	A	T	A	E	M	E
S	T	A	I	N	P	D	I	O	N	D	I	N	G	E
W	O	N	P	D	L	E	R	S	C	F	R	O	M	E
O	P	P	A	T	I	E	N	C	E	D	E	V	E	L
L	E	V	E	L	N	E	D	O	F	T	H	R	E	E
C	R	O	S	S	E	W	O	R	D	S	M	Y	S	R

...continued from page 30

Mumbai. Namaz was offered by brothers and sisters from the Muslim community in the lawns of Sathya Deep. Sri Ajit Popat from U.K. and Sri Nizamuddin Rayeem, Chairman, Mumbai Congress Minority Department, gave powerful talks bringing forth the message of love and peace from the Quran and life of Prophet Mohammed and Bhagavan Sri Sathya Sai Baba followed by value-based programmes.

Tamil Nadu: Deep devotional fervour and spirit of unity marked the celebration of the 33rd anniversary of Sundaram, the abode of Bhagavan in Chennai. The programmes organised on two days, 18th and 19th January 2014, included a Homam for the welfare of mankind, a visit to Santhome



Door-to-door Narayana Seva on 33rd anniversary of Sundaram.

Church, Namaz by Muslim devotees in Sundaram, a grand Bal Vikas rally, Narayana Seva and a violin concert. The celebrations concluded with an illuminating talk by the Chief Guest of the function, Sri Saidai S. Duraisami, Mayor of Chennai Corporation on 19th January 2014.

Answers to the Crossword: 3 D's = Duty, Devotion, Discipline, 3 P's = Purity, Patience, Perseverance, 3 W's = Work, Worship, Wisdom.

Sri Sathya Sai Institute of Higher Medical Sciences
Prasanthigram, Anantapur District, Andhra Pradesh

SNo.	Department	Minimum Requisite Qualifications				
		Senior Resident	Junior Consultant	Consultant	Additional Senior Consultant	Senior Consultant
	Starting Gross Pay with present 72% DA	Rs 43,602/-	Rs 65,102/-	Rs 1,01,889/-	Rs 1,07,651/-	Rs 1,21,174/-
1	Cardiology	MBBS + MD/DNB/DM	Should have passed MD/DNB/DM	Minimum of 4 years of experience post DM/ DNB Cardiology	Minimum of 8 years of experience post DM/ DNB Cardiology	Minimum of 12 years of experience post DM/ DNB Cardiology
2	CTVS	MBBS + MS/DNB/MCh	Should have passed MS/DNB/MCh CTVS	Minimum of 4 years of experience post MCh/ DNB CTVS	Minimum of 8 years of experience post MCh/ DNB CTVS	Minimum of 12 years of experience post MCh/ DNB CTVS
3	Urology	MBBS + MS/DNB/MCh (Genito-Urology)	Should have passed MS/DNB/MCh (Genito-Urology)	Minimum of 4 years of experience post MCh/ DNB (Genito-Urology)	Minimum of 8 years of experience post MCh/ DNB (Genito-Urology)	Minimum of 12 years of experience post MCh/ DNB (Genito-Urology)
4	Orthopaedics	MBBS + MS / DNB (Orthopaedics)	Minimum of 3 years of experience post MS / DNB (Orthopaedics)	Minimum of 6 years of experience post MS / DNB (Orthopaedics)	Minimum of 10 years of experience post MS / DNB (Orthopaedics)	Minimum of 14 years of experience post MS / DNB (Orthopaedics)
5	Anaesthesiology	MBBS + MD / DNB (Anaes.)	Minimum of 3 years of experience post MD / DNB (Anaes.)	Minimum of 6 years of experience post MD / DNB (Anaes.)	Minimum of 10 years of experience post MD / DNB (Anaes.)	Minimum of 14 years of experience post MD / DNB (Anaes.)
6	Microbiology	MBBS + MD (Microbiology)	Minimum of 3 years of experience post MD (Microbiology)	Minimum of 6 years of experience post MD (Microbiology)	Minimum of 10 years of experience post MD (Microbiology)	Minimum of 14 years of experience post MD (Microbiology)

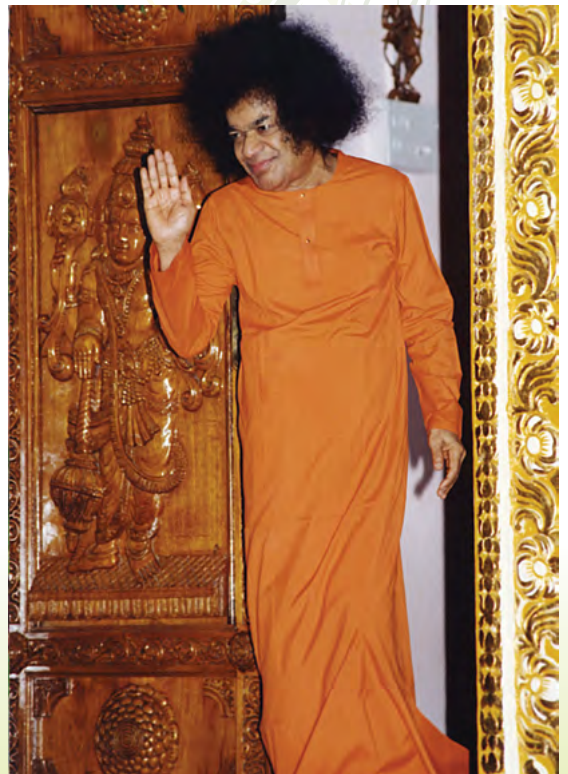
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The institute offers 6th pay commission scales to its employees with present DA as 72%, at the starting basic pay, the gross salaries as mentioned in the table above.

- Director

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

The Publications Division (SSSSTPD) caters to:

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

education, and human values.

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

Other Books By SSSSTPD (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmarana
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. Sevadai
15. Silence
16. Suffering
17. Surrender
18. Atma
19. Do You Know
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22. My Beloved Ones
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28. Guru
29. Karma
30. Life

31. Meditation
32. Peace
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34. Nama Mahima
35. Divine Vibrations
36. Guidelines To Active Workers
37. Sri Sathya Sai Anandadayi
38. Truth, Auspiciousness, Beauty
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40. Path To Peace - Prayers for Daily Life

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The Publications Division's websites are

1. Sri Sathya Sai Publications – www.srisathyasaipublications.com
2. Sanathana Sarathi – www.sanathanasarathi.org
3. Sai Reflections – www.saireflections.org

4. The Prasanthi Reporter – www.theprasanthireporter.org

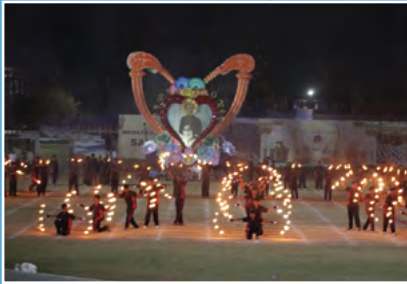
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130 students making graceful movements using fire sticks and fire staff.



Sri Sathya Sai Higher Secondary School students performing balancing acts on wooden poles.



Sri Sathya Sai Primary School Student crossing an obstacle after getting elevation from a ramp on skates.

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Editor: G.L. ANAND

The Primary Goal

The body is comparable to a chariot, the senses to horses, the mind to the reins and the Buddhi to the charioteer. But besides these there is the master of the chariot, the Atma residing in the body. Hence, in addition to knowing how the body, the senses, the mind and the Buddhi function, you have to regard the understanding of the Atma as the primary goal.

– Baba

