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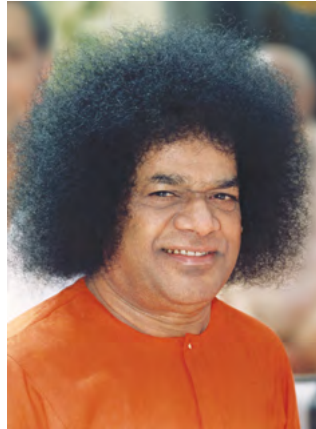
Editor **G.L. ANAND**
Assistant Editor **P. RAJESH**

E-mail: subscriptions@sssbpt.org
editor@sssbpt.org
For Audio Visual /
Book Orders: orders@sssbpt.org
ISD Code : 0091
STD Code : 08555
Telephone : 287375
Sri Sathya Sai Central Trust Telefax : 287390
Sri Sathya Sai University -
Administrative Office : 287191 / 287239
Sri Sathya Sai Higher
Secondary School : 289289
Sri Sathya Sai
Primary School : 287237
SSSIHMS, Prasanthigram,
Puttaparthi : 287388
SSSIHMS, Whitefield,
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*"You respect the mother of this
body of yours in this birth. But you
had other mothers in your previous
births. All the bodies are temporary
like passing clouds. Only God is
your true mother. He is the only
truth; He is eternal and divinely
glorious. So, give place only to God
in your heart."*

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GIVE PLACE ONLY TO GOD IN YOUR HEART

God is love and love is God. When you hold on to this principle of love and develop love to love relationship, you will attain the state of non-dualism.

(Telugu Poem)

BE EVER GRATEFUL TO YOUR PARENTS

Embodiments of Love!

THERE IS NO NOBLE quality greater than love in this world. Love is wealth, love is wisdom, love is truth and love alone is righteousness. Love pervades everything. The whole world and all the beings emerge from love, are sustained by love and merge in love. Man is like a bubble which is born out of water, grows in water and merges in water. Man is the bubble and Narayana is the water.

Man should Lead a Life of Truth

Every human being is born out of mother's womb and is nourished by mother's love. He derives all wealth and happiness through his mother's love. Therefore, there is no god greater than mother. She is the goddess of this body and is the embodiment of truth. Everyone should try to understand what is truth. The word Sathyam comprises three syllables – Sath,



e, yam. Sath means life force, e means food, yam means sun. Human body is the combination of life force, food and sun. Because man is able to sustain life by means of food, the Vedas say food is life force. It means life is sustained by food and food is created by the rays of the sun.

Man obtains food and water by means of sunrays. There can be no crops without the sun. Life can be sustained by food from crops. There can be no life without food. But, life force, food and sun emerge from truth. So, every human being is a form of truth. Being the very form of truth, man should lead a life of truth. But, unfortunately, man is leading a life of falsehood.

That is why he is facing untold difficulties and unwanted troubles and is subjected to endless agony. He is always restless and full of anguish. He is not recognising that the entire creation including himself has emerged out of truth and will merge in truth. Mother is the very embodiment of truth. Rama shone in the world as God because of His mother Kausalya. The twins Lava and Kusa became mighty because of the loving care of their mother Sita.

Children acquire fame only due to the noble thinking of their mother. But they do not recognise the sacredness of their mother's heart. A mother may resort to devious ways in other respects, but in the context of her children she never entertains aversion, dissatisfaction or dislike. She aspires for the welfare of her children under all circumstances. First and foremost, children should love their mother, then their father and next their Guru (teacher). Mother fosters the body, father nourishes the body and Guru imparts intelligence. The body cannot sustain itself without food. One cannot survive in the physical world without intelligence. To live in this world with the mortal body, it is necessary for everyone to acquire worldly intelligence also.

Many great people loved and respected their mothers. They sought the blessings of their mother before undertaking any important venture in life, such as going to battlefield to fight or to forest for penance. Noble mothers then showered blessings on their children to provide them impeccable protection as follows:

May you be the recipient of the same blessings which mother Gauri conferred on her son Kumara when he went out for battle against Tarakasura, the blessings Bhargavi bestowed on her son at the

God is present in each and every body in the form of Chaitanya (consciousness) which is a dynamic power. This power is not visible to the eye, not audible to the ear, cannot be perceived by the mind, not even felt by the heart. But it bestows Self-realisation. There is so much power in Chaitanya. It means this body is endowed with divine power.

time of slaying of Shambarasura, the blessings showered by Vinata on her son when he set out on the sacred mission of getting his mother freed from servitude, the blessings mother Kausalya conferred on her son Rama when He went to forest to safeguard the Yajna of Viswamitra, and above all the most powerful and divine blessings of Rama be with you and protect you in the battlefield. (Telugu Poem)

Many sages could perform intense penance easily and successfully and earn God's grace by the blessings of their mothers. Adi Sankara has said that those who could not receive their mother's blessings would be entangled in the cycle of births and deaths, but there would be no further birth of those who obtained the divine protection of their mother. Those bereft of mother's protection undergo endless cycle of birth and death. Adi Sankara indicated this in Bhaja Govindam:

*Punarapi Jananam Punarapi Maranam,
Punarapi Janani Jathare Sayanam,
Iha Samsare Bahu Dustare,
Kripayapare Pahi Murare.*

(Sanskrit Verse)

(Oh Lord! I am caught up in this cycle of birth and death; time and again, I am experiencing the agony of staying in the mother's womb. It is very difficult to cross this ocean of worldly life. Please take me across this ocean and grant me liberation.)

Develop Firm Faith in God

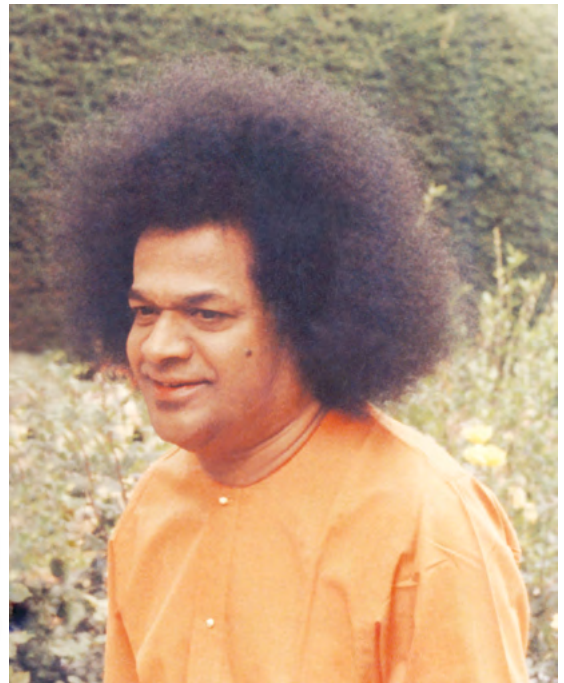
Many great persons have extolled the capabilities and powers of the mother. Therefore, man should first of all become deserving of his mother's grace. But this is not enough. Man should develop faith in God and make efforts to attain His grace.

The Upanishads also declare that an aspirant should first of all have faith. Nothing can be achieved without faith. You will not board a bus if you do not have faith that you

is needed to perform even small things. But, unfortunately, people today have become blind because they have lost their two eyes of faith. Doubt is prevalent at each and every step. This kind of attitude is on the increase in this Kali age. Man has no faith in himself. How then can he repose faith in anything? The foremost duty of the children is to have faith in their mother. By the love of the mother, they can achieve anything. Therefore, everyone should develop love for the mother and strive to earn her blessings.

Vedanta teaches that man's heart is a single seat sofa which has place only for one. It is not a musical chair to change every now and then. There is place only for God in the heart. Love and respect your mother;

We use the terms Deha Dehi, Sarira Sariri, Kshetra Kshetrajna. What is the meaning of Kshetra? We visit places like Tirupati Kshetra, Badri Kshetra, Amarnath Kshetra, etc. But we should not say Kodaikanal as Kshetra. It is a hill station, not Kshetra. We call a place Kshetra only when Divinity is associated with it. It is in this context that the body is called Kshetra (field) because there is Kshetrajna (knower of field) in it.



will travel safely to Kodaikanal, have Swami's Darshan and return safely. You will not lay the foundation of your house if you have no faith that you will perform the housewarming ceremony in the coming year. You go to the market to purchase some items with the faith that you will return home safely. Faith

be grateful to her. But know that mother and father are impermanent. So is Guru, wealth and children.

*Mata Nasti, Pita Nasti,
Nasti Bandhu Sahodara,*

*Artham Nasti,
Griham Nasti,
Thasmath Jagrata Jagrata.*

(Sanskrit Verse)

(The relationships like mother, father, brothers, sisters and friends are not eternal. House and wealth are also illusory. Hence, beware! beware!)

Love, respect and serve your parents. But beware that there is place only for God in your heart, who alone is permanent and eternal.

*Janma Dukham Jara Dukham,
Jaya Dukham Punah Punah,
Antya Kale Maha Dukham,
Thasmat Jagratha Jagratha.*

(Sanskrit Verse)

(Birth is a misery, old age is a misery, family is a misery, and death is a terrible misery. So, beware! beware!)

Human Body is Endowed with Divine Power

You respect the mother of this body of yours in this birth. But you had other mothers in your previous births. All the bodies are temporary like passing clouds. Only God is your true mother. He is the only truth; He is eternal and divinely glorious. So, give place only to God in your heart. Mother and father live in the house. Guru lives in the Ashram. But God is Hridayavasi (resident of your heart). Know this truth clearly and revere your mother as God. *Ihamuna Sukhimpa Hemataraka Vidya, Paramuna Sukhimpa Brahmataraka Vidya* (worldly education is for life here and spiritual education is for life hereafter). Man is endowed with two entities: Deha (physical body) Dehi (indweller), Kshetra (field) Kshetrajna (knower of the field), Sthiram (eternal) Asthiram (temporary), Sarira (body) Sariri

(possessor of the body). In this manner, man has dualities in him. Sarira or body is that which undergoes decimation. How does it get decimated? It grows and grows, and then undergoes gradual decimation. Is not the body growing? Is it Jada (inert)? When it is inert, how can you say it has growth? The body is inert but it grows because of consciousness. By the power of Chaitanya, the body that is Jada is able to grow.

Here is a small example. We sweep our house daily. As you go on dumping the trash in a pit, gradually it grows into a mound. Does the mound grow on its own? It is our action of dumping that causes its growth. Similarly, the body is growing because we are regularly feeding it with items such as Idli, Sambar, Dosa, Chapati, etc. This body is also a type of mound; it is inert and has no Chaitanya of its own. It is made up of inert material. The physical body is an agglomeration of four buckets of lime, one bucket of water, four soap bars, six nails, 900 matchsticks and ten pencils of lead. All these being inert, the physical body too is inert.

However, the indweller in the body is the dynamic divine principle. That is why the body came to be known as Sarira. What is the meaning of Sarira? That which undergoes dissolution is Sarira. Body grows and decays while the indweller has no growth or decay. The body is composed of five elements.

The body is made up of five elements and is bound to perish sooner or later but the indweller has neither birth nor death. The indweller has no attachment whatsoever and is the eternal witness. Truly speaking, the indweller who is in the form of the Atma, is verily God Himself. (Telugu Poem)

We use the terms Deha Dehi, Sarira Sariri, Kshetra Kshetrajna. What is the meaning of Kshetra? We visit places like Tirupati Kshetra, Badri Kshetra, Amarnath Kshetra, etc. But we should not say Kodaikanal as Kshetra. It is a hill station, not Kshetra. We call a place Kshetra only when Divinity is associated with it. It is in this context that the body is called Kshetra (field) because there is Kshetrajna (knower of the field) in it. *Kshetrajnam Chapi Maam Viddhi...* (recognise Me as the knower of the field also), says Lord Krishna in the Bhagavadgita.

Any Kshetra acquires value only because of the Kshetrajna who knows all about the Kshetra. This Kshetrajna is God. *Deho Devalaya Proktho Jivo Deva Sanathana* (the body is a temple and the indweller is God). The body is a temple of God, not the temple of Jiva (individual soul). It is not even the temple of life force; it is the temple of God. How can we realise or understand this principle of God? God is present in each and every body in the form of Chaitanya (consciousness) which is a dynamic power. This power is not visible to the eye, not audible to the ear, cannot be perceived by the mind, not even felt by the heart. But it bestows Self-realisation. There is so much power in Chaitanya. It means this body is endowed with divine power.

Realise the Divine Principle

Unfortunately, people misuse this sacred body. You should strive to put it to good use. Who gave this body? The mother is the basis of the physical body. But God invests it with divine power. You may have a quality seed. But will the seed grow into a sapling if you sow it in a tin box? It will grow only when sown in soil. The mother

is the Nature and the father is God. The root cause of life principle is the union of Prakriti and Paramatma (Nature and God). Therefore, mother is the basis of your body, father is the fostering power. Nothing and nobody thrives sans a base. These days we find proliferation of scientists. When the question arises about how water is created, the scientists say it is by the combination of two atoms of hydrogen and one atom of oxygen. True! But who created hydrogen and who created oxygen? The scientists do not consider these questions in spite of the fact that these are the basic elements.

There was a person who wanted to become a Paramahansa (realised person). What is meant by Paramahansa? Hamsa denotes Soham (That I am). 'So' means That, 'Ham' means I. With each breath, you say Soham (I am God). A Paramahansa is the one who has realised, I am God. He sheds the individual principle and attains the Supreme Principle. The bird Hamsa (swan) is believed to have the capability of separating water from milk. But scientists ridicule it as nonsense. In fact, an acid is produced on the beak of this bird by which water is separated from milk. The question is who has put the acid in its beak? It is the creation of God's Will. Did any scientist create this acid? It is sad that the scientists criticise spirituality. It is very easy to criticise, but difficult to understand. It is sheer childishness. With a wee bit of understanding, they embark on wide publicity. A single brinjal is what they buy, and a pumpkin is what they demand as incentive. How is it possible?

(To be continued in the next issue)

– **Bhagavan's Divine Discourse at Sai Sruthi, Kodaikanal on the occasion of Easwaramma Day on 6th May 1997.**

SRI SATHYA SAI EDUCATIONAL INSTITUTIONS ANNUAL SPORTS AND CULTURAL MEET

SRI SATHYA SAI EDUCATIONAL institutions held their Annual Sports and Cultural Meet on 11th January 2019 in Sri Sathya Sai Hill View Stadium. The event was a culmination of various sports, cultural and fine arts competitions held at all campuses of the university and other Sai educational institutions throughout the academic year. It showcased an array of physical and cultural presentations by the students of the institutions in two sessions, morning and evening.

MORNING SESSION

The morning session commenced at 8 a.m. with Bhagavan Baba's car entering Sri Sathya Sai Hill View Stadium with His photograph. It was escorted by motorcycle squad and welcomed by the women's brass band of Anantapur Campus of the Institute. This was followed by an escort by the Slow March Squad, a special contingent that was led by the brass band of the Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning. Following the ceremonial welcome to Bhagavan, the Vice Chancellor along with senior members of Sri Sathya Sai educational institutions offered salutations to Bhagavan.

The March Past that followed included each of the 3,000 Sai students marching in unison towards the dais at Shanti Vedika offering their salutations to their Revered Founder Chancellor. This was followed by



March Past by a special marching squad.

the hoisting of the university flag, which truly represents unity, and the promise to uphold the glory and honour of Sri Sathya Sai's mission. This was followed by the unveiling of this year's mascot – Nandi, the celestial bull known for its devotion to Lord Siva. The mascot flew into the main torch marking the commencement of the Annual Sports and Cultural Meet. The brass band of Anantapur Campus then played a piece, with the Institute Band members joining in unison, as they marched past Shanti Vedika, saluting their Divine Master into a slow retreat.

The first presentation was made by the students of Brindavan Campus of the Institute who offered three performances. The first was Shaolin Echoes, a display of the ancient Chinese martial art of Kung Fu, which exhibits the traits of speed, strength, agility and calmness of mind through synchronised Kung Fu styles, thrilling

combats and brisk flag moves. This was followed by Drumebaaz, an admixture of energising Indian beats and spellbinding



Brindavan students producing sonorous beats on drums.

sounds of drums. The performance was a confluence of colour and rhythm. They concluded with the Red Stallions, who gave the audience a breathtaking display of motorbike stunts with feats like the



A student crossing a hurdle of ring of fire with finesse.

triple ramp jumps, wheels of fire, square crisscross and wheelies, amongst others. They ended their performance with a moving human formation of the number 50 and SAI that symbolised the fifty years of the inauguration of the campus by Bhagavan Baba in 1969. A large replica of the main

building of the campus in the backdrop highlighted the milestone.

Sri Sathya Sai Higher Secondary School and Prasanthi Nilayam Campus of the Institute followed this with a combined presentation. Their first performance was Waves, a display of waves formation without



Display of waves formation by Higher Secondary School students.

props. It comprised different types of waves using coordinated movements of body parts with an appropriate colour combination of dresses. A few gymnastic movements added to the spectacle of the presentation. The Lion Dance, always a favourite of our Beloved Sai, then saw performers mimic a lion's movements in a Chinese Lion's costume. With acrobatic dance patterns,



Lions balancing themselves on a structure.

the lions performed many a daring feat to celebrate the ancient Chinese art form.

Football, the most globalised sport, also took part in the event with The Prasanthi Strikers demonstrating various interesting soccer tricks and skills that a footballer develops that are helpful during the training and the actual game.

Next up were Stellar Starlings, a band of gymnasts who performed a sequence of formations and aerial acrobatics done using ropes and trapeze on a structure almost a hundred feet tall. Aerial basketball, yoga and other audacious feats were on display for the thousands of spectators in the stadium. Their other items were martial arts and a gun



A vibrant Bhangra dance.

drill. They concluded their presentation with a vibrant Bhangra dance and martial arts



Students dressed as brave Punjabi warriors displaying sword fighting skills.

display in costumes of warriors showcasing the brave tradition of the people of Punjab.

EVENING SESSION

The evening session began at 4 p.m. with the ceremonial procession welcoming Bhagavan Baba in Sri Sathya Sai Hill View Stadium.

The students of Smt. Easwaramma High School had the honour of the opening performance. Their theme, "The Colours of



A colourful dance by Easwaramma School girls students.

Love", was truly exemplified through the six items they exhibited. They started with girls who came skipping, prancing, dancing and singing with colourful ribbons and hats. The nimble boys gymnasts then came together in a united display of strength, skill, focus and dexterity. They were ably followed by girls, who displayed rhythmic tides, ever ready to overcome evil with the power of love. Next



Display of rhythmic tides and balancing skills by Easwaramma School boys students.

came a colourful dance by children who made many formations. This was followed by sailors who presented a spirited and exuberant dance. They concluded their presentation with a colourful dance to the tune of a semi-classical composition, a blissful melody of love by girls students.

Then came the performance of the students of Sri Sathya Sai Primary School who put on the colourful and spectacular set of items. These included Invoking the Indweller, a tribute classical; the Master



A daring ramp jump over a van by a Primary School student.

Gymnasts, an agile exhibition with the theme of bend the body, mend the senses and end the mind; Rainbow Delight in Resplendent



An exuberant sun dance by Primary School boys students.

Sunlight; Balancing Ballerinas, when the young artists displayed the art of perfect



Primary School girls are all concentration balancing pots while dancing.

balancing; the Globe Trotters on the Rise, a performance on the rotating globe portraying the upward rise of the brilliant blazers; Maa Tuje Salaam – nations may rise, nations may fall, but the glory of our Bharat shall be sung forever and ever; Nature's Exuberance, an ecstatic peacocks dance in sheer delight;



These Primary School girls dressed in myriad hues painted the stadium golden with their wings of hope.

Daring Feats on Poles, with the astounding attitude of soaring scalars that determined their awesome altitude and finally Wings of Hope and Love, a cry to say: Lord Sai, You are the wind beneath our wings; to Thee we lovingly offer these fragrant flowers of myriad hues.

The students of Sri Sathya Sai Institute of Higher Medical Sciences, College of Nursing and Allied Health Sciences, Whitefield, Bangalore then performed Sunyata, a



A thematic presentation by Nursing College students.

presentation drill that highlighted how every human being should achieve Sunyata (emptiness) in the sense of recognition of good and evil with Swami's love and grace.

The students of Anantapur Campus presented three items this year. The first, Rhythmic Synchronisers, brought to life Guan Yin, a Buddhist dance form. The large scale performance staged by 120 students was a confluence of synchrony, coordination, grace, unity and beauty. The theme then turned to the devotion and veneration towards Lord Siva. Natyobics, a mass drill, was a fusion of Natya (dance), yoga and aerobics. The performers demonstrated a series of formations as an offering to Nataraja.



A mass drill by Anantapur Campus students – a confluence of dance, yoga and aerobics.

Bringing together the aspects of unanimity, agility and confidence in every movement, they instilled a consciousness of divinity that is latent within each one of us. The final



Display of gracefulness, colour and synchronisation by the Anantapur Campus students.

performance, Twirling Spinners, highlighted the complexity and benefits of gymnastics as a sport that involves the performance of sequences of events, combining physical skills such as body control, coordination, dexterity, gracefulness, endurance and acrobatic skills performed in an artistic manner. Gymnasts displayed split leaps, cartwheels and head stands in rhythmic moves performed with hoops as apparatus. Their final display was a human formation of the term, Our Saga of Love.

The final slot of the evening was reserved for the students of Muddenahalli Campus, who brought the event home. Their expansive item, Igniters, was a fire-



A fire-based event displaying a beautiful formation by the Muddenahalli Campus students

based event using Sticks, Poi, Jaal, Dragon Staff, Cubes and Fans with an underlying theme: 'All are Sparks of the Divine'. The programme ended at 7.10 p.m. with Arati.

MUSIC AND CULTURAL PROGRAMMES

As part of the Annual Sports and Cultural Meet, the students of Bhagavan's educational institutions presented a number of music and cultural programmes on 12th, 13th, 14th and 15th January 2019.

On 12th January 2019, the students of Sri Sathya Sai Higher Secondary School performed a thematic drama entitled "Through the Eyes of God" which emphatically conveyed, through the story of an ideal and upright village headman Purushottam that a real devotee of God



The drama "Through the Eyes of God" conveyed the exalted theme that one should see God in everyone.

was the one who saw God in everyone and served his fellowmen in need, considering service to man as service to God. Excellent acting of the cast, sublime story, meaningful dialogues and good choreography made the drama an impressive presentation.

The students of Brindavan Campus of the Institute made their presentation on 13th January 2019. First their brass band troupe enthralled the devotees with sweet and sublime instrumental music, and then the students performed an inspiring drama "Sant Tulsidas: A Journey from Manava to Madhava" which portrayed the illustrious life story of Sant Tulsidas who composed



Band music presentation by Brindavan brass band.

the immortal epic the Ramayana in Hindi. Through the main episodes of his life, the drama depicted how destiny and devotion made Tulsidas a staunch devotee who was blessed with the Darshan of Hanuman and



A scene from the drama "Sant Tulsidas: A Journey from Manava to Madhava".

Rama Himself. Embellished with sweet lyrics of Tulsidas and excellent dances of the students, the drama illustrated how true devotion helped man to attain divinity in life.

Two very elevating presentations were made on 14th January 2019. First, the students of Anantapur Campus of the Institute presented a devotional music programme which included Nadaswaram



Nadaswaram music by Anantapur Campus students.

music and devotional songs. The songs rendered by them were: “Bada Natakhat Hai Re Krishna Kanhaiya” (Krishna is very naughty), a Mira Bhajan “Mhare Ghar Aaoji Preetam Pyara” (Oh Beloved Lord,



Devotional music programme by Anantapur Campus students.

come to my house), a Marathi Abhang “Sakha Majha Narayan” (Lord Narayan is my friend), to mention a few. With their hearts full of devotion, the mellifluous rendition of the songs by the students had a mesmerising effect on the audience.

After this, the students of Muddenahalli campus of the Institute presented a drama entitled “The Way Back to You”, which elucidated how man was destined to perform the inward journey back to God. The enlightening discussion of the students of a college, the Gopikas of Brindavan offering the dust of their feet to



The drama “The Way Back to You” illustrated the theme of oneness of man with God.

relieve the headache of Krishna and Lord Siva appearing before Adi Sankara as an outcaste to teach him the path of oneness were some of the episodes included in the drama to illustrate the theme of essential oneness of man with God. Good script, powerful dialogues, lofty theme and excellent direction made the drama a sterling presentation.

The final presentation was made by the students of Prasanthi Nilayam Campus of the Institute who enacted the drama “Jnana Prasthanam” (pathway to wisdom) on 15th January 2019. The theme of the drama was beautifully elucidated by the story of the competition between Ganesh and Kartikeya playfully organised by Lord Siva and Mother Parvati to illustrate the truth that the entire cosmos was the



The drama “Jnana Prasthanam” depicted that the cosmos was the manifestation of Siva and Shakti.

manifestation of Siva and Shakti and the path of wisdom lay in complete surrender to this divine principle as shown by Lord Ganesh who won the fruit of wisdom. Good script, beautiful dances, excellent dialogue delivery and good direction made the drama an engrossing presentation.

PRIZE DISTRIBUTION FUNCTION

Prize Distribution Function of the Sports and Cultural Meet was held on the sacred day of Makara Sankranti, 15th January 2019.

The programme commenced at 8.30 a.m. when the procession of flag bearing slow marching squad of students led by university brass band and Veda chanting group of students entered Sai Kulwant Hall. This was followed by a talk by Dr. R. Sai Sathish, a faculty member of Prasanthi Nilayam Campus of the Institute, who narrated his experiences of earlier Sports and Cultural Meets and observed that it was the Revered Chancellor Bhagavan Baba who infused confidence and courage in the participants in sports and cultural events which led to their excellence in their events. He expressed gratitude to Bhagavan for His assurance and protection to the participants. After this, five speakers one each from the five institutions, delivered short speeches stating their experiences of sports events. In their speeches, the speakers said that participation in sports and cultural events was a unique learning experience for participants who learned the values of unity, coordination, cooperation and discipline. This also infused self-confidence in the participants which was the foundation for Self-realisation. They felt that Sankranti was meant to bring about inner change.

After these speeches, prizes were awarded for outstanding performance in sports and cultural events. First, the Founder Chancellor's trophies were awarded to Sri Sathya Sai Primary School. Smt. Easwaramma High School, Sri Sathya Sai Higher Secondary School and College of Nursing and Allied Health Sciences, Sathya Sai Mirpuri College of Music and four campuses of the Institute at Prasanthi Nilayam, Brindavan, Muddenahalli and



Prize Distribution Function.

Anantapur. Thereafter, various institutions were awarded prizes for their outstanding performance and prizes were given for individual championships.

Bhagavan's Discourse followed this, in which He spoke about the significance of Makara Sankranti and northward journey of the sun which symbolised man's inward journey towards his heart with total purity. Internal happiness, Bhagavan said, was true happiness which was possible when man directed his intellect towards his heart. Bhagavan brought His Discourse to a close with the Bhajan "Hari Bhajan Bina Sukha Santhi Nahin". Bhajans followed this and concluded with Arati.

OPPORTUNITY TO SERVE IN BHAGAVAN'S PRESENCE

Kuppam Vijayamma

Swami said, "Every limb of your body gets sanctified when you engage yourselves in Seva. When Seva is really rendered wholeheartedly and with a pure mind, self-confidence gets fortified. This leads to self-satisfaction and with it strong feelings of self-sacrifice. That is Jivita Paramartham (ultimate fulfilment of life). See how you are able to realise God even without any struggle!"

MANAVA SEVA IS MADHAVA Seva (service to man is service to God) is a famous axiom that has been in vogue since innumerable generations. Seva is indeed Bhagavan's invaluable gift to mankind. It is a well-known fact that our Lord, the phenomenal form of the Almighty Brahman, motivated all and proved to the world beyond any doubt that Seva was best among all forms of Sadhana and the right royal road to reach God. We too were blessed by Him with the opportunity to participate in Seva activities.

The Genesis of Sri Sathya Sai Seva Dal

Once a group of men and another group of women were waiting in front of the Mandir (Prasanthi Nilayam) to have Swami's Darshan. He emerged like the moon with bewitching beautiful smile on His lotus-like

face. Swami first called the group of women and directed them to clean the foreground of the Mandir with broomsticks, bamboo baskets and bamboo threshers which were lying in the vicinity. Leading the clean-up operation, Swami took a broomstick in His hand and started sweeping. It was indeed an ideal example of leadership, the Almighty Lord Himself wielding a broomstick and leading from the front. He then called the group of men and

directed them to move out the boulders by using crowbars. He directed us to continue with this Seva from 8 to 9 in the morning everyday. "Sing Bhajans while doing Seva. By this, your inner divinity ascends to higher levels. And do not waste your precious time by indulging in worthless gossip." In this way, Swami motivated and taught us the importance of Seva. But we could never imagine that this little Seva Sadan (house of service) would in future grow into a gigantic Seva Organisation spreading across the world. Undoubtedly, this is an example of the impact of the Lord's Will!

Perform Seva with Love

On 26th February 1955, we were sitting in front of the Prasanthi Mandir for the Lord's Darshan. Swami walked towards us smiling like the bewitching Krishna. He signalled at

a few of us and directed us to go and wait in the Mandir Hall. Similarly, He selected some people from the gents' side also. We were a bit confused as to His intention. Nearly 50 of us were ushered into the Mandir Hall. The Lord entered the Hall, closed the door Himself, sat on His chair and started discoursing. That was the first meeting of the Seva Dal, started by Swami at Prasanthi Nilayam. Swami then spoke to us:

"The number of devotees is increasing day by day. It will keep on increasing hereafter. They will gather in droves of thousands. Therefore, it is necessary to keep them silent and disciplined. The reason why I selected only you among so many devotees is because of your past deeds of merit. All of you must render Seva with a sense of love, devotion and patience towards all devotees. Do not misuse this rare opportunity. Most of them who come here are new to the place, and therefore, you should explain with patience as to how they should conduct themselves with proper discipline. Make them sit in lines and allow them one by one. All these people are your honoured guests. It is your duty to treat them well. Why so many people are coming? They are all coming for the sake of Swami. Therefore, all of you should treat them like brothers and sisters. Remember that this is a Sai Family. All are My children. When you realise that the same God is present in others as much as in yourselves, you will never ever resort to hurting.

People come in trains and buses at odd hours too. Families along with their children reach here tired after a long journey. You must receive them politely, provide proper accommodation and feed them well, to the extent possible. You should supply drinking water to all the devotees waiting in the Darshan lines. Whenever small children



become unruly, you must bring them out and pacify them caressingly. You should never be harsh towards anyone at any time; and never talk loudly". Thereafter, Swami granted Padanamaskar to all of us, and gave us badges containing Om emblem. All these Seva workers came to be known as Volunteers. It was our daily routine to report dot on time, do the Seva until all programmes were over, and to clean the whole area after all the devotees had left.

(To be continued in the next issue.)

– **Smt. Kuppam Vijayamma is the author of the famous book "Anyatha Saranam Nasti" and many other books on Bhagavan Baba.**

SANCTIFY YOUR LIFE BY CHANTING GAYATRI MANTRA

ONLY SPIRITUALITY CAN GRANT PEACE OF MIND

Dear Boys!

THIS IS THE MOST AUSPICIOUS moment of your life. Human life can be compared to a four-storeyed mansion. The four storeys correspond to four stages of man's life, viz., Brahmacharya, Grihastha, Vanaprastha and Sannyasa (celibate, householder, recluse and renunciant). Today you are laying the foundation of the mansion of your life. The safety and security of the mansion is assured once you make the foundation strong and sturdy.

Gayatri – the Mother of the Vedas

Man has four births. His first birth takes place from his mother's womb. He gets a second life when he is initiated into the Gayatri Mantra. His third birth occurs when he studies the Vedas. He becomes a Brahmin when he recognises the principle of Brahman. This is his fourth birth. One becomes a Brahmin not merely by birth, but by knowing the nature of Brahman. For this, chanting of Gayatri Mantra is very essential.

Man is the embodiment of all gods. In fact, the gross form of the food that man consumes refers to the principle of Brahma. On this basis, it is said, Annam Brahma, Raso Vishnu (food is Brahma and the essence is Vishnu). The subtle form of the food denotes the principle of Vishnu. The subtlest form symbolises the principle of Easwara. The gross part of the food strengthens the body.



The subtle part of the food strengthens the mind and the subtlest part of the food purifies the speech. Therefore, food plays a vital role in strengthening and purifying the body, mind and speech.

Gayatri is Sarvadevata Swarupini and Sarvamantra Swarupini (embodiment of all gods and all Mantras). It is said, *Gayatri Chandasam Mata* (Gayatri is the mother of the Vedas). There is no need to chant any other Mantra if you chant the Gayatri Mantra. Gayatri has three names: Gayatri, Savitri and Saraswati. *Gayantam Trayate Iti Gayatri*

(Gayatri protects those who sing her glory). Gayatri is the master of the senses. Savitri is the presiding deity of the life principle. When Gayatri acts as the protector of life force, she is known as Savitri. You might have heard the story of Savitri, a woman of chastity, who brought her dead husband, Sathyavan, back to life with the power of her prayer. Savitri protects those who lead a life of Sathya (truth). This is the inner meaning. Saraswati is the presiding deity of speech. Man has to earn the grace of Gayatri, Savitri and Saraswati to sanctify his life.

Gayatri, Savitri and Saraswati are latent in everybody. Bhur, Bhuvah and Suvah in the Gayatri Mantra refer to body (materialisation), life force (vibration) and soul (radiation). Bhur means Bhuloka (the earth), which is nothing but the combination of materials. This denotes the human body, which is also a combination of materials. Bhuvah refers to the life force, which makes the body vibrate. Suvah refers to Prajna Shakti, which sustains the life force. This Prajna Shakti is known as Constant Integrated Awareness. This is also termed as radiation. All the three, viz., materialisation, vibration and radiation are present in man. I tell you often, you are not one, but three – the one you think you are (physical body), the one others think you are (mental body) and the one you really are (Atma).

Gayatri is the embodiment of the mother principle. You should chant the Gayatri Mantra everyday, in the morning, noon and evening. These are referred to as Prata Sandhya, Madhyahna Sandhya and Sayam Sandhya. When your back is towards the sun, your shadow will be in front of you. It will fall behind you only when you stand facing the sun. Similarly, Maya (illusion), which is like your shadow, will overpower you when

you turn your mind away from God. It can be overcome only when you turn your mind towards God.

Upanayanam Necessary at Early Age

Gayatri is known as Panchamukhi, meaning she has five faces. What are they? *Om* is the first face; *Bhur Bhuvah Suvah*, the second; *Tat Savitur Varenyam*, the third; *Bhargo Devasya Dheemahi*, the fourth; *Dhiyo Yo Na Prachodayat* is the fifth. Gayatri Mantra has three parts: praise, meditation and prayer. First, the Divine is praised, then it is meditated upon in reverence and lastly, prayer is offered to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. *Dheemahi* relates to the meditative aspect. *Dhiyo Yo Na Prachodayat* relates to the prayer. Chanting of the Gayatri Mantra purifies the mind and confers devotion, detachment and wisdom. Young men must necessarily chant the Gayatri Mantra. Today we find that they get initiated into the Gayatri Mantra at an advanced stage of their youth. Intellect will blossom and shine in all its splendour after initiation into the Gayatri Mantra. That is why it is essential that Upanayanam be done at the age of eight. One who is initiated into the Gayatri Mantra at an early age will become highly intelligent. Man's life will be sanctified by chanting this Mantra.

Dear Boys!

Today is a sacred day. In fact, it is the foundation day of your life. Make this foundation strong and sturdy. Then the mansion of life raised on this foundation will also be strong and secure. This will give strength to the grand edifice of our nation.

– **From Bhagavan's Discourse on 10th February 2000 in Sai Kulwant Hall, Prasanthi Nilayam on the occasion of Mass Upanayanam.**

Effulgence of Divine Glory

TRANSFORMATION

Dr. S.K. Upadhyay

ON ONE OCCASION, ONE OF MY colleagues at the clinic was supposed to examine a blind gentleman who was also on insulin. Everyone thought there was nothing much that could be done for him. My colleague was overstressed and got very angry and started shouting when he learned that the man had forgotten to bring his urine sample. This poor man became very frightened and left the clinic. When he went to the Institute for the Blind, he was given my name and told he must have his eyes checked. However, he was scared to go back to the clinic. I came to know of this and approached him saying, "Please brother, don't go to the same clinic; come to me and we will examine your eyes".

Notice how Swami sets the drama. Because I did not know anything about this man, I started the examination from scratch. Recently, there had been a lot of developments in technology and procedures had improved. I realised that something could be done for this man. I felt that there was a chance he might be able to see. He experienced the intense love in my practice, and I remember him saying, "It doesn't matter if I can see or not, but I am so happy there is someone who can talk to me so lovingly. My wife left me; I have no children; I live alone and hardly anyone visits me; I've lost all my friends". Despite his extreme shortsightedness and the diabetes, there was great potential for him, so we performed the surgery. I am very



happy to say that, even though he is an old man, he can now see and read very well. He cried while expressing his gratitude. I told him, "Don't thank me, thank Sai Baba". When he learned about Swami, he started attending Bhajans. He can go by bus and he now has many Sai friends. People visit him, take him for outings, and he attends Bhajans regularly. This has totally changed his life. This is how the principle of love can bring not only reward to the patient but a great deal of satisfaction to the surgeon.

Since I have come into the Sai fold, the moment I enter the operating theatre (OT) or am about to see a patient, I always pray: "Make me an instrument and help me cure or help this patient". When I used to enter the OT, there was tension before the operation or during the procedure if there was a complication. This would show in my behaviour and I would become a little irritable. But ever since coming to Swami, I have found a great deal of calmness. I

continued on page 22...

World Cannot Exist Without Noble Souls

ONCE UPON A TIME, BUDDHA WAS traversing all over the country in order to propagate Truth. On reaching a particular village, Buddha felt tired and was not in a position to deliver his discourse. So, he told one of his chief disciples to address the congregation. Buddha went inside to take rest. As he could not get sleep, he was listening to what his disciple was saying. The disciple said, "O people, a person like Buddha was never born before and will never be born again in future. We are all very fortunate to be his contemporaries. So, make the best use of this golden opportunity". On hearing this, the congregation gave a thunderous applause.

Buddha came out and asked his disciple, "Nityananda, how old are you"? Nityananda told that he was thirty-five years old. Buddha then asked, "Have you travelled far and wide"? Nityananda told that he had visited only a few cities. Then Buddha chided



Buddha chided his disciple for saying that noble souls like Buddha would not be born again..

Nityananda, saying, "You have not seen much of the world. You are just thirty-five years old. With what authority can you say that a person like Buddha was not born before and will not be born again? Many noble souls were born and many more will be born in future. The world cannot exist if there are no noble souls in it".

...continued from page 21

offer my prayers and surrender totally to the Lord. When I handle the knife, I no longer feel any tension. I used to get nervous but with prayer or keeping Sai Baba's locket on my neck or having a picture of Sai in front of me, I would feel very relaxed.

However, in the past there were many occasions where I was in doubt about what decision to make. He has made it very simple for me. I close my eyes and say, "Swami, what should I do"? The reply comes, "Would you do it for your mother or father? If yes, then go ahead and do it". I never have had any problems since then.

Swami's ultimate teaching is: service to man is service to God. When you are serving your fellow man, you no longer think that you are serving the person who is sitting in front of you. You think that your service to your patient is reaching Swami. This fundamental teaching has changed my attitude towards the patient. I no longer have to worry about making a decision, because I know, if these principles are in front of me, I will always make the right decision.

– Excerpted from the article of Dr. S.K. Upadhyay in the book "Inspired Medicine" by Judy Warner Scher.

CELEBRATIONS AT PRASANTHI NILAYAM

PILGRIMAGE OF DEVOTEES FROM RAJASTHAN

SRI SATHYA SAI SEVA Organisation of Rajasthan organised a three-day Parthi Yatra (pilgrimage to Puttaparthi) of devotees from Rajasthan from 27th to 29th December 2018 which was marked by two excellent music and cultural programmes by the devotees. On 28th December 2018, the singers of this State presented a bouquet of devotional songs entitled “Sai Spandan” to offer their love and reverence to Bhagavan. Some of the songs rendered by them were: “Mira Ki Dharti Ke Sraddha Suman” (flowers of devotion from the land of Mira), “Mana Re Parsi Hari Ke Charan” (Oh mind! Take refuge at the Lotus Feet of God). “Sai Maa Sai Maa”, “Tu Chala Re Parthi Dhaam” (go over to Puttaparthi). The second presentation of the devotees of Rajasthan was a thematic drama “Iswar

Se Samvaad” (communication with God) which they performed on 29th December 2018. The drama depicted the conversation between Lord Rama and the boatman Kevat from the Ramayana, between Lord Krishna and Arjuna and Duryodhana from the Mahabharata, between Guru Nanak and a devotee Dunichand, and between Bhagavan Baba and His devotees and students to bring forth invaluable lessons for man’s spiritual progress. The drama gave the message that man should learn to communicate with God to attain the goal of his life.

ALUMNI MEET 2019

A large number of alumni of Sri Sathya Sai Primary School, Sri Sathya Sai Higher Secondary School, Sathya Sai Mirpuri College of Music and Sri Sathya Sai Institute of Higher Learning came to Prasanthi Nilayam to participate in the Alumni Meet 2019 and to reaffirm their Prema Bandham (bond of love) with Bhagavan Sri Sathya Sai Baba who nurtured and guided them in their formative years during their tenure as His students. The alumni expressed their love and gratitude to Bhagavan through music and cultural programmes lovingly presented by them on 30th December 2018, 31st December 2018 and 1st January 2019.

The first presentation entitled “Sai Sumiran” was made by the alumni of Sathya Sai Mirpuri College of Music on 30th December 2018. Beginning with an invocatory prayer song dedicated to Lord Ganesh, the alumni offered a banquet of



The drama “Iswar Se Samvaad” by the devotees of Rajasthan.



"Sai Sumiran", a music presentation by the alumni of Sathya Sai Mirpuri College of Music.

devotional songs to their Mother Sai which included "Natana Sundara Sivaya" (Siva, the divine cosmic dancer), "Bho Shambho Siva Shambho Swayambho" (Siva, the self-born), "Sai Tum Ho Jivan Sahara" (Sai, You are the refuge of my life).

Sri Sathya Sai Primary and Higher Secondary School alumni made their presentation on 31st December 2018. At the outset, the children of alumni (girls) presented a magnificent dance dedicated to Lord Ganesh. This was followed by a drama entitled "Living with Sai, Living for



A scene from the drama "Living with Sai, Living for Sai, Living in Sai".

Sai, Living in Sai" which depicted through the story of a family of grandfather, father and son, all Sai students, that the only way to attain Bhagavan was to fill the heart with pure and sacred love. The flashback of the episode of Gopalas of Brindavan and Lord Krishna illustrated this theme beautifully.

Devotees were thereafter blessed with a Divine Discourse of Bhagavan, in which He underlined the importance of love in the life of man. If man developed love in his heart, there would be no hatred in the world, said Bhagavan. He exhorted the devotees to leave selfishness and ego and base their life only on the principle of love. Bhagavan concluded His Discourse with the Bhajan "Govinda Krishna Jai Gopala Krishna Jai", which the entire assembly of devotees and students followed in chorus with deep devotion.

The final presentation was made by the alumni of Sri Sathya Sai Institute of Higher Learning on 1st January 2019. At the outset, the Institute brass band welcomed New Year with sweet and sublime musical notes on the morning of 1st January 2019. What followed next was an elevating programme of mass recitation of Sri Sathya Sai Ashtottara Shata Namavali (108 Names of Bhagavan) by the entire assembly of devotees and students in Sai Kulwant Hall which saturated the entire milieu with sacred vibrations of the Divine Name. An inspiring and insightful talk by one of the Institute alumni, Sri Bharat Sethuraman from Bahrain followed this. Sri Sethuraman narrated his rich experiences with Bhagavan during his student days and shared with the audience some invaluable lessons learnt by him directly from Bhagavan which had a life-changing effect on him. Giving essence of his experience, he emphasised that one should never forget the omnipresence of Bhagavan and should perform one's duty promptly and meticulously. Bhajans followed next and concluded with Arati.

The programme in the evening started when a grand procession of



A grand procession of Institute alumni.

Institute alumni led by a flag-bearing slow marching squad followed by a Veda chanting group of alumni entered Sai Kulwant Hall. The slow marching squad gracefully made a canopy of flags to offer their salutations to Bhagavan while Veda chanting group offered Poornakumbham at Bhagavan's Samadhi. An instrumental music presentation by the alumni band followed next. Time stood still when these



Instrumental music by alumni brass band.

past masters of the Institute brass band produced some nostalgic tunes. A video film was screened after this, in which Seva initiatives of the alumni in all parts of the world were shown.

The last item of the programme of Institute alumni was a very touching drama, "The Journey" which depicted man's journey to God and his ultimate oneness with Him. This journey was illustrated by the illustrious life stories of Parikshit, Uddhava and Radha who attained Lord



The drama "The Journey" symbolising man's journey to God.

Krishna through their sacred and pure love for Him, showcasing that love was the essence of all the teachings of Krishna as also of Bhagavan Baba which could lead man to his oneness with Him. Sublime story, engrossing dialogues and excellent make-up and costumes made the drama a sterling presentation.

NINTH ALL INDIA BAL VIKAS ALUMNI MEET AND SIXTH ALL INDIA BAL VIKAS CONVOCATION

Ninth All India Bal Vikas Alumni Meet along with sixth All India Bal Vikas Convocation was held at Prasanthi Nilayam on 5th and 6th January 2019, in which a large number of Bal Vikas students, Gurus and alumni from all over India came to participate. The Alumni Meet this year was marked by much enthusiasm and grandeur since this was the golden jubilee year of Sri Sathya Sai Bal Vikas.

Proceedings on 5th January 2019

The proceedings of the morning session commenced with chanting of Vedic hymns by the Bal Vikas students (girls) from the States of Odisha, Sikkim and Bihar. A variety of magnificent music and cultural programmes followed this, which included beautiful band music by the Bal Vikas children from Andhra Pradesh, a short



Band music by Bal Vikas children from Andhra Pradesh.

film entitled “Heralding the Golden Jubilee of Sri Sathya Sai Bal Vikas Movement” and an inspiring speech by a Bal Vikas girl student. Thereafter, achievement awards were presented to those Bal Vikas alumni who furthered the work of Bal Vikas with commitment and dedication. Two scintillating presentations followed this. The first was a Garbha Dance by Bal



Garbha dance by Bal Vikas students from Gujarat.

Vikas students (girls) from Gujarat and the second was a devotional music offering by Bal Vikas alumni from Karnataka. The morning programme concluded with Bhajans led by Bal Vikas students and Arati to Bhagavan. The next session of the Alumni Meet was held in Poornachandra Auditorium.

The proceedings of the evening session began at 4.30 p.m. with Veda chanting by Bal Vikas students (boys) from the States of Tamil Nadu, Sikkim and Odisha. A sweet and melodious Swarna Jayanti (golden jubilee) song thereafter was presented by the Bal Vikas students of Andhra Pradesh and Telangana. Short speeches by the Bal Vikas alumni followed this, in which alumni spoke about how Bal Vikas had provided a strong foundation for their life and channelised their minds in the right direction to bring about transformation in their life. Release of a book “Golden Memories: Sri Sathya Sai Bal Vikas” followed this. This was followed by presentation of another set of achievement awards to selected alumni for their excellence in work for Bal Vikas. A solemn ceremony was thereafter held to felicitate the parents of a Bal Vikas alumnus who martyred his life for India. Two enrapturing presentations followed this. The first was an excellent dance performance entitled “Sai Heritage in Himachal Pradesh” commemorating Bhagavan’s visit to Shimla and the second was a Bhajan medley by Bal Vikas students



An excellent dance performance “Sai Heritage in Himachal Pradesh”.

(boys) from West Bengal and Bal Vikas students (girls) from Madhya Pradesh, Uttar Pradesh and Uttarakhand. Bhajans followed next and concluded with Arati.

Proceedings on 6th January 2019

The proceedings on 6th January 2019 began with Veda chanting at 8.00 a.m. followed by the convocation procession led by Bal Vikas band from



Bal Vikas band from Alike, Karnataka leading the procession.

Alike, Karnataka and presentation of Wand of Transformation. A melodious golden jubilee song by Bal Vikas students (boys) from Delhi and Bal Vikas (girls) from Maharashtra and Goa followed this. Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation, then addressed the gathering. Delineating the progress of Bal Vikas movement, Sri Pandya stated that at present there were about 20,000 Bal Vikas centres with 3,00,000 students. More than 50 lakh students had passed Bal Vikas course in the last 50 years, he added.

After this informative talk of Sri Pandya, a postal special cover and stamp issued by the postal department to mark the golden jubilee of Bal Vikas was released



Release of postal cover and stamp to mark the golden jubilee of Bal Vikas.

by the Chief Guest, Sri Rajeev Bindal, Speaker, Himachal Pradesh Legislative Assembly. Speaking on this occasion, Sri Bindal observed that beginning of



Sri Rajeev Bindal, Speaker, Himachal Pradesh Legislative Assembly addressing the gathering.

Bal Vikas movement by Bhagavan Baba for the individual transformation of the children was a giant step towards the transformation of the country and the world at large. Bal Vikas, he said, was a unique example of developing excellence in children.

Benediction ceremony of Bal Vikas students who successfully passed the Bal Vikas course was held after this. As



Benediction Ceremony of Bal Vikas students

the students stood up in the hall, the customary oath was administered to them. The Benediction Address followed the Benediction Ceremony, which was delivered by Dr. Teerakiat Jareonsettasin, Minister of Education, Government of



Dr. Teerakiat Jareonsettasin, Minister of Education, Thailand delivering the Benediction Address.

Thailand. Quoting the saying of Bhagavan Baba that education was for life and not for a living, the distinguished speaker observed that Bal Vikas education was for life. Sharing his experiences with Bhagavan, he stated how Bhagavan taught him to develop fundamental discrimination which benefited all.

Another edition of achievement awards followed this, wherein awards were presented to Bal Vikas alumni for excellence in advancing the work of Bal Vikas. Bhajans followed next and concluded with Arati, bringing the curtain down on this grand celebration.

PILGRIMAGE OF YOUNG ADULTS FROM AUSTRALIA

More than 100 Sai Young Adults came on a 14 days pilgrimage to Prasanthi Nilayam from Sathya Sai International Organisation, Australia from 12th to 26th January 2019 to bask in the sacred ambience of this abode of supreme peace. On 18th January 2019, they presented a devotional music programme comprising devotional songs preceded by short speeches expressing their love



A devotional music presentation by Young Adults from Australia.

and gratitude to Bhagavan. Beginning their presentation with a Jewish prayer song "Adon Olam Asher Malach", they melodiously rendered sweet songs in Telugu, English and Hindi which included "Tere Darbar Mein Hum Aaye Hain Aaj" (we have come to your abode), "Be the Love that you are". The entire presentation was marked by deep devotion, melody and music which cast a mesmerising spell on the listeners.

PILGRIMAGE OF DEVOTEES FROM KERALA

Sri Sathya Sai Seva Organisation of Kerala organised a three-day Parthi Yatra for a team of doctors, lawyers and media persons representing the doctors forum, lawyers forum and media forum of the

State Sai Organisation, in which about 200 persons came to participate from 18th to 20th January 2019.

On 19th January 2019, Sri Gopinath, Chief Editor of Mathrubhumi group of publications, gave an illuminating talk which was followed by a devotional musical presentation. Referring to the institutions set up by Bhagavan, the learned speaker observed that these institutions not only benefited the masses, but they inspired many people to follow the path of love, sacrifice and selfless service to mankind. On a personal note, Sri Gopinath stated that he was inspired by Bhagavan's philosophy of love and selfless service for all. After this talk, a noted singer, Sri Anantha Sai and his team of fellow musicians presented a devotional music programme. Beginning his programme



*Devotional music presentation
by Sri Anantha Sai.*

with a song dedicated to Lord Ganesh, the singer followed it with a couple of classical compositions, an evergreen song "Madhura Mohana Ghanashyama Sundara Sai" (Krishna is full of sweet charm) and an elevating Kirtan, "Hari Hari Narayan".

18TH ANNIVERSARY OF SSSIHMS, WHITEFIELD

The 18th anniversary of Sri Sathya Sai Institute of Higher Medical Sciences,

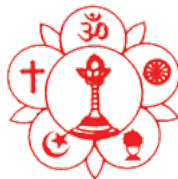
Whitefield, Bengaluru was celebrated at Prasanthi Nilayam on 20th January 2019. The programme themed as "Offering of Gratitude to Bhagavan" began at 5.00 p.m. with release of the hospital magazine "Manohridaya" which was followed by a talk by the Director of the hospital, Dr. D.C. Sundaresh. Presenting the highlights of the work done in the hospital in the year 2018, Dr. Sundaresh stated that though the volume of work had increased in the hospital substantially, the hospital was serving the patients without compromising with the quality of healthcare. Offering gratitude to Bhagavan, Dr. Sundaresh stated that Bhagavan has continued to shower His grace, the sign of which was continuous flow of Vibhuti in the hospital.

After this, the staff members of the hospital presented devotional songs which were interspersed with short speeches of



*Devotional songs by the staff of
SSSIHMS, Whitefield.*

some of them who narrated their beautiful experiences of Bhagavan's love and grace. The songs rendered by the staff members included "Pyare Sai Hum Tumhare Liye" (Beloved Sai, we live for You). "Tera Pyar Pakar" (we are recipients of Your love), "Karuna Swarupa Bhagavan, Prema Swarupa Bhagavan" (Bhagavan is the embodiment of compassion and love).



SRI SATHYA SAI CENTRAL TRUST

PRASANTHI NILAYAM - 515 134, ANANTAPUR DIST

ANDHRA PRADESH, INDIA

Phone: 91-8555-289799, 289703, Telefax: 287390

Joint statement released by the

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Sri Sathya Sai Seva Organisation of India, and

Sathya Sai International Organisation

Background

Bhagawan Sri Sathya Sai Baba was born in the small village of Puttaparthi in the Anantapur District of Andhra Pradesh State in Southern India on 23.11.1926. Very early in his life, he demonstrated rare qualities of a Divine Being and in his 14th year, he declared that He had to come to redeem the world, that He was not a part of any family and that the whole world and all the beings in this world are indeed divine and constitute a speck of the universal Godhead.

His Message

He showed to humanity the royal path to realise one's divine nature, respecting the universal spiritual teachings common to all religions. The selfless and pristine love shown naturally and spontaneously by Sathya Sai Baba attracted thousands of people daily from all parts of the world. His greatest miracle, recognised by his followers, is the transformation of the human heart.

His Mission

His mission, while recognising the validity of all religious traditions, goes beyond all religions, and helps one realise his or her innate divinity, latent in every human being. It ensures that the values of Truth, Right Conduct, Peace, Love and Non- Violence are preserved and nurtured in every human relationship. This spiritual transformation results in the manifestation of greater love, peace, tolerance, harmony, honesty and righteousness in thought, word and action. His universal message has been conveyed directly through thousands of discourses and writings.

His Works

Free Healthcare: Primary to tertiary, state-of-the-art, medical care is provided completely free of charge, to the needy with love and compassion. In addition, preventive healthcare and mobile health services are also provided. Based on these principles, a small general hospital started by Sathya Sai Baba in 1956, sprawled into a huge global healthcare system in many countries around the world.

• **Free education:** Sathya Sai Baba founded educational institutions where primary to doctoral level education is provided free of charge. In addition to secular education, spirituality and service to society is emphasised.

• **Free drinking water:** Pure drinking water is provided to millions of people in South India, where drinking water has always been in short supply. Inspired by this, similar projects have been commissioned in many parts of the world, including Africa, Indonesia, Nepal and El Salvador.

• **Free community services:** Sathya Sai Baba inspired millions of people around the world to serve society through many humanitarian projects, including free food, clothing, shelter, supplies and other services. In addition, volunteers participate in disaster relief efforts in many countries, including India, Fiji, Nepal, Philippines, Haiti and USA.

Many political and religious leaders, scientists, scholars, from all over the world sought advice from Sri Sathya Sai Baba on social, political and spiritual topics, and were inspired.

Bhagawan Baba unceasingly spoke and wrote throughout his sojourn in this world which lasted up to 24.04.2011. Baba spoke the universal language of love and impressed on his devotees that the only salvation is to “Love All and Serve All” and this was the means for spiritual advancement. He emphasized that the universal divine power would become apparent to those who practised “sadhana” or the spiritual pursuit by helping others and making their life better. He preached that we must always Help Ever and Hurt Never.

Sri Sathya Sai Organisations

Bhagawan Baba set up the Sri Sathya Sai Central Trust, a public charity, duly registered under the laws in India in the year 1973. This Trust was founded, nurtured and managed entirely by Bhagawan Baba and he was its sole Trustee till the year 2010 when he appointed five trustees.

In order to give effect to Baba's constant exhortation to do selfless service, Baba set up Sathya Sai Organisations, which are open to all human beings without any restrictions of religion, gender, country, language or State. These organisations are the Sri Sathya Sai Seva Organisation of India and the Sathya Sai International Organisation. The Sri Sathya Sai Seva Organisation of India is headed by the All

India President and it has State Units, District Units and Samithis (Centres) located in all the States in India.

The Sathya Sai International Organisation is headed by the Chairman of the Prasanthi Council set up by Bhagawan Sri Sathya Sai Baba and has activities in over 120 countries in the world.

Both the Sai Organisations are well structured to carry out the teachings of Bhagawan Baba and guide and help devotees and seekers of higher truth. The path of service is the means to achieve fulfilment in life and ultimately to realise God.

Heart-to-Heart Connection

Though the devotees of Bhagawan Baba number several millions and are scattered all over the world, Baba had the unique ability to build a personal rapport and connection with all His devotees through his public appearances called "Darshan," private interactions called "Interviews", public discourses, private conversations and a large volume of writings on every conceivable facet of spirituality. Therefore, during the lifetime of Bhagawan Baba all devotees found fulfilment in coming to Him, seeing Him, sharing with Him their joys and sorrows and seeking His Divine Guidance and Blessings. It is astonishing that Bhagawan Baba was able to singlehandedly handle and steer the lives of millions of devotees, in person, and many times through his own means of communication.

Baba emphasized on more than one occasion in very categorical terms that His connection and relationship was heart to heart and love-to-love with all His devotees. **He declared "Our relationship is only heart to heart and love to love and nothing else."**

Be Aware of Detractors & Frauds

He repeatedly asserted that the people who collected money using Swami's name were not authorized by Him and should not be encouraged. He even specifically advised that a set of people would try to trade on the faith of devotees by claiming that Baba was talking through them. He stated categorically that such persons should be treated as agents or brokers who were trying to cheat the devotees. He stated that the devotees who believed them would become accomplices in the process of cheating. **He warned: "Many people are collecting money in various places using my name for various purposes like arranging receptions, building temples, doing poojas etc. That is unauthorised and against my command. Do not yield to such requests and encourage this practice, which I condemn."** He also explained that He does not speak through anyone, either in person or through dreams, and advised devotees to shun such people and not fall prey to them. He also clearly stated that when someone claimed that Baba was coming upon them or entered them, it would be totally false and deceitful. He cautioned devotees not to fall prey to such charlatans and be vigilant. **He declared: "There is another set of people who trade**

on your faith. They advertise that I am talking through a medium or some other thing. Treat all such people and their agents or brokers as you treat cheats”

Background Information about Sri Sathya Sai Loka Seva Trust

One of the Trusts set up by Bhagawan Baba is called Sri Sathya Sai Loka Seva Trust. A small society called Loka Seva Vrinda was running two schools in the State of Karnataka. In the year 1978 the Founder of the schools passed away and the society, which owned the schools, prayed to Baba to take over the schools and run them, as they were not financially capable to manage these schools. Bhagawan Baba in his munificence acceded to their prayer and out of His compassion for the students who were studying in these schools, Bhagawan Baba agreed to become the Sole Trustee of the Sri Sathya Sai Loka Seva Trust which was formed in 1978. In that capacity the two schools in Alike and Muddenahalli were managed, developed and improved by Bhagawan Baba's efforts and thousands of students got education of a high order in these two schools, both situated in rural areas of the Karnataka State.

In the year 2008, Bhagawan Baba decided to amend the Deed of Trust of the Sri Sathya Sai Loka Seva Trust thereby conferring upon the Trustees of the Sri Sathya Sai Central Trust the power to appoint the Trustees of the Sri Sathya Sai Loka Seva Trust after the lifetime of Bhagawan Baba. Accordingly, in the year 2011 just after the Maha Samadhi, the Trustees of the Sri Sathya Sai Central Trust consulted with persons running the schools and appointed three persons namely Sri U Gangadhara Bhat, Sri S S Naganand and Sri B R Vasuki as Trustees of the Sri Sathya Sai Loka Seva Trust. On a request made by the administrators of the schools, the number of Trustees was increased to five by the appointment of additional Trustees, by the Sri Sathya Sai Central Trust, Sri BN Narasimha Murthy and Sri Iswara Bhat.

Illegal Activities of Sri Sathya Sai Loka Seva Trust

About one year after the Maha Samadhi, certain individuals started claiming that Bhagawan Baba was sending them “instructions” to start other Institutions. Such claims are fanciful and incredulous. An attempt was made to introduce a code of conduct for all Trustees of Sri Sathya Sai Loka Seva Trust. At this juncture, a group, headed by B.N. Narasimha Murthy who was then a Trustee of the Sri Sathya Sai Loka Seva Trust (earlier he was the warden of the boys hostel at the Brindavan Whitefield campus of Sri Sathya Sai Institute of Higher Learning which is a Deemed University set up by Bhagawan Baba) in cahoots with a few others, executed a Deed of Amendment to amend the Deed of the Sri Sathya Sai Loka Seva Trust to take away the power given by Bhagawan Baba to the Trustees of the Sri Sathya Sai Central Trust. This action was deeply objectionable, apart from being illegal. Several attempts were made to impress upon the wrongdoers that their actions had to be

retraced to restore harmony. The efforts went on, in vain, for two years but the position of the detractors was intractable, which led to the filing of a Civil Suit by the Sri Sathya Sai Central Trust and its Trustees against those who had acted illegally. The main relief in the suit is to restore the Trust deed to its original position as documented by Bhagawan Baba in 2008. After an initial setback in the legal proceedings, the Appellate Court has held that the Suit was wrongly dismissed by the Trial Court and must be allowed to run its normal course.

Sacrilegious Behaviour of the Impostors

To right thinking devotees of Bhagawan Baba, the claims being made by one Sri Madhusudan Naidu, a former student of Sri Sathya Sai University (known as Sri Sathya Sai Institute of Higher Learning) and Sri Narasimha Murthy, a former hostel warden of its Brindavan campus, that Bhagawan Baba was in communication with them in a subtle form and progressively that Bhagawan Baba had entered the body of Madhusudan Naidu, who is now claimed to be Bhagawan Sri Sathya Sai Baba himself, is unacceptable. It is mind-boggling that such claims are supported by all their cohorts, by pretending reverence and bowing down to Madhusudan Naidu and even referring to him as “Swami.” To add colour and credence to these false claims, Madhusudan Naidu has now started donning ochre colour clothes and on the 23rd of November 2018, in a public function held at Muddenahalli, a declaration was made that Baba has entered the body of Madhusudan Naidu and he started taking his seat in Baba’s chair, which is reverentially placed in all congregations of devotees all over the world as well as in Prasanthi Nilayam. This has offended the sentiments of a large number of devotees.

Unethical and Adharmic Use of Sri Sathya Sai Baba’s Name

Understandably a well scripted and carefully planned media strategy has been put in place by the caucus at Muddenahalli and every attempt is being made, to use Swami’s name and to give the impression that their activities are indeed the activities of the Trust set up by Bhagawan Baba. They have even gone to the extent of trying to set up a University called the Sri Sathya Sai University of Human Excellence by evidently misleading the Karnataka State Legislature, even though the applicable laws have not been fulfilled.

Apparent Abuse of Funds Donated by Innocent Devotees

An extravagant lifestyle which includes travel in luxury cars, business and first-class air travel and chartered flights, chartered helicopters and wide publicity to the presence of dignitaries who occupied high positions in life and who were devotees of Bhagawan Baba is scripted out in an attempt to create an aura of Swami’s presence. This is misleading devotees and is creating confusion. In many countries, attempts have been made to disrupt the Sathya Sai International Organisation – with limited success. In many families, husband and wife are torn apart and children are left

confused as to where to go. All tenets propounded by Bhagawan Baba are violated with impunity. Open appeals are being made to devotees to contribute funds, which Bhagawan Baba never permitted. The caucus at Muddenahalli has also illegally occupied a property built by and belonging to the Sri Sathya Sai Central Trust in Muddenahalli, which has been christened by them as “Sai Anandam,” which was built as the Chancellor’s residence by the Sri Sathya Sai Central Trust for Bhagawan Sri Sathya Sai Baba when a campus of Sri Sathya Sai Institute of Higher Learning, founded by Bhagawan Sri Sathya Sai Baba, was built at Muddenahalli during the year 2010-11.

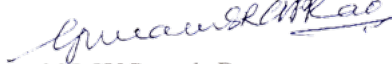
The misrepresentations are continuing unabated.

Cautionary Advice – Always Be Careful (ABC)

The above are true facts. This advisory is being issued by three major institutions, all founded and set up by Bhagawan Sri Sathya Sai Baba in order, to caution devotees not to be misled by Social Media, print and electronic media, public media and advertisements being issued by the caucus at Muddenahalli which now calls itself as “Sai Vrinda,” operating under their domain name as “saivrinda.org.” Devotees are cautioned, in their own interest, not to engage themselves with the caucus at Muddenahalli or be misled by any false claims being made by anyone that Bhagawan Baba is now living in the body of Madhusudan Naidu and that Madhusudan Naidu is the very embodiment of Bhagawan Sri Sathya Sai Baba.

Lovingly in the Service of Sai

for and on behalf of The Trustees



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Member - Secretary

Sri Sathya Sai Central Trust

Nimish Pandya

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Sri Sathya Sai Seva Organisation of India

Dr. Narendranath Reddy

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Sathya Sai International Organisation

Prasanthi Nilayam

January 17, 2019

About Sri Sathya Sai Sadhana Trust Publications Division (SSSSTPD)

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

The Publications Division (SSSSTPD) caters to:

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagavan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on www.sanathanasarathi.org.
- 3) Maintaining a reporting channel www.theprasanthireporter.org, which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers' - for free distribution.
- 4) Providing library and Reading room for visiting devotees, with a very large collection of books written by Bhagavan Sri Sathya Sai Baba and books on Bhagavan besides various spiritual and religious books.

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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
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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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Band music display by Institute brass band on New Year day.



Easwaramma School students dancing joyfully to the tune of a song.



Primary School students singing the National Song "Vande Mataram".

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Be a True Human Being

You should not crave for pleasures. They breed diseases. You should dedicate everything to the Divine through sacrifice. Bend your body and work hard. Your hands should be busy in work and your mind should be filled with good feelings. If you do so, there will be no greater man than you. Such a person is a true human being. God is in search of such a true human being.

– Baba

