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JULY 2016







# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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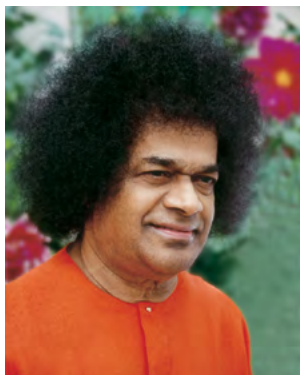
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*"God is always with you, in you, above you, below you. He is your real friend.*

*It is only God who will protect you in difficulties. Your relatives will follow you up to the burial ground. But God will always be with you. He will never forsake you. Have friendship with such a true friend. Then only your life as a human being will become worthwhile."*

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AVATAR VANI

# THE PATH OF LOVE IS THE NOBLEST

ONLY GOD IS YOUR TRUE FRIEND

**S** RAVANAM (LISTENING), Kirtanam (singing), Vishnusmaranam (contemplating on Vishnu), Padasevanam (serving His Lotus Feet), Vandanam (salutation), Archanam (worship), Dasyam (servitude), Sneham (friendship), Atmanivedanam (self-surrender). These are the nine paths of devotion. Though the paths are many, the goal is one. Similarly, there are countless human beings, but the Atma in all of them is the same. There are countless waves in the vast ocean. No two waves are alike. Waves assume different forms, but in all the waves the water of the ocean is the same. In this infinite, vast universe there are countless

beings, but the Divinity in the form of Sat-Chit-Ananda (Existence-Knowledge-Bliss Absolute) is the same in all. Man does not recognise this broad principle of humanness. He considers himself separate and calls himself an individual. He leads a self-centred life, indulging in Swartha (selfishness). Swartha means living for one's own sake.

## Man should Recognise his Reality

Human life is ephemeral like a water bubble. Nobody knows at what moment this water bubble may burst. Man suffers disappointment in life because he considers the body permanent. So, the Upanishads call upon man, "Arise! Awake! Stop not till the goal is reached". They urge him to wake up



from the slumber of ignorance, visualise the sunrise of Prajnana (wisdom) and uphold humanness.

Though man today acquires the knowledge of the Vedas, undertakes spiritual practices, attains scientific knowledge, makes investigations and enquires, yet he is not able to know who he is. He is facing so many problems because he does not understand his own reality. He is not merely a human though he has a body of a human. His reality is the Atma which is enshrined in his body. So, in relation to the body he is just a human, but from the point of view of the Atma, he is divine.

Body is the temple of God. Consider the body as a temple. When can you call the body a temple? You can call it a temple when there is God in it. It cannot be a temple without God. So, in this body God is present in the form of eternal Atma.

### **Reduce Desires to Make your Will Power Strong**

Man should have good thoughts. Desires originate from thoughts. These desires chain and bind him. Man's Ichchha Shakti (will power) also emerges from his thoughts. This will power is very important like the life principle of man. All other powers like power of intellect, power of understanding, power of determination, power of speech, etc., come out of it.

This will power is like the king of all other powers. It will lead man to the sacred path if he makes proper use of it. On the contrary, if he makes improper use of his will power, he will become wicked. Will power affects the thoughts of man, and his thoughts influence his will power. Bad thoughts make his will power weak. Decline in will power makes the desires more and more strong. Here is a small example.

***If you have an army, you can be a king of a kingdom. But if you conquer your senses, you will be the king of kings; you will be the emperor of the world. Therefore, you should control your senses. Offer all your senses to God and do all actions to please God, saying, "I offer it back to You, all that You have given me".***

---

Suppose a man has the habit of drinking too much coffee, tea, smoking cigarettes, etc., his bad habits will certainly weaken his will power. If he has 20 such bad habits and if he leaves one habit after another, his will power will become more and more strong. If you leave coffee or tea, the power of your intellect will increase. Whether you are a student, a businessman or any other, when your desires increase, you lose even your memory power. As you develop your will power and reduce your desires, your power of discrimination will also increase. That is why it is said, less luggage more comfort. Desires are the luggage. As you reduce your desires, your will power and intellectual power will increase more and more. You sit in meditation, but your mind does not stay still even for a moment. What is the reason? The reason is that your will power has become weak. Wherefrom do you get will power? It is the gift of God to man.

Many people talk about free will. Man has no free will. Only God has free will, none else. Man loses all his powers and freedom because he is bound by his desires. People say freedom, freedom. No one has freedom. Man is deluded to think that he can act as he wants. No, not at all. Here is a small example.

There is a main road. A young man wants to do exercise in the middle of that broad road with a big stick in his hand. If he really wants to do exercise, he can do at his home on the terrace. He has every right there. But if he tries to do exercise on a public road, immediately police will come and arrest him. Why? Because his freedom interferes with the freedom of others. What do you mean by freedom? True freedom lies in not interfering with the freedom of others. If you think, you have to exercise freely on a public road, your fellowman has also got equal freedom to save himself from your stick and lead his own life. So, you should have that freedom which does not interfere with the freedom of others.

But no one bothers today about the freedom of others. People think of their self-interest and selfishness. Therefore, man today has no Swechchha. What does Swechchha mean? Swa + Ichchha = Swechchha. Swa means Atma and Ichchha means desire. So, the desire of the Atma is Swechchha. It is not the desire of the mind; it is not the desire of the intellect. It is the desire of the Atma.

### **Do not Allow Negative Thoughts to Enter your Mind**

What is there in the mind? Mind is like a mad monkey. There is no mind as such, but we create it ourselves. (Swami showing handkerchief) What is this? This is a cloth. It is not a cloth, but a bundle of threads. No, it is not a bundle of threads either; it is cotton. First cotton, second threads, third cloth. So, this cloth has threads and cotton in it. What is the mind? First thoughts, second desires, third mind. Mind is nothing but a bundle of desires. Desires constitute the mind. If you want to make this cloth disappear, what

should you do? Separate out the threads, then there will be no cloth. Similarly, if you remove the desires one after the other, there will be no mind. This in Vedanta is called Amanaska (a state devoid of mind). We ourselves create the mind out of desires.

The mind which is our own creation harms us. How? It harms through its bad thoughts. If we have good thoughts, they will protect us. The development of good thoughts is called Dharma. When we protect Dharma, Dharma will protect us in turn. *Dharmo Rakshati Rakshitah* (if you protect Dharma, you will be protected by Dharma). If you harm Dharma, you will be harmed in turn. Hence, for all our difficulties, troubles and miseries, it is our mind that is responsible. So, we should keep our mind pure and free from bad thoughts.

Do not allow all sorts of thoughts to enter your mind. The moment a thought arises in your mind, you should use your discrimination to know: is it good or bad? When you begin analysing like that, the speed of your thoughts will decrease. If on the other hand, you immediately act as per your thoughts, their speed will increase. Therefore, take time to control the thought process after thorough enquiry. First enquire, then act. *Start early, drive slowly, reach safely*. If you slow down your thoughts, you can reach safely. But man today is in a great hurry. Undue hurry can put him in danger. Therefore, do not make haste. Santhi, Santhi, Santhi. For everything, you need peace. Do a little enquiry. Suppose you are overtaken by anger. Immediately, you start uttering all sorts of things. Sometimes, you try to hit the other person with your hands. This is very dangerous. The anger is caused by temporary emotion. When you understand the truth later, you feel bad and



repent at your mistake. Then what is the use? You should enquire beforehand as to where the mistake lies? Is it your fault or that of someone else? If you act as per the whims of your mind, you are bound to commit mistakes. These are the things that require rectification in daily life.

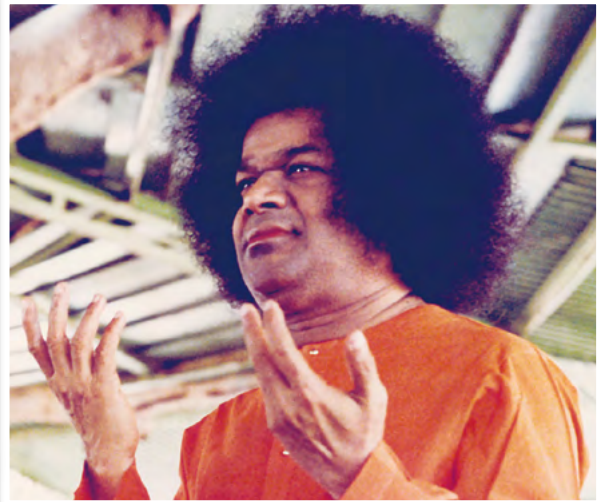
### True Spiritual Practice

When you exercise control on your thoughts and ideas in this manner, you will attain peace and progress on the spiritual path also. Both on the worldly path and spiritual path, it is the mind that plays the pivotal role. Paths are different, but the mind is one. Therefore, first of all, control your mind. You can understand divinity only when you

the most important spiritual practice? The most important spiritual practice is to get rid of the feelings of Anatma (non-Self). Keep away from all that which prevents you from pursuing the path of the Atma. What are Anatmic feelings? The feelings related to the mind, intellect, Chitta (mind-stuff) are all Anatmic feelings. Atma is one and is present in everyone. Develop these sacred thoughts.

Sometimes, people are subjected to depression and confusion. An aspirant suffers from depression when he gets negative results while performing certain spiritual practices. This depression gives rise to anger. Anger is a weakness. You may lose even the positive results in store for you because of this anger. Aspirants

*First thoughts, second desires, third mind. Mind is nothing but a bundle of desires. Desires constitute the mind. If you want to make this cloth disappear, what should you do? Separate out the threads, then there will be no cloth. Similarly, if you remove the desires one after the other, there will be no mind. This in Vedanta is called Amanaska (a state devoid of mind). We ourselves create the mind out of desires.*



control your mind. Without understanding divinity, if you have mere imagination and plans, you will get only negative results. So, do not give scope to imagination. Make efforts to know the truth. Whatever is said to you, let it be imprinted on your heart and it should satisfy your conscience. That is true Sadhana (spiritual practice). What is

should have love. Anger, ego, jealousy, hatred are not Atmic feelings. The Atmic qualities are love and truth. Truth is God, Love is God. They are subtler than atom. Truth is more fundamental than atom. Love is more fundamental than atom. You can see the atom with the help of some instruments, but you cannot see love. Love





has no form, it has only name. That love should come out of your heart. Do not direct your anger towards God when you meet with failures in your spiritual practice. In spite of your failures, you should always love God. Even in the face of troubles, problems and difficulties, you should say: it is good for me, it is good for me, it is good for me. Always pray to God, "Whatever You tell, whatever You do, it is good for me". When you develop that spirit of equanimity, you will be at peace. We say, Santhi, Santhi, Santhi. In prayer, we repeat this word Santhi thrice. Why should we say it three times? Why not once, twice or four times? The purpose of repeating it three times is to pray for peace at the physical plane, the mental plane and the Atmic plane. We should have peace at all these three levels. If you have peace at physical level and no peace at the mental level, then what is the use? All the three are essential. You are not one person but three: the one you think you are – that is physical body, the one others think you are – that is mental body and the one you really are – that is the Atma.

### All Religions Teach Good Things

Vedanta also underscores the need for peace at three levels: Adhibhoutika, Adhidaivika and Adhyatmika. These are the three levels of man's evolution. Jesus first said, "I am the messenger of God". That means: my Master is separate and I am only a messenger. Then there is no connection between the Master and the messenger. He only brings the message. After more practice, he said, "I am the son of God". What does it mean? It means that relationship is established between the son and the Father. He practised further and realised the principle of unity. Then he said, "I and my Father are one".

Similarly, Zoroaster first said, "I am in the light". There is no freedom at this stage. This is equal to: "I am the messenger of God". He practised for some more time and said, "The light is in me". Then he had authority. After practising further, he declared, "I am the light". "I am in the light" is the first step, "the light is in me" is the second step. The third state of evolution is, "I am the light". In Bharatiya culture, these three stages of evolution of man are Dvaita, Visishtadvaita, Advaita (dualism, qualified non-dualism and non-dualism). All these three paths are similar in all religions.

*All religions impart only good teachings.  
One should understand this truth and  
act accordingly.*

*If Mati (mind) is good, how can any Mata  
(religion) be bad?*

*Listen! Oh valiant sons of Bharat.*

(Telugu Poem)

It is the mind that is bad, not religion. Differences lie in the mind of man, not in religions. *There is only one caste, the caste of humanity. There is only one religion, the religion of love. There is only one language, the language of the heart.* There is no better principle of unity than these three principles. The Vedas also propound the principle of togetherness.

*Saha Navavatu,  
Saha Nau Bhunaktu,  
Saha Veeryam Karavavahai,  
Tejaswinavadheetamastu,  
Ma Vidvishavahai.*

(Sanskrit Verse)

(May the Lord protect and nourish us!

May we grow in intelligence and valour working together! May we live in friendship without any conflict!)

How should we live? Let us grow together, let us move together, let us learn together,





let us develop intelligence together, let us attain noble goals together without any conflict, let us live in friendship. This is the true meaning of equality. This equality gives peace.

### Have Friendship with God

Without equality, there is only enmity, differences and duality. You say Santhi, Santhi, Santhi three times – you should say it softly. When there is enmity in the heart, the chanting of this Santhi Mantra is of no use. If you chant it harshly, then its chanting loses its effect. Words are not important, heart is important. Hence, perform all spiritual practices with purity of heart. The path of love is the noblest.

It may not be possible for you to do Japa (chanting of God's Name). You may not be able to make the mind steady in meditation. You may not know the path of yoga. But you can develop love in your heart. It is the path of love that is easy and shortcut. So, what you have to develop is love. When you develop love, you can merge in God who is the embodiment of love. You may have many qualities, emotions and habits, but once you merge in God, you become one with Him, losing your individual identity.

There are so many rivers with different names, forms and tastes. When once they merge in ocean, they will have the name, form and taste of the ocean. So long as you live as individuals, you have your identity as human beings. When once you merge in God with love, you will lose your separate form. You are also God. You are not separate from God. You and God are one. You should come up to that level. Many people give different interpretations of this path. That is all bookish knowledge. That is

not important. Develop practical knowledge. It is easy, divine, noble and royal path. Don't distract your mind by following this path and that path. Many teachers teach many paths. All of them are artificial. Art is outside, heart is inside. Follow your heart, never follow art. This will satisfy your conscience. Perform spiritual practice with love.

There is nothing in this world greater than love. Some persons are endowed with many qualities and they may accomplish anything with their qualities. Some others may be devoid of good qualities and may have bad qualities like anger and hatred. But there is no one in the world who is without love. Love is life. Live in love. Everyone is endowed with love.

You are directing your love in different directions. Unify your love and focus it only on God. Then you will experience true happiness. Wherefrom do you get happiness? Happiness lies in union with God. You get happiness by closeness. With whom should you be close? Not with classmates, not with friends. Real friend is only God. Modern friends come close to you as long as there is money in your pocket and your father has a high position. They say, hello, hello to you. When your pocket is empty and your father has retired, they will leave you without even saying goodbye. God is not like that. God is always with you, in you, above you, below you. He is your real friend. It is only God who will protect you in difficulties. Your relatives will follow you up to the burial ground. But God will always be with you. He will never forsake you. Have friendship with such a true friend. Then only your life as a human being will

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# CELEBRATIONS AT PRASANTHI NILAYAM

## MEETING OF OFFICE BEARERS OF SRI SATHYA SAI SEVA ORGANISATION, ANDHRA PRADESH AND TELANGANA



MEETING OF BHAJAN  
Mandali and Samithi Conveners,  
District Coordinators, Youth  
Coordinators, District Presidents and State  
Coordinators of Andhra Pradesh and  
Telangana was organised at Prasanthi



*Participants in Poornachandra Auditorium.*

Nilayam on 11th and 12th June 2016 by Sri Sathya Sai Seva Organisation of the two States in which more than 2,600 office bearers came to participate.

Proceedings on 11th June started with Veda chanting after lighting of the sacred lamp. In his welcome note, Sri S.G. Chalam, State President stated that the presence of almost all the conveners and coordinators of the States of Andhra Pradesh and Telangana in the meeting showcased the spirit of unity of the Sai Organisation. Explaining the objectives of the meeting, Sri Chalam said that the Sai Organisation should be expanded in view of

the forthcoming celebrations of Bhagavan's 95th and 100th Birthdays.

Sri Nimish Pandya, All India President of Sri Sathya Sai Seva Organisation, in his address, explained the purpose of Sri Sathya Sai Seva Organisation and exhorted the office bearers to develop unconditional love. Sri K. Chakravarthi, Trustee, Sri Sathya Sai Central Trust, said that it was the first time this vast gathering was seen from Sri Sathya Sai Seva Organisation of Andhra Pradesh and Telangana. He advised the members to be committed to Bhagavan's Mission and His love. Sri R.J. Rathnakar, Trustee, Sri Sathya Sai Central Trust, said that Bhagavan was always happy to see His children in His presence. He reminded the members to always connect to Puttaparthi as there was no need to look to other places. Sri Prasada Rao, Secretary, Sri Sathya Sai Central Trust informed the office bearers that the Central Trust was always ready to extend help in providing the facilities for the visiting members. Dr. Art Ong Jumsai from Thailand referred to Bhagavan's teachings and explained if one removed 'I' and 'want' from 'I want peace' one could attain peace. In the afternoon session, presentations were made on Sathya Sai Vidya Jyoti, Information Technology and Sadhana Camp.

On 12th June 2016, there was a talk by Sri H.J. Dora, Convener of Sathya Sai Trust, Andhra Pradesh and Telangana. This talk was followed by presentations on Bal Vikas, Spiritual Wing and Service Wing. The session ended with the distribution of clothes to the participants and Arati to Bhagavan.



## SUMMER COURSE IN INDIAN CULTURE AND SPIRITUALITY

Sri Sathya Sai Institute of Higher Learning organised its Annual Summer Course in Indian Culture and Spirituality at Prasanthi Nilayam from 17th to 19th June 2016 in which over 2,500 students, 200 teachers and 75 research scholars of all the four campuses of the university, as well as Sathya Sai Mirpuri College of Music, Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam (Class XI and Class XII) and Sri Sathya Sai Gurukulam English Medium School, Rajamahendravaram participated. The event serves as an induction programme to all students and teachers with the objective of exposing them to the rich cultural and spiritual heritage of Bharat. It orients students into Bhagavan Baba's educational philosophy and gives them deep, first-hand insights into how they can directly benefit from this unique institution. The central theme of this year's event was "Bhaja Govindam", the famous composition of Adi Sankara.

The proceedings of the Summer Course began with invocatory Veda Chanting at 8.30 a.m. on 17th June 2016 in Poornachandra Auditorium, followed by a welcome note by Prof. Madhu Kapani, Director, Anantapur Campus who reminded students that Bhagavan wanted them to practise the values and principles of Bharatiya culture to become the future leaders of Bharat who would bring about positive change in society. Prof. K.B.R. Varma, Vice Chancellor of the Institute then delivered the inaugural address. Summer Course, he said, was a unique opportunity for the students, specially new entrants, to get an insight into the true Indian culture. He urged the students to reflect on the past glory

of Bharat and develop noble thoughts which would lead them to have noble character and noble deeds in life. A brief video of Bhagavan's Divine Discourse was then broadcast in which He exhorted the students to traverse the path of truth, re-establish the glorious traditions of Bharat and become the messengers of peace. This was followed by a forthright talk by an Institute alumnus, Sri Gopal Rao, Managing Director, Landmark Worldwide – India Operations, who spoke on the topic "Self-confidence – the Foundation of Everything in Life". He stressed that man must nurture himself to be who he truly is. He said that the best definition of culture he got from Bhagavan was that culture was care and concern for others. The morning session ended with a lively quiz titled "A Rainbow of Sai Wisdom" in which students from the university and school took part. A Study Circle was held in the post-lunch session which focused on the lessons learnt from two Divine Discourses of Bhagavan, viz., "From Ignorance to Liberation" and "Seek the Company of Good People".

In the evening session held in Sai Kulwant Hall, three speakers addressed the gathering. The first speaker was Sri R. Shrikanth, a student of Brindavan Campus who deliberated on the topic "Lessons from the Ramayana". Explaining the 5 D's often highlighted by Bhagavan, Duty, Discipline, Devotion, Discrimination and Determination, he illustrated his talk by narrating relevant anecdotes from the epic. The second speaker Sri Sai Shyam Sunder, a student of Muddenahalli Campus, who spoke on "SAI – See Always Inside". Elaborating on the inner significance and potency of SAI, the speaker asserted the need to focus on the reservoir of true happiness within. The last speaker was Dr. Sanjay Mahalingam, a faculty





member of the Institute, who deliberated on the subject, “Sri Adi Sankaracharya: His Life and Ideals”. Speaking on the teachings of Adi Sankara, Dr. Mahalingam observed that man could experience bliss by opening his heart and connecting with God. After a brief session of Bhajans, the programme concluded with Arati at 6.30 p.m. In the Parayana Session held after dinner, invited speakers and senior teachers shared with all their divine experiences with Bhagavan.

The proceedings of the second day of the Summer Course started with a panel discussion on ‘Living with God is True Education’, in which teachers and scholars recollected their beautiful memories and lessons learnt at the Lotus Feet of Bhagavan when He blessed the drama – Bhaja Govindam – which was enacted ten times on different occasions. A presentation on “Bhaja Govindam” by the students of Muddenahalli, Anantapur and Brindavan Campuses, and Sri Sathya Sai Higher Secondary School then highlighted life lessons of this famous treatise of Adi Sankara, such as man is born to learn not to be born again, nothing lasts forever, realise your true inner reality and identity, and the only way to be desireless was to desire for God.

This was followed by a very illuminating and insightful talk on “Mind and its Mysteries” by Sri Jayendra Puri Mahaswamiji from Kailash Ashram Mahasamsthana, Bengaluru. The learned speaker told that worry arrested over 99% of the world and that most of the people were privy to some sort of fear. The only notion that did not have fear was the notion of Vairagya (detachment), he said. He concluded by saying that if man mastered the mind, he could change the whole world.



*Sri Jayendra Puri Mahaswamiji  
addressing the gathering.*

In the evening session held in Sai Kulwant Hall, subject-oriented speeches were made by two students. The first speaker was Prachi Bulbul from Anantapur Campus who spoke on “Insights from Srimad Bhagavatam”. Deliberating on the genesis of the epic, she said Bhakti led to Virakti that in turn led to Mukti. The second speaker Sri Debeet Auddy from Prasanthi Nilayam Campus spoke on “Love – The Basis of Indian Culture”. Delivering his speech with confidence and conviction, the speaker elaborated on how to evoke pure love for the Supreme Divine. A Bhajan-cum-devotional programme continued next, wherein the students presented a journey through the famous Indian pilgrim centres of the country, reiterating the message of Brotherhood of Man and Fatherhood of God as exemplified by Beloved Bhagavan. This was followed by a Bhajan medley of Sai Bhajans. Arati at 7.00 p.m. marked the end of the programme.

The proceedings of the final day of the Summer Course comprised a panel discussion on “Love All Serve All” and two presentations, namely, “Bhava Raga Tala

*continued on page 19...*



From our Archives

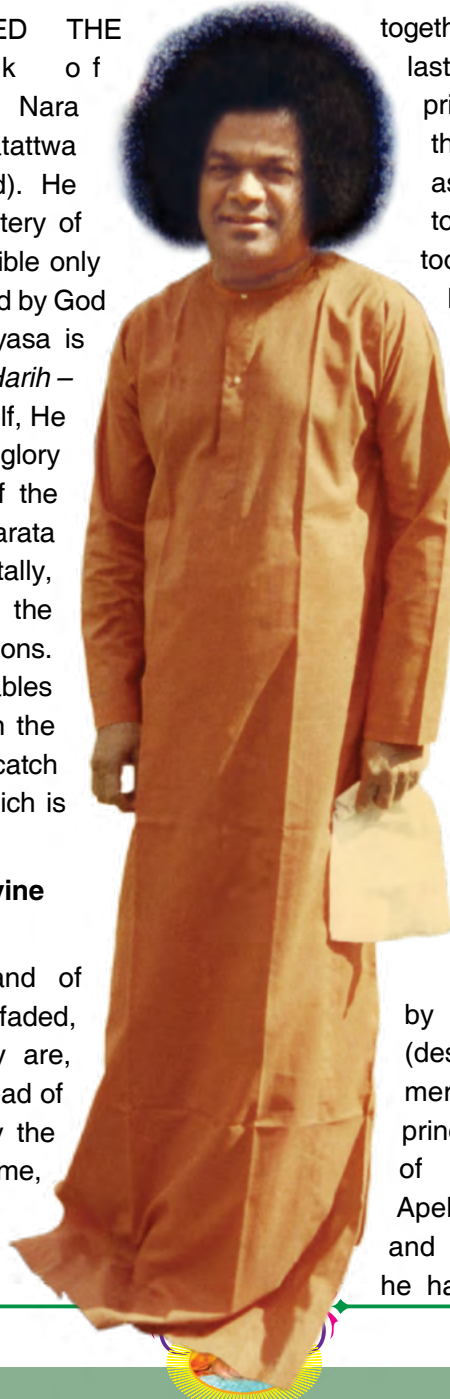
# PURIFY YOUR MIND TO RECOGNISE GOD

THE NECTAR OF PREMA FILLS THE UPANISHADS

**V**YASA FULFILLED THE great task of communicating to Nara (man) the Narayanatattwa (essential nature of God). He gave the key to the mystery of God to man. This is possible only for one who is born charged by God to do so; that is why, Vyasa is called, *Vyaso Narayano Harih* – Vyasa is Narayana Himself, He is Hari. He described the glory of the Lord by means of the Bhagavata, the Mahabharata and the Puranas. Incidentally, He elaborated also on the mystery of Divine incarnations. As the radio receiver enables us to catch the melody in the air, Vyasa enables us to catch the splendour of God, which is immanent everywhere.

## Take Shelter in the Divine Principle

Life is a long garland of blossoms, fair and faded, fragrant and futile. They are, so to say, the good and bad of life. Man recognises only the blossoms, happy over some, unhappy over most; he does not see the string on which they are bound



together, the Brahmasutra, the lasting fadeless Brahma-principle that gives stability to the short-lived flowers. Just as sparrows during a storm fly towards a warm shelter, man too must take shelter in the Divine Principle to escape from the storms of life. He will be welcomed by the Divine only when, as Jesus said, he becomes a child. Allow the children to come to me, he said. Children have no strong wishes to run after; they have no overpowering passion of hate or greed; so they are embodiments of peace.

## Without Prema in Heart, One Cannot Contact God

If you become a Daksha (skilled person) by means of Anapeksha (desirelessness), then you can merge in the Siva Tattwa (Siva principle), unlike the Daksha of Daksha Yajna who had Apeksha (craving for the fruits) and so, lost the Siva Tattwa he had become akin to. Prema

which is the essence of Bhakti is built on Anapeksha; if there is Apeksha, it becomes bargaining and not love unsullied by gross considerations.

You may become a master of all the texts Vyasa composed – the Mahabharata, the Bhagavata and the 18 Puranas, the Brahmasutras, etc., but, if you have no Prema welling up in your heart, you cannot hope to contact the Premaswarupa (Embodiment of Love), the Lord. Just as radio waves carry the sound of the programmes everywhere through ether, even the voices of hatred, envy, malice, scandal and faction foul the space around the world, as much as voices of love, compassion, sympathy, appreciation and admiration fill it with harmony. It is the duty of everyone to keep the atmosphere clean and healthy by means of good thoughts and good words. A person who does not possess this elementary equipment for liberation is like a wheel without a hub, whey without butter, the night sky without the moon, or a Grahini (housewife) without the Sindura (vermilion) mark.

To confer on man this Jnana of surrender, God in His infinite mercy comes down as man, or else, man will degrade himself to the level of beasts. Unless he learns to surrender his ego, in complete sincerity, with no reservations, to the Lord, he cannot realise Him, though He is resident in his own heart. The anguish that fills the penitent seeker will move the Lord to manifest Himself. In the ecstasy of that moment, man will experience: I am Thou, Thou art I.

### **Make the Mind an Instrument of Liberation**

Vyasa grouped the Vedas into four. The flower of the Vedic tree is Vedanta (the concluding essence) and its fruit is Ananda. To recognise that fruit, to crave for its taste and to discover the means of winning it, the mind has to be trained and disciplined.

The mind is an extrovert instrument; when it flees into the mesh of the outer world, do not accompany it, let it go alone. Watch it struggling and suffering. Do not attach yourselves to it. Then, it will surely come back, chastened and cleansed. This spiritual discipline will certainly control the mind and make it an instrument, not for bondage, but for liberation.

Vairagya (detachment), Bhakti (devotion) and Jnana (realisation of the Supreme Reality) – these three are represented by the Trishula (trident) of Siva. Develop Jnana through the stages of Vairagya and Bhakti, then, you can yourself be identified as Siva Swarupa (embodiment of Siva). The mind has to be melted out of shape in the fire of Jnana, in order to manifest Siva Tattwa (essential nature of Siva). That was what Ramakrishna accomplished at Dakshineswar. He transformed himself into a brilliant gem by intensive process of Sadhana. Raidas became immortal, for, he used to ply his awl while stitching chappals, repeating at every stitch the Name of Lord Krishna.

### **Man Must Merge his will with Divine Will**

Muscular power, mechanical power, political power, military power, scientific power – all are futile when compared with the power of grace. Do not ask God for futile gifts. Ask God to give you what He knows you most need. Leave the nature of the gift to Him; it may be good fortune or bad; it may be pain or joy; it may be dishonour or defeat. Leave it to Him; He knows best. Dedicate yourself to Him. That is the meaning of the Lord's injunction in the Gita: *Maamekam Saranam Vraja* (take refuge in Me). If you do that, He assures you that no harm shall approach you. *Maa Shuchah* – do not worry, He says.



This does not mean that God is anxious that mankind should fall at His Feet. Man should cleanse his mind; he must worship the Grand and the Glorious, the Supreme and the Universal; he must merge his will with the Divine Will, which is what is meant by surrender. That Universal Grandeur is Narayana; Vyasa revealed the Narayana Tattwa (Narayana principle) in all its glory through his Bhagavata and so the world must be ever grateful to him.

God is Premaswarupa; God is in every being; so, the fruit of every life is full of the sweetness of that Prema. Just as the bitter skin of the fruit covers the sweet juice within, so too the bitter skin of envy, egoism, hate, malice, greed, lust and pomp does not allow the sweetness to be patent to all. Every being is entitled to partake of that Prema, irrespective of nationality, colour, creed or status in society. When God and God's Prema are activating every atom, who dare say, 'stand out' to anyone?

The lights that Vyasa lit to reveal this great reality have become dim; no one is pouring oil into the lamp; all are interested in pursuing false ideals and fleeting pleasures. Vyasa taught Dharma in the Mahabharata, Bhakti in the Bhagavata, and Santhi and Prema in the 18 Puranas; he taught the principle of "knowledge, knower and known" in the Brahmasutra. He emphasised that harming others is the seed of sin and serving others, the seed of merit. That is the lesson of Prema, pure and simple. The person who has delved into his depths and discovered his inner reality is the embodiment of Santhi.

### **Troubles and Miseries are God's Gifts**

Prema is the Amritarasa (quintessence of nectar) which fills the Upanishads. When man realises the inefficiency of the senses,

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the mind and the intellect to grapple with the reality and know the inner core of his truth, then, he discovers he is the Atma which is Sathya, Dharma, Santhi and Prema. He realises that there is God who is the basis of all this superstructure, who has designed and contrived all this and he surrenders his ego to Him. "Let Your Will prevail," he proclaims and resigns himself fully to His plan. That moment is a supreme moment of joy, Ananda. Troubles, miseries, handicaps, grief and pain that were hitherto causes of distress suddenly take on a new and magnificent role: they are "His handiwork, His gifts, His grace". They are no longer unwelcome; they are as welcome as the successes, the pleasures, the happiness are. Both are His Will. When you go to a new place, you seek out a friend and hand over to him all the money you have for safe keeping; but, if you start suspecting him later, you will have no peace. Have faith in him; you are free; you have no worry. So, too, give all your desire-driven activities to God; have faith in Him and be unconcerned forever.

### **A Cleansed Mind Alone can Recognise God**

Prema is the spring that feeds the roots of all the virtues. You must have seen paddy

fields where the crop is drying, though the ground is wet and there is a thin sheet of water still under the plants. You must have seen also big trees, standing upon hard dry ground, but, decked with a rich crown of green foliage. Have you paused to find out the reason for this contrast? The roots of the paddy plants do not go deep; the roots of the trees go down unto the very springs of underground water which are perennial.

So, too, when the words that you utter, the thoughts that shape your desires and actions you perform – when all these draw sustenance from the roots that go deep into the inner springs of love, then you will be happy and fresh; you can give shelter

and shade to many a weary mortal. Japa (repetition of Lord's Name), Tapa (penance), Puja (worship) and Vratas (vow-keeping austerities) – all train and subdue the senses. They cleanse the mind so that God can be reflected therein. Just as the sugar that your eyes can see and your hands can put into water becomes so dissolved in it that neither eye nor hand can cognise it again, the senses and intelligence cannot cognise that immanent God; Chitta Shuddhi (cleansing of mind) alone can recognise God, just as the tongue alone can recognise the sugar that has dissolved in the water.

– **Excerpted from Bhagavan's Guru Purnima Discourses.**

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become worthwhile. When you have such a friend, you will never fall short of anything. Troubles and difficulties will never come near you. You will always be blissful. *Nityanandam, Parama Sukhadam, Kevalam Jnanamurtim, Dwandwateetam, Gagana Sadrisham, Tattwamasyadi Lakshyam, Ekam, Nityam, Vimalam, Achalam, Sarvadhee Sakshibhutam, Bhavateetam, Trigunarahitam* (God is the embodiment of eternal bliss, wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the Mahavakya Tattwamasi, one without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three attributes of Sattwa, Rajas and Tamas). Friendship with God will give you pure bliss.

When you have that bliss, you will attain everything in this world. If you have an army, you can be a king of a kingdom. But if you conquer your senses, you will be the

the king of kings; you will be the emperor of the world. Therefore, you should control your senses. Offer all your senses to God and do all actions to please God, saying, "I offer it back to You, all that You have given me". You enter the Ganga, collect water in your palms and offer it to Ganga while chanting the Mantras: Keshavaya Namah, Narayanaya Namah. You offer back to inner Ganga what she has given to you. It is not your property. What is your property? Your heart is your property. You offer to God what is your own property. If you offer someone else's, it would amount to cheating. You should offer what is your own. You have right only on your heart. Offer it to God and offer it with love. Then you will have total fulfilment. Do not make your life and time unsacred by going into unsacred path. Time is God. Don't waste time. Time waste is life waste. Lead your life with love.

– **Bhagavan's Discourse in Sai Sruthi, Kodaikanal on 7th April 1993.**

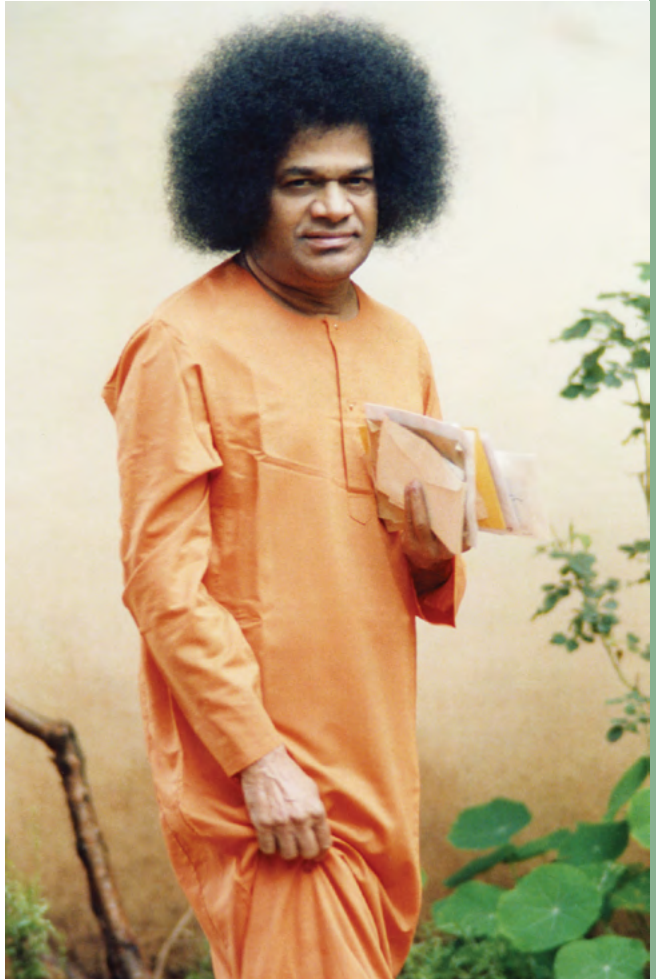


## *Effulgence of Divine Glory*

# LIMITLESS COMPASSION OF BABA

**T**HE SEPTEMBER Examinations conducted by the Mysore University, of which my College was a limb, were on. And, at Puttaparthi, it was Dasara! As the Head of the College, I had to conduct the examinations, open the sealed packets of question papers, and distribute them to the examinees, arrange for invigilators, pack the answer sheets, and send them to the examiners. As a devotee, I longed to attend the Dasara festival at least during the last three days, with my wife and mother. Luckily, those three days were holidays for my college and all colleges. Therefore, I telegraphed my wife to be at the Bangalore (now Bengaluru) Railway Station the next day evening and await there my arrival from Davangere. We could together proceed to Puttaparthi by train, from Bengaluru. The plan was spick and span until that blunderous morning.

The examinees had taken their seats. The sealed packets were ready before me. I took out the question papers and went into the first hall. I handed over a paper each to about 25 students. All of a sudden, there arose a hue and cry. The twenty-five stood up in protest. The question papers had no relation to the subject, on which they were to be tested that morning! They were on the History of India, but the Time Table had instructed them to be ready for a test on the History of Great Britain!



They were right. I was wrong. I plucked the papers from their hands; ran back to the office; opened the iron safe; took out the correct packet; with palpitating fingers, I opened the seals. I distributed the correct question papers and sat moodily in my office chair, contemplating the damage. I rose and closed the door. I faced the portrait of Baba and wept.





What is this that has come over me? Why, oh why had He permitted me to blunder so? The History of India Test was six days away! Now, the Board of Examiners on History had to meet, discuss and decide on a new question paper. The new one has to be printed and despatched to about fifteen centres, where examinees await the test! A well-nigh impossible task to accomplish in six days. Those who do not like me, those whom I have displeased, those who have no sympathy for me will all gang up now. The examinees, about four hundred, should be asked to come to the Centres after at least a fortnight. This would certainly arouse a wave of anger, for it would involve heavy expenses for each student and great inconvenience for all concerned. I told Baba so, even while weeping. I sent a telegram to my wife that I have to go to Mysore (now Mysuru) on urgent business and that she could go with mother to Puttaparthi from Bengaluru, as planned. I would reach the place only later.

I boarded the night train to Mysuru and landed there at 7 a.m. I went straight to the Registrar, a dear friend. He assuaged my fears a great deal. He told me that two other members of the Board of Examiners for History were available at Mysuru and could be contacted; he telephoned the Government Press and they said they could print and deliver by night, if the question paper was handed over by 2 p.m.. at the latest, and he found on enquiry that the one Post Office holiday for Dasara was only two days later. He wanted me to wait at the Vice Chancellor's House, at about 10.30, for he was attending a historic meeting at the Crawford Hall, where the Chief Minister, Sri Hanumanthaiya was launching a revolutionary school syllabus

and an amazing administrative shake-up. He suggested that I could well attend that function as the Head of my College and then, move on to receive the inevitable 'reproofs' and 'denunciations' from the Grand Mogul. His house is quite near, I knew.

So, I took my seat inside Crawford Hall right under the nose, which was destined in a few hours to sniff at my stupidity. Many congratulated me on my keenness to be present at the launching of an educational project that would affect millions, a keenness that had brought me all through the night from Davangere to Mysuru! I gave each of them a broad, but bland, counterfeit smile.

The function started with a bang. The Chief Minister was ushered into the Hall by a flare of trumpets and drums. When he rose to speak, the hall was hushed into thick silence. His first words were in English. At this, the students at the back of the Hall, thronging the doors and perching on the windows, shouted, "Kannada Zindabad," "Angreji (meaning English) Murdabad," "Kannada Mata Ki Jai". The chorus of curse calls was deafening. The Chief Minister resumed his seat. The Police sensed that they were expected to deal with the situation. Lathis rained on the young men, outside and inside the Hall. They hit all, who tried to avoid the blows. The Chief Minister aimed a few, sharp adjectives on the Vice Chancellor, sitting next to him. I saw his crest falling. I recognised that tear gas was being used against the people to disperse them, so that we could reach home safe.

When at last I managed to creep through the gas, I hurried to the Vice Chancellor's house and took my position on the verandah, so that when he came in, he would not miss me. The Registrar was already inside the house, ready to intervene when wanted.

The Vice Chancellor could be seen limping in, brooding over the calamitous events and the choice vituperations he got, when the students of his colleges turned into fanatic fighters for their silenced mother tongue. His eyes were as red as mine with the fumes of tear gas. "What is the news?" he asked me coldly, when he plopped into the chair opposite. "I have got into some trouble," I replied. "With the students?" he asked, his voice shivery as he spoke. "No, Sir! This time, it is my own, caused by me only," I said. That relieved him. He rose and extended his hand for a shake. "I am glad," he said. "During all these years, you have kept Davangere students quiet. Look at the shambles here, this morning!" he wailed, lighting a cigar. I told him the blunder I had perpetrated and the urgent need to set matters right. He rose again. "Don't worry, Kasturi! Such mistakes do happen even in the best regulated institutions. As long as you keep your students under your thumb, I am prepared to overlook any error you fall into." Then, he called the Registrar in.

I retired into a room to draft a question paper on the History of India. Within an hour, two other members of the Board arrived and affixed their signatures in approval. It was sent to the Government Press at 12 noon. One of the members, a lady, who had studied Indian History under me, volunteered to correct the proof. The Post Office confirmed that the packets would reach the Centres in time. The Vice Chancellor gave me a thumping whack on

the back, "Carry on Kasturi, as happy as hitherto. Don't lose your sense of humour. The heavens have not fallen. The students are quiet. Everything is okay. You can go now to your Puttaparthi". I left at 3 p.m. and arrived at the Railway Station, where my wife and mother were waiting to see me alighting the Davangere train. They had not received my telegram, though I had sent it 'urgent', paying extra cost. Baba had not disturbed our schedule.

Baba called me into His room, at the last minute of my stay. I pleaded with Him, "Swami! I do not want to continue as the Head of the College. It is too much of a..." Swami cut in with, "What did happen, really? I know how you opened one packet, instead of another. You wept before Me. And, that in the office room! Well, your boss sent you with a pat on your back, don't I know? This is not the first time you have blundered. I am always with you. Go on stumbling! I will follow, saving you from the hurt".

I came away, aghast at the limitless compassion of Baba. His awareness of every act of commission or omission of those, whom He loves. I dare not add, "And of those, who love Him". For, how can I declare, 'I love Him' with my hand upon my heart? I fear Him, I am fascinated by Him, I adore Him, I long to hear Him speak consolingly to me and others. But, I do not know whether I love Him as He loves me.

– Excerpted from "Loving God" by Prof. N. Kasturi.

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– An Appreciation of Indian Classical Music" by Sathya Sai Mirpuri College of Music and "Bhaja Govindam" by the

students of Sri Sathya Sai Gurukulam, Rajamahendravaram, Sri Sathya Sai Higher Secondary School and Prasanthi Nilayam Campus.

# SWAMI IN MY LIFE

## *Journey with Sai*

P. Jagannath Prasad Rao

*Every word in the story of my life is written by Him. I don't have any regrets for not getting the opportunity to be physically near Him because I feel, whatever He has given me in my life is more than I deserve. Every incident in my life is a miracle for me because when I imagine the consequences, if it had happened otherwise, I realise how merciful He was to take care of me at every step.*

**M**Y JOURNEY WITH SAI IS A journey from sixteen to sixty. Of course, in a sense this journey had started much earlier, even when I was not aware of His physical presence, and would continue hereafter, when He is physically no more in our midst.

### **Our Faith in Swami Takes Deep Roots**

I was only sixteen when I first heard the name of Bhagavan Sri Sathya Sai Baba. It was the summer of 1966 and I had just appeared in my Matriculation examination. After my examination was over, I went to see my maternal uncles residing in West Godavari district of Andhra Pradesh. In all the places I visited, I saw the picture of a saintly person, in His early forties, short in height, wearing a long gown. The most conspicuous part of His features was His huge mop of hair. My curiosity led me to ask who He was and I was told He was Bhagavan Sri Sathya Sai Baba, whom His followers

worshipped as Avatar of Kali Yuga. I also heard from them much about His miraculous powers. I was too young at that age to pass any judgment on the subject and hence did not go beyond listening to what His admirers said.

After my return to Berhampur (now Brahmapur), I was told by my father that he had gone to the house of one local advocate on a couple of Thursdays to attend Sai Bhajans and the melodious tunes of those Bhajans had deeply touched his heart. I too attended the Bhajan on the next

Thursday and was greatly impressed. My father, himself a good singer, purchased a Bhajan book and started singing Bhajans at home.

Just at that time, an article appeared in "The Illustrated Weekly of India" on Bhagavan Sri Sathya Sai Baba, which gave an unbiased account of Bhagavan's life, teachings and His much talked about miracles. After going through the article, my father's curiosity further increased. From that very article he traced the address of Bhagavan's Ashram and wrote to the Editor, Sanathana Sarathi to send him all the books so far published in English on Baba. I was silently watching how faith in Bhagavan was slowly taking roots in my father's heart. Because of our admiration and respect for father, every one of us in the family had the firm belief that he would never err in his judgment and therefore our faith in Swami also grew along with his.

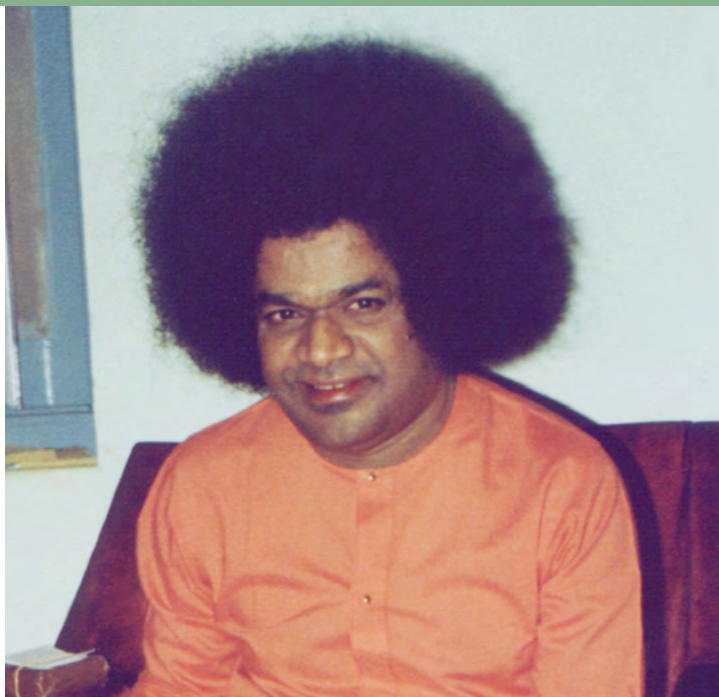




## Unseen Hand of Swami's Protection

Singing Sai Bhajans and reading Sai books became a healthy avocation for my father, who was till then constantly brooding over his ill health. His faith in Bhagavan was not just confined to His life and teachings, but more than anything else, he had a strong belief in the miraculous powers of Swami's Vibhuti, which he considered as the only safe and sure antidote for all the odds of life. Very soon, Vibhuti became the most precious item in our household and all of us made it a habit to apply it to our foreheads and put a pinch of it in our mouths, believing that it would protect us from all sorts of calamities.

I have a firm belief that at every stage in my life and behind every step I took in life, it was Swami's unseen hand that had guided me all along. I had my ups and downs, my moments of success and failure, but all that He gave me in my life was for my good only. He saved my eldest son from a serious road accident, He protected me and my family from imminent disasters and He granted my son the good fortune to do his MBA from Sri Sathya Sai Institute of Higher Learning. Every word in the story of my life is written by Him. I don't have any regrets for not getting the opportunity to be physically near Him because I feel, whatever He has given me in my life is more than I deserve. Every incident in my life is a miracle for me because when I imagine the consequences, if it had happened otherwise, I realise how merciful He was to take care of me at every step.



This is the story of my baptism to Sai fold. It is my parents who planted in me the seeds of faith in Bhagavan. It was the Sai inside me who had a greater impact on my life than the Sai outside me. He was my only friend, philosopher and guide. He taught me the alphabets of spirituality, made me translate his teachings into practice, developed in me the urge to live up to His ideals and gave me the opportunity to serve His Organisation. Be it Malda in West Bengal or Guwahati in Assam, Swami had been my constant companion, guiding me at every step. Deep within my heart, I had a feeling that it was He who was shaping my life, protecting me like the eyelids protect the eyes. With Him, life was an exhilarating experience, without Him it would have been a big void.

### Abrupt End of the Dream

At the age of sixty, when I retired from service in the year 2010, I had no post retirement plans, as I had left it to Swami's

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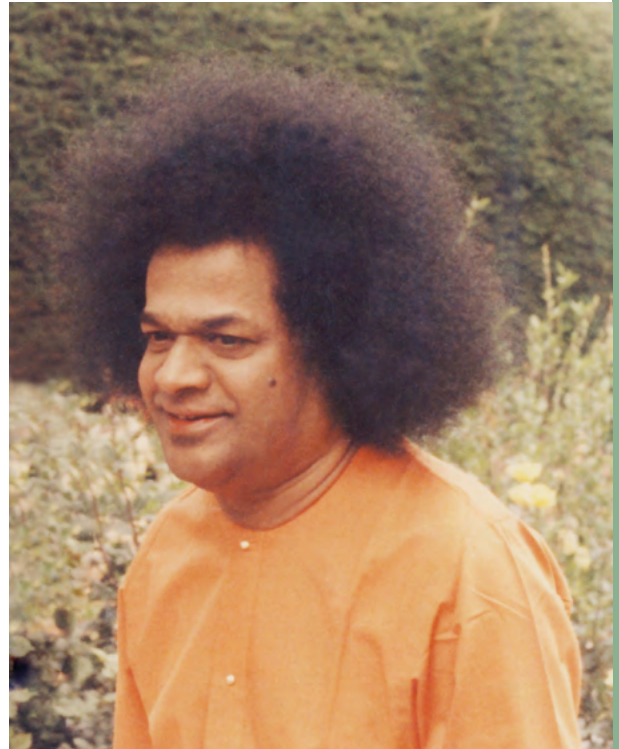
# What Swami Means to me

V. Janaki Ram Pai

What have I gained being a devotee of Swami all these years? The answer is myself. He has shown me the real worth of this material life, which is only a medium through which one can achieve awareness of the existence of Divinity. All these temptations, be they for money, power or position, needless to say, land us in all sorts of problems.

**I**T WOULD NOT BE JUST IF I SAY that I was born in a religious family. Though my parents were God-fearing, they did not believe in rituals, nor did they insist on regular visits to temples. However, being Hindus, we were all taught to respect all religions. From childhood itself, thanks to my elder sister's guidance and unstinted persuasion, my mind was directed towards leading a pious, disciplined and humble life. This could be the reason, why I found it easier to accept Bhagavan Sri Sathya Sai Baba as a divine power at that crucial age of 20 years.

Around this time, I sort of became a schizophrenic, drawn into a cocoon of forlornness, guilt and sorrow, for no reason whatsoever. Life became a continuous chain of depressing thoughts and pessimistic attitude. Nights became nightmares. Very often I would be woken up by negative thoughts, when I used to cry out in sheer agony, not knowing what to do. I had a feeling that I was the greatest sinner, doomed to perish in the worst of hells!



## The Most Blessed Day of my Life

At this point of time, my aunt who is a Sai Baba devotee, totally unaware of my mental condition, casually mentioned about Swami and Prasanthi Nilayam. I was told that



Swami had cured many a patient by His sheer Will and that He, just as Jesus Christ, had performed unbelievable miracles! This could be my chance and shortly, by His grace, we got an opportunity to visit Puttaparthi. We could see a number of devotees from all walks of life – poor, rich, high and low, illiterate and educated, all waiting for His call without even a murmur. And only a selected few were called for His personal interview. Undoubtedly, it was highly unlikely that He would pick me up for the interview. The agony of this awareness was unbearable. So, I wept like a small child totally helpless and lost.

That day, in February 1971, was the most blessed one in my life. Yes, on that day I realised how fortunate and blessed I was! “No one can come to Me, however accidental it might seem without My calling.” How true are these words of Swami! In the immediate presence of the Divine, the mind stood still, all disturbing thoughts and silly bickerings that had been tormenting me all along, just vanished. My personal problems were nothing in Bhagavan’s presence. I was weeping like a small child, tears rolling down my cheeks (those moments bring tears even today). Scarcely did I know what to do. Then Bhagavan materialised Vibhuti and applied it on my forehead. He asked me, “Chant Paramatma’s Name regularly. Only constant dwelling on the Name of the Lord gives that unshakable peace, unaffected by the ups and downs of life”.

Then the Lord – Karunasagara, Deenadayala (ocean of compassion, refuge of the destitute) took me in His arms while my head rested on Mother Sai’s most compassionate Heart! My feelings at that moment – I do not recollect now. Swami kept

me like that for some time. After releasing me, He gave me ample Vibhuti packets for distribution. Thereafter, He retired to the adjoining room.

### **No Limitations of Time and Space**

Once, when we were all waiting for Swami’s Darshan at an evening Bhajan session, He slowly came out of His room and walked along the ladies side. Sri Raja Reddy was singing “Hey Brahma Hey Vishnu”. Swami stood there. “Mahashakti Siva Sai Sankara” the singer’s mellifluous voice mixed with Bhagavan’s Presence moved us to tears of awareness of the Supreme Being among us. I lost my control and wept copiously. At that moment, the most compassionate Lord seemed to walk towards me, I could see Him through my wet eyes. He stood there and with His soft fingers pressed on my shoulder reassuring me to be calm and peaceful. Why fear when He is everywhere? Suddenly, I stopped crying and continued the Bhajan. Strangely, as my family members would tell me later, Bhagavan never came to the gents side that evening! I had heard that Swami could appear at different spots at the same time; never did I dream I would be a witness to this supernatural phenomenon.

### **Problems are Great Teachers**

During my next visit to Puttaparthi, I prayed Swami not to let me forget Him at any cost, which He has granted me till this moment. Life has never been easy. After graduation, at the bidding of Swami, I opted for an entirely new study course which took more than nine years instead of the normal four to five years. Interestingly, a miracle occurred at the end of my professional examination. When the results were out I was, as usual, declared failed. Having





lost, there was little chance of passing on a re-evaluation, which I had not applied for. Amazingly, the professional body, to which I belong, sent me a revised marks list (without any initiative from my side) declaring me passed! I could not believe this. After hammering me all these years, was it necessary to declare me passed in this strange manner? The question arises why Swami kept mum all along these years? At that time I could not get an answer, but today, I realise that through these trials and tribulations, I have come through mentally stronger, and at the same time humble and gentle. Another aspect to this is that however we may wish, He would not wipe off the results of our own Karma. How true! He cannot break the very laws He Himself has made for the entire universe.

What have I gained being a devotee of Swami all these years? The answer is

myself. He has shown me the 'real worth' of this material life, which is only a medium through which one can achieve awareness of the existence of Divinity. All these temptations, be they for money, power or position, needless to say, land us in all sorts of problems. However, being born as a human being, one has to pass through all these natural situations. It is here, I would say, Bhagavan has blessed me, and not in accumulation of wealth or attainment of power. There are times when one feels totally lost, and it is at this juncture that Bhagavan tells one to be careful about these powerful negative thoughts. With His blessings, any number of problems can easily be solved, about which one need not worry. One should have faith in oneself and leave the rest to Him!

**– The author is an old-time devotee of Bhagavan from Kochi, Kerala.**

*...continued from page 21*

Divine Will to decide what course my life would take in future. When Swami put the mantle of the Odisha Organisation on my shoulders in December 2010, I was for a moment excited over my prospects of enjoying the Divine proximity, for which I longed so much. But God willed otherwise. On 15th February 2011, when Swami blessed me along with the Seva Dal workers from my State, He stroked my head with the rose bud that I had offered Him. When I prayed to Him to bless my State with His Divine visit, He was in tears and perhaps was saying, "Yes, Bangaru! This is one unfulfilled promise of Mine, which I would very much love to fulfil, as Odisha is the State most dear to my heart, but..." At that point of time my little mind could not fathom the meaning of that 'but'. It was my first close

contact with the Almighty. I felt my lifelong dream was instantly realised. But never for a moment I could think that it would be the last. For me it was a short, sweet dream coming to an abrupt end.

Yes, the events of 24th April 2011 were heart breaking but the Sai in me soon made me realise that He continues to remain my constant companion as before and will continue to guide me at every step in the remainder of my journey. I wish my fellow travellers from the State also to explore the thrill of experiencing Swami from within and together we make our journey with Sai an unforgettable adventure.

**– The author is the State President of Sri Sathya Sai Seva Organisation of Odisha.**



# JOURNEY FROM I TO WE

Parvati Prakash

**S**WAMI, the Divine Gardener, years ago took on the task of cultivating a beautiful garden. He gently cared for all the saplings, nourished and nurtured them and with pride and delight watched them grow. Swami created a fresh and fragrant nursery... He called it Sri Sathya Sai Bal Vikas!



I was still only a toddler when I walked into my first Bal Vikas class. These classes then became the high point of my weekends. The classes were so enjoyable...full of captivating stories, melodious Bhajans and exciting games at the end of each class. To embrace Sathya, Dharma, Santhi, Prema and Ahimsa came but naturally to us. Even without realising it, we were being engulfed by the profound knowledge that lay in the painstakingly prepared Bal Vikas texts and the virtues they were meant to impart. We were being taken on the Path Divine!!!

Bal Vikas children had the excellent opportunity to participate in dance dramas and other programmes held in Swami's

Divine Presence. One such opportunity was when I got to play the role of young Savitri in a play my grandmother most lovingly prepared for her dearest Swami titled 'Sathyavan Savitri'. At the commencement of the programme, my friend and I offered a red rose to our Beloved Bhagavan. Swami accepted it in His infinite kindness, patted our cheeks, asked our names and at the end of the play posed for a photo with our whole group, my little palm in His divine soft palm! I was His forever!

Under the able guidance and tender care of my loving Guru, I grew up. Service-oriented feelings were cultivated in our young hearts which in today's world are of such great importance. The saplings under Swami's guidance grew strong and virtuous,



never vying with each other, never envious, always eager to celebrate the joy of the other. Differences of caste, creed, religion were all thrown to the winds.

Bal Vikas has thus been such a beautiful journey from 'I to We' and for this I lay my

gratitude at the feet of my dear Guru and at the Divine Holy Feet of the Guru of all Gurus...Swami!

– From “**Sri Sathya Sai Bal Vikas: The Path Divine**”.

## Valuable Maxims

Given below are three valuable maxims of Bhagavan. Contemplate on them and search the following words in the given word maze:

*Forms myself, yourselves, separated, service, man, discovery, leads, God, character, precious, education, gift, most.*

1. You are My forms all. When I love you, I love Myself; when you love yourselves, you love Me. I have separated Myself from Myself so that I may love Myself.
2. Service to man leads to discovery of man as God.
3. Character is the most precious gift of education.

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

## Swami's Tips to Students

Students should not be obsessed with earning Dhana (money). They must be keen on acquiring Gunas (good qualities). Education without ethics is no education at all. Education must teach man to be sincere in thought, word and deed as the mark of humanness. The state of Indian education is such that it breeds all sorts of bad tendencies in the students. It encourages deception and dishonesty.

Education should result in the purification of the heart. Students need not be overanxious to score high marks. It is more important to cultivate a good heart. Revere your parents. Promote social improvement. Cooperate with your fellowmen. These are the things you should learn.





# Correct yourself Before you Correct Others

Chinna Katha

**I**N THE COURSE OF HIS TRAVELS to impart his teachings to people, Gautam Buddha once reached a village. He was in the prime of his youth and his face was radiant with divine glow. The people of the village started conversing with each other, saying, "Though he is a handsome young man and looks like a prince, yet he has become a renunciant". One of the women came before Buddha and asked, "You are a young man and look like a prince with a shining face. What for have you become a renunciant at this young age"? Buddha replied, "Mother! I have become a renunciant to know the cause of man's old age, disease and death. Why

my such a healthy body ultimately meet death? To know these three secrets, I have taken to the path of renunciation".

The woman then said to Buddha, "Swami! You are a great man who has dedicated his life in the search of truth. Please come to my house tomorrow and take food there". Soon this news spread in the whole village. People of the village came to Buddha one after the other and said, "Swami! You do not know; she is a bad woman. It is not honourable for you go to the house of this woman and take your food there. Nor does it bring any honour to our village". Everybody complained against her.



*"I have become a renunciant to know the cause of man's old age, disease and death," said Buddha.*

should my beautiful form decay in old age? Why should this handsome and lustrous body become diseased? And why should



*"As you cannot clap with one hand, similarly it is not possible for this woman alone to be bad" explained Buddha to the village headman.*

Buddha smilingly listened to all this with his eyes closed. Then he asked, "Oh people

*continued on page 32...*

# NEWS FROM SAI CENTRES

## GREECE

*D*UE TO THE CONFLICTS IN THE Middle East and Afghanistan over the past two years, European countries have experienced a major influx of refugees and immigrants. An estimated one to two million people have passed through Greece and Italy, seeking asylum in Europe. During 2015–2016, about 6,000 refugees arrived at Greece's borders monthly, to join about 50,000 people living in temporary camps at



*Assistance to refugees from Middle East and Afghanistan.*

45 locations around Greece's mainland and islands. Notwithstanding their own domestic problems, the Greeks accepted the refugees with love and compassion. Since the summer of 2015, the SSIO has distributed food and essential items at several refugee camps across the country. For example, in Victoria Square at the centre of Athens, SSIO members provided six tents sheltering four to ten persons each, four sleeping bags, thirty pairs of shoes, about 15 kg of dry food, toiletries, knapsacks, forty miniature toy cars for children. The SSIO has also established

a shelter for mothers and refugee girls, and two additional facilities for boys aged 13 and older. A paediatrician, assisted by volunteers, offers medical assistance at these shelters.

Since early April 2016, the SSIO of Greece has concentrated its efforts at a refugee camp in Piraeus Harbour known as Gate 7, where refugees are housed in tents. Sathya Sai volunteers regularly provide water, clothing, shoes, personal hygiene kits and other items to the camp residents. A team of seven Sathya Sai youth along with two others visit the camp on weekends to help prepare about 2,000 meals daily. They also assist with multilingual interpretation and help unload trucks of food for storage in warehouses at the port. The SSIO of Greece has established a website to provide weekly updates. Sathya Sai volunteers collect shoes, blankets, and medicines regularly for further distribution.

## ITALY

In observance of Sathya Sai Aradhana Mahotsava, 30 volunteers from various Sathya Sai Centres and Groups in the Emilia Romagna-Marche-Toscana regions offered hot meals on 24th April 2016 to more than 120 needy people. Lunch and dinner were



*Grama Seva in Italy.*

both served at a soup kitchen in Faenza, in the province of Ravenna, Emilia Romagna, where Sathya Sai volunteers have been serving hot meals for more than 17 years. Additionally, 150 double packets of food and 108 hygiene kits were distributed to families selected by the local government agency for social services, and 25 extra packets of food were distributed to large families. The Mayor of Faenza personally called the President of the local Sathya Sai Centre to thank them for the selfless service.

The Institutes of Sathya Sai Education (ISSEs) of South Europe and North Europe jointly hosted a second European Managers Conference on the weekend of 9th-10th April 2016. Despite ongoing strikes in Greece and Italy, 35 business managers and interested parties from Greece, Italy, Norway, Holland, Germany, Switzerland, Croatia and South Africa came together at Mother Sai, a conference centre of the SSIO of Italy, in Milan. They were joined by a government representative from Rome and the Mayor of Varallo Pombia, a municipality in the province of Novara. The conference, themed "Managing Change and Growth through Human Values and Spiritual Leadership," included lectures and workshops on three main topics: (1) creating awareness of the need for values-based management, (2) sharing experiences of implementation of values-based management, and (3) establishing a platform for management based on spirituality. Three business leaders, Manfred Müller-Gransee from Germany, Markos Lyras from the U.K. and Thomas Rohland from Holland, presented their experiences in implementing management systems in their own companies, built upon the five human values of truth, right conduct, peace, love and non-violence.

They were joined by George Bebedelis and Vassiliki Stephanides from Greece, trainers from the ISSE South Europe, who spoke at great length on the importance of truth and right conduct in business practices. In the workshops that followed, participants shared ideas and offered new insights into how human values and spiritual leadership can become focal points for managing commercial enterprises. Panel discussions were held to take these ideas forward by creating a vision for fostering economic growth based on human values. Conference participants were inspired by the ideas for creating sustainable economic growth and gratefully acknowledged the dedicated service of the Sathya Sai volunteers who organised the conference.

### LAOS

Sathya Sai volunteers organised medical camps and village improvement projects in three villages in the remote district of Dakchung from 8th to 10th April 2016. A team of six doctors, three dentists, two pharmacists and five volunteers from Laos, Malaysia, Singapore and India worked tirelessly to conduct 800 medical examinations, 300 dental procedures, and distribution of medicines. As part of poverty eradication programme, 150 toilets were built to provide better facilities for the villagers. At each village, volunteers gave public talks to promote greater awareness of hygiene to reduce the risk of illnesses and water-borne diseases. In recognition of services rendered, the Governor of Dakchung awarded a citation to the SSIO of Laos for outstanding social work.

### SPAIN

On 16th February 2016, more than 60 people attended a public meeting in



Madrid, titled “Sathya Sai Baba and His Message of Universal Love”, organised by the SSIO of Spain. The event was held in response to an invitation from the Federation for World Peace of Madrid, as part of a series of conferences on notable world figures for spirituality and education. The public meeting included an address by the National Council President of Spain, who described Sathya Sai’s teachings and mission through His personal life story, followed by a question and answer session. The participants viewed a film on the teachings of Bhagavan Baba and discussed spiritual topics including the meaning of life, universal love, selfless service, human values, unity of faiths and the importance of developing good character.

### RUSSIA AND ADJOINING COUNTRIES

Twice a year, SSIO members from Russia, Ukraine, Belarus, Moldova, Kyrgyzstan, Kazakhstan and Azerbaijan serve food to the underprivileged, in a joint effort, on the same day. On 12th March this year, 327 Sathya Sai devotees came together to prepare food with loving care, and served over 1,300 people in 63 cities in Russia and adjoining countries. SSIO members from 38 Centres and 42 Groups, including 26 youth participated in this massive project. A few needy people also brought containers to take food back to their children, the sick and the elderly, at home. In addition to hot meals, medicinal ointments, hydrogen peroxide, bandages, as well as soap and socks were distributed. The volunteers also conversed with the needy recipients lovingly and kindly, warming their hearts. In several cities, Sathya Sai volunteers fed the animals

and the birds. It was touching to see how the cats, dogs and birds greeted the volunteers lovingly in their own way, reacting with pleasure at their kindness.

### CANADA

On 10th and 17th October, and 19th and 26th December 2015, Sathya Sai Youth prepared and served meals to indigent people at the Toronto Council Fire Native Community Centre in downtown Toronto. Each week, this service is generally conducted by Sathya Sai Centres of the region for needy people of all ethnicities, nationalities, faiths and creeds.

### –Sathya Sai International Organisation

### BHARAT

**Gujarat:** A Zonal Youth Conference (South Gujarat) was organised by Sri Sathya Sai Seva Organisation, Gujarat at Bilimora, Navsari district on 17th April 2016, in which nearly 700 youth and devotees came to participate. The theme of the Conference was “Youth for Social Transformation”.

In his introductory talk, Sri Manohar Trikannad provided the purpose of the Youth Conference in a lucid manner. Addressing



*A section of the participants in the Zonal Youth Conference (South Gujarat).*

the participants after this, Dr. Deepak Anand, Assistant Professor, Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam stated that Swami started SSSO for devotees to experience His Divinity. He said that in 1999, Swami asked the students to go to the Sai Organisation and serve. He exhorted the devotees to follow the Message and teachings of Swami and achieve ultimate bliss.

State Youth Coordinator (Ladies) Dr. Shilpa S. Popat thereafter presented Sri Sathya Sai Vidya Jyoti – National Youth Project to the gathered audience. The purpose of this presentation was to make the audience aware about the project to adopt schools and start the work in the Divine Mission.

After lunch, a Quiz on Swami's Life, Message, Mission and Work was organised for participants by Joint Youth Coordinator, Sri Rajiv Gosai. In the end, a Question and Answer session was held, in which Dr. Deepak Anand answered the questions of the participants, citing various events from Swami's life and also from the Ramayana and the Mahabharata. The conference concluded with State Vice President, Sri Hemantbhai Patel pointing out important learnings of the conference and the way forward for the youth of the region on the path of social transformation.

A blood donation camp was held as part of this conference, wherein 25 bottles of blood was collected. In the Narayana Seva that was organised on this occasion, 38 youth distributed packets of cooked food to 60 needy families in village Bhaat, adopted by the Sai Organisation of Gujarat for all-round development.

**Jammu and Kashmir:** A Team of Sri Sathya Sai Seva Organisation visited Srinagar in Jammu and Kashmir to expand Seva activities in the State. It was received with warmth of love by the Pilot Team from Punjab and by the members of Spring Buds Educational Trust, which has been working together in the service activities undertaken by the Sai Organisation. The team visited the educational institutions of Spring Buds Educational Trust and witnessed a PowerPoint presentation made by them about various service activities undertaken by them in about 25 villages in Srinagar and Ompura, a suburb of Srinagar.

On 10th April, 2016 the SSSSO Team of Jammu and Kashmir distributed 2,500 school kits to students with the help of Spring Buds Educational Trust. In addition to distribution of school kits, a Mobile Medical Van, sponsored by Maharashtra, which would be operated jointly by SSSSO of Jammu and Kashmir and Spring Buds Educational Trust, was handed over to Sri Shiv Kumar Sharma, State President of Jammu and Kashmir and Sri Qureshi, the founder of Spring Buds Educational Trust. The Divisional Commissioner of Kashmir, Dr. Asgar Hassan Samoon graced the event as the Chief Guest along with a large number of dignitaries. As if Bhagavan was prompting the speakers, everyone who spoke on the occasion, just reproduced Bhagavan's concepts on Seva, Health, Education, Quality of Life, Values, Unity, Purity and Divinity. All India President, Sri Nimish Pandya, in his address, very comprehensively sketched the magnificence of the incarnation of Divinity in the form of Bhagavan Sri Sathya Sai Baba and the inimitable service projects undertaken by Sri Sathya Sai Central Trust and Sri Sathya Sai Seva Organisation.

Two girls and two boys, randomly drawn from the students also spoke unfolding the real desire of every child in Kashmir to have peace, happiness, unity, education, health and universal brotherhood. They very firmly reiterated that they would never desire bullets and bloodshed. It was a very touching narrative by all of them that should change the course of life in Srinagar. Sri Satyajit took over to explain the concept and focus of Sri Sathya Sai Vidya Vahini which is transforming education in India, particularly rural India as Vidya Vahini aims at delivering education that is insightful, inspiring, enjoyable and participative.

Two artistes of repute from Srinagar: a renowned Kashmiri classical violinist,

Sri Mohammad Amin Lala and Sri Munir Ahmad Mir, a reputed singer of Jammu and Kashmir made an excellent presentation on Kashmiri culture, heritage, music, lyrics, folk and classical art.

**Manipur:** Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation paid a two-day visit to Manipur in May 2016 along with a ten-member team of senior office bearers of the Sai Organisation. During his visit, Sri Pandya gave a public speech at Gandhi Memorial Hall, laid the foundation stone of a new Sai Centre at Thirungei and paid homage to Netaji Subash Chandra Bose at Indian National Memorial Complex, Moirang.

*...continued from page 27*

of the village! Are your complaints finished”? They said, “Swami! There is much more to say. There is no end to complaints against her. There is none in our village who is worse than her”. Buddha then called the headman of the village and asked him, “My dear! Do you also accept that she is a bad woman”? The headman replied, “Not only once, I can say it a thousand times that she is a woman of ill-repute”. Buddha called him near, caught hold of his right hand and asked him to clap. The village headman said, “Swami! You have caught hold of my one hand. How can I clap with one hand”?

Then Buddha said to the people of the village, “In the same way, it is not possible for this woman alone to be bad. She has become bad because there are many other persons in this village who are bad.

If there were no bad people in the village, she would have also not become bad. She has become bad for your money, help and power. If there is anyone among you who has done no wrong, let him come forward; I will go to his house to partake of my food”. When none among the villagers came forward, Buddha said, “It is a big mistake to say that she alone is bad. She has become bad due to her association with bad people of the village”.

Understanding the truth pointed out by Buddha, the villagers recognised their mistake and fell at his feet. All of them followed Buddha when he went to the house of the woman. Due to the impact of Buddha’s teachings, she also realised her mistake, became a renunciant and led a sacred life thereafter.







DR. KIRAN PATEL

## LIVING WITH DIVINITY DURING MY EARLY STUDENT DAYS

WHEN I WAS VERY YOUNG, MY notion of the relationship between God and a devotee was that God was Almighty, full of powers and that He had His abode somewhere in the sky and that He was unreachable being at a great distance. Little did I realise that my partly false notion was going to be changed by Bhagavan Sri Sathya Sai Baba. Of course, He is the Almighty, Omniscient, Omnipresent and Omnipotent Lord. At the same time, He was prepared to work, to communicate and do things at our level so that we could walk with Him and ascend great heights.

### Close Proximity of Swami

His Mission as He has declared is to bring about transformation of humanity through individual transformation. Towards this goal, my first lesson from Swami was my own physical transformation.

When I joined Swami's college in 1971, there were only a handful of boys. Brindavan during those days was very much like a Gurukula comparable to a hermitage. Swami was very much the Guru, having a personal relationship with each and every boy, which he used as the basis for individual transformation. Being the very embodiment of Divine Love, Swami used Love as His

instrument to affect this transformation. We used to live in a hostel, which was a dormitory. Comfort was an alien word in the hostel. We used to sleep on a thin blanket or a bedsheet on the floor. The roof had lots of holes with the result that during the monsoon season, boys used to get up in the morning 'floating' in puddles of water! Because the roofing was made out of corrugated sheets, during the summer season, the hostel felt like an oven and during the winter season, like a refrigerator. Students had to have a bath using cold water (in those days, winter was very severe with dense fog most of the day). Hot water was non-existent. For cooking food, we had to cut our own wood to get the cooking stoves going. I suppose, because of very little material comforts, the great thing that boys had was the opportunity to be in close physical proximity of Swami.

### Swami as a Parent

Swami used to walk to the hostel and literally spend hours everyday in our company talking, joking, laughing and singing. The relationship was very much like a parent; for instance, He used to ask us to show our suitcases, have them opened and see what we had got there. At other times, He used to walk into the kitchen, check out what was being cooked, have a taste and make suggestions. This was in spite of the fact that we tried to prevent Swami from going into the kitchen because of its poor condition. Lunch or dinner with Swami was a regular event. Swami used to share with us the snacks and other things specifically prepared for Him that day, leading very much by example of what He would have expected us to do. To be in His presence always was a source of great learning.

In His Divine Presence, we had to be always alert to receive His revelations at





a moment's notice. For example, He once asked a boy what he had been doing that day. The boy responded something very timidly to which Swami started challenging. With the boy continuing to deny his wrong doing, Swami then materialised a photograph as proof of what he was up to! Clearly, there was no escape from the all-knowing and omnipresent Lord. Routinely, He used to materialise items such as rings and necklaces.

On another occasion, He asked one of the boys to extend his palm. When done, Swami put His palm over his and to everyone's surprise after a few seconds, there was a smile on the face of the boy. A hot sweet was materialised on the palm of the boy as though it was just prepared, which we all had the good fortune to partake. At times, Swami used to materialise Amrita - the immortal nectar. When compared to His glory and majesty, these miracles are trivial; one should not overlook the awareness of His Reality. Unfortunately, amidst the joy

and happiness that Swami used to shower, we used to forget our unique fortune and what He really was. As did the Gopis and Gopalas during the incarnation of Lord Krishna, our lives were very much entwined around Swami, His physical form and the joy it conferred.

Swami very often used to preside during college prayers, walk into classes, take a seat, observe and comment upon the lectures. At times, in His own inimitable way, He used to dispute what was being taught and what the real truth was, demonstrating His supreme wisdom.

### **Embodiment of Compassion**

Another rare privilege the boys were allowed was to walk to Swami's Ashram any time they wished so as to be in His Presence. Whilst we were abundantly showered with Swami's motherly love, there were instances of the 'bitter' types as well, particularly when Swami was disappointed with our conduct. As an example, one of the bad habits that Swami was against was idle talk amongst boys. To bring home the point, Swami used to ignore the boys for several days. When all our efforts failed to achieve Swami's pardon, we used to make strategic plans to stand in front of all doorways leading upstairs to Swami's bedroom. Obviously, Swami had His own plans as well. For example, He used to unexpectedly ask one of His devotees to accompany Him or use the small dilapidated back stairs as His gateway.

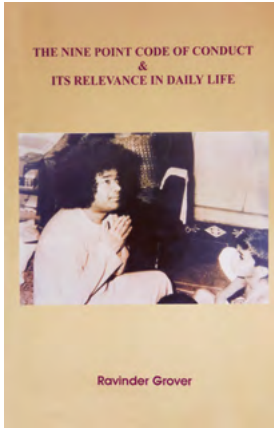
Being the very embodiment of compassion, Swami ultimately would relent when He felt the boys had enough of the bitter pill. He would then walk to the

*continued on cover page III...*



*Book Review*

# THE NINE POINT CODE OF CONDUCT AND ITS RELEVANCE IN DAILY LIFE



## THE NINE POINT CODE OF CONDUCT AND ITS RELEVANCE IN DAILY LIFE

Ravinder Grover  
₹ 50.00, pp. 173

**B**HAGAVAN BABA'S 'NINE Point Code of Conduct' appears to be very simple on a cursory look, but its deep impact on an individual, family or community can be understood only when each of these points are studied in depth, in the light

of Swami's exhortations on various occasions; and those of saints such as Buddha, Adi Sankara, Vivekananda and Ramana Maharshi.

Sri Ravinder Grover's exhaustive work, culminating into this book, is highly commendable from many angles. Each of the 'Nine Points' is dissected threadbare and its salient features and efficacy are explained implicitly quoting Baba's clarifications.

The book serves as a reliable guide to understand the subtle concepts of Japa, Dhyana and prayer, the meaning of some of the universal prayers contained in the Upanishads and significance of the Gayatri Mantra. Clarifications on true education, selfless service, self enquiry, ceiling on desires, environmental conservation, practice of equanimity, outlook of unity in diversity, etc., are very lucidly explained.

Just as Madelein Guillemin pointed out, not many people are aware of the meaning and implications of these Nine Points. There is therefore a pressing need to propagate these values so as to establish lasting harmony in human lives at large. This transformation process must invariably be started at the individual level, and must extend to family and society, says Bhagavan Baba.

– PPS Sarma

*...continued from page 34*

doorways to see our reaction; at that instance, the boys would fall at Swami's Divine feet and not let go until they were forgiven. Jubilant days would return when the boys were ultimately forgiven. We would realise only later that whilst boys had lost taste of even

food during their ordeal of separation from Sai, Swami Himself had stopped eating, being away from His boys.

– The author studied in Swami's college in Brindavan from 1971 to 1974 and later taught Chemistry in Brindavan and Prasanthi Nilayam between 1975 and 1981.





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## About 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, 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-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on [www.sanathanasarathi.org](http://www.sanathanasarathi.org).
- 3) Maintaining a reporting channel, 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.

## Get Sanathana Sarathi

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

### Other Books By SSSSTPD (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmarana
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. Sevalal
15. Silence
16. Suffering
17. Surrender
18. Atma
19. Do You Know
20. Gopikas Of Brindavan
21. Gratitude
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## *Love for God Leads to Bliss*

God is one's greatest and closest friend. He is interested in one's real welfare while worldly friends are influenced by one's position and wealth, only as long as these last. Nature is the best teacher, heart is the real Guru and God is the only friend. The relationship with God should be based on love. Love for God alone leads to bliss. Spiritual vibrations come out of a heart full of love for God. Such love makes one rejoice always and under all circumstances.

*— Baba*

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