



# Sanathana Sarathi

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# Sanathana Sarathi

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SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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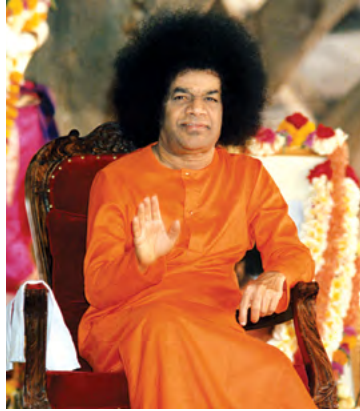
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"Man can never say that he is devoid of bliss; it is verily the right of man. Man desires to be permanent and eternal. That is the nature of Chit (Prajnana) which is present in him. Therefore, man need not go in search of Satchidananda elsewhere. He himself is the embodiment of Satchidananda. He suffers because he is ignorant of this truth."

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AMRITA DHARA

BHAGAVAN'S DISCOURSE:  
1ST AUGUST 1996

# BLISS IS YOUR REAL FORM

*The Brahmins who propagate the truths propounded in the Vedas and Sastras (scriptures),*

*The kings who are prepared to sacrifice their body for the safety and security of the nation,*

*The Vaisyas (businessmen) who do business with ethics and morality,*

*The noble farmers who lead a happy life working in the fields to raise crops,*

*All should contemplate on the Divine Name without wasting time and sanctify their life.*

(Telugu Poem)

EVERYTHING HAS EMERGED FROM THE OCEAN OF SATCHIDANANDA

*Students!*

**J**UST AS TARA KAM, Sankhyam and Amanaskam form the three main types of yoga as propounded by Vedanta, similarly, there are three main concepts relating to what constitutes truth, namely, Paramarthika, Vyavaharika and Pratibhasika (absolutely real, empirical and illusory). Paramarthika can be compared to an ocean, Vyavaharika is like waves of the ocean and Pratibhasika is the foam that is generated by the waves. Without the ocean, there can be no waves and without waves there can no foam. In the final analysis, water forms the basis of all the

three, ocean, waves and foam. Therefore, you should not consider Parmarthika, Vyavaharika and Pratibhasika as separate from each other. They are as closely linked to each other as the divine trinity, the three attributes, namely, Sattwa, Rajas and Tamas (serenity, passion and sloth) and the three periods of time.

*Tridalam Trigunakaram**Trinetram Cha Triyayudham;**Trijanma Papa Samharam**Eka Bilvam Sivarpanam.*

(One Bilva leaf with three petals offered to three-eyed Lord Siva, who is the embodiment of the three Gunas (attributes),





*Devotees attribute various names and forms to God according to their tastes and feelings, but God is one. Depending on their taste, people desire for Burfi, Jilebi or Mysore Pak. In all these forms of sweets, sugar is the same. Ekam Sath Viprah Bahudha Vadanti (truth is one, but the wise refer to it by various names). You may attribute any name and form to God, but God is one, goal is one. Therefore, you should not criticise people of any faith. There is no difference between one faith and the other. All are one.*

////////////////////

and holds the trident in his hand, destroys the sins accumulated over three births.)

### **Brahman is Immanent in the Entire Creation**

Brahman signifies the unity of these three principles. Paramarthika denotes Atma and Vyavaharika denotes Aham. Some people out of their ignorance think

that Atma and Aham are separate from each other. In fact, Atma is like the ocean and Aham is like the waves. When you turn your vision inward and enquire, you will realise that both are one and the same. Waves are not different from the ocean. Just as there is fire in the wood, oil in Til (sesame) seeds, sugar in sugarcane, similarly, Vyavaharika is inherent in Paramarthika. There can be no waves without the ocean, and there can be no son without a father. In the same manner, there can be no Vyavaharika without Paramarthika.

God is extolled as Bhavaya Namah. What is the meaning of Bhava in Vedantic parlance? Bhava signifies the Supreme Being who has this visible world as His

very form. Lord Vishnu is the cause and world is the effect. The entire creation is the play of cause and effect. God incarnates in various forms in this world to demonstrate the unity of all names and forms. Just as the peacock looks beautiful with its colourful plumage, the divine principle of Vishnu appears most wonderful with its



myriad forms in the entire creation. This is stated in the Vedic dictum, *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (the Cosmic Being has thousands of heads, eyes and feet). The cosmic form of the Lord consists of thousands of heads and thousands of eyes. It means everyone is the embodiment of Vishnu. God has another name Kutastha which signifies that He permeates every being in the creation. Just as the waves, foam and ocean are one and the same, similarly, creation, sustenance and dissolution are three inseparable aspects of Divinity.

Everything has emerged out of the ocean of Satchidananda. When you realise this truth, the fountain of bliss will emerge from your Manasarovar (mind lake). Ananda results when Sat and Chit come together. Sat means truth, Chit means knowledge. When they combine, they give the experience of bliss. Sat is like sugar which imparts sweetness to whatever it is mixed with. You put it in coffee, it becomes sweet, put it in tea, it becomes sweet, put it in water, it becomes syrup. Therefore, sweetness is permanent. That is why it is described as Sat or Being which means changeless and eternal. Chit signifies Prajnana or Constant Integrated Awareness which is described in Vedanta as *Prajananam Brahma* (Brahman is Supreme Consciousness). Prajnana is the life of every being and water is the basis of life. Therefore, Chit is compared to water. When sugar and water are separate, sugar is sugar, water is water. When both of them combine, you get syrup. Similarly, when Sat and Chit come together, bliss

is the result. Bliss is your real form. Sat is nothing but the principle of Atma which is eternal. Without the principle of Atma, the world has no existence.

### **Faith has Great Significance in Vedanta**

You write a charming poem in beautiful lettering on a super special paper, put it in a glittering cover and post it. The paper is most valuable, the letters are beautiful, the poetry is sublime, the cover is attractive and the address is also written correctly. But the letter does not reach the addressee. What is the reason? The reason is that you have not affixed the required stamp on the cover. You sing Bhajans with Raga and Tala (tune and rhythm). The tune and music may be attractive, but it does not reach God or please Him if you lack self-confidence. *Confidence in you, confidence in God; this is the secret of greatness.* This is what you have to know today.

What is the use of sending a cover with beautiful poetry written in beautiful letters unless you affix the stamp of confidence on the cover? That is why Vedanta has given utmost importance to Viswas (faith) and Sraddha (steadfast faith). Love is the basis of both. When you have love, you have Sraddha; when you have Sraddha, you have Viswas (faith). Just as foam, waves and ocean are not different from each other, Sraddha, Viswas and Prema are inseparable and interdependent. These three form the fundamental basis of Vedanta.

Vedanta also talks about three principles: Swechchha, Parechchha and



Daivechchha. What does Swechchha mean? Students today think Swechchha means to talk, move and behave in an arbitrary manner. This is not the inner meaning of Swechchha. Swa + Ichchha is Swechchha. Swa means Self (Atma) and Ichchha means desire. True Swechchha means to follow the dictates of the Self. The Bhagavadgita also explains two types of Dharma – Swadharma and Paradharma. What is Swadharma? People think Swadharma is related to their caste and religion just like Kshatriya Dharma, Brahmin Dharma, Vaisya Dharma, etc. But this is not the real meaning of Swadharma. 'Swa' means Atma. Therefore, Atmadharma is Swadharma and Dehadharma is Paradharma. Similarly, there is the single letter 'I' and the three-lettered 'eye.' Single letter 'I' represents Atma and the three-lettered 'eye,' body. Without the body, one cannot realise the Atma and without the Atma, the body cannot exist. Therefore, the unity of the Atma, the individual soul and the body is termed as Triputi or Trikuta (coming together of three aspects). In this manner, Vedanta explains most profound truths in simple and subtle terms.

Swechchha means to think, decide and perform an action with full confidence, on one's own and be prepared to face its consequences wholeheartedly, be it pleasure or pain, happiness or sorrow. Parechchha means to perform an action with encouragement or under pressure of others. This is not something you do of your own accord. You do it under the

***One who realises the unity of three periods of time is a Jivan Mukta. He is equal-minded in both happiness and sorrow, praise and censure, prosperity and adversity. He knows that everything is temporary like passing clouds and nothing is permanent. He has absolutely no worry because his mind is focused on the principle of unity. Such a person alone is considered Jivan Mukta.***



influence of others. But when you have to face its consequences, you should not regret, saying, "This is not something I have done willingly. I have done it because I was forced to do it." Others cannot force you to do something unless you have an inclination to do it. How can others influence you or encourage you or force you to do it? Their encouragement only reinforces your own inclination. Therefore, you should be prepared to face the consequences without any regret and without blaming others.

The third one is Daivechchha. It means to surrender to the Will of God and perform good actions without any expectation of the fruits of actions. This is not the result of the actions performed by you of your own accord or due to the encouragement or under the influence of others. You should accept whatever comes as the Divine Will. In fact, whatever happens in accordance



with the Divine Will will do only good to you. Whatever actions you perform by surrendering to the Will of God will give you peace, happiness, fulfilment and victory. But man today does not understand the significance of surrendering to the Will of God.

*Punyasya Phalamichchanthi,  
Punyam Nechchanthi Manava,  
Na Papa Phalamichchanthi,  
Papam Kurvanthu Yathnatha.*

(Sanskrit Sloka)

(People do not undertake meritorious deeds, but want to derive their fruits; they indulge in sinful activities, yet want to escape their consequences.)

### **Man is the Embodiment of Satchidananda**

People are not prepared to face the consequences of their sinful deeds, but they are always in the forefront to perform such evil actions. Why do you perform sinful deeds when you do not want to face their consequences? There is no doubt about it that if you perform bad actions, their results are also bound to be bad. People want to enjoy the fruits of meritorious deeds but they are not prepared to perform such sacred actions. They aspire for one thing and perform actions just contrary to it. All your actions should be according to what you desire. Having performed a sinful deed, you should be prepared to face its consequences. Whether you touch the fire knowingly or unknowingly, it will burn you. Sometimes, you may touch fire

unknowingly, but it is not going to take pity on you and spare you. Similarly, whether you like it or not, you have to reap the consequences of your actions. This is Vyavaharika truth. But Paramarthika truth is different from this. When you reach Paramarthika level, you will not get burnt even if you touch the fire. How does it happen? It happens due to the grace of God. Sometimes, God Himself will caution you and prevent you from touching the fire. Fire which is one of the five elements is also an aspect of Divinity.

Everyone uses the word Aham (I) while referring to himself. You should enquire where this Aham originates from. Aham is born from the Atma. Sankalpa (thought) is born from Aham and Vak (speech), from Sankalpa. Therefore, Aham is the son of Atma, Sankalpa is its grandson and speech is its great grandson. So, Atma, Aham, Sankalpa and Vak, all belong to the same family. Thus, Aham, Sankalpa and Vak have equal right over the property of Atma. What is this property? This property is Sat Chit Ananda which is equally accessible to the 'son,' 'grandson' and 'great grandson.' In fact, it fully permeates all the three. Man can never say that he is devoid of bliss; it is verily the right of man. Man desires to be permanent and eternal. That is the nature of Chit (Prajnana) which is present in him. Therefore, man need not go in search of Satchidananda elsewhere. He himself is the embodiment of Satchidananda. He suffers because he is ignorant of this truth.





*Students!*

## **Acquire Practical Knowledge and Dispel Maya**

Here is a small story to illustrate this. Suppose, there is a marriage celebration going on. The bridegroom's party and the bride's party are staying in two different houses. Some intruder starts acting as an intermediary between the two parties. He goes to the bride's party and starts threatening them, "What is this? You are not supplying even coffee and tiffin from time to time. We thought that you would celebrate this wedding in a grand manner, but you are not coming up to our expectations. You are not showing due respect to the bridegroom's party." After some time, he goes to the bridegroom's party and starts questioning them, "What is this? You are not coming for food in spite of our repeated requests. The food is getting cold. You should come quickly." The bridegroom's party thought, he was some elderly person from the bride's party. Similarly, the bride's party thought he was some close relative of the bridegroom. Both the parties put up with his misdemeanour for some time, but when he started crossing limits, they began enquiring from each other as to who that person was. When someone from bridegroom's party went to the bride's party and asked about his identity, they said they did not know who he was. The bride's party got a similar reply from the bridegroom's party when they tried to find his identity. As both started consulting each other, this

intruder realised that he was exposed and quietly disappeared from the scene.

Similarly, Maya takes sides sometimes with the Atma and sometimes with Nature and confuses man. When you start enquiring about the relationship between Atma (Self) and Anatma (non-Self) using your power of discrimination, the delusion caused by Maya disappears. Man today does not enquire what is Atma, what is Anatma, what is worldly and what is other-worldly. That is why he has become a victim of delusion. One should have the right type of knowledge to conduct such enquiry.

Knowledge is of four types. All the learned people know what they acquire from study of books is only bookish knowledge which becomes superficial knowledge with the passage of time. Along with bookish knowledge, you should acquire general knowledge and discrimination knowledge. Moreover, you should not limit yourself to individual discrimination; you should exercise fundamental discrimination. Only when you have discrimination knowledge will you have practical knowledge. Practical knowledge is the true knowledge. You should endeavour to acquire such true knowledge. When you go on enquiring like this, you will ultimately realise the truth.

Vedanta talks about two types of liberation: Jivan Mukti and Videha Mukti. A Jivan Mukta is one who considers everything as the manifestation of God and experiences the unity of past, present and future. Past is the tree, from which we get



the seed of present, which in turn grows into the tree of future. Therefore, past is the tree, future is the tree, present is the seed. These three are, in fact, one and the same. Without the tree of past, you cannot get the seed of present and without the seed of present, you cannot get the tree of future. One who realises the unity of three periods of time is a Jivan Mukta. He is equal-minded in both happiness and sorrow, praise and censure, prosperity and adversity. He knows that everything is temporary like passing clouds and nothing is permanent. He has absolutely no worry because his mind is focused on the principle of unity. Such a person alone is considered a Jivan Mukta.

Then, who is a Videha Mukta? All the qualities present in a Jivan Mukta are also present in a Videha Mukta. What is the difference between them? A Jivan Mukta has body consciousness whereas a Videha Mukta has no body consciousness. He does not feel the pangs of thirst or hunger. As King Janaka had no body consciousness, he was also called Videha. So long as one has body consciousness, he is bound to experience happiness and sorrow. One who has no body attachment is free from all types of attachment. That is the state of Amanaska, a state devoid of mind. When there is no mind, how can there be thoughts? Here is a piece of cloth. It is made up of threads which come from cotton. Without cotton, there can be no threads; without threads, there can be no

cloth. So, thought is like cotton, desires are threads and mind is the cloth. Mind is nothing but a bundle of desires. When there are no desires, there can be no mind. That is the state of Amanaska.

*Man has become a victim of Maya which consists of 25 aspects. When you unravel the mystery of these 25 aspects, Maya will disappear.*

(Telugu Song)

What are these 25 aspects? Five Jnanendriyas (organs of cognition), five Karmendriyas (organs of action), five Pranas (life principles) and five Koshas (sheaths of the Atma) sum up to 20. Add to these Manas, Buddhi, Chitta, Ahamkara and the individual soul. Then the total becomes 25. That which is constituted by these 25 aspects is called Pinda. What does Pinda mean? This body itself is Pinda. Vedanta talks about Anda, Pinda and Brahmanda. Those that are born out of the egg are called Andaja and those that are born from the womb of the mother are called Pindaja. The cosmos which pervades everywhere is called Brahmanda. But there is an underlying unity between the Anda, Pinda and Brahmanda. Similarly, there is unity between Jiva, Easwara and Prakriti (individual soul, God and Nature).

### **Immerse the Mind in the Atma**

The principle of Rama also signifies this unity. 'Ra' signifies Atma and 'Ma' denotes Maya. When Maya and Atma combine, they form the principle of Rama. People chant



the name of Rama, saying Ram, Ram, Ram. But one should not do it mechanically. The mind should be absorbed in the contemplation of Rama. It means the mind should be immersed in the principle of the Atma. That is the real Rama Japa (chanting). That is the real principle of Tarakam.

*Without coming  
under the veil of  
forgetfulness,*

*In waking, dream and  
deep sleep states,*

*One should constantly  
be aware of the  
Soham Mantra,*

*That would enable  
one to realise the  
Atma Tattwa.*

(Telugu Poem)

Tarakam signifies the unity of the three states, namely, Jagrat (waking), Swapna (dream) and Sushupti (deep sleep). It is not enough if you merely chant Ram, Ram, Ram without understanding the principle of Tarakam. You should immerse the mind in the Atma. There is



***People are not prepared to face the consequences of their sinful deeds, but they are always in the forefront to perform such evil actions. Why do you perform sinful deeds when you do not want to face their consequences? There is no doubt about it that if you perform bad actions, their results are also bound to be bad. People want to enjoy the fruits of meritorious deeds but they are not prepared to perform such sacred actions. They aspire for one thing and perform actions just contrary to it. All your actions should be according to what you desire. Having performed a sinful deed, you should be prepared to face its consequences.***



water in the tumbler and you have brought some sugar in your hand. Put the sugar in water and mix it thoroughly. Then the



sugar disappears. The sugar that you have brought with your own hand is not there now. The sugar which you have seen with your own eyes has become invisible. Where has it gone? When you put a drop of water on your tongue, you will know that sugar is present in every drop of it.

Students know this. Here is a cup and you have poured some fruit juice in it. The cup only holds the juice to the brim but does not know its taste. You put a straw in the cup and drink the juice. The juice goes into the mouth through the straw but the straw does not know its taste. It is only when the juice reaches the tongue can we know its taste. Our body is the cup, divinity is the juice present in it. *Raso Vai Sah* (God is in the form of essence). God permeates the body in the form of essence. But the body is not aware of it. Our senses are like the straw which also cannot experience divinity. Buddhi is like the tongue which experiences the taste of Divinity. The tongue enjoys the taste of the juice but does not keep it to itself. It sends it to Jathara (digestive system). The Jathara also does not experience the sweetness of juice. It separates waste from the juice and supplies its sacred essence to all limbs of the body. Before partaking of food when you offer it to God, chanting *Brahmarpanam*... He replies from within:

*Aham Vaishvanaro Bhutva  
Praninam Dehamasrita  
Pranapana Samayukta  
Pachamyannam Chaturvidham.*

***Chit signifies Prajnana or Constant Integrated Awareness which is described in Vedanta as Prajnanam Brahma (Brahman is Supreme Consciousness). Prajnana is the life of every being and water is the basis of life. Therefore, Chit is compared to water. When sugar and water are separate, sugar is sugar, water is water. When both of them combine, you get syrup. Similarly, when Sat and Chit come together, bliss is the result. Bliss is your real form. Sat is nothing but the principle of Atma which is eternal. Without the principle of Atma, the world has no existence.***



(I am present in all beings in the form of digestive fire. United with the Prana (exhalation) and Apana (inhalation), it is I who consume the four kinds of food.)

**God is one, Goal is one**

God says, "Oh simpleton! I am present in your stomach in the form of Vaishvanara digesting the food you eat and supplying its essence to the entire body." When you enquire the teachings of Vedanta, you will understand that there is only unity in the entire creation. *Ekameva Adviteeyam Brahma* (God is one without a second). Vedanta emphatically declares, Divinity is one, not two. It does not say, Divinity is one in a mild tone. It says, Divinity is only





one and not two in an emphatic manner. It preaches and propagates this truth to the entire world in unequivocal terms. God, Allah, Jesus, Rama, Easwara, Vishnu, all are one. The Persians say Zarathustra is supreme, the Sikhs accord highest place to Guru Nanak, the devotees of Rama and Krishna extol them as the greatest. In this manner, devotees attribute various names and forms to God according to their tastes and feelings, but God is one.

Depending on their taste, people desire for Burfi, Jilebi or Mysore Pak. In all these forms of sweets, sugar is the same. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). You may attribute any name and form to God, but God is one, goal is one. Therefore, you should not criticise people of any faith. There is no difference between one faith and the other. All are one. It is only when you realise this unity in diversity can you experience bliss.

*Beings are many, breath is one.*

*Stars are many, sky is one.*

*Nations are many, earth is one.*

*Jewels are many, gold is one.*

You should understand this truth clearly. Do not cause divisions based on your likes and dislikes for a particular religion. When you recognise unity and go on practising it, you will certainly experience unity. When you do every work with the feeling, 'I am God, I am God,' ultimately, you will

become God. You become what you think. Therefore, do not entertain unnecessary thoughts and do not indulge in unwanted talk. Do not hurt others' feelings. Do not cause trouble to anyone.

*Students!*

You have got exams from 5th onward. I want to discontinue these daily Discourses for some time in order to give freedom to you to prepare for exams. Your actual purpose of coming here is to study. You have not come here to learn Vedanta. Therefore, concentrate on your studies. Only then will you be able to fulfil the task for which you have come. Your parents have sent you here with high hopes. Therefore, it is your duty to satisfy them. They are the very forms of God. *Matru Devo Bhava, Pitru Devo Bhava* (revere your mother and father as God). Focus your mind on the purpose of your stay here. Swami will also be happy when you study well. Do not go to the rooms of others and indulge in unnecessary talk. Concentrate on your studies and get an 'O' grade. Bring a good name to the Institute and make your parents happy. Fulfil the task for which you have come and go back happily.

(Bhagavan concluded His Discourse with the *Bhajan*, "*Hari Bhajan Bina Sukha Santhi Nahi...*")

**– From Bhagavan's Discourse in Sai Kulwant Hall on 1st August 1996.**



# CELEBRATIONS AT PRASANTHI NILAYAM

## EASWARAMMA DAY FUNCTION

**P**IETY AND SOLEMNITY marked the celebration of Easwaramma Day at Prasanthi Nilayam. In the two-day programme conducted on this occasion, music and cultural programmes were held on 5th May 2013 and worship to the Divine Parents Mother Easwaramma and Sri Pedda Venkama Raju was offered at the Samadhi Mandir on 6th May 2013.

### Cultural Programmes

The programme on 5th May 2013 commenced at 5.20 p.m. after regular Veda chanting in Sai Kulwant Hall which was befittingly bedecked for this important event. The first item of the programme



*Garhwali dance by the students of Sri Sathya Sai Vidya Vihar, Rishikesh.*

was a folk dance of Garhwal region of Uttarakhand. It was presented by the students of Sri Sathya Sai Vidya Vihar, Rishikesh who in their traditional costume

of the dancers of Garhwal highlighted in their dance the cultural ethos of this sacred land which houses the famous shrines of Badrinath and Kedarnath. This was followed by a beautiful dance by a group of girls students of Sri Sathya Sai Vidya Vihar, New Delhi who offered their homage to Bhagavan and showcased the significance of Sri Sathya Sai Vidya Vahini in the spread of value-based education to rural children.

### Matru Bhakti: A Touching Drama

The last item of the programme was a touching drama "Matru Bhakti" (devotion to mother) which was enacted by the students of Sri Sathya Sai Vidya Vihar, New Delhi. Presented on the eve of Easwaramma Day, the drama depicted the sacredness of mother's love through the story of a girl who considered her mother as the best mother of the world and wanted



*A scene from the drama "Matru Bhakti" presented by the students of Sri Sathya Sai Vidya Vihar, New Delhi.*

to sing a song to please her mother who was suffering from cancer. The climax of the story was reached when against all odds the girl won the first prize in music competition but tragically lost her mother on the same morning. No eye was left dry in the hall when she finally sang the song “Oh Maa, Oh Maa, Tu Kitni Achchhi Hai” (Oh mother, how good you are!) in the memory of her beloved departed mother. Simple story, lofty theme and superb acting of the students made the drama an impressive presentation. This was followed by Bhajans and distribution of Prasadam. Meanwhile, the participants in the programme were felicitated. The Bhajans concluded with the Bhajan of Bhagavan “Hare Rama, Hare Rama.” The programme came to a close with Arati at 6.40 p.m.

### **Offerings at the Samadhi of Mother Easwaramma**

A solemn function was held at the Samadhi Mandir to offer worship to Mother Easwaramma on her 41st death anniversary, in which a large number of

devotees came to participate and offer their homage to the Divine Mother. The Samadhi Mandir was beautifully decorated with flowers on this occasion. The programme which began at 7.30 a.m. comprised Veda chanting and Bhajan singing. Meanwhile, new clothes and flower garlands were offered at the idols of Divine Parents, Mother Easwaramma and Sri Pedda Venkama Raju, and Puja was performed by the members of the family and many dignitaries. The programme concluded with offer of Arati at 8.30 a.m., after which Narayana Seva was performed and food was served to all the people gathered in the premises of the Samadhi Mandir.

### **Divine Discourse**

The evening programme began at 5.30 p.m. after regular Veda chanting in Sai Kulwant Hall. At the outset, Sri K.M. Ganesh, a research scholar of Sri Sathya Sai Institute of Higher Learning, gave an introductory speech and spoke about the divine glory of Mother Easwaramma who was chosen by the Avatar of Kali Yuga Bhagavan Sri Sathya Sai Baba as His mother. This was followed by video screening of Bhagavan’s Discourse in which Bhagavan said that a son who did not fulfil the wishes of his mother was no son at all. If you respect and revere your parents, your children will also do the same, observed Bhagavan. Bhagavan brought His Discourse to a close with the Bhajan “Sathyam Jnanam Anantham Brahma.”



*Offerings at the idols of Divine Parents,  
Mother Easwaramma and Sri Pedda  
Venkama Raju.*

## Love All Serve All: A Dance Drama

The last item of the programme was a dance drama entitled “Love All, Serve All” presented by the students of Sri Sathya Sai Jagriti Mandir, Darwa, Yamuna Nagar (Haryana). The drama showcased the teachings of Bhagavan that a noble life dedicated to the service of mankind was superior to a life centred on worldly and professional achievements. This theme was depicted through the life story of two



*The drama “Love All, Serve All” showcased the teachings of Bhagavan.*

friends Sudha and Chitra from their school, college and professional life. The former came from a rich family and became an I.A.S. topper while the latter belonged to an underprivileged home and became a painter and Bal Vikas teacher, dedicating her life to the service of others. The climax was reached when the painter friend was given award for her painting exhibition which inspired her rich friend to follow her example and lead a life in the service of mankind. This was followed by Bhajans and

distribution of Prasadam. Meanwhile, the participants in the drama were felicitated and offered clothes. The programme came to a close with Arati at 6.45 p.m.

## CLASSICAL MUSIC CONCERTS

Sai Kulwant Hall witnessed two absorbing Carnatic classical music recitals when two noted musicians presented classical instrumental music concerts on sarod and chitra veena. Noted sarod exponent, Pandit Narendra Nath Dhar enthralled the devotees with fine rendition of classical compositions on sarod for nearly one hour on 24th April 2013, while renowned musician Smt. Emani Krishna presented an enrapturing classical music concert entitled “Sanathana Vaibhavam” (glory of Sanathana Dharma) on chitra veena on 12th May 2013, bringing the richness of Carnatic classical music to the fore. At the end of her concert, she beautifully played the Bhajan “Govinda Krishna Jai Gopala Krishna Jai.” This was followed by a vocal music presentation comprising three Telugu devotional songs by Sri Sai Pavan, a former student of Sathya Sai Mirpuri College of Music. A flute recital by another former student Sri Ramakrishna, who played two Bhajans with fine clarity of notes, marked the conclusion of the programme.

For faults and sins committed in ignorance, repent sincerely; try not to repeat the faults and sins again. Pray to God to bless you with strength and the courage needed to stick to the right path.

– Baba



# BHAGAVAN BABA AS I SAW HIM

*Ajit Popat*

Swami said, “You are Mine and I am yours. You belong to this place. You are not from the U.K. You are from Me. God is not working for you, He is working with you.” He then said, “die the mind!” and with a wave of His hand, materialised a diamond watch for me. As He put it on my wrist, He said, “Every time you see this watch, remember, I am the time master.”

Kasturi at his residence. I still remember what he said to me that day: “Swami is the master of time. Remember this, throughout your life.”

I have remembered those words and I have continued to come to the Lotus Feet whenever He willed. I love Him. I have no other way of expressing my feelings for Him. I cannot put it more simply or plainly. I love Him with all my heart.

## **Become Like Me**

**“**IF YOU WISH TO SEE ME, COME to Me.” This was the divine call I received in a dream one fine morning in August 1983. I could not resist the call and made my way, for the first time, to Prasanthi Nilayam the very next day.

## **Love at First Sight**

That first Darshan, I fell in love with Him. I came, I saw and was conquered by Him. I have lost count of the number of visits I have made to this divine place in the last 30 years. I went whenever I felt the divine pull which was so loving and yet so insistent. Each time I returned, the experience was unique and intimate.

I stayed in Puttaparthi for three days on that occasion and before returning to London, I had the privilege of meeting Prof.

In December 1989, a young Englishman decided to take a group of U.K. devotees to Prasanthi Nilayam. I joined the group with my wife and daughter. Christmas at Prasanthi Nilayam, then as is now, was colourful, exciting and full of divine joy. During Darshan on the morning of 21st December, Swami said the magic word ‘go’ which we all had been longing to hear. This was the indication for us to go into the interview room. Inside the room, He encouraged us to ask spiritual questions. I could not resist, and asked, “You are always in supreme bliss. You have no concept of pain. How then can You experience my pain?” He simply smiled and asked, “Do you really want Me to experience your



pain?" I responded, "yes!" "Then become like Me, pure and selfless. Oil will not mix with water; water will mix with water," He said.

### **You are Mine; I am yours**

In December 1990, He willed that I should come to the Lotus Feet as the leader of a U.K. group. After the Christmas celebrations, He lovingly called us for a group interview. During the interview, He looked into my eyes very intently and said, "Do My work." I said, "I will." That's it. I found a new meaning to my life. I got the first real job of my life, and all these years later, I am still doing it. No retirement for me!

I was over the moon with my new-found love and new job. Swami said, "You are Mine and I am yours. You belong to this place. You are not from the U.K. You are from Me. God is not working for you, He is working with you." He then said, "die the mind!" and with a wave of His hand, materialised a diamond watch for me. As He put it on my wrist, He said, "Every time you see this watch, remember, I am the time master."

Another time, He materialised for me a ring with two heart-shaped diamonds, saying, "Our relationship is heart to heart. That's the truth."

The divine romance continues to this day. Very lovingly, He made me realise that working with and for God is not easy and yet it is so simple. Become selfless, and serving God is the easiest thing in the world.

### **First Charter Flight – 70th Birthday of Bhagavan**

In 1994, in a group interview, I prayed for permission to bring the first charter flight of devotees from the U.K. for His 70th Birthday. He simply smiled and said, "You come. I will bring them."

In those days, there were no mobile telephones and no internet and I had no idea where to start to organise the charter flight. "I will bring them." That is what He had said and that is what He did. He took complete charge as events manager and travel agent(!). He blessed various devotees in the U.K. in dreams, asking them to come. He ensured the flight was full and that all arrangements were taken care of. He granted permission for the flight to land at Sri Sathya Sai Airport. Our Beloved Bhagavan arranged everything for the group in the midst of all that was happening, with all the VVIPs and hundreds of thousands of devotees around. He allowed us to sing Bhajans in the Mandir, and on His Birthday, He cut the birthday cake we had brought from the U.K. On 24th November, He blessed the group with Padanamaskar.

On the day of our departure, He asked, "Are you happy?" I said, "Yes, Swami, very happy!" Later, He explained the inner meaning of the word 'happy':

"H - be holy; A - be aware; P - be patient; P - be peaceful; Y - be a yogi. Then you will be always happy. I am your mother, always ready to teach you."



The divine adventure of charter flights still continues. The last one was in October 2011. Every trip helps me learn new lessons. As long as you live, you learn, and as long as you learn, you live.

### Ceiling on Desires

Once He asked me to shut the inner interview room door. I stretched myself, applied full force and shut the door. He at once reacted and said, "Puppet, why so much force? Excessive force is violence. Do not treat this as a door; it is nothing but consciousness. Remember, energy, food, money and time are God. You must learn to respect them."

He never missed a chance to teach and guide me. Talking about ceiling on desires, He once said, "When you see a thing with a view to buy it, ask yourself, 'Do I need it?' If the answer is 'yes,' ask again, 'Can I afford it?' If the answer is 'yes,' ask again, 'Can I live without it?' If the answer is 'yes,' do not buy it."

### Do you Love all?

Once, during an interview, He asked me, "What is the way to God?" Remembering His own quotation, I promptly replied,

"Love All, Serve All." He smiled and said, "Do you love all? Do you serve all?" Before I could say a word, He said, "You love only those whom you like. Your love is conditional, whereas My love is unconditional."

### Where is God?

On another occasion in a group interview, He asked me, "Puppet, where is God?" I said, "He is everywhere." "How do you know?" I replied, "I know it."

My Beloved Lord at once said, "No no; first feel it, then know it. Experience it and then realise it. Simply knowing is not enough."

### See God in Action

One afternoon, Swami came to me during Darshan and asked, "Do you want to see God in action?" I replied in the affirmative. "Tomorrow morning, Grama Seva will commence; go with the boys, you will see God in action." That was the very first Grama Seva. Out of love and immense grace, He has allowed me to participate in it every year ever since.

*Rubbing my hand, He said, "Puppet, what has to happen, will happen. What needs to be done, must be done." It was as though He was giving me a hint about what was to come to pass on 24th April 2011. By His grace, He made me realise on 24th April 2011 that what had to happen had happened, as a result of His Divine Will. Now, it is up to me to do what needs to be done. The million dollar question is: What needs to be done? I pondered the question for a long time and at last found the answer. Did He not tell me on 21st December 1989 in the very first interview? "Become like Me – pure, selfless and full of unconditional love."*

## Puppet Shows

The divine romance took a very meaningful turn when once in Trayee Brindavan, He asked me to speak on Sai Kutir (Swami's abode in the U.K.).

"You simply stand and see that you do not fall. The rest I will do." He not only did everything at all times but also ensured that I did not fall. "Allow Me to hold you and you will not fall. Those who walk with God always reach their destination," He said emphatically.

### Do not Give them too much Time

Blessing me to be at His Lotus Feet, once when I had come with a group of 430 people, He said, "Keep them busy; do not give too much time. You are here for Sadhana. Every moment is golden. Live fully and enjoy the divine play. Be a good example. Be simple. Do not leave this room with doubts. If at all, you need to doubt, doubt the doubt."

Once, directly looking into my eyes, He said, "Do not use Me as a paper weight. Here is a multi-million facet diamond. Do not seek things from Me which the world can give. Seek only those things which the world cannot give. And what are those things? Peace and supreme bliss."

### Last Interview – 15th January 2011

Despite being unwell physically, after evening Arati, He blessed me to be at

His Divine Lotus Feet in Yajur Mandir. He showered immense love on me which only He can do because He is the purest of pure and totally selfless.

Taking liberty, I said, "All Your grace, all Your divine blessings, and the most wonderful time that I have experienced at Your Lotus Feet has become part of me." My Beloved Lord at once corrected me and said, "It has not become part of you; it has become you!" Rubbing my hand, He said, "Puppet, what has to happen, will happen. What needs to be done, must be done." It was as though He was giving me a hint about what was to come to pass on 24th April 2011. By His grace, He made me realise on 24th April 2011 that what had to happen had happened, as a result of His Divine Will. Now, it is up to me to do what needs to be done. The million dollar question is: What needs to be done? I pondered the question for a long time and at last found the answer. Did He not tell me on 21st December 1989 in the very first interview? "Become like Me – pure, selfless and full of unconditional love."

Well, that needs to be done. It has to be done before what is to happen will happen, one day by His Will, when this puppet will meet his loving Puppeteer.

*(The author runs a Sai Centre at his residence "Sai Kutir" in London.)*

Simple faith in the words of the wise is more profitable than years of study and discussion. Meditate on such a Mahavakya as Tattwamasi (That thou art) and as you go on revolving it in your mind, meanings will dawn upon you, without the help of any commentary.

– Baba



From our Archives

# ALWAYS REMEMBER GOD

SELFLESS ACTIONS ARE VALUABLE FOR CURBING SENSES

THE GREATEST WONDER OF all is that nobody knows himself, nobody struggles to know about himself, even among those who spend their lifetime in knowing about others. Your Self is something subtler than water or air or even Akasha (space). It must go into the eye so that you may see; it must move into the hand so that you may hold; it must

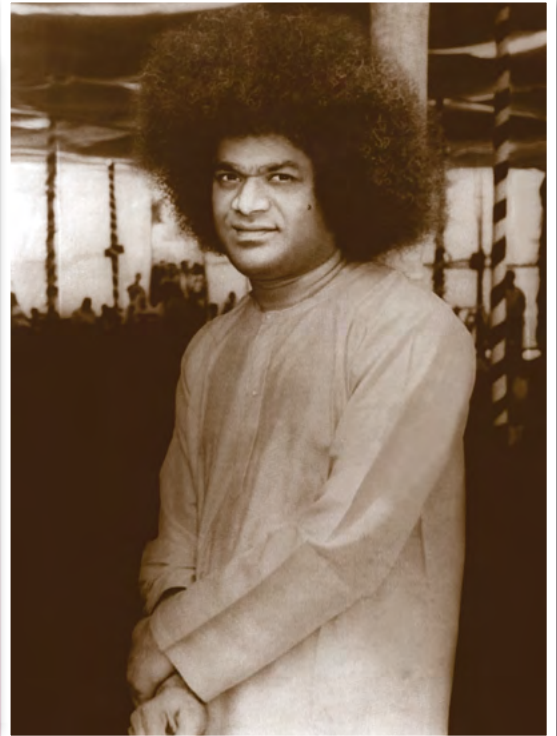
move into the feet so that you may walk. The senses are inert; the 'I' must operate so that they may function. That 'I' is Brahman, mistaken to be separate!

## You are in this World under Sentence

Take life in the world as a compulsory duty imposed on you. You are now in jail

*You must live in the constant thought of God as well as of another fact, death. The body is the car in which you are riding to death. You may meet death any moment while riding; some tree or lorry or ditch or slush will bring it. Remember death. Remember that time is running out every moment. When you do so, you will not be tempted to waste time in idle talk or vain pursuits or wanton mischief or vulgar entertainment.*

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under a sentence for crimes committed in a previous birth. The superintendent assigns various duties – cooking, drawing water, hewing wood, etc. You have to do the assigned work to the best of your ability without any expectation of reward. If you behave well, cause no trouble, and do the assigned duties without demur, then some days may be written off from your sentence and you may be released sooner, with a certificate that you are reliable and good. This attitude will give you practice in Nishkama Karma (selfless action), which is very valuable for curbing the senses.

When you talk of God to some people, they ask, “We will believe only if we can see God.” When the Vidwan Mahasabha Pandits (erudite scholars) go to villages for their mission of spreading the truths of the Vedas, this question will crop up. Then you have to tell the questioner: “I won’t believe that you have pain unless I can see pain with my eyes.” God is bliss; how can bliss be shown and seen? Whether others believe or not, 2 plus 2 is equal to 4. You may agree or refuse to agree, but that is a fact proved by the experience of all those who agree. So too is the fact of God.

### **Live in Constant Thought of God**

You must live in the constant thought of God as well as of another fact, death. The body is the car in which you are riding to death. You may meet death any moment while riding; some tree or lorry or ditch or slush will bring it. Remember death. Remember that time is running out every

moment. When you do so, you will not be tempted to waste time in idle talk or vain pursuits or wanton mischief or vulgar entertainment. Travel in the car carefully, slowly, with due regard to the needs of others on the road; do not greedily try to overtake others, or compete in speed. Know the limitations of the vehicle and the road! Then, you will not meet with any accident. Your journey will be a happy experience for you and the rest of the people.

Jonnalagadda Sathyanarayana Murthy in his speech was exhorting you to teach, to reform, to reconstruct and do many other things. But not all can perform such tasks. First self, then help. Improve yourself, teach yourself, reconstruct yourself – and, then proceed to solve the problems of others. That reconstruction is quite easy, provided you enquire calmly into your own personality – “Am I the body or the senses or the mind or the Buddhi, etc.?” You heard in the Burra Katha (folk tale) on Shivaji, how goddess Bhavani gave the sword to him. This Siva-Sakti will give you the Jnana Khadga and the Subodha Khadga (the swords of spiritual knowledge and understanding) that will destroy the forces of Ajnana (ignorance). Take them and become wise and happy.

– **Excerpted from Bhagavan’s Discourse at Prasanthi Nilayam on 26th October 1963.**



# BUDDHA'S MESSAGE OF SERVICE TO MANKIND

*Dr. B.V. Rajaram*

All the 45 years after his enlightenment, Buddha gave love and compassion to all. All his four meditative absorptions are called Metta, Karuna, Mudita, Upekkha (loving kindness, compassion, sympathetic joy, equanimity). They are the four exalted qualities of love. He has given many Suttas (maxims). In Karaniya Metta Sutta, he says, everyone should do Maitri as a mother loves her child. She will give even her life for the child. That is how we should give to every other being, our fellow beings our goodness, our Maitri, our love and our service.

**A**LL OF US ARE HERE TODAY from all over the world listening to the words of Bhagavan Sri Sathya Sai Baba who is the embodiment of love, truth and service to humanity. That is why everyone is here. I have had the privilege of coming to Puttaparthi and having the Darshan of Bhagavan on many occasions. So, I am blessed to be here today. To stand here is His great blessing. That is what I think. Similarly, if you just see an idol of Lord Buddha or his pictures or painting, you just bow down in reverence, visualising the love and compassion of Buddha.

## **Buddha was the Embodiment of Compassion**

Buddha came as a human being to serve mankind. I will just give you a story of how Buddha's compassion works. I think you all

have heard the story of Kisagotami. She had a child, a very lovable child. As he was playing one day, his breath stopped and he died. Kisagotami could not control her grief, her sorrow, her lamentation; she was crying all the time. She went to the houses of people and asked, "Please give me my child's life." Everywhere and for days together, she wept and wept. Then an old man told her, "Please go to Lord Buddha. He is just here; you ask him and he will give back your child to you." She was very happy to hear that. She went there, bowed down to Buddha and said, "Oh Lord, I have lost my child. Please give him back to me." Buddha understood, she was not in her senses. He said, "Yes, I will give you his life. Please bring a handful of mustard seeds from a house where death has not entered." She went everywhere to all the houses in every direction, but wherever



she went, people said, "Death took place in our house day before, one month back, a year back." She came to Buddha and said, "Death has entered every house." She realised then. Buddha said to her, "Amma, this is the world, whoever is born has to die." That is how Buddha imparted solace to a lamenting woman.

We always go to Buddha, saying, *Buddham Saranam Gachchhami, Dhammam Saranam Gachchhami, Sangham Saranam Gachchhami*. Why do we go to Buddha? Why do we go to Dhamma? And why do we go to Sangha? Buddha is the preacher, the teacher. Dhamma is the essence of life, truth, love, sacrifice, compassion, Metta, Karuna, Mudita, Upekkha. Sangha follows the teachings of Buddha.

### **Buddha Set the Wheel of Dharma in Motion on Guru Purnima**

Tomorrow is Ashada Purnima which we all celebrate as Guru Purnima. As you know, Buddha never built buildings; he just made human beings. 61 Arhats (perfected ones) were sent out for the benefit of many, for the welfare of many. Buddha said to them, "People are not blinded, there is just some dust on their eyes, which you should remove. They will come to you. Please give them Dhamma, give them humanness." He sent his ambassadors of love, ambassadors of truth to people. The logo of the Sai Organisation contains the wheel of truth also. Guru Purnima day is the Dhamma Cakka Pavattana (setting in motion the wheel of Dharma) day. On

***Buddha says, he can only direct you, he can only give you the light; he cannot take you to the goal. If you want to have the Darshan of Baba, if you want to listen to Baba, you have to come to Puttaparthi, you have to undergo some strain. Buddha says, you have to exert, you have to work, otherwise you will not attain anything. So, this is a special task given by him. Everyone has to work for his own liberation, his own happiness, his own Ananda (bliss).***

this day, Buddha set in motion the wheel of truth. Whoever gives the truth, the light, who bears the torch is the Guru. Throughout India, there are thousands of sages, thousands of people who give us good counsel, sermons, teachings, service as models. We pray to them on Guru Purnima.

In his enlightenment, Buddha realised four truths. There is Dukha (suffering) in the world. The cause of this suffering is man's craving. We crave for many things – happiness, luxury, money, name and fame. So, the wheel of suffering starts. There is cessation of suffering when man controls his cravings.

All the religions say, be good, do good, think good. These are the three principles we have to follow. The quintessence of





Buddhism is to avoid all evil, to cultivate good and to cleanse the mind. That is the teaching of Buddha. If you analyse any religion, you will find that each religion teaches not to do any evil. Buddhism is the religion of the mind. The Dhammapada, the Gathas say, if you act with an impure mind, if you harbour evil thoughts then the impure thoughts will follow you. If on the other hand you do pure deeds, if you have love, faith, spirit of service to humanity, then only goodness will follow you as your never-departing shadow. We are seeing here since so many decades that Bhagavan Sri Sathya Sai Baba has set up educational institutions, service institutions. That love is the highest. How can we love others unless we have love in us? That is what Buddha taught. If you don't have love in you, if you have hatred, if you have greed, if you are jealous, you will receive the same in life. By negativity, bad habits are created. In the same way, if you practise good things, think good, then good habits are cultivated. That is why Buddha says, by cultivating good habits, you attain good position.

### **Follow Panchasheela and Ennoble your Life**

Buddha says, always do good. He has given very simple truths. They are wonderful, but very difficult to practise because we are always going away from truth. He says, there is Lobha (greed), Moha (delusion), Dosa (defect). But it is very difficult to control these undesirable traits. He has given five precepts to

practise: Don't kill, don't steal, no sexual misconduct, don't lie, don't consume intoxicating drugs or drinks. These five precepts are called Panchasheela. Panchasheela is not for anybody else; it is for the community; it is for the society; it is for the nation; it is for the world. We are in a situation where nations hate each other, States hate each other, people hate each other. Even in our own family – mother, father, brother, sister, son, daughter, wife, husband, everyone hates each other. If you don't want to hate, you should have Ahimsa (non-violence). Don't kill, protect all beings. Always give generously, don't covet others' property. No sexual misconduct, no slandering, no backbiting, no ill-directed mental excitement. We go to many places for our excitement like fairs, horse racing, drinking, drugs, etc. Go to Satsanga (good company), Bhajans, prayers, where you can develop positive thinking. These are the five precepts given by Buddha which check negative qualities and develop positive virtues. Be always truthful; truth alone will save you, Buddha said.

Buddha gives three guidelines for a noble life: Sila (moral conduct), Samadhi (concentration) and Panna (wisdom). Sila is for cultivating goodness in our day-to-day life. Samadhi leads to spirituality and Panna gives us discrimination. He says, just think there is a pot of water. Our mind is like a pot filled with greed, delusion, hatred. If you think there is hatred, then at the top of the pot there is hatred, in the



middle there is hatred and at the bottom there is hatred. If one says, I will remove hatred only at the top, that is not enough. It has to be removed till the bottom. With Panna if you remove the root cause of Lobha, Dosha, Moha, then only what is inherent in you will go out. So, Buddha says, one has to practise Sila, Samadhi, Panna.

### **Everyone has to Work for his own Liberation**

Buddha says, he can only direct you, he can only give you the light; he cannot take you to the goal. If you want to have the Darshan of Baba, if you want to listen to Baba, you have to come to Puttaparthi, you have to undergo some strain. Buddha says, you have to exert, you have to work, otherwise you will not attain anything. So, this is a special task given by him. Everyone has to work for his own liberation, his own happiness, his own Ananda (bliss). You cannot make others happy by your Ananda. You should serve, but the person who is served should be happy.

Each human being should lead a noble life. That is the goal of Buddhism or any faith. There are many stories, Gathas, narrations, scriptures from Buddha. There is no need to tell in detail the life story of Buddha because you have all read it in books. All the 45 years after his enlightenment, Buddha gave love and compassion to all. All his four meditative absorptions are called Metta, Karuna, Mudita, Upekkha.

***The quintessence of Buddhism is to avoid all evil, to cultivate good and to cleanse the mind. That is the teaching of Buddha. If you analyse any religion, you will find that each religion teaches not to do any evil. Buddhism is the religion of the mind. The Dhammapada, the Gathas say, if you act with an impure mind, if you harbour evil thoughts then the impure thoughts will follow you. If on the other hand you do pure deeds, if you have love, faith, spirit of service to humanity, then only goodness will follow you as your never-departing shadow.***

They are the four exalted qualities of love. He has given many Suttas. In Karaniya Metta Sutta, he says, everyone should do Maitri as a mother loves her child. She will give even her life for the child. So, that is how we should give to every other being, our fellow beings our goodness, our Maitri, our love and our service.

*May all beings be happy.*

*(From the speech of Dr. B.V. Rajaram in the symposium held on 2nd July 2012 at Prasanthi Nilayam on the theme of "Unity of Faiths." Dr. Rajaram is the Upasaka of Maha Bodhi Society, Bengaluru.)*

*The man who dotes on his children and his herds of cattle, whose mind longs for and is attached to sensual pleasures, is carried away by death even as a sleeping village is swept away by a great flood.*

*— Verse 287, The Dhammapada*

## *Effulgence of Divine Glory*

# DIVINE GRACE ON A BLIND GIRL

I RECEIVED A LETTER FROM the father of Asha Joshipura from Junagadh in Gujarat, in which he wrote: "I have a 16-year-old daughter called Asha. She is very beautiful but totally blind. Eye specialists say that she is suffering from atrophy of the optic nerve and will never be able to see. Somebody suggested your name, saying that you are spreading Bhagavan Sri Sathya Sai Baba's message. Can you tell me if Baba can give sight to Asha? I'll be most grateful to you if you will kindly reply promptly."

I replied, "Yes, the Lord has incarnated in human form as Bhagavan Sri Sathya Sai Baba. Instead of putting questions to me, we have to ask only one question: *What can He not do on this earth?* Please take your daughter to the attached address in Puttaparthi, Andhra Pradesh."

They went to Prasanthi Nilayam and Swami granted them an interview. Beloved Swami gave a few packets of Vibhuti and instructed Asha to take a pinch once a day for a month. After one month they went back to Puttaparthi, and in the interview room, Beloved Swami rubbed both His thumbs on the upper eyelids of Asha and, lo and behold, she acquired normal sight!



*Dr. D.J. Gadhia with Swami.*

The whole of Junagadh came to know of this great miracle and they wanted to hear more about Swami. So, I went there to give the Divine Message of Bhagavan Sri Sathya Sai Baba. The programme was hosted in an open area called Nichibari and all who attended derived great satisfaction from the Divine Message. Many of them subsequently went to Baba and became His devotees.

— Excerpted from "Sai Smaran" by  
Dr. D.J. Gadhia.

# Miraculous Escape from Disaster

Group Captain V. Mehta

*Swami saved me in the air while He Himself in physical form was in Puttaparthi. Thus, He has no barriers and He is omnipresent. Today He is not in His physical body, but in His omnipresent form continues to be with all His devotees, helping them, guiding them, protecting them.*

**A**N ALUMNUS OF NATIONAL Defence Academy, Pune, India, one of the best defence training institutions in the world, I was commissioned at the young age of 20 years as a fighter pilot in the Indian Air Force. I received Sri Sathya Sai Baba's 'visiting card' in 1975 and ever since Sai Baba has been guiding, protecting and taking total care of not only me but my entire family.

## Into Swami's Fold

I was posted as an instructor in National Defence Academy in 1974-75. My sister and brother-in-law with twin sons were also in NDA. Brother-in-law, Prof. Basant Sibal taught chemistry in NDA for many decades. One of the twins, Sanjay was not keeping well as he had a hole in the heart (systolic murmur). This kind of problem is not uncommon in infants but the hole normally gets filled up on its own and there is no requirement for any treatment. But in Sanjay's case, it was not so. Sanjay was, therefore, being taken to all kinds of doctors but there was no relief. The

doctors were of the opinion that he would have to undergo an open heart surgery. The parents naturally were keeping this as the last option. As someone informed them of Sri Sathya Sai Baba's supernatural powers, they agreed to hold a Bhajan session in their house to seek Sai Baba's blessings for Sanjay's cure.

On the day of the Bhajan, I got a telephone call from brother-in-law to join them in their planned prayers to Baba. Though unwilling because of being a staunch follower of Arya Samaj, I went with my family since the call was from my sister's husband. The Bhajan started and everyone sat quietly listening to it. During the Bhajan, one of the singers said that she saw Sai Baba walking in the house. All the family members just exchanged smiles and within themselves thought that the Almighty is Omnipresent and she was not telling us anything out of the normal. Lo and behold, soon everyone witnessed Vibhuti appearing on Sai Baba's photo and kept increasing in amount. It was surely a





hair raising experience for all. However, my wife, Nandini did not take it too seriously and said that these were Siddhis (yogic powers) and could be got by following some spiritual practices. Sanjay did not get cured by this prayer session and was taken to Puttaparthi. In Puttaparthi, Swami blessed him and he successfully underwent open heart surgery and has fully recovered.

The shower of Vibhuti on Sai Baba's photo on that evening in the month of November 1975 was a visiting card of Swami for me and I was totally convinced about His supernatural powers. However, it was not the same with Nandini. Every time I spoke with Nandini about the incident in Prof. Sibal's house, it ended in a serious argument; and, at times in total disagreement, loss of peace and harmony in the house.

In October 1977, I came to Coimbatore for a course. Since I had a very strong desire to have Sai Baba's Darshan, I took a short leave during Dasara and proceeded to Puttaparthi. In Puttaparthi, I had very blissful Darshan of Bhagavan Sri Sathya Sai Baba and happily returned to Coimbatore to complete the course. I continued to pray to the Lord to do something with regard to Nandini's lack of belief in Him.

Bhagavan Sri Sathya Sai Baba did graciously answer my prayers and transformed Nandini in a beautiful way. By the time I returned to Bareilly after the course, Nandini was a changed person. Sai Baba had started coming in her dreams every night and she had even

*This high rate of descent of the aircraft would give only about 30 seconds to dig a hole in the ground. The only safety in such a situation are the ejection seats in the aircraft. However, before taking this action of ejecting from the aircraft, I called out from my heart to Sai Baba for help. Lo and behold, the Lord's help came instantaneously. It was felt that some "Unknown Hand" had taken charge of the aircraft and it started to come out of the spin.*

been to Puttaparthi in those dreams. She said we would not only go for Bhajans at other places but start having these sessions regularly in our own house. What a miracle indeed! Later when she came to Puttaparthi, she even confirmed that these were the same places she had seen in her dreams. Since then she has an unshaken faith in Sai Baba and worships Him wholeheartedly.

Interestingly in 1983, Swami, in an interview, created a beautiful ring from thin air and put it on my right hand ring finger. Swami stated that this was for my protection. Besides this, Sai Baba pronounced, "You are a pilot. I will be the Pilot of your life."

### **Instant Help in Grave Emergency**

In 1986, as a supersonic fighter combat leader, I was posted on deputation for a period of two years to Iraq to train their



pilots in combat flying. During my stay in Iraq, while flying with a pupil pilot in Sukhoi - 7 supersonic fighter aircraft on 1st March 1987, I inadvertently went into a right spin due to some malfunctioning of the flight controls. This aircraft has only one engine but a very powerful one which can take the aircraft to more than twice the speed of the sound. Unfortunately, the engine also had stopped functioning. This became even more serious multiple emergency when the height was just about 10,000 ft. and the aircraft was descending at the rate of 300 ft. per second. This high rate of descent of the aircraft would give only about 30 seconds to dig a hole in the ground. The only safety in such a situation are the ejection seats in the aircraft. However, before taking this action of ejecting from the aircraft, I called out from my heart to Sai Baba for help. Lo and behold, the Lord's help came instantaneously. It was felt that some "Unknown Hand" had taken charge of the aircraft and it started to come out of the spin. Now it was time to restart the engine, which on ground takes almost 60 seconds to start. However, it took about 25 seconds only. By this time, the aircraft had come down to barely 100 ft., but it came out of the multiple emergency safely.

Totally shaken, I flew back the aircraft without any further problem, thanking the Lord all the way. Needless to say, the aircraft was grounded for a long time and investigated and repaired before it flew again. Iraqi authorities gave a letter of appreciation to me.

## Omnipotent Saviour

At the end of the day of this incident, I returned home and narrated the incident to my wife. Both of us thanked Sai Baba for protecting me but the story does not end here.

My tenure in Iraq got over in October 1988 and I was posted as Station Commander of an Air Force Base close to Lucknow. In January 1989, Sai Baba granted an interview to me and my wife in Puttaparthi. In the interview room, I prostrated before Sai Baba and thanked Him for saving me from near death situation on 1st March 1987. Swami very lovingly started narrating the whole incident and then suddenly stopped, saying, "Past is past." After the interview, my wife said that although she understood a lot about flying having been married to a pilot for the last 20 years, but she understood this very serious emergency better when Sai Baba narrated it.

It would be prudent to learn from the above incident that Swami saved me in the air while He Himself in physical form was in Puttaparthi. Thus, He has no barriers and He is omnipresent. Today He is not in His physical body, but in His omnipresent form continues to be with all His devotees, helping them, guiding them, protecting them.

*(The author is currently serving as Senior Aerodrome Officer at Sri Sathya Sai Airport, Prasanthi Nilayam)*



# Anger is the Ghost, Hatred is the Evil Spirit

Chinna Katha

**D**URING THE PERIOD OF exile of the Pandavas in the forest, Krishna once visited them to know their safety and well-being, and stayed there for one night. For the sake of security, the Pandavas patrolled the area at night, everyone of them taking his turn for one hour. That night, Krishna also expressed His desire to watch the area for one hour.

When the Pandavas performed their watch duty, a ghost appeared in front of them and grew up to assume a giant size. The Pandavas could do nothing about it. When Krishna's turn came, Yudhishtira warned Him, "There is a giant ghost in this forest. Therefore, I advise You not to go on watch duty lest it should harm You in some way or the other." Then Krishna said to Yudhishtira, "If you really have faith in My Divinity, how can you have such a doubt? This is your weakness. This ghost can do no harm to Me. I will take care of it."

Krishna performed the watch duty from 2.00 o'clock to 3.00 o'clock at night. Then it was the turn of Arjuna. When Arjuna entered the place, he saw Krishna smiling while sitting on a rock. He asked Krishna,

"Did You kill that ghost?" Krishna replied, "There was no need for Me to kill the ghost because ghosts and evil spirits do not exist at all. These are, in fact, the reflections of the illusions caused in your mind. Your



*Negative feelings of man like anger and hatred appear to him as ghosts and evil spirits, said Lord Krishna to Arjuna.*

anger appears to you as a ghost. When your anger increases, the ghost also assumes a giant size. Your hatred appears to you in the form of an evil spirit. I have no anger and no hatred. Therefore, ghosts and evil spirits are not seen by Me."

In reality, there are no ghosts and no evil spirits. They are the reflections of the thoughts created by your mind.

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# NEWS FROM SAI CENTRES

## GREECE



ON 20TH FEBRUARY 2013, members of the Filothei Sathya Sai Centre organised a blood donation programme where 12 bottles of blood were collected. On 27th February, under the guidance of a doctor, Sai devotees organised a briefing entitled "How to Stand up if you Fall Down" at KAPI, a residence for the elderly. Instructions were given to 30 elder citizens on how to prevent falls and possible injury, especially if they lived alone.

On the morning of 2nd March 2013, Sathya Sai volunteers visited several families in Perama, Piraeus, and distributed 38 bags of food. On 3rd March 2013, a paediatrician and an assistant visited 14 families and examined 27 children, of whom 15 were vaccinated. Instructions were given to parents on the proper management of their children's healthcare needs.

On 9th March 2013, a Sathya Sai group consisting of 10 adults and 2 youth visited 'KAAPAA', the Children's Recuperation and Rehabilitation Centre in Voula Attiki. The children, some in wheelchairs, were escorted on an excursion where Sathya Sai volunteers played basketball and other games with them.

A Sathya Sai youth group supplied to a primary school in the Grava area of

Athens 24 bags of food and 6 boxes of cream powder for distribution to needy families. Eighty per cent of the children in this area are immigrants. Additional food was provided to needy parents at a nearby intermediate school.

## LAOS

On 21st March 2013, the Sathya Sai Foundation in Laos organised a Human Values Festival. About 300 people, including over 50 Buddhist monks, cabinet ministers and senior government officials attended this event. Sri Phongsavath



*Human Values Conference in Laos.*

Boupha, Minister to the Presidential Office, and Dr. Narendranath Reddy, Chairman, Prasanthi Council, inaugurated the event by lighting candles, symbolising the five human values: truth, righteous action, peace, love and non-violence. A colourful programme of traditional dance, drama and songs of Laos was presented by the children, who attend Sathya Sai Education in Human Values (SSEHV) evening





classes. More than 350 children attend the evening classes daily at two Sathya Sai Centres in Laos. Dr. Reddy spoke about the significance of human values to the assembled guests and expressed appreciation at the broad array of cultural performances presented by the children.

### UKRAINE

The Ukrainian Sathya Sai Youth Conference of 2012 was held on 15th and 16th December 2012 in Kyiv and was



*Participants in Sathya Sai Youth Conference held in Kyiv, Ukraine.*

attended by 45 people, including seven from Belarus, two from Azerbaijan and two from Russia. The theme of the conference was "Your Life is My Message." A special guest from the city of Ufa, Russia, spoke about his observations and personal spiritual experiences. He spoke about the importance of keeping oneself in a continuous state of inner happiness and stressed the need for active participation in the Sathya Sai Organisation. The teachings of Bhagavan were discussed, using personal examples and practices,

with a focus on developing positive thinking. Twelve speakers spontaneously shared their experiences with Bhagavan. The talks were inspiring, encouraging and practical.

### KUWAIT

A medical camp was held on 7th December 2012 at the Salmiya Indian Model School in Kuwait. Large numbers of low income expatriates in Kuwait suffer from various illnesses such as hypertension and diabetes but do not receive proper medical care due to lack of awareness, proper guidance, poverty and other reasons. Thirty-four physicians, specialising in many fields such as cardiology, ENT, nephrology, neurology, diabetics, gynaecology, ophthalmology, dermatology, general medicine and so on, as well as 30 paramedical staff provided medical services to more than 700 low-income expatriates from India, Pakistan, Bangladesh, Sri Lanka and Egypt. About 120 devotees from the Kuwait Sai Centre volunteered their services at this camp. Sri Satish C. Mehta, Ambassador of India to Kuwait, and Dr. Mohomad Al Mutairi, President of Kuwait Medical Association,



*Patients in the medical camp in Kuwait.*

visited the medical camp. Services provided included screening for hypertension and eye diseases, along with cholesterol tests, ultrasound exams, ECG, etc. This was the sixth medical camp jointly organised by the Kuwait Sai Centre (Shanti Association of Kuwait), Indian Doctors Forum (IDF), Kuwait Medical Association and Kuwait Heart Foundation.

## OMAN

The Special Children Group (SCG) of the Sai Organisation of Oman celebrated a Sports and Fun Festival on 30th November 2012 at the Indian School, Al Ghubra, in Muscat. The event was organised for children with autism to promote patience, perseverance, courage and determination. The programme was attended by a few local Omani dignitaries and about 125 SCG volunteers and children. Following registration and opening ceremonies, the SCG volunteers lovingly escorted 24 special children into various “houses” named after the human values: Truth, Right Conduct, Love and Peace. The children were grouped to participate in events such as shopping games, hurdle races, relays, and frog races, all designed to hone their motor skills, cognitive skills and other faculties. Paintings made by a special child were presented as tokens of love to the dignitaries in attendance. Finally, medals were awarded to the children and the families were given gift hampers and various learning aids for children with autism.

## ITALY

The region of Emilia, Italy was struck by an earthquake. Between 5th and 7th October 2012, the Sathya Sai Organisation of Italy played host to 36 people with disabilities who were affected



*Sathya Sai volunteers with people with disabilities caused by an earthquake in Italy.*

by the disaster. The event was held at the “Mother Sai” house in Divignano, where more than 20 volunteers, including several Sai Youth, looked after all the needs of the guests. The three-day holiday event was intended to bring together, for sharing of experiences, those who had lived through the tragedy of the earthquake and lost a friend, relative or loved one. Several excursions were organised, including a boat trip on Lake Maggiore and a visit to the zoo. In the evening, a joyful and fun-filled musical was presented, with singing and dancing to illustrate “Love in Action” as taught by Bhagavan.

– **Sathya Sai International Organisation**



## B H A R A T

**Gujarat:** A free mass Upanayanam (sacred thread ceremony) hosted by Sri Sathya Sai Organisation, Ahmedabad district was organised on 4th May 2013, in which 14 boys participated along with their relatives and invitees. The function started at 9 a.m. and concluded at 5 p.m. The rituals were performed by five priests in a very systematic manner. All the boys were given three dresses, one silver coin along with other gifts during the Upanayanam ceremony. In all, about 900 people attended this function.

Rallies were organised all over Gujarat to celebrate Sri Rama Navami on 19th April 2013. Devotees, youth, Bal Vikas



*Rallies were held all over Gujarat to celebrate Sri Rama Navami.*

students and Sathya Sai school students participated in these rallies. Each rally included floats depicting scenes from the Ramayana, great leaders of India, placards with Bhagavan's messages, a chariot with Bhagavan's photo, Bhagavan's Padukas, etc. Bhajan singing and Veda chanting was continuously done by all participants. All over Gujarat, the rallies started at 9.00 a.m. and concluded at 12.00 noon. To

flag off the rallies, distinguished people, municipal corporators, etc., were invited. Henceforth, this will be a regular feature of the Sai Organisation every year.

**Maharashtra:** In a function organised on 4th May 2013 at Shanmukhananda Hall, Matunga, Mumbai, 194 girl students received the scholarship money for education as a part of Mother Easwaramma Scholarship Scheme. The Chief Guest, Ms. Smita Jayakar, leading stage and film artiste, delivered the 13th Easwaramma Memorial Lecture entitled "Say Yes to the Girl Child." At the end of the programme, renowned playback singer Sri Hariharan rendered soul-stirring devotional songs.

**Rajasthan:** A two-day Annual State Conference of Sri Sathya Sai Seva Organisation of Rajasthan was held on 15th and 16th December 2012 in Sri Sathya Sai College for Women, Jaipur, wherein nearly 450 devotees and office bearers of Rajasthan participated. In his welcome address, Dr. Jaisingh Shaktawat, State President of Rajasthan, called upon all members to practise Bhagavan's teachings in their life. He emphasised the need for adoption of villages by all Samithis for Sri Sathya Sai Village Integrated Programme (SSSVIP), Rashtriya Narayana Seva and Bal Vikas. Sri Nimish Pandya gave a very inspiring talk about Bhagavan's message to the mankind and His Mission. Sri K. Anil Kumar in his two thrilling talks shared experiences with Bhagavan Baba in his life as organisation member and later as translator of Bhagavan's Discourses.



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*Narayana Seva: Easwaramma Day.*



*Matru Bhakti: A Drama.*



*Love All Serve All: A Dance Drama.*

## *Know your Real Nature*

You must have noticed that I never address you as Bhaktulara (devotees) for how can you be only that? You are Bhagavan, you become that by just shedding the Avidya (ignorance) that makes you imagine that you are limited. That is why I address you either as Premaswarupulara or Anandaswarupulara or Divyatma-swarupulara (embodiments of love or bliss or divinity). That is your real nature. But you are not even told who you are. Your misery is traceable to this failure to know yourself.

*– Baba*

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