



Sanathana Sarathi

MARCH 2016





Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol.: 59 Issue No. 3 Date of Publication: 1st March

March 2016

© Sri Sathya Sai
Sadhana Trust, Publications Division
Prasanthi Nilayam

Printed by **K.S. RAJAN**
Published by **K.S. RAJAN**

On behalf of the owner, Sri Sathya Sai
Sadhana Trust, Publications Division, Prasanthi
Nilayam 515134, Anantapur District (A.P.)
And Printed at M/s Rajhans Enterprises, 136,
4th Main Road, Industrial Town, Rajaji Nagar,
Bengaluru 560044, Karnataka
And Published at Sri Sathya Sai Sadhana Trust,
Publications Division, Prasanthi Nilayam
515134, Anantapur Dist., Andhra Pradesh.

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

E-mail: subscriptions@sssbpt.org
editor@sssbpt.org
For Audio Visual /

Book Orders: orders@sssbpt.org
ISD Code : 0091
STD Code : 08555
Telephone : 287375

Sri Sathya Sai Central Trust Telefax : 287390

General enquiry : 287164

Sri Sathya Sai University -
Administrative Office : 287191 / 287239

Sri Sathya Sai Higher
Secondary School : 289289

Sri Sathya Sai
Primary School : 287237

SSSIHMS, Prasanthigram,

Puttaparthi : 287388

SSSIHMS, Whitefield,

Bengaluru : 080 28411500

Annual Subscription
acceptable for 1, 2 or 3 years.

English India: (12 issues) ₹ 75 Nepal.

Bhutan and Sri Lanka ₹ 600

Other Countries: ₹ 850

or US \$19 or UK £13 or €13 or

CAN \$22, AUS \$26

Telugu India: ₹ 60 (12 issues)

Other Countries: ₹ 550 or €9 or US \$13

or €9, CAN \$15 or AUS \$17

Note: Please do not send currency notes
in postal covers. **For the Attention of**

"Sanathana Sarathi" Subscribers.

The month and year of expiry of your
subscription is indicated next to the
subscription number on the mailing
wrapper. **Three asterisk marks (***)**
appearing after your subscription number

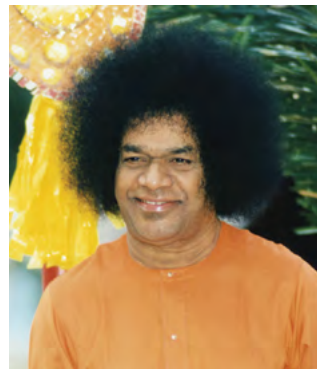
indicate that you should renew your
subscription immediately. Please quote

your present subscription number
while renewing the subscription. All

subscriptions and other correspondence
should be addressed to The Convener,

Sri Sathya Sai Sadhana Trust, Publications
Division, Prasanthi Nilayam - 515134,
Anantapur district, Andhra Pradesh, India.

*"You can know the truth only when
you recognise that everything happens
by the Will of God, and whatever
happens is good for you. Today
spiritual aspirants and devotees do not
have this kind of faith. It is because of
their part-time devotion. You should
become full-time devotees."*



CONTENTS

- 4 **Chant the Name of God and Experience Divinity**
Bhagavan's Discourse: 30th April 1997
- 11 **Celebrations at Prasanthi Nilayam**
A Report
- 13 **Develop Witness Attitude in Life**
From our Archives
- 15 **Dr. Manmohan Singh Visits Prasanthi Nilayam**
A Report
- 16 **My Most Beloved Lord is Here, is Here, is Here**
Smt. Vijaya Kumari
- 20 **Do you Know God?**
Effulgence of Divine Glory
- 22 **From Koham to Soham**
Chinna Katha
- 23 **Relevance of Swami's Education in my Life, in the**
Corporate World
Alumni Forum
- 26 **Bal Vikas: The Divine Pathway for Transformation**
Students Corner
- 28 **News from Sai Centres**

Official Websites of Prasanthi Nilayam

Sri Sathya Sai Sadhana Trust, Publications Division: www.srisathyasaipublications.com

Bhagavan's Photographs Online: www.saireflections.org

Reporting Website from Prasanthi Nilayam: www.theprasanthireporter.org

Sri Sathya Sai Central Trust: www.srisathyasai.org.in

Radio Sai Global Harmony: www.rudiosai.org

Sri Sathya Sai Easwaramma Women's Welfare Trust: www.ewwt.org.in

Bal Vikas Wing of Sri Sathya Sai Organisation, India: www.sssbalvikas.org

For Renewals / New Subscriptions / Electronic Editions, please visit us @
www.sanathanasarathi.org

AVATAR VANI

CHANT THE NAME OF GOD AND EXPERIENCE DIVINITY

Neither by penance nor by pilgrimage nor by study of scriptures nor by Japa can one cross the ocean of life. One can achieve it only by serving the pious.

(Sanskrit Verse)

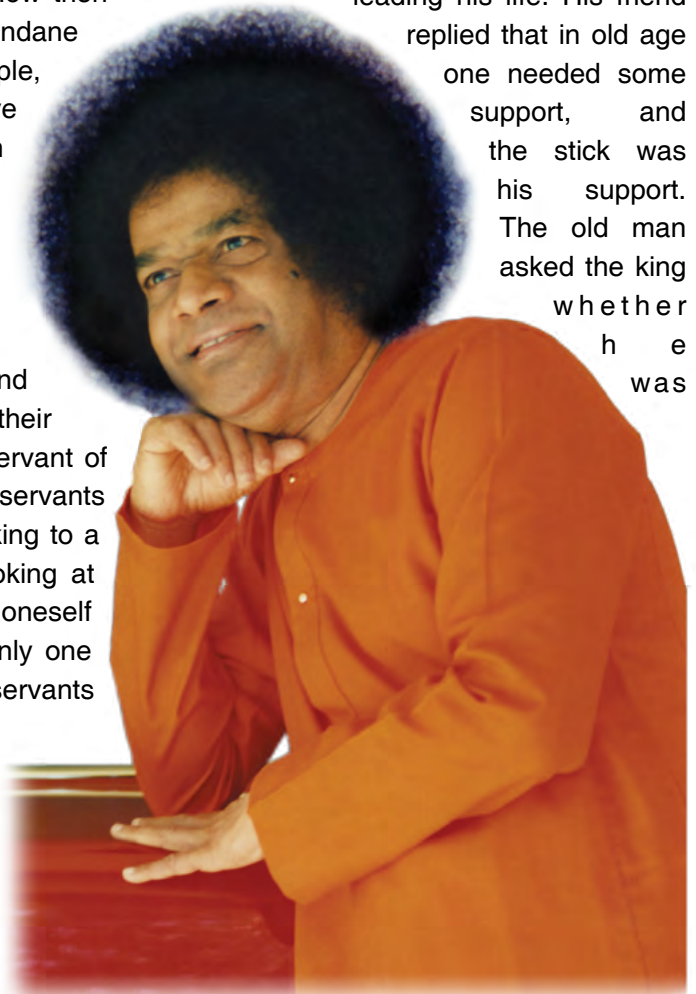
DIVINE POWER IS REAL POWER

MAN NEED NOT RESORT TO penance in order to realise God. He need not undertake pilgrimages either for liberation. How then can he cross the ocean of mundane worldly life? By serving pious people, it is said. Who has to serve? All have to serve. Everyone is a servant in this world. The child is the servant of the mother; the mother is the servant of the child. The husband is the servant of his wife, and the wife is his servant. The teacher is the servant of his students, and the students are the servants of their teacher. The government is the servant of its people, and the people are the servants of the government. Right from a king to a farmer, all are servants only. Looking at one's wealth, one may consider oneself a master. But there is one and only one master. That is God; all others are servants only.

Service is the Royal Road to Fulfilment in Life

Once an old friend of a king came to meet him. The king was glad to see his old friend and chatted with him

affectionately. This man was very old and carried a stick with him for support. The king questioned his friend as to how he was leading his life. His friend replied that in old age one needed some support, and the stick was his support. The old man asked the king whether he was



serving his people well, to which the king reacted that he was a king and could never be a servant. The old man wished to teach the king a practical lesson. So, he dropped his stick to salute the king. As he could not bend down to pick up the stick, the king at once bowed down, picked up the stick and gave it to his friend. Then the old man said, "You say you are not a servant. But right now you have served me. So, you are my servant". All have to serve one another at some point of time. To say that one is not a servant is ignorance. The spirit of service is present in everybody, but it varies from person to person depending on the state of his mind.

Rain water gets absorbed in sand, but it becomes sweet when it falls on clay. However, when a rain drop falls in an oyster, it becomes a pearl and shines brilliantly. Similarly, service shines in a person depending on his deservedness.

(Telugu Poem)

There is no specific time for doing service. One may need to perform service anywhere, at any time to anybody. Attitude of service cannot be acquired through the study of scriptures. Service is the royal road to fulfilment in life.

Once there was an angel who was studying a book of the Bible called Revelation. St. John went to the angel and asked him, "Oh angel, what are you studying"? The angel replied, "I am studying the book of Revelation. You too should read this book. It is not enough if you merely read this book. You must eat, chew and digest it". The angel then disappeared. St. John did not understand the meaning of those words. He wondered how he was going to eat, chew and digest those pages of the book. He thought it over again and again. What is

The command of God is always beneficial for us. Obey the command of God and participate in social service, social welfare, contemplation on God, meditation and worship. If people do such activities, the nation will prosper. Social service is service to God. Serve others and worship God. Worship and service should go hand in hand. All the five elements are polluted today. Air, water, earth are all polluted. There are horrendous sounds all over, and everything is polluted. Constant contemplation on God alone will eliminate this pollution.

meant by eating the book? To understand the contents completely from beginning to end is eating, to contemplate is chewing and to practise is digesting. It is only practice which gives you satisfaction and strength.

Today people study scriptures, but not even one sentence of the book enters their heart. Is it not a waste of time? St. John digested the contents of the book and started contemplating on its teachings. He spent his life in the service of God. In the Bharatiya culture, it is said, *Brahmavid Brahmaiva Bhavati* (the knower of Brahman becomes verily Brahman). If we contemplate on God we become God. In course of time, St. John's face started radiating divine effulgence of an angel.

In Indian culture, there is the story of Valmiki who used to rob and harm people. When he met seven great sages, he began to chant the Name of Rama constantly on their advice. He was so intent on his Sadhana that anthills formed on his body. Even then he did not stop chanting Rama's

Name. Ultimately, the radiance of Rama began to appear on his face and he merged in Rama. The effulgence of Hari radiated on the face of Prahlada, because he was all the time chanting the sacred name of Hari. You will become one with the Divine form you contemplate on, and the radiance will be reflected on your face. This is the truth. Such a person will always be in bliss and his face will radiate happiness. Due to the constant chanting of God's name and due to His proximity, you will gain the wealth of Divinity. When black charcoal comes in contact with fire, it also becomes red like fire. Satsang means proximity with God. You can find fulfilment in life by developing proximity with God, and through performing service. Service to God means service to the world. Wherever it is required, do service to others. But, do all actions to please God. This is the primary duty of man.

What does Nature teach us? Nature works relentlessly. It does not rest even for a moment. The earth rotates on its axis at the speed of 1,000 miles per hour. We must think of its implication. Due to this rotation, we get days and nights. People in the world labour all the day and get rest at night. Similarly, all beings on earth find rest at night due to this rotation. Even animals, birds, worms and insects rest at night. The earth revolves round the sun at a speed of 66,000 miles per hour. As a result of this, we have seasons. Due to the seasons, we have rain; because of rain, we have crops; because of crops, we have food. The earth does relentless work to provide us food. The earth is always engaged in action. Man, who is born out of earth, should emulate it and do service. Otherwise, how can he be called a son of mother earth? Man being a Partha, son of earth, must prove himself a

worthy son by engaging himself in selfless service.

Ships are guided by a lighthouse. Every divine thought is like a lighthouse to man. Krishna always used to address Arjuna as Partha. Even though Arjuna had several names, Krishna always chose to call him as Partha. Our original name is Partha, because we are born of earth. Partha also means one who has a pure heart. Arjuna had a pure heart. That is why he was called Partha. A mother's heart is very pure. People may create pollution, but the earth ever remains pure. In case earth takes rest, all life will come to a standstill.

Scriptures say, *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest). Man is not different from other animals with regard to sleep, food and procreation. How then is he better than animals? Man has the power to discriminate between what is permanent and what is impermanent. This is also known as Constant Integrated Awareness. In the absence of this faculty, he is an animal indeed. Only man has this power. But man today has forgotten his power. This power is God's gift to man. What you receive from God, you should offer it back to Him. You may be engaged in service to fellowmen, but you should offer all your powers to God.

Attain God's Grace by Total Surrender

Lakshmana always followed Rama. He had wife, mother, kingdom, and also many responsibilities. But he could not live without Rama. So, he sacrificed everything saying, "Rama, You are everything to me. You are my only refuge. I cannot live without You. Wife and children are temporary like passing clouds that come and go. You were there before my birth, and You will be there even



after my death". *Trikalabadyam Sathyam* (Truth remains unchanged in the three periods of time – past, present and future). Truth is God.

One day in the forest, Rama pretended to be tired. Sitting on a stone, He told Lakshmana, "Lakshmana, please build a hut". Lakshmana asked, "Where shall I build the hut, Lord"? Rama replied, "Build it wherever you like". Lakshmana was in tears and started lamenting, "What sin have I committed?" Sita was surprised and asked him, "What did Rama say to disturb you and bring on these tears"? Lakshmana said, "Do I have any liking of my own? I

Even Arjuna had ego and he spoke to Krishna harshly before the battle. He said to Krishna:

Will the narrow-minded Kauravas give up all the differences and make friendship with us?

Can the north and south poles meet together?

Instead of wasting time, why don't You tell them that we are ready for the battle?

Giving a good counsel to the wicked people is like throwing jasmine flowers into fire.

Let us stop all this talk of peace.

(Telugu Poem)

Divine power is real power. You must aspire to attain that power.

When you have Divine power, your face will shine with radiance.

You may possess a lot of wealth and power but in the absence of Divine feelings in your heart, you will have a castor oil face. When you keep on thinking of God, His radiance will reflect on your face.



have surrendered totally to Rama. If Rama says I have my own likes and dislikes, then it means my surrender to Him is not total. This is what has caused pain to me". Rama was testing Lakshmana to demonstrate to the world the purity of his heart. Depending on purity of heart, divine feelings originate in a person. This sacred history of Bharat demonstrates ideal lives.

But on the battlefield, the same Arjuna complained, "How can I kill my own kith and kin? Take me back home, I cannot fight this battle". It was at this point of time that Krishna imparted the teachings of the Bhagavadgita to Arjuna. From the first to the last Sloka of the first chapter of the Bhagavadgita, Arjuna went on complaining and lamenting, and Krishna did not utter a single word. When



Arjuna stopped, Krishna asked, “Has your entire stock exhausted? Now I will tell you what you have to do; listen”. After listening to the words of Krishna, Arjuna said, “I shall do whatever You command me to do – *Karishye Vachanam Tava*”. First Arjuna considered himself a great hero unrivalled in archery. But ultimately he became a servant. Only then Krishna took complete responsibility of guiding and protecting him.

When a crocodile caught hold of Gajendra (the elephant king), at first, Gajendra fought with the crocodile for a long time, depending all the time on his own strength. Later, he took the support of a tree, but even that was of no use. In water, crocodile’s power went on increasing, and the elephant became helpless. He then realised that only God could save him. He prayed:

Oh Lord, I am exhausted. My strength is failing me. I know not any refuge other than You. Oh Lord! Please come and protect me. (Telugu Poem)

Only then God took notice of his prayer. As long as you depend upon your strength, education and wealth, God remains only as a witness. But when you offer everything to God and surrender to Him, He will take care of you. You need not do any service to God other than reposing total faith and trust in Him. You may do a great deal of Sadhana, but God does not want Sadhana. What is Sadhana? Sa + Dhana is Sadhana. Sa means Sarvesha (God) and Dhana means wealth. So, Sadhana means wealth of God. Divine power is real power. You must aspire to attain that power. When you have Divine power, your face will shine with radiance. You may possess a lot of wealth and power but in the absence of Divine feelings in your heart, you will have a castor oil face. When

you keep on thinking of God, His radiance will reflect on your face.

When you Know God, you Become God

Prahlada was a small boy. He was subjected to great ordeals. He was made to drink deadly poison and sit on a pit of fire; he was thrown before wild elephants and poisonous serpents. In spite of all this, he still continued to chant, “Om Namo Narayanaya”.

When the minions of the king hurled their javelins at him, Prahlada would not wince or utter a cry, but only prayed to Vishnu calling Him, “Oh Pannagasaayi! (Oh Lord, resting on the serpent couch!). Oh Danujabhanjana (slayer of demons)”. Never did he shed a tear of sorrow nor was he fear-stricken. (Telugu Poem)

What is the meaning of this? The serpent, the elephant, the fire and the poison – everything became Narayana. Prahlada also became God. One who knows God becomes God. We will get the form of whatever we contemplate on.

A mud pot is nothing but mud. Vessels made of gold are basically gold only, and nothing else. We have emerged from God. Therefore, all of us are God only. Due to our body consciousness, we get into all kinds of troubles.

What is this body? It is a perishable leather bag with nine holes but not like a resplendent diamond. No fragrance but only foul smell emanates from it every moment. It is made up of flesh, blood, bones and faecal matter. Should we develop attachment with this body?

(Telugu Poem)

Our attachment should be with the eternal and essential God in it. One day or



the other, the body has to collapse; it will be burnt and reduced to ashes. Do your duty while you are alive. Never give up your duty. Whatever you may do, think of God all the time. You cannot achieve anything unless God Wills it.

*Not even a blade of grass will move
without Divine Will,*

Why to say this or that?

*God pervades everything from an ant to
Brahma.*

*People who do not realise this truth get
carried away by their pride of intelligence
and knowledge.*

*But no one, however great he may be,
knows what lies ahead for him in future.*

(Telugu Poem)

When people achieve success, they attribute it to their capability; if they meet with failure, they attribute it to God's Will. You can know the truth only when you recognise that everything happens by the Will of God, and whatever happens is good for you. Today spiritual aspirants and devotees do not have this kind of faith. It is because of their part-time devotion. You should become full-time devotees. From dawn to dusk do your duty with a firm conviction that all duties belong to God. Do your duty with love. Then only will you attain perfection. God does not want you to give up anything. When you can sing, think that it is God's grace. God loves music. Therefore, singing of devotional songs is also a service to society. If you are doing some work, consider it as worship.

A True Devotee Never Blames God

Sometimes, even staunch devotees lose patience. Some devotees blame God for not showering His grace on them despite their intense devotion. Thyagaraja was a

great singer who chanted Rama's name incessantly. Once when he encountered formidable difficulties, he became disgusted and started criticising Rama, "Rama, I think of You every moment; then why are You giving me all these troubles? It is not right for You to do this. Either I do not have perfect devotion or You do not have the power to help me". The next moment, Thyagaraja realised his mistake and began singing a song extolling the greatness of Rama's power:

*But for the power of Rama, could a
mere monkey cross the mighty ocean?
Would Lakshmi Devi, the goddess of
wealth, become His consort? Would
Lakshmana worship Him? Would the
intelligent Bharata offer his salutations
to Him? But for the mighty power of
Rama, would all this happen? Indeed,
Rama's power is beyond all description.*

(Telugu Song)

Thyagaraja said, "Rama! In fact, I am a foolish person. You have immense, immeasurable, infinite, immortal power. I could not recognise Your power".

In this world, there are three types of people who blame God. The first type of people are those who lack faith in God. The second type are those who blame Him when their desires are not fulfilled. The third category of people blame God due to their insurmountable difficulties. Sometimes, devotees criticise God due to unbearable pressure of troubles, but there is no hatred in their criticism. Real devotees will never blame God.

In whatever activity you are involved in society, do it with a spirit of service. There is no one in the world who is not a servant. You become God only when you serve others.



Leaders of today lack this sense of service. All the people in the world are bound by action. *Karmanubandheeni Manushya Loke* (man in the world is bound by action). The purpose of our birth as a human being is to help others.

Embodiments of Divine Love!

You should remember that you are the children of the earth. Be like Partha and obey the command of God. Krishna said to Arjuna:

Get up, Dhananjaya. Destiny is all-powerful. Justice always wins. Selfishness will end in ruin. This is the nature of Yuga Dharma. Know the truth (of what is to come). Dhritarashtra may be the father of a hundred sons. But, there will not be even one to perform the last rites for him. That is how fate works.

(Telugu Poem)

Arjuna then said with a resolve. "Lord, I shall obey Thy command".

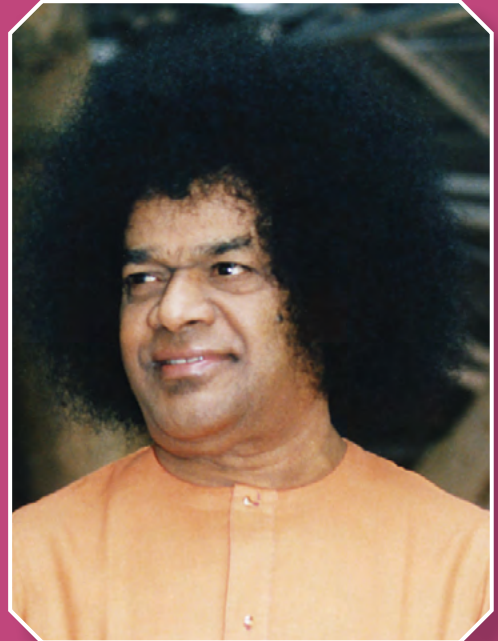
The command of God is always beneficial for us. Obey the command of God and participate in social service, social welfare, contemplation on God, meditation and worship. If people do such activities, the nation will prosper. Social service is service to God. Serve others and worship God. Worship and service should go hand in hand. All the five elements are polluted today. Air, water, earth are all polluted. There are horrendous sounds all over, and everything is polluted. Constant contemplation on God alone will eliminate this pollution. Embodiments of Love! Chant the Name of God and experience Divinity.

(Bhagavan concluded His Divine Discourse with the Bhajan, "*Bhava Bhaya Harana, Vandita Charana...*")

– Bhagavan's Discourse in Sai Sruthi, Kodaikanal on 30th April 1997.

If you have faith and if you keep the Name of Rama as your constant companion, you are in Vaikuntha or Kailasha or heaven, all the time. These are not distant regions that have to be reached by tortuous travel; they are springs of tranquillity that are in your own heart. You cannot have this chance of the nearness of the greatest of all sources of joy in any other place. Here it is so near, so easy to attain, so full of grace. If you fall back, you will seldom get the chance again. Ask and get what will save you, not what will bind you.

– Baba



CELEBRATIONS AT PRASANTHI NILAYAM

CHINESE NEW YEAR

DEEP DEVOTIONAL FERVOUR marked the celebration of Chinese New Year 2016 at Prasanthi Nilayam. More than 300 devotees came from Indonesia, Malaysia, Thailand, Singapore, Hong Kong and Australia to take part in these celebrations which were held on 12th and 13th February 2016. The theme of this year's celebrations was "Integrity: Foundation for Life".

The programme on 12th February 2016 started at 5.00 p.m. with lighting of sacred lamp followed by traditional Chinese offerings at the Samadhi of Bhagavan. Chanting of sacred Buddhist Mantras by the devotees of Medan, Indonesia followed next. In his welcome address on this occasion, Chinese New Year Coordinator, Sri Billy Fong dwelt on the regulations and procedures of Sadhana which could lead man to Self-realisation, the ultimate goal of human life. The next talk was given by Sri Alvin Leo, Media Coordinator for Zone 3 and an active youth member of Sathya Sai International Organisation, Australia. Before this talk, there was a musical offering by a group of Malaysian devotees who played instrumental Bhajans on mouth organ. In his talk, Sri Leo emphasised the need for Sadhana to control the mind and develop will power in order to attain the inner spiritual treasure. Referring to Bhagavan's Divine Mission of elevating man through love, the learned speaker observed that all devotees of Bhagavan were His legacy and it was through them that Bhagavan's love would manifest far and wide in the

world. The next item of the programme was a medley of Chinese New Year songs presented by devotees of all participating



Chinese New Year songs by overseas devotees.

countries, the melody and music of which surcharged the entire milieu with piety and devotion. International Bhajans were the next item of the programme, melodious rendition of which touched each heart. After a brief session of Bhajans led by students, the programme came to a close with Arati at 6.50 p.m.

The programme on 13th February 2016 began with chanting of sacred Buddhist Mantras by devotees from Jakarta, Indonesia. Dr. V.K. Ravindran, Chairman, Zone 4 of Sathya Sai International Organisation, thereafter addressed the gathering. The distinguished speaker recalled how Bhagavan showered His profuse blessings on Chinese devotees to make the celebrations of Chinese New Year an important event at Prasanthi Nilayam ever since its inception in 1997. He also gave details of the service activities being undertaken by various countries of Zone 4. A book entitled "Social Action Initiative"

containing the description of service activities of Malaysia was then released. Joyous Chinese New Year spirit came alive when seven ladies devotees from Lampung, Indonesia immaculately dressed in sparkling red costumes presented a medley of Chinese New Year songs. This was followed by an inspiring talk by Ms. Isabella Chu, a judge from Hong Kong, who narrated how she experienced the omnipresence of Bhagavan Baba when He verily spoke through her in a Hong Kong function to make her impromptu speech a great success. The next item of the programme was a Chinese



A drama on the value of integrity.

devotion for Bhagavan followed next, after which there was a symbolic presentation of Chinese dragon dance. With this, Chinese New Year celebrations at Prasanthi Nilayam came to a happy conclusion.

BHUVANA VIJAYAM

A very captivating drama entitled “Bhuvana Vijayam” (world conquest) was enacted on 21st February 2016 by the devotees of Adilabad district of Andhra Pradesh who came to Prasanthi Nilayam on their annual pilgrimage. The drama showcased the glory of Puttaparthi and the



A Chinese cultural dance.

cultural dance presented by a group of ladies devotees. A display of eight Chinese virtues, which ennoble and elevate man, followed next. The virtues exhibited were: filial piety, brotherhood, dedication, integrity, propriety, selflessness, honour and discrimination.

The grand finale of the Chinese New Year celebrations was provided by a drama on the theme of this year’s celebrations “Integrity – Foundation for Life”. The drama showcased the importance of integrity in the life of man through the story of a king who chose the most honest man as his successor by administering a test to a group of aspirants to know their integrity. International Bhajans and group songs saturated with love and



A scene from the drama “Bhuvana Vijayam”.

Message and the Mission of Bhagavan in a very innovative style through a discussion of this subject in the court of emperor

continued on page 19...

From our Archives

DEVELOP WITNESS ATTITUDE IN LIFE

DO NOT WORRY ABOUT WORLDLY COMFORTS

DO NOT GRIEVE THAT THE LORD is testing you and subjecting you to ordeals and troubles. For, it is only when you are tested that you can assure yourself of success or become aware of your limitations. You can then concentrate on the subjects in which you are deficient and pay more intensive attention, so that you can pass in them too, when you are tested again. You should not study for the examination at the last moment; study well in advance and be ready with the needed knowledge and the courage and confidence born out of that knowledge and skill. What you have studied well in advance must be rolled over and over in the mind, just previous to the examination; that is all that should be done, then. This is the pathway to victory.

Face Difficulties with Patience

Many grieve: "It is said, *Darshanam Papa Nashanam* (vision of the Lord destroys sins); well, I have had Darshan not once but many times, but, yet, my evil fate

has not left me and I am suffering even more than formerly". True, they have come and have had Darshan and they have sowed fresh seeds secured from this place, seeds of Prema (love), Sraddha (faith), Bhakti (devotion), Satsanga (good company), Sarveshwarachintha (godly thoughts), Namasmarana (remembering God's Name), etc., and they have learnt the art of intensive cultivation and soil preparation. They have now sown the seeds in the well-prepared fields of the cleansed



hearts. Now, until the new harvest comes in, they have to consume the grain already stored in previous harvests. The troubles and anxieties are the crop collected in previous harvests. So, do not grieve and lose heart.

If anyone challenges you to show them one text where the principles of Sanathana Dharma (eternal religion) are succinctly stated, tell them about the Bhagavadgita. It is the essence of the Vedas and the Sastras and the Puranas. It is like a bottle of fruit juice obtained from a basket of fruit. It will not get dry or rot like the fruits, for the juice has been well extracted and preserved. Its taste and excellence will persist until the end of this Yuga and then it will merge in the Vedas.

Linga means simply the sign, the symbol, it is just a mark, which indicates merging (Laya); that is to say, the passing away of the mind and all mental agitations and all mental pictures, which means, this objective world. Sivarathri is the day on which the moon, the presiding deity of the mind, is as near Laya as possible and so, just a little extra effort that day leads to full success: the Sadhaka can thereby achieve complete Manonashana (destruction of the mind). The realisation is that everything is subsumed in the Lingam (the symbol of the formless).

All Beings are Sparks of Divinity

God is a huge fire, and the sparks that fly out from it are the Jivis (individual souls); the Jivis are infinitesimal fractions of the same effulgence, having the same splendrous essence as their base; but, the wind of Vasanas (impressions left on the mind by past actions) sweeps upon the sparks and puts out the light and destroys the heat. But, the same wind cannot put out the fire, it can only feed it further and cause its splendour

to shine forth in even greater measure, for, the Sankalpa (Will) of the Lord can only add to His glory.

Just as the dreams you see are shaped by the experiences, cravings and disappointments of the waking stage, the experiences of the waking stage are the results of your previous lives. While dreaming, you do not relate the incidents and emotions to the waking stage; do you? You feel they are unrelated, unique, genuine experiences; is it not? So too, you do not realise that your joy and grief, your actions and reactions in the waking stage are all based on your past lives.

The players do not derive as much joy as the onlookers; so develop the attitude of the onlooker, Drashta (witness). The batsmen, bowlers and fielders do not get a fraction of the pleasure that the 'fans' beyond the boundary derive. They note each fault and excellence in stroke and defence; they appreciate the finer points of the game. So too, to get the maximum joy out of this game of life, one should cultivate the attitude of the onlooker, even when one has to get embroiled in the game.

I will not bend before anyone for anything. I am therefore unafraid. I bend for Prema, I bend before truth, that is all. Do not worry about worldly comforts and ask Me about those things as if they are all important. Do not waste your precious lifetime in distracting doubts about the existence of the Lord in human form, here and now.

Cultivate Prema towards all; that is the greatest service you can do to yourself for, all others are but you yourself. You too should bend only before Prema and Sathya, not before hatred, cruelty and falsehood.

– **Excerpted from Bhagavan's Sivarathri Discourses.**

Dr. MANMOHAN SINGH VISITS PRASANTHI NILAYAM

Dr. Manmohan Singh, former Prime Minister of India, visited Prasanthi Nilayam and paid reverential obeisance at the Samadhi of Bhagavan Sri Sathya Sai Baba on 2nd February 2016. He recalled how he experienced Bhagavan's grace at the time of the Convocation Ceremony of Sri Sathya Sai Institute of Higher Learning that took place in 2010 with the Divine blessings of Swami, when he was the Chief Guest of the function. He also mentioned that he was happy to be here and had come for the blessings of Bhagavan. He said to the Vice Chancellor of the Institute, Prof. K.B.R. Varma that the students studying in the schools and the university founded by Bhagavan Baba were very lucky.

Earlier, Dr. Manmohan Singh and Sri Rahul Gandhi, Member of Parliament, were received at Sri Sathya Sai Airport by Sri R.J. Rathnakar, Trustee. Dr. Manmohan Singh spent some time with Sri K. Chakravarthi, Sri R.J. Rathnakar, Trustees and Sri G.S.R.C.V. Prasada Rao, Secretary of Sri Sathya Sai Central Trust at Prasanthi Nilayam.



*Dr. Manmohan Singh offering his salutations at the Samadhi
of Bhagavan at Prasanthi Nilayam*

The best and the simplest Karma is the repetition of the Name of the Lord; be ever engaged in it. It will keep out evil tendencies and wicked thoughts. It will help you radiate love all around you.

– Baba

My Most Beloved Lord is Here, is Here, is Here

Smt. Vijaya Kumari

Offering our prayerful, humble salutations to the Lord, as His devotees, we need to deeply contemplate on how to preserve Him permanently in our hearts. The best homage to our Lord Sai would be to imbibe His teachings and to implement His ideals in our daily lives. Besides being good examples to others in the world as Sai devotees, we need to dedicate ourselves to the service of humanity and strive to bring peace to the whole of the world. Every possible effort should be made to spread His Eternal Message—that 'God is Love', for us to 'Live in Love', that we 'Love All, Serve All'—and to bring these truths to every nook and corner of the world, by our example.

MY HEARTFELT DEEP salutations to Bhagavan Sri Sathya Sai Baba. Bhagavan's unconditional love towards His children, in years past and now, is verily the same, beyond words and verses. My relation with our loving Lord was so close, so deep, so intense, so sacred, so loving and so free! Thus, the attachment to His Form since 1945 remains very powerful and perpetual.

The Supreme Lord Leaves His Form

The day He was hospitalised, it was assumed that He would be back home in a day or two, as we oldsters were used to His 'hide and seek' games since the beginning. But nothing like that happened, and days and weeks passed by. The unflinching faith of His dear devotees that He would be with them for another ten years kept them alive, and their confidence in His solemn words gave them strength. At last, His Will prevailed, plunging the entire fraternity of

devotees into an ocean of endless sorrow. The news spread like wild fire, all over the world, to the disbelief of the devotees. Gripped in clutches of immeasurable, inconsolable stress and strain, agony and anguish, from every nook and corner of the world, devotees rushed to Puttaparthi. The whole world was mesmerised, watching millions and millions of devotees converging upon Prasanthi Nilayam (the abode of peace). The world was awestruck at the superb, supreme and sublime conduct of the desperate crowds. The most amazing sight was the involvement of devotees, non-devotees and villagers, cooking food all along the path and feeding the hungry, without any respite or let-up. Millions of people all over the world were glued to the live telecasts and updates for weeks, without rest. Is this the miracle the Lord was referring to during His 85th Birthday? Is this the meaning of 'Brotherhood of Man' as taught by Him?



The sight of the motionless body in the glass casket shattered the bereaved devotees, cascading them into an ocean of unbearable gloom and burning them into unaccountable misery. All the efforts to control tears were ineffective as torrents of tears flooded the hall. The sobbing and wailing swept through the silent atmosphere. Scorched minds became numb. Thumping hearts mourned, silently. The separation from the Divine Form shattered the Sai family into pieces.

My graceful Lord gave me enough courage to allow me to visit His abode, only after two months. Needless to say, I broke down. My bones split into splinters. My body was ravaged in fire. Every cell shivered like dry leaves, and I was totally shattered for missing the Divine Darshan of my Mother Sai. My agony was beyond description as I was so used to His Divine Form, by way of Darshan, Sparshan and Sambhashan (vision, touch and conversation) for years and years. But, after a while, the compassionate Lord tapped my inner consciousness, and my tormented mind became composed. My burning body cooled down, and a mysterious realisation took hold of me. All the memories and experiences with the Divine Form, one after the other, flashed through my mind in such a lively manner and confirmed to me that the Lord cannot stay away from His devotee, even for a moment.

I leisurely looked around with amazement; it was awe-inspiring, for I felt and experienced the omnipresence of the Lord all over, within and around me. The atmosphere was charged with superb fragrance. The scintillating sensation rocked me in bliss, and the enthralling, divine vibrations I felt proved to me that my Lord, even without form, is here, is very



much here especially, without any change whatsoever. By His grace, He unfolded His divinity by lifting the veil of Maya and poured out His unparalleled pure love in plenty, just as always. This divine aroma enabled me to become normal, and I truly realised that He IS within. Yes, of course. He is within Me and very much all around me. The transformation He wished for, all these many years, took shape now. It is not without reason that the Lord of Maya spoke so much about Maya. Every devotee needs to understand the true nature of Maya in order to experience Him as being with us always. I experienced with heart and soul the transformation within and all around me. The most blessed Sai Kulwant Hall looked beautiful, calm and peaceful – yet, at the same time – powerful. Discipline, devotion, dignity and discretion danced all over the place, displaying oneness vividly. Everyone was sunk in silence, enjoying the omnipresence of our Most Loving Lord, like ever before. Every face was showing clear signs of experiencing His loving grace, confirming their determination and resolve to obey His commands.



For years we oldsters played hide and seek with young Bala Sai, and now our Most Benevolent Lord continues to play this game in His infinite formless state. We never saw Rama, Krishna, Shirdi Sai, Jesus Christ, Buddha, etc., incarnated, yet we have absolute faith in these unseen Avatars. We should consider ourselves as most fortunate for having witnessed, to our heart's content, the greatest Avatar of all the eras: the Living God – seen with our own eyes. Every Darshan, our eyes gleefully gloated on His beautiful form, and our bodies swayed in delight. Now, placing Him on the throne of our heart, our eyes of wisdom fully realise His presence within. How grateful we are, and should be, to and for this compassionate Lord, who is forever beyond our human perception! The Lord graced us with so many wonderful miracles never seen or heard, ever before. He silently promoted us from Bhakti to Madhura Bhakti, that is, elevated us from devotion to supreme devotion. Who can ever evaluate His compassion? If we consider the Gopikas as the fortunate ones to have been close to Krishna or the monkey army as fortunate for having been chosen by Rama for His mission to Lanka, how very fortunate we should be for having participated in Sai's Mission for years, in His presence and under His personal guidance! The compassion of our Sai Rama is beyond all limits.

The Radiant Symbol of Love and Unity

The divine tap brought a wonderful realisation within me. The Samadhi, standing elegantly before me, looked exclusively and exquisitely beautiful, with sparkling radiance and brilliance, a true, tangible replica of our Most Beloved Lord's exuberant love. This has taken shape on the very same sacred place where our most

Beloved Lord spent so many hours of His precious time with us. On this holy ground, at this very blessed spot, resides our Lord as Parabrahma (Supreme Reality), with all splendour and supremacy. Here dwells the Emperor of Love, on the throne of Love, with the weapon of Love, in His perpetual Darbar (royal court) of Love. At this sacred place, our Lord had showered His scintillating love, walked, talked and moved about, spreading His cool waves of love. Keeping the entire universe under His canopy of love – quenching the thirst of every heart with His infinite love, awakening every mind with this divine love – is par excellence and beyond human conception or perception. Not for just one or two days, but for more than sixty autumns, millions have received incredible gifts, and memories of His immense love are buried in the depths of millions of hearts.

The Samadhi monument is imbued with the golden touch of the Most Beloved Lord, and the divine steps of His Lotus Feet permeate every inch, with His unfathomable love. This holy place is consecrated and sanctified with the crystal clear Love of the Embodiment of Love. This is the symbol of Love, Love and Love in the everlasting ocean of Love. Every grain of sand and every speck of dust here speaks volumes about His glory and grandeur. I clearly felt the vibrations of the Lord's endless humour, hilarious words, marvellous miracles and the evergreen memories. Surely, inevitably this divine legacy leaves anyone who experiences it puzzled and perplexed, yet warm with inner joy and peace.

The Samadhi itself is powerful and solid, emitting strong vibrations and eliciting pulsating emotions. It is part and parcel of His ultimate love, exhibiting the most exhilarating miracles, authentically proving to me and to



those who experience this phenomenon, the Lord's existence, the unseen yet felt, Reality. This gives enormous strength to our faith and devotion, without any trace of doubt. The loving Lord never wants His children to miss Him, and He, with His loving touch from within, removes the hard lump in the parched hearts. This is His master plan for everyone to enjoy and feel the oneness in all. This is a marvellous, living monument of sweet memories, vividly revealing His identity. This is a soul-searching, healing temple of Sarvadevatateetha (one who is beyond all gods and goddesses), revealing Himself as the presence of God in all. This is verily Pratyaksha Paripurna Premavatara (perfect incarnation of love), in all ways and always. By the Lord's grace, everyone who strives to realise his inherent divinity, derives peace and stays ever close to the Lord, as His worthy child.

Offering our prayerful, humble salutations to the Lord, as His devotees, we need to deeply contemplate on how to preserve Him permanently in our hearts. The best homage to our Lord Sai would be to imbibe His teachings and to implement His ideals in our daily lives. Besides being good examples to others in the world, as Sai

devotees, we need to dedicate ourselves to the service of humanity and strive to bring peace to the whole of the world. Every possible effort should be made to spread His Eternal Message – that 'God is Love', for us to 'Live in Love', that we 'Love All, Serve All' – and to bring these truths to every nook and corner of the world, by our example.

Besides striving to keep the Projects that Sai founded in full throttle, we should, collectively, with complete determination, implement many more wonderful projects in the world, having Him as our driving force from within. "Love All, Serve All" will then not remain as a Mantra in each mind and heart, but it will be put into action by each and every one of us, to the best possible extent, by dedicating this body, which He has gifted to us, for giving loving and selfless service to humanity. It is in this way that we can fulfil our Lord's wish by demonstrating His teachings and thus prove ourselves worthy of being His beloved children.

– **Smt. Vijaya Kumari is the author of the famous and much-loved book "Anyatha Saranam Nasti" (Other than You, Refuge there is None) and many other books on Bhagavan Sri Sathya Sai Baba.**

...continued from page 12

Krishnadevaraya. Recitation of Bhagavan's poems and presentation of audio clips of Bhagavan's words on the relevant topics of discussion in the royal court provided authenticity to Bhagavan's Message and added to the impact of the drama. Beautiful dances of the children, good make-up and costumes and sweet songs made the drama all the more enriching.

BURRA KATHA ON SIVA PARVATI KALYANAM

The story of celestial wedding of Lord Siva and Mother Parvati was presented in the folk art form of Burra Katha by the students of Sri Sathya Sai Institute of Higher Learning on 14th February 2016. Three students narrated this divine story in a most captivating style. They concluded their presentation with the Bhajan "Anandame Sai Bhajana".

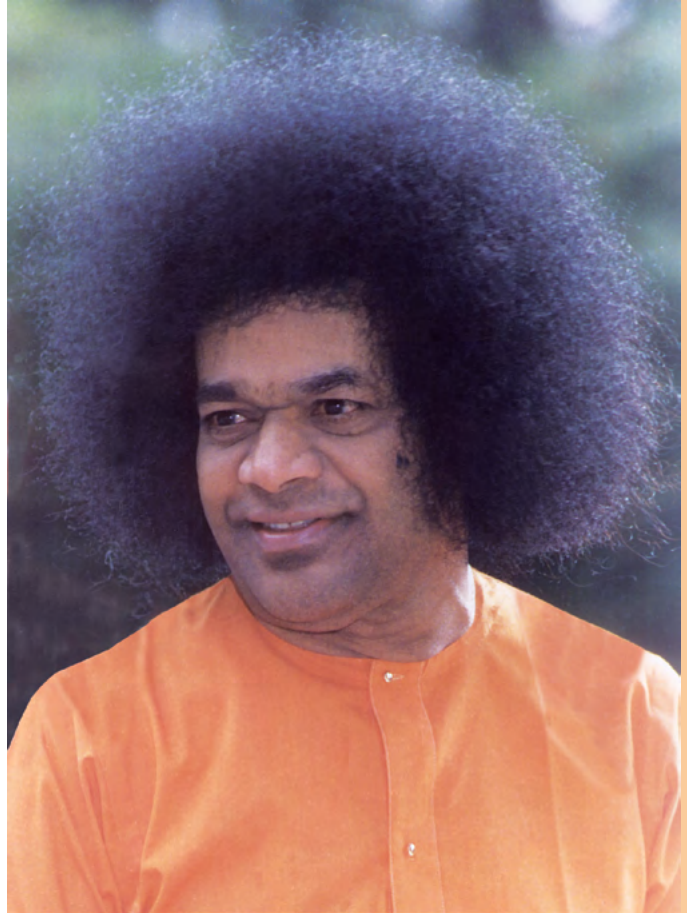


Effulgence of Divine Glory

DO YOU KNOW GOD?

*I*N 1992, A GROUP OF friends from our Sai Centre in St. Paul, Minnesota went over to see Swami. At that time, my blood sugar count was over 420 and my vision had become so blurred that I needed strong magnifying glasses to read a book. The doctors wanted to put me on insulin for my diabetes, and I had no medical insurance. I still don't have any medical insurance. Because of my head injury, they take one look at my medical records and say, "Impossible, you can't be living". The eye specialist said, I had irreversible eye damage. I didn't know what to do.

My mother had been paralysed since 1974, and I was hoping that Swami would do a small miracle for her. I wrote a letter and said, "Dear Swami, please do a small miracle for my mother. Thanks". My group got an interview, but I totally forgot about the letter (when I get close to Swami like that, I'm in bliss). Days went by and nothing happened with the letter. Even if you're in the front row, He can waltz around you. The last day we were there, I was sitting in the front row and again held out the letter. He came right to me and said, "Wait". I felt a beautiful peace and knew He was going to do something for my mother. Then heading back on the airplane, I pulled out a book and started to read. My wife said, "Where are your glasses"? I was reading without



those magnifying glasses. On my return, I went to see my mother and told her that Swami had healed my diabetes. She started to cry because she had been praying every day for Swami to heal me. Now, three years later, when they check my blood sugar, it is still normal, and I can read the smallest print without any glasses. So, He did do a miracle. Thank you, Swami!

When you're dealing with Bhagavan Sri Sathya Sai Baba, you should recognise who

He is. Swami has stated, "My miracles are My visiting cards. What you should ask Me for is My Prema (love), My grace". I have gone through the most incredible financial problems known to mankind. I've asked Swami inwardly, why? And I've learned one thing. If you seek the kingdom of heaven first; if you seek the joy and the bliss and the love of Swami within; if your heart's greatest desire is to feel and to experience the joy, the love and the bliss of God within; if getting that experience is your deepest and most sincere desire; Swami will take care of you. And He will fill you with the joy and bliss you desire. That's one aspect of His grace. If you could see your past lives from an objective point of view – see your inner flaws, your inner weaknesses, your ego enmeshed in the senses, the body, and the affairs of this outer planet – and if you could see the price and the struggle you must go through to become free and liberated and one with Swami on the spiritual plane, you would see the tremendous work needed to be done to accomplish that goal. And I promise if someone pays ten cents, Swami will pay ninety cents. My financial problems

are nothing compared to what they could have and should have been were I not with Swami. I would have had to spend at least one or two lifetimes as a beggar in India or some other rough part of the world. Such is the grace of Bhagavan Sri Sathya Sai Baba.

You cannot estimate the love Bhagavan Baba has for us. He doesn't need our money. Swami doesn't even need us doing service for other people. The service is for us. He wants us to do service for others so that our hearts will open up and we will change and stop thinking just about this body, this bank account, this little family or these little friends. He wants us to become infinite. He wants us to become universal. He wants us to look at every soul on this planet and see our brother and sister – not just the relatives we were born with, not just our buddies from high school or whatever, but every soul, even our enemies. They too are God's children. That's what Swami is here for. That's the grace. That's the opportunity we have.

– Excerpted from the article of Sam Podany in the book "Encounters with Divinity".

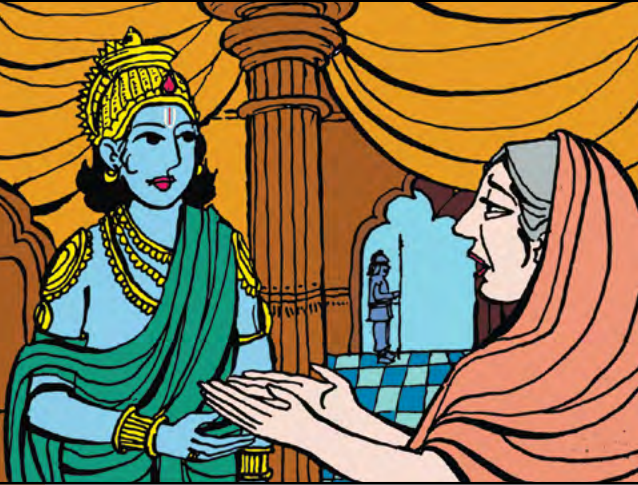
Auspiciousness lies in diverting the mind towards God. This calls for getting rid of the inherited animal tendencies in man. This is the occasion to recognise the omnipresence of the Divine in all beings and in all objects. It follows that whomsoever you adore or condemn, you are adoring or condemning God. You must follow the injunction: Help Ever, Hurt Never. Every human being has sacred qualities, based on his Sivatvam (Divine essence). Hence, man should realise his inherent divinity, though his body is made up of the five elements.

– Baba

From Koham to Soham

WHEN LORD RAMA RETURNED to Ayodhya after killing Ravana, He took over the reigns of the kingdom after His coronation. One day, Kaikeyi came to Him and beseeched, “Dear son! It was all because of me that You had to undergo so many difficulties. My attachment and pride were responsible for Your suffering. Now tell me the way for

Which animals did you see? What were they doing there”? Kaikeyi said, “Dear son! There I saw goats and sheep who were bleating ‘Mey Mey’ all the time. This is their nature only. Isn’t it”? Rama then asked Kaikeyi what was meant by ‘Mey’. But Kaikeyi could not give any answer. Then Rama said, “Mey denotes the feeling of ‘I’ (ego). If man also identifies himself with the body and says,



Kaikeyi came to Rama and asked Him the way to atone her sins.

the atonement of the sin committed by me”. Rama said, “Mother! I will do what you wish. First go and have a bath in the Sarayu river. After this, see, hear and know whatever happens there”. Accordingly, Kaikeyi went to the river along with her companions, had a bath in the river and looked around. There she saw goats and sheep grazing on green grass and constantly bleating ‘Mey, Mey’.

When Kaikeyi returned, Rama asked her, “Mother! Did you go to the Sarayu river?



Rama taught Kaikeyi a profound lesson that one should know oneself by enquiring, who am I?

‘I’, ‘I’, then how can he consider himself superior to sheep and goats? He should get rid of his ego and understand what is the real ‘I’. Then he will know who he really is. This is the essence of all Vedantic knowledge.

People go on asking, who are you? who are they? They never ask themselves, who am I? If man does not know who he is from birth till death, then what is the use? Asking the question ‘Koham’ (who am I?) at birth, man should know and say before he dies ‘Soham’ (That I am).



C. GOPAL RAO

RELEVANCE OF SWAMI'S EDUCATION IN MY LIFE IN THE CORPORATE WORLD

ATTRIBUTE MY SUCCESS TO Swami's protection and grace and mostly to the incredible training that I received at His Lotus Feet.

In this article, I am going to distinguish specifically what He created for me as His student which made the biggest difference and caused lasting results and strength in

and how I am going to translate that into corporate life. Service as we know is Seva, serving the Lord in humanity. So, the people we serve actually are doing us a favour. It is not the other way round. They accept our service and thus allow us to make our life useful. It made me humble and that created a state that I call being a student or what Zen Masters call 'beginners mind'.



Advaita in Practice...

"This is Advaita in practice. Treat all as Swami and yourself too as Swami. The difficulty is when the other Swami is behaving badly. At that time, you remain the good Swami."

my life in the corporate world. The four critical aspects that have made the difference are: (1) Service / Making a Difference (2) Participation (3) Being Present (4) Integrity.

Service / Making a Difference

My life with Bhagavan resolved what my life was going to be for. The choice for most human beings is whether to earn a living or be of service. Once I became clear that this life is for service and I am here to serve, I began a big enquiry into what service is

Swami once materialised a photo of Himself talking to Himself. When He gave it to me, He said, "This is Advaita in practice. Treat all as Swami and yourself too as Swami. The difficulty is when the other Swami is behaving badly. At that time, you remain the good Swami."

That altered how I viewed my superiors, orders given to me and my job. It was no longer a way to rise to the top, but an opportunity to do a job so well enough that I



was totally consumed by it. My job as work disappeared and what happened was that job and play became one. I stopped shirking responsibilities. I was known to my seniors and bosses that I could be depended on to get the job done. I no longer 'go to work'. My family has to impress on me to go to sleep. I manage to work 18 hours a day. I do not experience stress. I am alive, energetic and full of enthusiasm.

Participation

The first time I was blessed with an interview, Swami blessed me by patting my head and I wept. All He kept saying was "Life is a Game – Play it". At that time, it was a good jargon. But as my life unfolded as a student in Puttaparthi, Bhagavan made me sing a Bhajan for Him in Kodaikanal, asked me to give a speech at the hostel, allowed me to massage His feet on a number of occasions, ensured that I did well in studies and participated in all co-curricular activities. That time I just felt grateful that He was fulfilling all what I had prayed for.

I must mention here that I do not possess any special talents – I can't play any instrument, can't sing well, did not have much confidence. Later, I began to realise what Swami had done to me. He had made me participate in the game of life. That made me a player. A player plays full out. He does not bother about his image and never carries a grudge when another player scores over him. All that a fallen player does is – he gets up and plays again. He is left a stronger person at the end of the day. This way of being, boosted my self-confidence and slowly I began drawing strength from within and saw what my plus points were. I became clear on what I could contribute and perform within a team. I

started expressing my strength rather than hiding my weaknesses. I stopped getting intimidated by other peoples' apparent brilliance – better university degrees, classy appearances, use of jargon, politics, etc.

I had simply stopped comparing myself with others and rather was focused on what difference I could make. The other thing I discovered was as long as I kept engaging in life and taking the initiative, I had tremendous vitality. In the past 12 years, even though I have had small ups and downs in my health, I have not taken a single day of sick leave. Even when I suffered a slipped disc, I kept working including leading a programme, lying on the floor and speaking for 15 hours a day, for four days in a row. Look at Bhagavan's energy; He is full of it and I learnt that He is active not because He has energy; He has energy because He is active.

Being Present

Bhagavan's statements 'General Knowledge + Common Sense is Critical' and 'Being is Lost in Becoming as Life is Lost in Dreaming' could be the wisest statements that I have ever heard.

One cannot excel if one is not present. Swami taught me that everything is sacred. Nothing is less than holy. Nothing is insignificant. I remember how He would insist that while serving Sambar (a lentil based dish), I had to stir every time while I served so that none of the vegetables settled down. He insisted that I treat the jute sacks with the same care as I treated the Saris that I was folding; the drama rehearsal had to have some liquid in the cup so that it looked authentic while I acted out drinking tea from the cup. 'Being Present' allowed me to have rare leadership quality

called 'charisma'. Charisma is not about our good looks or our style. It is the quality to attract attention. It is the quality of having a presence. It is caused by being present and not trying to get somewhere. It is a function of being here – now.

I now do my job to do my job, not to make money. I greet someone to greet them ... not as a formality. People experience me as 'I am there' in conversations, I am available to them. It allowed me to be interested in people. Interesting people are interested.

Integrity

Though featured last here, I must emphasise that this quality is the one that is most critical. Swami stresses integrity as thought, word, deed being one. This is the same as being whole and complete, completeness, nothing out of place. The more I practised integrity, the more I experienced high level of self-worth, self-esteem and confidence. My word mattered. I learnt that the pathway to integrity was by honouring my word as myself. If I am not my status, my position, my body, my thoughts and opinions, then the closest I can come to who I am is that I am my word.

In the corporate world, what matters is your reputation. Imagine being known and respected for being someone who delivers on what he said he would do by when he will. In my appraisals, I would score 100% on reliability. My boss would say, "You may

not be glamorous as others are, but you are 100% reliable. Others will say they will do it but they won't. You will argue for more time but always deliver by when you said you would. I can trust you".

Integrity is equal to earning trust. What I say, can be trusted. Honesty, truth, being straight, keeping your promises, being true to one's ideals and principles, are what created my character as what I am today and what I am known by people around me. Of course, this does not mean that I am perfect. I do break my promises but I can be trusted to acknowledge it, clean up the mess and demonstrate my word over time and reclaim the trust that was lost. I do not justify breaking my promises.

Integrity also forced me to be unreasonable with myself. Unreasonable does not mean being thoughtless with others but it means that I do not accept my justifications and reasons why I will not do what I said I would do. An unreasonable person produces miraculous and breakthrough results. The reasonable person produces reasons and if at all results, then they are mediocre and reasonable.

The interactions and interviews with Swami has been the best education, the best M.B.A. that one can ever receive. The Institute taught me to think, and Swami taught me to live!

The very first lesson of yoga is the conquest of Kama (desire). The Will has to be fashioned as an instrument for the beneficial deed and the deed has to subserve the need for winning wisdom, which confers in a flash the awareness of the Reality.

– Baba

BAL VIKAS: THE DIVINE PATHWAY FOR TRANSFORMATION

Komal Kumari

THE SANSKRIT TERM BAL VIKAS means “blossoming of the child”. The aim of Sri Sathya Sai Bal Vikas is to raise a generation of boys and girls who have clean and clear conscience. It is the basis of the great movement initiated by Bhagavan Baba to restore Dharma in this world. Started in the year 1969 for children above six years of age, it imparts value education from the content drawn from ancient scriptures through the methodology of storytelling, enacting plays, singing Bhajans, etc.

Bal Vikas is not just an education for children; it is the essence of all spiritual knowledge. It is Educare for Loka Vikas; it complements the school education by emphasising on the five cardinal human values of Sathya, Dharma, Santhi, Prema and Ahimsa.

The ultimate aim of Bal Vikas is to let the child realise that Divinity dwells in him. The child is ignorant that he or she is Divine, though pure at heart, soft in physique, tender in mind and nascent in intellect. It is through the five teaching techniques that the values are slowly imbibed by the children. All the techniques are meant to enable the child to realise that God exists and man is Divine.

It is true that Bal Vikas is the Divine Pathway for transformation as it brings forth universal and eternal human values



and provides profound moral insights of the world's great enduring civilisations. Bal Vikas helps to create a universal and unchanging base and gives a stable sense of identity to the child by combining spiritual education with secular education in an integrated manner. It forms the foundation for developing an integrated personality. I personally feel that Sri Sathya Sai Bal Vikas is the Divine Path, which will solve all the problems of this world.

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



Valuable Maxims

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

Conquer, anger, falsehood, attachment, reasoning, truth, greed, charity, love, fear, sin, consequently, service, society, morality.

1. It is easy to conquer anger through love, attachment through reasoning, falsehood through truth, bad thoughts through good and greed through charity.
2. When you develop love for God, you will have fear of sin, and consequently there will be morality in society. You can do great service to society if you develop morality.

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

Swami's Tips to Students

Students! Learn effective means to smother the anxiety, the falsehood, the fears and the cruelties that afflict the world today. Revive the ancient ideals of learning and of high living in the awareness of Divinity. Shine forth in the splendour of eternal truth, in the practice of time-tested values and in ways of holy living adjusted to the times. Be ready to renounce that which leads you astray. Be heroes for adventure. The world needs today youth full of universal love, enthusiasm to serve and disciplined emotions.



NEWS FROM SAI CENTRES

NEPAL

CHRISTMAS WAS CELEBRATED at Sathya Sai Centres of Nepal with great joy and piety. Special study circles were held to discuss the similarities in the lives and messages of Jesus Christ and Bhagavan Baba. This holy occasion was marked by the inauguration of a Sri Sathya Sai Health Services Centre at Pokhara to provide clinical and diagnostic services, including blood tests, ECGs, PFTs, X-rays, video X-rays, and medicines, all free of cost. On the very first day, a group of 30 medical professionals – 9 doctors, 11 paramedical personnel, and 10 pharmacists – served 150 patients and distributed medicines. As part of these services, 68 blood tests for hepatitis, 44 ECGs, 68 PFT tests, and 68 ultrasound tests were conducted.

During the Christmas celebrations, Sri Sathya Sai Central Trust of Nepal handed over the keys of a newly-built house to a family that had suffered losses during the

April 2015 earthquake in Kathmandu. The house, constructed of cement blocks with a galvanised metal roof, consists of two bedrooms, a small kitchen and a bathroom.

About 200 people attended a ceremony for laying the foundation stone for a Sri Sathya Sai Community Drinking Water Project at Baraha, a village in the mountains of the Gorkha district that was badly damaged during the massive earthquake of 2015. The facility will provide drinking water to 70 families, serving about 350 people in all.

SURINAME

Sathya Sai youth from Suriname organised a Walk for Values on 31st October 2015, as part of the worldwide “Serve the Planet” project. Sai Organisation members together with families, friends and community members joyfully joined in the event. One hundred and forty people, aged 4-75, participated in the four-km walk in the capital city, Paramaribo. During registration, participants selected a human value and received a badge with their chosen value, as a spiritual exercise. Values-based games, such as “Fishing for a Value”, were organised, where participants could search for letters to form a value. Another game, “Bowling Away the Negatives”, involved overturning bottles with negative values written on them, with a ball. All games were led by Sathya Sai youth. The youth also painted banners and flags with quotes on human values, which were displayed during a procession. Prizes were awarded to participants for dressing according to the “Go Green” theme for the event. The day was full of fun and joy, with



Foundation laying ceremony of a new water project in Nepal.

the underlying spiritual theme and message of human values.

BAHRAIN

SSIO members in Bahrain organised several activities over a 90-day period to celebrate the 90th Birthday of Bhagavan. One of the activities, tree planting, was undertaken by Sathya Sai youth as part of the 2015 “Serve the Planet” project. On 24th September 2015, coinciding with the auspicious occasion of Eid Al Adha, 90 saplings of various fruit-bearing and shade-giving trees and flowering plants were planted at the Riffa campus of the Indian School in Bahrain. About 100 people, including children, youth, SSIO volunteers and teachers of the Indian School participated in the event with joy and enthusiasm. The programme began with the singing of human values songs by the children, who marched with boards displaying the five human values, and placed them alongside the location where the trees were to be planted. The children then planted the saplings, placing manure and watering the saplings under the guidance of the teachers and volunteers. The practical demonstration of love for Nature was followed by inspiring talks on the intrinsic relationship between Nature and human values. The message that plants and trees teach human values as living examples of love and compassion was well received by one and all.

RUSSIA AND ADJOINING COUNTRIES

On 23rd November 2015, about 2,000 members from 34 Sathya Sai Centres in Russia, Belarus, Ukraine, Kazakhstan, Moldova, Kyrgyzstan and Azerbaijan



Devotees participating in Bhagavan's 90th Birthday celebrations.

celebrated Sathya Sai Baba's 90th Birthday on a grand scale. Sathya Sai volunteers distributed food packages and clothing to needy families and conducted classes for children on human values. Participants attended study circles on Bhagavan's teachings, the importance of His role for mankind, and the activities of the SSIO for spiritual growth and self-transformation.

On 7th and 8th November 2015, about 335 people, including 165 newcomers, attended various public meetings in Russia, Belarus, Kazakhstan and Ukraine. The meetings were held in different venues, including sanatoriums, meeting centres, homes of SSIO members, and a hospital. The SSIO organised these events to share with the public Bhagavan's teachings on the unity of faiths, the purpose of life, and the importance of developing good character through love and selfless service. Highlights of the events included films about Bhagavan and His works, speakers describing SSIO activities and service projects, and the answering of questions posed by guests. After the meetings, children received gifts and sweets. Human values classes for children were also organised in seven of the cities where public meetings were hosted. In St. Petersburg, Russia, a speaker related an interesting and inspiring story of how Baba saved him from bullies.



CROATIA

In November and December 2015, the SSIO of Croatia undertook service activities for the needy in village Letovanić impacted by a great flood. Special attention was given to vulnerable families with children as well as elderly or helpless people. On 14th November 2015, Sathya Sai volunteers visited Letovanić to distribute warm clothing, footwear and toys collected by members of the Sathya Sai Centres of Zagreb. The volunteers also donated a much-needed printer/scanner/copier to a local primary school. On 20th December, SSIO volunteers from Zagreb and Sisak visited nine of the poorest families in Letovanić, offering Christmas gifts of fresh fruits and sweets. The group also provided basic household appliances to three indigent families, and a furnace for cooking and heating to an elderly woman subsisting in frigid cold conditions.



Furnace for cooking and heating to an elderly woman.

In addition, a Sathya Sai physician offered medical advice and general check-ups to villagers lacking access to medical care.

MAURITIUS

The Indian Ocean Centre for Education in Human Values of the Institute of Sathya Sai Education (ISSE–IOC), on the island nation of Mauritius, is well known for its human values programmes, as taught by Bhagavan Sri Sathya Sai Baba. In the context of the 90th Birthday celebrations of Baba, the ISSE–IOC, in collaboration with the Ministry of Gender Equality, Child Development and Family Welfare, the Social Welfare Centre of Montagne Blanche, and the Montagne Blanche Sathya Sai Centre, dedicated a seventh H.O.P.E. Family Values Monument in the village of Montagne Blanche in Mauritius. The ceremony was attended by about 125 people, including 75 families from the villages of Vuillemin and Montagne Blanche. The monument stands majestically in front of the Sathya Sai School, in the Social Welfare Centre of Montagne Blanche. The unveiling of the H.O.P.E. Monument was performed by Soomilduth Bholah, Minister of Business Enterprise and Cooperatives, in the presence of other distinguished guests. The Minister was touched by the unique depiction of the core family values of love, care and compassion in the statue and requested the authorities to construct another H.O.P.E. monument in the eastern part of Mauritius. The Minister inaugurated a shelter for needy children as well, and the opening ceremony included a human values march, titled “La Paix de Noel,” by the children and their parents from two villages, Vuillemin and Montagne Blanche.

PANAMA

On 23rd November 2015, Sathya Sai devotees from Panamá celebrated Baba's 90th Birthday in Ciudad del Saber at the Centro de Convenciones. More than 150 people attended the programme, which was organised by 52 Sathya Sai children with the help of nine teachers and assistants. The programmes included talks about the importance of SSE, the five cardinal human values, and how children could change the world by practising Sathya Sai Baba's



Children depicting five different teaching techniques used in SSE.

teachings. The children then performed a dance and drama, depicting five different teaching techniques used in SSE. Between the acts, a Sathya Sai educator went on stage and explained each one of the techniques. At the end, a video was shown about Bhagavan, as well as slide shows of SSE activities over the last ten years.

U. S. A.

The SSIO of USA, Mid-Central Region, organised an annual health fair on 3rd October 2015 at the Holy Trinity Church and Parish Centre in St. Ann, Missouri. This year's medical camp evolved into an event focusing not only on healthcare but also on the social welfare of the underserved Latino community. About 22



Annual health fair, U.S.A.

community organisations, including the Labourers' International Union of North America, International Institute of St. Louis, St. Louis Crisis nursery, and other groups offered more than 32 healthcare and social welfare related services to help the needy Latino community. A team of 40 healthcare professionals and 121 general volunteers served 158 adults and 90 children.

Health services included flu shots, blood sugar tests, lipid panels, blood pressure and vital signs measurements, tests for asthma, ankle scans for osteoporosis screening, hearing tests, behavioural health, children's health and immunisation, nutrition / diet advice, mammogram registration, information on health insurances and consultations with medical, dental and vision professionals. The Bone Marrow Donor Registration Drive successfully registered 14 prospective donors. Educational information was given on prevention of kidney disease, stroke and diabetes. Posters were on display to explain how human values promote both physical and mental well-being.

Visitors were given valuable information on securing employment, social assistance, prevention of exploitation and abuse, and short-term shelter for children ages 12 and under, in emergency situations. In honour of Sathya Sai Baba's 90th Birthday, fair attendees were served lunch. Reading



glasses, children's school supplies, bicycle helmets, basketballs and footballs, and dental hygiene kits with toothbrushes and toothpaste were distributed to the attendees. Sathya Sai volunteers also presented a gift of 90 blankets to the Gateway Homeless Shelter for warding off the cold during winter. A 14-year old boy, who came with his mother and acted as a translator for her, was so touched by his experience that he wanted to volunteer as a translator at next year's camp.

BHARAT

Andhra Pradesh and Telangana: The 5th National Convention of Sathya Sai Schools was held at Visakhapatnam, in which over 250 delegates deliberated on the current status of Sathya Sai Schools and their future needs and priorities for three days, from 12th to 14th February 2016.

The Convention was inaugurated by Sri Ganta Srinivasa Rao, Minister for Human Resources Development, Government of Andhra Pradesh, on 12th February



Sri Ganta Srinivasa Rao inaugurating the Convention.

2016. In his address on this occasion, Sri Rao observed that Bhagavan's system of education which integrated essential human

values with academic curriculum in Sathya Sai Schools across the country stood unique and unparalleled in building a new generation of intellectually and emotionally strong, and spiritually evolved Indians. Earlier, Sri S.G. Chalam, State President, Sri Sathya Sai Seva Organisation, Andhra Pradesh and Telangana, welcomed the Minister and delegates and remarked that Bhagavan Sri Sathya Sai Baba had gifted to mankind a panacea for all its problems in the form of educare. Addressing the delegates, Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation, called upon them to take up the reforms in education system as Sadhana. Sri G.S.R.C.V. Prasada Rao, Secretary, Sri Sathya Sai Central Trust, said that Central Trust was committed to ensure a conducive environment for the implementation of reforms in education and for spiritual uplift of one and all.

The delegates which included State Presidents and Trust Conveners of the Sai Organisation, and Principals and Management Members of Sathya Sai Schools deliberated on the various issues concerning the improvement of educational practices in Sathya Sai Schools. The Convention served as a unifying force for policy making and improvisations of Sathya Sai Educare which included Experiential Learning, a unique feature of Sathya Sai Education System. The Convention was hosted by Sri Sathya Sai Vidya Vihar, Visakhapatnam.

Sri E.S.L. Narasimhan, Governor of Andhra Pradesh and Telangana, was the Chief Guest of the valedictory function of the Convention, held on 14th February 2016. Trustees of Sri Sathya Sai Central Trust, Sri K. Chakravarthi, Sri R.J. Rathnakar, Sri S.S. Naganand and Sri H.J. Dora extended



The Governor addressing the delegates.

warm welcome to the Governor. In his talk, Sri Narasimhan referred to the ancient values of Bharatiya culture like *Sathyam Vada*, *Dharmam Chara* and appreciated the efforts of Sathya Sai Schools for imparting values-based education to the students. If each student of Sathya Sai School influenced 10 more students, the society would be benefited at large, observed the distinguished speaker. Earlier in his welcome address, Sri Nimish Pandya, spoke at length about the activities of Sri Sathya Sai Seva Organisation and added that quality education was being imparted to over 60,000 students in more than 100 Sathya Sai Schools. Speaking about Sri Sathya Sai Vidya Vahini, Sri Satyajit remarked that extensive use of technology was being made to impart values-based education to students on the principles laid down by Bhagavan Baba.

Kerala: An eye camp was organised at Kallepalli, Kasaragod district with the help of doctors and support staff from SIMS, Kanhangad. Kallepalli is a remote village, where access is very limited for medical facilities. Around 140 villagers benefited from the eye camp.

An Ayurvedic medical camp was also organised on 30th November 2015 at



Ayurvedic camp in a village.

Bedakam, Kasaragod district. The total number of beneficiaries was 280. Veterinary camps were organised at three locations, namely, Karumadi, Amayida village and Ambalappuzha Goshala in Alappuzha district under Sri Sathya Sai Village Integrated Programme. These camps were handled by Dr. Unnikrishnan Valiathan (State in charge, Technology Group).

Manipur: A 16-member relief team led by Sri Heisnam Manihar, President of Sri Sathya Sai Seva Organisation, Manipur visited a relief camp at Noney Town on



Meeting the emergency needs of earthquake victims.

13th January 2016 to assist quake-affected villagers. A day earlier the villagers had informed a disaster management team of the Organisation, which rushed to the area soon after the quake, that it could help mitigate their suffering by providing them with bed sheets and mattresses. Accordingly, the

relief team provided mattresses and bed sheets to the relief camp, which was housing more than a 100 quake victims. The team also provided five bags of rice, 15 kilograms of pulses and a 500-litre water container along with some bottles of packaged water to the quake-affected villagers. The team, which included some medical practitioners

as its members, also assisted several relief-campers that had taken ill by providing medicines to them. Besides, after doing survey of the affected areas, Seva Dal teams of the Sai Organisation went to Imphal East and West and Senapati district and met the emergency needs of the earthquake victims, which included food provisions, candles, water bottles and bed sheets.

Statement of Ownership and other Particulars of the Newspaper

Entitled SANATHANA SARATHI (English) R.No.10774/58

(To be published in the first issue every year after the last day of February)

Form IV (See Rule 8)

1. Place of Publication : Sri Sathya Sai Press, within the compound of Sri Sathya Sai Ashram, Prasanthi Nilayam.
2. Periodicity of Publication : Monthly
3. Printer and Publisher's Name : Sri K.S. Rajan
- Whether citizen of India : Yes
- Address : West II / C-22, P.O. Prasanthi Nilayam, Dist. Anantapur, A.P., 515134.
4. Editor's Name : Sri G.L. Anand
- Whether citizen of India : Yes
- Address : Round Block V / C-3, P.O. Prasanthi Nilayam, Dist. Anantapur, A.P. 515134.
5. Names and addresses of individuals who own the newspaper and partners or shareholders holding more than one per cent of the total paid up capital as on 29-2-2016. : Sri Sathya Sai Sadhana Trust, Publications Division, P.O. Prasanthi Nilayam, Dist. Anantapur, A.P., 515134.

I, K.S. Rajan, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 1-3-2016

(Sd) **K.S. RAJAN**
(Signature of Publisher)

Sri Sathya Sai General Hospital

Prasanthi Nilayam – 515134 Puttaparthi, Anantapur District, Andhra Pradesh

Email: hmrgh@sssihms.org.in, Ph.: 08555-287256, Fax 08555-289409

Applications are invited for the following posts:

1. Junior Consultant / Senior Resident in the Department of Obstetrics and Gynaecology.
Qualification: M.B.B.S. + MD / DNB / D.G.O.
2. Junior Consultant / Senior Resident in the Department of General Surgery.
Qualification: M.B.B.S. + MS / DNB (General Surgery) with relevant experience.
3. Specialist in the Department of General Medicine.
Qualification : M.B.B.S. + MD / DNB – General Medicine / Family Medicine.

– Medical Superintendent

Sri Sathya Sai Gurukulam English Medium School

**Alcot Gardens, Rajamahendravaram - 533101, East Godavari District, Andhra Pradesh
(Affiliated to C.I.S.C.E., New Delhi)**

Admission Notice 2016 – 2017

Sri Sathya Sai Gurukulam English Medium School is a unit of the Sri Sathya Sai Central Trust, Prasanthi Nilayam, Anantapur, A.P. It is a wholly residential boys' school following I.C.S.E. syllabus and offering free education from Class I to Class X. Admission to Class I (Boys, Indian Nationals only) of the school will take place in June 2016.

Prospectus and Admission Forms may be obtained from the school from 15-02-2015 by paying ₹100/- either by cash or through Demand Draft Drawn from any Nationalised Bank in favour of 'Correspondent, Sri Sathya Sai Gurukulam English Medium School', payable at Rajamahendravaram. For obtaining the application sent by post, please send a Demand Draft and a self-addressed envelope (size 15 cm x 24 cm) with ₹15 stamps affixed.

Only students who had completed L.K.G. and U.K.G. in English medium should apply. Age limit for admission to Class I is between 5 years and 6 years as on 31.8.2016.

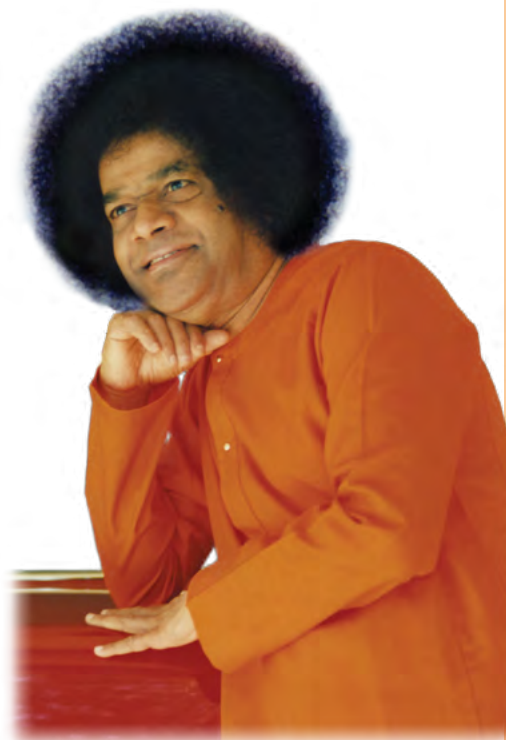
Mode of selection will be as per norms prescribed by the "RTE Act 2009".

Important Dates: Last date for issuing the forms: 31st March 2016. Last date for receiving the filled in forms: On or before 10th April 2016

Phone: 0883 2430989

– Correspondent

To buy photographs of this issue, please click on any of the photographs, you will be guided to our website



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.
- 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 – 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
22. My Beloved Ones
23. Only Love
24. Purity
25. Memoirs Of A Sai Student
26. A Journey To Self-Peace
27. Dharma
28. Guru

29. Karma
30. Life
31. Meditation
32. Peace
33. Simple Truths
34. Nama Mahima
35. Divine Vibrations
36. Guidelines To Active Workers
37. Sri Sathya Sai Anandadayi
38. Truth, Auspiciousness, Beauty
39. Sai Baba's Mahavakya On Leadership
40. Path To Peace - Prayers for Daily Life

Connect with SSSSTPD

The Publications Division's websites are

1. Sri Sathya Sai Publications – www.srisathyasaipublications.com
2. Sanathana Sarathi – www.sanathanasarathi.org
3. Sai Reflections – www.saireflections.org
4. The Prasanthi Reporter – www.theprasanthireporter.org

Connect with us on

1. Facebook – www.facebook.com/sssstpd
2. Twitter – www.twitter.com/sssstpd
3. Pinterest – www.pinterest.com/sssstpd
4. Shelfari – www.shelfari.com/sssstpd
5. Goodreads – www.goodreads.com/sssstpd
6. Amazon – www.amazon.com/author/sssstpd
7. Smashwords – www.smashwords.com/profile/view/sssstpd

REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/1958 REGN.NO. HDP/002/2015-2017
LICENCED TO POST WITHOUT PREPAYMENT No.PMGK/RNP/DLGS/Sanathana Sarathi

Date of Publication: 1st March 2016



The Governor and his wife being felicitated at the Convention.



A medley of Chinese New Year songs.



Burra Katha presentation by students of SSSIHL.

Annual Subscription English (12 issues)

India ₹ 75. Nepal, Bhutan and Sri Lanka ₹ 600.

Other Countries ₹ 850 or US \$19 or UK £13 or €13,

CAN \$22, AUS \$26. Acceptable for 1, 2 or 3 years.

Payment for print and electronic editions can be made online through our website: www.sanathanasarathi.org or through conventional methods such as M.O. or D.D. or Personal Cheque to **The Convener, Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam - 515134. A.P., India.**

Chant God's Name

Keep the Name of the Lord always radiant on your tongue and mind. That will keep the antics of the mind under control. When the lamp is kept burning, darkness dare not spread its fumes around you. It is said in the Gita that when the word for Brahman (Supreme Universal Reality), namely, Om is spelt by the dying with the last breath, he attains Brahman. But, you can spell it then, only when you have been dwelling upon Om all through the years of life.

– Baba



Printed by K.S. RAJAN Published by K.S. RAJAN On behalf of the owner Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam 515134, Anantapur District (A.P.) And Printed at M/s Rajhans Enterprises, 136, 4th Main Road, Industrial Town, Rajaji Nagar, Bengaluru - 560044, Karnataka And published at Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam 515134, Anantapur Dist., Andhra Pradesh.

Editor: G.L. ANAND