



**Sanathana Sarathi**

**MAY 2020**



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol.: 63 Issue No. 5 Date of Publication: 1st May

May

2020

© 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.

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For Audio Visual /

Book Orders: [orders@sssbpt.org](mailto:orders@sssbpt.org)

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Bengaluru : 080 28411500

*Annual Subscription*  
acceptable for 1, 2 or 3 years.

**English India:** (12 issues) ₹ 120

**Other Countries:** ₹ 1200

or US \$22, UK £17, €19,

CAN \$29, AUS \$31

**Telugu India:** ₹ 90 (12 issues)

**Other Countries:** ₹ 900, US \$18,

UK £13, €14

**Note:** Please do not send currency notes  
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The Convener, Sri Sathya Sai Sadhana  
Trust, Publications Division, Prasanthi  
Nilayam 515 134, Anantapur district,  
Andhra Pradesh, India.

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# DEVOTION IS THE EASIEST PATH TO ATTAIN GOD\*

FOLLOW THE SUPREME PATH OF LOVE

**A**LL DEVOTEES CAN EXPERIENCE bliss by means of devotion. The path of devotion is very easy. It does not involve any hard labour or a lot of money. It only requires true love for God.

## God Manifests when you Pray with Pure Heart

Thousands of people attained God through devotion. The path of Raja Yoga and Karma Yoga is quite difficult, because it is not easy to control the mind. So, do not give up this simple path of devotion. It may appear to be difficult in the beginning. In fact, any new venture is difficult in the beginning. For example, when you learn riding a bicycle or motorbike, it appears to be difficult in the beginning. But it becomes easy when you continue the practice. You can get rid of your bad qualities by constant practice of righteous deeds. Then you can easily contemplate on God. This is the true wealth.

There was a devotee in Karnataka who spent all her time in the contemplation of God. She said:

*Waves are the ornament for the ocean,*

*Houses are the ornament for the village,*

*Lotus is the ornament for the lake,*

*Moon is the ornament for the sky,*

*But for the heart, love is the jewel.*

(Telugu Poem)

She praised and worshipped God, saying, "Oh Lord! You are present everywhere. There is no place where You are not present. All names and forms are Yours only". Since her heart was full of pure love, she could realise God in her heart. God manifests when a devotee prays with a sacred heart full of pure and selfless love.

Thyagaraja constantly chanted the Name of Rama. When his brother threw in the river Kaveri the idol of Rama which Thyagaraja used to worship, he went in search of it. He constantly prayed, "Where can I search You, Oh Rama? When can I see Your smiling face? Why are You punishing me like this? What sin did I commit?"

Some pure-hearted pilgrims carried Thyagaraja in a palanquin. Noticing this, some robbers decided to rob him considering him to be a rich man. Immediately, Rama and Lakshmana, armed with bows and arrows, manifested there and drove the robbers away. Thyagaraja was not aware of this impending attack by robbers and did not call out Rama for help. Instantly, the robbers fell at Thyagaraja's feet. When he asked them why they were doing so, the robbers told him that two warriors with bows and arrows attacked them

\* Continued from the previous issue.

to save him. Thyagaraja was surprised but he understood the truth and prayed, "O Rama! You protected me from the robbers. The robbers got the boon of seeing You, but I did not". The robbers saw Rama and Lakshmana but did not recognise them. However, Thyagaraja's conviction that Rama and Lakshmana were always with him got strengthened by this incident. Thyagaraja went to the river Kaveri for taking bath. There he found the idol of Rama which had been thrown in the river. Then Thyagaraja sang, "O Rama! Come, home. I will worship You. O son of Dasaratha! I can no longer bear the separation from You". Then he experienced the vision of Rama.

### **Only a True Devotee Attains God's Vision**

Out of all the people in the whole world, only the devotee of God can attain His vision. Many learned persons have thorough knowledge of the scriptures, but mere learning does not help a person to have the vision of the Lord. It is pure love that makes God manifest before a devotee. The entire universe is contained in the word Prema. Except Prema, nothing else of value exists in the universe. The path of love is the supreme path for attaining God. The unbroken flood of love bestows happiness on all. This is the easiest path to attain God for the entire mankind. There are three main principles of love: don't ask, always give and do not take, and be happy.

Man's happiness depends upon following the path of love. God too will be happy when you follow the path of love. He will then make you dance in the ecstasy of love.

Everything is contained in the Name, Rama. Chanting of the Name of Rama removes all bad qualities and burns all sins. The word Rama consists of three letters: R, A, Ma. R stands for fire, which has the potency to burn all sins, A stands for the sun which dispels all darkness and M stands for the moon which cools and pacifies the mind. So, chant the Divine Name of Rama wholeheartedly. It is the greatest Mantra for man's liberation.

Man can connect with God by chanting His Name. Here is a small story to illustrate it. Once a big function was organised to inaugurate the supply of water to villagers. A water tank was built and a golden tap was fixed with the tank. Some high dignitary was invited as Chief Guest to inaugurate the supply of water by opening the golden tap. A large number of villagers gathered there to witness the function. However, when the Chief Guest opened the tap, the water did not come out of the tap. The reason was that the organisers forgot to open the valve which connected the tank with the river which was the source of water. The source is God,



the tap is the devotee and valve that connects the devotee with the source is the Name of God. Unless the connecting value is opened, the grace of God in the form of water cannot flow. When the devotee connects with God by chanting His Name, Divine grace flows towards him.

### **Man can Experience Divinity by His Divine Feelings**

Many devotees like Ramadas, Gora Kumbhar and Sakkubai attained the grace of God by chanting His Name. Pothana was another great devotee and scholar who composed the Bhagavatam in Telugu. Though his brother-in-law Srinatha asked him to dedicate his Bhagavatam to the king, Pothana refused to do so as he had dedicated it to Rama. In his anger, Srinatha put the house of Pothana on fire. Everything in the house was burnt except the Bhagavatam composed by Pothana. At that time, Pothana had gone out and his son was ploughing the field. When Srinatha passed that way, Pothana's son enquired about his well-being. To this, Srinatha replied that there was no dearth of his well-being and it was sufficient if he looked after the welfare of his father's family.

When Pothana desired to write the Bhagavatam, he was not able to complete the first stanza of the book though he had composed the last part of the book which read "Rama is everything". Pothana left the book open in its incomplete form and went to take bath in the river. When he returned, the incomplete stanza left by him was completed by Rama. This is how God helps His devotees unasked. Do you need a lamp to see the moon on a full moon night? No, you can see the moon

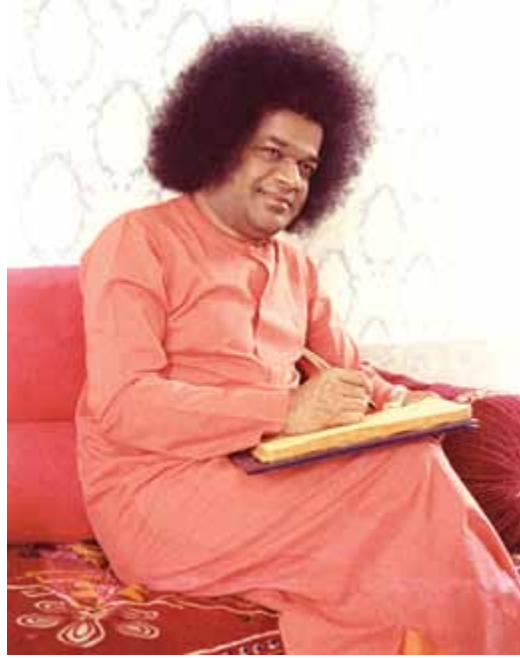
by the light of the moon itself. Similarly, man experiences Divinity by his own divine feelings. The relative who does not help in need, a companion who is ignorant and unlettered and a horse that cannot run should be left immediately. But people do not follow these principles and suffer in life. They miss the correct path because of their distorted vision. Here is a small example. Once a teacher was teaching mathematics, but a student in the class was looking elsewhere. When the teacher asked him how much he had got, meaning how much he had grasped, the student replied that only the tail was left because he was looking at a rat entering a hole in the ceiling. This is the state of man today who does not pay attention even if he is made aware of the straightforward path.

Forty years ago, the Maharaja of Mysore, Jayachamaraja Wadiyar, Ramaswamy Mudaliar, Lakshmanaswamy Mudaliar, the mother-in-law of the Maharaja and some others came to Swami. All of them then visited Chamundeswari Temple. The mother-in-law of the Maharaja was seventy years old, but she had never visited the temple earlier. She did not realise the importance of the temple because it was very close to her house. When something is close to us, we do not understand its value. We do not recognise the value of our eye. But we realise it when we lose our eyesight. Many people come to Swami. But they do not realise the value of Swami's grace when they get everything from Him. Such type of people cannot be called human beings at all.

Bhagavan brought His Discourse to a close with the Bhajan "Prema Mudita Manase Kaho Rama Rama Ram".

– **Bhagavan's Divine Discourse in Sai Sruthi, Kodaikanal on 24th April 1996.**





## BHAGAVAN WRITES FOR SANATHANA SARATHI

**W**HEN BHAGAVAN SRI SATHYA SAI BABA STARTED SANATHANA SARATHI in February 1958, He also began writing an article for it every month from its very first issue and continued writing without any break up to October 1984. All these articles were written in perfect sequence as these were meant to be compiled in the form of books which were called Vahini series. To acquaint our readers how these articles were written by Bhagavan, we reproduce Bhagavan's handwritten articles along with their translation that formed the 16th and final book of Vahini series named "Leela Kaivalya Vahini" (Stream of Cosmic Consciousness Divine).

The article given in this issue forms the second part of the article which was published in September 1984 issue of Sanathana Sarathi. The subsequent issues of Sanathana Sarathi will also carry articles of "Leela Kaivalya Vahini" which expound the profound knowledge of the Vedas. Since Bhagavan Sri Sathya Sai Baba Himself is the Veda Purusha and the Vedas have emerged from Him, there can be no greater authority to propound the eternal values and invaluable teachings of the Vedas than Him. The seekers who want to grasp the authoritative and true import of the spiritual truths contained in these most ancient scriptures should read and reread these articles.





అంకితంగా ఉన్నప్పుడు, పులకేశిని గురించి  
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అభివృద్ధి కోసం ప్రతి ప్రజలను సహజంగా

[illegible][illegible]

సా. శ్రీ: జ్యోతిషములు:

ప్రశ్న:- ఆశ్రి: ఉత్తమమని ఆశ్రిమం వెళ్ళాల్సిందే  
ప్రశ్న:- బాధించిన ఆశ్రిమం ఆశ్రి: పోయినా

સૌ. કૃષ્ણભાઈ ગેવગાંઠી,

[illegible]

ಪ್ರಾಚೀನ ಕಾಲ ವ್ಯಾಪಾರ ಕೇಂದ್ರವಾಗಿತ್ತು ಎಂದು  
ಲಿಖಿತವಾಗಿ ವಿವರಿಸಿದೆ.

సత్యం తెలుసుకుని వాళ్ళతో ఉండి పడవోపునని  
అపిక్షించి

అంతా ఆశ్చర్యపోయారు. ఆ సమయంలోనే ఆయన మరణించారు.

శ్రీనివాసోరంజనం నమః శ్రీ పరాశరేరంజయే శిరఃపూజితం నమః, స్వామీ  
తేనమః శ్రీ పరమేశ్వరే

అంతానీటి ప్రాంతాలు పరిశీలించి, స్వామి, సువామేశ్వరి  
మరియు వైష్ణవాలివారి, స్వామిమేశ్వరుని విష్ణువేదాంతము



# వీలాకైవల్య వాహిని

(సాయి సాధకుల సంభాషణ)

లౌకికముగా వస్తువులు అగ్నిలో దగ్ధమైపోవుట మాత్రమే చూతురు కాని అగ్నికి దేవతాస్వరూపము, భౌతిక స్వరూపము రెండునూ కలవని శ్రుతి సమ్మతము. దేవతా శరీరము అతీంద్రియమగుటచే కర్మానుష్ఠాన సమయమున ఆయా దివ్యరూపముల ఆరాధించుట శ్రుతి సమ్మతము.

‘అగ్నిర్వై దేవ యోనిః’ అనేది శ్రుతి ననుసరించి అగ్నియొక్క దేవతాత్మత్వమును, అటులనే యజమానికి కలుగు దివ్యత్వమును ఎవరు తెలిసికొనగలరో అట్టివారికే అమృతత్వము సిద్ధించును.

భోక్త, భోగ్యము అని జగత్తు ద్వివిధము. భోక్త, భోగ్య రూపమగు ఈ జగత్తు ఏకీభూతమగునపుడు, ఈ రెండింటినీ కలిపి అత్తా అనియో లేక భోక్త అనియో వ్యవహారము. భోగ్యము అను వ్యవహారము లేదు. భోక్త ఎవరు? అగ్నియే హవిస్సులను గ్రహించేది.

ఆదిదైవికము ఆదిత్యుడు. ఆధ్యాత్మికముగ ప్రాణము. ప్రాణాగ్ని ఇట్టి అగ్నియందు ఆజ్య. సోమ ఆది హవిస్సులకు ‘అహితయః’ అని పేరు. పరోక్షముగా ఆహుతులు అని చెప్పబడినవి. దేవతలు పరోక్షప్రియులు.

**సాధకుడు :** అగ్నికి ప్రత్యక్ష నామమేది?

**సాయి :** అగ్రిః సర్వమునకు అగ్రమున, అనగా పూర్వమున సృజింపబడినవాడు అని అర్థము. అగ్నిః పరోక్షనామము.

**సాధకుడు :** ఆహుతి అనగా ఏమి?

**సాయి :** దేవతలనుద్దేశించి హోమము చేయబడునది. అంత మాత్రమే గాక దేవతా ఆహ్వానరూపమని విశేషార్థము. స్వాహాకార, వషట్కారపూర్వకము కాని ఆహుతులు దేవతలకు చెందనే చెందవు. సరస్వతి అను నామము వాక్ దేవికిని, వేదవాక్కునకును ప్రసిద్ధము. అంతేకాదు. ఆత్మను గురించి చెప్పునది కనుక స్వాహా అని అర్థము. దేవీ భాగవతమునందు పరాదేవతయే గాయత్రి అనియు, స్వాహా అనియు చెప్పబడినది. లలితా సహస్రనామములో పరాదేవత స్వాహా, స్వధా అను శబ్దములతో పేర్కొన బడినది. స్వాహా అను శబ్దము హవిర్దానవాచకము.



# LEELA KAIVALYA VAHINI

## Sai Speaks to Sadhaka

From the worldly point of view, only this much is observed. But, the Vedas (Shruti) concede that Fire has a divine form and function, besides the commonly known material form and function. The Divine Forms (gods) are beyond the reach of the senses. So, the Vedas recommend that the gods be worshipped through rites and rituals. And Agni, or the Deity Fire, has in It the source and sustenance of the gods. “Agniravai Deva Yonih” (Agni is the Divine Principle). He, who offers oblations to the gods through Agni, becomes blessed with Divine qualities. Only those, who are able to understand this fact, can achieve that principle.

The person, who enjoys (Bhokta) and the object that provides joy (Bhogya) – these two compose the Jagat (world). When these two become one, they mix and are then known as Atta, that is to say, Bhokta. This is the Vyavahara, the natural conclusion. It does not stand to reason that the One be known as Bhogya. Well, who is the Bhokta? It is Agni, the Fire, which accepts the oblation.

The very first Divine Entity is Aditya (the sun). Its spiritual counterpart is the vital warmth in living beings, the Pranagni. Agni has in it Aajya (ghee) and soma (the juice of the soma plant). The oblations placed in fire are named Ahitaya. The word means “deposited, placed”. The gods prefer to be beyond the range of sight. Therefore, the oblations are also referred to as Aahutis.

*Sadhaka:* When Agni is within the range of sight, what is its name?

*Sai:* Then, it is named Agri. Agri means first. It was created earliest. Hence, the name. When it is beyond the range as sight (Paroksha), it is named Agni.

*Sadhaka:* What is the meaning of Aahuti?

*Sai:* Oblations offered in the fire, lit and fed as prescribed. Besides, the word denotes that God is invited (Ahvana) to accept the oblations. This is the special meaning the word conveys. Vashatkara (the explanatory formula) only complements the effect of Svaaha Mantra. The gods receive only offerings, for which they have been invited (Aahutis).

Svaaha is a name applied to Saraswati, the Deity of the Word (Vaagdevi), the Deity of the Vedic Word. Since the Word expresses the Atma, the name is Svaaha too. The Devi Bhagavatam declares that the Supreme Deity is both Gayatri and Svaaha. The Lalita Sahasranama (the 1008 names of Lalita, the Supreme Deity) declares Svaaha and Svadha as Her Names. Svaaha also means “the close”, “the going under”, “the end”.



# SRI SATHYA SAI CENTRAL TRUST ON THE FOOTPRINTS OF BHAGAVAN BABA

R.J. Rathnakar, Managing Trustee, Sri Sathya Sai Central Trust

**A**S YOU ALL know, the whole of humanity is facing a very difficult time due to the medical emergency arising out of the spread of Covid-19. In this current situation, I would like to say a few things about the relief work we have undertaken at Prasanthi Nilayam, with the inspiration, love and blessings of Bhagavan Sri Sathya Sai Baba.

We are an organisation, an Institution, known for its service and humanitarian activity in the world. Keeping that in view, the moment this particular medical emergency arose, we all came together in Sri Sathya Sai Central Trust and discussed. Everybody unanimously agreed that we must, in our own way, participate in any manner to support the efforts of the Government – be it at the district level, state level or national



level. We felt that we must become part of a solution for the current crisis.

Prasanthi Nilayam is situated in Anantapur district, Andhra Pradesh. So, we decided we must immediately do something for the brothers and sisters who live in and around Prasanthi Nilayam and also for the people who live in this district. So, as part of our plan, we initially started a Quarantine and Isolation Centre in our Super Speciality Hospital in Puttaparthi. Perhaps, we are one of the first charitable organisations to come forth and establish a Quarantine and Isolation Centre. We have planned to start a centre with 100 beds in total. Right now, we have already completed a 50-bed Quarantine and Isolation Centre and made it available to the district administration.

In addition to this, in consultation with our own Hospital Directors and Medical Superintendents, we finalised a list of medical supplies lasting



for about 6 weeks that would be required for the 14 Quarantine and Isolation Centres set up by the Andhra Pradesh Government in Anantapur district, roughly for about 1,400 beds. All those who are in the health field, medical field, including doctors and paramedical staff, need protective gears. They need safety equipment, sanitisers, disinfectants, etc. We bought all those medical supplies spending about two crore rupees and handed them over to these Quarantine and Isolation Centres. I am sure, Swami is very happy and will bless us all for this work, which He Himself started several decades ago. I am very sure, He would be a proud Father, seeing His children following in His footsteps. It is also a matter of great relief for the people of the district that Sri Sathya Sai Organisation has come forward to extend a helping hand.

The news of our willingness to come forward and help created a lot of goodwill. In fact, there was a press release from the Collectorate in this regard. When I wrote a letter to the Collector of Anantapur district that we are willing to help and we are placing the orders, it created so much of positivity and a feeling of hope among people of this district. You know, when anything comes from Prasanthi Nilayam, anything from Sri Sathya Sai Trust, people feel that a solution is coming their way. That is the way Swami and His works are viewed. The moment Sri Sathya Sai steps in, they feel there is a solution to their problem. That is the beauty of this organisation. That is the credibility with which Swami has established this beautiful institution.

The Prime Minister of India, Sri Narendra Modi had invited about 15 to 16 social welfare and religious organisations for a video conference on 30th March 2020.

He gave an inspiring talk about the nation and about the need for the Charitable and Social Welfare Institutions to participate in the relief work. Many of the participants expressed concerns about the safety of the volunteers in the process. In fact, I spoke to our All India President, Sri Nimish Pandya. We were also in a dilemma as to how we could ask our volunteers to go out and do service in the present situation. But, fortunately, in this video conference with the Prime Minister, we got a direction when he said, "There are millions of people in this country who cannot afford to have food unless they work every day. At least, you can ask your Seva Dal volunteers to provide food to such people who are on the roads, suffering with hunger due to this lockdown". So, with this directive from the Prime Minister, we have discussed and Sri Nimish Pandya has already given a call to Sri Sathya Sai Organisation across the country to start community kitchens and provide food to the needy, at Samithi and Bhajan Mandalis levels, wherever possible and wherever required. We also cautioned them to strictly observe social distancing norms and take all the necessary precautions with regard to personal hygiene while serving food.

As you know, Sri Sathya Sai Organisation has about six lakh volunteers. We have more than 10,000 centres in this country. Swami's reach is very far and wide. Swami, of course, is universal. His reach is universal. He can reach any place! Sri Sathya Organisation also has created such kind of worldwide network. We work in almost 550 districts in the country. That is why Sri Sathya Sai Organisation is recognised at national and international levels and viewed as a Service Organisation that could be relied upon in the hour of crisis.





In fact, a lot of people sent me congratulatory messages when the Prime Minister included Sri Sathya Sai Central Trust and Sri Sathya Sai Organisation in his list of invitees for the video conference. But as I view it, our responsibility has gone up. Now, we need to be more responsible and focus more on Seva. We must make use of this beautiful platform created by the Avatar Himself. Our Organisation is not like any other NGO (Non-governmental Organisation). This is a Spiritual Organisation the Avatar has created for us to realise our true Self through service. Therefore, treat any Seva that is done through this Organisation as a Sadhana, to travel inside, to go inward. The very purpose of serving in this Organisation is to “grow inward”. That is what Swami has started this Organisation for. If you see the 9-point code of conduct, the very essence of what Swami says is that this Organisation is set up for our Self-realisation! So, I think it is a golden opportunity for all of us to find fulfilment in our life through service.

As part of discharging our duty towards the nation, we have contributed around five crore rupees to PM CARES Fund and another five crore rupees to Andhra Pradesh Government, Chief Minister's Relief Fund. All in all, we are spending 12 to 15 crores towards this Covid Relief work. It comes to around 2 million US dollars.

The Seva being rendered by the devotees and volunteers of Sri Sathya Sai Organisation and Sri Sathya Sai Trust is invaluable. It cannot be quantified in monetary terms or any other terms. We see in Western countries, even people with a lot of money are seeking help today. Recently, I came across a WhatsApp message wherein the son has written

about the father's plight. He says, his father is 73 years old and all these years he has been breathing air freely from God, from Nature. But now he is spending 5,000 dollars per day for the same. Can money save our lives in this hour of crisis? We are protected only when we have love and affection for our fellow beings, following the principles of God.

Many times I wonder, why humanity has to go through this type of crisis. Maybe, we have taken things for granted. This whole Nature and this entire creation belong to God. We are only tenants here. We should always remember this. At least now, let us go back to Him and seek His forgiveness. Let us promise Him that we will preserve the beauty and the grandeur of the 'home' that He has given us. Now is the time for us to reflect and introspect. Neither the money nor the position of authority nor anything other than Divine love can protect us. We have seen that this medical emergency has been a great equaliser. It has brought the Heads of the State, kings, queens, tycoons, celebrities and common men, to the same level and the same platform.

Today, an unseen speck in the creation of God is bringing everybody to their knees. Corona is just a protein, very small in size. It is in microns. If God unleashes even a speck, it can bring life to a grinding halt. We must realise this. Let us not worry too much and run after things that are not going to protect us. This is what we are witnessing now. We never thought we would get to see a situation like this in this 21st century. Perhaps, this is a wakeup call from God. It is the way Mother Nature has reacted to man's misdeeds.

There are 84 lakh species in the creation. Human being is just one among



them. If we destroy this Nature which is also home for the plants, animals, birds, fish, etc., how long can they tolerate? Perhaps, all of them would have gone to God and complained, "O Lord! These human beings have created a lot of problems for us. Please warn them"! That is why, I think, God wanted us to take note of this and given us a stern warning.

Sri Sathya Sai Organisation has always extended a helping hand to the needy, whenever there is a calamity or a problematic situation faced by our brothers and sisters anywhere in the country or anywhere in the world for that matter. When there was Tsunami, Sri Sathya Sai Seva Dal volunteers were there to serve. We had floods in Kerala. We have seen the same in Odisha. There was an earthquake in Gujarat. Every time, our Seva Dal volunteers rendered yeoman service under the Divine guidance of Swami. Even now, whenever there is a natural calamity, if you ask the local people, they would say, Sri Sathya Sai volunteers were the first to reach them to lend a helping hand. Their spirit of service is amazing!

Brothers and sisters, I would like to tell you something very interesting and inspiring too. We have nearly 1,200 volunteers in Prasanthi Nilayam who have come for Seva. Due to the lockdown orders issued by the Government, they could not go back. Whatever may be the difficulty they are facing, they continue to do their best to give service here in Prasanthi Nilayam. I can't say how much my heart wells up with gratitude, seeing the kind of dedication they are showing. Some of them have elderly parents. Due to the lockdown, they are unable to go out and bring things for themselves. Somebody's husband

had a heart attack. One family said, their daughter had a miscarriage. Somebody lost her father-in-law. Some of them have left their children in their neighbour's house and came here for Seva, thinking, they could be back home after a week. But, they are all held up here due to lockdown. Though their hearts are heavy, with a smile on their face and a scarf around their neck, they are going around in Prasanthi Nilayam doing their duties.

Where else on this planet can you get to see something like this? Is it not the hallmark of true love for God that makes them do this? This is a great miracle in itself. There can be no greater miracle than this. We are very fortunate that we are working in our lives for a Divine Mission, a Divine Cause. We are ever grateful to Bhagavan Sri Sathya Sai Baba for having bestowed on us the golden opportunity to sanctify our lives by serving His Lotus Feet. We cannot thank Him enough for this glorious opportunity of our lives!

I seek blessings from Him; not only for people here, but for all those who are working in various parts of the country and the world at large. I pray to Swami to bless the entire humanity and help them to come out of this crisis at the earliest, so that His children can again congregate in this beautiful abode of Prasanthi Nilayam very soon. How long can the Sai Kulwant Hall remain empty? We are all waiting to see you all again, singing His glory at the Divine Lotus Feet. Brothers and sisters, we are waiting for you all! We are trying to keep Prasanthi as clean and safe as possible. I am sure, our prayers are with you and likewise, your prayers are with us!

*Samasta Lokah Sukhino Bhavantu*

(May all the worlds be happy!)



# HUMANITARIAN SERVICE DURING COVID-19 LOCKDOWN

Nimish Pandya, All India President  
Sri Sathya Sai Seva Organisation

*Service to those needing help makes you the comrade of all, irrespective of other considerations. Be looking all around you, all the time, even beyond the horizon of your allotted tasks for any extra chance to serve.*

~ Sri Sathya Sai Baba

Divine Discourse, 21st February 1971

## The Sai Organisation

Sri Sathya Sai Seva Organisation, founded by Bhagavan Sri Sathya Sai Baba in the year 1965, is a service organisation with a spiritual core and base to benefit all mankind irrespective of religion, caste, creed or sect. The core of the organisation is grounded in the dictum given by the Divine Master, "Service to Man is Service to God". The organisation functions through its primary units called as Samithis and Bhajan Mandalis, of which individuals – from different strata of society, different ethnic groups pursuing different religions and faiths – are members. The members are bound by the dictum of "Love All, Serve All" – given by Bhagavan Sri Sathya Sai Baba and consider it their Mantra for personal Sadhana and Self-transformation.

## Selfless Service – the Core of Sai Organisation

Selfless service to humanity is the core of Sai Organisation across the world. The members of the Organisation are constantly involved in selfless service throughout

*The Organisations named after Me are not to be used for publicising My Name or creating a new cult around My worship ...They must render Seva (service) to the helpless, the sick, the distressed, the illiterate and the needy. Their Seva (selfless service) should not be exhibitionistic; it must seek no reward, not even gratitude or thanks from the recipients. Seva is Sadhana (spiritual exercise), not a pastime of the rich and well placed.*

~ Sri Sathya Sai Baba

the year in the form of medical camps in villages and slums, Narayana Seva, Visit to Leprosy Villages, Correctional Homes, Orphanages, Hospitals, Disabled / Old Age Homes, Service Camps, Vocational Training, Employability Enhancement programmes for village youth, sanitation at different government run hospitals, fairs and public places including public urinals, Disaster Management Awareness



programmes in schools / colleges and other institutions.

Additionally, whenever, there has been a situation when mankind has suffered because of natural calamities, the Sai Organisation has always been the foremost organisation to come forward and rise to the occasion to serve the suffering humanity and mitigate their misery – be it the Tsunami in Tamil Nadu, earthquake in Gujarat or cyclones in Odisha and Andhra Pradesh.

### Service During the Covid-19 Pandemic

As we all know, the pandemic of Covid-19 has rendered the world speechless and immobile. In its wake, thousands of lives have been lost and

– labourers and daily wage earners – given that they are unable to earn their basic livelihood in current situation and those stranded across different parts of the country due to the lockdown. Such a situation is unprecedented in at least 100 years of human history.

The Prime Minister, Sri Narendra Modi, as part of his initiative to interact with major spiritual and social organisations of the country in the wake of this pandemic, had invited Sri Sathya Sai Seva Organisation amongst others to seek views and has underscored the importance of helping the needy.

### Provision of Grocery Hampers

Sri Sathya Sai Baba said, “You should merge your welfare with the welfare of the world. How can you be happy when your neighbour is in misery”? He further proclaimed, “Hands that serve are holier than lips that pray”. Under the current circumstances, in line with the Master’s command of helping people in distress, Sri Sathya Sai Seva Organisation once again has risen to the occasion. With a view to alleviate the difficulties of fellow brethren, one of the ongoing endeavours is to distribute Grocery Hampers containing rice, pulses, flour, vegetables, oils, spices, etc., along with other essential items to last for 15 to 30 days to needy families who have been most hit by this pandemic. This activity is being carried out across different parts of the country by the members, collectively and at an individual level through the local administration ensuring the required safety protocols and social distancing. During the lockdown period, around 10,99,000 kg of groceries comprising rice, pulses, flour, oil, spices, detergents, etc., and other items of daily need have been distributed to

#### DISTRIBUTION OF GROCERIES AND ESSENTIALS\*



**86,000**

Families Served



**10,99,000**

Kilograms of  
Cereals and Grains  
Distributed



**2,00,000**

Masks

\* During Lockdown period across India

millions are awaiting deliverance across the world. The governments around the globe are trying to grapple with the menace of Covid-19 and in India, several ancillary issues have cropped up, not least of which is feeding the suffering population





more than 86,000 families. Furthermore, different States have also contributed to the efforts of the government by providing a few lakh masks and hundreds of Personal Protective Equipment (PPE).

### **Community Kitchens**

In addition to the distribution of grains and cereals to the needy, community kitchens have been set up around the country to provide square meals to those in dire need. This is a humble attempt of the Seva Dal volunteers and members of

the organisation to sacrifice their comforts and means to alleviate the misery of those suffering.

Till date, 86 community kitchens have been set up across the country and around 28,000 to 33,000 cooked food packets are being served daily through the local administration to the needy, keeping in mind and adhering to the government's guidelines on lockdown and social distancing. Altogether, more than 450 Seva Dal volunteers are rendering





selfless service daily at the kitchens and cumulatively, around 12,500 Seva Dal volunteers have joined in this noble act.

### Next Steps

Since, it is believed that this pandemic will have a prejudicial impact on economy and economic activities across different segments in the near future, the Sai Organisation has planned to ensure availability of square meals to the needy in the near future. This includes continuation of the two initiatives of community kitchens and provision of grains and cereals at mass scale beyond the lockdown period when restrictions are eased. Therefore, plans for capacity enhancement at community

### SRI SATHYA SAI COMMUNITY KITCHENS\*



**86**

Community Kitchens  
across different states



**5,68,800**

Food Packets Served\*\*



**450**

Volunteers  
Cooking daily

\* During Lockdown period across India

\*\* Served through Government's Local Administrative Agencies





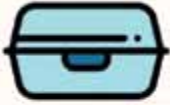


kitchens are being put in place to reach around 1,00,000 meals everyday from the current 28,000 to 33,000 meals a day and reach out to around 4,00,000 needy families with distribution of 50,00,000 kilograms of cereals and grains.

## Dedication

In one of His Discourses, Sri Sathya Sai Baba said, "It is the weak, the destitute and the helpless who need to be served. Even in rendering service to such persons, there should be no feeling that we are serving





**1,00,000**

Food Packets  
Daily

\* Over the next 3 months



**4,00,000**

Families to be  
reached



**50,00,000**

Kilograms of  
Cereals and Grains

“others”. We should feel that we are serving the Lord Narayana who dwells in them”.

Thus, the Sai Organisation dedicates these efforts at His Lotus Feet in its endeavour to help the needy with the feeling that it is only He who is being served and only He who is serving and with the prayer that He continues to guide and bless us in this initiative.

*A society, a community or nation can be safe, secure and happy only when the individuals comprising it are mutually helpful and bound together in skilful and sincere service.*

~ Sri Sathya Sai  
28th December 1986

*Service should not be done in a spirit of condescension or to achieve some ulterior selfish objective. Not recognising the sacredness and purifying power of service, people hesitate to embark on social service. It should not be imagined that one is promoting the well-being of the nation by one's service. One should realise that he is bettering himself by rendering service. Service should proceed from an awareness of what one owes to society. One's name and fame, all the comforts one enjoys, are derived from society. One finds fulfilment in society. That being the case, if one does not serve society, whom else can he serve? Sheer gratitude demands that one should serve society which is the source of all benefits enjoyed by man.*

— Baba





## BHAGAVAN'S EASWARAMMA DAY MESSAGE

# NO HARM WILL COME TO YOU IF YOU FOLLOW ME

*"Face the vicissitudes of life with confidence. I am never deterred by hardships or obstacles. When there is no defect in you, why should you have fear? Love even those who criticise you. This is the ideal that Swami expects when He says, "My life is My message", said Bhagavan in His Divine Discourse on Easwaramma Day at Brindavan on 6th May 2002.*

### BIRTH AND DEATH ARE NATURAL TO MAN

**E**VERYONE SHOULD cultivate human qualities and lead the life of a true human being. But few such people are to be found. There are, of course, a few parents who bring up their children with great love and affection and put them on the right path. Only such parents can be called ideal parents. Their children grow up to be ideal and noble.

#### Ingratitude is the Worst Sin

Today, people have little sense of gratitude. Even if you get a little help from someone, you should always remember it. It is unfortunate that people even harm those who help them. Such people are the worst sinners. We should help even those who have harmed us. This is the vow of Sai. No matter if some people criticise or ridicule Me or even try to harm Me, I will always look at them with kindness. I have declared: My Life is My Message.

How many people follow the path shown by Me? If you follow in My footsteps, no harm will ever touch you. Swami is giving free education to lakhs of students. Education



*Divine parents, Sri Pedda Venkama Raju and Smt. Easwaramma.*

in Sai institutions is free up to the Ph.D. level. What is the cost of education these days? Even for admission to primary class, many schools charge 20 to 30 thousand



rupees. It is in this environment that Swami is giving free education to all His students. The students should remember this with gratitude. It is harmful for them if they do not recognise it.

These were some of the truths that Easwaramma taught. When somebody came to see her, she would tell them, “See how much help Swami is giving to the poor and needy. It is all for their welfare. But some people are not at all realising its value and are not grateful for it. It is not good for them. Everyone should bear this in mind”. She spoke in a gentle and sweet manner to all the visitors. She was a source of great solace to women who lost their husbands in young age. She helped them to relieve their suffering.

### **Do Charity with Discrimination**

Always help the aged and distressed. When this building was being constructed, the Rajmata of Jamnagar prayed to Me to stay in her house. I accepted her prayer and started staying in her house. There was a driver in that house. One day, it was very cold, and the driver was shivering because he had no coat or rug to protect himself from cold. My driver came and told Me. I gave him a rug. As he got the rug given by Me, he started crying loudly, saying even his parents had not given him so much love. He lived for quite a long time and stayed with the Rajmata. The Rajmata was also a very considerate lady and used to look after the welfare of all her staff.

There are many such needy persons in the world. Whoever it may be, do not make a distinction between your people and others. When you see anyone in distress, help him immediately. Education that does not inculcate such values of caring and sharing is not fit to be called education.

Develop the spirit of sacrifice and set an example before others. I have been practising this since My childhood. If you follow the path shown by Me, you will become blessed. This path will lead you to liberation. It is liberation that is the goal of life. What is Moksha (liberation)? Moha Kshaya is Moksha (giving up of attachment is liberation). You must reduce your attachment (Moha). That is Moksha.

Love everyone. But do not trust everyone without discrimination. One who puts his trust wholly in others is headed for ruin. Love All, Serve All. But put trust in yourself. Develop self-confidence. Give up worldly desires. Develop divine feelings and give up worldly feelings. This is the Dharma (righteous path) of humanity.

*Students!*

You have been studying in Sai institutions. You have studied well and passed examinations. Take to the right path. Develop good qualities. Love all, hate none. Love even those who bear hostility towards you. This is the characteristic of Sai. Many are hostile towards Me. Many ridicule or criticise Me. If they say it aloud, it is lost in air. If they do it internally, it returns to them. None of it will reach Me. Thus, one should attach no importance to praise and abuse.

Face the vicissitudes of life with confidence. I am never deterred by hardships or obstacles. When there is no defect in you, why should you have fear? Love even those who criticise you. This is the ideal that Swami expects when He says, “My Life is My Message”.

– **Excerpted from Bhagavan’s Easwaramma Day Discourse on 6th May 2002 at Brindavan, Bengaluru.**



# JUST EXPERIENCE AND ENJOY HIM

Prof. M. Nanjundaiah

*When you give yourself to Me and I give Myself to you, what happens? We become One. Whoever says, 'I am Yours, Swami', I accept them. People think I should not give protection to some people. No, no! My devotees will not perish. I will transform them. Nothing is impossible for Me. It is My Will. How can you understand Me? You should not try to understand Swami in every little thing. You say, "Why Swami should do this? I know Swami is God, no doubt, but He should not have done this". "Nonsense! You are nobody. You are a small fry. You need My love, My help and My protection. Who are you to judge Me? Mind your business. Pray to Me, seek My help and I will readily give. You are forgetting that and saying all sorts of things. Love is My nature."*

**OFFER MY MOST LOVING** Pranams at the Lotus Feet of dear Sai Ma. Veda Parayanam, Rudram (Sanskrit Vedic chants) and Bhajans have filled our hearts this morning with an indescribable kind of joy, peace – a taste of Swami's bliss. We will now dive into knowing Swami. We will also look into what one should do to receive blessings of Swami. Now that Swami is not in His physical frame, where do we look to find Him? How do we get to know Him?

## One Must Know Swami

Why do you want to know Swami? Every one of us already knows Swami, right? But, there is a lot more to Swami than we know. If you really know and understand Swami, you would not think you know Swami just by reading books about Him; or would you think you know Him because you spent so much of your life with Him and He has given you so many experiences, so many opportunities. No, no! There is plenty to know. This kind of false contentment should



never come into our minds. Humility is a very important factor that will enable us to really know Swami. Swami says, “Even if the entire humanity comes together and does penance for a thousand years, it will not be able to know My mystery and My Reality in full”. “You sing Bhajans on Rama, Krishna, Allah, Jesus and on every name. What is this you are singing about Rama, Krishna..., Who am I?” Swami would say, “I am Sarva Devata Swarupa – the substance in all these forms; I am the Reality”. Swami once wrote to me in a message, “You are Divinity itself. The Holy of holies. This world is no world. You are the All in all. You are the Supreme Power. You are the pure I Am”.

Swami told His father, Pedda Venkama Raju Garu, “I am Sai Baba. I am born in your family because of your elders’ prayers. Sai Baba and all are names given to this body, then who am I? I Am I”. Knowing the meaning of Swami’s words is not enough; we must get to experience them. It is the only way we will really know who Swami is.

### **To Win Swami’s Grace, we have to Give ourselves to Him**

What do you think we can give Him? Whatever we give, He accepts! We give Him our time, energy and sometimes, whatever little money we have. Swami says all these things are also Samarpana, but the real Samarpana is when we give our heart to Him. Yes, these are all small things, but let us not escape saying these are petty offerings. It is better to give something rather than say Swami is asking for heart and for the unquestioning mind. Do not think it is very hard to give your heart and mind. Do not give up the effort. All things that distance us from Swami should be avoided. Ultimately, we should offer

ourselves to Swami. We have the capacity to give ourselves to Swami. We just need the will. There cannot be a greater thing than offering ourselves! Then what can Swami give us? He has come down to make us realise who we are! He gives us simple yet, total knowledge. “You are God. Don’t be satisfied with simple things. Don’t fall victim to the traps of your mind. Pray and I will always guide you. I am with you. I am in your heart,” says Swami. “If you truly experience that I am in your heart, nothing more would be required. I need not give you anything and you need not give Me anything. You need not know Me. You need not know yourself. Everything is achieved. But you must be able to do that,” says Swami, our most generous Lord, the complete Avatar!

“Certain you are that by merely giving your Karmaphala you have given Me so much and as a result I give you My grace. You are also certain that you have done a lot of penance and hence I have given you My grace. No! Even if you are a useless fellow, a sinner, if you come to Me, I will give you My grace. You need it, I will give you. You ask Me, I will give you. But, I will not stop at that so that, you do not stop at that. Do not be satisfied with whatever you receive. Continue to pray, ask Swami what your step should be,” instructs Swami. At no point of time should we feel that we have achieved. Swami has promised us Mukti – liberation itself. We know that Swami will never go back on His word. But what is it that we will have to offer to win His grace? Samarpana – Total Surrender! Swami has told us, “Patram, Pushpam, Phalam, Toyam, all these things I do not want. I want You! Do not try to escape. By giving Me money, you cannot earn My grace. But





when you give yourself to Me and I give Myself to you, what happens? We become One. You have achieved! You are saved”!

But we say, Swami this is very difficult. “Don’t worry,” Swami would reply, “Why have I come? Nothing is difficult. Here I am. Trust me. Fully trust Me. Know that I am totally selfless and that I have no agenda. If you are satisfied with that, but are concerned about My capacity to help, you know I have proved you that”. We all know that Swami has proved physically many a time. Swami has resurrected Himself. He has appeared in a number of places. He has stopped rain. He has shown full control over the elements. All these miracles of Swami we have seen, heard and read. But does it enter our hearts? If it did, we would have the total conviction and absolute faith.

### **Love is My Nature**

“Don’t praise Me. I do not need your praise. Practise it,” says Swami. But where do we start? Start anywhere, Swami once told me while we were travelling by His car. I once asked Swami, “Swami whatever good happens in this world, it is due to Your Sankalpa. But everything else happens according to the operation of Your cosmic laws. Am I right, Swami”? “You are wrong,” He said, “I am the creation. I rule over the entire world. I have My own cabinet and My own ministers. Each minister has a particular task and I do not interfere with their work at all. The creation has automatically with the exception of three departments Karma, Bhakti and Jnana. They come directly under My influence. I take the responsibility of saving people that come under these three departments”. Swami said, “Whoever loves Me, I love him back. That is the uniqueness about Me. I

do not see if he is a dark fellow, a wicked or evil fellow. Whoever he is, if he loves Me, I love him back. People wonder sometimes why I entertain such corrupt fellows. But I have come for such people also. When you give yourself to Me and I give Myself to you, what happens? We become One. Whoever says, ‘I am Yours, Swami’, I accept them. People think I should not give protection to some people. No, no! My devotees will not perish. I will transform them. Nothing is impossible for Me. It is My Will, How can you understand Me? You should not try to understand Swami in every little thing. You say, “Why Swami should do this? I know Swami is God, no doubt, but He should not have done this”. “Nonsense! You are nobody. You are a small fry. You need My love, My help and My protection. Who are you to judge Me? Mind your business. Pray to Me, seek My help and I will readily give. You are forgetting that and saying all sorts of things. Love is My nature”.

In Darshan lines we all have seen many a time Swami’s Love in action. He randomly approaches devotees catching them in total shock and excitement. That is Swami! Love, Love, Love! He is Love and He receives and gives Love. And we do not know the nature of this Love. It is total peace, indescribable peace – pure bliss! When our heart experiences this peace, we will understand what Ultimate Love is. Our head functions very powerfully sometimes, but our heart is dead many a time. Swami awakens it! He would not say you are useless but would simply transform you. God Himself came down to transform man into God. How much has He suffered on account of us? How many troubles He has taken upon Himself? What should we do for Swami? Here at Samarpan, we



should resolve that we give ourselves fully to Him.

Where do we start? Like Swami said, start anywhere! Work as a Seva Dal, participate in the organisation or become a Bhajan singer. Chant Vedam or give ten rupees for some cause. Nothing goes to waste! Swami says, “You give Me anything, I shall give you back hundredfold”. Most people do not know this, otherwise the whole world would have gone and given themselves to Him. We often find it hard to give. We say we don’t have time. For what are we having time? We have time for so much nonsense, but not for this. Let us not fall victim to the tricks of our mind. We have time but not the right perspective. What is that we have come here for? Why are we born? What is our duty? Swami has come to give us a taste of beauty, Swami’s beauty, an indescribable, irresistible beauty to us all. Even a person like Suka Maharshi used to go into Samadhi while describing Krishna. Such is the innocent, pure beauty of our Swami. Do you ever think of it? Do you ever feel it? If you do not feel it, what is the use? Whatever you are doing in His name, even if you think you are doing too much and there is not enough time to enjoy His beauty, it is futile. Please do not excuse yourself like that. Make time. Fill your heart with love for Swami. Without love for Swami, your work may still bear results; but done with love, it can bring the joy and beauty of Swami to your life.

Swami has saved so many lives. When I (speaker) see some faces, I know Swami has given them a second life. But if you ask Swami, He will simply say it is His job. If we say, “Swami, You have done so much for

us”; He would respond saying, “If you really think I have done so much for you, then think of pleasing Me by making time to do good for yourself. If you become ill, parents will become ill and your wife becomes ill. When you do not have the strong desire to do good, everything becomes difficult”. How fortunate we are to have this oasis called Sai during our chaotic worldly life reminding us to think and act in love? Love alone can save us!

“Anyone doing service without expecting the fruits thereof, come under My protection. It is My responsibility to take care of them. I will not leave them to their fate. I will take care of them,” says Swami. You might wonder why then we still see devotees suffering. Swami asks us not to judge Him. “Trust me,” He says, “I allow certain things to happen and it is also I, who gives the capacity to endure. I prevent it sometimes and protect it other times. Don’t try to make sense of it”. We cannot fathom His ways. Instead, let us take up some service; whatever service we can render to win His grace, so that we too can become a member of His department that serves the world in His name.

### **Swami Enquires about my Sadhana**

“Wherever you are and whatever path you choose, if you do Sadhana, I will take care of you,” says Swami. Our Sadhana can be in the field of Karma or Jnana or Bhakti. It is the sincerity in our path that pleases Swami. Sometimes, Swami’s teachings are so simple, we fail to pay attention to them. But they are very profound. If His grace is present, it will enter our head and our heart; if not, it goes off. Swami once visited our

*continued on page 32...*



# FULFILMENT OF A VEDIC VISION

Dr. Shashank Shah

*During my years in the Faculty of Management, first as a student and then as a doctoral scholar, I learnt from Swami that the management concept of Total Quality Management (TQM) should be based on TKS – Trikarana Shuddhi (purity of thought, word and deed). It is only when the intention, words and actions of the managers are in unity, that they would be able to deliver quality goods and services to their customers. I learnt from Him the 'Mahavakya' of Leadership, "To Be, To Do, To See, To Tell". A good leader must first put into practice what he wants others to practise.*

**T**HE TERM 'EDUCATION' IS derived from the Latin root words 'educare' and 'educere' which mean 'to bring up' and 'to draw out' or 'bring forth'. From an etymological perspective, education is a process to unfold the latent innate potential of the individual. The ancient Indian Gurukula system through its 'Guru-Sishya' tradition aimed at achieving this very goal.

## Ancient Indian Education

Ancient India had some of the most well-known universities in the world like Nalanda and Takshashila which attracted students from across countries and continents. The teacher was referred to as 'Acharya', meaning one who leads by personal example. It was the job of the teacher to show students the right path, cultivate moral virtues and inspire the development of a sterling character to meet societal and national obligations. The Siksha Valli of the Taittiriya Upanishad highlights the message given to students by the Guru at the time of completion of their studies: *Sathyam Vada, Dharmam Chara*

(speak truth, practise righteousness); *Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, Atithi Devo Bhava* (revere your mother, father, preceptor and guest as God). This was the exalted nature of education and purity of teacher-student relationship. Education was meant to be for life, not merely for earning a living.

## Impact of British Education

Unfortunately, the impact of the British education system that was introduced by Lord Macaulay through the English Education Act 1935 with the aim of introducing Indian students to western ideas, has reduced the end-objective of education to gaining employment. The worth of an educational institution is judged by the placements it can offer and the salaries its students can command. No wonder, an industry veteran recently remarked: 'campus placements in leading Indian universities resemble the cattle fair at Pushkar'. Students are charged fantastic fees in the name of imparting world class education. Medical education tops the list with some medical colleges





charging fees as high as half a crore rupees. Alas! The temples of Saraswati, the Goddess of Learning have become the temples of Lakshmi, the Goddess of Wealth! Professor Rakesh Khurana, Dean of Harvard College, has referred to this regrettable practice as 'From Higher Aims to Hired Hands'.

What does society expect students who graduate from such institutions to do after the completion of their education? Will such students be able to discharge their duties to their noble professions? Probably, the primary aim of such students would be to recover the amount 'invested' in their studies by them and their family with 'interest' as fast as possible. Would society be justified in blaming products of such an education system if they are far more interested in wealth accumulation than in serving fellow beings? It's time for reflection and soul searching by patrons of education.

### **Need to Reform Education**

Today, education has increasingly become an instrument to fill young minds with information and evaluate their capacity to regurgitate this information during annual examinations. In the internet age, does this serve the true purpose of education, for which precious twenty years of an individual's life are invested? Instead of rote learning, education should cater to all aspects of human existence in the making of a holistic human being – physical, mental, emotional, intellectual and spiritual. Various national commissions including the Radhakrishnan Commission (1948), Kothari Commission (1966) and the National Policy on Education (1986) have endorsed the development of human personality through strengthening

of the moral fibre of education. In 2009, the National Knowledge Commission, Government of India, underscored the role of expansion, excellence and inclusion in higher education. There is also a need to expand the span of education in terms of infrastructure and its scope from providing mere bookish knowledge to developing human excellence. There is a need to transform education from a commercial activity to a more inclusive process with an equity of opportunity and access to quality education irrespective of social or economic distinctions. Education is not a privilege of only those who can afford it, but all those who desire and deserve to gain higher education by virtue of merit and possess the passion to dive deep in the ocean of knowledge and discover pearls of wisdom for themselves and their nation.

With a sense of pride for my Alma Mater and personal experience of more than a decade, I can say that if one institution fulfils the vision of great thinkers, the ideals of ancient India and the imperatives of contemporary society, it is Sri Sathya Sai Institute of Higher Learning (SSSIHL), envisioned by Swami way back in 1951. On the occasion of the annual day function of District Board High School, Bukkapatnam, Swami had nominated Sri Kasturi to be His representative. In the invitation card, Sri Kasturi's qualifications were stated as Ph.D. The fact was that Sri Kasturi had not pursued doctoral studies. So, Sri Vitthal Rao (an ardent devotee of Bhagavan and father of Prof. Jayalakshmi Gopinath) remarked, "Swami, from which university has Kasturi done his Ph.D.?" With a twinkle in His eyes, Swami replied, "From the Puttaparthi University"! Peals of laughter followed. But the concrete





*Inauguration of SSSIHL on 22nd November 1981 at Prasanthi Nilayam by Justice Chandrachud (on the right).*

manifestation of the Divine Sankalpa was witnessed thirty years later, when Justice Y.V. Chandrachud, Chief Justice of India, inaugurated Sri Sathya Sai Institute of Higher Learning on 22nd November 1981 at Prasanthi Nilayam.

### **Sathya Sai System of Values-based Integral Education**

Bhagavan's Education Mission began in the year 1968 with the establishment of a college for women at Anantapur. Swami's main aim of starting a women's college was to emphasise that if a woman is educated, the entire family benefits from her knowledge and wisdom as she plays an important role in moulding future generations into responsible citizens. This college was followed by a men's college at Bengaluru in 1969 and another at Puttaparthi in 1979. These three culminated in the establishment of Sri Sathya Sai Institute of Higher Learning (SSSIHL). The fourth college of the Institute was set up at Muddenahalli in 2010. Ever since, the Institute has been imparting values-based education at no cost to all students, irrespective of caste, language, religion or social status; where admission is based purely on merit of the

candidate. Swami, as the Revered Founder Chancellor, defines a balanced personality as an individual possessing the Head of Sankara (symbolising wisdom), the Heart of Buddha (symbolising compassion) and the Hands of King Janaka (symbolising selfless service). An attempt is made through this system of integral education to mould such individuals. Let us explore how this system revolves around Swami.

### **The Hostel**

The pan-Indian character of SSSIHL comes alive in its hostels where students from all regions, religions and social strata, live together in harmony. With a regimented 17-hour schedule that begins with Suprabhatam at 5 a.m. and concludes with the night prayer at 10 p.m., it provides ample opportunities to students to blossom forth their latent talents, capabilities and creativity within the ambit of institutional discipline. The energy and enthusiasm of the students is constructively channelled through their involvement in all aspects of the hostels' functioning including activities such as plumbing and electrification, gardening, cooking, medical dispensary and others. Students manage departments like the publications and multimedia that create valuable print and audiovisual material based on the Divine Message for the benefit of students and devotees. Senior students and research scholars take the lead in running these self-reliance departments that cultivate the virtues of dignity of labour and teamwork for a selfless cause. Junior students are trained so that when the seniors graduate, they can take over.

In the formative years, Swami paid frequent visits to the hostel to ensure cleanliness and discipline. During these



visits, students would decorate their self-reliance departments and invite Swami to bless them. He would also make surprise visits to the hostel to inspect whether the rooms were maintained as per standards expected by Him. On such occasions, Swami would also visit the kitchen and review various items cooked for students and even observe cleanliness of vessels



*Swami in the hostel dining hall in 1988.*

and the cooking area. He would enquire about the menu for breakfast, lunch and dinner. This was the extent to which Swami involved Himself in the functioning of the hostel. The students fondly referred to this 'home' away from home as 'a place where each lived for the other and all lived for God'. Having lived in this home of God for a dozen years, I have deeply experienced this. The mindset developed by the students during their stay in the hostels enables them to carry forward this attitude to their homes and society at large.

### **The Institute**

Human values form the undercurrent of all the subjects taught in the Sai System of Education. Secular knowledge of the most modern type is imparted to students across natural and social sciences, technology, management and humanities through use

of high-quality infrastructure and teaching techniques. The criteria highlighted for excellence by several educational commissions in terms of regular revision of curricula, continuous internal assessment and a course credit system are in practice here for decades. However, the uniqueness of the teaching methodology is a pervasive focus on the need for a balance between the information provided and the necessary transformation of individuals as an outcome. Swami always emphasises that an educated citizen has more duties to discharge than rights to demand; more responsibilities to fulfil than privileges to enjoy. Even the research focus is on areas which contribute to societal benefit and have more holistic ramifications. In a Discourse given to students in the Prasanthi Nilayam Campus Auditorium in June 2009, Swami said, "A Ph.D. is one who helps others through his research and develops the country. This is the true objective of doing a Ph.D."

During my years in the Faculty of Management, first as a student and then as a doctoral scholar, I learnt from Swami that the management concept of Total Quality Management (TQM) should be based on TKS – Trikarana Shuddhi (purity of thought, word and deed). It is only when the intention, words and actions of the managers are in unity, that they would be able to deliver quality goods and services to their customers. I learnt from Him the 'Mahavakya' of Leadership, "To Be, To Do, To See, To Tell". A good leader must first put into practice what he wants others to practise. It is only then that he/she has the moral right to tell others. Swami is Himself a role model in this regard. I learnt from Him that 'Business Administration' should be



'Man Management' as human beings give value to the five M's of business – money, materials, machines, minutes and methods. Swami exhorted His management students to keep human beings at the centre of all decisions as "men are more valuable than all the wealth of the world". In fact, a compilation of Swami's Discourses to His Management students is titled by Him as 'Man Management'. I was blessed to be a part of the editorial team that offered this compilation to Him in August 2009 in Sai Kulwant Hall. He was delighted to see His message now available to the world at large.

### The Mandir

While the what, when, where and how of life are the focus at institutions of higher learning, the why of life – the purpose of life is often neglected. The valuable hours spent in the Mandir in the Divine Presence expose Sai Students to newer vistas that enable them to understand the mystery behind their sojourn on this planet



*Swami with students after the Convocation Drama in 2003.*

of dust. Cultural programmes in music, dance and dramatics on various festivals, often depicting lives of great heroes and heroines of our land, expose them to deeper insights and enthuse them to a

nobler and exalted purpose of existence. Students learn here that the individual is a limb of society, society is a limb of Nature and Nature is a limb of the Divine. This enables them to better appreciate the concepts of Karma, Bhakti and Jnana as expounded in the Bhagavadgita. It has been my experience as a participant and coordinator of dozens of such cultural activities by students in the Mandir that nothing in life can be considered as non-spiritual. Swami encouraged the students to consider everything as Divine, and to 'spiritualise' every moment of their life. This transforms ordinary Karma into Pavitra Karma (sacred action) that is worthy of offering to the Divine. A life thus lived truly becomes a fragrant offering to God. Such an approach to life and living that students experience in the Mandir, especially while hearing the Divine Discourses, fulfils Vedic wisdom and the message of all world scriptures.

The Grama Seva programme, that was an annual feature during Navaratri between 2000 and 2017; the Annual Sports and Cultural Meet, that has been an annual feature in the second week of January since the mid-1980s; the Convocation Drama, that is an annual feature on the evening of 22nd November since 1980s, are occasions of witnessing excellence in action where cooperative efforts overpower the competitive spirit. Faculty members and students work together to design the strategy and draw detailed implementation plans – whether it is for the Grama Seva that involves distributing food and clothes to over 1,00,000 villagers across 150 villages of the Sathya Sai Taluka in 7 days; or participating in cultural and athletic events and daredevilry stunts before a





spectator base of over 25,000 in the Hill View Stadium on 11th January. The former develops empathy by exposing students to the struggles of rural life; the latter develops self-confidence in their skills and capabilities to achieve the impossible.

Over the last four decades, nearly 15,000 students from diverse socio-cultural backgrounds have studied together under one umbrella of universal brotherhood at SSSIHL. In 1982, when Sri Nani Palkhivala, an eminent jurist, addressed the first Convocation, he called the University 'an experiment in higher education'. Two decades later, in 2002, when President Abdul Kalam addressed the XXI Convocation, he called it 'a model worthy of emulation'. Swami, as the gardener of

this nursery, has tended each student with the nourishment of His love, the sunlight of His wisdom and the protection of His discipline. Under His leadership, SSSIHL and its model of education, has emerged as the solution to the challenges faced by higher education systems. I believe that it is the duty of every Sai alumnus and devotee to nurture and contribute to this vision that moulds citizens empowered with academic and moral excellence who will continue to resuscitate the glory of Bharat.

**– An alumnus of SSSIHL, Dr. Shashank Shah has been Fellow '17, Harvard University, and is presently working as Consulting Editor, The Business India Group.**

*...continued from page 26*

house in Bengaluru. He went into the kitchen where we had kept a small altar for Swami. We performed Puja there regularly. Feeling uncomfortable about the size, I said to Swami very apologetically, "Swami, the Puja place is very small". "Don't say that," Swami reprimanded me. "This prayer room is for you. My residence is in your heart.", said Swami touching my heart with His Divine Hand. I praised, "Swami, You are very kind, nice and generous". "It is not generosity, it is the Truth.", Swami asserted. But I fail to remember this truth because, I do not know that experientially. I hear and forget about it. But Swami doesn't allow us to forget. Once Swami wrote me a letter enquiring about my Sadhana. "Have you confirmed in your heart that Sai is established there? If you really have understood and felt My Presence in your heart, why then are you

telling that Swami is in Parthi?" It is true, I had written a letter to Swami when He was in Parthi and I was in Brindavan. Students were crying for Swami. As their teacher I had a responsibility to convey and pray to Swami to come and visit us. "If you really feel Swami is in your heart," Swami wrote back, "why are you feeling sad that Swami is in Parthi? If He is in your heart, how can He be in Parthi? Ade Maya; Sai Ye Mayi (That is what illusion is and Sai alone is the Mother)". Swami is not merely saying He is in my heart, He is writing to me to remind and reaffirm. That is the Love of Bhagavan.

*(To be continued...)*

**– From the Samarpan talk of Prof. M. Nanjundaiah, former Controller of Examinations of Sri Sathya Sai Institute of Higher Learning, delivered by him at Dharmakshetra, Mumbai.**



# SSEHV: SERVICE TO REACH EVERY CORNER OF THE WORLD

Kalika Grana

**G**ROWING UP IN THE SAI community since middle school, I have often heard devotees asking the question: How can we become

for certain. On innumerable occasions, Swami has reminded us that the goal of human existence is simply to realise the divinity within us, and that service is the “Royal Path” in this road of self-transformation.

## How SSEHV Transforms Students

It is for this reason that among the vast amount of wisdom which our Beloved Sai has imparted to us, as a mother and as an educator working with hundreds of children everyday, I keep His teachings closest to my heart. The question is of course...how? How exactly can we dive deep into our own self-transformation, while contributing towards global transformation?

It is here that Sathya Sai Education in Human Values (SSEHV) makes its impact – the programme which encompasses the essence of Bhagavan’s message, with a method that is universal and suitable for people of all ages, cultures and religious beliefs. A refreshing educational programme that does not “teach”, nor provides new concepts for anyone, but which simply emanates from what is already within us. A programme that is as akin to us as our very own breath – a programme that only requires a reminder about who we really are.

*Education has two aspects; the first is related to external and worldly education, which is nothing but*

worthy instruments in the mission of love and service that our Beloved Lord Sathya Sai Baba has laid down for us? Which is the best service project to undertake and when? How can we help transform our communities, while experiencing self-transformation?

Our lives take full meaning when we engage in selfless service – this we know



*acquiring bookish knowledge. In the modern world, we find many well versed and highly qualified in this aspect. The second aspect known as Educare is related to human values. The word Educare means to bring out that which is within. Human values are latent in every human being; one cannot acquire them from outside. They have to be elicited from within. Educare means to bring out human values. 'To bring out' means to translate them into action. – Sathya Sai Speaks Vol. 33:16*

Over the last 25 years, during my time as an educator, I have been blessed to experience the power and long-lasting results of SSEHV. As a Director and elementary-school teacher of an ISSE-USA partnership school, I have observed current students and alumni earn various awards and accolades for “best character” in higher educational institutions, locally and internationally. This programme has transformed their outlook on life and developed a truly human approach to society. Their parents too have been transformed through the example set by their children’s exemplary character at home and at school. A few anecdotes will help illustrate this point.

### **Impact of SSEHV on Society**

On 15th April 2013, a tragedy occurred in Boston impacting many people. People felt confused, unsafe and quite bitter for some time. During this time, a 1st grader who had learned to practise light meditation in SSEHV, showed her mother how to respond and send light to the world, so that everyone could be peaceful. Wonderstruck by this “higher” response of her daughter, the mother recorded the meditation session and shared it across social media.

Over the years, children from SSEHV programmes have independently, without prompting from their teachers or parents, organised projects to serve the elderly, animal shelters, food drives and care packages for the military abroad. Similarly, students have many times chosen to write value-based books for various class projects.

When students leave the school, parents have often expressed the need to have SSEHV as an integral part of their children’s continued education (we, of course, agree!). Seeing the boundless benefits of this programme, some parents have even taken the SSEHV training courses themselves and have now become “ambassadors” of SSEHV in their respective schools and communities.

### **Community Outreach Initiatives of ISSE**

It is as a result of such inspiration that the Institute of Sai Spiritual Education (ISSE), USA has embarked on a continuous journey to spread the universal message of Sai and offer SSEHV training through a mobile approach, whereby facilitators offer training by frequently travelling around the country – both to Sai devotees and the community at large. Indeed, the ISSE believes that, in order to effectively share this programme in the community, it is critical to generate strong commitment and continued support from members of the Sai community itself.

Another initiative the Institute has undertaken is to host SSEHV introductory workshops for service coordinators and young adults. The objective is to highlight the basic principles of SSEHV to our volunteers who interface with the public, generate ideas on how values-based



activities can be incorporated in service initiatives, and inspire larger number of community members to undertake SSEHV courses and initiatives.

The Institute is steadily adding a pool of highly qualified SSEHV Field Work Mentors, who guide new participants after completion of courses and help them identify community programmes or workplace opportunities to practise these values. This close relationship helps maintain the integrity of the programme and reinforces participants learnings and confidence.

Education is a partnership between teacher, student and parents. Sathya Sai Baba has said:

*Children do not come to you, but through you. Parents must feel that they are servants appointed by the Lord to tend little souls that are born in their households, as the gardener tends the trees in the garden of the Master.*

– Sathya Sai Speaks Vol. 1:11

Further, He has told us that for success in any endeavour in life, there must be *understanding and adjustment* – Sathya Sai Speaks Vol. 33:17 pp 271.

Based on this message, the Institute regularly conducts parenting workshops, which first equip parents with an understanding of a child's development journey. It is on this solid foundation that the character development and value-based components are then overlaid. Through these highly interactive and practically oriented sessions, parents (and in many cases, grandparents, extended families and friends) are refreshed with a new sense of joy, insight and confidence in order to make the family environment

thrive with understanding, happiness and values.

Thus, with the objective of expanding the awareness and practice of human values in the family, and with support from the SSIO's public outreach mission and local partner schools, the Institute initiated a new community outreach platform titled *Human Values Fest*: a family-centric festival expanding the awareness of the five human values and the practice of love and service in the community. The event features: a human-values art, music and creative writing exhibition; a concert by renowned artists; community service recognitions; unique value-based family activities and a display of community work by local service organisations. Since 2017, the event has drawn hundreds of families annually and the model has now spread across multiple cities in the USA.

The above narrative represents only a fraction of the impact that SSEHV and the application of the five human values has had around the world. The Lord has afforded us a golden opportunity: the chance awaited for lifetimes to serve Him and His Divine Mission by sharing His message with the world. He has also provided us with a unique and dynamic methodology, SSEHV, with the power to simultaneously transform the heart of the teacher and the student.

I pray to Swami that He may illumine our heads, hands and hearts so that we may serve Him in a manner befitting His glory, name and message.

– **The author Ms. Kalika Grana, is Director, Institute of Sathya Sai Education, USA, Sathya Sai International Organisation.**





## About Sri Sathya Sai Sadhana Trust Publications Division

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 caters to:

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

## Get Sanathana Sarathi

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

### Other Books By Sri Sathya Sai Sadhana Trust, Publications Division (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmara
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. Sevalad
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
41. Sathya Sai Speaks Vol-1
42. Summer Showers In Brindavan, 1973
43. Summer Showers In Brindavan, 1974
44. Sathyam Sivam Sundaram Vol – 1
45. Sathyam Sivam Sundaram Vol – 2
46. Sathyam Sivam Sundaram Vol – 3
47. Sathyam Sivam Sundaram Vol – 4
48. Life is a Game, Play it
49. Divine Inspirations Vol-1
50. Divine Inspirations Vol-2
51. Divine Inspirations Vol-3
52. Divine Inspirations Vol-4
53. Divine Inspirations Vol-5
54. The Light of Love
55. Bhagavatha Vahini
56. Dharma Vahini
57. Dhyana Vahini
58. Gnyana Vahini
59. Geetha Vahini
60. Prema Vahini
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REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/1958 REGN.NO. HDP/002/2018-2020  
LICENCED TO POST WITHOUT PREPAYMENT No.PMGK/RNP/WPP-01/2018-2020

Date of Publication: 1st May 2020

## *Human Life Finds Fulfilment in Selflessness*

God has given the human body for the purpose of serving others. Devoid of the spirit of service, man is sunk in selfishness. All his thoughts, feelings and deeds are prompted by selfishness. Man has become a puppet in the hands of selfishness. How can one who is enslaved by selfishness ever be free? So, you must reject selfishness and accept selflessness. Then alone can the human life find fulfilment.

– *Baba*

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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