



**Sanathana Sarathi**

**OCTOBER 2018**





# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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*What is the way to liberation?  
Always remember God and  
meditate upon Him. Tread  
the sacred path and attain the  
highest divine state where there is  
no birth and death. We attribute  
worldly meaning to the words  
and take to wrong path. God is  
perfect. Perform perfect actions  
befitting Him.*

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### Veda Purusha Saptaha Jnana Yajna 2018

With Bhagavan's Divine grace and blessings, Veda Purusha Saptaha Jnana Yajna conducted every year for the welfare of humanity as part of Dasara celebrations will begin at Prasanthi Nilayam on 13th October 2018 and conclude with Poornahuti on 19th October 2018, Vijaya Dasami day.



AVATAR VANI

# ALWAYS CONTEMPLATE ON THE ATMIC PRINCIPLE

*There is no penance comparable to peace.*

*There is no wealth greater than contentment.*

*There is no disease other than desire.*

*There is no greater Dharma than compassion.*

(Telugu Poem)

## COMPASSION IS THE BASIS OF ALL RELIGIONS

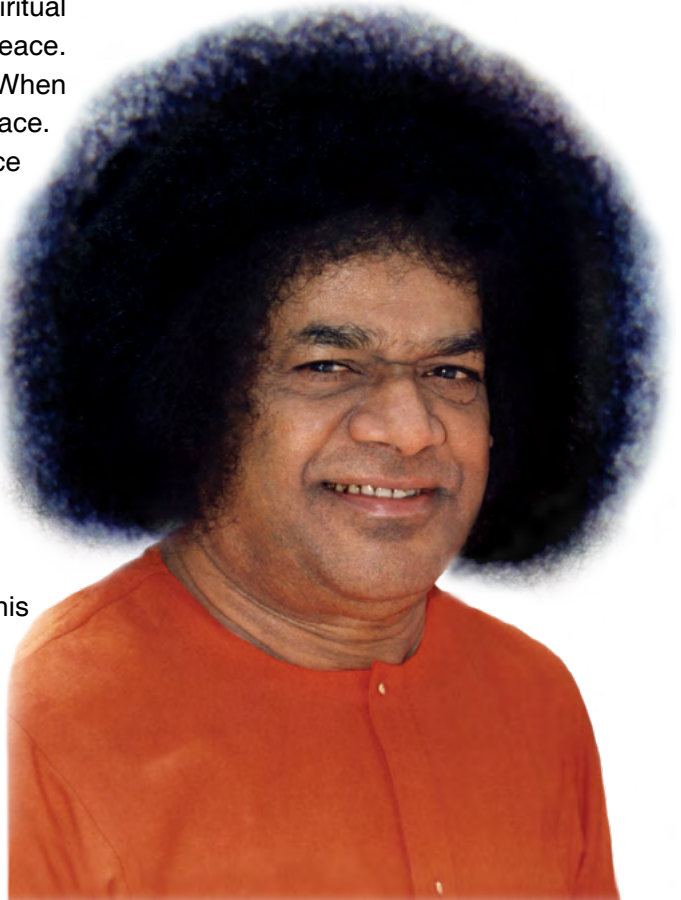
### *Embodiments of Divinity!*

**I**N THIS WORLD, EVERYONE struggles from dawn to dusk to attain peace. What are the spiritual practices required for this purpose? No spiritual practices are necessary for acquiring peace. Peace is very much inherent in you. When you know the Atma, you experience peace. Peace lies in your Atmic principle. Peace has no shape of its own. The basis of peace is the Atma. Neither penance nor rituals are required for peace to emerge from your heart. There is no need for any spiritual practices to attain peace. All these practices are related to physical and worldly plane.

### **Endless Desires are the Cause of Many Diseases**

Man acquires many things for his bodily comforts and thinks that this is happiness. He assumes that sleeping on a costly mattress in an air-conditioned room will give him happiness. But there is no happiness without peace. What is happiness?

Real happiness emerges from the divine vibrations emanating from the heart. Worldly happiness is impermanent as it lasts for a few hours or days only. In order to derive



everlasting happiness, contemplate on the Atmic principle. There is no greater happiness than contentment. Happiness is heaven, sorrow is hell.

Man is bound by many desires. These very desires are the cause of many diseases. Some of these diseases are not related to the body. Perversions of the mind are responsible for a number of diseases. Many diseases will be eradicated when we curtail our desires. Man is duped by his endless desires, which make him the victim of many diseases. Happiness, peace and health are dependent on our thoughts. There is no Dharma greater than compassion. Compassion is the basis of all religions. The kindness that emanates from our heart is verily compassion.

### **Everyone is the Messenger of God**

Jesus proclaimed that he was the messenger of God. Not alone Jesus, but everyone is the messenger of God. Who is a messenger? The one who propagates the teachings of the Lord and inspires others also to do so is indeed the messenger. Everyone is born to spread the Lord's gospel and not to indulge in selfish pursuits. Since man does not realise this truth because of his selfishness, he ruins his life. It is an important duty of man to spread God's message in every nook and corner of the world. Forgetting this, man is spreading mutually contradictory concepts which cause unrest and discomfort and give rise to depression, confusion and doubts.

### **Four Purusharthas**

According to Indian culture, there are four Purusharthas (objectives) of man's life, namely, Dharma, Artha, Kama and Moksha (righteousness, wealth, desire and liberation). Not only in India, these goals of

life are prevalent in other countries also. The four Purusharthas are related to the Purusha. Some say that these Purusharthas are meant only for men and not women. What is meant by Purusha? Purusha does not mean man. It refers to the Atma and consciousness. The consciousness does not distinguish between men and women. The real Purusha is the Atma which is the same in all.

It is generally thought that Dharma refers to charity. But this is not correct. Those deeds that help man to attain Divinity come under Dharma. The actions that induce bliss in the heart, manifest non-duality and advocate oneness constitute Dharma. The innermost feelings that reflect Divinity come under Dharma. Everyone must practise this Dharma. In fact, human life is destined for this very purpose. Man should realise the truth that he is born to manifest Divinity. Dharma does not refer to the stages of life, e.g., Grihastha (householder stage) or Sannyasa (renunciant stage). These stages of life are related to the world and not to the Atma. Man forgets his inherent humanness and gets caught up in worldly and mundane problems in his day-to-day life. As a result, his life remains disoriented to the Supreme Principle.

Artha as a goal of life is related to the Atmic principle. It is generally thought that Artha refers to wealth, worldly possessions and property. God-awareness is the real Artha. This awareness means wealth of knowledge and not money or currency notes. Experiencing Divinity is in itself Artha. This is what we have to attain and propagate.

Contrary to the popular belief, Kama refers to the desire to attain liberation and not the worldly objects that are of a temporary

nature. But we do not try to find out the actual meaning of these words. People do not understand the real meaning of Kama and associate it with worldly pleasures and mundane desires. They should understand the real meaning of these terms, recognise the true goal of life and spread this knowledge.

Moksha is a state which is devoid of entry and exit, birth and death. Adi Sankara said, "There is an endless cycle of birth and death and one has to stay in the mother's womb again and again. This ocean of worldliness is difficult to cross. Oh compassionate Lord, protect me with Your boundless grace". He advised a scholar, "Oh foolish man! Worship Govinda, when the god of death beckons you, your knowledge of grammar will not help you in any way". What is the way to liberation? Always remember God and meditate upon Him. Tread the sacred path and attain the highest divine state where there is no birth and death. We attribute worldly meaning to the words and take to wrong path. God is perfect. Perform perfect actions befitting Him.

### **Man should Strive to be Perfect like God**

In Italy, there lived a very famous maker of violins named Antony. He used to make violins par excellence and took one year to make a single violin. His friends used to mock at him saying, "You are taking one year to make one violin. How are you going to look after your family? You are indeed a fool". Antony replied, "Whatever I do, I do it perfectly. God is perfect. Even if one string is imperfect, it amounts to betraying the Lord. So, I do not do it that way. I make the violin perfect in all respects in order to win the grace of God". Whether a task is small

or big, it should be done perfectly. Jesus said, "The Lord in the heaven is perfect. I am also perfect like Him. Otherwise, I will not be a befitting son of the Lord".

God is the embodiment of compassion, kindness and love. We should manifest similar perfection in this world. In order to attain perfection in this world, we ought to be kind to one and all. The spiritual aspirants of those days believed that God is perfect and so they too should attain that kind of perfection.

Darwin attained perfection in a similar way. He was a renowned scientist, highly intelligent and wise. What practices did he undertake to become so? Whose help did he seek? While he was a student, he had a teacher named Henslow whose command he always followed implicitly. Ever immersed in the thoughts of his teacher, he followed in his footsteps. Once his teacher invited him to a meeting. Both Darwin and Henslow were standing next to each other and they looked alike. How was this possible? It was due to the fact that he followed his teacher perfectly. When coal comes in contact with fire, it turns into fire. The teacher is the fire and the disciple is the coal. But in Kali Yuga, people do not try to realise this truth. When we remember God, we should follow His command also. You may hear any number of Discourses, but it is sheer waste of time if what you hear does not penetrate your heart.

Once a sculptor brought three dolls to the court of King Bhoja. All the three looked alike and beautiful. The emperor summoned the Prime Minister and asked him to decide which among the three dolls was the best. The Prime Minister brought an iron wire and put it in the ear of one of the dolls. The



wire came out from the other ear. He then remarked, "This is the worst doll". When he put the wire in the ear of the second doll, it came out from its mouth. He said, "This doll can be given second prize". When he put the wire in the ear of the third doll, it went inside and did not come out. The Prime Minister then declared, "This deserves the first prize". What does it mean? It means, the person who assimilates what he hears is the best.

*There is no happiness without peace. What is happiness? Real happiness emerges from the divine vibrations emanating from the heart. Worldly happiness is impermanent as it lasts for a few hours or days only. In order to derive everlasting happiness, contemplate on the Atmic principle. There is no greater happiness than contentment. Happiness is heaven, sorrow is hell.*

What does it imply? If what one hears with one ear comes out from the other ear, it is sheer waste (like the first doll). Whatever we hear is shared outside through mouth, it is of the medium level. But when whatever is heard is contemplated upon and digested, it is the best. The three dolls denote the three categories of people. Some convey to others what they hear. Some ponder over what is heard. But listening, contemplating and practising together will fill you with satisfaction and capability. This is to be

followed if you want to lead the best life. This is the essence of Swami's Discourses.

### **Nature is the Manifestation of Divinity**

God is also a sculptor and everything in this universe is His creation. But no two things in His creation are identical. In this world, there are more than five hundred crore people. But no two people resemble each other. Even in the case of twins, some differences do exist. It is true that man



produces identical products. But it is not so in the case of Nature. There are thousands of leaves on a tree appearing alike. But they are not completely alike.

*The stories of the Lord are amazing,  
They purify the lives of people in all the three worlds,  
They are like the sickles that cut the creepers of worldly bondage,  
They are like a good friend who helps you in times of need,*





*They are like a shelter for the sages and seers doing penance in the forest.*

(Telugu Poem)

We can know God's power by looking at His creation. But we see the creation and not the Creator. Man is astonished at the sight of the creation, but he does not try to seek joy from the Creator. Where is creation without the Creator? We should try to see the Creator.

### Attain Proximity with God

You need not go anywhere to see God. You need not go to the forest or do meditation or fasting. You can see God if you turn your mind inward. If your thoughts are projected outward, you will see only external, worldly objects. So, focus them on the inner being. Today man's vision is completely outward. But God is within. You yourself are God. All the beings are God's infinite forms. All your organs, viz., head, eyes, legs, etc., function by Divine power. Without His Will, you will not be able to speak. Sound too is dependent on Him. The inner voice emanating from the heart gets transformed into speech by His Will. Divine power of such magnitude is within and around us. But we are unaware of it.

Here is a small example. Can we see the air that is present all around us? Can we touch it with our hands? No. Does it mean that air does not exist? We cannot survive without air. Though we cannot see it or touch it, it is our life source. We are alive only due to air. We can indeed feel it. We must inquire and acquire intelligence combined with wisdom to experience Divinity. What is wisdom? Seeing non-duality everywhere is wisdom. There is only One who has acquired many forms. This One is hero and the world is zero. If we put zeros next to

***Perversions of the mind are responsible for a number of diseases. Many diseases will be eradicated when we curtail our desires. Man is duped by his endless desires, which make him the victim of many diseases. Happiness, peace and health are dependent on our thoughts. There is no Dharma greater than compassion. Compassion is the basis of all religions. The kindness that emanates from our heart is verily compassion.***

one, it becomes 10, 100, 1,000, 10,000 and so on. The sun, the moon, the earth are all spherical in shape. In other words, Nature is mere zero, God is the only hero. If you look at Nature and forget God, you become zero.

### *Embodiments of Divine Love!*

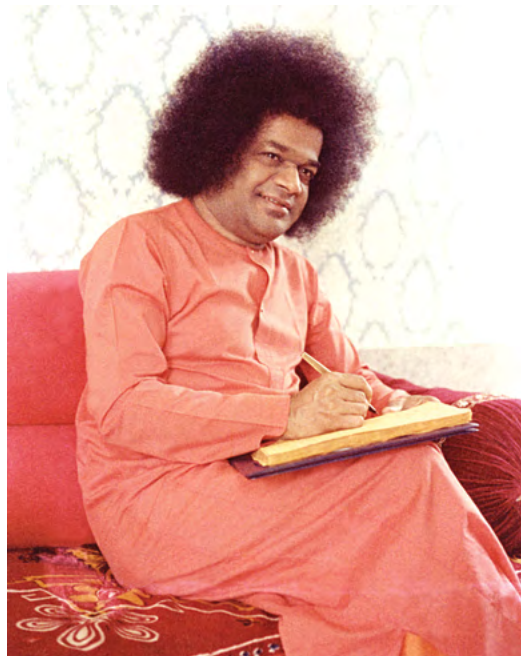
Everything is within you. There is nothing outside. Outside is only reaction, reflection and resound of your inner being. Everyone should realise this truth and spread it as the message of God. Then everyone will become the true messenger of God.

First Jesus said, "I am the messenger of God". Then he said, "I am the son of God". As the messenger of God, he propagated Divinity to others. But he felt that he did not have close proximity with God; he was distant from Him. When you spread God's message, you attain proximity with God. You are then called the son of God. In this capacity, God is the subject and son is His reflection (image). You then know that you are the ancient one and the same Atma is

*continued on page 17...*







## 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 as the one in the previous issue expounds the profound knowledge of the Vedas in question-answer form. The matter given in these two articles formed one article which was published in April 1984 issue of Sanathana Sarathi. The subsequent issues of Sanathana Sarathi will also carry further articles of "Leela Kaivalya Vahini" in question-answer form (except the one published in June 1984 issue of Sanathana Sarathi since we could not find this handwritten article). 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.



ప్రశ్న. శుభ్ర మన విజ్ఞానమున వాటివి?

సా. జలన విశాలతంత పంపుకుడిన వ్యాపూర్ణ జలన మంత  
మనస్థి విశాలత పంపు విశాల మనస్థి, ఆ విశాలత పంపు విశాల

[illegible]

పాపమును తీరవలసినదిగాను, పాపమును సూక్ష్మముగా గ్రహించునట్లుగా, పాపమును  
మరలవలసినదిగాను, పాపమును మరలవలసినదిగాను, పాపమును మరలవలసినదిగాను?

[illegible]

ನಾ. ೬ ಡಿಸೆಂಬರ್ ೨೦೧೭ ರಂದು

Trav. 20. 5. 1960. 10. 1960. 10. 1960. 10. 1960.

କାମ ଉପରେ କିପରି ପ୍ରଭାବ ପଡ଼ିଥାଏ ?

[illegible]

Ans. Organisms are all over?

[illegible]

పంతులు చివరకు నిరసిస్తూనే ఉన్నాడని పేర్కొన్నది. 48  
సూక్తాలు, పదునూర్తి కాండ వేద విశేషములకు, (బ్రహ్మకాండ  
పూర్వ శంఖ్యములకు).

# వీలాకైవల్య వాహిని

(సాయి సాధకుల సంభాషణ)

**సాధకుడు :** ఈవిధముగ విభజించినవారెవరు?

**సాయి :** ఇతడు నారాయణాంశ సంభూతుడగు వ్యాసుడు. పరాశర మహర్షి కుమారుడు. సమస్త విద్యల మూట. ఆ మూటకు మారుపేరు 'వ్యాస' అని. ఇతను మహర్షి సమస్త వేదశాస్త్ర పారంగతుడు, సమన్వితుడు, సమర్థుడు. లోకకల్యాణార్థమై అతను వేదములను విభజించి ధర్మమును ఆచరించుటకు అనుకూలపరచెను. వేదములను నాలుగుగా విభజించి ఐదు సంహితలుగా ఏర్పరచెను.

**సాధకుడు :** నాలుగు వేదములకు నాలుగు సంహితలే ఉండవలెను. కాని, ఐదుగా విభజించుటలోని అర్థమేమి? ఆ ఐదు సంహితలు యేమిటి?

**సాయి :** కృష్ణ యజుర్వేద సంహిత, శుక్ల యజుర్వేద సంహిత అని యజుర్వేదమును రెండుగాను, మిగిలిన మూడు వేదములను వక్కొక్కటిగానే విభజించుటచేత ఐదు అయినవి. అంతేకాదు. వక్కొక్క సంహితను తిరిగి మూడు భాగములుగా విభజించెను. ఇవన్నియు వారివారి స్థితిగతులకు తగినరీతిగా అందరినీ తరింపజేయగోరి చేసినవేకానీ, వారివారి యోగ్యతలను పురస్కరించుకొని సంఘశ్రేయస్సుకోసం చేసినవేకానీ వీటిలో ఏమాత్రము భేదములు లేవు.

**సాధకుడు :** ఆ సంహిత భాగములు ఏవి?

**సాయి :** బ్రాహ్మణాలు, ఆరణ్యకాలు, ఉపనిషత్తులు - అని మూడు.

**సాధకుడు :** బ్రాహ్మణాలు అనగా యేమి?

**సాయి :** ఇవి మంత్రభాగవ్యాపక రూపాలు. ఆయా యాగములను, వాటి స్వరూపాలను చక్కగా వివరిస్తాయి. ఇవి ఐతరేయ బ్రాహ్మణమని, తైత్తిరీయ బ్రాహ్మణమని, శతపథ బ్రాహ్మణమని, గోపథ బ్రాహ్మణమని అనేక విధముల కలవు.

**సాధకుడు :** ఆరణ్యకాలనగా ఏమి?

**సాయి :** ఇవి పద్య, గద్యమయమైనవి. వానప్రస్థ ఆశ్రమము స్వీకరించినవారు ఆరణ్యములలో జీవించుచు, అధ్యయనము చేయుటవలన వీటికి ఆరణ్యకాలని పేరు వచ్చినది. అనగా వంటరిగా, ప్రశాంతముగా కాలము గడుపువారు ఈ సంహితను అధ్యయనము చేయుటచేత ఆరణ్యకమైనది. జనసమూహములో కాక, ఒంటరి జీవితము గడుపువారు అధ్యయనము చేయునవి ఆరణ్యకాలు. వీటిలో కర్మకాండయొక్క చరమదశ, బ్రహ్మకాండ ప్రారంభమవుతుంది.



# LEELA KAIVALYA VAHINI

## Sai Speaks to Sadhaka

*Sadhaka:* Who was the person, who grouped them in these collections?

*Sai:* It was Vyasa, who was a partial manifestation of Narayana (God, Vishnu) Himself. He was the son of Sage Parashara. He had mastered the scriptures and spiritual treatises. He was a great sage himself. He was a skilful coordinator. In order to promote the welfare of mankind, he compiled the Veda in four parts and facilitated righteous living by all. He divided the Vedas into four and prepared five Samhitas.

*Sadhaka:* The four Vedas are the four Samhitas as You explained now. What purpose does the fifth serve? How did the extra one arise?

*Sai:* The Yajus-Samhita (Yajur Veda) has separated itself into two, the Krishna-Yajur Veda-Samhita and the Shukla-Yajur Veda-Samhita. So, the total became five. The process did not stop there. Each of these Samhitas developed three, separate, complementary components. These scriptural texts emerged in order to enlighten people in different states of awareness and different levels of consciousness. The purpose was to enable everyone to benefit by the guidance and cross the sea of suffering. Therefore, there is no trace of conflict in any of these texts.

*Sadhaka:* What are those three elaborations, those three subsidiary texts called?

*Sai:* Brahmanas, Aranyakas and Upanishads.

*Sadhaka:* What are Brahmanas?

*Sai:* They are explanatory texts dealing with Mantras or ritual formulae. They describe clearly the sacrificial rites and the ceremonies that have to be observed, while performing them. There are many texts like Aitareya Brahmana, Taittiriya Brahmana, Satapatha Brahmana, and Gopatha Brahmana.

*Sadhaka:* And, what are Aranyakas?

*Sai:* They are in verse and prose. They are mainly intended for the guidance of those, who, after passing through the stages of Brahmacharya (spiritual studies) and Grihastha (family life), assume Vanaprastha (life as recluse in forests). Aranya means forest. That is to say, these are texts to be pursued and meditated upon silently, in lonely hermitages. They deal with the duties and responsibilities of the final stage of active life (Karma Kanda), the stage preliminary to the totally spiritual stage (Brahma Kanda).

# LIVING WITH DIVINITY IS TRUE EDUCATION\*

Rani Java

## Do you Want Moksha?

**A**FTER THAT, SWAMI WENT TO HIS room and called my daddy and me for an interview. He asked, "Java, do you want Moksha"? My father said, "Swami, I am not hundred per cent ready because I am not sure". So, Swami said, "Ok". Now these words were not mine to tell you honestly. I was only 17 years old and Swami asked me, "Pakoda, do you want Moksha"? At that age, I did not know what Moksha was. But after I attended the Summer Course, I came to know what Moksha was. So, I said, "Swami, whatever You say it is fine, I am ready for it". But Swami said, "You will have a lot of problems in life, I have to clear away all your past life". I said, "Swami, You are there, then both of us will share it together and we will walk through life". He took my hand in His hand and said, "Don't worry, I am there with you. I will always be there with you and I will make you go through your life. You will have to go through many problems but I will always be there with you". And He said, "Java, see she is only 17 and she has accepted Moksha and you do not want it". I felt very happy that I took Moksha from Swami. He has been clearing all my previous life, whatever I did, right or wrong.

## Acquiring Higher Education

As I mentioned, Swami was guiding me right from childhood. When I went to college

and did commerce, He said He was very happy. Then He said, "Now you can study further". I said, "Ok Swami, but what will I do with so much of education"? He said, "No, you keep studying, no problem". I spent years in acquiring education. Swami asked me to do Management. So, after doing my Masters in Commerce, I did Management. Thereafter, I joined Arthur D. Little Institute of Management, Boston which was affiliated to Harvard University. But in just three months, I found it difficult to live without Swami. So, I came back to India.

Then Swami said, "You go back to Mumbai and do computers in Mumbai University". I said, "Swami, computers! I am an ice cream industrialist's daughter, I have joined the industry. What am I to do with computers"? He said, "No, no. You have to do computers". So, I went and did computers. I was one of the first ladies in India to join computers way back in 1984. I was very fortunate because being the first lady, I was given a lot of respect and appreciation. I did it because only Swami asked me to do. That time I did not realise how helpful computer was going to become to me because today my life is only with my gadgets in my hand. I am open to the world with only my gadgets. I did it and then joined my father in his office. I computerised both his offices and I was very happy in running the business.

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*\* Continued from the previous issue. This is the second and concluding part of the article.*

## On the Path of Service – 1981 to 1991

After that, I started doing service; I was a very good Seva Dal. I did service in Mumbai for a long time by going to hospitals, visiting the aged people, teaching the blind and going to the slums teaching them health and hygiene. I was very fond of all these things and I did my first-aid, home nursing and civil defence and visiting villages and doing Grama Seva. The most memorable activity was Vocational Guidance, counselling the IX and X Standard students as well as Graduates.

Then in 1991, Swami said, “Pakoda, stop doing service. You have done a lot of service for Me. I would prefer that now you do service to your parents; take care of your parents”. I said, “Ok”. So, it was for the first time that I spent time with my parents because I had never spent time with them. I was more with Swami than with my parents. In 1991, doctors in Mumbai declared that my father was going to pass away soon. So, I immediately came to Bengaluru and told my brother that I was taking daddy to Puttaparthi. I brought daddy to Swami and told Swami, “This is what the doctors have declared that he does not have a month even”. Swami said, “Ok. Don’t worry”. And see the grace of Bhagavan! My father lived thirteen years after that. Not one year or one month but thirteen years, and he actually died in November 2003. So, with Swami’s blessings I could take very good care of my father. My father was very happy to see that I had progressed so much. He used to say, “Rani, it took me years to reach the core level and I am proud of you that you are reaching it so fast”. I said, “That is all Swami’s Mahima”.

All of a sudden in 1994, Swami said, “Close down Mumbai ice cream unit and

come to Bengaluru”. So, we closed down Mumbai unit and came to Bengaluru. I asked Swami, “What do I do”? Swami said, “You do one thing you will not work in the ice cream company. You start medical transcription”. It was Ladies Day. I will never forget the day in my life on 19th November 1998, Swami came to me and said, “Start medical transcription”. I said, “Swami, medical transcription! No way, it’s not my cup of tea. I don’t even take an injection. How do You expect me to do medical transcription”? He said, “You don’t have to take injection, you only have to do the transcription”. I said, “Swami, but I don’t like it”. He said, “That you have to do”. I said, “I don’t have money”. He said, “You don’t worry, I am there, I will look after that. You have too many doubts in front of all the public in Kulwant Hall”. He shouted, “Take Namaskar and proceed to Bengaluru”. I said, “Ok”, and after the Ladies Day I proceeded to Bengaluru. See Swami’s Mahima. Our C.A. told my father that Karnataka State Corporation was offering loans to ladies. I applied for the loan and it was immediately sanctioned. On 22nd November evening, I came to Parthi with the loan papers in my hand. Swami said, “See, I told you that you will get the loan”. Thus, I got the loan and I started the company.

The company progressed very fast within three years. I had my goals. I wanted to do a lot for society. So, I wanted to earn big. Immediately after my father’s death, I came to know that my mother had lost her eyesight. So, I closed up the company and went into huge financial losses. But I am glad that my father saw me happy; he saw me in good condition. It is difficult for a man to take the shock of someone losing all the wealth. I did not lose a small amount; I lost around three crore rupees. As a girl single-





handedly, it was too much but I did not feel bad because Swami was there and I felt that this money was nothing. Swami is there, He will look after me

### **Journeys with Swami**

In 2000, Swami planned my itinerary to go abroad. It was a ninety-day trip of Switzerland, U.K., Europe, U.S.A. and Canada. It was my first travel and all alone. He called me here in Poornachandra Auditorium. From upstairs, He sent me three packets of Vibhuti and said, "Don't worry, I am there with you, you go". When I reached Paris, my luggage did not come. So, I will have no luggage for ninety days. What am I going to do? No clothes, nothing. Only a laptop, a coat and one trolley-bag in my hand. So, I was worried. Actually, it was Swami's plan. I had this big bag and I would not have been able to walk with this heavy bag to go to the Paris station. I had to change two trains to reach the main station. So, Swami kept the bag at the conveyer belt down. I went and reported that my bag was lost. They asked me my address. I told them the address of my host Sri Premji. He was the first Indian in Switzerland. They knew him well and delivered the bag next day.

When I reached the main station, in front of my eyes my train vanished. It just went, the door was closed. I did not know what to do. I started saying, "Sai Ram Sai Ram Sai Ram", because I was shocked that I managed to reach the station but my train left. Suddenly, a dark young man with curly hair and golden yellow coat, with a golden colour hat came to me. He said, "You look lost". I said, "Yes, I am lost. My train has gone in front of me. I have to go to Switzerland". He said, "Don't worry". He went and brought

a trolley and put my bag, coat and my laptop in it. He asked, "Do you have the host's number"? I said, "Yes, I have". He called up my host and told him that I had missed the train. The host said, "She has to spend the night in Paris. I can do nothing about it". I said, "I can't stay alone in Paris. It is impossible". So, I was very worried. Then he told me, "Come let us change the US dollars I had". He changed them into francs and got me some French francs.

Then he saw that there was a train going to Geneva. He said, "It's just two hours' drive from there to your host's place". So, he rang up the host and said, "I am putting her in this train, please pick her up". Meanwhile, his wife fired him and told him, "She is Swami's guest and she is single coming all the way from India. How could you talk to her like that? We will go to Geneva and pick her up". So, they said, "You come to Geneva; we will pick you up". When he put me on the train, he told the ticket collector, "She has no ticket for this train. She has missed her first train and if I go to buy her a ticket for this train, then she will miss it". So, he said, "Ok". Then he put me on a seat in the train. I said, "Sir, please take these francs; you have spent so much money taking the trolley for me and all". He said, "No, no. You keep it". I said, "No, my Guru has told me that this is my last birth, and I cannot keep any debts with anyone. So, you please take this money". But he laughed and went. Then, Swami realised that I had not yet recognised Him. So, He came back and told me, "You have not eaten anything after Delhi. I have made you sit just near the pantry. You go there, pick up the salad on which it is written pure vegetarian, and pick up a bun and a coke. Everything else has got non-vegetarian in it". I said, "Ok". He laughed and went. And



when I reached my host, they said, “Rani, for two hours in Paris who is going to have time for you? It is none other than Swami”. So, I immediately called up my father and I informed him, “Daddy, please tell Swami I am so sorry. This tube light is always having a choke problem and I realised too late that it was He.” When daddy went to Brindavan and reported, Swami started laughing. He said, “Java, what to do? She knows only one word ‘Sai Ram Sai Ram’. She went on saying Sai Ram Sai Ram. So, there was no other way but to go to her rescue”.

Then there was the second experience when I wanted to go to Mount Kailash. I said, “Swami, it’s my desire to go to Kailash because I am a fervent devotee of Lord Siva”. Swami said, “Why do you want to go there”? I said, “Swami, I want to go”. But, He was very reluctant. In 1995, when He was in the flight from Mumbai to Bengaluru, my parents again asked. Swami thought for a while and said, “Ok, let her go but tell her not to do the Parikrama (circumambulation) of Kailash”. I said, “That is acceptable; I will not do the Parikrama”. Immediately, He gave me permission. China government had rejected my visa for two years because of my overweight problem. So, I said, “Now that Swami has given permission, I must lose weight. I did Ayurveda and lost fifteen kilograms and China government said, “Let us see this ice cream girl prepare ice cream from the snow”! So, they gave me my visa and I went.

On return from Kailash, there was a landslide. Unfortunately, my legs cannot walk on uneven ground. I need even platform to walk. So, I requested my colleagues to go ahead, and leave me behind. I said, “Anyhow, I have told my parents Alvida (farewell). If I come back it is fine, or else

if I don’t come back it is bye”. They knew, I might not come back. So, the group said, “No no, we have to take you, there is no way we are leaving you”. Then I took the help of a Sherpa, and the Sherpa helped me. On the other side, another colleague was holding me. He was a family man and I could see the stones rolling down the mountain. I thought, “Swami if I go, I take this man with me. He has got wife, children and all. So, why this sin on me”? Immediately, another Sherpa with curly hair came and held my hand tightly and he said, “Put your foot on my footprints and walk with me. Focus, don’t look to the right, and don’t look to the left. Just focus”.

I focused on every footstep of the Sherpa who was none other than Swami; I put my foot in His footprints and crossed the pathway of the landslide. He put me in the bus and a lady came with hot ginger tea. I drank the tea but I was trembling because it was too much for me to bear. So, after drinking tea, I went to pay the money to the lady. She said, “No, the money has been paid”. I said, “Where is the Sherpa”? She said, “He is gone”. I searched for Swami but I did not find Him. So, when I reached Nepal, I rang up my father and said, “I am sorry again I had to trouble Swami and Swami came to my help but again the tube light was choked”. So, he said, “I will give your message to Swami. In Brindavan as soon as daddy went, He said, “Java, you have come to tell the story of Mount Kailash. This is the reason why I was stopping her from going. Anyhow, I made her cross the Kailash Mountain safely and I brought her back to you”. Before daddy could say anything, Swami told the story of Kailash. This is the second time Swami came. Similarly, many times He has come.



For me, Swami has been so much in my life. Now people say, "Why come to the Samadhi"? For me, it is very important. I tell all the devotees everywhere, "Come to the Samadhi. Samadhi has got plenty of power. I can tell you, it is a magnet". Today the full power is centralised in the Samadhi. You put your head on the Samadhi and pray, it will be fulfilled. Pray with full surrender and faith, implicit faith. Swami is here waiting to shower His love and blessings.

Today I spread Swami's message, His teachings and tell my personal experiences to devotees and ask them to experience His Divine Love, to feel His omnipresence and be at peace. Swami is here just as in Shirdi. You can feel Sai here too. The magnetism

of the Samadhi attracts the Atma to the Paramatma, and is very powerful. Being with Swami has made me love everyone and I see Swami in all. Even if someone hurts me, I may feel hurt momentarily but then I reflect as Swami's Will and forget the hurt. I have learnt to live in peace. I no more worry as I have faith that Swami is watching over me and this phase will go. Every second of my life, I am reflecting on Swami and thanking Him. If not for His blessings, where would I be today? I have surrendered myself completely to Swami and follow His words: Help Ever, Hurt Never.

**– The author, a Management Consultant by profession, is an old-time devotee of Bhagavan.**

*...continued from page 8*

present everywhere and in everyone. Saint Purandaradasa sang: "Oh Lord! I suffered because I had forgotten You. You are everything for me and everything has been bestowed upon me by You. You are my Father and the valuable jewel in the box of this body. Oh Lord! I am not an orphan or beggar as long as You are there as my Supreme Master. You are providing me education and advice. You are my Master and Saviour. As long as I am dependent on You, I am neither poor nor destitute. Oh Lord! You are the very form of sweetness. You are providing me everything. I am a puppet in Your hands". When Jesus said, "I am the son of God", he was aware of all this.

*Who gave the wonderful colours to the feathers of the peacock? Who gave the red beak to the green parrot? Who planted the tree on the mountain top and watered it? Who provides food to sustain the tadpole in the crevices of a*

*rock? God is the fundamental basis of all creation.*

(Kannada Song)

Worldly people are blind to all these wonders. The ignorance caused by ego brings about their ruin. Each and everything is God. God is omnipresent. When you develop such kind of awareness, you will be in complete bliss and ever peaceful.

Nowadays, there is dearth of love and compassion in the world. Man is devoid of love, peace and sacrifice. Transformation of the mind alone can bring about change in the individual and the world. Mind alone is the steering wheel. By controlling it effectively, we can reach our goal. In order to please God, who is the embodiment of perfection, we should also become perfect.

(Bhagavan brought His Discourse to a close with the Bhajan, "Madhura Madhura Murali Ghanashyama...")

**– Bhagavan's Discourse in Sai Sruthi, Kodaikanal on 1st May 1997.**





## BHAGAVAN'S DASARA MESSAGE

# GIVE UP SELFISHNESS AND STRIVE FOR SELF-REALISATION

*"You think Swami's Discourses are very simple. But the entire essence of the Vedas is contained in them. The essence of all the Sastras is to be found in Swami's words. Why should you be proud of your education? However high academic degrees a person may have acquired, a human being must always conduct himself with humility and obedience. Education with humility is the watchword." said Bhagavan in His Dasara Discourse on 27th September 2006.*

## CONSTANTLY CONTEMPLATE ON THE ATMA

### Embodiments of Love!

**G**OD IS ONLY ONE, NOW and forever. Not realising this truth, you are wasting your precious time thinking that all that you see in this objective world is true. No! None of these objects is real. Truth is eternal, beyond the three periods of time – past, present and future. That is Divinity. How foolish it is to think that the worldly vision which is subject to change from time to time is real!

### God is the only Changeless Principle

You are a student today. Tomorrow you will become an officer in an organisation and after some years you will be a retired officer. Then, which is true? Is it the life as a student or as an officer or as a retired officer? There is a boy and a girl, who wish to get married. Before their marriage, who is husband and who is wife? Once they are married, they are referred to as husband and wife. But, how long does this relationship last? It is only temporary. Thus, all that you see in this objective world and all the relationships



between individuals are only temporary. They are never real and permanent. But, Divinity is not like that. Divinity is what it is – yesterday, today and tomorrow. It is Divinity always! Not reposing your faith in such a true and eternal God, you are deluded into thinking that what you see in this objective world is true. Hence, first and foremost try to recognise the eternal truth. It is only when you have recognised the truth, you are deemed to have recognised everything else. The entire universe is subject to change. It is temporary and unreal. Today's mountain may be reduced to a mere hillock tomorrow.



Today's rivulet may transform itself into a mighty river tomorrow. The country of Bharat was once beautifully described as: "lofty mountains, large rivers, huge trees with many branches, which make it a beautiful country".

People today repose their faith in that ephemeral and unreal world and forget God who is the embodiment of truth. That is the root cause for all sorrows and difficulties faced by humanity. You say you are encountering difficulties. From where did they come? Difficulties are the consequences of one's past deeds and thoughts. Everything in this world is susceptible to change. It appears to be unchanging, but it is not true. God is the only changeless principle. We have therefore to install such a changeless and eternal God in the altar of our sacred hearts and offer our love to Him. Thereby, we can experience bliss. That is the foremost duty of a human being. What is human life, after all? Is it merely eating, drinking, sleeping and dying ultimately? By doing so, how can the human life be termed as sacred?

Man, at the time of his birth, is very pure and sacred. As he grows up, gradually he loses his purity. This is not proper. A human being has always to maintain his purity. Take, for example, My case. I was born. I grew up to be a boy, youth and old person. But, the childlike simplicity and purity are always there in Me. I am always like a child. As age advances, there might be several changes in the physical body. They are all at the physical level. It is only out of our delusion that we are exposed to the Arishadvargas (the six inner enemies of man, viz., desire, anger, greed, attachment, pride and jealousy). As a result, we are unable to realise the Atma (Self). It is said *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest).

Having attained such a rare birth as a human being, we have to strive for Self-realisation. We should not waste our energy in worldly pursuits. He who is a realised soul is the liberated person in the real sense. Such a person constantly contemplates upon the Atma. On the other hand, one who is constantly engaged in the pursuit of material comforts has his gaze fixed on the Pancha Bhutas (the five elements of earth, water, fire, air and ether), Pancha Koshas (five life sheaths) and Panchendriyas (five senses). One who realises the truth that the physical body is ephemeral and the mind is like a mad monkey, will develop an insight into the inner Self. The physical body is like a water bubble. People know about it, yet they lead their lives reposing their faith in such a physical body. As long as one has attachment to the physical body, one has to experience sorrows and difficulties and sin and merit.

### **Constant Contemplation on God is Real Sadhana**

What is the Sadhana that a human being is expected to undertake? Sadhana does not mean mere physical exercise. It is an enquiry into truth at the level of the mind and intellect. What is truth? Is it the body or the mind or the intellect? No, none of these. The mind is like a mad monkey. It is fickle in nature. If you follow such a fickle mind, you cannot reach your true destination. It has to be discarded one day or the other. However, food and recreation are necessary to a certain extent to protect the body. Even that food has to be pure and Sattwic. If you thus carry on your activities and lead a sacred life, what more Sadhana is required? Whatever activities you may undertake, you must constantly contemplate on Soham Mantra, which reminds you of your innate divinity with each inhaling and exhaling.



The same principle has been explained in the Mahavakya, *Aham Brahmasmi* (I am Brahman) in the Vedas. From the time you get up from your bed till you go to sleep, you must constantly remind yourself that you are Brahman verily and not merely a human being made up of the five elements. You must develop the faith that God is your mother, father and everything and that He alone is your sustainer and refuge. After all, who gave you the mother? Is it not God? Everything in this world is by God's grace only. If you forget God and concentrate on other thoughts, you will lose everything in life. If you constantly contemplate on God, all worldly thoughts will leave you. Hence, cultivate godly thoughts with love. *Prema Mudita Manase Kaho Rama Rama Ram...* (recite the Name of Rama with your heart full of love). Love is God. God is Love.

Devoid of this love, there is no mother, no father, no brother, no wife. Everything is suffused with love. It is only for our convenience, for our pleasure and for our own selfish purposes that we develop worldly relationships. Hence, give up selfishness and strive for Self-realisation. You must enquire into yourself, "Who am I? Body, mind, intellect, Chitta or Ahamkara"? You are none of these. You are yourself. "I am I". Recognise this truth. You are all pursuing education and acquiring academic degrees like B.A., B. Com, M.B.A., etc. How many people are there with such degrees! What service do they render to society? They are all concerned with their own career and earning. They do not at all help others. All this worldly education is for making one's own living. That is not the purpose of one's education. We must render selfless service. The fruit of all actions must be sacrificed. It is only such a person who deserves to be called a yogi. A yogi is not one who merely

sits under a tree and meditates, closing his eyes. Real sacrifice involves giving up your desires. One has to broaden one's heart. One should not be narrow-minded. If you are afflicted with narrow-mindedness, your whole life will become narrow. Develop broad-mindedness. Cultivate broad heart. The reference to 'heart' in this context is not to the physical heart. If the physical heart is enlarged, it needs surgery. Heart here refers to Hridaya (spiritual heart). Develop love. Only then can you be called a real human being.

### Always Be in Good Company

*Dear Students!*

You think Swami's Discourses are very simple. But the entire essence of the Vedas is contained in them. The essence of all the Sastras is to be found in Swami's words. Why should you be proud of your education? However high academic degrees a person may have acquired, a human being must always conduct himself with humility and obedience. Education with humility is the watchword. At the mental level, man must be desireless. Then only can he be called a human being. Excessive desires lead to danger. You should not indulge in unnecessary desires. That will lead to waste of time. Time waste is life waste! Time is God, don't waste time. Even the little time at your disposal must be spent in contemplation on the Soham Mantra. Then only will your birth as a human being be sanctified. If you go on wasting your time in reading newspapers, all that you acquire will only be useless. Nowadays, newspapers have degenerated into a nuisance. You will find all sorts of unnecessary things in newspapers. You might have seen several advertisements with obscene pictures in newspapers daily. What sort of pictures are they? Fie on them! We don't like to go through such newspapers at





all! These are not the stuff we have to read. We have to visualise God, who is beyond name and form. God's name is sweeter than the sweetness of banana fruit and dates. What for are all these festivals celebrated? Every festival is meant to remind us about God. People of all religions have festivals to celebrate.

The festival that is being celebrated today is meant only to encourage you. The ten-day Dasara festival is meant to control your ten senses. The legend says that Goddess Chamundi killed the demon Mahisha during this Dasara festival. What is the inner meaning of this story? We should not under any circumstances associate ourselves with demons. You are a human being and not a demon. How can there be friendship between a human being and a demon? A human being shall have relationship with another human being only.

Always be in good company. If you join bad company, you will also become bad. Hence, you should never make friendship with a bad person. The moment you come

across such people, just say goodbye and move on. You need not develop hatred towards them. Whomever you come across, consider them as embodiments of Divinity and salute them. Even when you come across people who hate you, offer your Pranams (salutations) to them. Enquire, "How are you, brother"? Then they will also respond, "How are you, brother"? A human being is one with certain human values. What are those human values? Sathya, Dharma, Santhi, Prema and Ahimsa. They are all interrelated. Always speak truth, observe Dharma. Be peaceful. Be happy and blissful.

### *Embodiments of Love!*

I always address you as embodiments of love. The reason being, I am suffused with love. Love is My property. You all are heirs to that property. I will distribute that love to one and all. I do not hate anyone. I have no selfishness at all! My love is selfless.

– Excerpted from **Bhagavan's Dasara Discourse on 27th September 2006.**



*The spark of love in you has to be fostered and fed so that it may reach God. Then every being will be God, every act will be divine, every reaction you get from the outside world will be charged with Prema and sweetened with that nectar. You love the God in all beings and the God in all beings responds with love. Love God, though tribulations may be your lot; love Him though you are refused and rebuked; for, it is only in the crucible of travail that the metal is purified and cleared of impurities.*

– Baba



# THE FIVE HUMAN VALUES

O. Sumati Devi

**I**N TODAY'S WORLD, there is a great anxiety among all the people due to disintegration of moral values at all fronts in both public and personal life. At this juncture, Bhagavan Sri Sathya Baba introduced Sri Sathya Sai Bal Vikas (SSSBV) Programme in the year 1969. SSSBV Programme aims at the holistic development of the child through the development of human personality with five basic human values, namely, Sathya, Dharma, Santhi, Prema and Ahimsa. This is a universal value-based teaching programme for children of all cultures and faiths. These five human values are eternal and are present in everyone. The present-day education system is confined to academic achievement only and does not pay heed to human values. Swami says, "Value Education is for life whereas worldly education is for a living. Just as two wings are essential for a bird to soar high in the sky, so are the two types of education needed for man to attain the goal of life".

Though the actual responsibility of training the children has been entrusted in the hands of the Gurus, Bhagavan is the Divine Master. We are just instruments in His Divine Mission to help bring out the



divine potential within every child lovingly. It gives me immense pleasure while taking up this sacred task assigned by Bhagavan because in the process, I get so inspired and I am now able to give up some of my inner enemies like lust, anger, hatred, jealousy, etc. It is my humble prayer to Bhagavan Baba to guide us and enlighten each one of us so that we are able to understand the five human values inherent in all human beings for bringing peace in society. Today educational institutions emphasise academic achievement and physical skill to the exclusion of development of human values or noble character. It leads to a society without values. For the better growth of our nation, our schools and our



human values. These values are called basic because they are pursued by people of all cultures and religions and these are timeless.

These values are derived from universal order which upholds harmony in society. Practising these values makes us a true human being, because these values are latent within each one of us, and they are not to be taught but manifested. Bhagavan Baba, because of His concern for the good of entire mankind and re-establishment of Sanathana Dharma, took human form. In 1947, Bhagavan declared that Sanathana Dharma rests on four pillars, i.e., Sathya, Dharma, Santhi and Prema. True education must inculcate respect for these human values. Today everyone wants peace, and for this we need human values the most. Education has two aspects. The first is related to external and worldly knowledge, which is nothing but acquiring bookish knowledge. In the modern world, we find many well-versed and highly qualified people. The second aspect known as "Educare" is related to human values inherent in all human beings. These human values, namely, truth, righteousness, peace, love and non-violence are latent in every human being. One cannot acquire them from outside; they have to be elicited from within. But we have forgotten our innate human values and are unable to manifest them.

Educare means to bring out the human values. "To bring out" means to translate them into action. But today's education gives the students only the knowledge about the external world. It is devoid of educare and is like a counterfeit coin. Even a beggar does not accept a counterfeit coin. So, to satisfy everyone we must develop value education.

These values are obtained from a sacred heart. The five human values are the facets of fundamental humanness. They grow together, they are interdependent and they are inseparable. Swami says:

*Love as thought is truth.*

*Love as action is right conduct.*

*Love as understanding is peace.*

*Love as feeling is non-violence.*

The five values are interrelated and inherent in human beings, raising them from animal to human level. These values are the very make-up of a human being. "Values are latent; they are not to be taught but manifested", said Swami.

### Truth

Truth is the life principle of man.

Truth is everything and is the basis for rest.

Without foundation of truth nothing lasts in the world.

Truth is the harmony of thought, word and deed.

Truth is here, there and everywhere.

Truth is always with you and it protects you.

Truth is God. It is timeless and changeless.

Truth is the direct manifestation of God for every human being.

Truth is one and the same in all and that is God.

It is Truth and Truth alone that is one's friend and relative. Truth is God.

Swami says, "Holding fast to truth, you must make righteousness, peace, love and non-violence, the guideposts of your life".

There are many sub-values of truth, some of which are:





1. *Discrimination*: Its objective is to help the children to develop a sense of discrimination which will ensure that they always take right action. Discrimination is essential for all children in their tender years. They have to learn to use their power of discrimination.

2. *Honesty*: To be able to understand that honesty is the best policy. Honesty is considered as the backbone of a successful working relationship. Honesty is the tool of leading a prestigious life gifted by God to humanity.

The task of the Bal Vikas Gurus is to make the children realise their true nature. For this purpose, the children are taught to recite Mantras and prayers, and practise silent sitting as a means of developing their inner perception. This can be developed through Jyoti Meditation.

### **Righteousness**

What is Dharma (right conduct)? Right conduct is truth-centred action. When truth is known and understood and one has practised or acted upon it, it is right conduct.

All human beings are likely to conduct as per their own code. Right conduct comes from purity. There should be inner and outer purity. Physical purity relates to the body. It covers bathing, wearing clean clothes, eating pure food and the like. But mere external cleanliness without internal purity is of no value. Today everyone, right from the scholar to the common man, is concerned only about external cleanliness and not about the purity of the heart within. Swami says:

*When there is righteousness in the heart,*

*there is beauty in the character.*

*When there is beauty in the character,*

*there is harmony in the home.*

*When there is harmony in the home,*  
*there is order in the nation.*

*When there is order in the nation,*  
*there is peace in the world.*

Children should understand the value of discipline and gratitude. Its objective is to teach children that the best way to please God is to respect their parents and teachers. For the human body the mother, father and preceptor are to be deemed as divine.

In order to impress the students with right conduct, we can make the students understand the importance of discipline and observe disciplined lives. Discipline leads to divinity. The value of right conduct is taught by making the child cultivate basic skills, self help skills, social skills and ethical skills.

### **Peace**

Right conduct leads to peace. Desires destroy peace. Unnecessary desires are evil. They disturb the inner mental calm and equipoise of man. Many people come to Swami and say, "I want peace". Swami says, "Remove 'I' (ego) and want (desire); peace will come automatically". There are many sub-values related to peace, viz., calm, focus, patience, happiness, humility, self-confidence, inner silence, satisfaction, concentration, self-control, contentment, self-acceptance, optimism, equanimity, equality and self-discipline.

How will the child experience peace? The values of truth and right conduct cultivate in children respect for parents, elders, teachers, brotherliness, humility, honesty and fair play, the development of which results in the elimination of bad tendencies and instinctive urges such as ambition, greed, pride, jealousy and anger. This helps the child to experience peace of mind.



## Love

The fourth and most important value is love. It originates from the principle of Atmic love. Love is the energy which each person transmits and receives every moment. Love is the manifestation of truth. Love develops divine power. Love is the most powerful weapon that can win over anyone. There is nothing that love cannot conquer in the world. It is pure, steady, effulgent, attributeless, formless, ancient, eternal, immortal and nectarine. These are the nine qualities of love. Love hates none, unites all. Swami says:

*Love is God, live in love.*

*Start the day with love*

*Spend the day with love*

*End the day with love*

*Always remain immersed in love.*

*Where there is faith, there is love.*

*Where there is love, there is peace.*

*Where there is peace, there is truth.*

*Where there is truth, there is God.*

Some values related to love are forgiveness, patience, kindness, selflessness, generosity, tolerance, friendship, consideration, empathy, sharing, trust and acceptance. There are many aids to cultivate love amongst the children such as telling stories of Avatars, prophets and saints, listening to epics, participation in devotional group singing and visit to holy places, hospitals, etc. Sub-values of love are friendship, sacrifice, kindness to animals, helping others, compassion and acceptance.

## Non-violence

Non-violence (Ahimsa) shines as the undercurrent of other four values, namely,

truth, righteousness, love and peace. Love as understanding is non-violence. Do not do unto others what you do not want others do unto you. Hurt Never Help Ever. The real cause of violence is piling up of desires. Ceiling on desires is non-violence. Non-violence is the extension of love to the entire creation. It includes saving of water, energy, time and even speech. The side values related to non-violence are compassion, national awareness, loyalty, co-operation, brotherhood, appreciation of other cultures and religions, concern for others, sisterhood, morality, equality, good manners, social justice, forgiveness, care for environment, consideration and universal love.

Non-violence as defined by Bhagavan signifies extension of love to the entire creation and includes subtle points like saving of water, energy, time and speech. The real cause of violence is proliferation of desires. The only way to practise non-violence is to minimise desires. Children are encouraged to do small acts of service with love and humility, ignoring all social and economic differences.

These five human values are verily the five life-breaths of man. One who considers human values as his life-breath alone is a true human being. These five values are the fundamental power but man relies more on worldly power. Our ancestors realised that these five values were meant for the peace and prosperity of the whole world. Without understanding the significance of these values, one cannot understand humanness at all.

**– The author is a Trustee, Sri Sathya Sai Trust, Manipur.**



# Radha's Heart

ONE DAY, KRISHNA, ACCOMPANIED by Rukmini, went to a village near Dwaraka. The villagers offered them a grand welcome with musicals, dances and songs with great joy and devotion. Rukmini noticed that Krishna was keenly looking in a particular direction, and found a woman who was gazing at Krishna with intense affection and ecstasy. Looking at Rukmini, Krishna said, "Rukmini! She is Radha, a great devotee of Mine". Rukmini at once got down

some hot milk in a gold cup for Radha to drink. Saying, "Krishnarpanam" (offered to Krishna) Radha drank the hot milk. Soon after that, she returned to her home.

That evening, even while approaching Rukmini's chamber, Krishna told her, "Rukmini! Today I am feeling very much tired. My legs are paining". At once Rukmini started pressing His feet in an effort to assuage Krishna's pain. To her surprise, she found boils on Krishna's feet. With



*Rukmini invited Radha to her palace.*

from the chariot, walked towards Radha and spoke to her very affectionately. She asked Radha to come to her residence the next day, so that they could spend together some time conversing about Krishna's divine glory.

Honouring Rukmini's invitation, Radha went to her palace. Rukmini came to the entrance gate and ushered Radha into the palace with deep love and affection. After talking to Radha for a while, Rukmini brought



*Krishna's feet got boils as Radha drank hot milk offered by Rukmini.*

intense worry, Rukmini asked, "Swami! What is this? What has caused these boils"? Krishna explained, "Rukmini! It is because of you. This morning, you offered very hot milk to Radha when she came to your chamber, haven't you! She drank that hot milk, saying, Krishna, Krishna. Thereby, My feet developed boils".

God's feet are ever established in the devotee's heart.





# CELEBRATIONS AT PRASANTHI NILAYAM

## PILGRIMAGE OF DEVOTEES FROM ODISHA

**S**RI SATHYA SAI SEVA Organisation of Odisha organised a Parthi Yatra (pilgrimage to Puttaparthi) of devotees of Odisha and presented excellent music and cultural programmes on 26th and 27th August 2018.

The first programme on 26th August 2018 was a Siva Tandava (cosmic dance of Lord Siva) which was performed by the students of Sathya Sai Vidya Mandir, Bhawanipatna. Depicting the power and beauty of Siva by their rhythmic movements and expressive gestures, the students danced to the tune of the powerful composition Siva Tandava Mantra.

The second programme was a devotional music offering by the Bal Vikas children of Odisha. While the singers (Bal Vikas girls) gave a superb rendition of solo and group songs, the musicians (Bal Vikas boys) provided equally superb musical support.

Jagannath, I do not demand anything from you), “Jivan Tumne Diya Hai Sambhaloge Tumi” (You have given the life and You will protect it), “Prema Jyoti Jale Re” (the lamp of love shines brightly). The programme ended with an excellent Bhajan medley. Bhajans led by the youth of Sai Symphony Team of Odisha followed this and concluded with Arati.

The programme on 27th August 2018 began with Sambalpuri folk dance, a popular folk dance form of Odisha, by the students of Sathya Sai Vidya Mandir, Bhawanipatna.



*A folk dance by the students of Sathya Sai Vidya Mandir, Bhawanipatna.*



*Devotional music presentation by the Bal Vikas children of Odisha.*

Dedicated to Mother Sambaleshwari, the presiding deity of Sambalpur, the dance portrayed the ceremonial coming out of Mother Sambaleshwari from the temple with rhythmic steps accompanied by the beat of drums and other musical instruments.

What followed next was a very touching drama entitled “Bandhu Mohanty” which depicted how a poor devotee earned the boundless grace

The songs rendered included “Jagannatha of Lord Jagannath by his firm faith and Kichchi Magu Nahi Tote” (Oh Lord steadfast devotion. Based on the legendary





*The drama "Bandhu Mohanty" highlighted the power of devotion.*

story of Bandhu Mohanty, the drama performed by the youth of Odisha presented a classic example of Lord Jagannath's love for his true devotee who had firm faith that the Lord was his Bandhu (friend). Talented and natural acting of the protagonist, superb direction and noble theme made the drama a sterling presentation. Bhajans led by Sai Symphony Team of Odisha youth followed next and concluded with Arati.

### **PILGRIMAGE OF DEVOTEES FROM VISAKHAPATNAM**

More than 2,000 devotees came from Visakhapatnam district of Andhra Pradesh on a three-day pilgrimage to Prasanthi Nilayam from 1st to 3rd September 2018. On the eve of the holy festival of Sri Krishna Janmashtami, Sai Youth of this district performed a beautiful musical dance drama "Swara Sagaram" on 2nd September 2018



*Drama on the life of Surdas.*

which depicted the life of poet saint Surdas, a great devotee of Lord Krishna. Embellished with vibrant dances of Bal Vikas children and accompanied by famous compositions of Surdas, the drama presented the main incidents from the life of this celebrated poet who excelled in portraying the childhood pranks of Krishna in his unique style. The drama was followed by Bhajans which were also led by the devotees of Visakhapatnam district.

### **SRI KRISHNA JANMASHTAMI**

The holy festival of Sri Krishna Janmashtami was celebrated at Prasanthi Nilayam on 3rd September 2018. The programme in the morning began at 8.00 a.m. with Veda chanting followed by a soulful musical offering by the students of Bhagavan's educational institutions. The students described the Divine glory of Lord Krishna by singing Stotras and devotional songs and enacting the Leelas of Krishna



*Students enacting the Leelas of Lord Krishna through a beautiful dance.*

in beautiful dances. At about 9.00 a.m. the procession of cows from Sri Sathya Sai Gokulam entered Sai Kulwant Hall led by Veda chanting and Bhajan singing groups of students. As the cows were stationed in two rows, senior devotees fed them with fruits, after which Arati was offered to the cows by



*Arati offered to cows by the Mandir priest in Sai Kulwant Hall.*

the Mandir priest. Meanwhile, Bhajans in the hall continued and concluded with Arati at 10.00 a.m.

The programme in the evening began with an insightful talk on the life of Lord Krishna by Dr. Sai Giridhar, Resident Fellow, Sri Sathya Sai Centre for Human Values. Describing Lord Krishna as love personified, the learned speaker quoted Gita Slokas to emphasise that the Lord gave assurance that He would take full care of the devotee who surrendered to Him with full faith.

This talk was followed by a nectarine Discourse of Bhagavan who described how Krishna destroyed the evil doers to establish Dharma on firm footing. Man should make his heart pure, Bhagavan said, because the Lord liked to install Himself in pure hearts like those of Gopikas and Radha. Bhajans followed next and concluded with Arati.

## GANESH CHATURTHI

Piety and festivity marked the celebration of Ganesh Chaturthi at Prasanthi Nilayam on 13th September 2018. Ceremonial worship of the idols installed in the premises of schools, colleges, hospitals and Ashram departments began on this day and continued on the next day also.

The programme in Sai Kulwant Hall began at 8.00 a.m. with Veda chanting followed by a devotional music presentation

by Bhagavan's students which began with auspicious notes by the Panchavadyam troupe of students. This was followed by soulful rendition of Stotras (verses) and devotional songs dedicated to Lord Ganesh. The Stotras "Ganashtakam" and "Ganapati Stotram", a Carnatic song "Bhaja Manasa



*Devotional music presentation by students on Ganesh Chaturthi.*

Vighneswaram Anisham", a Marathi song "Pratham Tula Vandito Kripala" and a Hindi song "Jai Ganapati Vandan Gananayak" formed part of this elevating presentation. The session of Bhajans led by students after this was also dedicated to Lord Ganesh.

The programme on the evening of 13th September 2018 began with an insightful talk by Dr. Amey Deshpande, Resident Fellow, Sri Sathya Sai Centre for Human Values who narrated a couple of incidents to showcase Bhagavan's omniscience and explained the significance of circumambulation of Ganesh idol which meant that man should always make the Lord as the centre of his life. Bhagavan's Divine Discourse followed this, in which He explained the significance of the worship of Lord Ganesh who imparted intelligence, health, peace and prosperity to devotees. Bhagavan brought His Discourse to a close with the Bhajan "Sathyam Jnanam Anantam Brahma". Bhajans followed next and concluded with Arati.

The immersion ceremony of the consecrated idols of Lord Ganesh was





*The students of Sri Sathya Sai Primary School put up a delectable dance performance in Sai Kulwant Hall.*

held on 15th September 2018. It was a grand spectacle for the devotees to witness decorated Ganesh idols mounted on artistically designed 21 chariots and



*A grand spectacle of Ganesh idols in Sai Kulwant Hall.*

vehicles of various shapes and designs lined up in Sai Kulwant Hall. After all the Ganesh idols were stationed in the hall, the students of Sri Sathya Sai Primary School and Sri Sathya Sai Higher Secondary School performed three beautiful dances. The groups of students who brought these idols to the hall then circumambulated the Bhajan Hall chanting Vedic hymns and singing Bhajans and offering obeisance to Bhagavan. After offer of Arati to the idols by the Mandir priest, the idols were brought in front of Bhagavan's Samadhi and were taken out of the hall for immersion after receiving the blessings of Bhagavan.

## PILGRIMAGE OF DEVOTEES FROM SRIKAKULAM

More than 2,000 devotees came from Srikakulam district of Andhra Pradesh on their two days pilgrimage to Prasanthi Nilayam from 16th to 17th September 2018. As part of this sacred pilgrimage, the students of Sri Sathya Sai Vidya Vihar, Ramakrishnapuram, Srikakulam district presented a dance drama entitled "The End of Education is Character" on 16th

September 2018. Illustrated beautifully by some episodes from the Mahabharata, the drama depicted how the Pandavas followed the teachings of Lord Krishna and developed the virtues of Sathya and Dharma while the Kauravas took instructions from Sakuni and developed bad qualities of jealousy, hatred and deception which led to their destruction.



*A scene from the drama "The End of Education is Character".*

Excellent make-up and costumes, powerful dialogues and beautiful dances of children made the drama an impressive presentation.

*Effulgence of Divine Glory*

## THE DIVINE SAVIOUR

Karunamba Ramamurthy

**T**HE CONSTRUCTION work of annexe to the Prasanthi Nilayam was going on. All the devotees present there were either unloading sand and bricks from lorries or moving mud and other things with enthusiasm. Our children also joined them.

After the work, my son, Shankara, was standing behind a lorry dusting off his hands and clothes. When the driver reversed the lorry without looking behind, Shankara fell down and the rear wheel of the lorry went over his left leg. He rose up on the right leg and looking up at Swami's room in the Mandir, shouted, "Swami, my leg has gone"! He was bleeding profusely. At that time, Swami was standing on the portico, looking at this commotion. Seeing Shankara's plight, my eldest son, Murali, ran up to Swami and told what had happened. Swami said, "The tyre did not go over his leg. Look here". Swami pulled up the sleeves of His robe and showed Murali the tread marks of the tyre on His arm!

Swami asked for the boy to be taken to the hospital. The watchman, Chakala Subbanna, wrapped his soiled towel, which he had worn on his head, over the wound on the boy's leg. He carried the boy on his shoulders to the hospital on the campus, as directed by Swami. Since we were in the Old Mandir, we were not aware of the



accident and by the time we rushed to the New Mandir, the wound had been bandaged and Shankara was sitting in the verandah of a house. Swami came there to see the boy. Approaching me, He said, "Why did he have to go to that corner"? I said, "Swami, it is his nature. He acts in haste". Swami said, "That is what I am also telling. There are other persons, who could have done that job. Why





did this boy go there”? I said, “Swami, Your grace saved him, or else what would have happened”. Swami looked at me and kept quiet.

The boy’s big toe had been separated from others and the wound had been deep. Seeing this, Swami said, “In your tradition, during marriage, the bridegroom has to stand with one of his legs in a basket. If the bride’s relations ask, ‘Why is his leg like this’?, what will you say? Oh, it is the right leg that has to be put in the basket and his wound is on the left foot. So, never mind. Still, if they ask, I will testify that he is My devotee and he was hurt when he came here and by tying a bandage around his toe in this hospital,

it got separated from the other toes”. I said, “Swami, You are the one who saves us from all troubles”. Swami said, “Ammayi, I am the One who gives troubles, the One who protects and the One who punishes”.

In a few days, his condition improved and he started limping. Swami would throw mangoes to devotees everyday from the portico of the Mandir. Shankara would go there everyday. Seeing him, Swami would say, “Oh! The lame duck has come”, and throw a mango first to him. In two weeks’ time, with only Swami’s Vibhuti Prasad, the leg became absolutely normal.

– Excerpted from “Sri Sathya Sai Anandadayi” by Karunamba Ramamurthy.

## KNOW THE SIGNIFICANCE OF CHANTING OM

*Om is the origin of creation. It is the source, sustenance and strength. It is the life of every being. Just as air forced through the reeds of harmonium produces seven musical notes: Sa Re Ga Ma Pa Dha Ni. Om is at the root of all the sounds in all the worlds.*

*Know its significance and practise its recitation. In the Bhagavadgita, the Lord has assured that the person who dies with the Pranava filling his last breath is sure to be liberated. Of course, mere calling from memory is of no benefit. The sound Om will not help when the mind is jumping from one desire to another or weeping over one’s imminent departure from the world. The glory of Om has to be remembered throughout life if it is to stand out before the mind at the time of departure from the world. There are some who deny women the right to recite Pranava. This is sheer prejudice; it is not laid down in the Sastras (scriptures). When women are entitled to Brahma Vidya, how can anyone keep Pranava away from them? The Pranava is Brahman and is inherent in the multiplicity of this creation. It outgrows all distinctions of caste and sex; it seeks the progress and liberation of all men, women, animals and all animate and inanimate creation. The Pranava Uplasana (worship of Om), contemplation of Om, is the royal road to spiritual victory.*

– Baba

# NEWS FROM SAI CENTRES

## U. S. A.

**T**HE ST. LOUIS COUNTY PET Adoption Centre in Olivette, Missouri requested the SSIO to help with meeting the ever-growing need for supplies to take care of more than 75 animals in their shelter. SSIO members in the mid-central region of U.S.A., from the States of Illinois, Kansas, Kentucky, Missouri, Mississippi and Tennessee, organised an 'Animal Shelter Supplies Drive' to express their love and support for the animals at the SSIO Annual Conference at Camp Wyman, Eureka, Missouri between 25th-27th May 2018. The SSE children made toys and posters for cats and dogs with pure love and excitement. Volunteers brought in pet food,



*Animal Shelter Supplies Drive, U.S.A.*

blankets, beds, colourful leashes and collars and toys for cats and dogs. The adults and the children launched a 'Walk for the Animals and the Planet' in unison on family value night, carrying posters, banners, and wearing T-Shirts with logos and some wearing animal masks. The coordinator and the caretakers at the St. Louis County Pet Adoption Centre expressed their immense gratitude for this act of love and kindness for the animals.

## EL SALVADOR

A recent court decision in San Salvador resulted in 75 families being evacuated from a farm where most of them had lived all their lives. With the onset of the rainy season, the



*Shelters for the homeless, El Salvador.*

displaced people were in jeopardy, and on 19th June 2018, the SSIO of El Salvador donated 60 tin sheets to the destitute families for shelter from the rains. The tin sheets could also be reused for their next home, when it is built. The grateful families blessed the SSIO volunteers for their kindness and compassion.

## THAILAND

On 10th June 2018, 25 SSIO volunteers organised their semi-annual service activities at the Good Shepherd Sisters' Home which caters to about 70 at-risk, needy young girls.



*Service in Good Shepherd Sisters' Home, Thailand.*

The evening began with devotional singing, followed by a Thai dance programme by the inmates. A delicious dinner was served to the inmates, nuns, staff and the volunteers.

## JAPAN

For more than two decades, SSIO volunteers have served fresh, hot meals to the needy in Tokyo. This service began in 1994 when the Sathya Sai Centre of Tokyo started serving 30 meals, twice a week, in the Shinjuku area of Tokyo. Over the years, this humble service project has grown to provide food to about 400 needy people near Shinjuku Central Park and at Yoyogi Park in Tokyo. Volunteers lovingly prepare and distribute a box of vegetable curry, rice and pickles along with cold tea. On special occasions, red rice which is considered auspicious, is served.

## HONG KONG

On 12th May 2018, the SSIO of Hong Kong organised a Go-Green Fun Fair titled, 'Let's Green It Up' at the Kowloon Park, an open air public park in the heart of the city. About 150 underprivileged children and parents, including ethnic minority communities, took part in the joyful event. SSIO volunteers, including young adults and SSE children and teachers, set up seven game stalls which provided



*Go-Green Fun Fair, Hong Kong.*

information on how to conserve water and electricity and reduce the use of plastics. Every participant received an information sheet with practical tips to protect the planet and an environmentally friendly bag with the SSIO Go-Green logo.

## ISRAEL

More than 50 people attended the 8th SSEHV seminar presented by the ISSE of South Europe on 2nd June 2018 at the Sathya Sai Centre of Tel Aviv. The programme began with a presentation on



*Education in Human Values Seminar, Israel.*

the life and teachings of Bhagavan Baba, followed by a talk by Sri George Bebedelis, titled "Unity in Diversity". Dr. Evgenia Lyras from the SSIO of Greece shared her moving account of experiencing love as a state of



consciousness when performing selfless service. The seminar ended in a joyful atmosphere, with the singing of devotional songs in English, Hebrew and Hindi.

### –Sathya Sai International Organisation

## BHARAT

**Himachal Pradesh:** Heavy rainfall this rainy season slowed down the pace of life across the State. It also caused landslides and loss to crops. Labourers and slum dwellers who could not manage their daily earning were helped by Sri Sathya Sai Seva Organisation in whatever way it was possible. In Shimla, 300 labourers, working for the construction of a multi-level parking on the outskirts of Shimla town, were given new umbrellas by Sri Sathya Sai Seva Organisation, Shimla district. Kits containing items of daily use were added. A mega Narayana Seva was



*Narayana Seva in Shimla,  
Himachal Pradesh.*

conducted for them. Bhajans followed by a Discourse of Bhagavan made all happy and grateful to Him. All State office bearers attended the programme.

Tree plantation was carried out across the State, specially in the premises of adopted Vidya Jyoti schools and temples.

A blood donation camp was conducted in Nagrota Bagwan where 75 units of blood were donated by devotees. It was the start of the blood donation programme to be

carried out across the State in the month of September.

**Kerala:** The State of Kerala and its people witnessed worst and devastating floods that shook their life. Many lost their homes, vehicles and all they had built and saved through their lives. Most unfortunately, the floods took away the lives of over 300 people and more than two lakh people were displaced.

Sri Sathya Sai Seva Organisation, Kerala rose to the occasion and rendered Seva to



*Relief materials were transported to needy people in far-flung areas by the Seva Dal volunteers of Sri Sathya Sai Seva Organisation.*

thousands of people across the length and breadth of Kerala. More than 1,600 people were rescued with the help of about 1,700 Seva Dal volunteers who worked everyday and served about 56,000 persons. Besides, relief materials and medicines worth more than two crore rupees were distributed.

Our Seva activities were divided into three phases – Rescue, Relief and Rehabilitation. Our Disaster Management team sprung into action in all flood-affected areas. Disaster Management team from Tamil Nadu took no time to reach these areas and joined us for rescue operations. With Swami's infinite grace, we could rescue 1,600 people who were stranded. In many districts, our team worked along with the rescue teams from Indian Navy and Army.





## About Sri Sathya Sai Sadhana Trust Publications Division (SSSSTPD)

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

### The Publications Division (SSSSTPD) caters to:

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of 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 SSSSTPD (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
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## *Love is My True Form*

Human life is highly sacred. Do not put it to misuse. I love everybody. Love is My true form. All of you are the sparks of My Divinity. So, share your love with your fellow beings, just as I share My love with you all. Then you too will become divine. When all follow the sacred path, the world will undoubtedly attain peace and prosperity.

– *Baba*

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