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"Everything that you do should be for the good of others. When you engage yourself in the service of others, you will always be happy. Never give room to ego and jealousy. When you have these two, all your good qualities will be destroyed and everything will become bad for you. Therefore, be good and help others."

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Annual Sports & Cultural Meet 2009 of Sri Sathya Sai University



LISTEN TO YOUR INNER VOICE

Bharat is the motherland of many noble souls who earned great name and fame in all the continents of the world. This is the land of valorous people who vanquished the foreign rulers and attained independence. This is the land which excelled in music, literature and other fine arts. Having been born in this great land of Bharat, oh boys and girls, it is your sacred duty to protect its rich cultural heritage.

(Telugu Poem)

DEVELOP THE SPIRIT OF ONENESS WITH SOCIETY

ALL OF YOU SHOULD BE PREPARED to uphold the good name of Bharat. Very soon you will succeed in your endeavour. People today are progressing in physical and worldly fields but they do not take even one step towards ethical, moral and spiritual attainments. They should make progress on the path of spirituality.

High Ethical Standards of Ancient Bharatiyas

People in ancient times considered spirituality as their main goal in life. But spirituality is on the decline today. Everybody is trying to progress in the physical and worldly spheres. But this can give only temporary satisfaction. There is a decline in the position of women also today though India was highly reputed for women of great chastity.

This land of Bharat has given birth to many noble women like Savitri who brought her dead husband back to life; Chandramati who extinguished wild fire with the power of truth; Sita who proved her chastity by coming out of blazing fire unscathed

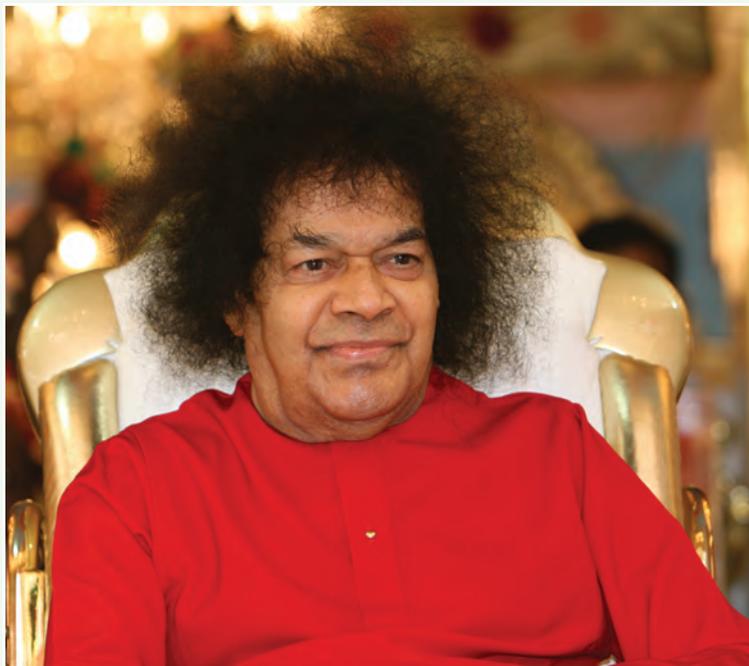
and Damayanti who reduced an evil-minded hunter to ashes with the power of her chastity. This land of piety and nobility attained plenty and prosperity and became the teacher of all the nations of the world because of such women of chastity.

(Telugu Poem)



When you proceed on the path of Sathya, that itself will lead you to Dharma. Santhi will emerge from the union of Sathya and Dharma. When Santhi combines with Sathya and Dharma, you will have the experience of Prema. When you have love in you, then you will have no enemies. You cause harm to others only when you lack love. Therefore, you should cultivate love. In order to experience love, you must first attain the state of peace.





You should serve your parents and look after them. Truly speaking, your parents are your first teachers. No benefit will accrue to you by doing any good work if you cause difficulty to your parents. You may not experience its consequences immediately, but you are bound to suffer in future. Therefore, do not cause any suffering to your parents at all. If you cause harm to them, you will have to suffer ten times more as a result of that! Similarly, if you give something in charity, it will come back to you ten times more. Therefore, always be ready to help others.

Savitri could win the grace of Yama and bring her dead husband back to life. Where else do we find in the world such women of great chastity? Death is certain for every human being. But, is there any woman in any country who brought her dead husband back to life except in Bharat? Many countries of the world have suffered a fall because



they deviated from the path of Dharma. Bharat is the birthplace of noble and chaste women like Chandramati and Sita who brought great reputation to Bharat.

Even today Bharatiyas are not behaving in an arbitrary way like people of other countries. Whatever may be their personal life, in public they behave in a dignified and honourable way. A son even when he grows up does not dare to talk face to face with his mother. Some years ago also I saw this in Venkatagiri. In those days, the Raja of Venkatagiri and his sons used to come to Puttaparthi. Before coming here, the sons would seek the blessings of their mother who would put her feet forward from behind a screen. They would come here after touching the feet of their mother.

The Bharatiyas have been maintaining such high character. But today boys and girls go together in bazaar. If somebody asks them, they say they are classmates. In those days, even the word 'classmate' was considered very bad. They would not use this word 'classmate'.

They would say, they study in the same class. Such strict rules were observed in those days. But students today are not at all afraid; they call each other at home and take food together. This is a great perversion. This is the effect of Kali Yuga, the signs of which started appearing at the end of the reign of Yudhishtira. One

evening, Yudhishtira saw a farmer returning home with a plough on his shoulders. When he asked him the reason, the farmer replied that on the previous day he left his plough in the field and it was stolen, and so he was carrying the plough with him back home. On another day, he found a person locking the door of his house. On another occasion, he found a woman talking to a man in the middle of a street. It was considered unethical for women to talk publicly to men. Seeing these signs, Yudhishtira realised that the Kali Yuga had set in and thought that this was an indication of the end of his sojourn on earth.

Help Everyone, Hurt None

What we have to think today is, “Are we human beings, animals or beasts?” Only animals have animal qualities. You are a human being. So, you should have human qualities. You should question yourself, “Do I have human qualities or not?” We merely call ourselves human, human. But, what are the human qualities we should have? We should not harm anybody, we should not hurt anybody and we should not talk harshly with anybody. Human beings are those who are endowed with compassion and righteousness. Sathya, Dharma, Santhi, Prema and Ahimsa (truth, righteousness, peace, love and non-violence) are the five human qualities. But people do not adhere to these values and yet they want peace. What is meant by peace? Can it be found outside? It is present within you. It comes from your heart only. You are searching for peace which is present within you.

Everything has a reaction, reflection and resound. When you have hatred in you, you see hatred in others. You do injustice to those who have done no harm to you. Whatever you do to others, you have to face its consequences. There is no other



Sometimes, you become too much angry; you may even beat someone. But this is a great sin. In fact, you do not beat your enemy but God Himself. Therefore, you should lead your life in such a way that you do not cause harm to anybody. It is natural to do good to those who do good to you. There is nothing very great about it. But it is only Sai who does good to even those who try to harm Him. I do not take their faults into consideration. I do not pay attention to the harm that they try to do to Me in any manner. You should always remain in a state of supreme peace. You can attain everything if you have peace.



reason except reaction, reflection and resound for all that we see, hear and experience. You forget this truth and accuse others, saying that so and so has criticised, hurt or harmed you. The cause of everything good or bad that you experience are not others. Nor are good and bad given to you by God. God is: *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala Swarupinam* (God is attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). You should try to imbibe these divine qualities. Then only can you call yourself a true human being. If you fight with others or harm others, then you cannot call yourself a human being in the real sense of the term. Therefore, help everyone. Hurt none. *Paropakara Punyaya, Papaya Parapeedanam* (one attains merit by serving others and commits sin by hurting



them). *Sarva Jiva Namaskaram Kesavam Pratigachchhati* (whomsoever you salute, it reaches God) and *Sarva Jiva Tiraskaram Kesavam Pratigachchhati* (whomsoever you criticise, it reaches God). It is your delusion if you think that you are insulting or abusing someone else. In fact, you are insulting and abusing yourself because the same thing will come back to you as its reaction, reflection and resound. Then you cannot say that it is given to you by God. You yourself are responsible for it. Therefore, if you want that everything should become good for you, you should do good to others.

Following the Inner Voice is True Spirituality

Modern education gives only bookish knowledge. What you have to pursue is not education but educare. Educare means to bring out what is there in your heart, whereas education means to fill your head with information gathered from books. You consider whatever information you store within you and memorise as education. But this is not true education. You should listen to your inner voice and develop the values that are hidden in you. That is true education. You take part in games, sports and cultural activities like singing devotional songs. That is how you should put your body to proper use. There is no greatness in reposing faith in the body. The body is perishable. It is made of crores of atoms. But after death, nothing will remain.

Body is meant to perform actions. We should perform only good actions and discharge our duty earnestly to sanctify our body. Do not put your body to improper use. Teachers, Headmasters, Headmistresses, Principals, Vice Chancellors and Chancellors are appointed to guide the students on the right path. It is your foremost duty to

put into practice the dictates of your Antarvani (inner voice) and follow the good qualities that are within you. But people act contrary to their innate human values. Never ignore your inner voice. It is your true property. When you develop the ability to listen to your inner voice, you will make great progress in life. People are deluded to think that they can attain everything by ritualistic practice of Japa, Tapa, Yoga and Dhyana (recitation, penance, yoga and meditation). But, in fact, you can attain everything when you follow values that originate from your heart. You will be immersed in worldliness when you go against your inner voice. Indulgence in worldliness will take you away from your inner voice and innate values. Following the inner voice is true spirituality. You should not hurt anybody nor should you get hurt in the process. True system of education is that which teaches you this principle. Those who adhere to their inner voice, their all-round well-being is assured. True spirituality envisages that you should not act contrary to your inner voice.

Do Good to Even Those Who Harm you

Spirituality is not merely limited to practices like Japa and Dhyana. Today all these practices have become merely ritualistic. People think one thing and do something else. *Manasyekam Vachasyekam, Karmanyekam Mahatmanam; Manasyanyath Vachasyanyath, Karmanyanyath Duratmanam* (Those whose thoughts, words and deeds are in perfect harmony are noble ones; those who lack harmony of these are wicked). If you don't have the unity of thought, word and deed, you cannot be called a human being. Sometimes, you become too much angry; you may even beat someone. But this is a great sin. In fact, you do not beat your enemy but God Himself.

Therefore, you should lead your life in such





People are deluded to think that they can attain everything by ritualistic practice of Japa, Tapa, Yoga and Dhyana (recitation, penance, yoga and meditation). But, in fact, you can attain everything when you follow values that originate from your heart. You will be immersed in worldliness when you go against your inner voice. Indulgence in worldliness will take you away from your inner voice and innate values. Following the inner voice is true spirituality.

a way that you do not cause harm to anybody. It is natural to do good to those who do good to you. There is nothing very great about it. But it is only Sai who does good to even those who try to harm Him (*loud prolonged applause*). I do not take their faults into consideration. I do not pay attention to the harm that they try to do to Me in any manner. You should always remain in a state of supreme peace. You can attain everything if you have peace. Peace is within you, outside you will find only



combines with Sathya and Dharma, you will have the experience of Prema. When you have love in you, then you will have no enemies. You cause harm to others only when you lack love. Therefore, you should cultivate love. In order to experience love, you must first attain the state of peace. Sathya, Dharma, Santhi, Prema and Ahimsa are the qualities of a human being. But today you find violence wherever you see.

People are afraid even in their own house when they are alone. This is the result

pieces and pieces! Peace can be attained only when there is unity. When you cause division in unity, there will be no peace.

You should serve your parents and look after them. Truly speaking, your parents are your first teachers. No benefit will accrue to you by doing any good work if you cause difficulty to your parents. You may not experience its consequences immediately, but you are bound to suffer in future. Therefore, do not cause any suffering to your parents at all. If you cause harm to them, you will have to suffer ten times more as a result of that! Similarly, if you give something in charity, it will come back to you ten times more. Therefore, always be ready to help others.

Whatever help you can do, you should do. When you engage yourself in doing good to others, you would proceed on the path of truth. When you proceed on the path of Sathya, that itself will lead you to Dharma. Santhi will emerge from the union of Sathya and Dharma. When Santhi

of changing times. Earlier people considered America as a very rich country. But now the situation is changing with the change of times. You think, money is everything and you can buy anything and everything when you have money. But money is not important; it is your mind that is important. When your mind is calm and quiet, you can experience total peace.

Develop the Spirit of Oneness with Society

Students! Whatever you do, do it as an offering to God. God is the doer of everything, not you. You can accomplish any task only with the Will of God. Therefore, be your own witness. Engage yourself in good deeds. Speak only that which is good. Only truth should come out from your tongue. Everything that you do should be for the good of others. When you engage yourself in the service of others, you will always be happy. Never give room to ego and jealousy. When you have these two, all your good qualities will be destroyed and everything will become bad for you. Therefore, be good and help others. If you see anybody in trouble, you should alleviate his suffering even if you have to leave your work. This is the primary duty of a human being. *Help Ever, Hurt Never*. It is enough if you adhere to this principle. Help Ever. Help your fellowmen. Do not harm even those who hate you. Hurt Never. Do not cause any inconvenience to others. That is what is true education. Some people who draw high salaries cause trouble not only to people in their office, but also to their own parents at home out of their ego. This is a big mistake. As you attain higher position in life, you should lower your ego. Then only will you get proper respect.

Always remember the society in which you live. Never ignore it. You owe your existence to society. Society is not something

separate from you. You are a member of society. Society is a combination of individuals. You should develop this spirit of oneness with society. Try to lead your life keeping the welfare of society always in your mind. Your welfare lies in the welfare of your fellowmen.

Yesterday, you saw the drama “Bhakta Potana.” Lord Rama Himself came and corrected Potana’s manuscript to accomplish his task. Potana recognised the truth that everything was done by Lord Rama. One who follows this principle is a true devotee. Srinatha tried to force Potana to offer the Bhagavata to the king and severely criticised him for not doing so. He told him if he offered it to the king, he would be amply rewarded. But Potana told him that it was the work of God and it had to be offered only to God. He said he would not destroy its sanctity by offering it to any mortal and would prefer to lead his life as a farmer depending upon mother earth. This only would give him true satisfaction, he added.

It is mother earth which supports all objects and activities in the world. Anyone who puts his faith in mother earth will never come to grief. In this way, you should repose your faith in mother earth, acquire education, take up a good job and earn a good name. You have secured good marks and high ranks and thereby you have brought good name to yourself, your family and to the institution. This is what the students should do. There is nothing great in going to America and earning lakhs of rupees. Even beggars can earn money. *Money comes and goes, morality comes and grows*. Therefore, develop morality. If you have morality, you will never suffer in life.

**– From Bhagavan’s Sankranti Discourse
in Sai Kulwant Hall, Prasanthi Nilayam on
14th January 2009.**



Courage, Confidence and Concentration Come to the Fore

THE ANNUAL SPORTS AND Cultural Meet 2009 of Sri Sathya Sai University was held in Hill View Stadium, Prasanthi Nilayam on 11th January 2009. The students of all Sathya Sai educational institutions took part in it and presented a rare combination of courage, concentration and skill. Performing their sports events with exemplary unity, harmony and team work, the students showcased how sports and cultural events could foster these virtues in students and society.

The sprawling Hill View Stadium, the venue of this mega event, was aesthetically done up for this display. On the beautiful sunny morning of 11th January 2009, the Revered Chancellor of the university, Bhagavan Sri Sathya Sai Baba was offered welcome by the Anantapur Campus brass band when He entered the stadium from its northern side at 8.30 a.m. in His sparkling white robe. Bhagavan was led to the Santhi Vedika in a grand procession. Besides the Anantapur Campus band, the brass band of the Prasanthi Nilayam Campus, slow marching squad carrying colourful flags and motorbike escort of students of the three campuses of the university formed part of the Revered Chancellor's procession. On His arrival at Santhi Vedika, the slow marching squad offered special salute to Him by making a canopy of flags. The Vice Chancellor and other senior staff members of the university welcomed Him by offering bouquets and roses. Bhagavan lighted the sacred lamp

at 8.40 a.m. at Santhi Vedika to ceremoniously inaugurate the Sports Meet.

Impressive March Past

The first item of the programme was March Past by the students of all Sathya Sai educational institutions which included Sri Sathya Sai Primary and Higher Secondary schools at Prasanthi Nilayam and the three



March Past of the students of Sri Sathya Sai institutions in Hill View Stadium on the morning of 11th January showcased their discipline and sprightliness.

campuses of the university, namely, Brindavan, Anantapur and Prasanthi Nilayam. Brightly attired contingents of these institutions came in front of Santhi Vedika and offered respectful salutes to their Revered Chancellor. The brass band of the Prasanthi Nilayam Campus provided the marching tunes to this most impressive and elegant March Past.

Before the commencement of the sports events, Bhagavan hoisted the university



flag, released white pigeons and balloons and lighted the sports torch. The torch thereafter was carried by a mascot in the shape of a lion to the top of the hill where it lighted the Sports Urn. Meanwhile, the customary oath for fair competition was administered to the participants of the sports events.

Fine Display by the Students of Prasanthi Nilayam

The students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam and those of the Prasanthi Nilayam Campus of Sri Sathya Sai University were the first to present their sports events. At the outset, they displayed a huge golden eagle which represented their theme of attaining the highest in life, transcending all barriers. Beginning with a fine display of yogasanas on a platform in the performing area, the students



The students of Prasanthi Nilayam displaying yogasanas in the performing area. Some of them are performing on a platform in the background.

showed marvellous feats on trampoline and giant wheels. A very interesting item of their presentation was instrumental music, using kitchenware, bamboos, plastic cans, baskets, etc. They also made impressive display on ladders and wheels. Another novel item



Prasanthi Nilayam students displaying their courage, confidence and concentration by criss-crossing each other on motorbikes.

of the students was elegant formations with logs of wood which showed their perfect team work. They concluded their display with wonderful motorbike stunts. Criss-crossing each other at high speed and synchronised ramp jump of eight motorbikes showcased their courage, confidence and concentration. Bhagavan blessed them when they congregated in front of Santhi Vedika and offered their salutations to Him at the end of their display.

Thematic Presentation by Anantapur Campus Students

The students of the Anantapur Campus chose creation of the universe as the theme of their presentation. Their first item was a



Cosmic dance of Siva and Parvati from which emerged the sound energy of Pranava, the primal energy that led to the creation of five elements and the universe. The students of the Anantapur Campus illustrating this sublime theme by their dance.



cosmic dance of Siva and Parvati which was performed on a stage with the background of Kailasa Mountain and a giant Siva Linga while a large group of girls danced in the performing area. From the cosmic dance of Siva and Parvati emerged the sound energy of Pranava, the primal energy from which consecutively emerged the five basic elements of ether, air, fire, water and earth as also the



Perfection, skill and courage marked the lion and dragon dance of the students of the Brindavan Campus in Hill View Stadium.



Dance to illustrate the element of earth being performed by a group of students of the Anantapur Campus in Hill View Stadium.

Daring feats of the lion dancers on small platforms and skilful handling of dragons by groups of students delighted one and all. This was followed by display of various martial arts like kalaripaitu, judo, karate, fencing, etc., including fighting for self-defence with sticks, swords and other traditional weapons.

universe. While the universe was displayed on a giant board in the background, groups of girls in the costumes of ether, air, fire, water and earth performed dances to illustrate the theme of the creation of these five elements as described in the Taittiriya Upanishad. Elevating theme, clear-cut description in the commentary, sublime dances of the girls, appropriate costumes and thrilling music made it an outstanding presentation. The Anantapur students concluded their presentation with a display of impressive formations on three wheelers.



Skilful display of martial arts by the students of the Brindavan Campus of Sri Sathya Sai University in Hill View Stadium.

Daring Feats of Brindavan Campus Students

The students of the Brindavan Campus began their presentation with a magnificent display of lion dance and dragon dance.

The students displayed skilful use of various weapons of self-defence and exhibited how hands and legs could be used with dexterity to save oneself from danger. This showed their skill, valour and agility. At the end of their performance, the students made a



beautiful formation in front of Santhi Vedika, offering their salutations to Bhagavan. The morning programme concluded at 11.00 a.m. with Arati to Bhagavan.

Grand Display by Primary School Students

A motorbike squad of students from the three campuses of the university led Bhagavan to Santhi Vedika when He came to Hill View Stadium at 4.15 p.m. on the afternoon of



The students of Sri Sathya Sai Primary School displayed their balance and skill on giant semi-circular frames with admirable perfection.



Beauty, colour and perfection were the hallmarks of the display of the students of Sri Sathya Sai Primary School, Prasanthi Nilayam.

11th January 2009 to witness the sports and cultural events of the students of Sri Sathya Sai Primary School, Prasanthi Nilayam who were scheduled to perform on this afternoon. The theme of their performance was *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!). The students dressed in bright costumes performed excellent dances expressing joy in Nature and

showed great skill in their sports and gymnastic events. They also showed their balance and dexterity on skates by making many beautiful formations. Their daredevilry came to the fore when some of them performed ramp jumps over a van and a motorbike. However, the most interesting performance was a basketball match on skates. They also showed their balance and skill on giant semi-circular frames with admirable perfection. At the conclusion of their performance, they all came before Santhi Vedika and offered loving salutations to their Beloved Bhagavan. This most colourful and joyful performance of tiny tots provided the befitting finale to this spectacular annual event of Sri Sathya Sai University which came to a happy conclusion with Arati to Bhagavan at 5.25 p.m.

The divine aspect of your personality will encourage humility, truthfulness, love, fortitude, detachment and eagerness to serve. Cherish the manifestations of these qualities in your life and practise these whenever you get a chance. The innate brotherhood that sanctifies the human race is destroyed by the weeds of envy that grow in the mind. These weeds ruin one's personality.

— Baba

DEVELOP FIRM FAITH IN THE PRINCIPLE OF THE ATMA

LOVE ORIGINATES FROM THE ATMA

BHARAT IS THE MOTHERLAND OF many noble souls who earned great name and fame in all the continents of the world. This is the land of valorous people who vanquished the foreign rulers and attained independence. This is the land which demonstrated the great powers of its men and women. Savitri was born in this land who brought her dead husband back to life.

Hurt Never, Love Ever

Embodiments of Love!

All that we see, hear or do is unreal like a dream. How long do the scenes that we see in dreams last? They last till we wake up from sleep. Once we are awake, they will disappear. Likewise, so long as we keep our eyes open, we see people all around us in this world and think that all this is real. But it is not so. It undergoes change every moment. Everything in this world is unreal like a dream. Only one thing is real and eternal, that is the principle of the Atma. This can also be called the principle of love. Love originates from the Atma. If only we have love, we can conquer the entire world. We should not harm anybody. *Hurt Never, Love Ever*. We should always remember this eternal love.

You are not one person but three: the one you think you are, the one others

think you are and the one you really are, that is the Atma which is your true Self. We say, "This is my body", "This is my mind", "This is my Chitta" (subconscious mind), etc. Then, "who am I?" But nobody asks this question. When we say, 'my body', then I am separate and body is separate. You say, "This is my house." Then, who are you? How long will the house last? It is bound to perish some time or the other. Everything in this world is subject to change. There is only one thing that is changeless, and that is Brahma Tattwa (principle of Brahman) which is nothing but love. When you hold on to this love, you will become the master of everything. Wherever we see in this world today, there are desires, desires and more desires! We should put a ceiling on our desires. Only then can we achieve steadiness of mind. We want many things but they are all temporary like passing clouds. Why should we entertain so many desires for such things which are fleeting and momentary? Ultimately, nothing will go with us when we leave this world. Many emperors amassed great wealth. But all of them had to go empty-handed in the end like Alexander, who said, "I have amassed great wealth, carved a big empire and collected a huge army. But when I leave this world, nothing will come with me. I will go empty-handed."



Embodiments of Love!

No doubt, man needs to have all that is required to take care of his physical body. We should have what we need. But we always desire for more. Whether the body lives for hundred years or a few moments, it is bound to perish. Therefore, it is not necessary for us to have so many desires. You have a great desire to see God. Where is God? You are all God.

Peace emerges from truth. Where there is no truth, there can be no peace. When you combine truth and righteousness, you attain peace. Without these two, you will have only pieces and pieces! Therefore, combine truth and righteousness. Protect love with truth. Truth is the natural quality of a human being. You cannot create it. It cannot be acquired by bookish knowledge. Truth is your inner Self. There is no human being in this world without truth. Truth is there in man but he tries to cover it up with untruth. He thinks of only falsehood but not truth.



you should have human qualities. You should live like a human being and your thoughts also should be like those of a human being. The first human value is truth. It remains changeless in all the three periods of time – past, present and future. Truth is truth. You should hold on to truth; everything else is transitory. The state of human mind keeps on changing. You may say, you are peaceful today but you may have no peace tomorrow. *Love is God, Live in Love.*

God is not separate from you. Men are more valuable than all the wealth of the world (*loud applause*). *Daivam Manusha Rupena* (God is in the form of a human being).

Happiness Results from Pure Thoughts

Everybody should question himself whether he is a human being, an animal or a beast. When you say you are a human being,



It is love that sustains your life. Where there are love and truth, there is non-violence. We won't fight with each other when we have love. Then, we will not be angry with anyone, and we will consider all as our brothers and sisters. If you greet even your enemy saying, 'hello, brother', he will also say 'hello, brother'. *Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result). Therefore, we should

have only good feelings. Whatever good or bad we experience that is the result of our own thoughts. If anything bad happens to you, it is not something that anybody else has given to you. You are responsible for all the bad that comes to you. It is the result of your bad thoughts. God also does not give you anything bad. Even happiness is not given to you by God; it is the power of your thoughts that is responsible for it. Therefore, you should purify your thoughts. Your life will be happy if your thoughts are pure. Where there is purity, there is divinity. People today are dividing even divinity. They should not do that. We should maintain divinity as divinity. When you have unity, purity and divinity in your life, you will attain immense happiness. Everything good and bad is of your own making. God does not give anything good or bad. If bad thoughts come to you, you yourself are responsible for them. They are all created by you. Everything that happens to man is his own creation. These lights are looking so beautiful. Who has made them? It is only man.

You cannot attain divinity without humanness. You should have purity and develop human values. Only then can you become deserving for attaining divinity. Your senses make you unsteady in a number of ways and lead you to wrong path. But when your mind is pure, they will lead you to the right path. Therefore, always keep your mind pure and steady. Do not allow it to cause ups and downs by its unsteadiness. *Mano Moolam Idam Jagat* (the mind is the basis of the entire world). You think of an object, and the same is changed into subject. The subject and the object are not different from each other. You are confused when you think that man is different from God. You are not only confused, your 'fuse' also goes. Therefore, you



All of you come here to experience the bliss of seeing this physical body.

This physical body shows you the eternal divinity which is beyond the body. Therefore, do not consider the body as eternal. But you should keep your body healthy, so far as you are alive. Do not neglect it just because it is bound to perish one day or the other. Take proper care of the body because it is the gift of God. You can drink water only when you have a pot. Without the container, how can you drink water? If you don't have a healthy body, you become dependent on others. Do not become dependent on others.



should have no confusion. For this, you should always have steady faith.

Accept Both Good and Bad as Gifts of God

There is so much unrest in the world today. Many people are indulging in evil deeds. What is it that we should do now? In fact, we don't need to do anything. Only we should contemplate on God. Lead your life with the contemplation on the Self. We don't need to make use of bombs or other weapons. Let us always remain calm and quiet. Whatever happens to us, we should consider it as good for us. It is only when we think that others are responsible for our suffering, we will develop hatred towards them. Contemplate on the Self and God with peace and perseverance. When you do contemplation on the Self, worldly worries will not at all perturb you. Birth and death are natural to human body.



The Atma is eternal without birth or death. It has no beginning, middle or end. It is omnipresent and the eternal witness.

(Telugu Poem)

Due to your negativity, you have too many thoughts about your body. Give no room to negative thoughts. Body may perish any day, at any moment. Body is like a water bubble, mind is like a mad monkey. Do not follow the body; do not follow the mind. However, so long as we are alive, we should take proper care of

mind is half blind. We should never be double-minded. Have firm faith and never leave it till your last breath. However, our faith is steady when we are happy. But it becomes unsteady when we are in difficulties. Our faith should not waver like this. It should remain changeless. Love, love, love ... Love is changeless. We should develop love that is changeless. Have firm faith that God is the only doer and everything happens as per His Will. Nothing happens according to your will. To think that you are the doer is a sign of your ego. In fact,



We consider Rama and Krishna as God. But these names are related only to the body. We cannot limit God to the physical body, because physical body undergoes change with the passage of time. We call a person a child, a boy, a man and a grandfather as he grows up with the passage of time. But the person is the same. Though you see Bhagavan in human form, and acting like a human being, have firm faith that He is God.

our body. Body should be maintained in order to lead a healthy life. Thereafter, body will go on its own because nothing is permanent in this world. There is only one thing that is permanent, and that is the Atma. Everybody refers to himself as 'myself, myself' and also as 'I, I ...' The single letter 'I' represents the principle of the Atma. We should develop single-mindedness. *A man with dual*

you have no existence. Where are you? You are not there. It is the principle of Atma in you which is responsible for all that you say or do. Therefore, 'you' refers to your Atma. Self-confidence is the basis of everything.

When Jesus was put on the cross, Mother Mary shed copious tears. Then Jesus asked her, "Why do you cry? This is natural. Whatever is destined to happen will happen.



Therefore, you should not shed tears.” Jesus helped everyone in many ways. He distributed bread to fishermen many times. Once the fishermen were not able to catch any fish. Then Jesus called Peter, “Peter, take your net and come with me.” He asked him to cast his net at a particular place. The net was so full of fish that it became difficult for anyone to pull it. Many people had to join to pull it out. God can do anything whatever He Wills. Therefore, we should understand the truth that everything is the gift of God. If difficulties come, consider that they are the gift of God. Similarly, when you get happiness, consider that also as the gift of God. Bitter pills are given to a patient who suffers from malaria. This is good for him.

Good and bad coexist, none can separate them. You cannot find good or bad to the exclusion of the other. (Telugu Poem)

Similarly, bad also has no separate existence. Good and bad are always together. There is only a difference of time between them. Therefore, accept both good and bad as the gifts of God. When anything bad happens to us, we try to discard it saying, “I do not need it.” Never do like that because there may be something good in it. In fact, there is good in bad and bad in good as good and bad are one. Tonight you eat sweets and bread. Tomorrow morning, it becomes a waste. In this manner, the same thing appears to us as good or bad at different times. We cannot see both at one time.

Take Proper Care of your Body

You should always pray to God. This is what you have to do in the world today. You can attain everything when you have self-confidence. All your wealth and property are useless without self-confidence. Sometimes, you are unnecessarily filled with ego and arrogance. They are not good at all.

They are bound to ruin you. You should have firm faith that everything is God’s gift and it is God who does everything. Where is God? He is in you. He is the resident of your heart. Your Atma is God. Therefore, there is no need for you to search for God. We consider Rama and Krishna as God. But these names are related only to the body. We cannot limit God to the physical body, because physical body undergoes change with the passage of time. We call a person a child, a boy, a man and a grandfather as he grows up with the passage of time. But the person is the same. Though you see Bhagavan in human form, and acting like a human being, have firm faith that He is God. You cannot know God without human form. God takes human form to make you understand His divinity. Therefore, try to experience God in His human form.

Your ego gets inflated due to your physical and mental strength, intellectual power, wealth and property. Power and position makes man egoistic. How long will your position last? It may last just for a while. In fact, everything that you possess is momentary. Even your own body will not remain with you. All that is temporary and fleeting, you consider as permanent. But you do not pay any attention to that which is permanent. Hence, focus your attention on the principle of the Atma.

All of you come here to experience the bliss of seeing this physical body. This physical body shows you the eternal divinity which is beyond the body. Therefore, do not consider the body as eternal. But you should keep your body healthy, so long as you are alive. Do not neglect it just because it is bound to perish one day or the other. Take proper care of the body because it is the gift of God. You can drink water only when you have



a pot. Without the container, how can you drink water? If you don't have a healthy body, you become dependent on others. Do not become dependent on others. Therefore, it is necessary for you to maintain the body in a proper way and carefully protect it till the time of your departure from this world. You have no concern with it afterwards. Do not leave your self-confidence till your last breath.

Protect Love with Truth

Embodiments of Love!

There is no need to search for the Atma because it is everywhere – behind you, with you, around you, above you. Instead of reposing your faith on such an all-pervading consciousness, you are carried away by ephemeral things. Therefore, first and foremost you must think about what is permanent. Question yourself, "Who am I?" When you say, 'I am a human being', you should have human qualities. What does an animal do? It eats food and performs such tasks like ploughing the land. What does a beast do? It indulges in violent acts like biting and killing. You are neither an animal nor a beast. You are human beings and therefore you should have human qualities. What are the human qualities? Truth, peace, love, awareness and non-violence. In order to practise non-violence, you should develop love. Where there is love, there is non-violence. Love emerges from peace. Peace emerges from truth. Where there is no truth, there can be no peace. When you combine truth and righteousness, you attain peace. Without these two, you will have only pieces and pieces! Therefore, combine truth and righteousness. Protect love with truth. Truth is the natural quality of a human being. You cannot create it. It cannot be acquired by bookish knowledge. Truth is your inner



You cannot know God without human form. God takes human form to make you understand His divinity. Therefore, try to experience God in His human form. Your ego gets inflated due to your physical and mental strength, intellectual power, wealth and property. Power and position also makes man egoistic. How long will your position last? It may last just for a while. In fact, everything that you possess is momentary. Even your own boy is not likely to remain with you. All that is temporary and fleeting, you consider as permanent. But you do not pay any attention to that which is permanent. Hence, focus your attention on the principle of the Atma.



Self. There is no human being in this world without truth. Truth is there in man but he tries to cover it up with untruth. He thinks of only falsehood but not truth.

You would have seen or participated in many dramas, wherein the principle of love between Radha and Krishna, Sita and Rama are depicted. It is the principle of love that unites them as Radha Krishna and Sita Rama. Sita was held captive in Lanka for ten months by the mighty demon Ravana. But she did not raise her head even once to look at him. She picked up a blade of grass and threw it at him saying that he was as insignificant as a blade of grass in comparison to Rama. She had such a strong faith in Rama. All of you should develop such strong faith.

There are many terrorists and other anti-social elements who are indulging in violence today. If you have faith in the Atma in your heart and you lead your life with love for the Atma, no harm can come to you. No bombs or weapons will be able to harm your body. God is present everywhere – in you, with you, around you, above you and below you. Ignoring such eternal divinity, we are carried away by cheap temptations of the world. You should not consider God as cheap. He is chief. If you treasure this chief in your heart, all your cheap worldly temptations will vanish. Everything else is cheap, only God is chief! Therefore, have firm faith in God. You may call Him by any name, Allah, Jesus, Rama or Krishna. Only names are different but God is one (*loud applause*). There is only one God, not two. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). If you add a number of zeroes after one, its value will go on increasing. However, if there are hundreds of zeroes without the digit one, it carries no value. Therefore, consider God as hero and everything else as zero.

When you have God with you, you will achieve victory everywhere. No bombs, no weapons and no other powers can harm you. In fact, no bomb or weapon has as much power as a human being. Who has made the bomb? It is man only. Then who is greater, man or bomb? Hence, man is greater than bomb. Therefore, you should consider that there is nothing greater than you, and even God is not separate from you. That is why the Vedanta exhorts man, “Know thyself.” When someone questions you, ‘who are you?’, you should reply, ‘*Aham Brahmasmi*’ (I am Brahman). That is the correct answer. You are not a mere human being, you are divine. Therefore, you should always say, “I am God”, “I

am God.” Only physically you are man, but the divine power in you is much greater than any atom bomb or hydrogen bomb. When such an infinite divine power is within you, why should you be afraid of anything? Therefore, develop firm faith in the principle of the Atma. That is why I tell you, “first Self and then help.” Self alone is permanent. It is supreme. Having been endowed with such Supreme Self, how great you are!

Peace and Happiness are Within you

Even when the body becomes weak, it is the supreme power of the Self that makes you function. It is the Supreme Self that gives you strength and vitality. Therefore, you should always contemplate on God. There is no difference between this name of God and that. Contemplate on any name. We prepare many sweets with sugar. Taste any of them, you will experience only sweetness. Similarly, everything is God. We should not have any doubts about God. One doubt leads to many doubts. Doubts will ultimately ruin your life. If you want to live like a human being, you should get rid of all doubts. So long as there are doubts in you, they act like poison. When you have poison within you, everything that you eat will become poison only. Therefore, do not give room to doubts at all. You should have faith in your Self. Once you have faith, then nobody can harm you. Even if there are bombs all around you, the Self will not be affected. Many people are terrified that there are bomb explosions everywhere. But we need not be afraid of anything (*loud prolonged applause*).

Embodiments of Love!

All of you have come here with great devotion, love and expectation. Maintain this

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CELEBRATIONS AT PRASANTHI NILAYAM

PILGRIMAGE OF NEW ZEALAND DEVOTEES

A GROUP OF 248 DEVOTEES from New Zealand came on pilgrimage to Prasanthi Nilayam from 26th December 2008 to 9th January 2009 to seek the divine benediction of Bhagavan Sri Sathya Sai Baba. More than 180 of these devotees including children, youth and elders formed New Zealand Sai Choir which gave a sterling musical performance in Sai Kulwant

songs in English and six in the native Maori language. Two of the Maori songs were sung with choir performing traditional hand gestures. Another two Maori songs were sung by small groups of women and children who performed the traditional Poi dance along with them in front of the dais. The programme came to a close at 6.00 p.m. with a Hindi song, "Sada Rahenge Hum Tere Saath ...". It was sheer delight to watch the performance which did not have even a single dull moment during the 40-minutes' performance. At the end of this excellent presentation, Bhagavan blessed the



More than 180 devotees who formed New Zealand Sai Choir enthralled the devotees in Sai Kulwant Hall by their excellent rendering of English and Maori devotional songs on 7th January 2009.

Hall on the afternoon of 7th January 2009 in the Divine Presence of Bhagavan. The programme began at 5.20 p.m. after Bhagavan's Divine Darshan. At the beginning of the programme, one lady made a loud and resonant call which is known as Karanga and is supposed to summon ancestors in the Maori cultural tradition. The choir sang in all twelve devotional songs to the accompaniment of thrilling music which kept the audience spellbound for nearly 40 minutes. There were five devotional

members of the group and distributed clothes to them. He also materialised a gold chain for the lady who made the traditional Karanga call in the beginning of the programme. After the distribution of Prasadam blessed by Bhagavan, the programme came to a close with Arati to Bhagavan at 6.20 p.m.

YOUTH CAMP OF RAJASTHAN

Sri Sathya Sai Seva Organisation of Rajasthan organised a Youth Camp at



Prasanthi Nilayam from 27th to 31st December 2008, in which more than 300 youth from all parts of Rajasthan came to participate. The youth attended the Darshan and Bhajan sessions in Sai Kulwant Hall and received the divine benediction of Bhagavan. They also took part in the deliberations of the Youth Camp, wherein many distinguished speakers delivered illuminating talks for their benefit.

On 29th December 2008, a group of these youth and Bal Vikas children of Rajasthan presented a musical dance drama "Baba



Sai Youth and Bal Vikas children of Rajasthan presented a musical dance drama "Baba Ramdev" on 29th December 2008 in Sai Kulwant Hall.

Ramdev" in Sai Kulwant Hall which portrayed the life and teachings of this great spiritual master of 15th century who taught unity of all religions and equality of mankind. The drama not only showcased the rich cultural heritage of Rajasthan through its folk songs and dances, it also highlighted the teachings of Bhagavan Sri Sathya Sai Baba, particularly 4 S's, viz., self-confidence, self-satisfaction, self-sacrifice and self-realisation which were exemplified by the life of Baba Ramdev. Good acting of the children, excellent stage management and talented direction led to the success of

the presentation which depicted the incidents of Baba Ramdev's life in quick succession mostly through beautiful folk songs of the singers and excellent acting and dances of the youth and children. The drama which started at 4.40 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall came to a close at 5.20 p.m. At the end of the drama, Bhagavan blessed the cast and posed for group photos with them. After a brief session of Bhajans and distribution of Prasadam sanctified by Bhagavan, the programme came to a close at 5.40 p.m. with Arati to Bhagavan.

NEW YEAR DAY CELEBRATIONS

More than 700 alumni of Sri Sathya Sai University came to Prasanthi Nilayam from various countries of the world to celebrate New Year Day in the Divine Presence of Bhagavan and express gratitude to their Divine Chancellor who shaped and transformed their lives. Bhagavan showered His love on them and blessed them with a very illuminating Discourse.

Two groups of old students led Bhagavan in a procession when He came to Sai Kulwant Hall in His sparkling white robe at 10.00 a.m. on 1st January 2009. One of them was the Veda chanting group which offered traditional welcome to Bhagavan with Poornakumbham. The other group carrying colourful flags marched at the head of the procession, while one student held a royal umbrella on Bhagavan's head. Radiating bliss by His Divine Darshan in the entire hall, Bhagavan took a full round of the hall and came to the verandah where He performed cake cutting ceremony. After this, Bhagavan came to the dais which was artistically decorated with flowers. Here Bhagavan lighted the sacred lamp to inaugurate the programme,





The Alumni of Sri Sathya Sai University offered their musical tribute to Bhagavan Sri Sathya Sai Baba on the New Year Day in Sai Kulwant Hall.

which comprised three items. The first item was the band music by a group of alumni. It commenced with singing and playing of Sanskrit prayer to Lord Ganesh. This was followed by two more compositions which were musical expressions of gratitude to Bhagavan. The second item of the programme comprised songs which were specially composed for this occasion. All the songs were preceded by short speeches of the old students who paid rich tributes to Bhagavan for His loving care and divine guidance and reminisced sweet old memories of their stay at Prasanthi Nilayam. The third item of the programme was a dance by the students to the tune of Bhajans. At the end of the programme, Bhagavan showered His blessings on the students and gave them the coveted opportunity of Padanamaskar. At 11.35 a.m., Arati was offered to Bhagavan which marked the conclusion of the morning programme.

In the afternoon, Bhagavan came to Sai Kulwant Hall at 5.15 p.m. clad in a beautiful red robe. The programme started at 5.30 p.m. with a grand musical display on brass band by the students of Sri Sathya Sai University who paid rich tributes to Bhagavan and Mother Easwamma. This was followed by two compositions by the university students who created spellbinding effect on the

audience by their music and melody. After this, the old students poured out their hearts in the evergreen melodies, "Oh Maa Sai Maa", "Tu Pyar Ka Sagar Hai", "Jab Koi Mushkil Pad Jaye", etc. After this, Bhagavan gave His nectarine message to the students exhorting them not to give up the bond of love they had established with God. Bhagavan called upon them to picturise any form of God in their heart and contemplate on it constantly. In conclusion, Bhagavan told them to realise the truth of their divinity without any doubt. After Bhagavan's Discourse, there was a brief Bhajan session during which Prasadam blessed by Bhagavan was distributed in the entire hall. The New Year Day celebrations concluded with Arati to Bhagavan at 7.45 p.m.

YOUTH CAMP OF MAHARASHTRA AND GOA

More than 2,400 youth from Maharashtra and Goa participated in the Youth Camp organised at Prasanthi Nilayam by Sri Sathya Sai Seva Organisation of Maharashtra and Goa from 2nd to 5th January 2009. The youth participated in the deliberations of the Youth Camp, attended Bhajan and Darshan sessions in Sai Kulwant Hall and presented a variety of cultural and music programmes during the course of the camp.

On 2nd January 2009, a group of these youth presented a drama "Subhas Chandra Bose", portraying the life story of this illustrious hero of India's freedom struggle whose fiery patriotism surcharged the youth of India with patriotic fervour and awakened the entire nation to achieve the goal of freedom from foreign rule. The programme started at 5.50 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. At the outset, there was a display





A scene from the beautiful drama performed by the youth of Maharashtra and Goa on the life and message of Subhas Chandra Bose in Sai Kulwant Hall on 2nd January 2009.

of lighted torches by the youth accompanied by a thematic song which signified the inner illumination of all by the torch of Bhagavan's love. Symbolically, Bhagavan lighted the main torch which would be taken by the youth to all parts of Maharashtra and Goa to infuse the message of Bhagavan's love and service in the hearts of youth in particular and people in general. This was followed by a youth rally in which the youth of 27 districts of Maharashtra and Goa carrying placards of the names of their district marched in the performing area to the tune of a marching song. After this, the youth depicted the main incidents of the life of Subhas Chandra Bose, exemplifying his ideals of Duty, Devotion, Discipline, Discrimination and Determination, the hallmarks of an ideal youth as taught by Bhagavan. Embellished with invigorating patriotic songs and slogans of freedom struggle and supported by fabulous props like the replicas of Red Fort and jails, the drama admirably portrayed a realistic story of Subhas's life whose love for his motherland was nothing less than worship. At the conclusion of the drama at 6.50 p.m., Bhagavan blessed the youth and posed for group photos with them. After a brief session of Bhajans and distribution of Prasadam, the programme came to a close with Arati to Bhagavan at 7.20 p.m.

On the afternoon of 3rd January 2009, Sitar virtuoso Sri Niladri Kumar enthralled

the audience in Sai Kulwant Hall with a soulful musical presentation in the Divine Presence of Bhagavan. The programme started at 5.15 p.m. with an invocatory verse. What followed this was a sumptuous musical treat for music lovers. The musician gave a scintillating performance with his Sitar and a new instrument Zitar invented by him. He was excellently supported by the accompanying artistes on drums, keyboard, Tabla and Mridangam. Some of the well-known compositions like "Vaishnava Janato ..." earned the special appreciation of the audience who expressed their joy by loud applause. The concluding Kirtan "Hare Krishna Madhusudana ..." combined with solo presentations on drums and Tabla also attracted good response from the audience. At the end of the programme, Bhagavan blessed Sri Niladri Kumar and the accompanying artistes, distributed clothes to them and posed for group photos with them. He also materialised a gold ring for Sri Niladri Kumar. The programme came to a close with Arati to Bhagavan at 6.05 p.m.

On 4th January 2009, the youth of Maharashtra and Goa made two vocal music presentations. First, Sai Youth (women) presented a bouquet of songs on the glory of Indian womanhood. The programme began



Sai Youth (women) of Maharashtra and Goa presented an excellent music programme on the glory of Indian womanhood on 4th January 2009.



at 5.00 p.m. with invocatory verses dedicated to Lord Ganesh and Divine Mother. This was followed by specially composed songs dedicated to some great women of India who by their chastity and idealism brought glory to womanhood and Bharat. They included Urmila from the Ramayana, Draupadi from the Mahabharata, Ratnavali (wife of Goswami Tulsidas), Rani Lakshmibai of Jhansi, Savitri who brought her dead husband back to life, Jijabai (mother of Shivaji), Putlibai (mother of Mahatma Gandhi), Kausalya (mother of Lord Rama), Sita (Rama's wife) and Divine Mother Easwaramma. The last song was dedicated to Mother Sai who has been giving the love of a thousand mothers to all Her children. All the songs were not only well worded but were also rendered with great aplomb. The beauty of the presentation was greatly enhanced when some poems of Bhagavan about these great women were played at appropriate places in His own voice. Another significant feature of this presentation was that the Telugu songs were also sung by the singers with great perfection as if it was their mother tongue. In all, the youth sang eleven songs and each song bore the stamp of their great singing talent. The accompanying musicians also did a splendid job.

The next programme was medley of Telugu songs composed and sung by Bhagavan and Marathi Abhangs (devotional compositions). These songs on the theme of Namasmarana were presented by Sai Youth (men) who not only sang Marathi Abhangs with elegance, but sang Telugu poems of Bhagavan also with great perfection exactly following the tune and rhythm in which they were originally sung by Bhagavan. Telugu songs like "Madhura Mohana", "Rama Kodanda Rama" and "Siva Siva Siva Yanaraada" need special

mention in this regard. However, all the songs were prerecorded and were not presented live. At the end of these excellent musical presentations by the Sai Youth, Bhagavan showered His blessings on them and distributed clothes to them. This was followed by Bhajans which were also led by the Sai Youth (women) of Maharashtra and Goa and were followed in chorus by the entire assembly of devotees in Sai Kulwant Hall with great devotion. Meanwhile, Prasadam blessed by Bhagavan was distributed to all. The programme came to a close with Arati to Bhagavan at 6.25 p.m.

JOYOUS SANKRANTI FESTIVAL

The joyous festival of Sankranti was celebrated at Prasanthi Nilayam on 14th January 2009 in the Divine Presence of Bhagavan. The joy of the celebrations became manifold when Bhagavan gave a nectarine Discourse



Trophies, cups and medals displayed on the dais in Sai Kulwant Hall on Sankranti Day.

on this occasion and distributed trophies, gold and silver medals to the winners of the sports events of Sri Sathya Sai institutions held on 11th January 2009 in Hill View Stadium.

On the morning of 14th January 2009, Bhagavan came to Sai Kulwant Hall



at 9.15 a.m. in His sparkling red robe. The brass band of Prasanthi Nilayam Campus of the university and slow marching squad of students carrying colourful flags led Bhagavan into the hall. As Bhagavan reached the central area of the hall, the flag bearing squad offered reverential salute to Him by making a canopy of flags. After showering the bliss of His Divine Darshan on a mammoth gathering of devotees in Sai Kulwant Hall, Bhagavan came to the dais where a large number of trophies were displayed for awarding to the institutions and students. Bhagavan inaugurated the function by lighting the sacred lamp on the dais at 9.25 a.m. amidst a thunderous applause of students and devotees. At the outset, Sri Anil Kumar, a faculty member of the university, made a special announcement that one of the students of Sri Sathya Sai Higher Secondary School had secured first rank among more than four lakh students who appeared in 12th Class examination of the Central Board of Secondary Education last year. The student Kumari Sohini Chaparala then came to the dais and received the blessings of Bhagavan and a special prize from His Divine Hands. Thereafter, Bhagavan blessed the gold and silver medals and certificates which were to be awarded to winners of sports events. After this, Bhagavan gave trophies to all educational institutions which participated in the Annual Sports and Cultural Meet 2009.

Thereafter, Bhagavan gave His Sankranti Discourse and exhorted the students to consider God as hero and everything else as zero to sanctify their life. (Full text of Bhagavan's Discourse has been given elsewhere in this issue.) After Bhagavan's Discourse, the students of the university led the Bhajans which were followed by the gathering in the hall, surcharging the entire milieu with sacred vibrations. At the end of

Bhajans, Prasadam blessed by Bhagavan was distributed to all. Meanwhile, the brass band of the university played joyous notes to the delight of one and all. At 11.20 a.m., Arati was offered to Bhagavan to mark the conclusion of the morning programme.

Bhakta Potana: A Drama

The students of the Brindavan Campus of Sri Sathya Sai University performed this drama in Sai Kulwant Hall on 13th January 2009. The drama portrayed the life of Potana who earned unbounded grace of Lord Rama by his steadfast faith, deep devotion and total surrender, and who composed the Bhagavata



The students of the Brindavan Campus of Sri Sathya Sai University enacted the drama "Bhakta Potana" in Sai Kulwant Hall on 13th January 2009, depicting the life story of Potana, who exemplified total devotion to God.

in Telugu at the command of the Lord so as to bring transformation in society through the power of Namasmarana.

The drama began at 5.20 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. The very first scene of the drama unfolded a marvel before the spectators when a magnificent temple was unveiled, in the background of which Potana was shown singing the famous song, "Jagamanta Ramamayam" (the entire world is pervaded by Rama). As the story progressed, Potana advised

his son to maintain equanimity in the face of criticism and sanctify his life with the true spirit of Namasmara. Potana's deep yearning for Lord Rama earned him the Darshan of the Lord who commanded him to compose the Bhagavata and offer it to Him. To depict the story of this great scripture, many scenes from it were enacted by the students. As the fame of Potana spread, he was pressurised to offer the Bhagavata to the king. But Potana remained steadfast in his faith and was protected by Hanuman when the king came to take away the Bhagavata from the temple forcibly. The king then admitted his folly and recognised the greatness of Potana as the exemplary devotee of the Lord. The drama concluded at 6.30 p.m. with a gorgeous Arati with numerous lamps. The audience then expressed their appreciation of the drama by their prolonged applause.

The drama was superb in all aspects, be it acting, costumes, dialogues, songs, lighting, choreography, music, stage management, sets or direction. Bhagavan blessed the cast at the end of the drama and posed for group photos with them. He also materialised a gold chain for the student who enacted the role of Potana. The programme came to a close with Arati to Bhagavan at 7.00 p.m.

Sri Krishna Tattwa Darshanam: A Drama

The students of the Prasanthi Nilayam Campus of Sri Sathya Sai University presented the essence of Lord Krishna's teachings in the drama "Sri Krishna Tattwa Darshanam" enacted by them in Sai Kulwant Hall on the auspicious day of Sankranti, 14th January 2009. The story of the drama was unfolded through selected episodes from the Mahabharata as narrated by Bhagavan Sri Sathya Sai Baba in His Discourses. All the episodes conveyed one central message that God always

protects those who follow Dharma. In one episode, it was shown how Krishna came to the help of the Pandavas when Durvasa visited them with his 10,000 disciples and they had nothing to feed them. Similarly, Krishna saved the Pandavas from the wrath of Bhishma in the Mahabharata war by taking Draupadi



Many episodes from the Mahabharata formed part of the drama "Sri Krishna Tattwa Darshanam" presented by the students of the Prasanthi Nilayam Campus of Sri Sathya Sai University on the holy day of Sankranti.

to the camp of Bhishma and by seeking his blessings for Draupadi. In another episode, Krishna brought back to life the still-born son of Abhimanyu and relieved the anxiety of the Pandavas. The drama forcefully conveyed the message that man should conduct himself in such a way that his life became the message of the Lord. It also gave the message that the Bhagavadgita truly unfolded the glory of Lord Krishna and revealed His teachings, which man should put into practice to sanctify and redeem his life. The drama which commenced at 5.35 p.m. came to a close at 6.50 p.m. At the conclusion of the drama, Bhagavan blessed the students and posed for group photos with them. After distribution of Prasadam, Arati was offered to Bhagavan at 7.00 p.m. which marked the conclusion of Sankranti celebrations at Prasanthi Nilayam.



NEWS FROM SAI CENTRES

RUSSIA

THE ANNUAL CONFERENCE OF the Sathya Sai Organisation of Russia was held in Mahachkla, the capital city of Dagestan in Russia from 19th to 21st September 2008. It was attended by 50 office bearers. The theme of the conference was: "Sathya Sai Educare for All". The conference sessions were planned in such a way that participants could appreciate the significance of Sathya Sai Educare in their lives. Special guests at the conference were Steen Piculell, the Zonal Chairman of the Sathya Sai Organisation Zone 8, renowned singer Dana Gillespie and the Central Coordinator of Russian speaking countries, Valery Voshchinin. Sessions included group discussions on how educare could be applied to address challenges faced by Sai devotees and leaders. The importance of the role of parents in shaping a child's character and practice of human values was also discussed. After the conference, the special guests travelled throughout Dagestan to spread the message of Bhagavan and inform the public about the concept of Sathya Sai Educare.

UKRAINE

A medical camp was held in the town of Bogodukhov, Ukraine from 28th June to 5th July 2008. About 90 physicians and several volunteers from Ukraine, Russia, U.K. and U.S.A. worked in harmony in caring for over 6,000 patients. Patient services were provided in the fields of cardiology, ear, nose, and throat, paediatrics, ophthalmology,



In a medical camp held in the town of Bogodukhov, Ukraine from 28th June to 5th July 2008, more than 6,000 patients were provided medical services by 90 medical experts from Ukraine, Russia, U.K. and U.S.A. Besides, 24 computers were installed in schools and various other service activities were performed.

physiotherapy, radiology, pain management, occupational health, psychiatry, general surgery, neurology, endocrinology, dermatology, optometry and osteopathy. Physicians not only conducted medical clinics but also held talks and distributed pamphlets for prevention of heart disease, diabetes and women's health problems. Service activities during the medical camp included the distribution of free food to all patients, renovation of four schools, a cultural centre, a home for disabled children and donation and installation of 24 computers for schools. Wheelchairs were donated to a local orphanage for physically challenged children. In one of the villages, there was only one resident physician who regularly cared for many people. He had to travel long distances on his bicycle in order to take care of all of his patients. One of the visiting doctors lovingly arranged a new scooter, which would help the doctor to cover such a large area with less strain.



Around 784 new eye glasses were dispensed and 750 were donated to the local ophthalmologist for free dispensing to the needy people. Free medicines were also dispensed to patients. Advanced investigations, such as electrocardiogram, ultrasound and echocardiogram were carried out. The Russian Sai Organisation distributed clothes, footwear, toys and games to children and sports equipment to a boarding school.

When the team left for the journey back home, many of the local people had tears of joy in their eyes. The Governor and Mayor of the region said that they had never seen so much love and dedication in all areas of service.

SULTANATE OF OMAN

The Youth Wing of the Sathya Sai Organisation of Oman conducted a Sadhana Camp attended by 60 Sai devotees on 3rd October 2008 in Muscat. The theme of the Camp was "As You Sow, So Shall You Reap



A Sadhana Camp on Karma Yoga was conducted by the Youth Wing of the Sathya Sai Organisation of Oman in Muscat on 3rd October 2008.

- Unravelling the Mysteries of Karma Yoga". The programme began with a recorded Discourse of Bhagavan on Karma Yoga. The National Youth Coordinator then spoke on the concept and significance of Karma Yoga. A video on the humanitarian work of



Bhagavan Sri Sathya Sai Baba was shown to inspire and set an example how daily actions could be transformed into Karma Yoga. Service activities undertaken by the Sathya Sai Organisation of Oman were then presented. The day concluded with Bhajans.

ARGENTINA

A medical camp was held in Posadas in the province of Misiones, Argentina on 16th August 2008. More than 250 persons were provided medical services with love. Healthcare professionals specialising in the fields of paediatrics, internal medicine, ear, nose and throat (ENT), radiology, ophthalmology and dentistry participated in the medical camp. Workshops on AIDS prevention and oral health were conducted. Oral hygiene kits were distributed and medications were provided to patients free of cost. Seventy-seven prescription eyeglasses were donated. Sai Youth engaged about 20 children in various activities while their parents received medical consultations.

U. S. A.

A bone marrow donation drive was organised by the Sai Organisation of St. Louis



In the bone marrow donation drive organised by the Sai Organisation of St. Louis on 12th October 2008, 36 persons of Indian origin were registered as donors.

on 12th October 2008 in which 36 persons of Indian origin were registered as donors. The National Bone Marrow Donor Programme has five million registered donors, but less than 1% are South Asians. Consequently, many Asian Americans with cancer are forced to go without treatment. Every South Asian donor who is registered in the marrow bank can help save a life.

CANADA

Sri Sathya Sai Organisation in British Columbia in collaboration with the City of Coquitlam Parks Board planted 1,000 trees in the Walton Forest Park. This park was damaged by storms during the earlier part of 2008. The Sathya Sai Organisation supplied 375 Cedar and Douglas Fir trees. Eighteen volunteers from Vancouver and Coquitlam Sai Centres along with volunteers from the community participated. The City Councillors and Parks Board Commissioner appreciated the service by Sri Sathya Sai Organisation.

– Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: Medak district conducted “Mahila Job Mela” (employment for women) at Medak on 26th October 2008, wherein jobs were offered to more than 200 women in diamond cutting, tailoring, computer operations, nursing, lab technician, fashion technology, web designing, banking, insurance and teaching fields.

East Godavari district conducted a series of medical camps in different Girijan villages and treated 322 patients. The district gathered Girijans from Kutrawada, Kuduru and nearby villages under “Sri Sathya Sai Girijana Ananda Mela” on 5th October 2008 and conducted Narayana Seva, cultural programmes,

games for Bal Vikas children and youth. The district gave woollen blankets to 2,300 people, agricultural hand sprayers to 50 villages (2 to each village), 5,000 plantain and 5,000 coconut plants to a number of villages and 150 Amruta Kalasams to 150 selected poor families under Sri Sathya Sai Village Integrated Programme on 18th October 2008.

Prakasam district started its third orphanage under Sri Sathya Sai Deenajanoddharana Pathakam in Narava village on 13th September 2008, taking nine boys from a very remote area. It is providing food, clothes, accommodation and education free of cost to these boys.

Assam: Upper Assam districts of Golaghat, Sivasagar and Jorhat jointly organised a Seva Dal motivation training camp at Jorhat on 31st August 2008. The concept was to inspire the youth to take up selfless service on the basis of clear understanding of Bhagavan’s Divine Mission. Hosted by Jorhat Samithi, the camp generated a good deal of enthusiasm amongst the devotees. About 150 participants listened with rapt attention to State Co-ordinators, District Presidents, youth leaders, etc., as they exhorted the devotees to undertake service activities with earnestness and devotion in a spirit of sacrifice. The code of conduct to be followed by the Seva Dal members was highlighted and the significance of “Manava Seva is Madhava Seva” was thoroughly expounded.

Gujarat: Sri Sathya Sai Seva Samithi, Bardoli, district Surat and Sri Sathya Sai Heart Hospital, Rajkot jointly organised a heart check-up camp on 14th December 2008 at Bardoli for women of Bardoli and surrounding areas. Out of the total 603 patients examined in the camp, 83 were identified for surgery and were given dates for admission in the hospital accordingly.



Sri Sathya Sai Vidyaniketan, Navsari in association with the Sai Organisation of Navsari district, organised a function to inaugurate the new building of Boys Hostel and a mobile medical van on 14th December 2008.



New building of Boys Hostel of Sri Sathya Sai Vidyaniketan, Navsari which was inaugurated on 14th December 2008.

The inauguration ceremony was performed by Sri Indulal Shah, International Advisor, Sri Sathya Sai Organisations in the presence of many distinguished guests who included Sri Manohar G. Trikannad, Dr. B.G. Pitre, Sri Shirishbhai Patel, Dr. Khushalbhai Desai and Sri Nimish Pandya. In his inaugural address, Sri Indulal Shah described his long association with Bhagavan Sri Sathya Sai Baba and narrated his experiences of Bhagavan's visit to Navsari in 1967.

Jammu and Kashmir: The Sai Organisation of Jammu and Kashmir continued organising veterinary camps in the villages of the State for the benefit of villagers. Veterinary camps were organised in villages Mantala and Deusala, Melhani of Doda district, wherein about 450 cattle were dosed and vaccinated against various scheduled and infectious diseases. Besides, veterinary camps were organised in Jeevan Nagar, Amphala and Panjabakhata areas of Jammu in the months of

September and October 2008, wherein about 300 cattle were provided treatment and vaccination against various diseases.

Kerala: As part of 83rd Birthday celebrations of Bhagavan, an 83-hour Bhajan was conducted in all the 14 districts of Kerala. Bhagavan's Birthday was celebrated with spiritual and service activities by all the units.

A two-day camp for office bearers of Bal Vikas Wing and Senior Bal Vikas Gurus was conducted on 29th and 30th November 2008 at Sri Sathya Sai Centre, Alwaye. Consolidation, expansion, new methods of training, school and rural Bal Vikas, parenting programmes, Bal Vikas training to mothers, etc., were some of the points discussed and programmes finalised in this camp which was attended by 130 Bal Vikas Gurus.

Manipur: 83rd Birthday of Bhagavan Sri Sathya Sai Baba was celebrated with great devotional fervour and enthusiasm in the premises of Sai Prasanthi Mandir, Mantripukhri, Imphal on 23rd November 2008. Organised jointly by all the districts of Manipur State, the function was attended by 685 devotees including 397 ladies from various parts of the State. The programme started at 4.30 a.m. with Suprabhatam and Nagar Sankirtan. This was followed by Veda chanting, presentation of the annual report and talks by eminent Sai devotees. After this, Bhajans were sung with full devotion which concluded with Arati. In the end, food was served to all the devotees present in the function. In the afternoon, 35 blankets and 50 boxes of sweets were distributed to mentally challenged children of the Mangal Special Home for Disabled, Porompat, Imphal East District.

Tamil Nadu: Many areas of Chennai and its suburbs were flooded in the wake of



cyclone “Nisha” from 27th to 30th November 2008. Many low-lying areas and slums in Kancheepuram and Thanjavur districts were also marooned due to incessant rains. Sri Sathya Sai Seva Organisation of Tamil Nadu immediately swung into action and provided food packets and drinking water to the flood-affected people on war footing. A total of 1,522 Seva Dal volunteers participated in this Seva activity and distributed more than 10,000 food packets daily for three days to alleviate the suffering of the people who were completely stranded.

The Mayor of Chennai Corporation, during his visit to “Prema Jyothi” exhibition held at Chennai during last September, evinced keen interest in introducing the system of Educare and Sri Sathya Sai Education in Human Values to the students of Chennai Corporation Schools. With this aim in view he interacted with the State President of Sri Sathya Sai Organisation, Tamil Nadu. As a result of this, a methodology for the implementation of this programme in the Corporation Schools of Chennai was evolved. As an introductory programme, Sri Sathya Sai Organisation, Tamil Nadu organised an

orientation programme for the Headmasters of the Corporation Schools of Chennai on 17th October 2008. The Commissioner of Chennai Corporation along with the Deputy Mayor and Head of the Department of Education for Chennai Corporation graced the inaugural function. The Commissioner of Corporation in his address explained the importance of imparting value-based education to the school children who would grow into responsible future citizens of the country. He mentioned that there were 7 lakh children studying in the schools run by the Corporation of Chennai. If they got transformed and imbibed basic human values based on Sri Sathya Sai System of Education, their parents in turn would get transformed to be good citizens and thus an opportunity for the transformation of society as a whole would be created, he added. 120 Headmasters from various Corporation schools attended the training and showed keen interest in adopting Sri Sathya Sai Educare programme in their schools. The programme concluded with a lively interaction between the Headmasters and specialist faculty of the Sai Organisation on Educare.

... Continued from page 50

love for God in you. Have constant awareness, “I am God”, “I am God.” If anybody asks you your name, never say, “I am so and so.” Always say, “I am God.” Not only I, you are also God (*loud applause*). Everybody is God. Strengthen this faith in you. (Bhagavan sang the Bhajans, “*Prema Mudita Manase Kaho ...*” and “*Hari Bhajan Bina Sukha Santhi Nahin ...*” and continued His Discourse.)

People aspire for peace and happiness. But, where can they find them? They can

be found only in the divine name. They are not available in any shop. “*Hari Bhajan Bina Sukha Santhi Nahin*” (one cannot attain peace and happiness without singing the glory of God). You have to manifest them from within. Your heart is the source of peace, happiness and bliss. Therefore, if you want peace, happiness and bliss, you should look within. Very happy.

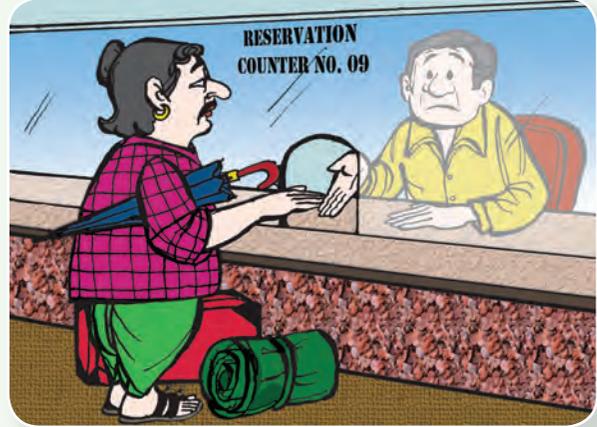
– From Bhagavan’s Christmas Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 25th December 2008.



I Do not Know

ONCE A VILLAGER STOOD before a ticket window on a railway station and told the booking clerk, "Please give me a ticket." The booking clerk sitting inside the booking office asked, "For which place do you want the ticket? Will you please tell?" The villager replied, "I do not know the name of the place where I have to go." The villager knew only the name of the place he was departing from, but he did not know the name of the place to which he had to go. What could the poor man do?

The same is the condition of the people in this world. When they have ultimately to leave this world after living in it for a hundred years, they do not know where they have to go. They do not try to know where and how they have to go.



The villager wanted the booking clerk to give him a ticket, but he knew only the name of the place he was departing from and did not know where he had to go. The same is the case with the people of this world who do not know the place where they have to go after their life sojourn on earth.

NOTICE

Subscribers and devotees are hereby informed that the activities hitherto carried on by the following Trusts have been merged into Sri Sathya Sai Sadhana Trust, Prasanthi Nilayam 515134, Andhra Pradesh, India.

Name of the merged Trust	Name of the Division which will carry on the activities of the merged Trust
Sri Sathya Sai Books and Publications Trust, Prasanthi Nilayam	Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam
Sri Sathya Sai Media Foundation, Prasanthi Nilayam	Sri Sathya Sai Sadhana Trust, Media Division, Prasanthi Nilayam
Sri Sathya Sai Bhakta Sahayak Sangh, Prasanthi Nilayam	Sri Sathya Sai Sadhana Trust, Bhakta Sahayak Division, Prasanthi Nilayam

All correspondence and other transactions will continue to be carried out by the same offices as were done so far, but, as respective 'Divisions' of Sri Sathya Sai Sadhana Trust. There is no change in postal address except the change in the name. Phone numbers, Fax, E-mail IDs and websites of the merged Trusts will continue to remain the same as before.

– *Publisher*



SRI SATHYA SAI UNIVERSITY

(Established u/s 3 of the UGC Act, 1956, Accredited by NAAC at A⁺⁺ level)

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Ph.: +91 8555 287239 Fax: 286919; Website: www.sssu.edu.in E-mail: registrar@sssu.edu.in

Admission Notice

Admission for the Academic Year commencing from June 2009

will be made for the following Courses:

Prasanthi Nilayam Campus (for Men): B.A., B.Sc.(Hons) in Mathematics, Physics, Chemistry, Biosciences, Economics (leading to PG Courses in the respective subjects); M.B.A., M.B.A.(Finance), M.Tech.(Computer Science), and M.Tech.(Applied Optics).

Brindavan Campus (for Men): B.Sc.(Hons) in Mathematics, Physics, Chemistry, Biosciences (leading to PG Courses in the respective subjects) and B.Com.(Hons).

Anantapur Campus (for Women): B.A., B.Com.(Hons), B.Sc.(Home Science), B.Sc.(Hons) in Mathematics, Physics, Chemistry, Biosciences; B.Ed., M.A.(English), M.A.(Telugu), M.Sc.(Home Science) with specialisation in (a) Food Science & Nutrition and (b) Food Technology.

Eligibility for Admission:

Undergraduate Courses: 10+2 pattern of study/Intermediate. Minimum marks required in the X Std. examination is 60% in aggregate and 55% in General English. Candidates should have taken their final year +2 / Intermediate qualifying examination before the date of Admission Test.

Postgraduate Courses: 10+2+3 pattern of study. A First class (minimum of 60% marks in aggregate in all the three years of study) in respective degrees with 50% in General English. For M.Sc.(Home Science) candidates of B.Sc.(Biosciences) or B.Sc.(MPC); for M.A.(Economics) Programme, candidates of B.A. or B.A.(Hons) or B.Sc. or B.Sc.(Hons) or B.Com. or B.Com.(Hons) are also eligible to apply.

M.B.A./M.B.A.(Finance) and B.Ed.: 10+2+3 pattern of study. A First class (minimum of 60% marks in all examinations of the course) in any first degree or Postgraduate degree with 50% marks in General English in the first basic degree. Candidates of Technical Courses like B.E., B.Tech., B.Pharma., B.Sc.(Agri). etc., are exempted from the minimum requirement of 50% marks in General English.

M.Tech.(Computer Science): A First class (60% and above) both in the first degree and M.Sc.(Mathematics)/M.Sc.(Physics)/M.Sc.(Computer Science)/M.C.A./B.E.(Computer Science)/B.Tech. (Computer Science) levels of examination with Computer Science background, and the candidates should have formally undergone the following courses: Artificial Intelligence, Computer Networks, Computer Organisation & Architecture and Database Systems.

M.Tech.(Applied Optics): A First class (60% and above) both in the first degree and M.Sc.(Physics)/B.E./B.Tech. levels of examination with a background in Optics and Electromagnetic Theory.

Note: Eligible candidates will be shortlisted by the University based on the marks of qualifying examinations. Only such candidates will be called for Admission Test.

In the case of candidates who have not received the marks statements of the final year of the first degree examination, their marks in the previous years/semesters should not be less than 60% in aggregate and 50% in General English. They should have taken their final year/semester qualifying examination before the date of the admission test.

Admissions are made as per the guidelines issued by the Govt. of India and UGC with regard to Reservation of seats. Candidates belonging to Scheduled Castes / Scheduled Tribes are entitled to a relaxation of 5% marks.

Admission to all the above courses will be on the basis of Admission Test and Interview which will be held in May 2009, at **Prasanthi Nilayam, Andhra Pradesh.**

Application form along with Information Handbook will be available from **1st December 2008 to 28th February 2009.**

Interested candidates may apply to the **Registrar, Sri Sathya Sai University, Vidyagiri, Prasanthi Nilayam - 515 134, Anantapur District, A.P.** along with I.P.O. or Bank Draft for Rs.70/- for Undergraduate Courses and Rs.100/- for Postgraduate Courses/M.B.A. /M.B.A.(Finance)/M.Tech.(Computer Science)/M.Tech.(Applied Optics)/B.Ed. Courses. The Bank draft should be drawn in favour of **Sri Sathya Sai University**, payable at **Prasanthi Nilayam/Puttaparthi**. Since the application forms are different for each programme, candidates must indicate in the requisition letter the details of course/subject of study for which they seek admission. Also, **the name, postal address, phone number, and Email ID** of the candidate should be mentioned clearly in the requisition letter.

Alternatively, candidates may visit the website www.sssu.edu.in for downloading the application form and Information Handbook and fulfil the necessary requirements.

– Registrar

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Ph.: +91 8555 287239 Fax: 286919; Website: www.sssu.edu.in E-mail: registrar@sssu.edu.in



Admission Notice

Admission for the Academic Year commencing from June 2009
will be made for the following Courses:

Sathya Sai Mirpuri College of Music

Sri Sathya Sai University offers the following courses under the auspices of the Sathya Sai Mirpuri College of Music (for boys) in Prasanthi Nilayam. The admissions will be made for the Academic Year commencing from June 2009.

FULL-TIME COURSES

1) **FOUNDATION COURSE** - Duration: 2 years: (Carnatic, Hindustani) Vocal, Veena, Mridangam, Sitar, and Tabla.

ELIGIBILITY: Candidates should have passed 7th Standard of study, and be 13 to 20 years of age.

2) **DIPLOMA COURSE** - Duration: 3 years: (Carnatic, Hindustani) Vocal, Veena, Mridangam, Sitar, and Tabla.

ELIGIBILITY: Candidates should have passed 10th Standard of study and also a Course in Music equivalent to the Foundation Course from any recognised College/Institution, and be 16 to 23 years of age.

Application forms will be available from **1st December 2008 to 28th February 2009**.

Admission to the above Courses will be on the basis of Admission Test and Interview which will be held in May 2009, at Prasanthi Nilayam, Andhra Pradesh.

Interested candidates may apply to the Registrar, Sri Sathya Sai University, Prasanthi Nilayam - 515 134, Anantapur District, A.P. along with Indian Postal Order or Bank Draft for **Rs.50/-** drawn in favour of **Sri Sathya Sai University**, payable at **Prasanthi Nilayam / Puttaparthi**. The **name, postal address, phone number and Email ID of the candidate** should clearly be mentioned in the requisition letter.

Alternatively, candidates may visit the website www.sssu.edu.in for downloading the application form and Information Handbook and fulfil the necessary requirements.

– Registrar

NOTICE

In view of recent escalation in the Overseas Postal Charges, we are compelled to revise the annual subscription rates of Overseas Sanathana Sarathi (English) with effect from 1st March 2009 as detailed below:

Overseas English: By Airmail Rs 850/- or US\$19 or €13 or £13 or Can\$22 or Aus\$26.

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– Publisher

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Basic Consciousness is One

The universe has come from Brahman, the Universal Consciousness. The multiplicity of forms are like the different kinds of figures made from sugar to attract children. The forms are different, but the basic consciousness is one. Just as a doll made from sugar is dissolved in the mouth, the external form of the body should dissolve in the experience of Atmic bliss. The source of life is Brahman. Change and evolution are natural to it. But the presence of the unchanging Divinity should be experienced within the changing body.

– *Baba*

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