

# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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*Editor*

**G.L. ANAND**



*"If you spend all your time  
from birth to death in filling your  
belly, when will you work for your  
liberation? If you do not perform  
good deeds till your last breath, when  
will you perform them? Undertake  
the performance of good deeds when  
you have good health, energy and  
strong limbs."*

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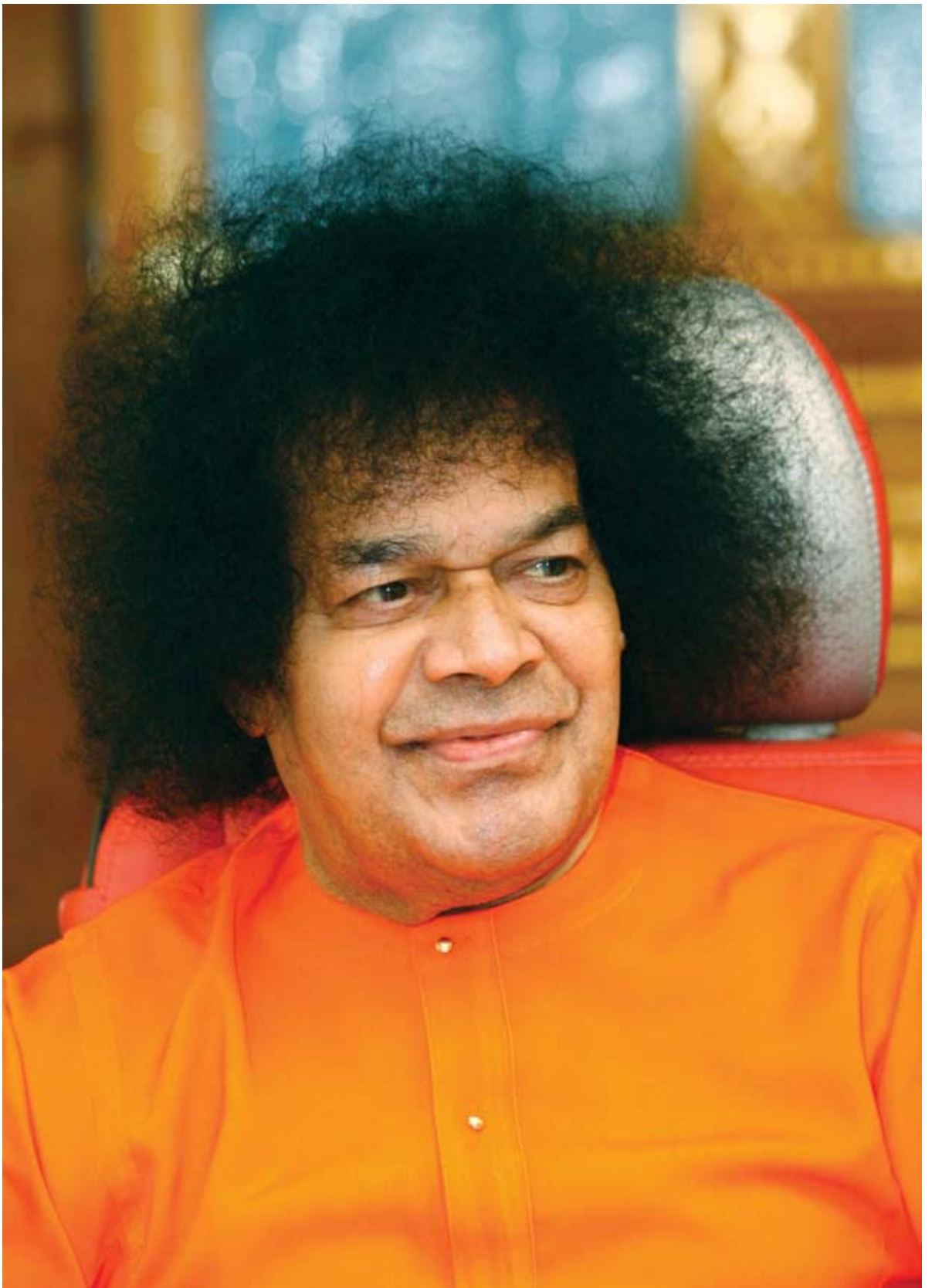
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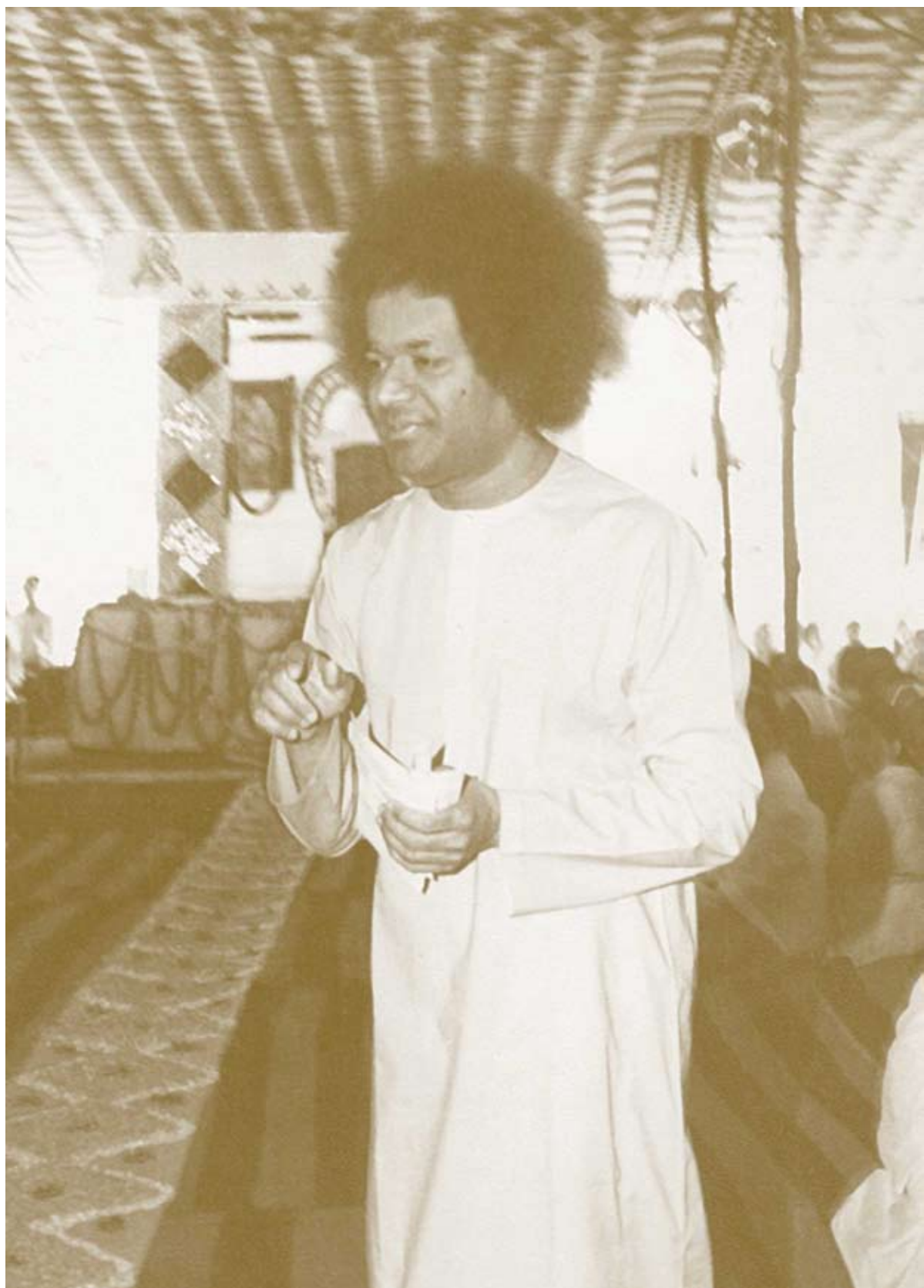
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# ALL PARTIES SHOULD UNITE TO MAKE BHARAT STRONG

*Forbearance is the real beauty in this sacred land of Bharat. Of all the rituals, adherence to truth is the greatest penance. The nectarine feeling in this country is the feeling of love towards one's mother. Character is valued far higher than the very life itself. People have forgotten the basic principles of this great culture and are imitating Western culture. Alas! The Bharatiyas are not aware of the greatness of their cultural heritage just as a mighty elephant is not aware of its own strength.*

(Telugu Poem)

**I** HAVE NEVER SO FAR GIVEN A Discourse in Tamil in such a vast assembly. I will not speak about a particular State or a region since I do not observe any such differences. The whole of Bharat is important for Me. It is only man who has divided the land into various regions. God has not willed any divisions.

## Make Atma the Basis of your Life

All the Bharatiyas should join hands to make Bharat a land of prosperity. It is possible only through love. The awareness of the principle of the Atma can unite all.

*Religions are many, but goal is one,  
Clothes are many, but yarn is one,  
Flowers are many, but worship is one.*

Therefore, embodiments of love, do not observe any differences on the basis of religion. The same effulgent Atma is present in the heart of everybody. People may wear different types of dresses and speak different languages, but the Atma present in all is one and the same. Names and forms can be different, but the divine principle is one in all. He is a true Bharatiya who recognises this

truth and acts accordingly. It is man who has created all differences. We give different names to different forms for the sake of identification. But God has no form. He is also referred to as Atma. We should love Atma and make it the basis of our life. This is true human quality. That itself is Sathya, Dharma, Santhi, Prema and Ahimsa (truth, righteousness, peace, love



***You are unable to experience  
peace because you have turned  
your innate peace into pieces.  
We should live in unity and love  
without observing any differences.  
All the people of the world belong  
to the same family. Instead of  
living like members of one family,  
people create differences on the  
basis of parties which bring harm  
to the country. We should never  
give scope to any differences  
whatsoever.***



and non-violence). Where there is love, there are peace and truth. Truth is one, not two. If you adhere to the path of truth, you will encounter no difficulties or dangers. Man should love his fellow human beings like his own brothers and

Rather, you should greet him, saying, "Hello brother, how are you?" Then, he will also say, "How are you, brother?" Mind is the witness of mind. A fool will witness only foolishness. We should never act in a foolish manner. *Love*

*All, Serve All. Not only that, Help Ever, Hurt Never.* We should not harm anyone. We should love everybody. Then, this love will reach God.

Love attracts everybody. The five elements, the five senses and the five life-breaths are all present within you. It is a sign of ignorance to search for God outside when He is present very much within you. You should develop self-confidence that God is within you. When you have self-confidence, you will have self-satisfaction, and self-satisfaction will lead you to self-sacrifice. When you practise self-sacrifice, you will attain self-realisation. Hence, self-realisation does not come from outside. If you ask a millionaire, "Sir, do you have peace?" his reply will be, "I have money, I have a number of houses, I have everything, but I have no peace of mind." Where does the peace of mind come from? Peace lies within us, not outside. You are unable to experience



*For whose sake should you accumulate so much wealth? You may very carefully accumulate great wealth, but all that may be spent by your children. During your lifetime itself, you should make proper use of your wealth. I do not keep even a single naya paisa with Me. Whoever sends any money to Me, I directly send it to the bank. I utilise all the money on welfare projects. As I am undertaking many welfare projects, a lot of money is getting collected in the banks. What for should we keep money in banks? It is only for spending on noble causes.*

sisters. This is true devotion. At the worldly level, you should discharge your duty and at the spiritual level, you should love everybody without observing any differences. Even if you come across your enemy, you should not turn your face away from him.

peace because you have turned your innate peace into pieces. We should live in unity and love without observing any differences. All the people of the world belong to the same family. Instead of living like members of one family, people create differences



on the basis of parties which bring harm to the country. We should never give scope to any differences whatsoever. The Vedas declare, *Na Karmana Na Prajaya Dhanena Thyagenaike Amrutatthwamanasu* (immortality is not attained through action, progeny or wealth; it is attained only by sacrifice). Money comes and goes. Nothing is permanent. Only consciousness is eternal. We should take this as the basis of our life.

We should respect all parties. All parties are one. Just like human beings have different names, parties also have different names. Everybody will be happy when we develop the feeling of oneness of the Atma without observing any differences. "He is happy, but I am unhappy." Why do such differences arise? Happiness and sorrow are not separate from each other. *Pleasure is an interval between two pains*. There can be no happiness without difficulties. So, we should treat both of them with equanimity.

### **Put your Wealth to Proper Use**

I am very much pained to see the plight of the poor. Once I was travelling to Madras (Chennai) by car. There were many cars following My car. As I was coming to Chennai, I enquired at a place, "What is this?" The devotees who were travelling with Me in the same car said, "It is Red Hills." They told, "The rain water collected in this area is used for growing crops. But it has now become dry because there is no rainfall." I saw small children drinking dirty water from puddles. They told that the same water was being used for cooking. By drinking such dirty water, we spoil our health ourselves. People in many villages are put to a lot of trouble due to lack of drinking water. Here and there they dig borewells for water, but borewells are not a permanent solution to their

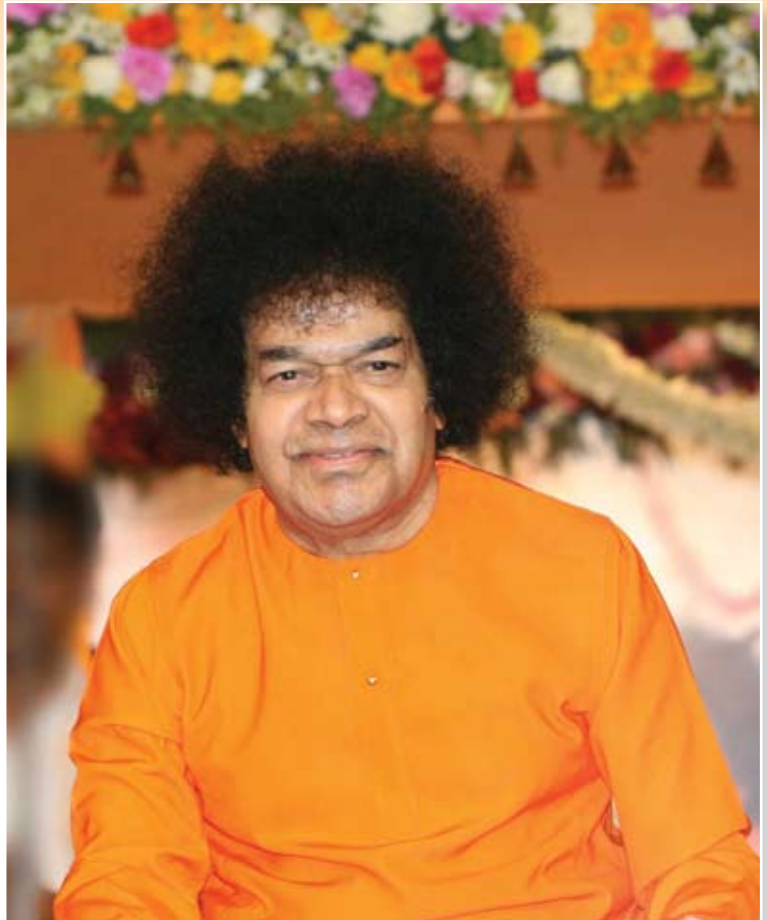
water problem. They are functional only for a short time and then they become dry. There are three things that affect our health – water, food and environment. Man can enjoy good health when all these three are pure. Today our health is spoiled because we drink polluted water, eat improper food and breathe in polluted air. I said to a devotee travelling with Me in the car, "My dear, there are a number of wealthy people in Chennai. Why don't they make some sacrifice?" When a beggar comes to their doorstep, they drive him away. They even chase him away by their dog. Is there anyone who gives even a naya paisa for the welfare of society? Can't they extend a helping hand to others and the country at large? Can't they provide drinking water to quench the thirst of others? They spend so much money on cigarettes, cinema, eating and drinking. Instead of indulging in misuse of money in this manner, is it not possible for you to provide even a gulp of water to poor children? Health, education and peace of mind are very important for man.

If we look at the present educational scenario, we find that one has to pay a huge amount to get a child admitted even in a primary class. Over and above this, one has to pay fees every month. Wherefrom can poor people get so much money? We should bear this in mind that the money which is with us is not really ours; it is the gift of God. With this sacred feeling, we should utilise the money for the welfare of the masses. (Narrating the story of the great conqueror Alexander, Bhagavan explained the futility of amassing wealth and conquering territories since everyone has to go from this world empty-handed howsoever wealthy or powerful one may be.) For whose sake should you accumulate so much wealth? You may very carefully



accumulate great wealth, but all that may be spent by your children. During your lifetime itself, you should make proper use of your wealth. I do not keep even a single naya paisa with Me. Whoever sends any money to Me, I directly send it to the bank. I utilise all the money on welfare projects. As I am undertaking many welfare projects, a lot of money is getting collected in the banks. What for should we keep money in banks? It is only for spending on noble causes. In many villages, small children have to walk long distances to go to school. We should help these children by establishing schools in those villages. Many women have to take their sick children to a hospital at a far off place to consult a doctor. Hence, we should establish a hospital in every village. Seeing the plight of people who are unable to get medical treatment, I have established hospitals, two of which are super speciality hospitals. Crores of rupees have been spent on each building. Those who come to our hospital for any treatment are not put to any inconvenience. Not only are they given free medicines, they are given free food also.

Besides the hospitals, we have established educational institutions also. Students come to our institutions from



*It is a sign of ignorance to search for God outside when He is present very much within you. You should develop self-confidence that God is within you. When you have self-confidence, you will have self-satisfaction, and self-satisfaction will lead you to self-sacrifice. When you practise self-sacrifice, you will attain self-realisation. Hence, self-realisation does not come from outside. If you ask a millionaire, "Sir, do you have peace?" his reply will be, "I have money, I have a number of houses, I have everything, but I have no peace of mind." Where does the peace of mind come from? Peace lies within us, not outside.*

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various places. We do not collect even a paisa from them, not even examination fee. In this manner, thousands of students are receiving free education in our institutions. (At this point of time, Bhagavan asked some students to come onto the stage.) All of them are postgraduates. They have completed courses like M.A., M.B.A., M.Sc., etc. After completing such courses, these boys have been praying to Me, "Whatever work Swami gives us, we will happily do it." That is why I have given them village work. They go from village to village distributing food to poor people. What is the use of all your education if you do not help the poor? Aren't there so many highly educated people in this country? They are heroes in accumulating wealth and zeroes in noble tasks. Accumulation of money is not important; the work we do is much more important. Education will become worthwhile if you utilise it in the service of others. Otherwise, it is all a waste. (Pointing to a student) This boy has come from Himachal Pradesh. Students come here from many places, and even from Russia and America. Those who come from Russia have so much devotion. I send them along with our college students to distribute food from door to door in villages. They go to each and every house and distribute food and clothes and experience bliss.

*There is no charity greater than feeding the hungry,*

*There are no greater gods than parents,  
There is no greater gain than the company of the good,*

*There is no enemy greater than anger,  
There is no wealth greater than good reputation,*

*There is no greater Dharma than compassion.*

(Telugu



***I am not talking about any particular party or individual. I am talking, keeping the welfare of the entire country in view. When the individuals are prosperous, the country will also become prosperous. There are five fingers in the hand. It is possible to catch any object only when all the five fingers join together. In the same manner, people of all parties should become one. Followers of one party should not hate those of other parties. You pursue what you want, let them have what they want. Not only should you not hate people of other parties, you should not hate the followers of other faiths also.***



Poem)

One with compassion is a true human being. One without compassion does not deserve to be called a human being. We are born as human beings. When we call ourselves humans, we should not behave like animals. Fighting and killing are the qualities of animals, not of human beings. The selfishness that is seen in man today is not found even in monkeys. Everything man does is motivated by selfishness; he does not undertake anything for the welfare of others. All fields of human endeavour like music, literature, politics, etc., have become polluted by selfishness.

Love each other with a pure mind. Never hate anybody. Desire the welfare of all. When all are happy, we will also be happy. When there is no happiness in the world, how can we be happy? I want that all of you





should live in unity like brothers and sisters. Money can fill your belly, but it cannot give you mental satisfaction. *Money comes and goes, morality comes and grows.* Hence, develop morality. Only then can we live up to the title of a human being. Strong determination is very essential on the path of spirituality. Having resolved something, we should never give it up under any circumstances.

*Having resolved, what ought to be resolved, hold on to it till you have succeeded. Having desired what ought to be desired, hold on to it till your desire is fulfilled. Having asked what ought to be asked, do not leave the hold till you get it. Having thought what ought to be thought, hold on to it till you have succeeded. With heart mellowed, the Lord must yield to your wishes or forgetting yourself, you should ask Him with all your heart. Persevere, be tenacious, and never give up, for it is the quality of a devotee never to retreat, abandoning his resolve.*

(Telugu Poem)

If you find anybody in trouble, you should go and talk to him lovingly. That itself will give him

great satisfaction. You are all embodiments of God. Do not think that only Sai Baba is God. God is present in all. All of you are divine. Therefore, help everybody considering him as divine. This is very important. One who understands this truth and acts accordingly will achieve great success in life. I am not talking about any particular party or individual. I am talking, keeping the welfare of the entire country in view. When the individuals are prosperous, the country will also become prosperous. There are five fingers in the hand. It is possible to catch any object only when all the five fingers join together. In the same manner, people of all parties should become one. Followers of one party should not hate those of other parties. You pursue what you want, let them have what they want. Not only should you not hate people of other parties, you should not hate the followers of other faiths also. I want that you should live in unity without hating anyone.

– From Bhagavan's Divine Discourse at the public meeting held in Nehru Indoor

At the end of life, one should bring to the consciousness the great thoughts one attained in life, the high feelings one entertained. This was the directive of the sages of India. They did not demand that one should bring to memory the faults and errors one committed in life. These are inevitable and universal. But the sages declared that one should be always aware of one's reality and should be engaged ever in contemplating its grandeur and glory. That, they said, was the greatest step to progress.

– Baba

# DEENAJANODDHARANA PATHAKAM

**D**EENAJANODDHARANA Pathakam (project for the welfare of destitute children) celebrated its Foundation Day at Prasanthi Nilayam on 20th June 2007. On this occasion, the children of this institution presented a cultural programme in Sai Kulwant Hall in the Divine Presence of Bhagavan Sri Sathya Sai Baba who started this project five years ago to look after orphan children. The programme which was outstandingly beautiful in all respects showcased how these destitute children had blossomed under the Divine care of Bhagavan.



*On the Foundation Day of Deenajanoddharana Pathakam, its children presented a beautiful cultural programme in Sai Kulwant Hall, Prasanthi Nilayam.*



*Children of Deenajanoddharana Pathakam chanting Vedic hymns at the beginning of their cultural programme presented by them on 20th June 2007.*

The programme started at 4.45 p.m. with chanting of Vedic hymns by four children. Thereafter, an impressive introductory speech was made by a child which showed his self-confidence and oratory skill. This was followed

by an exhilarating invocation dance by the children to the tune of thrilling music which delighted one and all. Then came the main item of the programme, viz., Kavi Sammelan (poets meet) which presented some renowned ancient and modern poets including a couple of humorist ones. The great poets presented in this programme included Sanskrit poets Valmiki and Kalidasa, Tamil poet Thiruvalluvar (author of Thirukkural), Hindi poet Tulsidas (author of Ramacharit Manas), English poet Alfred Tennyson and Telugu poets Nannaya and Pothana, besides the humorist poet Tenali Ramakrishna who along with a couple of other narrators introduced the poets with lively commentary. The children in the costume of the poets represented by them recited their poems while the humorist poets made the programme lively by their witty remarks. The programme also showcased the stupendous humanitarian projects of Bhagavan in the areas of educare, medicare and sociocare. The programme came to a close at 5.45 p.m. with a beautiful folk dance. At the end of the programme, Bhagavan blessed the children, posed for group photos with them and distributed clothes to them. The programme concluded with Arati to Bhagavan at 6.10 p.m.

# ACQUIRE THE KNOWLEDGE OF THE SELF

*Oh man! You struggle hard in life merely for the sake of filling your belly. You acquire myriad types of knowledge from various fields. Examine and enquire for yourself what great happiness you have achieved by spending all the time from dawn to dusk in acquiring worldly knowledge and earning wealth while forgetting God.*

(Telugu Poem)

**O**NE MAY HAVE HIGH EDUCATION and a great name, but what is the use if one forgets humanness? Howsoever high education one may acquire, it is of little worth without humanness.

## Knowledge is True Wealth of Man

Do we find any trace of love, compassion and sacrifice in man today? What is the value of humanness without these? What does it really mean when we say *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest)? All the efforts of man today are directed towards filling his belly. Is there anyone who thinks of the welfare of society and the world at large? One who strives for the welfare of society is a true human being. Man today does not accord respect to his fellowmen which is due to them as human beings. People are respected because of their worldly positions; nobody recognises the value of purity of heart. Radhakrishnan was a great teacher but he was shown much more respect when he became the President of India. People show respect to the position of a person, not

to his capabilities. Positions come and go like passing clouds. Humanness is pure, eternal and everlasting. But man does not make efforts to recognise this true and eternal principle.

In ancient times, mothers used to cultivate good habits in their children. They taught them to get up from the bed with the crowing of cock early in the morning, to brush their teeth, have a bath and pray to God. Only after that, they served breakfast to them. But the children today get up very late, at 8 o'clock or even 9 o'clock in the morning. As soon as they get up, they drink coffee or tea without even washing their face. People today always think of filling their belly; they do not think of the way to make their life blessed. They are interested in acquiring high education and amassing great wealth, but they have no spirit of sacrifice. On the contrary, their desires go on increasing.

A man who has ten buildings desires to have eleventh also. A businessman who has earned crores of rupees in business wants to earn more and more. Then, when will he work for his liberation? We are born to be liberated, not to waste our life. Irrespective of anything,

life will go on. Knowledge is the true wealth of man. However, the knowledge of the Self is most essential. All other knowledge howsoever great is useless without the knowledge of the Self. Knowledge does not mean knowing what you do not know. You should recognise the feelings of your heart. That is true knowledge. One may earn crores of rupees, but ultimately one has to go from this world empty-handed. Hence, one should make efforts to redeem one's life. Knowledge of the Self is very essential for the merger of Jiva (individual soul) with Brahman (Supreme Being).

### **Pray for the Peace of the Entire World**

Wealth and money come and go. But true knowledge is not something which comes and goes; it comes and grows. We should try to acquire such eternally-growing knowledge. Only then can we live like true human beings. Human qualities are nowhere to be seen in human beings today. Do they speak truth? No. People open their mouth only to utter falsehood. They indulge in unrighteousness in all their endeavours. Then, how can they attain peace? Is peace available in some shop in the world? No, no. Peace cannot be found outside. The day you control your desires, peace will manifest from within you. Then only will love blossom in you.

Love is there in you even now. Love never dies. No death for love. There is love in every individual. But people make it artificial. Can we drink water directly from the clouds? We can get water to drink only when it rains. Appropriate prayer is essential to get water from the clouds. We can get water only by the grace of Varuna (rain god). God gives water for the welfare of the world, not to meet the selfish needs of individuals. You should

pray for world peace. Do not pray with the selfish motive of attaining peace for yourself, your family and friends only. Peace lies in the prayer *Loka Samasta Sukhino Bhavantu!* (May all the people of the world be happy!). Pray for the welfare and prosperity of all. Your happiness is My happiness. I am peaceful and blissful when all of you attain peace, happiness and contemplate on God. It is not enough if you desire peace for yourself and your family. You should aspire for the peace of the entire world. But today there is no peace in the world. Wherever we see, there are only 'pieces'.

### *Embodiments of Love!*

You should cultivate, develop and experience love, and enjoy bliss. He is a true human being in whose heart we find the manifestation of love. There is love in everyone of you, but you do not put it into practice. If you have ten rupees, you should keep only that which is necessary for you; spend the rest of it for the good of others. Everybody has an equal share in the property of God. If you do not make proper use of your share, you will be ruined by your own selfishness.

### **Start Contemplating on God Right from your Childhood**

This Ati Rudra Maha Yajna is being performed for the welfare of the world, not for the sake of any particular individual. There should be peace in the world and all should experience bliss. How can you experience peace when there is no peace in the world? Hence, everybody should pray for the peace of the entire world. The people of Chennai are very happy at the performance of Ati Rudra Maha Yajna in their city. Ocean is the source of all rivers, in which they ultimately merge.

Likewise, Ati Rudra Maha Yajna is



the source of all types of happiness, welfare, prosperity and peace. You may not understand the meaning of the Mantras that are being chanted in this Yajna, but even listening to these will confer bliss on you. Contemplate on whatever you have listened to and put it into practice. Only then can you attain peace. If you spend all your time from birth to death in filling your belly, when will you work for your liberation? If you do not perform good deeds

conducted the programme with great devotion and earnestness. They acquired this great capability because they started their practice very early in their life. You can see that most of the Ritwiks are young. When did they start learning these Mantras? They began their learning with the chanting of Panchakshari Mantra “Om Namah Sivaya” from their very childhood. In the same way, if you start contemplating on God right from your

*Wealth and money come and go. But true knowledge is not something which comes and goes; it comes and grows. We should try to acquire such eternally-growing knowledge.*

*Only then can we live like true human beings. Human qualities are nowhere to be seen in human beings today. Do they speak truth?*

*No. People open their mouth only to utter falsehood. They indulge in unrighteousness in all their endeavours. Then, how can they attain peace? Is peace available in some shop in the world? No, no.*

*Peace cannot be found outside. The day you control your desires, peace will manifest from within you.*



till your last breath, when will you perform them? Undertake the performance of good deeds when you have good health, energy and strong limbs.

All the Ritwiks (priests) engaged in the performance of this Yajna have

childhood, you can get good teachers and good friends. If you associate yourself with wicked people, you will also become wicked. *Tell me your company, I shall tell you what you are.*

Is it possible for you to become good if you move in the company of bad people?





*We are born to be liberated, not to waste our life. Irrespective of anything, life will go on. Knowledge is the true wealth of man. However, the knowledge of the Self is most essential. All other knowledge howsoever great is useless without the knowledge of the Self. Knowledge does not mean knowing what you do not know. You should recognise the feelings of your heart. That is true knowledge. One may earn crores of rupees, but ultimately one has to go from this world empty-handed. Hence, one should make efforts to redeem one's life. Knowledge of the Self is very essential for the merger of Jiva (individual soul) with Brahman (Supreme Being).*

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Never. You can become good only when you join good company. You should earn a good name. Man is essentially good. Having been born as a human being, you should not behave like an animal. Do not conduct yourself like

Keechaka (a wicked character in the Mahabharata). You should become like Arjuna, not like Keechaka. You should lead your life free from desires with purity of heart and love. Give up selfishness. What is sacrifice? If your handkerchief falls down from your hands, can you call it an act of renunciation? No, no. You should consider whether what you are renouncing is useful or not. You should enquire into what is temporary and what is permanent, and should give up all that is temporary.

You have sanctified your life by listening to the sacred Mantras and witnessing the performance of the Yajna all these days. All of you are sitting here, listening to the sacred Mantras. Ritwiks have been chanting the Divine Name blissfully during the last twelve days. We should enquire whether we can get such opportunities again! When I come to this place, I hear people chanting the Divine Name "Sai Ram, Sai Ram, Sai Ram" all along the way. They manifest their feelings of devotion in this manner. *Satatam Yoginah* (attain permanent yogic state). This is the sign of true devotion.

We should put into practice at least a fraction of what we have learnt. Only then can we redeem our lives.

**– From Bhagavan's Divine Discourse at Thiruvannamiyur, Chennai on 30th January 2007 on the occasion of Ati Rudra Maha Yajna.**

## **A SCINTILLATING MUSICAL PRESENTATION**

**A** GROUP OF MORE THAN 300 devotees from the South-east region of the U.S.A. came on a pilgrimage to Prasanthi Nilayam from 24th June to 5th July 2007 to experience the bliss of Bhagavan's proximity and seek His Divine benedictions.



sweetness of music touched the heart of the audience who expressed their appreciation by loudly applauding the presentation time and again. One great distinguishing feature of this musical presentation was that the entire



*Devotees from the South-east region of the U.S.A. singing the glories of the Lord in the Divine Presence of Bhagavan in Sai Kulwant Hall on the afternoon of 2nd July 2007.*

On the afternoon of 2nd July 2007, these devotees presented a scintillating programme of devotional songs and Bhajans in Sai Kulwant Hall in the Divine Presence of Bhagavan. The programme entitled "Journey to Sai through SAI (Service, Adoration, Illumination)" began with a beautiful song in praise of Lord Ganesh at 4.35 p.m. What followed this was a medley of group songs in various languages (Spanish, Swahili, Hindi, English and native American language) and cultural styles practised in the South-east region of the U.S.A. The melody of the songs, their soulful rendering and

group comprising small children, adults and elders, both ladies and gents, participated in the group songs with great devotion and enthusiasm.

After this, the singers of this group led the Bhajans which were followed in unison by the entire assembly of devotees in Sai Kulwant Hall. Bhagavan sat through the entire presentation and showered His blessings on the devotees. He also distributed clothes to all of them. The programme came to a close at 6.10 p.m. with Arati to Bhagavan. Prasadam was distributed to all in the end.

# TRUTH HAS UNLIMITED POWER

## *Embodiments of Love!*

**T**HE PEOPLE OF BHARAT HAVE A great good fortune that their country has a very rich culture. It is the land of Punya (merit), Thyaga (sacrifice) and Karma (action). Unfortunately, today the people of Bharat are not aware of the greatness of their country.

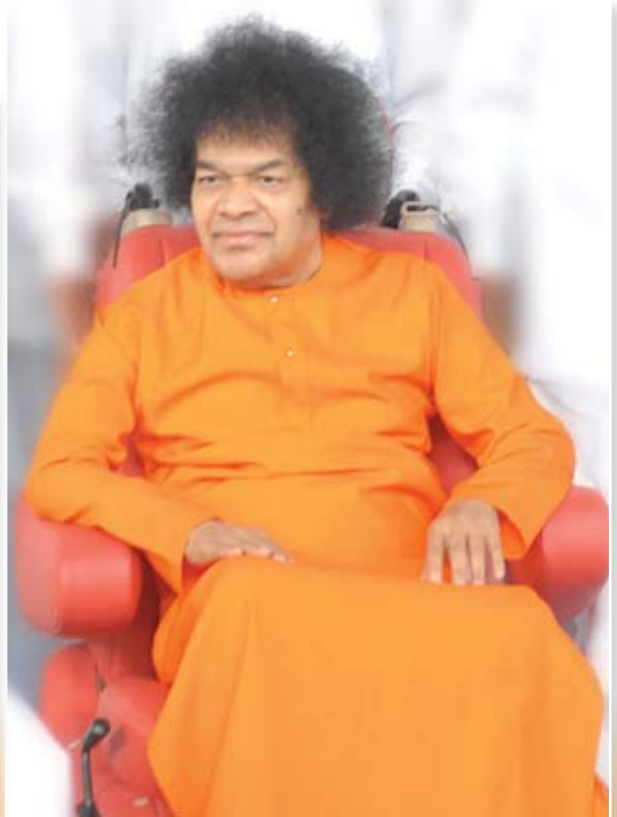
## **Truth Rests on Dharma**

The Bharatias are oblivious of their great power just as an elephant does not know its strength. An elephant is endowed with such great strength that it can knock down a person

and throw him away with the mere swish of its tail. But such a powerful elephant is kept under control by a mahout with the help of a goad. Since the elephant is unable to realise its own strength, it submits itself to the commands of the mahout. Similarly, the Bharatias today are unable to realise their innate strength because they have made their body and Upadhi (limiting condition) as the basis of their life.

*The body is made up of five elements and is bound to perish sooner or later, but the indweller has neither birth nor*

*The power that man is endowed with is not found in any other being. It is the power of truth. It can move even God who is otherwise indescribable and inscrutable. This truth should be understood. It is, in fact, the truth of truths. None can assess the power of truth; human mind cannot reach its limit. It can only be experienced; it cannot be described. Truth is God, verily. That is why it is said Sathyam Jnanam Anantham Brahma (Brahman is the embodiment of truth, wisdom and eternity).*





*death. The indweller has no attachment whatsoever and is the eternal witness.*

(Telugu Poem)

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*The creation emerges from truth and merges into truth,*

*Is there a place in the cosmos where truth does not exist?*

*Visualise this pure and unsullied truth.*

(Telugu Poem)

Wherever you see in this world, you find only Sathya (truth). Mithya (untruth) does not exist at all. However, man relies on the unreal body and considers it as real. First and foremost, man should realise truth. He should pray to truth and uphold truth. *Sathyannasti Paro Dharma* (There is no Dharma greater than adherence to truth). Devoid of truth, there is no Dharma at all! It is only on the foundation of truth that the mansion of Dharma rests. You have to make efforts to realise this truth. Unable to control your senses and not able to get rid of the delusion caused by body attachment, you are pursuing secular education, forgetting the principle of the Atma which has been called *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala Swarupinam* (attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness).

Forgetting this indwelling truth, you are following the senses and the mind which are unreal and impermanent! Do you know the nature of the mind? It runs arbitrarily here and there without any check like a fly which sits on a fragrant flower for one moment and then moves on to foul-smelling garbage cart the very next moment. How can you trust such a fickle mind? *Mind is like a mad monkey, body is like a water bubble.* Unfortunately, today, we are leading our lives reposing our faith in such a body and mind. The day you give up body attachment, forget the senses and contemplate on the Atma Tattwa (principle of the Self), that very day you yourself will become the embodiment of the divine principle. You are not merely a human being; you are God yourself. But you are deluded to consider yourself a human being. You have donned the garb of a human being for the sake of living in this world. This human form is only a dress. As long as you are acting on the stage of this world, you wear that dress. The moment you leave the stage, you cast off that dress. You wear this dress only to enact a role. However, you should always remember your true form.

### **Follow the Lofty Ideals Set by Rama**

Humanness is sacred and divine. But man today is consigning it to dust. He should instead sanctify it by recognising its worth. All the worldly education and power you acquire are temporary and short-lived. Instead, strive to realise the Atma Tattwa which is eternal. You are not the body. When somebody asks you, "Who are you?", you reply, "I am so and so." Thus, you introduce yourself taking into account your physical body, your occupation, the place where you live, etc. You say, "I am Ramadas." This is the name given



to you by your parents. If someone questions, “Who is Ramadas?”, you reply “I”. The name “Ramadas” pertains to your body. “I” is your real name. That “I” is real and eternal.

The literal meaning of the word Ramadas is the servant of Rama, the son of Dasaratha. But the name Dasaratha here does not refer to the king of Ayodhya. The human body with Dasendriyas (ten senses) represents Dasaratha. And Ayodhya means the place where no armed foe can enter. Dasaratha had three wives – Kausalya, Sumitra and Kaikeyi who represent the three Gunas – Sattwa, Rajas and Tamas. Using our inner vision, we should try to know the truth that is immanent in us. The great sages and seers of yore realised this truth, put it into practice in their life and taught it to others. They were not deluded like present-day human beings. Forbearance is the natural quality of the Bharatiyas. In fact, one who is devoid of this quality is not a human being at all!

In the Indian cultural ethos, mother occupies the highest place. The Vedas declared, “*Matru Devo Bhava, Pitru Devo Bhava*” (revere your mother and father as God). You are all familiar with the Suprabhatam Sloka (verse sung early in the morning) sung to Rama, *Kausalya Supraja Rama ...* (Oh Rama! Noble son of Kausalya!). Mother is the first deity of man. But how many respect their mother today? When Rama prostrated at the feet of his mother Kausalya before accompanying Sage Viswamitra to the forest to protect his Yajna, she blessed Him thus: “Son! May the Supreme Lord who protected Prahlada, may the dweller of Vaikuntha who took the child Dhruva into His fold, may the one who is extolled by the Amaras (immortal gods), may the Lord who is the refuge of the forlorn confer



***No other text teaches so emphatically the significance of good character as does the Ramayana. Unfortunately, many people today do not realise the greatness of the Ramayana. In fact, the very heart of the Bharatiyas is Ramayana. The root cause of the difficulties being faced by the Bharatiyas today is the lack of understanding of this truth and its absence in their conduct.***



victory on You!” It was only due to the blessings of His mother that Rama could vanquish the demons and protect the Yajna of Viswamitra. Again, it was the power of His mother’s words of blessing that granted Him success in the Swayamvara (ceremony to select a groom by the bride) in King Janaka’s court where He broke the divine bow of Lord Siva. King Janaka who was a Karma Yogi (one of selfless action) and a Maha Jnani (one of supreme wisdom) said to Rama, “Son! There is none greater than You. Here is my daughter Sita. I offer her in marriage to You.” But Rama did not accept this marriage proposal without the permission of His parents and requested that this news should be conveyed to His parents immediately. However, modern youth arrange to get expensive invitation cards of their marriage printed and distribute it to all as soon as their marriage is fixed. That was not the way of Rama. He thought, “We four brothers were born at the same time. Hence, whether it is Upanayanam (thread ceremony) or Vivaha (marriage), it should be for all



of us together.” Till the performance of the marriage, Rama did not even look at Sita. But today’s youth are different; as soon as their engagement function is over, they go to cinema together. This is not good. Rama gave His consent for the marriage only after His parents came to Mithila and Viswamitra informed them of King Janaka’s proposal to give his daughter Sita in marriage to Him.

### **The Ramayana Emphasises the Value of High Character**

Rama, Lakshmana, Bharata and Satrughna stood together in a row to be garlanded by their brides as part of the wedding ceremony. Since Rama was the eldest among the brothers, first He was to be garlanded by Sita. Thereafter, the other brides were to garland their respective bridegrooms. Though Sita was standing in front of Rama holding a garland in her hand, Rama did not look at her since the marriage ceremony had not yet been completed. Till then, she was only a Para Stree (other woman) and not wife. To look at a woman who is not one’s wife is a great sin. Poor Sita! She kept waiting for a long time, but Rama did not bow His head to enable her to garland Him. Lakshmana then thought of a plan. Suddenly, he fell at the feet of Rama. As Rama bent down to lift him up, at that very moment, Sita put the garland around the neck of Rama!

See! How sacred and noble were the people of those times! How pure and truthful were their hearts! The people of Treta Yuga and Dwapara Yuga gave immense importance to character. That is why those Yugas became very famous. Like Rama, you should also obey the commands of your elders in all matters. You should respect and worship them. It is only when you obey their commands with love and without any reservations

whatsoever that you would experience peace in life. The Ramayana describes many peculiar events. In a sudden turn of events, Rama had to spend fourteen years in exile in the forest in accordance with the promise given by King Dasaratha to his wife Kaikeyi. Though Kaikeyi was a queen, she was influenced by the words of her servant, Manthara. We should value the words of our master and not of the servant. By succumbing to the advice of her servant, Kaikeyi had to undergo great suffering.

Sita followed Rama to the forest. She prayed to Rama, “Oh Lord! For a wife, her husband is her God. Wherever is her husband, she has also to be there.” Lakshmana also accompanied Rama to the forest, saying, “Dear elder brother! I cannot live without You even for a moment.” Lakshmana and Satrughna were born to Sumitra. True to her name, Sumitra was friendly to all and a woman of noble qualities. She dedicated both her sons in the service of their elder brothers; as per her wish, Lakshmana was to serve Rama and Satrughna, Bharata. Lakshmana was endowed with highly noble qualities.

It is well known to all that Sita, Rama and Lakshmana had to face many difficulties during their exile in the forest. Once when Rama and Lakshmana were walking in the forest, there occurred a sudden change in the mind of Lakshmana. He said to Rama, “Dear elder brother! Why this exile in the forest for us? Why should we undergo so many ordeals here? Why should Mother Sita, who has never been exposed to sun and rain in life, encounter so many difficulties? Moreover, it is very difficult for us to protect her from the demons in this forest. Come! Let us go back to Ayodhya and lead a comfortable life.” Rama knew that it was due to the effect of Sthala (place)





*The day you give up body attachment, forget the senses and contemplate on the Atma Tattwa (principle of the Self), that very day you yourself will become the embodiment of the divine principle. You are not merely a human being; you are God yourself. But you are deluded to consider yourself a human being. You have donned the garb of a human being for the sake of living in this world. This human form is only a dress. As long as you are acting on the stage of this world, you wear that dress. The moment you leave the stage, you cast off that dress. You wear this dress only to enact a role.*

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that Lakshmana had started talking like this. Smilingly, He held the hand of Lakshmana and took him some distance away from that place and asked him, "Lakshmana! Now you tell Me. Shall we go back to Ayodhya?" Lakshmana then realised his mistake, felt sorry and said to Rama, "Dear brother! We need not go back to Ayodhya. We should live here in the forest for fourteen years as per the command



of our father. So far I have never acted against Your wishes. I do not know why I spoke like that then. I am not able to understand why my mind underwent such a change." Rama then explained to him, "Lakshmana! This is not your natural quality. It is the effect of the place through which we passed just now. Many demons move about in this place. Since you entered the place inhabited by demons, demonic qualities entered you." So saying, Rama helped him regain his poise. Hence, we should take into consideration situation, time and place and conduct ourselves accordingly.

No other text teaches so emphatically the significance of high character as does the Ramayana. Unfortunately, many people today do not realise the greatness of the Ramayana. In fact, the very heart of the Bharatiyas is Ramayana. The root cause of the difficulties being faced by the Bharatiyas today is the lack of understanding of this truth and its absence in their conduct. Wherever one may reside, one cannot escape from difficulties. Nevertheless, one should face them with patience, reposing faith in God.

*God is your sole refuge wherever you may be,*

*In a forest, in the sky, in a city or a village,  
on the top of a mountain or in the middle  
of deep sea. (Telugu Poem)*

**God is within you in the Form of Atma**

This truth is revealed only to those who are able to realise the principle

of divinity. First and foremost, the youth today have to cultivate good qualities. You are all the children of God! Krishna declared in the Bhagavadgita, *Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal Atma in all beings is a part of My Being). Hence, we should emulate the qualities of God and lead our lives accordingly. It is only when you consider yourself as the Amsa (part) of God that you will become good. On the other hand, if you take pride in saying 'I am the son of so and so, I am the brother of so and so and I am the brother-in-law of so and so', etc., you will remain as such. The principle of the Self will be revealed to you only when you realise that you are the Amsa of God.

#### *Embodiments of Love!*

You are all good children! You are all nuggets of gold! But, the environment in which you live and the food that you eat are affecting you adversely. If the friends with whom you associate are good, they will speak good words to you. On the other hand, if your friends are not good, they will involve you in evil talk and create bad thoughts in your mind. Hence, you should associate yourself with good friends.

*Satsangatwe Nissangatwam,  
Nissangatwe Nirmohatwam,  
Nirmohatwe Nischalatattwam,  
Nischalatattwe Jivanmukti.*

(Sanskrit Sloka)

(Good company leads to detachment; detachment makes one free from delusion; freedom from delusion leads to steadiness of mind; steadiness of mind confers liberation.)

Do not listen to all the nuisance spoken by others, otherwise your life itself will become a nuisance. Join good company and

get a good name. *Be Good, Do Good, See Good. This is the way to God.*

#### *Embodiments of Love!*

Lead your life taking Rama's life as your ideal. If someone asks you, "Where is God?", your spontaneous reply should be, "God is within me in the form of Atma." You are the Atma. There is nothing greater than the Atma. The Atma is also referred to as consciousness. A true human being is one who has pure consciousness. Therefore, purify your consciousness. Keep bad thoughts away from you. Don't worry when you get such thoughts. Since you see and hear many things while leading your life in the objective world, it is quite natural that you may get some bad thoughts.

There are six enemies of man in the form of Kama (desire), Krodha (anger), Lobha (greed), Moha (delusion), Mada (pride) and Matsarya (jealousy) which lead him to the path of evil. On the other hand, the five human values of Sathya (truth), Dharma (righteousness), Santhi (peace), Prema (love) and Ahimsa (non-violence) are your good friends. Make your friendship more intimate with them. If you make friendship with good people, you will become good boys; otherwise, you will turn into bad ones. Earn a good name and bring a good name to your parents. Your parents must be having high expectations from you. Hence, make them happy. Obey the command of your parents. You will then attain blessedness and earn great merit.

**– From Bhagavan's Divine Discourse  
in Sai Kulwant Hall, Prasanthi Nilayam on  
14th August 2006 on the occasion of  
Ati Rudra Maha Yajna.**



## THERE IS ONLY ONE GURU

**T**HIS DAY IS VERY SACRED. THIS is the day on which the first light was lit, the light that has not wavered since then and will not falter forever, though worlds may change and eras may end and begin again. That is the light of wisdom, which

*Every Astika (theist) must refuse to content himself with a feast and a passing recollection of Vyasa. He must endeavour to bring the teaching into the field of experience. He must plant the Namabija (Name-seed) that the Guru vouchsafed to him in the soil of his heart, water it with Prema, fence the sapling by means of Sradha (steadfast faith), feed it with the fertilizer of Smarana (contemplation), and from the grown-up tree of the Mantra pluck the fruit of Ananda and taste its sweetness.*

destroys the night of ignorance. And so, this is the day of eternal celebration throughout the land of Bharat; it is the day of joy for all pious people. Others, of course, are not interested in the festival of bliss.

### Remember the Primal Guru

Vyasa is the benefactor for all this joy; he is, beyond doubt, the primal Guru of all who walk in the path of God. Vyasa planted

and nurtured the seed of theism through Sruti (revealed texts), Sastra (religious treatises) and Smriti (texts written by sages) – the Vedas, the Mahabharata and the Gita. He gave the world the philosophy of Divine Leela, the idea of the basic Atma immanent everywhere and the secret of this changeful creation. The sacred literature that arose from his efforts is the very head and crown of theism; and so, he is the universal teacher of humanity. Vyasa Purnima is, therefore, the day on which man has to remember him with gratitude.



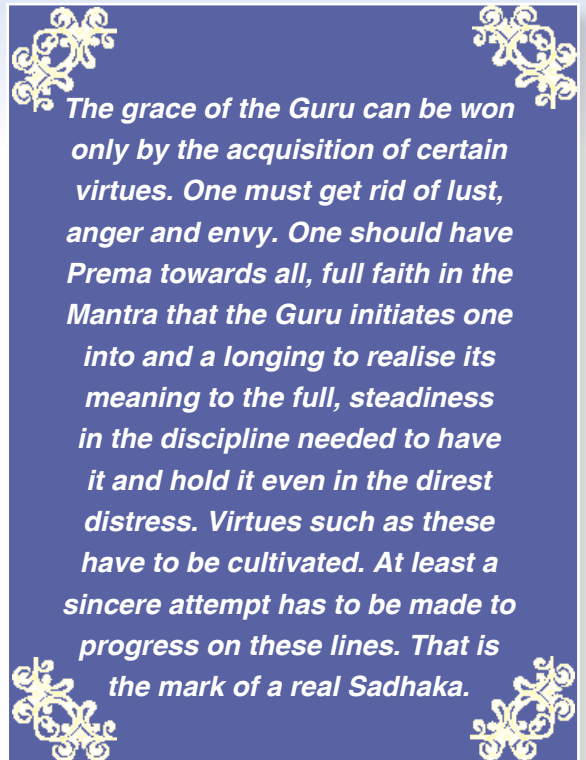
Vyasa belonged to about 3800 B.C. He was the grandson of Vasishtha, the son of Parashara and the father of that celebrated gem among Rishis, the famous Suka. It is said that he was the Amsa of Vaasudeva Himself, come in human form to teach the ways of the Lord to man. Since he collected the Vedas and elaborated upon their



teachings in a number of works, he is known as Vedavyasa. His name, respected and remembered by disciples, reminds us also of his relationship with Vaasudeva. His life-story is a series of strange miracles. Though it might appear as ordinary and even queer to the general observer, for those who delve deeper, it is both meaningful and sweet. For, it was laid down so by the Lord. Deeds are dictated by the demands of need, nature and change, and so they are of varied forms. But one should try to grasp the purpose and the principle behind these.

Vyasa was born of Parashara and Sathyavati, the daughter of a boatman on the Ganga. The child grew up with the father. Initiated into the mission on which he had come, he rejoined the mother, played his part in the growth of the Pandava line and finally attained the Vaasudeva from whom he had come. He came from Vaasudeva, he announced to the world the Leelas of Vaasudeva, and he merged with Vaasudeva... this was his life work.

But it may be asked, what is the connection of this day with the life and work of Vyasa, the sage of sages? For those who essay to cross the Bhavasagar (ocean of Samsara), the Guru is the veritable ship. Who, then, is the Guru? Not every person who instructs, not every scholar learned in the Sastras. The Guru must tread the path of Sastra, devoid of any trace of lust, greed or anger, full of all the traits of right conduct. Such a person alone deserves to be accepted as a Guru. Again, he should have the skill to illumine in the disciple the flame of Jnana to dispel the darkness of his ignorance. He must avoid dragging him down into Samsara by any thoughtless words of his. The Guru will be true to his role only if he gives the disciple the Mantra and the meaning and instructs him in the fundamental



Reality. To the human community struggling in the dark, unaware of the Divine, Vyasa brought the resplendent message of the Lord, which scattered the night and lit the lamp of wisdom in the heart of man. It established the era of Namaparayana (recitation of God's Name), of the upliftment of man through constant recitation of the Name of the Lord. He is thus the Guru par excellence of every man.

### **Purnima Signifies Illumination**

Besides, today it is Purnima, the full moon day. Today the moon (mind) that sails in the firmament of the heart is shining in full glory, untarnished by sensory desires and free from the markings of impulse and passion. The moon today reminds one of Paramatma, full, untarnished and unblemished. Vyasa first revealed the secret of making the Manas (mind) in everyone as clear and full as the moon on full moon day.



For this reason, every Astika (theist) must refuse to content himself with a feast and a passing recollection of Vyasa. He must endeavour to bring the teaching into the field of experience. He must plant the Namabija (Name-seed) that the Guru vouchsafed to him in the soil of his heart, water it with Prema, fence the sapling by means of Sraddha (steadfast faith), feed it with the fertilizer of Smarana (contemplation), and from the grown-up tree of the Mantra pluck the fruit of Ananda and taste its sweetness. May he achieve success in this task!

Do not doubt whether such Gurus are available now. The Guru is one, not many; they may appear to be many, but, they all derive their power from one source. To differentiate between 'my Guru' and 'thy Guru' is to foster faction. Ananda lies in cultivating harmony and unity. Faction breeds unrest; the title of Sishya can be rightfully borne only by those who are free from factiousness and have mutual respect and toleration. Only such deserve the grace of the Guru.

### **Earn the Grace of your Guru**

The grace of the Guru can be won only by the acquisition of certain virtues. One must get rid of lust, anger and envy. One should have Prema towards all, full faith in the Mantra that the Guru initiates one into and a longing to realise its meaning to the full, steadiness in the discipline needed to have it and hold it even in the direst distress. Virtues such as these have to be cultivated. At least a sincere attempt has to be made to progress on these lines. That is the mark of a real Sadhaka.

Many aspirants have in their anxiety to achieve quick results sought a Guru in haste and, later discovering his defects, they are struggling and suffering, for they can neither give up the Guru nor discard

the Mantra. Their fate is akin to the frog that can neither be eaten by the snake nor escape from its hold. But persons in this condition need not despair. Whatever sort of Guru may be, the Mantra that he gave is concerned with the Lord, is it not? Deepen your faith in the Nama, respect it as the gift of God and proceed. Then you will forget the defects of the Guru very soon. Those who do not come across the right Guru need not also be dejected. Let them have faith that the Lord is their Guru, their mother, their father, their God. Adopting the name and form that most appeals to you, practise the Sadhana with pure and unselfish intent.

Therefore, oh ye Sadhakas, ye embodiments of Atma, do not fritter away your allotted time; offer it to Keshava (a name of Krishna) who is Kalaswarupa (embodiment of time). Know that waking from sleep everyday is but another birth and going to sleep at night is but another name for death. On waking from sleep in the morning, pray, "Oh Lord! I am born now from the womb of sleep. I am deciding to carry out all my tasks today as offerings to Thee and with Thee ever present in my mind. Make my thoughts, words and deeds sacred and pure; let me not cause pain and suffering to anyone nor let me have pain and suffering myself; direct me on these lines." And when you enter the portals of sleep at night, pray "Oh Lord! The tasks of this day, the burden of which I placed on You, are over; You made me walk as I did; You made me talk as I did; You made me think as I did; so here they are, all my thoughts, words and deeds, placed at Your Feet as offerings. My task is done. I am coming back to You again." Adopt these as your daily prayers. This is the Guru Purnima gift to you all.

– **From Bhagavan's Discourse on the occasion of Guru Purnima at Prasanthi Nilayam on 8th July 1960.**





# NEWS FROM SAI CENTRES

**S**AI YOUTH AROUND THE WORLD are preparing for Sri Sathya Sai World Youth Conference in July 2007 with great zeal and devotion. Pre-World Youth Conferences continue to be organised by several countries. This is the final part of the coverage of these conferences.

## AUSTRALIA

A Pre-World Youth Conference was held at Tatachilla Camp, Adelaide, Australia from 9th to 11th February 2007 and was attended by 135 Sai Youth. Neville Fredericks, Central



*A Pre-world Youth Conference held in Adelaide, Australia from 9th to 11th February explored the possibilities of making the youth true messengers of Sai Love at workplace.*

Coordinator of the Sathya Sai Organisation of Australia and Papua New Guinea, urged Sai Youth to connect to Swami through community work and a positive and loving attitude. The next speaker, Moyia O' Brien, reminded the youth that the inherent divine power was the expression of unconditional love. The third speaker V. Kumar, former National Youth Coordinator of Australia, said that to find God, one must see oneself in others and asked all youth to be prepared to do anything for Swami.

A workshop was held on "Becoming a Messenger of Sai Love at the Workplace". The workshop resulted in practical suggestions based on the experiences of professional youth in the fields of medicine, law, information technology, science and manual work. Finally, group discussions were conducted on how to be a true messenger of Sai Love in the practical world of individual careers, workplaces, schools and universities.

## CROATIA, BOSNIA AND HERZEGOVINA

From 2nd to 4th March 2007, youth from Croatia, Bosnia and Herzegovina gathered in a cottage by the Kozjak mountainside in the city of Split, Croatia. The youth walked up a mountain to hold a study circle on "Nine-point Sadhana Programme". On their way down, all the youth chanted "Om Bhagavan Sri Sathya Sai Babaya Namaha" in unison. A second study circle was held on "Relationship with Parents." On the final day, there was a study circle on "Ceiling on Desires." The conference concluded with all the youth joining in and singing the theme human values song "Purity is Sunshine."

## U. S. A.

A Pre-World Youth Conference was held from 9th to 11th February 2007 at the Sai Centre in Tucson, Arizona. Jonathan Roof, President of the Sathya Sai Central Council of the U.S.A., gave an inspiring talk on appreciating the moment as a gift from God and working with centre and national leaders cooperatively. The next



workshop called “Best Practices to Keep Sai in Your Lives,” designed for college students and young professionals, discussed issues where one might be led astray and how one could stick to the Sai path when facing adversities.

The youth of the North Central Region met at a retreat in Chicago, Illinois on 17th to 18th, March 2007 to prepare for Sri Sathya Sai World Youth Conference. The theme was “Ceiling on Desires.” The youth began with a service activity for the children of Funston Elementary School, which was a continuation of the eight-week long educare course conducted by the youth from Chicago. The youth also met fifth grade students at the Garfield Park Conservatory. The students prepared brown bag lunches to distribute to the homeless and made cards with poems and pictures for children suffering from chronic illnesses. While making the sandwiches, the youth led a discussion session with the students about the importance of community service. A discussion session on the foundations and goals of educare culminated with the youth modelling a typical educare class which aimed at inculcating the ideals of cooperative team work, creativity and leadership.

Over 65 youth from New Hampshire, Connecticut, Massachusetts and New York participated in a youth retreat that took place in Shrewsbury, Massachusetts on 14th and 15th April 2007. Several workshops were conducted on topics such as “Eyeglasses of Love”, “Ideal Sai Youth”, “Practical Spirituality”, “Sai Youth as Future Leaders”, “Sai’s Love for all Races, Faiths and Cultures”.

On 14th April 2007, a Sai Youth retreat was held in Irvine, California in preparation for the World Youth Conference. Vishnuvardhan Krishnamachari, a former student of Sri Sathya



*Pre-World Youth Conferences were held in Tucson, New Jersey, Shrewsbury, Chicago, Irvine, Norman and Livermore, U.S.A. in preparation for the forthcoming World Youth Conference at Prasanthi Nilayam. The picture shows a Sai Youth retreat held in Irvine, California on 14th April 2007.*

Sai University, shared inspiring insights into the lives of Sai students. Then Dr. Samuel Sandweiss and his wife Sharon Sandweiss explored the definition of an ideal Sai Youth.

In preparation for the World Youth Conference, youth from the Mid-Atlantic Region held workshops in New Jersey on 31st March 2007 and in Virginia on 7th April 2007.



*A workshop held in New Jersey on 31st March 2007 discussed the role of service in empowering the youth to become ideal Sai Youth .*

Workshop sessions focused on how youth could become examples of ideal Sai Youth. The role of service in empowering youth to become ideal Sai Youth was discussed.

Eighty youth participated in a Regional Youth Retreat from 9th to 11th March 2007 in Norman, Oklahoma. The retreat theme was "The Truth about Sai Youth." On 10th March 2007, Madhavan Rajagopalan, a youth from the Dallas Sai Centre expounded on youth needing a positive outlook, becoming the agents of change and also the change itself. In the afternoon, Sandeep Pasrija, a youth from Detroit, Michigan, spoke about faith, commitment and the importance of youth groups. Following this, Rajashree Parthasarathy from Memphis, Tennessee spoke about realising God in everyone. Jonathan Roof, Central Coordinator of the Sathya Sai Organisation of U.S.A. and Dr. Joe Phaneuf, National Young Adults Advisor, spoke about the role of Sai Youth in reaching out to the community.

On Saturday, 28th April 2007, 81 youth from across Northern California met for a Regional Young Adults Retreat in Livermore, California. Regional President, Tom Scovill spoke about the integral role of youth in the Sai Organisation. The keynote speech was then delivered by Dr. Hymon Johnson, SSEHV Coordinator, who spoke about surrender and loving God and encouraged all to do their duty, and to remind themselves that they were Atma. In group sessions, techniques were discussed on putting Sai ideals into practice. Youth speakers, Beth and Judy Sandweiss, shared their personal experiences of growing up with Swami, and addressed the everyday issues of being a youth devoted to Sai in today's world. The concluding remarks were delivered by Dr. Joe Phaneuf, who encouraged

the youth to share Swami's Message with members in the community.

### U. K.

Sai Youth in the U.K. held three separate workshops in preparation for the World Youth Conference. In the first meeting in London on 18th February 2007, topics discussed included the role of youth in Swami's Mission, key attributes of an ideal Sai Youth and how youth must achieve these attributes, building spiritual progress in daily life and the role of the Sathya Sai Organisation in promoting development of the youth. There were also talks by Rita Chudasama and Shitu Chudasama. The second workshop held on 8th April 2007 was inaugurated by Rosemary Perry, National Chairperson of the U.K. Sathya Sai Organisation. She urged the youth to continue to be a vibrant force within the Organisation. The U.K. National Spiritual Coordinator, S. Selvakumar, provided youth with practical tips on carrying out the Sadhana programme and reinforced the importance and benefits of the discipline. This helped many youth understand that the Sadhana programme should be practised throughout their lives and beyond Sri Sathya Sai World Youth Conference.

The Central Coordinator of the U.K. and Ireland, Ishver Patel, gave an inspiring talk and explained to the youth the importance of having the drive and passion to do what they set their mind to and showed how the impossible was possible with Bhagavan's help and grace. From 12th to 13th May 2007, as part of their Sadhana, about 400 youth from all across the U.K. gathered together in Leicester, England to celebrate an all-night Bhajan Satsang from 9 p.m. until 6 a.m. The Satsang began with inspiring speeches about the auspiciousness of Sri Sathya Sai



World Youth Conference and the fact that this was truly the opportunity of many lifetimes.

## URUGUAY

A Pre-World Youth Conference in Uruguay was held in La Floresta from 9th to 11th March 2007. The theme of the conference was “Ideal Sai Youth – Messengers of Sai Love.” On 10th March, a workshop on food prayer and Sattwic food took place. There was a study circle on “Prema Vahini”. In the workshops, the youth discussed how to become an ideal Sai Youth and how to be a messenger of Sai Love. In the evening, an inspiring movie called “Sai Youth in Action,” produced by Latin American Sai Youth was shown. Individual youth presented their personal experiences of Sai. On the next day, there was a workshop on “Attaining the Spiritual Path” which enabled participants to focus on individual shortcomings and obstacles on the spiritual path. The group prepared food for Narayana Seva with the devotees of the Montevideo Sai Centre. The conference left an indelible impression on all youth who participated and a deeper understanding of Bhagavan’s teachings through a sincere practice of Sadhana.

## CANADA

A Pre-World Youth Conference was held at St. George Campus Medical Sciences Auditorium of the University of Toronto on 2nd June 2007. In his welcome address, Dr. Aron Yusuf reminded the youth of their good fortune to enjoy physical proximity with the all-loving God. He urged the youth to present themselves always to Bhagavan with purity and love in their hearts. The keynote speaker was Dr. Narendranath Reddy, Director, Sri Sathya Sai World Foundation and Chairman of the International Medical Committee.



*A Pre-World Youth Conference was held on 2nd June 2007 at St. George Campus Medical Sciences Auditorium, University of Toronto in which the importance of practising the nine spiritual disciplines of the Sadhana programme for the youth was emphasised by the speakers.*

Dr. Reddy advised the youth to practise the nine spiritual disciplines of the Sadhana programme. He emphasised the importance of constant, vigilant practice of Swami’s teachings with intensity. Dr. Reddy said that Swami would be pleased with youth when they lived in God, with God, for God and had constructive thoughts, consoling words and compassionate deeds. Dr. Reddy concluded his message by saying that the youth must love God with all their heart, soul, mind and strength and follow the Divine command immediately, implicitly and completely to have Divine grace and blessings.

## MONTENEGRO, CROATIA, SERBIA AND MACEDONIA

The Serbian Pre-World Youth Conference was part of a National Sai Retreat from 28th April to 1st May 2007 held in Spa Vrucji. The Youth Conference was held on 1st May 2007. Youth from Montenegro, Croatia, Serbia and Macedonia attended the meeting. The day began with a trip to a nearby monastery in Celijske and screening of the film



“Spiritual Reality.” Following this, there was a presentation on human values. The youth took time to discuss the Sadhana programme and resolved to diligently practise the nine disciplines on individual and group basis in their daily lives.

## SRI LANKA

Ninety-six youth from across Sri Lanka gathered to hold a Pre-World Youth Conference on 1st and 2nd April 2007 at the Sathya Sai Seva Samithi premises in Colombo. The primary objective was to help the youth to have a deeper understanding of what Bhagavan expected from His ideal youth and provide tools for spiritualising their lives through better understanding of the Sadhana programme. All conference sessions were presented in the three national languages of Sinhalese, Tamil and English. There were three lectures on “Role of Youth in the Sai Organisation,” by A.B. Talegune, “Spirituality and Materialism” by Ganeshamoorthy, Regional Youth Coordinator, and “Ideal Sai Youth – Messengers of Sai,” by Chandima De Silva, Director, Sri Sathya Sai Institute of Education. Towards the evening, the youth visited Sathya Sai Suva Sevana, a cancer hospice. The youth thoroughly cleaned the hospice, conversed with patients and sang Bhajans with them. The youth also provided the cleaning equipment to the hospice authorities. On the second day, two video presentations were made: the first one was a video on vegetarianism and the second was an inspiring video on Sai service in Sri Lanka.

## THAILAND, CAMBODIA, LAOS, VIETNAM, MYANMAR

A Regional Youth Conference, encompassing Thailand, Cambodia, Laos, Vietnam and Myanmar, was held in Bangkok on 21st and 22nd April 2007. The programme



*A Regional Youth Conference was held in Bangkok on 21st and 22nd April 2007 in which representatives from Thailand, Cambodia, Laos, Vietnam and Myanmar took part.*

began on 21st April with a welcome address by Dr. Art-Ong Jumsai on the “Secret of Happiness for Youth.” Dr. Seetharam and A. Sarkar spoke of how selfless service would resolve all of a youth’s life problems. The next day began with a talk by Dr. Ravindran, Chairman of Zone 4 of the International Sathya Sai Organisation, on practising Sai ideals as a pathway to success in the life of a youth. At the end of the day, several youth gave individual accounts of how their lives had been transformed after they came to earnestly practise Sai values.

## NORTHERN AND CENTRAL EUROPEAN COUNTRIES

A Regional Pre-World Youth Conference was held at Teikyo University, Berlin from 9th to 11th March 2007 for 18 countries in Northern Europe. The morning of 10th March began with a welcome address by Mathias Seitel, Youth Coordinator and Petra von Kalinowski, one of the Central Coordinators of the Sathya Sai Organisation, Zone 7. This was followed by a workshop on “Ideal Sai Youth.”



The attributes of an ideal Sai Youth and their conduct with respect to their families, work and society were discussed. Shitu Chudasama then spoke on the value of Sadhana for Sai Youth and urged all youth to dive deeper into their practice by starting with one Sadhana and then building on that to include others. The next day was filled with workshops where youth discussed ways to translate their individual Sadhana into practical activities that would have an impact on society.

– Sri Sathya Sai World Foundation

## B H A R A T

**Gujarat:** Sai Youth of Gujarat surveyed in detail and identified one village in each district in February 2007 for all-round development. Seva activities have been started to make these villages as Saigrams (ideal Sai villages). All the villages which have been identified are



*Sai Youth of Gujarat have adopted one village in every district of Gujarat for its all-round development from February 2007. The picture shows distribution of foodstuffs and household goods in one such village.*

in remote areas, having a population of around 125 families. Till now, 18 villages have been identified which have no proper educational, medical and civic amenities. In all villages, medical camps, distribution of foodstuffs and household goods, cleanliness of villages and childcare activities are being carried out regularly.

In village Kantharpur, district Gandhinagar as well as village Salger and Dharnmauli of Surat district veterinary camps were organised wherein 465 cattle were treated and necessary vaccination given. Minor operations were also carried out. In village Vankvad of Rajkot district and village Mokampura of Kheda district, 34 toilets were provided to villagers. Special projects for the eradication of mosquitoes have also been undertaken and Sai Net (treated mosquito net) will be provided to the families. Construction of approach roads for some villages is also under progress.

Free mass marriages were organised by the Vyara Samithi at the Community Hall, Kakrapar Atomic Power Station Township, Anumala, district Surat. 32 couples, including 5 Christian couples, participated in this function. Marriages were performed as per the traditional rituals. Brides and bridegrooms were given clothes, ornaments and household goods.

A heart check-up camp was organised by Sri Sathya Sai Seva Samithi of Godhara and Valsad with the help of Sri Sathya Sai Heart Hospital, Rajkot at Godhara, Panchmahal district. 475 patients were checked, and 100 patients were identified for surgery at Rajkot.

**Himachal Pradesh:** Sri Sathya Sai Seva Organisation of Himachal Pradesh has set up Sri Sathya Sai School for Children, a residential school in Shimla, to impart value-based education to children. With the Divine blessings of Bhagavan Sri Sathya Sai Baba, the school began functioning from the current academic year and the classes were started on 21st May 2007. At present, admissions have been made for Classes 1 to 5, each class having 30 students. There are separate sections for boys and girls, and the total students enrolled at present are 300.





*Beautiful Mandir for Bhagavan in Shimla forms part of the campus named Anand Vilas by Bhagavan.*

The school will provide free education as per the ideals set forth by Bhagavan. It will put into practice the system of integral education as given by Bhagavan and strive to develop the character of the students along with academic excellence.

school and the hostel are located on adjoining hills, and are interconnected through a glazed corridor which will help the students to go to the school without any inconvenience in inclement weather

Apart from the school and hostel buildings, the campus has a Mandir of exquisite architectural beauty for Bhagavan. Bhagavan has graciously given the name Anand Vilas to this sacred campus.

**Kerala:** Grama Seva (rural development) is being carried out on all Sundays by the Sai Youth of Kerala. On every Sunday, an average of 2,000 Sai Youth and Seva Dal volunteers participate in Grama Seva.

The annual programme entitled “Grooming for Excellence” for selected Bal Vikas children was conducted on 19th, 20th and 21st April 2007. This was conducted in all the 14 districts



*Sri Sathya Sai School for Children started by Sri Sathya Sai Seva Organisation of Himachal Pradesh in Shimla in May 2007.*

The school is situated amidst lush green verdant hills in a serene and calm environment. Meandering rivulets add natural beauty to the campus. The campus comprises a four-storeyed majestic school building and a four-storeyed hostel with all modern amenities. The



*The interlinking corridor which links the school and the hostel. The hostel building is seen in the background.*

of Kerala at the district level and was attended by 1,155 Bal Vikas students. It was an activity-based camp and activities included were mind-mapping and web-charting exercise, yoga, activities based on the teachings of the Gita, exhibition on Sai teachings, etc. There



*The annual programme entitled "Grooming for Excellence" was conducted by the Sai Organisation of Kerala from 19th to 21st April 2007 in all the 14 districts of the State, in which 1,155 Bal Vikas students took part. The photo shows one such camp in progress in Malappuram district.*

will be follow-up work for the participants for one year under the guidance of Bal Vikas trainers.

During April-May, summer camps were arranged for children in the age-group of 9-15 at 48 centres in Kerala and were attended by 1,797 students. One-day camps were also conducted for students and youth (18-35 age-group) at the district level during April-May 2007 which were attended by 1,790 participants.



*Construction of houses for needy families is an important part of Grama Seva undertaken by the Sai Organisation of Kerala. Photo shows one such house constructed at Mylamkulam by Sai Samithi of Vendar, Kollam district.*

Mahila Sangamams (women's meets) were arranged on 19th May 2007 in all the 14 districts of the State. Apart from talks on spiritual topics, Mahila activities were also explained. 1,826 participants attended these one-day meets.

Under the programme "Serve a Child, Deserve His Grace", 3,322 needy school-going children were helped by giving them all materials for their schooling. This was done during May-June 2007.

Serving the HIV positive patients is effectively carried out in Ernakulam and Malappuram districts. Apart from providing provisions, medicines, etc., there are periodical counselling sessions also. Bhajan singing, Veda chanting, Satsang, etc., are some of the other programmes.

**Rajasthan:** A State-level Conference of Sai Organisation of Rajasthan was held on 6th and 7th January 2007 at Shirdi Sai Temple Auditorium, Ajmer. About 200 Sai devotees and active workers of 14 Samithi Centres attended and participated in the deliberations of the conference. The inaugural function was addressed by Sri Nimish Pandya and Smt. Kamla Pandya of Mumbai who elaborated on youth motivational programmes and Sri Sathya Sai Bal Vikas activities. The central theme of the conference was DMS (Divine Message Service). Delegates deliberated on various aspects of DMS and in the concluding session on 7th January, important decisions were taken for priority implementation in the areas of village adoption, destitute Seva, Sai Youth Prasanthi pilgrimage in December 2007, DMS through print and electronic media, use of E-Technologies in villages and E-Hindi media cell functioning.

Destitute Seva is a regular activity undertaken by 14 Samithi Centres. Destitutes



in slums and villages are identified and provided with food provisions on weekly and monthly basis. From January to June 2007, 9 destitutes have been taken care of.

Udaipur Samithi organised a cattle care camp in Naya Khera village on 25th March 2007 and provided treatment to 389 cattle belonging to 60 families of the village.

**Tamil Nadu:** Sri Sathya Sai Organisation, Tamil Nadu organised Summer Courses on Indian Culture and Spirituality during the last week of April in all the districts of the State. The course was open to the students of 9th, 10th, 11th, 12th and degree classes. The subjects covered in the course included “Service and Sacrifice”, “Modern Science and Ancient Philosophy”, “Bal Vikas: A Gift Divine” and “The Glory of Womanhood”. Role plays, debate sessions and quiz programmes were organised, which gave ample scope for student interaction.

In Chennai Metro district, the courses were conducted at four centres. The uniqueness of this year’s programme was that 20 selected Bal Vikas Gurus formed the core speakers of the programme. These Gurus underwent special training to handle speciality lecture sessions. They conducted study circles among themselves and discussed different methodologies to make the sessions interesting and informative; different techniques of

addressing the students were also discussed. Each lecture was conceptualised to include interactive sessions such as group discussions, role plays, attitude tests, scenario plays, etc., at the end for about 20 to 30 minutes. A total of 612 students attended the courses at four different centres in the Chennai Metro district. All the participants were given certificates and suitable prizes were given to various winners in the quiz and elocution competitions. The participants were provided with lunch and refreshments everyday.

The alumni of Sri Sathya Sai University Anantapur Campus residing in Chennai conducted the 11th Summer Course on Indian Culture and Spirituality at Sundaram from 1st to 3rd June 2007 for young women between 15 and 30 years. 86 students participated in the course, which was based on the theme: 5 D’s (Duty, Discipline, Determination, Devotion and Discrimination) – A Way to Life of Excellence. The aim of the course was to inculcate in the youngsters the value and respect for Indian culture and spirituality and to share with them what the alumni had learnt as Bhagavan’s students. The course consisted of yoga, lectures, Bhagavan’s Discourses, Veda chanting, devotional songs and other interactive activities. In order to make the students appreciate the value of service, they were taken to interact with the inmates of the paediatric ward of a cancer hospital and an old age home for women.

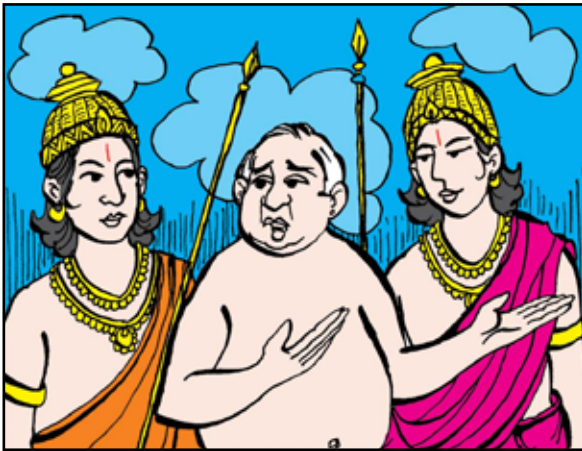
Bharatiya spiritual culture enjoins on everyone to believe that the real nature of man is supreme and that he should ever be conscious of this truth. The Bharatiyas of past ages had faith in this great reality. They achieved victory in their endeavours as a result of this faith and rose to lofty heights. They reached the peak of progress. We have slid down into the present state, mainly because we have lost faith in the Atma in us. This was the beginning of our fall. For, loss of confidence in the Atma or Self involves loss of faith in God Himself.

– Baba

# Nothing Goes with you in the End

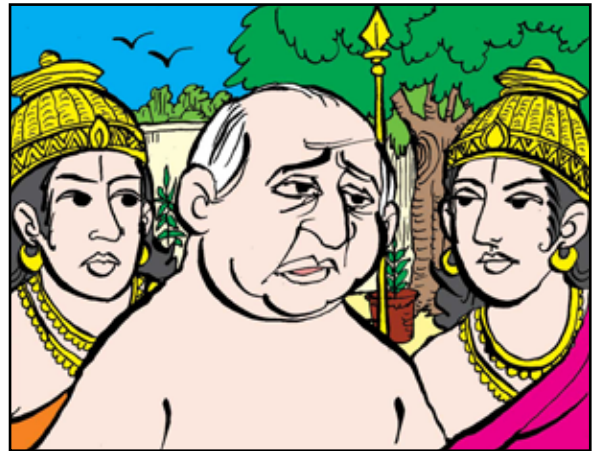
**A**FTER HIS DEATH, A RICH MAN was being taken to the abode of Vishnu by his messengers. Suddenly, he requested the messengers to take him once to his house. Out of compassion, they acceded to his request.

money required by them and fulfilled all their desires. I requested you to take me back to my house to see if anyone of them was prepared to come with me. I wished that they would at least say a few good words about me. But none of them thinks about me. All are busy in their



*On the request of the rich man, the messengers of Vishnu allowed him to come and see his house once again. But he was sad and disappointed at what he saw.*

The rich man went to his house and looked around in all directions. After surveying the entire compound, he gave out a sigh and said to the messengers, "Come, let's go." The messengers asked him, "What is the matter? You were so very happy while coming, but now you are sad and disappointed." The rich man replied, "So long as I lived, I lovingly served my wife and children, brothers and sisters and all relatives. I helped them all, gave them the



*After seeing that none of his relatives remembered how he served them all his life, the rich man repented, "Had I spent that time and money in the service of the Lord, I would have earned great merit."*

household chores. All the service rendered to them by me has gone totally waste. Had I spent that time and money in the service of the Lord, I would have earned great merit. Isn't it?"

Not even a blade of grass goes with you at the time of your departure from this world. Like a drop of water on a lotus leaf, lead your life in this world with dispassion, without any attachment whatsoever.