



JULY 2009

# Sanathana Sarathi



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTI • PREMA • AHIMSA

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"We should visualise unity in everything.  
Only then can we understand the love  
principle in its fullness. We should fill  
our heart with true love. Those who keep  
evil thoughts in their heart and pretend as  
if they are full of love deceive themselves.  
One who is endowed with true love will  
never give it up under any circumstances,  
at any place and in any of his actions."

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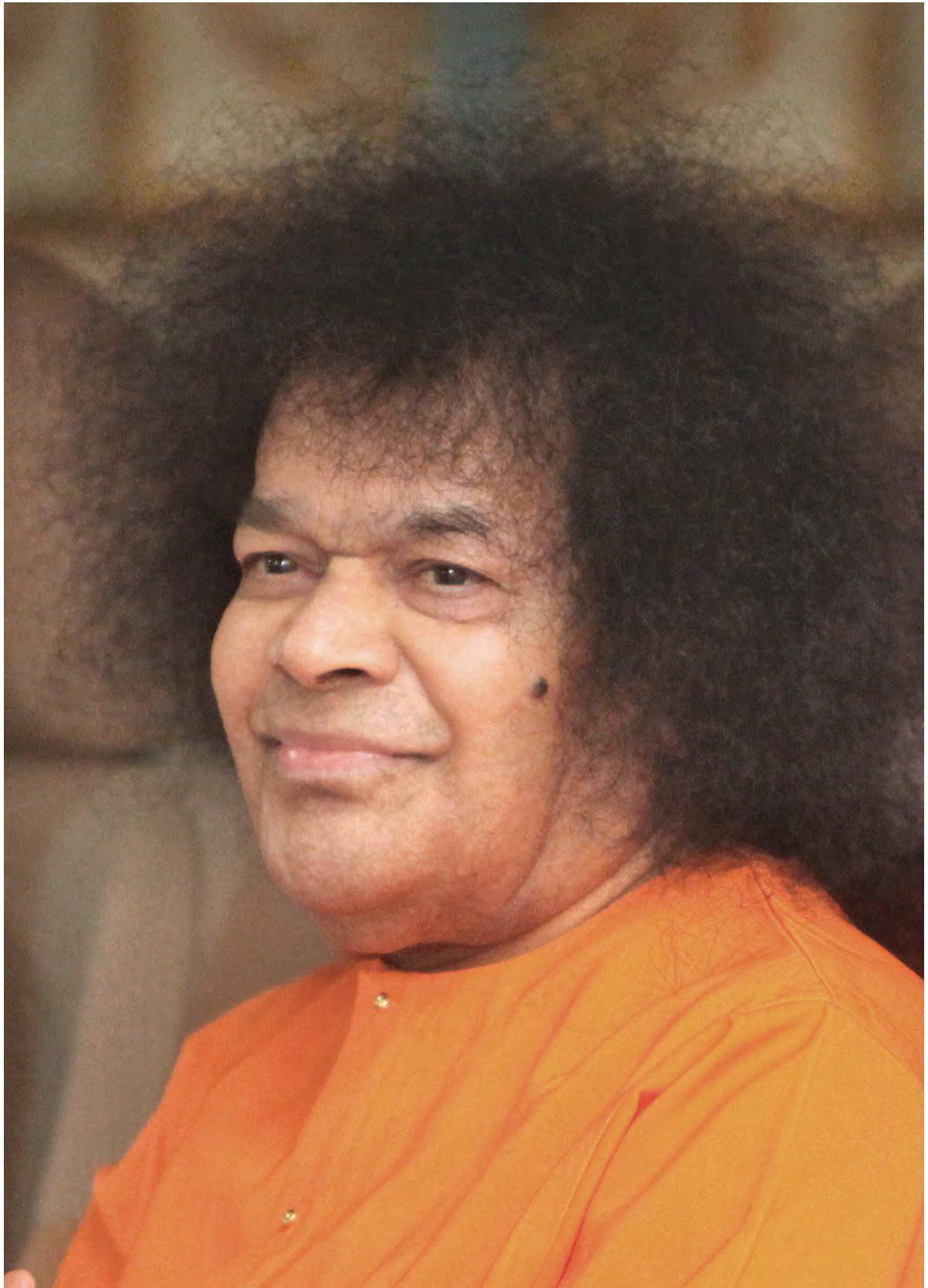
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**G.L. ANAND**

Cover Page Photograph: Mahabharata scene as  
portrayed in Bhajan Mandir, Prasanthi Nilayam.





# SACRIFICE AND SELFLESSNESS ARE THE HALLMARKS OF TRUE LOVE

*In His immense compassion, Bhagavan gave daily Discourses for nearly two months in Sai Kulwant Hall, Prasanthi Nilayam starting from 16th June 1996. These Discourses cover a vast variety of spiritual topics of practical utility for modern man and highlight the rich cultural heritage of Bharat which is rooted in the Vedas. As the readers themselves will see, this is a rich treasure of soul-elevating spiritual knowledge which can enrich, illumine and transform mankind. This issue carries Bhagavan's fifth Discourse given on 20th June 1996. Sanathana Sarathi will publish these Discourses from time to time which are appropriately named Amrita Dhara (ambrosial stream).*



*The heart which is bereft of love is virtually the habitation of ghosts. This is the apt description of such a heart. Can we call blacksmith's bellows a living entity just because it takes in air and throws it out?*

(Telugu Poem)

## EXPERIENCE DIVINE BLISS BY DEVELOPING LOVE FOR GOD

### *Embodiments of Love!*

**S**ACRIFICE IS THE GOAL OF LOVE. Love does not desire anything. It does not criticise or harm anybody. It is selfless and pure. Not able to understand this principle of love, man craves for love in many ways. You should have faith that selflessness and spirit of sacrifice are the hallmarks of true love. There is some element of selfishness and self-interest even in the love between mother and child, husband and wife, and between brothers and friends. Only God's love is without any trace of selfishness and self-interest.

### **Realise the Principle of Unity**

True love can bring close to you those who are distant or separated from you.

It can transform a man with animal tendencies into a divine being. It can gradually change worldly and physical love into divine love. People who wish to understand the principle of love should give up their selfishness and self-interest. They should develop purity, steadfastness and other divine qualities to understand divine love. They should try to lead their life keeping their focus on the love of God without paying heed to their difficulties and sufferings. Even the principle of Brotherhood of Man does not reflect the true unity of mankind because there is a trace of selfishness and self-interest in this. Therefore, those who want to cultivate the spirit of brotherhood should have faith in the principle of oneness.

Today there are differences even





between brothers, due to which they are leading a life full of conflicts and difficulties. Therefore, brotherhood cannot connote true love. When you realise that the same Atma is present in you, in Me and in everyone, only then can you have the experience of true love. Individuals may be different, names and forms may vary but the Atmic principle is the same in all. Therefore, man should realise the principle of unity in everything.

*Jewels are many but gold is one.*

*Cows are many but milk is one.*

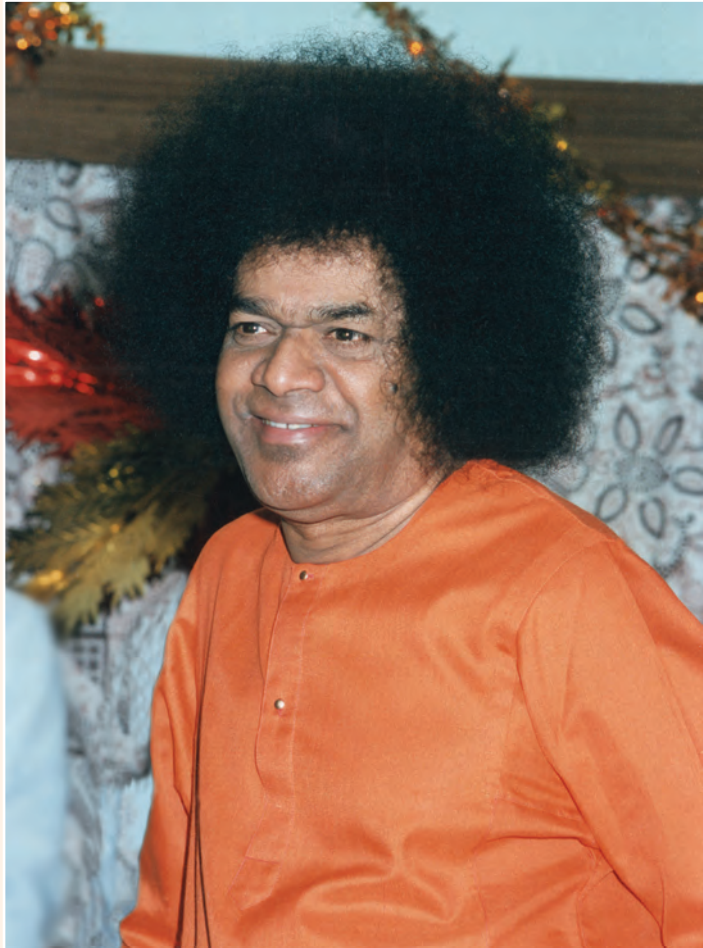
*Beings are many but Atma is one.*

*Flowers are many but worship is one.*  
(Telugu Poem)

We should visualise unity in everything. Only then can we understand the love principle in its fullness. We should fill our heart with true love. Those who keep evil thoughts in their heart and pretend as if they are full of love deceive themselves. One who is endowed with true love will never give it up under any circumstances, at any place and in any of his actions.

### **True Love is Selfless and Changeless**

There are some students who are full of love and purity as long as they are studying in the university and staying in the hostel. The moment they enter the outside world, many changes occur in their mind. They say, it is due to the influence of their company, their family and circumstances. But this is not the correct answer. If you really have



*There is no task in this world which cannot be accomplished by love. Other qualities may not help you to achieve something but if you have love, there is nothing that you cannot achieve. In fact, you can achieve everything with love. Prem Easwar Hai, Easwar Prem Hai (God is love, love is God). You should understand the unity of both and develop the principle of love. You should develop the feeling that the suffering that causes pain to you causes the same pain to others also.*



pure, selfless and steady love in your heart, there is no question of any change in you, wherever you may go. No company can cast any evil influence on you. Here is a small example to illustrate this. You draw a creeper with many flowers on a piece of paper. When the wind blows, the paper will flutter but not the creeper drawn on the paper. Likewise, your mind may waver due to the influence of bad company, but your heart will remain steady when you are endowed with true love. Nobody can change the true love that is present in your heart. Love should find place not just in your mind, but in your heart. Mind is nothing but a bundle of thoughts. The love that is sustained in your mind by thoughts will be driven away by another current of thoughts. Therefore, you should preserve love and sacred feelings in your heart.

True love has three qualities. First, it knows no fear. Second, it does not beg anything from anyone. Third, it is love for love's sake and not for any material gain. These three qualities are the very core of love. This type of sacred love is actually true love. Here is a small example.

Once a king went to a forest for hunting. After some time, he felt tired and thirsty. He saw a small hut at a distance. He went to that hut expecting somebody to be there. There he found a sage engrossed in deep meditation. He sat there waiting patiently as he did not want to disturb his meditation. Meanwhile, the sage opened his eyes and enquired, "Sir, who are you? What makes you come here?" The king replied, "I am the ruler of a kingdom. I came to the forest for hunting. As I felt tired, I entered your hermitage to take some rest." The sage was very happy to hear this and offered fruits and cool water to the king. The king was very pleased with the hospitality offered to him by the sage. At the time of his departure,



***What you have to give up is not wife and children and property, but the evil qualities of hatred and jealousy which cover up your humanness. When you cast off this veil of evil qualities, you can attain bliss. You develop cataract. It is enough if you get the cataract removed. Then your eyesight will be restored. You need not make any special efforts to get back your vision. In the same way, man's heart is covered with the evil qualities of attachment, hatred and jealousy. To gradually give up these evil qualities is real sacrifice.***

the king prayed to the sage, "Swami! My kingdom is quite nearby. Kindly come to my kingdom and accept my hospitality as a token of my gratitude." The sage who had renounced everything did not accept his invitation. But the king persisted with his invitation and ultimately the sage agreed just for the satisfaction of the king. After coming to the palace, both of them had their bath and entered the Puja (worship) room. The king started praying, "Oh God of gods! I have become a king due to my great good fortune. But this small kingdom is not enough for me. Therefore, I want to extend my kingdom by annexing the nearby small kingdoms. Cast Your benevolent look on me and shower Your grace." On hearing these words of the king, the sage quietly got up and started to leave without saying anything. "Swami! Will you go without eating anything? Kindly stay for some time", prayed the king. The sage replied, "I have not come to beg from a beggar. You yourself are a beggar and



you are begging from God for petty gains. You are begging from God to make your kingdom big. If I want anything, I will pray to the same God to whom you are praying. I don't require anything from you."

It means to say that a person who has true love does not beg anything from anybody. Even there is no need to ask anything from God. He gives you what you require at the appropriate time.

*Do not ask, oh mind, do not ask. The more you ask, the more you will be neglected. God will certainly grant you what you deserve without your asking. Did He not grant the wish of Sabari, who never asked? Did He not redeem Jatayu, who never asked but sacrificed his life for His cause?*

(Telugu Poem)

Did Sabari ask anything from Rama? Did Jatayu want any favour from Rama? No, not at all. When you call God with pure, steady and loving heart, He will come running to you. There is no need for you to ask anything from Him. This is the true quality and value of love for God. Since you forget this divine principle of love and run after worldly gains, you are caught up in many difficulties and problems.

### **Leave Everything to the Will of God**

Begging and asking something are related to worldliness and connote the Pravritti Marg (path of worldliness). True and sacred love relates to Nivritti Marg (path of spirituality). When you adhere to Nivritti, all the tendencies of Pravritti will vanish on their own. Nobody knows how precious and valuable things are there in God's treasury. You may be asking for glass pieces but God may want to give you precious diamonds. You may be asking for petty things when God would have resolved to give you something very precious.

Therefore, you should leave everything to the Will of God. Only then will He give you what you really require. You do not know what you really require and what you do not require. You also do not know what is good for you and what is not good for you. He will give you on His own what is good for you, what is beneficial for you and what is ideal for you. It all depends upon His Will when to give and what to give. When you offer everything to God with a steady mind and do all actions to please Him, He Himself will look after all your requirements. But man today does not have that firm faith. He is not able to fulfil his resolves because he lacks faith. Faith is essential for everything. You talk about devotion and faith. One should have faith in the principle of love. But, unfortunately, people do not have faith in their own love. Then, how can they have love for God? Your love is worldly but God's love is pure and transcendental. God's love is limitless. In order to become the recipient of God's love, you should gradually reduce your worldly love.

When the examinations draw near, the students start praying more and more. For what do they pray? They pray for passing in the examination. But this is not the correct prayer. It is like begging. Do not become a beggar. A devotee should never resort to this type of begging. When you give up all your desires and aspire only for God, then He will give you everything. However, all may not be at that high level in the beginning itself. Therefore, you have to ask God for certain things initially. If you do not ask, even your mother will not give you food. But she is only your worldly mother. The divine mother has no worldly relationship with you. Her relationship with you relates to Nivritti. It is natural for man to ask and receive in Pravritti Marg. But in Nivritti Marg,





*Leave everything to the Will of God. Only then will He give you what you really require. You do not know what you really require and what you do not require. You also do not know what is good for you and what is not good for you. He will give you on His own what is good for you, what is beneficial for you and what is ideal for you. It all depends upon His Will when to give and what to give. When you offer everything to God with a steady mind and do all actions to please Him, He Himself will look after all your requirements.*

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there is only experience of bliss. Thereafter, there is nothing more to ask.

Accept what God gives you. Accept whatever He does. Do not question whether it is good or not. What you may be considering as bad, its result may turn out to be good. When you suffer from Malaria fever, the doctor will give you quinine mixture which is very bitter. The medicine may be bitter, but its effect will be good on you because it will cure your disease. Initially, you may find devotion very difficult. But you should never give up your resolve due to fear of difficulties. Many noble persons underwent many difficulties and performed intense penance to attain divinity. Pleasure lies between two pains. Without pain, there can be no pleasure. You will experience real happiness only after you undergo difficulties. Will the sugarcane give you jaggery on merely asking for it unless you crush it and extract the juice? The diamond will gain real value only after many cuttings. Without cutting, it will have little value. You can prepare beautiful jewels only when you put the gold in fire and beat it with a hammer. Likewise, you can experience divine bliss only when you develop divine love without caring for criticism of others and bearing all difficulties.

### **Attain Unity of Thought, Word and Deed**

Do not belittle the importance of God's love. It is highly sacred. It may appear to be worldly and ordinary but in reality it is transcendental. Every man should cultivate love for God. As I told you yesterday, Aham is born out of the Atma, the mind is born out of Aham and speech is born out of the mind. Therefore, speech is the son of the mind, the mind is the son of Aham and Aham is the son





of the Atma. Father, son, grandson and great grandson – all the four belong to the same family of the Atma. The Atma is immanent in all and that is nothing but love. A person may be devoid of anything but there can be none without the Atma. What is the principle of unity that is present in all? That is Sat-Chit-Ananda (Existence, Knowledge, Bliss). You can call it conscience also.

You are unable to see or catch air that is all around you. But, can you say there is no air merely because you cannot see it or you cannot catch it? There is air. Similarly, you cannot deny the existence of Chaitanya (consciousness) merely because you are unable to see it and experience it. Consciousness does exist. The same is called 'being'. The 'being' is nothing but Sat, which is ever present, which does not come and go. There is nothing like coming and going for Sat. It is a great mistake to think it comes and goes. People say, "God came and gave me Darshan when I was meditating." This is a worldly feeling. Wherefrom did He come to give you Darshan? And where did He go after giving you Darshan? He neither came from anywhere nor went to any particular place. He was there only. You could see Him because your heart was pure. You cannot see Him when your heart is impure. But He neither comes nor goes.

You all know, Dhruva was a child of five years. He had no worldly knowledge. Such a young lad entered a dense forest, performed intense penance and contemplated on God by the power of his faith and the encouragement of Sage Narada. You should have faith in the words of your elders. Dhruva wholeheartedly put his trust in the words of Narada, who was Brahma's Manasa Putra (mentally conceived son of Brahma). Dhruva's faith itself manifested in the form of Lord Vishnu before him.

Lord Vishnu asked him, "My dear! What do you want?" Young Dhruva replied, "Oh Lord! You know where I was, how I was and on whom I was contemplating upon. Having known all this, you have come to the place where I was sitting. Therefore, you also know very well what I want."

When a young lad like Dhruva had so much knowledge, how much more knowledge God should be having? In fact, He has more knowledge than anybody else. He said, "My dear! No doubt, I knew where you were and I also know what you want. However, I follow a certain system. I am ready to fulfil your desire only when there is harmony between your thoughts, words and actions. While coming from your home, you told your mother that you would pray to God for the boon of sitting on your father's lap. You performed penance in accordance with your thoughts. Now I want to test whether your words are in harmony with your thoughts and actions." Then Dhruva replied, "As I was beset with worldliness, I came in search of glass pieces, that was the desire to sit on my father's lap. Now I have found a precious diamond in the form of your Darshan. It is my great good fortune that I have found a precious diamond while I was searching for glass pieces." Vishnu then pointed out his weakness and said, "My dear! Your thoughts and actions denote something else while your words convey a totally different thing. Your thoughts and actions are on one side while your speech is on the other. The majority lies with your thoughts and actions. Hence, go back to your kingdom and rule over it." Saying this, Vishnu sent him back to his kingdom. In all your endeavours, God wants Trikarana Suddhi (unity of thought, word and deed). To say one thing and do something else is not proper. Even after performing



such intense penance and ultimately attaining the Darshan of the Lord, Dhruva could not get what he wanted. What is the reason? It was due to the lack of Trikarana Suddhi.

### **Cast off the Veil of Evil Qualities**

Therefore, you should always maintain the sacredness of your speech. Speech is born out of the mind. Vagaries of the mind make it impure. Since speech is the son of the mind, the impurity of the mind is reflected in speech also, just as the son inherits the qualities of his mother. Truly speaking, the mind should have divine feelings. But it does not always happen. The father and the son can be totally different from each other. Take, for instance, Prahlada and Hiranyakasipu. Prahlada was a great devotee whereas Hiranyakasipu was totally evil-minded. A gem of a boy like Prahlada was born to such a wicked demon like Hiranyakasipu. Prahlada loved Lord Narayana, but Hiranyakasipu hated him. Prahlada was the one who was not deluded by name and form whereas Hiranyakasipu put his faith only in name and form. You should get rid of the feelings of attachment to name and form. Some day or the other, you have to leave your body. Therefore, you should give up body attachment. What you have to give up is not wife and children and property, but the evil qualities of hatred and jealousy which cover up your humanness. When you cast off this veil of evil qualities, you can attain bliss. You develop cataract. It is enough if you get the cataract removed. Then your eyesight will be restored. You need not make any special efforts to get back your vision. In the same way, man's heart is covered with the evil qualities of attachment, hatred and jealousy. To gradually give up these evil qualities is real sacrifice. When you give up your evil qualities, you will easily realise your Self. This, in fact, is your right. Manava



***Begging and asking something are related to worldliness and connote the Pravritti Marg (path of worldliness).***

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***Nobody knows how precious and valuable things are there in God's treasury. You may be asking for glass pieces but God may want to give you precious diamonds.***



(individual) comes from Madhava (God). In spite of the fact that you have come from God, you forget God Himself. The clouds are born out of the sun. The same clouds cover it up. But the sun does not develop any hatred towards them because all these are passing clouds. Why should one hate the clouds which will move away in a short while? Likewise, the clouds of evil qualities and evil feelings cover up the bright sun of Prema (love) in the heart of man. In such a situation, you should maintain your quietude. When you keep your poise, these clouds will move away on their own. The wind which has brought them will also take them away. What man has to do is to develop love more and more in his heart.

There is no task in this world which cannot be accomplished by love. Other qualities may not help you to achieve something but if you have love, there is nothing that you cannot achieve. In fact, you can achieve everything with love. *Prem Easwar Hai, Easwar Prem Hai* (God is love, love is God). You should understand the unity of both and develop the principle of love. You should develop



the feeling that the suffering that causes pain to you causes the same pain to others also. You should also understand the truth that others also love themselves as much as you love yourself. In every situation, you should put yourself in the position of others and then compare. This is self-enquiry. This is not comparison in the physical sense. You should develop the understanding that the type of feelings, difficulties and sufferings that you have, others also have the same. Similarly, others' love is also as pure as your love. This is what you have to compare lovingly with sacred feelings. Then there will be no room for hatred and jealousy in you. In order to drive away the evil qualities of attachment, hatred and jealousy, you should develop pure and selfless love devoid of ego. This is real devotion. All other spiritual practices like worship, Japa and Dhyana are merely the steps towards controlling the wavering of your mind. When you want to go on the terrace of your house, you use a ladder. The ladder rests on the ground. But its upper end is supported by the wall. The support of the ground at the lower end of the ladder is faith and the support of the wall at the upper end of the ladder is love. Therefore, with the help of both love and faith, you can reach any height. Without these two, you cannot climb at all. It is impossible. You should have the support of both. You should have deep faith and sacred love. When you develop these two, there is no need to perform any spiritual practices like Japa and Dhyana.

### **Sacrifice Leads to Everlasting Bliss**

What is the aim of Japa and Dhyana? Only to attain love and faith. When you have already attained these two, then where is any need left for Japa and Dhyana? Where is the necessity to search for something which is already with you? Many people think that they are

in search of God. Why should one search for God who is everywhere? Do you search for yourself anywhere? No, no. You do not search for yourself. You will be considered a madcap if you go in search of yourself. Searching for God is like searching for yourself. God is in you, with you, around you, above you and below you. In fact, you yourself are God. Only due to your attachment and identification with your body, you say that you are such and such. That is not the reality. In all the mythologies, epics and other sacred scriptures that our ancient Rishis have written, the question 'who am I?' is of utmost importance. What is the significance of asking you to know the answer to the question 'who am I?', in preference to all other things to be known in this world?

When someone comes to you, you ask him, "Who are you? Where have you come from?" You ask everyone all these questions but you never ask yourself, "Who am I and where have I come from?" When you know who you are, you will know everything about others also. What do you require for this? First and foremost, you require self-confidence. It is from self-confidence that you will have self-satisfaction. When you have self-satisfaction, you will undertake self-sacrifice. It is by self-sacrifice only that you can attain self-realisation. Therefore, self-confidence is the foundation, self-satisfaction are the walls, self-sacrifice is the roof and self-realisation is life. Without foundation, there can be no walls and without walls, you cannot have the roof. And if you don't have a roof over your head, how can you live? Therefore, you should see to it that your self-confidence does not shake at all. Whatever may be the circumstances, even at the cost of your life, you should not allow your self-confidence to waver. You should develop such deep faith. When



you develop faith, bliss will come to you on its own. When you attain this state of bliss, you will renounce everything. In this state, there will be no differences like mine and thine.

Sacrifice leads to immortal and everlasting bliss. But you are unable to take to the path of sacrifice. What is the reason? You are caught in the snare of ego and attachment which take you to hell. It is said that Yama, the lord of death, casts his noose around the neck of everyone and takes away his life. Where has Yama set up his rope factory to prepare the nooses for taking the life of all living beings? There is no such rope factory. There is no need to bring the noose from anywhere. Your ego and attachment are verily the noose which holds your neck tightly and causes your death.

### **Love for God will Make you Immortal**

You should not think that your joys and sorrows are given to you by God. Your thoughts are the cause of both good and bad, happiness and sorrow. No one else is responsible for them. It is a mistake to think that this or that person is the cause of your difficulties. You yourself are responsible for everything good and bad, happiness and sorrow, praise and blame. When anybody else is the cause of your happiness and sorrow, then you have a reason for fear. But when you understand that you yourself are the cause of everything, then there is no scope for fear. When do you become fearless? You become fearless when you fill yourself with love. You will be fear-stricken only when there are defects in you. Therefore, give no room to defects at all. Before performing even a small task, you should enquire whether it is good or bad. Develop the discrimination to distinguish between good and bad. Take time to make this enquiry. Do not make haste. *Haste*



***True love can bring close to you those who are distant or separated from you.***

***It can transform a man with animal tendencies into a divine being. It can gradually change worldly and physical love into divine love. People who wish to understand the principle of love should give up their selfishness and self-interest. They should develop purity, steadfastness and other divine qualities to understand divine love.***

***They should try to lead their life keeping their focus on the love of God without paying heed to their difficulties and sufferings.***



*makes waste. Waste makes worry. Therefore, do not be in a hurry. Maintain your poise in all situations and contemplate on God. Develop love for God. This love will make you immortal. It will remove all your sorrows and bestow bliss on you. This is the education that you have to acquire.*

### **Acquire both Secular and Spiritual Education**

You may acquire worldly and secular education which forms the basis of your worldly life. Worldly education is meant for happiness in this world and Brahma Vidya (knowledge of Brahman) is for self-realisation. You should lead your life by integrating both the worldly and spiritual education. Therefore, both are essential. They are like negative and positive charges, both of which are essential for the electric current to flow. But man today acquires only secular education and fills his heart with negativity. At the same time,

he wants positive results. This is impossible. What is the reason? When you have filled your heart with total negativity, how can you expect anything positive? You lose the right to have anything positive. Therefore, fill your heart with positive feelings. Then you will attain everything. Secular education is related to the world but it is Brahma Vidya which is related to the Supreme Being. When you acquire it, there will be no obstacles on your path.

*Dear Students!*

Many of you play football in the stadium. In the game of football, there are eleven players on one side and eleven players on the other side. There is a goal at the end of each side. The goal has two goalposts. When the ball goes through these goalposts, only then it is considered goal. In the game of life, Kama, Krodha, Lobha, Moha, Mada, Matsarya, etc. (desire, anger, greed, delusion, pride, jealousy, etc.) are on one side and Sathya, Dharma, Santhi, Prema, Ahimsa, etc. (truth, righteousness, peace, love, non-violence, etc.) are on the other side. Both sides kick the ball of life. One of the poles of the goalpost

is secular education and the other is spiritual education. The ball of life has to pass through these two poles. If the ball goes this side or that side, it will be considered out and not goal. Do have secular education. Develop proficiency in that also. Making secular education as the basis, you should acquire spiritual education. *Adhyatma Vidya Vidyanam* (spiritual education is true education). Secular education is like a small river or a canal. Spiritual education is like an ocean. All rivers have to ultimately merge in the ocean. You may acquire any type of secular education but ultimately you have to reach the ocean of divine grace. Do not waste your life merely in the pursuit of worldly education.

Make efforts with faith to develop the principle of love. You should not discard or ignore Nature because Nature is also the manifestation of God. God is the cause and Nature is the effect. The world is the manifestation of cause and effect. Therefore, you should see God in Nature also. You can see Him in every atom.

**– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 20th June 1996.**

*Under any circumstances, we should not get angry at others. We should not hate others or be jealous of them. We should consider all as embodiments of love. Everyone has a heart that is full of love. Develop love day by day and share it with others. Then, there will be no scope for hatred. Grow more in love. Share your love with at least two or three of your fellow beings everyday. If you do that, your life will be redeemed.*





# CELEBRATIONS AT PRASANTHI NILAYAM

## A DELIGHTFUL CULTURAL PROGRAMME

**O**N 18TH JUNE 2009, THE students of Sri Sathya Sai Schools of Gujarat presented a delightful and educative cultural programme in Sai Kulwant Hall in the Divine Presence of Bhagavan. The programme consisted of two items – a drama on the theme of love and peace and a skit on the significance of yoga in the life of man.

### **Samasta Loka Sukhino Bhavantu – A Drama**

The programme began at 5.15 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. First, the students of Sri Sathya Sai Vidyaniketan, Navsari presented the drama “Samasta Loka Sukhino Bhavantu” (May all the beings of all the worlds be happy!).



*A scene from the drama “Samasta Loka Sukhino Bhavantu” presented by the students of Sri Sathya Sai Vidyaniketan, Navsari on 18th June 2009.*

Commencing their programme with an invocation to Lord Ganesh in the form of a song and dance, the students highlighted the significance of the values of Sathya, Dharma, Santhi, Prema and Ahimsa as the basis for the transformation of the individual

which could lead to the transformation of mankind and usher in an era of love and peace in the world. The theme was clearly brought forth by enacting the scenes of an international conference which ultimately concluded with a resolve that man should follow the teachings of Bhagavan and surrender wholeheartedly to Him to save the world from impending disaster.

### **Yoga for Salvation**

The next item of the programme was a musical skit on the theme of yoga as propounded by Maharshi Patanjali. This



*The students of Sri Sathya Sai School, Surat giving a demonstration of Asanas in Sai Kulwant Hall on 18th June 2009.*

was presented by the students of Sri Sathya Sai School, Surat. The students not only explained the philosophy of Ashtanga Yoga of Patanjali but they also gave a very impressive demonstration of Asanas and Pranayama for the benefit of the viewers. Making beautiful formations, they showed how yoga integrated the values of all faiths of the world and how its practice could lead to world unity and salvation of the individual.

At the end of these presentations, Bhagavan blessed the participants of both the items, posed for group photos with them and distributed clothes to them with His Divine Hands. The programme concluded at 6.45 p.m. with Arati to Bhagavan after distribution of Prasadam and a brief Bhajan session led by the students of Sri Sathya Sai Schools of Gujarat.

## YOUTH CAMP OF ANDHRA PRADESH

More than 1,500 youth came to Prasanthi Nilayam from Andhra Pradesh to participate in the youth camp organised by Sri Sathya Sai Seva Organisation of Andhra Pradesh from 18th to 20th June 2009. On 19th June 2009, a group of these youth enacted a drama in Sai Kulwant Hall.

### **Prema Vahini: A Musical Dance Drama**

The drama entitled "Prema Vahini" (stream of love) commenced at 5.30 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. The drama powerfully depicted how more and more youth were dedicating their lives to Grama Seva (service of villages) and bringing about transformation in the villages. Inspired by the teachings of love and service of Bhagavan



*The drama "Prema Vahini" presented by the Sai Youth of Andhra Pradesh on 19th June 2009 highlighted the Seva activities being carried out by Sai Organisations in villages.*

Sri Sathya Sai Baba, Sai Organisations were changing the face of villages by providing medical, education and drinking water facilities in them, the drama portrayed. At the end of the drama, Bhagavan blessed the cast of the drama, distributed clothes and watches to them and posed for group photos with them. Bhagavan also materialised a gold bracelet for the youth who enacted the role of young Sathya in the drama. At the end of the drama, there was a Bhajan session wherein the youth of Andhra Pradesh led the Bhajans. The programme came to a close with Arati to Bhagavan at 7.15 p.m.

### **Providing Means of Livelihood**

On the last day of the youth camp, i.e., 20th June 2009, another programme was organised by Sri Sathya Sai Seva Organisation of Andhra Pradesh in Sai Kulwant Hall in the Divine Presence of Bhagavan. First, various useful items were distributed to more than 100 beneficiaries to enable them to earn their livelihood. These included sewing machines, wet grinders, iron boxes, computers, telephone coin boxes and various kits such as carpenter kits, electrician kits, blacksmith kits, barber kits, plumber kits, etc. The beneficiaries, both ladies and gents, came forward one by one, offered salutations to Bhagavan and received the items blessed by Bhagavan.

After this, youth singers of Andhra Pradesh, both ladies and gents, enraptured the audience with a very captivating musical presentation. At the end of the programme, Bhagavan blessed the singers, distributed clothes to them and posed for group photos with them. Bhagavan also materialised three gold rings and gave one each to two singers and the script writer of the drama. Prasadam blessed by Bhagavan was then distributed in the hall. The programme came to a close with Arati to Bhagavan at

6.25 p.m.







*Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam*

## SPECTACULAR PERFORMANCE OF STUDENTS

**I**N THE RECENTLY DECLARED results of X and XII Classes, conducted by the Central Board of Secondary Education, the students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam performed exceedingly well. The students of both X and XII Classes recorded 100 per cent results this year also. Out of the 99 students who appeared in the X Class examination, 98 secured 1st division and 86 passed with distinction. Out of 116 students who appeared in the XII Class examination, all passed in 1st division, 113 passed with distinction and nearly half of the students secured more than 90% marks, the highest secured marks by a student being 98.2%.

In fact, for about a decade now, the students of this school have been giving spectacular performance in the X and XII Class CBSE examinations. Besides, remarkable academic excellence, the school has earned a great name in imparting value-based education which helps the students to imbibe human values, acquire high character and achieve spiritual growth. In fact, the secret behind the success story of the school is its Integral System of Education devised by Bhagavan Sri Sathya Sai Baba, the Chancellor of Sri Sathya Sai University. This unique system of education coupled with Bhagavan's personal guidance to students ensures their academic, physical, mental, intellectual and spiritual growth.



# THE SPRING OF JOY

*"Discover the fountain of joy within; that is a never-failing, ever-full, ever-cool fountain, for it rises from God," said Bhagavan in His illuminating Discourse on Guru Purnima day on 13th July 1965.*

**T**HIS IS A SACRED DAY. IT IS THE day when we honour Sage Vyasa, who gave mankind the precious gem of Saguna worship (worship of God with form), and hope and assurance that Manava (man) can become Madhava (God), Nara can become Narayana, Jiva (individual soul) can become Brahman (Cosmic Being) or rather Jiva is Brahman. The Bhagavata, the Puranas and the Brahma Sutras are the great texts which hold forth these valuable doctrines.

## Be a Kinsman of God

Man is a mixture of two strands of the same substance – Maya (illusion) and Madhava, Bhrama (delusion) and Rama, Deha (body) and Dehi (Atma), Jada (inert matter) and Chit (consciousness), Sarira (body) and Sariri (embodied soul), Jiva and Brahman. Like the two circular stones of the grinding mill, the Brahman one is stable, the Jiva is revolving. The stable is the base; the revolving is the 'dependent'. The Guru is the teacher who removes the fundamental ignorance which hides the knowledge of this truth from us. The Purnima or the full moon day has been fixed for revering him, for the effect of the knowledge that it puts an end to scorching agony and sheds cool comfort instead on the mind of man. Vyasa is revered as Narayana Himself, for who but God can inspire such illumination?

If your loyalty is to the family, you are a servant of the family; if it is to God,

you are a servant of God. But do not pay heed to the wages He gives. Do not argue and bargain for wages or reward. Only hired labourers clamour for wages and complain that they are poor. Be a kinsman, a member of the family, a scion of God. Then it behoves Him to maintain you in comfort. Try to be near God, as near as His own kin; do not calculate the number of hours you have spent in serving Him and pine that He has not compensated you. Be ever in His service, that is to say, in doing good and being good.

## Connect yourself with God by the Cable of Smarana

Karna knew that death was ever round the corner and so, whenever anyone came to him seeking some favour, be it however hard, he



*Live with Prema, in Prema, for Prema. Then, the Lord who is Premaswarupa (Embodiment of Love) will grant you all that you need in spite of your not asking for anything. He knows; He is the Mother who does not wait to hear the moan of the child to feed it. His Prema is so vast and deep that He anticipates your every need and rushes with help you must have.*



satisfied him on the spot without any delay, for, as he said, "My mind may change, my life may end." People ask each other when they meet, "Kshemama?" (Is all well?). The other man repeats automatically, "Quite well, thank you", without noting that his life-span has become a day shorter. He has no Kshema (well-being); he has undergone only Ksheena (decline). So, arise, and resolve to make the best of your days.

The Guru is the person who discovers that you have taken to a wrong road that leads to further and further darkness. For, he knows the right road and he is full of love for all who strive to escape the travails of the night, without lamps to light their steps. This is the day when the first of Gurus is remembered with gratitude. He is none other than Narayana. Narayana is the Reality, and if you do not get a Guru from outside and pray, the Narayana inside you will Himself reveal the road and lead you on. It is always preferable to be prompted by that inner Guru, because most of those who claim to that status are themselves rolling in objective pleasures or are bound by greed, envy or malice. Guru also means 'heavy'; many have only the qualification of physical weight, not of spiritual height!

If you must bring the power from the powerhouse to your residence to illuminate your place, you have to put up poles at regular intervals and connect the house with the powerhouse with cables. So, too, if you must win the grace of God, do Sadhana at regular timings and connect yourself with God by the cable of Smarana (reciting God's Name).

### **Discover the Fountain of Joy within**

The Charvakas (materialists) argued that a bird in hand was worth two in the bush. They said, the present pleasure should not

be given up in the hope of something promised later on. But the happiness of renunciation can be enjoyed here and now, and it is much more sustaining and inspiring than the happiness derived from grabbing and attachment. Besides, there is a certain joy in being the master of the senses, rather than in being their slave. Now, you are slaves of the coffee habit. Resolve not to cater to that attachment and stick to that resolution for three days continuously. You become the master and the tongue is your slave. Coffee cannot hold sway over you any longer. If coffee is capable of conferring joy, all should get it equally from that beverage. But some prefer tea and many find coffee distasteful. Some delight in taking it without sugar and others without milk. So, it is the mind that gives delight, not the coffee; it is not the object that caters to the senses.

The secret is, discover the fountain of joy within; that is a never-failing, ever-full, ever-cool fountain, for it rises from God. What is the body? It is but the Atma encased in five Koshas (sheaths) – the Annamaya (the one composed of food), the Pranamaya (the one composed of life principle), the Manomaya (the one composed of thoughts), the Vijnanamaya (the one composed of intelligence) and the Anandamaya (the one composed of bliss). By constant contemplation on these sheaths, the Sadhaka attains discrimination to recede from the outer to the inner and the more real. Thus, step by step, he abandons one Kosha after another and is able to dissolve away all of them to achieve the knowledge of his unity with Brahman.

### **Keep Truth and Love as your Guides**

Most of you hear Me say these things over and over again, year after year. But few take even the first step in Sadhana. You ask





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that I should go on speaking and you take down notes of what I say for the purpose of reading them again. But, without practice, all this is sheer waste. You may talk in a big high-sounding style, but you are judged, not by your tongue, but by your activity and attitude.

There was a lady who attended a whole series of Bhagavata discourses, and picked up a few cliches. She became too lazy to draw water and slept on till late hours. When her husband reprimanded her, she quoted a Sloka (verse) which said that one had in oneself all the holy rivers, Ganga, Yamuna, Saraswati as Ida, Pingala and Sushumna (the nerve currents to the left, right and middle of the spinal column)! The husband was astounded at her impudence and pseudo-spiritual pose. He contrived to feed her on highly salted stuff and removed all the water pots and jugs from the house. When she suffered from acute thirst, and called out for water desperately, he quoted the same hymn and wanted her to draw water from the Ganga, Yamuna and Saraswati within her! You have no place for hypocrisy and double dealing in spiritual matters; there, you must walk along the straight and narrow path, with truth and love as your guides and companions.





Young men go out to overseas countries and their aged parents are worried about their reactions to the attractions of the strange culture. The father writes to the son pleading with him not to give up the family habits of food and drink, of worship and prayer; the son while reading it gets tears in the eyes; he presses the letter on to his chest; but, that is all. He yields to the temptations and slides away. The paper on which the letter is written is honoured, not the matter for which the letter is written. Sacred books are worshipped in the same way; flowers are showered on them; even food is sanctified by being offered to them; they are carried in procession with pipers and drummers in front, through the streets. But, as to reading them or trying to understand what they contain, or practising a bit of what they were written for – that is an impossible task, for most!

#### **Do not Seek to Find Faults in others**

I shall tell you just one thing which those books teach; one thing which I want you to resolve to follow, from this Guru Purnima day: “Do not seek to find faults in others, give up Para Dushana and Para Himsa (malicious and harming others); do not scandalise anyone, do not feel envy or malice. Be always sweet in temperament, in talk. Fill your conversation with devotion and humility.” Live with Prema, in Prema, for Prema. Then, the Lord who is Premaswarupa (Embodiment of Love) will grant you all that you need in spite of your not asking for anything. He knows; He is the Mother who does not wait to hear the moan of the child to feed it. His Prema is so vast and deep that He anticipates your every need



*If you must bring the power from the powerhouse to your residence to illuminate your place, you have to put up poles at regular intervals and connect the house with the powerhouse with cables.*

*So, too, if you must win the grace of God, do Sadhana at regular timings and connect yourself with God by the cable of Smarana (reciting God's Name).*



and rushes with help you must have. You are all waiting anxiously to know, from when I am granting you the ‘interviews’ so that you can place before Me the long lists of Korikas (wishes), which you have brought. These wishes go on multiplying; they never end. The fulfilment of one leads to a new series. Strive to arrive at the stage when His wish alone will count and you are an instrument in His hands.

The ears relish evil, they do not welcome goodness. They are so warped and perverted. Control your listening. The Gopikas desired to listen only to Krishna’s glory, His charm, words, pranks, plays, pastimes, achievements, attainments. When you fill yourselves with Krishna Prema (love for Krishna), you achieve Sarupya and Sayujya (identity and merger with the Divine). Strive for that consummation, not for lesser victories.

– From Bhagavan’s Guru Purnima Discourse at Prasanthi Nilayam on 13th July 1965.

Everyone has God as the source. No one is higher or lower. We are all kin through God, from whom we have come. Parents and other physical relations are those whose impact we feel on the way. But the source and the goal is God and God alone. – Baba

## THE KINGDOM OF LOVE

*“The thing which impressed me was the feeling of Sai family. No matter whether I am in New Zealand or in St. Petersburg, where no English word is spoken, there is that common bond of Sai family. The common thread that binds all is Swami”, said Dr. Voleti Choudhary, a renowned cardiac surgeon from California, in an interview with Dr. G. Venkataraman, former Vice Chancellor, Sri Sathya Sai University.*

**S**AI RAM, DR. CHOUDHARY. Welcome to the studios of Radio Sai. You have been travelling a lot, carrying Swami’s message. When did you start travelling round the world?

Actually, at the time of Swami’s Birthday in 2003, I decided to do this. I had a world map in my hand, which I showed to Swami and said that I wanted to go round the world. I showed Him the cities and countries on the map that I was visiting. It took five seconds. He said, “Choudhary, it is very easy to travel on the map.” I said, “Swami, with Your grace, I can really travel.” He said, “Yes, Manchidi (good).”

*You pointed to many countries on the map. How many countries did you visit?*

When I left from here after Swami’s Birthday, I covered Eastern Australia; I went to Melbourne and Sydney. Then I had to come for Sivarathri. After Sivarathri, I covered New Zealand, western part of Australia. From there, I went to United States – Miami. From there, I went to three places in Central America – San Salvador in El Salvador, San Jose in Costa Rica and Santo Domingo in Dominican Republic. Then, I had to come and see Swami because my nephew’s wedding was here. Thereafter, I went to United Kingdom and spent four days in London, visiting Sai

Centres. From London, I went to Copenhagen where a two-day retreat had been organised. After Copenhagen, I went to St. Petersburg where they had a retreat for all the 12 Russian-speaking countries. From St. Petersburg, I went to Moscow and visited Moscow Sai Centre. Then it so happened that on the following weekend there was a retreat in Amsterdam participated by the devotees of three countries – the Netherlands, Luxembourg and Belgium. Then, I went to Italy and covered Milan, Rome, Naples and Venice. I came back on 29th May.

*May be, I should ask you what have you left out. Looks like you probably have to go to South America, not Latin America.*

No, sir. Actually, I had Swami’s blessings in 2002 and I went to Chile. From there, I went to Argentina, and from Argentina to Brazil.

*So, this is really your second innings. What about Africa?*

That’s the one I have to do at some point of time.

*Okay, let us come back to the details of your globetrotting, shall I say. May be I should start with your first innings when you visited a few South American countries. That was perhaps the first time when you went out on such a mission. Is it right?*



Yes, it is really amazing how Swami puts it all together. We can't really comprehend Him. When I was here for Guru Purnima in 2002, first the people of Brazil invited me to come to their country on Swami's mission. When the people of Argentina and Chile heard that I was coming to Brazil, they also invited me.

*Which cities in these three countries did you visit?*

Santiago in Chile and Buenos Aires in Argentina. In Brazil, I went to Sao Paulo and Rio de Janeiro.

*Now talking of South America, I would ask you to tell us about the type of relationship the people have with Swami. Tell us something about their devotion for Swami.*

I have only one word for that. It's amazing. They love Swami very dearly. Also, they excel so much in music. You should listen to their Bhajans; there is so much sincerity and so much devotion. I will tell you one example which you will understand better than anything I could tell. On the last day, I was in Rio de Janeiro, that was where my evening speech was. You would not believe, how much they love soccer or football in South America. In Brazil, their two top teams were playing on that day. They would give anything to have a ticket or watch it on television. But the beautiful hall where I spoke was completely full. They had all come to listen about Swami's stories.

*It is nice to hear that. Now comes my question: What is the secret? What is the magic?*

The magic, of course, is Swami. I will give you an example. I was talking to one of the teachers in a Swami's school in Rio de Janeiro. It is approved by the Brazilian Education Department. I asked her, "Have you

***I think, America is getting ready for Swami's love. In California State alone, where I come from, we have in excess of twenty-five to thirty Sai Centres. I think, it is happening. I will tell you that for the first time the people of America are rediscovering marriage, they are rediscovering family as a unit. And it is happening in America as we speak. To me that is the first sign of change in society. They are coming back to normal. It is coming on slowly but surely. I go to retreats in New York, Chicago, Los Angeles, where we have about 800-900 people. Especially, the retreat in New York got so big that they had to split it into two retreats. So, the message is coming across.***

ever been to Puttaparthi and seen Swami?" She said, "No." I said, "You are teaching in Swami's school. Don't you want to see Swami?" Pointing to her heart, she said, "No, no. Swami is here." That's all she said. Now I always tell this example. When I went from here, I asked Swami what I should talk about. Swami said, "Talk about your experiences. You don't have to do anything else." But what He didn't tell me was that I was going to learn more from them than what I was going to tell them. I learned so much from this little experience that this lady knew more than what I did. She was more evolved than I was. She said, she did not have to go to Puttaparthi, Swami was in her inner heart. She was doing His work. So, space and time had no relevance for her.



*It looks from what you have said, they are deeply evolved. They have understood what Jesus said, "The kingdom of God is in you." It is not often that one hears people say with such conviction, "Swami is in me."*

Absolutely. I saw the students sing Bhajans with great devotion. The teachers teach them. I found the same devotion at all the places. That is amazing. Moreover, Sai Centres are performing great Seva activities. Out of the 200 million in Brazil, 20 million live in Sao Paulo which is one of the poorest localities. Sai Organisation has two centres there. They are doing very good service.

*A few years later, you were going round the world again. You started with Australia and went to Central America and so on and so forth. Let us now go to Australia. How many places you visited in Australia and New Zealand, put together.*

I visited close to 18-19 Sai Centres.

*Inevitably the question is: What kind of difference did you find between Australia and Argentina, Latin America and the Pacific countries?*

Actually, before I answer that I would tell you something that is common in both. That is, they have one of the most organised Sai activities. There is tremendous amount of organisational skill involved in whole of Australia and I saw the same in whole of Latin America.

*Now in terms of what I would call other parameters, how would you compare your experiences in Australia and New Zealand? Did you see any differences between Australia and New Zealand or were they in the same basket?*

In Australia, there are a lot many Sai Centres. In New Zealand, I only visited

***There were round-table conferences for an hour and a half in the afternoon. One was on education system, one was purely on service, one was on meditation, etc. It is amazing how sincere they were in conducting these conferences. They divided into sub-groups and brainstormed. They gave me an interpreter to follow, so I kept abreast of the proceedings. Do you know how many people were there in the retreat? Their number was in excess of 450. They were from all the 12 Russian-speaking countries. They have two common things – Russian language and Swami.***

the Northern island, just Auckland and Wellington. I visited three centres in Auckland, two centres in Wellington. But I should tell you one thing, in both the places the devotion for Swami is total. It's amazing. When I landed at the airport, there were people waiting outside with a nice board saying, "Sai Ram, Dr. Voleti." That's how I recognised who they were. I got into the car, and there was Swami's picture in the car also. They played Swami's Bhajans and then they took me to the place where I was to stay. The thing which impressed me was the feeling of Sai family. No matter whether I am in New Zealand or in St. Petersburg, where no English word is spoken, there is that common bond of Sai family. The common thread that binds all is Swami.

*Now let's talk about San Salvador and places like that. When did you go there?*



I went to San Salvador during Easter weekend of 2004 from 7th to 11th April. There is a coffee plantation in the middle of the town; it is owned by a Sai devotee. Every coffee plantation has a very nice house in it. This meeting was a retreat during the Easter week; apparently they do it every year. That's how I got invited. There were people from three countries – El Salvador, Guatemala and Costa Rica. They arranged it in a beautiful way. Morning around 5.30-6.00, they have Nagar Sankirtan in the campus itself. They go around and sing Bhajans. The night before, they set a beautiful altar for Swami. About 90 people including some young adults participated in this retreat.

*How did you happen to go to Dominican Republic?*

This was arranged by John Behner, the Central Coordinator of this region. When I went to Dominican Republic – Santo Domingo, they called it an international meeting, which really was because there were people from three countries – Dominican Republic, Haiti and Puerto Rico.

*If I am not mistaken, in Dominican Republic and Puerto Rico, they speak Spanish and in Haiti they speak French.*

Yes. It was first time they got together and arranged a big meeting. A delegation of 30 people specially came from Haiti. I would speak in English, one person would translate my speech into Spanish and the other person into French.

*So, now let's cross over from Central America, Atlantic Ocean and come to Europe. You visited many places from Amsterdam to Moscow. What were your experiences? Which do you consider as the most amazing or interesting?*

The most remarkable fact about the people of Russia is their love and devotion for Swami. They say, "We love Swami." They take care of you as if you are Swami. It is not just my feeling. I have spoken to some other people who have gone there.

*That's true, I have talked to Samuel Sandweiss; he was overwhelmed by what he saw and experienced during his visit to Russia. You visited St. Petersburg and Moscow. Tell us about that.*

You know, in this entire 45,000 km journey, I never missed my flight, I never missed my luggage or reservation, never missed a connection. Getting a visa for Russia is not easy. With Swami's grace, it just came in three days. I went out of St. Petersburg airport not knowing what to do. There was a man waiting for me with Swami's portrait and saying, "Sai Ram." That's the only English word he knew to speak. Then, of course, they drove me to the retreat they were having. It is a beautiful place outside St. Petersburg. Very minimal accommodation. They were nice enough to put me up with one of the devotees.

Actually, it was a four-day conference. But I had to stay back for first two days because I had to go to Copenhagen retreat. They warned me beforehand that it was going to be five degrees and it would be raining. However, when I landed in St. Petersburg, believe it or not, it was 18 degrees and it was sunny. And they said, "See the weather Swami has sent for you." Sunday was fine, then Monday morning we finished the conference and came to St. Petersburg, it rained and rained. There was a beautiful rainbow from one end to the other end of St. Petersburg over the river. They said, "Oh, you see, Swami's sign, rainbow." They know everything about Swami.



There is a devotee who runs five vegetarian restaurants in St. Petersburg. He has a small section on one side for Swami's devotees. People always have the deity of their liking. For me, it is Easwara. They took me to a table. And to my amazement, right in front of me was the picture of Lord Siva and Parvati and on the other side was Lord Ganesh. They took such good care of me.

There were round-table conferences for an hour and a half in the afternoon. One was on education system, one was purely on service, one was on meditation, etc. It is amazing how sincere they were in conducting these conferences. They divided into sub-groups and brainstormed. They gave me an interpreter to follow, so I kept abreast of the proceedings. Do you know how many people were there in the retreat? Their number was in excess of 450. They were from all the 12 Russian-speaking countries. They have two common things – Russian language and Swami.

*What is the dominant impression you get from your global tour? You have been to Latin America, Central America, Australia, you have been to Russia and other parts of Europe. What is the main thing that stands out?*

It is all Sai's kingdom, the kingdom of love. I thought I was going to tell them my experiences. In Russia, one person told me, "We are so lucky that Swami sent you. We are able to listen to your nice experiences." I said, "Excuse me, I thought so when I left. But now I will tell you that you are not the lucky one; I am the lucky one that Swami sent me."

*So, your lecture tour became an educational tour. Here is another question: You have been*

*to countries with different social and political backgrounds, countries like Haiti, Russia, the Netherlands, Italy, Australia and so forth. What is it about Swami that appeals to them most?*

There are two things that literally appeal to them – love that emanates from Swami, which all of us can feel, and the amount of service Swami has done to people.

*Okay, sir. Since you have come from America and you are an American citizen, let me ask you this question. How ready is America for Swami's love?*

I think, America is getting ready for Swami's love. In California State alone, where I come from, we have in excess of twenty-five to thirty Sai Centres. I think, it is happening. I will tell you that for the first time the people of America are rediscovering marriage, they are rediscovering family as a unit. And it is happening in America as we speak. To me that is the first sign of change in society. They are coming back to normal. It is coming on slowly but surely. I go to retreats in New York, Chicago, Los Angeles, where we have about 800-900 people. Especially, the retreat in New York got so big that they had to split it into two retreats. So, the message is coming across. It is only a question of time. I think, it will happen.

*On that wonderful note, I will end this conversation for the time being. Before I thank you, I would like to say, please travel more, come back and talk more.*

Thank you very much. Sai Ram.

*Courtesy: Radio Sai Global Harmony*

The inner core of each living being is God. Joys and sorrows are the results of the mind's involvement in the transient and the trivial.

*– Baba*



## World will Become Good if Man Becomes Good

ONCE WHEN A NAUGHTY BOY started crying and bothering his mother, she asked him to sit near his father. The father was doing his office work. As the boy sat there, he started playing with his



*When his son started playing with his office papers, the father cut a world map into pieces and gave it to him to join the pieces correctly in order to keep him busy.*

father's office papers. The father saw a world map nearby, cut it into pieces and asked him to join these pieces to make the map again in order to keep the boy busy. But the boy did not understand which country of the world was to be placed where. On seeing again, he found that there was a human figure on the reverse side of the map. This he could understand easily. He identified the hands, head and other parts of the human figure and joined all the pieces together to make the human figure again. He set only the human figure correctly. But in this process, the world map on the reverse of



*When the child joined the human figure correctly, the world map on the reverse of it became automatically correct.*

it, which he did not understand, was also set right. How did the world map become correct? It became correct by setting the human form correctly.

Hence, first of all, man should become good. Then, the whole world will become good. Therefore, first and foremost, man should conduct himself in a manner worthy of a human being and should lead a life befitting his status as a human being. This itself will transform the human into divine. But, on the other hand, if man becomes animal, how can he do any good to the world? This is impossible. Hence, the first thing for man to do is to lead a life worthy of a human being; he should not degenerate to the level of an animal nor should he become a demon. If man lives like a human being, it is enough. This is the path that leads to divinity.



## THREE MINUTES LATE

**A**FTER A TRIUMPHANT TOUR AS Bhagavan's ambassador to the Sathya Sai Centres of America, Dr. V. K. Gokak's return flight to India was scheduled by his California hostess Smt. Elsie Cowan for an 8.30 a.m. departure on 7th October 1974. But, for the first time in his life he was late and the plane departed minus one distinguished Indian passenger, namely, Dr. Gokak.

The trip started out fine and for the first 15 minutes the car sped along fast and easy. But then the trouble started. First, the traffic got thick as glue and the highway became almost like a huge parking lot filled with cars that were either stationary or inching along only a few feet at a time. The minutes and half hours passed by, but the car made little progress and every time the watch was consulted, the temperature of the passengers rose another few degrees. The driver berated himself for not heeding Smt. Cowan's 5.30 a.m. starting schedule and although the passengers were polite, it was easy to see that they had the same thought as the driver!

The slow pace became intolerable, and it was decided to leave the 8-lane highway and take a chance on unknown side streets. What a relief it was to get off the highway! The first side street was almost empty and the spirits of the passengers rose along with the higher speed of the car. Surely now the airport would be gained in time to get Dr. Gokak on his plane.

But no sooner was there the sigh of relief than a new, never imagined obstacle arose.

First, earth-bound highway vehicles had stopped all progress. And now the heavens themselves moved swiftly to maintain the level of resistance to the car's progress. Southern California is a desert – dry, dry, dry. September-October is the dry brush fire season. Yet, despite the season, it suddenly started to rain, not just rain – it poured down in torrents from a canopy of thunder and myriad lightning flashes. The roads quickly became dangerously slippery and the opportunity to drive fast was immediately lost.

Still, at least the car was moving – but not for long! Now the inner city was reached and with it came the inner city traffic light system. One block of driving and then a red stop signal. Another block and another stop signal. Two minutes lost at each stop signal; miles still to go and only twenty minutes to plane departure.

By now even the calm Dr. Gokak was urging. "Speed up! Speed up!" And Smt. Cowan urged, "Make the signals, I'll pay the fine if a policeman stops you." The fifth passenger, a delegate from Hawaii warned, "Talking to a policeman will take longer than the traffic signal." But the driver, throwing caution to the winds, did step on the gas and the last few miles of driving behaviour was surely no model for a law abiding citizen to copy! At last, the airport was reached. Dr. Gokak and Hislop, leaving the parking of the car to the others, took the luggage and ran. Porters at the outer doors said, "Stop. You cannot make it." The

*Continued on page 224 ...*

# NEWS FROM SAI CENTRES

## SOUTH AFRICA

**D**URING EASTER WEEKEND ON 11th and 12th April, the National Sadhana Rally 2009 was held in Durban. More than 6,000 devotees attended this inspirational spiritual programme, which was organised in a large arena. The aisle and circumference of the arena included displays of creative arts and crafts, Sai



*A Sai publications counter was set up during the National Sadhana Rally 2009 held on 11th and 12th April in Durban, South Africa. More than 6,000 devotees participated in this rally.*

publications and multimedia presentations. In his welcome address on the first day, Dr. Rajen Cooppan, President of Sri Sathya Sai Central Council of South Africa, stated that Bhagavan had suggested spiritual practices to enable the devotees to cope up with the many difficulties of the present age. He added that our journey should be an inward one. Sri Kishin Khubchandani, Zone 9 Chairperson of Sri Sathya Sai Organisation, gave the keynote address. He spoke on strengthening spiritual practices and emphasised that Sathya Sai Centres were for the whole of humanity.

This was followed by presentations on the significance of Omkar chanting, Gayatri Mantra, Ganesh prayer, Vibhuti prayer, food prayer and peace prayer. Sri Sandeep Chala, an alumnus of Sri Sathya Sai University, captivated the audience by narrating his experiences with Bhagavan. In the end, there was a graduation ceremony for Bal Vikas Gurus. The first day's programme concluded with a Bhajan workshop followed by Bhajans.

On the second day, there were presentations on the significance of light meditation, Namasmarana (constant contemplation on God's name) and the practice of silence. Sathya Sai Youth presented captivating skits on the bond of love between Lord Rama and His ardent devotee Hanuman, the story of Prahlada, and a folk dance on Krishna and Gopikas. Besides, a thrilling presentation of Bhagavan's visit to Africa was portrayed through a combination of traditional and modern dance. The second day ended with Bhajans and closing comments by the Central Coordinator, Dr. L. Singh, who summarised the proceedings and highlighted the intense spiritual elevation experienced by the devotees. A blood bank operated on both days to supplement the low national blood reserves during the Easter weekend. Over 230 people donated 175 pints of blood. At the end of the rally, the South African National Blood Service congratulated the devotees for the huge volume of blood that they so generously donated.

## WEST INDIES

A medical camp was conducted in village Windy Hill Arima in Trinidad on 22nd



March 2009. This village consists of about 350 small wooden houses with no electricity or running water. The medical camp began with a short teaching session on how to practise basic human values. About 100 people were provided loving service for uncomplicated common ailments by a team of four doctors. Four pharmacists dispensed medications to more than 200 people and over 250 families were lovingly served a hot meal and given new clothing. The families were also given food supplies for two weeks.

On 29th March 2009, food, groceries, etc., were distributed to villagers. Besides, shoes, books and stationery supplies were distributed to school children in the same village. Sai devotees began the work at 1.00 a.m. with the preparation of food, and by 6.15 a.m., 18 trucks were loaded with food, groceries, mattresses, etc. The village was divided into six regions, with three trucks in each area. Approximately 300 devotees started the distribution, with the youth leading the trucks in a procession, singing devotional songs. The villagers were delighted with the Sathya Sai Organisation's



*On 29th March 2009, 18 truckloads of food, groceries, mattresses, etc., were distributed in Windy Hill Arima village to help the needy people.*

loving service, which elicited a strong reciprocal outpouring of love. The medical camp and school supplies distribution were a follow-up of a previous national Seva project in Windy Hill Arima village on 29th June 2008.

26th April 2009 was a red-letter day for Sai devotees in Trinidad and Tobago when a 36-foot high Sarvadharm (all faiths) Stupa was inaugurated in the Easwaramma Sai Centre located in Penal, South Trinidad. The Sarvadharm Stupa is the first of its kind in the West Indies region and is a replica of the Sarvadharm Stupa at Prasanthi Nilayam. During an interview in summer 2003,



*A Sarvadharm Stupa, a replica of the Stupa at Prasanthi Nilayam, was inaugurated on 26th April 2009 in the Easwaramma Sai Centre in Penal, South Trinidad. More than 400 devotees from all over the West Indies attended the inaugural function.*

Bhagavan graciously signed a photograph of the Easwaramma Sai Centre and granted permission to erect the Stupa, advising that 36 was a good number. The construction of the Stupa, parapet wall and altar were successfully completed within three months. On the inauguration day, more than 400 devotees from all over the West Indies filled the wonderfully decorated and lighted Easwaramma Sai Centre. The rhythm



of tassa drums, a type of drum indigenous to Trinidad, complemented the divine festivity of the event. A ribbon was cut to mark the inauguration, followed by closing prayers and circumambulation of the Stupa by devotees while chanting 'Om Sri Sai Ram'. The Stupa will stand as a beacon, reminding future generations of the essential unity of all faiths as the Divine Message of Bhagavan.

## NEPAL

On 10th March 2009, a blazing fire in a small hamlet damaged eight houses in their entirety. The fire victims lost everything in their homes and took shelter in fragile makeshift tents. On 12th March 2009, Sri Sathya Sai Central Trust



*Sri Sathya Sai Central Trust of Nepal provided food, clothing and other articles of daily need to eight fire victim families who lost everything in a blazing fire. The Sai Organisation is also constructing new houses for these families.*

of Nepal (SSSCT) provided relief materials to the victims, including a one-month supply of food, clothes, blankets and utensils. While Sai volunteers provided loving service, about 500 people from nearby villages, together with government officials, gathered to appreciate, encourage and participate in this loving

service. The SSSCT announced that it would construct eight houses for these families. On 17th April 2009, 53 Sai volunteers including 33 Sathya Sai Youth visited the area again with the next instalment of food and clothing. Together with the villagers, Sathya Sai volunteers began service early morning with Omkaram, Suprabhatam, 108 recitations of Gayatri Mantra and Narayana Seva (serving food to the needy). Then the SSSCT provided construction material for the houses. In addition, the SSSCT announced 'Sathya Sai Scholarships' for all children of the village. The villagers have reverentially placed pictures of Bhagavan in their homes, have begun greeting visitors with 'Sai Ram' and have decided to name the village 'Sai Tol' (Sai hamlet).

## INDONESIA

A blazing fire on 25th January 2009 in Jakarta affected 133 families, and about 580



*Doctors and Sai volunteers provided medical services to needy people who were rendered homeless in a fire in Jakarta on 25th January 2009.*

people were rendered homeless. Between 26th January and 2nd February 2009, volunteers from Sai Study Group, Jakarta rendered loving service to all these people. Food was served on a daily basis. Approximately, 3,800



meals were served. Clothing and hygiene supplies were distributed, and school supplies and backpacks were distributed to children. On 27th and 30th January 2009, doctors and Sai volunteers provided medical services for common ailments to approximately 95 people. Bal Vikas children and Sathya Sai Youth also participated in this selfless service activity, which touched the hearts of many people.

## THAILAND

On 3rd May 2009, Easwaramma Day celebrations took place in Bangkok. About 460 people attended the event. The programme began with Thai and Indian National Anthems and lighting of a lamp by the Indian Ambassador to Thailand. This was followed by chanting



*A cultural programme was held as part of Easwaramma Day celebrations in Bangkok on 3rd May 2009, in which 88 children featured a dance presentation and a song on human values.*

of Vedas, filling the atmosphere with divine vibrations. A cultural programme, in which 88 children participated, featured a dance presentation and an Education in Human Values (EHV) song. The children enacted a drama, "My Unforgettable Grandpa". The play was a reminder of the values needed to make life worthy and meaningful through discipline and respect for the family's elders.



Group I and Group II certificates and medals were distributed to Bal Vikas students.

## CANADA

A training workshop for new teachers of the Sai Spiritual Education (SSE) programme was conducted on 7th and 8th March 2009 in Toronto at the Sathya Sai School of Canada. About 130 participants from Ontario region attended this workshop, out of which 60% were youth. Currently, 1,360 students are in the SSE programme, with 102 teachers and 75 assistant teachers in this region. Since the number of students is on the increase, there is a constant need for training more teachers to teach SSE. Training workshops are conducted on a regular basis for new teachers, and refresher courses are conducted for existing teachers. The two-day training covered topics such as "The Life and Message of Bhagavan Sri Sathya Sai Baba", "SSE Programmes", "Sathya Sai Education in Human Values (SSEHV) Programmes" and "Principles of Educare". These were taught using presentations, group discussions and question-and-answer



*A two-day training workshop for training new Sai Spiritual Education Teachers was held in Toronto on 7th and 8th March 2009, in which about 130 participants from Ontario region took part, out of which 60% were youth.*



sessions. Interactive games were designed as assessment instruments for teachers and children. Trainees were given guidelines for preparing lesson plans and were then asked to prepare lesson plans for different age-groups.

## MALAYSIA

On 8th February 2009, Sai Youth of Malaysia from the States of Kuala Lumpur, Penang and Johor Bahru took part in a service activity called "Journey to God." The Sai Youth of Johor Bahru transported physically challenged adults to the Thandayuthapani Murugan Temple to witness the Thaipusam festival celebrations. Sai devotees lovingly provided lunch and welcomed them into their homes. Sai Youth of Kuala Lumpur took approximately 30



*In a service project called "Journey to God", Sai Youth of Malaysia transport physically challenged persons to temples on festival days.*

children from a local orphanage to Batu Caves to seek the blessings of Lord Subramanya. The children were given lunch and new clothes and then transported back by Sai Youth. Their pilgrimage required them to climb 272 steps while carrying a pot of milk. Sai Youth from Penang brought 30 physically challenged people in their wheelchairs to the temple. Special palanquins were designed and tested for safety and comfort to carry these guests up to Batu Caves. They were extremely grateful to Bhagavan for providing them

the rare opportunity of visiting the holy shrine at the top of the hill. Sai Youth in various parts of Malaysia have been participating in this service activity since 2006.

– Sri Sathya Sai World Foundation

## BHARAT

**Andhra Pradesh:** Sri Sathya Sai Seva Organisation, Andhra Pradesh has been helping needy families by providing them food provisions called Amruta Kalasam. During the month of May 2009, the Sai Organisation provided Amruta Kalasams to 38 fire victim families in Rottavalasa village (Srikakulam district), 22 families of Warangal district, 75 families of West Godavari district, 152 families of East Godavari district and 84 families of Vizianagaram district. Besides, it helped the needy people by conducting Narayana Seva in various districts and distributing items of daily need to them.

**Assam:** The inhabitants of Greater Demoria, a rural backward area, had a healing touch when the Guwahati Samithi in collaboration with Sonapur Samithi organised a mega free medical and health checkup camp in the premises of Durong Middle English School on 5th April 2009. Participated by 48 doctors with active service of Seva Dal volunteers and youth, about 1,500 beneficiaries got treatment and free medicines.

The recently inaugurated Easwaramma Hall of Sri Sathya Sai Sadhana Nilayam, Guwahati was the venue of a daylong conference on 2nd May 2009 of the office bearers of the various wings of the Sai Organisation. The conference deliberated on various aspects of the organisational work with a view to carry forward the Sai Mission and to bring Sai activities in society.

**Delhi:** Easwaramma Day was celebrated by Sri Sathya Sai Seva Organisation of Delhi on 6th May 2009. A grand function was held in this regard at Sri Sathya Sai International Centre which was presided over by Justice Dalveer Bhandari, a judge of the Supreme Court of India. Speaking on this occasion, Justice Bhandari exhorted all parents to send their children to Bal Vikas to inculcate traditional Indian values in them. A magnificent cultural programme was then presented by Bal Vikas children which included a value-based play “Follow the Master” and a lively Qawali.

The sacred festival of Buddha Purnima was celebrated at Delhi on 9th May 2009. It was organised by Sri Sathya Sai Seva Organisation, Delhi at Sri Sathya Sai International Centre,



*Buddhist monks reciting sacred chants as part of Buddha Purnima celebrations held at Sri Sathya Sai International Centre, New Delhi on 9th May 2009.*

New Delhi. At the outset, Rinpoche Doboorm Tuluku, Head of the Tibethouse in Delhi spoke about Swami and how he had the opportunity to have His Divine Darshans on three occasions. He then dwelt upon various stages of Buddhist meditation. This was followed by chanting by the Buddhist monks from the Buddhist Monastery of Majnu-Ka-Tila



which charged the atmosphere with divine vibrations. This was followed by another talk by an eminent corporate lawyer Sri Naresh Mathur who also spoke very eloquently of Swami and the humanitarian work He has inspired millions across the globe to undertake silently. The programme concluded with Sai Bhajans and special Bhajans in praise of Lord Buddha prepared by the singers followed by Arati to Bhagavan.

**Madhya Pradesh and Chhattisgarh:** After successfully organising the Sanathana Sarathi golden jubilee exhibition “Journey with Sai” from 17th to 20th April 2009 at Bilaspur, Sri Sathya Sai Seva Organisation of Madhya Pradesh and Chhattisgarh organised it at Raipur, the capital of Chhattisgarh from 1st to 4th May 2009. The exhibition, held at the premises of Mata Sundari Hall, Khalsa School, Raipur was inaugurated by Sri E.S.L. Narasimhan, Governor of Chhattisgarh, at 6.45 p.m. on 1st May 2009.

The exhibition, highlighting the humanitarian work of Bhagavan and His visits to various



*The Governor of Chhattisgarh, Sri E.S.L. Narasimhan offering salutations to Bhagavan at the beautiful altar set up in the exhibition “Journey with Sai” on 1st May 2009.*

places, was kept open for visitors from 9.00 a.m. to 11.00 a.m. and 4.00 p.m. to 9.30 p.m. daily. Special counters were set up in the exhibition for the sale of Sai literature and subscription of “Sanathana Sarathi” in Hindi, English and Telugu. During this period, more than 4,000 persons including many dignitaries and school students visited the exhibition. The video section of the exhibition showed films on Bhagavan and “Sanathana Sarathi”. Cultural programmes were also organised in the evening on all the four days. The people of Raipur and Bilaspur felt it a great blessing of Bhagavan which came in the form of this unique exhibition. After the conclusion of the exhibition, Easwaramma Week was



*More than 4,000 visitors came to see the Sanathana Sarathi golden jubilee exhibition “Journey with Sai” held at Raipur, the capital of Chhattisgarh, from 1st to 4th May 2009.*

celebrated and various cultural programmes were organised to pay homage to the Divine Mother Easwaramma.

*... Continued from page 217*

ticket officer, however, shouted encouragement, “Run! You may make it – even though I doubt it.”

As soon as the boarding ramp was sighted, the runners shouted, “Wait! We are here!” But the officers at the gate shook their heads, “Too late. The plane moved away from its moorings three minutes ago.”

Well, that was that; Dr. Gokak turned to the information office beside the ramp and asked the time of the next departure. Armed with this information, he and Hislop made their way towards the passenger lounge to sit down and wait for the others of the party to arrive and ask, “What happened?” At this moment, a man came running up and, somewhat out of breath from hurry, said, “Oh, Dr. Gokak, you are here! Thank goodness I caught you before you got on your plane. I have a letter from me to Baba and I prayed to Him that I would be able to make it to the airport in time to give you my letter to give to Baba. Baba helped me. The highway traffic was terrible, but Baba

must have cleared the way because I have got to you in time!” Dr. Gokak and Hislop looked at each other and then broke into laughter. Dr. Gokak said, “Well, here is the reason we missed the plane; here is the man responsible for it!”

The newly-arrived devotee started to ask questions. By this time, the other three members of the party arrived after having parked the car and were told the story. One person said, “What Baba will not do in order to please a devotee!” And someone else responded, “Yes, Baba will go to any length for a devotee, even to the extent of delaying other devotees!” This remark caused another round of laughter. Then everyone went to the airport cafe for breakfast and had a very pleasant and enjoyable time talking of the glories of Baba and of His Leelas. At 10 a.m., the next plane was ready for departure and Dr. Gokak was wished an easy flight for his homeward trip to distant India.

*– by Dr. John Hislop*

**“Sanathana Sarathi”, January 1975**





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– Director

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*Listen to the Voice of God*

Every cell in the human body is God, though under a microscope you cannot find Him. You are recording My speech in the cassette. But, can you see My voice or words now on the cassette? No. When you play it back, you can hear the words. So, too, the body is the tape; the voice of God is immanent. Equip it with faith and tune it with love. Then, you can imbibe My voice and words. A pure heart, a cleansed mind, a God-filled consciousness will help you to listen to the voice of the God within you.

– *Baba*



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