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"Women today should observe chastity like Sita, Savitri, Draupadi and Damayanti. It is the sacred land of Bharat where you find such a large number of Pativrata women and nowhere else. People who leave such a sacred land and go to other countries waste their life."



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Radio Sai Global Harmony: www.radiosai.org
Bal Vikas Wing of Sri Sathya Sai Organisation, India: <http://sssbalvikas.org/>

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



CHASTITY IS THE HALLMARK OF A WOMAN

REALISE THAT YOU AND I ARE ONE

FVERYBODY IS AFRAID OF Yama, the god of death. He goes about in every corner of the world and takes away the life principle of those whose life sojourn on earth comes to an end.

Chastity Endows Women with Immense Power

When he took the life of Savitri's husband Satyavan, Savitri was full of grief and prayed to him to bring her husband back to life. She said, "Either you give back my husband's



Just as women should observe Pativrata Dharma (Dharma of a chaste woman), men should also adhere to Sativrata Dharma (Dharma of an ideal husband). A woman must be a Pativrata, so also her husband, a Sativrata. The wife should never go against the command of her husband. Similarly, the husband should conduct himself according to the wishes of his wife and should look after her with great love. But, unfortunately, there are only a few men today who observe Sativrata Dharma though a large number of women adhere to Pativrata Dharma. God is pleased with those women who observe Pativrata Dharma.

life or take my life also. I cannot live without my husband; we are one". When Yama wanted to go away after taking the life of her husband, Savitri blocked his way and did not allow him to move. Yama had no choice but to listen to her prayer. He asked her, "Mother! What do you want"? "Give my husband back to me; it is not possible for me to live without him," said Savitri. Ultimately, Yama had to yield to her prayer and revive Satyavan. Yama not only brought Satyavan back to life, but also granted many boons to both Savitri and Satyavan, happy as he was with the chastity and determination of Savitri. It was because of her power of chastity that Savitri could bring her dead husband back to life.

Chandramati was another great woman of the sacred land of Bharat who set a shining example of chastity in the world. When she along with her husband Harishchandra and son Lohitasva was crossing a forest, it was suddenly engulfed in wild fire which threatened their life. Then Chandramati prayed, "If I am truly a chaste woman and have been adhering to Dharma all my life, let this wild fire be extinguished". And lo and behold! The fire was extinguished in a trice and the entire forest became calm and serene. So great is the power of penance and chastity of a chaste woman! God helps those women who are established in the Dharma of chastity. Chandramati always followed her husband and could not bear separation from him even for a moment. That is the hallmark of a chaste woman. Both husband and wife should live together in harmony whole of their life. (Here Bhagavan described how King Harishchandra and his chaste wife Chandramati upheld the virtues of truth and righteousness and set a shining example of virtuous life, unmindful of

untold sufferings they had to undergo when they were subjected to severe test by Sage Viswamitra.)

This land of Bharat has given birth to many noble women like Damayanti who reduced an evil-minded hunter to ashes with the power of her chastity and Sita who proved her chastity by coming out of blazing fire unscathed.

(Telugu Poem)

Life Finds Fulfilment when Husband and Wife Live in Unity

When Sita was put to fire test, the fire god himself manifested out of it and told Rama, "Sita is a woman of great chastity". There were many women of chastity in the sacred land of Bharat like Sita, Chandramati, Damayanti and Savitri. People are afraid of Yama, but Yama is afraid of chaste women. Just as Savitri could bring her dead husband back to life by the power of her chastity, Sita could also come out of blazing fire unscathed by the power of her chastity. All these examples of chaste women of Bharat set the ideal that for a woman her husband is God. The ideals set by such chaste women made India a teacher of the world and leader of all nations. Except in Bharat, in which country of the world do you find examples of women who brought their dead husbands back to life? Even if you search the entire world, you cannot find such chaste women. Such is the sacredness of this land of Bharat. That is why God loves to incarnate in Bharat. Just as women should observe Pativrata Dharma (Dharma of a chaste woman), men should also adhere to Sativrata Dharma (Dharma of an ideal husband). A woman must be a Pativrata, so also her husband, a Sativrata. The wife should never go against the command of her husband. Similarly, the husband should conduct himself according to the wishes of his

wife and should look after her with great love. But, unfortunately, there are only a few men today who observe Sativrata Dharma though a large number of women adhere to Pativrata Dharma. God is pleased with those women who observe Pativrata Dharma. When there is unity between husband and wife, they can achieve anything and find fulfilment in life. Draupadi had five husbands; she considered them as her five life-breaths. Women today should observe chastity like Sita, Savitri, Draupadi and Damayanti. It is the sacred land of Bharat where you find such a large number of Pativrata women and nowhere else. People who leave such a sacred land and go to other countries waste their life.

You say, my body, my handkerchief, so on and so forth. But who is this 'my'? That is the Self or I. I means Atma. Without realising the Atma, all spiritual practices like Yajnas and Yagas are of no use. You say, this is mine and that is thine. What is the use of doing any spiritual practice unless you give up the feelings of mine and thine? Get rid of the



There were many women of chastity in the sacred land of Bharat like Sita, Chandramati, Damayanti and Savitri. People are afraid of Yama, but Yama is afraid of chaste women. Just as Savitri could bring her dead husband back to life by the power of her chastity, Sita could also come out of blazing fire unscathed by the power of her chastity. All these examples of chaste women of Bharat set the ideal that for a woman her husband is God. The ideals set by such chaste women made India a teacher of the world and leader of all nations.



narrow feelings of mine and thine and realise that you and I are one.

– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 18th May 2010.



Do not interest yourselves in affairs that do not directly concern you. Students have to cultivate self-discipline during this precious period in their lives. The body and every organ in it has to be kept in good trim. The body is the instrument even for God-realisation.

– Baba

CELEBRATIONS AT PRASANTHI NILAYAM

TAMIL NEW YEAR



A SIMPLE AND SOLEMN FUNCTION held on 24th April 2010 marked the celebration of Tamil New Year at Prasanthi Nilayam. Organised by Sri Sathya Sai Seva Organisation of Tamil Nadu, the function comprised two musical presentations, one in the morning and the other in the evening. Sundaram Bhajan Group of Tamil Nadu made the devotees blissful when they led Bhajans in Sai Kulwant Hall on the morning of 24th April 2010. The Bhajans that started at 9.00 a.m. were followed in chorus by a large number of devotees, including those who had specially come from Tamil Nadu to participate in the New Year function at Prasanthi Nilayam.

In the evening, six Bal Vikas children of Tamil Nadu presented a scintillating Carnatic music programme entitled "Thyagaraja Vaibhavam" (glory of Thyagaraja), expressing their refined



Bal Vikas children of Tamil Nadu gave a scintillating Carnatic music performance on 24th April 2010 as part of Tamil New Year celebration at Prasanthi Nilayam.

musical instincts by rendering five Thyagaraja Kritis (compositions) and a captivating instrumental piece. The programme which started at 6.20 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall came to a close with Arati to Bhagavan at 7.20 p.m. Bhagavan sat through the entire presentation, blessed the children and distributed clothes to them.

VISHU - KERALA NEW YEAR

A large number of Kerala devotees came to Prasanthi Nilayam to celebrate Kerala New Year, Vishu. As part of Vishu celebrations, Bal Vikas children of Kerala presented a drama entitled "Sant Surdas" on 25th April 2010 which commenced at 6.25 p.m. after Bhagavan's Darshan in Sai Kulwant Hall. The drama portrayed the life story of Surdas whose devotion-filled immortal lyrics have been inspiring generations of devotees and sowing



Bal Vikas children of Kerala presented a drama entitled "Sant Surdas" on 25th April 2010 which portrayed the life story of this saint poet.

the seeds of devotion in their hearts. Excellent acting of the children, good rendering of lyrics of Surdas and thrilling dances of children made the drama an impressive presentation. At the conclusion of the drama, Bhagavan blessed the children and posed for group photos with them. He also materialised a gold chain for the child who played the role of Krishna. The programme came to a close with Arati to Bhagavan at 7.30 p.m. Prasadam blessed by Bhagavan was distributed to the entire assembly of devotees in Sai Kulwant Hall in the end.

Tamil New Year and Vishu were celebrated at Prasanthi Nilayam on 24th and 25th April instead of 14th and 15th April 2010 as Bhagavan went to Delhi and Shimla at that time.

EASWARAMMA DAY

Easwaramma Day was celebrated at Prasanthi Nilayam in the sacred memory of Mother Easwaramma on 6th May 2010. On this occasion, elaborate decorations with



A beautiful portrait of Mother Easwaramma adorned the dais where attractive decorations were made with flowers on Easwaramma Day.

bunting, banners and festoons were made at the Samadhi of Bhagavan's parents as well as Sai Kulwant Hall, the venues of the functions held in the Divine Presence of Bhagavan. A



Bhagavan graciously performed the installation ceremony of the marble statues of His parents, Mother Easwaramma and Sri Pedda Venkama Raju in Samadhi Mandir on 5th May 2010.

beautiful portrait of Mother Easwaramma adorned the dais in Sai Kulwant Hall where special floral decorations were made in a very attractive and aesthetic manner. A special feature of this year's celebrations was the installation of the marble statues of Mother Easwaramma and Sri Pedda Venkama Raju at their Samadhi Mandir. Bhagavan paid three visits to the Samadhi Mandir on 3rd, 5th and 6th May 2010 and performed the installation ceremony of the statues on 5th May 2010 amidst elaborate sacred rituals.

On 5th May 2010, Bhagavan came to Sai Kulwant Hall at 4.35 p.m. and immediately left for the Samadhi Mandir. Showering the bliss of His Divine Darshan on hundreds of people standing on both sides of the road, Bhagavan came to the Samadhi Mandir amidst chanting of Vedic Mantras and singing of Bhajans by

two groups of students. Soon after His arrival at the Samadhi, Bhagavan unveiled the newly-carved marble statues of His parents, Sri Pedda Venkama Raju and Mother Easwamma. While sacred rituals were being performed at the Samadhi, Bhagavan went round the Samadhi on the raised platform around the mortal remains of His parents. Bhagavan returned to Sai Kulwant Hall at 5.05 p.m. amidst singing of Bhajans by the devotees in the hall. At the conclusion of Bhajans, Bhagavan accepted Arati and retired to His abode.

On 6th May 2010, Bhagavan came to Sai Kulwant Hall at 10.00 a.m. and left for the Samadhi Mandir. Hundreds lined up Bhagavan's route to the Samadhi Mandir where He reached at 10.05 a.m. amidst chanting of Vedic Mantras, singing of Bhajans and sweet notes of Nadaswaram. After Bhagavan's arrival, sacred offerings of garlands, clothes, sweets, fruits, etc., were made on the Samadhi and coconuts were broken as a mark of auspiciousness. During the performance of the worship and making of the offerings, Bhagavan went round the Samadhi. Meanwhile, a special Telugu song, "Entha Goppa Inthivamma Sadviro Easwamma" (Oh Mother Easwamma! How noble you are!) was rendered by the students, offering glorious tributes to the Mother. At the conclusion of the programme, Bhagavan blessed the Prasadam, accepted Arati and returned to Sai Kulwant Hall at 11.05 a.m. As Bhajans continued in the hall, Prasadam of tamarind rice and sweet rice pudding blessed by Bhagavan was distributed to the entire assembly of devotees in the hall. Arati was offered to Bhagavan at 11.15 a.m., after which Bhagavan retired to His abode.

Bhadrachala Ramdas – A Drama

The programme in the evening consisted of a drama entitled "Bhadrachala Ramdas"



On 6th May 2010, Bal Vikas children of Karnataka presented a drama "Bhadrachala Ramdas" in Sai Kulwant Hall.

which was enacted by the Bal Vikas children of Karnataka in the Divine Presence of Bhagavan. The drama unfolded the story of Gopanna, a devotee of Lord Rama, who built a magnificent temple for his dear Lord at Bhadrachalam. He even spent the tax money collected by him for the construction of the temple, and as a result had to undergo a prison term of 12 years and untold sufferings but his faith and devotion never wavered. Ultimately, Rama and Lakshmana came in the guise of servants of Gopanna, paid his debt to the king and secured the release of Gopanna who became famous as Bhadrachala Ramdas. Excellent acting of the children, good costumes and make-up, well-rendered songs and magnificent sets made the drama an impressive presentation. At the conclusion of the drama, Bhagavan blessed the children, posed for group photos with them and distributed clothes to them. The programme came to a close with Arati to Bhagavan at 6.55 p.m.

DIVINE DISCOURSE AND CULTURAL PROGRAMMES

18th of May 2010 became a blessed day at Prasanthi Nilayam when Bhagavan chose to deliver a nectarine Discourse to

the delight of thousands of devotees in Sai Kulwant Hall. Extolling the virtues of ancient Indian women who set great ideals in chastity and demonstrated shining examples of ideal womanhood to the world, Bhagavan observed that Bharat became a teacher of the world and a leader of all nations because of such great women of purity and nobility. That is why God loves to incarnate in Bharat, said Bhagavan. (Full text of Bhagavan's Discourse has been given elsewhere in this issue.)

Earlier on 9th May 2010, two speakers gave illuminating talks in the Divine Presence of Bhagavan. The first speaker was Sri Ajit Popat, an ardent devotee of Bhagavan from London who paid rich tributes to Mother Easwamma, describing her as the embodiment of all human values like compassion, truth, righteousness, empathy and love. Sri Popat observed that Mother Easwamma had no desires, and her entire life was a shining example of Paropakara (doing good to others). The second speaker, Sri B.N. Narasimha Murthy, Warden, Brindavan Campus, described how he had the first Darshan of Bhagavan at Prasanthi Nilayam when he was 20 years old and narrated a few incidents to describe the divine glory of Bhagavan. At the conclusion of these talks, Prasadham blessed by Bhagavan was distributed to the entire gathering of devotees in the hall. The programme came to a close with Arati to Bhagavan at 6.15 p.m.

Sai Geetanjali

On 23rd May 2010, Bal Vikas Gurus of Karnataka offered a bouquet of devotional songs at the Lotus Feet of Bhagavan as part of His 85th Birthday celebrations. Commencing their programme after Bhagavan's Darshan in Sai Kulwant Hall, Bal Vikas Gurus, both ladies and gents, presented devotional and patriotic songs with deep devotion and love. These



Bal Vikas Gurus of Karnataka presented a soulful programme of devotional songs in Sai Kulwant Hall on 23rd May 2010.

songs were selected from a CD named "Sai Geetanjali" produced by Bal Vikas Gurus of Karnataka. The CD contains 85 songs (prayers, welcome songs, value songs, patriotic songs, etc.) for the use of Group I, II and III Bal Vikas children. This soulful presentation began at 6.05 p.m. and came to a close at 6.35 p.m. This was followed by a short stint of Bhajans by Bhajan singer students. The programme came to a close with Arati to Bhagavan at 6.40 p.m.

Lava Kusha – Ramakatha: A Dance Drama

The students of Sri Sathya Sai University presented a dance drama entitled "Lava Kusha – Ramakatha" on 25th May 2010 in the Divine Presence of Bhagavan. While Lava and Kusha narrated the story of the Ramayana through excellent songs, the relevant scenes were enacted with great aplomb, particularly the scene of Rama's marriage with Sita. The entire depiction was accompanied by appropriate commentary by an actor who enacted the role of Sage Valmiki. The drama conveyed the message that man should redeem his life by following the example of Rama who was the embodiment of Dharma. Excellent songs, good



A scene from the dance drama "Lava Kusha – Ramakatha" presented by the students of Sri Sathya Sai University on 25th May 2010.

costumes and make-up, and efficient stage management made the drama absorbing and enrapturing. At the conclusion of the drama, Bhagavan blessed the cast, posed for group photos with them and distributed clothes to them. He also materialised a gold chain for the student who enacted the role of Sita and a gold ring for the student who enacted the role of Kusha. The drama which started after Bhagavan's Darshan at 6.10 p.m. came to a close at 6.55 p.m. Arati was offered to Bhagavan at 7.10 p.m. which marked the conclusion of the programme.

BUDDHA PURNIMA

More than 900 devotees came from Brunei, Indonesia, Japan, Singapore, Sri Lanka, Nepal, Thailand, Malaysia and Vietnam to celebrate the holy festival of Buddha Purnima in the divine proximity of Bhagavan Sri Sathya Sai Baba. The celebrations held on 27th and 28th May 2010 comprised sacred Buddhist chants, speeches of learned speakers, two dramas entitled "Yashodhara" and "Angulimala" and many other cultural programmes. The theme of this year's celebrations was Metta or loving kindness. The venue of the celebrations was Sai

Kulwant Hall which was beautifully decorated with colourful buntings and banners depicting the teachings of Lord Buddha and Bhagavan Sri Sathya Sai Baba with their portraits. Special floral and other decorations were done on the dais, on the both sides of which were pictures of Buddha and in the centre, an altar with an idol of Buddha.

On the day of Buddha Purnima, Bhagavan was led to Sai Kulwant Hall in a grand procession when He came to shower the bliss of His Darshan on devotees in the hall at 5.40 p.m. At the head of the procession were finely dressed children from Thailand, chanting Buddhist hymns as they marched in. They were followed by folk dancers of Sri Lanka who gave a scintillating dance performance all their way into Sai Kulwant Hall. After His arrival at the dais, Bhagavan graciously inaugurated the Buddha Purnima celebrations by lighting a lamp at the altar at 5.50 p.m. amidst traditional Buddhist chants. After the inaugural ceremony, traditional offerings were made to Bhagavan by children of various participating countries. This was followed by very illuminating talks on the life and teachings of Buddha and glory of Bhagavan Baba as the Avatar of this Age by two distinguished speakers. The speakers were introduced by Dr. Ravindran, Chairman, Zone 4 of overseas Sathya Sai Organisation.

The first speaker was Dr. Art-ong Jumsai, Director, Institute of Sathya Sai Education, Thailand. Dwelling on the quality of Metta, the theme of this year's celebrations, Dr. Jumsai observed that it is out of His loving kindness that God incarnates on earth to allay the sufferings of mankind. God, he said, is the supreme truth who was present before the creation of the universe and will be there after its dissolution. The second speaker was

Sri Sudhamek of Indonesia who narrated his personal experiences how Bhagavan came in his life, revealed His Divinity to him and showed him the path of transformation and redemption.

Earlier on the eve of Buddha Purnima, Prof. Veerabhadraiah, Editor, "Sanathana Sarathi" (Telugu) addressed the gathering in Sai Kulwant Hall on 26th May 2010. Dwelling on the life and teachings of Lord Buddha, the learned speaker observed that it was a mistake to think that Buddha was an atheist as some people wrongly believed. Quoting from the teachings of Bhagavan, he asked, "If Buddha is considered an atheist, who else can be called a theist"?

Yashodhara: A Drama

The next item of the programme was a drama entitled "Yashodhara", which was presented by the devotees of Thailand. The drama depicted how Yashodhara was grief-stricken when Prince Siddhartha left the kingdom one night on his journey to realise the truth of human life and how she accepted the path of redemption and Nirvana when Siddhartha after attaining enlightenment became Buddha

and came to the palace to show the path of truth and enlightenment to mankind. Good script, excellent acting of the cast coupled with superb direction and magnificent sets made the drama totally absorbing and enrapturing. The drama which commenced at 6.25 p.m. came to a close at 7.00 p.m. At the conclusion of the drama, Bhagavan showered His blessings on the cast, posed for group photos with them, gave them Padanamaskar and distributed clothes to them. The programme came to a close with Arati to Bhagavan at 7.10 p.m.

A Medley of Bhajans and Dances of Children

The second day's programme of Buddha Purnima celebrations comprised three items. The first item was a medley of Bhajans which started at 6.25 p.m. after Bhagavan's Darshan in Sai Kulwant Hall on 28th May 2010. The Bhajans were presented by a choir of Malaysian devotees, both ladies and gents, who rendered them with total perfection of tune, rhythm and pronunciation though most of the Bhajans were in Hindi. This was followed by dances of three groups of students of Sathya Sai School of Thailand who came in the traditional dress of



The devotees of Thailand presented a drama entitled "Yashodhara" on 27th May 2010 as part of Buddha Purnima celebrations at Prasanthi Nilayam.



A choir of Malaysian devotees presented a medley of Bhajans on 28th May 2010 as part of Buddha Purnima celebrations at Prasanthi Nilayam.



Three groups of students of Sathya Sai School, Thailand performed beautiful dances in the traditional dress of various regions of their country in Sai Kulwant Hall on 28th May 2010. The picture shows all the groups dancing together.

various regions of their country and performed a dance as per that region's tradition to the delight of the devotees in the hall. Finally, all the three groups performed an exhilarating dance together.

Angulimala: A Drama

The last item of the programme was a drama entitled "Angulimala" which was presented by Bal Vikas children and Sai Youth of Sri Lanka. The drama depicted the story of transformation of Angulimala from a fearsome



The drama "Angulimala" enacted by the Bal Vikas children and Sai Youth of Thailand on 28th May 2010 demonstrated how loving and kind words of Buddha transformed a fearsome murderer into a great saint.

murderer into a peace loving and enlightened Arhata (saint) by the compassionate words of Buddha, demonstrating the power of love and compassion on human mind. At the end of the drama, Bhagavan blessed the cast, posed for group photos with them and gave them the rare blessing of Padanamaskar. He also materialised a gold chain for one of the participants in the drama. The programme came to a close at 7.35 p.m. with Arati to Bhagavan after the distribution of Prasadam to the entire assembly of devotees in Sai Kulwant Hall.

Spiritual Education is True Education

There is no point in acquiring education bereft of character. Worldly education, which comprises mere bookish knowledge, can never help you to lead a divine life. No doubt, worldly education is essential, but along with worldly education, one should have spiritual education too. *Adhyatma Vidya Vidyanyam* (spiritual education is true education), *Nadinam Sagaro Gathi* (the ocean is the goal of the rivers). Worldly education is like rivers and rivulets, while spiritual education is like a mighty ocean. So, of all the forms of education, spiritual education is the highest and noblest.

- Baba

OBSERVANCE OF SILENCE DEVELOPS SPIRITUAL ENERGY

Students today are heroes in speech but zeros in action. Their life has become a burden due to ostentation. This is the plight of modern students.

(Telugu Poem)

MODERATION IN TALKING PROMOTES SACRED FEELINGS

STUDENTS TODAY ARE IN A confused state of mind. They indulge in excessive talk. Those who talk too much cannot study well. Those who study well do not talk much. That is why I often tell them, "Talk less, study more".

Excessive Talk is Undesirable

Today human values seem to have disappeared from the heart of man, and his conduct does not befit his status as a human being. He thinks one thing, says something else and does something totally different. Moreover, he wastes his time in talking too much. Thereby, he is losing his divine energy and sacredness bestowed upon him by God. Not only that, he is losing his memory power, physical vitality and power of concentration also. One who talks too much is prone to abnormal hunger and therefore eats too much. Eating too much makes him lethargic, and because of lethargy, he becomes disinterested in doing work. Such a person can never participate in any activity of Seva or selfless service. The spirit of service is very essential for youth today. They should therefore observe moderation in eating. Too much eating is

harmful for the intellect also. Moderate eating is highly beneficial. Vallabhbhai Patel also used to say, "Talk less, work more". Because



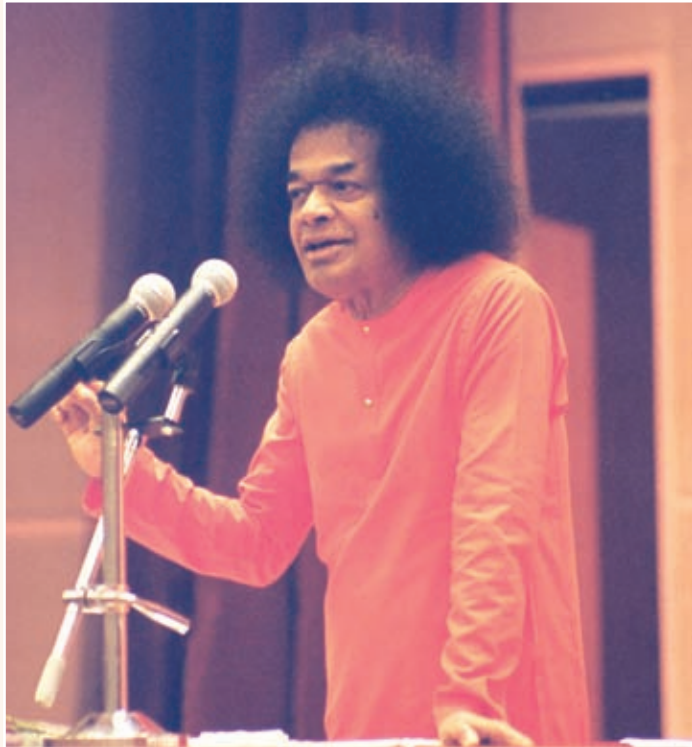
Moderation in speech is a source of great joy. That is how our ancient sages developed their divine energy by controlling their senses and observing silence. It is said, the sound of silence is God. People close their eyes and sit in meditation. How should you meditate? You should observe absolute silence. You can hear the sound of the footsteps of God only in the depth of silence. When you yourself are making noise, how can you hear the footsteps of God? The deeper is your silence, the louder can you hear the sound of the footsteps of God. That is why it is said, "Silence is God". You can hear the voice of God only in silence.



he followed this principle, he was able to perform his work with discipline and diligence. Everybody called him a practical man.

Our ancient Rishis knew that the power of silence was unparalleled. That is why they used to observe Mounam (silence), by the power of which they could attain divinity. Observance of Mounam develops spiritual energy. Excessive talking leads to nervous weakness, because of which man loses his sense of discrimination as to what he should talk and what he should not. The lesser you talk, the more you can participate in Seva activities. By participating in Seva activities, you can develop friendship with others. What does friendship mean? It does not mean saying, hello, hello to each other. True friendship lies in working with unity at all times, under all circumstances and in all fields. But such spirit of unity and friendship is not to be seen in the world today. Who is your true friend? God alone is your true friend in this world. There may be some element of selfishness in your close worldly relations also, such as father, mother, wife, husband, son, etc. It is only God who loves you without even an iota of selfishness and self-interest. He does not expect anything from you. He only gives and does not take anything from you. In order to attain God, you should cultivate good qualities, good habits and good conduct.

Where is God? If you enquire deeply, you yourself will be able to understand this truth clearly. If somebody asks the address of your



Youth is a very sacred and divine stage of life. It is like a fruit with sweet juice. Do not waste this precious stage of youth by associating with bad company and indulging in wicked deeds. Attain divine grace by associating with good company and developing good thoughts, sacred feelings and noble behaviour. Your parents will also be happy when you conduct yourself in this ideal manner.

friend, you tell the number of his house and the name of the road, or you say that he is staying in such and such hotel. But who is actually staying in that house or hotel? It is only his body. But, is he only the body? No, no. Then, where does he stay? He stays in the heart. Love is the other name of heart. Therefore, every man lives only in love and leads his life by the power of love. He performs all his day-

to-day tasks by this power. Right from the time he wakes up in the morning till he goes to bed at night, he should sanctify his time with love. What is his true residence? It is love. When man realises his true address, he can mould his life in an ideal manner by developing good qualities and good conduct. He can strengthen his character by good words, good thoughts and good conduct.

How Das Ganu Came to Stay at Shirdi

When Baba was at Shirdi, there was a devotee by name Das Ganu who worked in police department. In Shirdi, Baba used to celebrate Sri Rama Navami and Urus together. But there were some Hindus and Muslims who observed some differences. During one such celebration, Das Ganu came to Shirdi. One day, Baba spoke to Das Ganu, "Das Ganu! You are a good singer. Therefore, sing a song". Das Ganu sang a song in his melodious voice. Baba was pleased and said, "Das Ganu! Why don't you come and stay at Shirdi"? Das Ganu promised, "Certainly, I will come and stay here forever". At the time of returning to his place of posting, Das Ganu offered his salutations to Baba and said, "Baba! I have been trying for my promotion for the last three years which has been causing great worry to me. I am not so much interested in money but I do want a respectable position in society". Then Baba said to him, "Das Ganu! Your work lies in Shirdi and not in the police department or in the outside world. Therefore, you have to come to Shirdi sooner or later. Do not forget the promise that you have given to me".

After a year or two, Das Ganu again came to Shirdi during Sri Rama Navami and Urus celebrations. Baba asked him, "Das Ganu! Have you forgotten the promise that you gave to me"? Das Ganu said, "Swami! I have not forgotten my promise. But I have not yet got

the promotion for which I am still waiting. Therefore, I have to work hard". After taking leave from Baba, when he went back and rejoined his duty, he was involved in a case of theft. When Das Ganu was asked about the missing cash, he replied that he had no knowledge about it. Then the enquiry officer asked him, "How can you say this when you are working in the police station from where the cash is missing"? Das Ganu could not give any explanation that he was not involved in the theft. A lot of investigations were made about Das Ganu's involvement in the theft. Then Das Ganu realised, "Since I have gone back on the promise given to Baba, I am being subjected to all these allegations". He therefore resigned his job and came to Shirdi. God protects man in every possible way. But man himself invites difficulties because he forgets the command of God. Happiness and sorrow are not given to you by others. Your own thoughts and conduct are responsible for your happiness and sorrow.

God does not exist in a foreign land. He is in you.

Sin is not elsewhere. It is there where a wrong action is committed. (Telugu Poem)

Unable to realise this truth, man blames others for his difficulties and talks ill of them. His intellect is perverted because of his wicked actions and thereby he falls prey to many difficulties and sorrows.

Maintain your Youth with Proper Food and Conduct

When Krishna went to the court of the Kauravas on His peace mission to avoid the Mahabharata war, Sahadeva, the youngest of the Pandavas, became very much concerned about His safety. Till the return of Krishna, he



did not partake of any food and did not even drink water. When Krishna returned, he was very much relieved to see Krishna safe and sound. He caught hold of Krishna's hands with great love and said:

When You were going to Hastinapura on Your peace mission, I wanted to express my feelings, but I kept quiet. I prayed that everything should turn out to be good for You even if Your peace mission failed. It is a matter of great satisfaction for me that You have returned safe from Hastinapura.

(Telugu Poem)

"I felt it was not safe to send my brother-in-law to Hastinapura. Though I could not open my mouth to say no, I kept on praying all the time that You should come back safe." This is how an ardent devotee of the Lord thinks and conducts himself. Arjuna also did not like the idea of Krishna going to the Kauravas at all. He said, "Oh Krishna! Will the evil-minded Kauravas join hands with us? Why do You waste time in this futile pursuit? Let us tell them that we are ready for war. Giving any good counsel to the wicked Kauravas is like putting jasmine flowers into fire. Where is the need for talk of peace, oh Gopala? Enough of all this. Can the north pole and the south pole come together? Where is the need to waste time when war is inevitable?"

When the armies of the Kauravas and the Pandavas confronted each other in the battlefield of Kurukshetra, Arjuna asked Krishna to take his chariot in the centre of both the armies. When Arjuna looked at the Kaurava army, he found his elders and intimate relations in the Kaurava army. Arjuna, who at one point of time had declared that he was ready for the war with all courage, valour and



You should use your power of determination to do good to others and not to harm or cause suffering to anyone. Have determination to perform only those tasks which are beneficial to others and give happiness to them. Develop firm determination to attain divinity. It is necessary for you to enquire, where and how you should use your determination. When you enquire in this manner, you will be able to make proper use of your power of determination.



seriousness, was now overcome by the feeling of despondency seeing so many of his nears and dears in the Kaurava army. "Oh Krishna! How can I kill my elders, my Guru and all my kith and kin? My head is reeling. I am not ready to fight", he said. Before coming to the battlefield, was he not aware that he would be fighting with his own kith and kin? Where had his youthful exuberance disappeared?

Normally, the youth are hot-headed and get carried away by emotions. Youth is ephemeral; it comes for a short period between childhood and old age and disappears like passing clouds. Why should you feel proud of such a short-lived phase of your life? At the time of the Mahabharata war, Krishna was 76 years old and Arjuna was 74. In those days, the age of 70's was considered as youth. Now the age of 18 or 20 is considered as the age of youth. People of Dwapar Yuga could maintain their youthful vigour even after crossing the age of 70. What was the reason? The reason was their proper food habits and ideal way of life.

What was the age of Bhishma, who was the commander-in-chief of the Kaurava army? He was 112 years old. But today man is becoming prematurely old because of his improper food habits and perverted way of life. Not only that, the youth today fill their minds with unnecessary and unwanted thoughts. They enter the portals of educational institutions to acquire education. But instead of becoming Vidyarthi (seekers of knowledge), they become Vishayarthi (seekers of worldly pleasures). Students should conduct themselves as students. They should not become seekers of worldly pleasures.

True Education Grants Illumination

The purpose of education will be lost if you run after worldly pleasures. What does Vidya (education) mean? The word Vidya is made of two syllables – Vid + ya. Vid means illumination. That which grants illumination is Vidya. Therefore, a student should acquire such education which brings about his illumination. He should not pursue anything that is contrary to it. But students today are wasting all their energy in excessive talk, with the result that they lose all the energy of their senses, bestowed upon them by God, even at such tender age as 18 or 20 years. Students should protect and maintain the power of their senses. These days even small children are wearing spectacles and young persons are using hearing aids. What is the reason for all this? Is this the effect of Kali Yuga? You cannot attribute this to the effect of this age. Loss of energy due to the misuse of senses is the root cause of all this. Students today do not focus their mind on the subjects that are necessary for them. Instead, they fill their minds with unnecessary thoughts and become victims of unlimited worries. All their worries which cause suffering to them are totally baseless. What is

the shape of worry? It is mentally created fear only. Other than this, worry has no existence.

Students! With courage and conviction, you should develop virtues and good conduct and become ideal students. You should channelise the principle of love that is present in your heart towards the sacred path. That is the way to divinity. The evil thoughts that come into your mind have no value. All your evil thoughts like anger, jealousy, ego are like charcoal, whereas forbearance, peace and good intellect are like precious diamonds. Is he not a fool who exchanges precious diamonds for charcoal? I have spoken to you many times before also about the value of three P's – Purity, Patience, Perseverance. Where there is purity, there is peace. Where there are purity and peace, there will be perseverance.

You should use your power of determination to do good to others and not to harm or cause suffering to anyone. Have determination to perform only those tasks which are beneficial to others and give happiness to them. Develop firm determination to attain divinity. It is necessary for you to enquire, where and how you should use your determination. When you enquire in this manner, you will be able to make proper use of your power of determination. But youth these days are carried away by emotions and act thoughtlessly in haste. No matter whether one is young or old, one should never act in haste. Perform all tasks with a calm and quiet mind. Before performing any task, you should enquire, "Is it good or bad? Is it right or wrong"? Perform only those tasks which your conscience certifies as right. Your conscience is your witness. You don't need any other witness. There may be many names of conscience, like Chit (consciousness) and awareness. Names may be different but the



principle is one and the same. It assumes various names depending upon the task it performs. When a Brahmin is engaged in the task of preparing food, he is called *Vanta Brahmin*. When he performs worship, he is called *Pujari Brahmin*, and when he reads an almanac, he is called *Panchangam Brahmin*. Brahmin is one but different names are attributed to him according to the work he does.



Similarly, Chit, awareness and conscience are different names of the same principle. Chit is very significant. It is close to Sat. In fact, it is Chit which proves the existence of Sat. Without Chit, you cannot know the existence of Sat. This is a tumbler. How can you say this is a

tumbler? It is sunlight that makes it visible to you. It can be seen only when there is sunlight. Sunlight proves the existence of the tumbler. But the tumbler does not make the sun shine. In the same way, Chit illumines Sat. Sat means being. It is eternal and changeless. However, it is Chit that proves that Sat is eternal and changeless. Hence, you should follow your conscience.

Our ancient Rishis knew that the power of silence was unparalleled. That is why they used to observe Mounam (silence), by the power of which they could attain divinity. Observance of Mounam develops spiritual energy. Excessive talking leads to nervous weakness, because of which man loses his sense of discrimination as to what he should talk and what he should not. The lesser you talk, the more you can participate in Seva activities. By participating in Seva activities, you can develop friendship with others. What does friendship mean? It does not mean saying, hello, hello to each other. True friendship lies in working with unity at all times, under all circumstances and in all fields.

Develop Firm Determination

I have been telling you from time to time about the importance of 4 Fs.

*Follow the Master
Face the devil*

*Fight to the end, and
Finish the game.*

Who is your master? Your conscience is your master. Therefore, you should follow your conscience. In fact, conscience is your Guru and God. Face the devil with conscience as your master. Evil thoughts are the devil in you. You should face them with courage and drive them away. The last two lines are: fight to the end and finish the game. Whatever task you have undertaken, finish it with courage and determination. Come what may, do not give up till you accomplish the task you have undertaken.

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)

This should be the vow of a devotee. This is true determination. For what sort of tasks should you exercise your power of determination? You should use determination for performing sacred tasks for the welfare of others. Never use your power of determination for such tasks which are neither useful for you nor for others. *Help Ever, Hurt Never.* Students should have firm determination to uphold this principle. They should consider God as their only true friend. The Gita mentions the word Sushrut

for friend. What does it really mean? It is only God who helps you in all situations without expecting anything from you. Wherever you are, God extends a helping hand to you at all times and under all circumstances. Therefore, you should always look for His help. Can any number of dogs equal a lion? No, no. Students of today use the power of determination for foolish pursuits. This is the evil effect of Kali Yuga.

Once all the deer in a forest organised a conference. Addressing the assembly of deer, the president of the conference said: "My dear fellow deer! In what way are we inferior to dogs? They cannot run as fast as we can. We are in no way inferior to dogs in strength and capability. They are no match for us in jumping also. We partake of Sattwic food whereas they eat Tamasic food. They are inferior to us in matters of food and habits. We are the recipients of God's love as we have a sacred and tender heart. Physically also we are very strong. Though our legs are small, if we kick a dog in the stomach, all its intestines will come out in a heap. Why should we be afraid of dogs when we have such powers and capabilities"? All of them unanimously passed the resolution that from that day onwards they would not be afraid of dogs. All the deer present in the conference supported the resolution saying, "Certainly, certainly". Meanwhile, a dog in one part of the forest started barking loudly as it heard the sound of so many deer. As soon as they heard the barking of the dog, not even a single deer remained at the venue of the conference. All took to their heels. What sort of decision is it when it is not put into practice at all? People indulge in tall talk without practising anything. Therefore, do not indulge in excessive talk. When it comes to eating,



people are ever ready, but when it comes to work, they show a clean pair of heels. This is not proper. Rather, it should be the other way round. They should be much more ready to work than to eat.

Secure High Rank and Develop Good Character

Youth is a very sacred and divine stage of life. It is like a fruit with sweet juice. Do not waste this precious stage of youth by associating with bad company and indulging in wicked deeds. Attain divine grace by associating with good company and developing good thoughts, sacred feelings and noble behaviour. Your parents will also be happy when you conduct yourself in this ideal manner. All parents desire that their children should earn a good name and pass their examination securing good marks and high rank.

Some students secure a high rank but in their conduct they are totally blank. On one side they have a high rank, on the other they are completely blank. Their ranks and their behaviour are totally contrary to each other. They should avoid such contradiction. They should have a top rank not only in their exams but in their behaviour also. They should avoid bad behaviour and should prevent evil qualities from entering their mind. Where do the evil qualities come from? Excessive talk is one of the main causes of evil qualities. When you meet a friend, just say, "hello, hello, how are you"? and bid goodbye to him. That is all. There is no need to indulge in excessive talk. When you talk too much, you tend to say things which are unnecessary. You also lose your energy, with the result that you lack sufficient energy to perform any task properly. Therefore, observe moderation in talking, study well and secure



The purpose of education will be lost if you run after worldly pleasures. What does Vidya (education) mean? The word Vidya is made of two syllables – Vid + ya. Vid means illumination. That which grants illumination is Vidya. Therefore, a student should acquire such education which brings about his illumination. He should not pursue anything that is contrary to it. But students today are wasting all their energy in excessive talk, with the result that they lose all the energy of their senses bestowed upon them by God even at such tender age as 18 or 20 years. Students should protect and maintain the power of their senses.



good marks. Moderation in talking promotes sacred feelings. As a result, you can engage yourself in sacred actions. Excessive talking leads to unnecessary discussion. When you listen to unnecessary talk, you will develop the tendency to put it into practice also. Do not talk ill of others. "Adveshta Sarva Bhutanam (bear no hatred against anyone). Do not hate anyone.

Who is a Vidyarthi (student)? One who is the seeker of Vidya is a Vidyarthi. Students should earn a good name. They should respect their teachers and elders. They should love their parents. This is what students have to learn today. *Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava* (revere your mother, father, preceptor as God). You should treasure such sacred feelings in your heart. Only then

will you assimilate the essence of education and realise the sanctity of this institution. Students should behave like students. Life is a four-storeyed mansion. The four storeys are: Brahmacharya (celibate stage), Grihastha (householder stage), Vanaprastha (recluse stage) and Sannyasa (renunciast stage). Brahmacharya is the foundation of this mansion. When this foundation is strong, the other three storeys will also be safe and secure. If the foundation is shaky, the entire building will crumble. If you want to have an ideal life of a householder, you should strengthen the foundation of student stage. Students should earn a good name at home and also outside.

Merely the birth of a son is not the occasion for celebration and distribution of sweets.

The father does not feel the joy of having a son merely because the child is born. Only when people praise his son for his good deeds and achievements does the father feel joyful! (Telugu Poem)

The real occasion for celebration is when your son earns a good name in society and in the world and everybody says, "Your son is a good boy". Children should bring such happiness to their parents. Parents do not aspire to have children just for the satisfaction of having children. They want children so that they earn a good name and make them happy in their old age. No matter in what condition they are, parents always love their children. There may be wicked children but not wicked parents. Therefore, children should help and love their parents and become worthy sons and daughters.

Peace of Mind is the Source of Great Energy

Moderation in speech is a source of great joy. That is how our ancient sages developed

their divine energy by controlling their senses and observing silence. It is said, the sound of silence is God. People close their eyes and sit in meditation. How should you meditate? You should observe absolute silence. You can hear the sound of the footsteps of God only in the depth of silence. When you yourself are making noise, how can you hear the footsteps of God? The deeper is your silence, the louder can you hear the sound of the footsteps of God. That is why it is said, "Silence is God". You can hear the voice of God only in silence. You can see it yourself – when you close your ears and become totally silent, then you can hear the sound of Om coming from within you. That is the sound of silence. This sound is Brahman. *Sabda Brahmamayi, Characharamayi, Jyotirmayi, Vangmayi, Nityanandamayi, Paratparamayi, Mayamayi and Sreemayi* (God is the embodiment of sound, mobility and immobility, light, speech, eternal bliss, perfection, illusion and wealth). Sound is God. What is that sound? It is the sound of silence. In the absence of the sound of silence, your own sound becomes louder. Therefore, you should observe silence at least for one hour in a day. By observing silence, you can make up the loss of your energy. For example, you work hard throughout the day. When you sleep at night, all your senses are put to rest. Because of providing rest to your senses, you are able to perform all your tasks the next day with vigour and vitality. It means, rest to the senses is very essential. When you provide rest to the senses, the mind is also put to rest. Peace of mind is the source of great energy.

In the language of Vedanta, it is called the state of Amanaska, meaning a state beyond the mind. When does mind cease to exist? The mind becomes non-existent in



deep sleep state. However, it does exist in dream state. In dream state, mind creates everything, including itself. Sushupti or deep sleep state is a state of no mind. That is why it is called Su-shupti, meaning deep and good sleep. Apart from waking, dream and deep sleep states, there is the fourth and the highest state, i.e., Turiya (state of super consciousness). This state of Turiya gives you eternal peace. But many students don't have even proper sleep because their mind keeps on thinking of something or the other all the time. Some of them do not sleep at all during their examinations. They stay awake the whole night and read, say, 20 pages. But what is the use of reading 20 pages at night when they do not remember even one page as they get up in the morning? Good natural sleep is very essential for students. You cannot really make progress in your studies if you forego your sleep. Have good sleep at night and get up at 3 o'clock in the morning and then study with a fresh mind. There is no need for you to spoil your sleep. One can live without food for some time but not without sleep. Therefore, sleep is very essential. *Nidra Samadhi Sthitih* (sleep is like Samadhi, a state of super consciousness). Sleep is disturbed by worries and anxieties. Why? You keep on talking the whole day and the same comes to you at night as a resound. Everything comes back to you as reaction, reflection and resound.

Students! Observe moderation in your talking. Talk only that much as is necessary.

You can talk about the subjects of your study when you meet a friend. Do not indulge in unnecessary conversation. When you associate with bad company, you may not feel its evil effect in the beginning. But later you will not be able to get rid of it. It is easy to get into bad company but most difficult to get out of it. Therefore, do not join bad company. At the same time, do not develop enmity with anybody. After all, how long is your stay in the college? Three years or four years at the most. Why should you develop relationships for such a temporary phase?

Earn a good name and make your parents happy. How much suffering does it cause to your parents when you fail in the examination? How much money of your parents will you waste when you take four years instead of two to complete your studies? Not only would you waste money, but you would waste time and energy also. You would moreover cause great suffering to yourself and your parents. *Time waste is life waste*. Therefore, see to it that you do not waste even a single moment. You will be very happy when you talk less. You do not need to be afraid of anything in the world once you install God in the altar of your heart. Develop love for God and fear of sin. Do not indulge in sinful deeds.

(Bhagavan concluded His Discourse with the Bhajan, "*Bhava Bhaya Harana...*")

– **From Bhagavan's Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 27th June 1996.**

Just as air or water acquires the form of the container in which it is kept, God assumes the form in which the devotee worships Him. All forms are His. To worship God as immanent in every atom or cell in the cosmos is the highest form of worship.

– *Baba*

God is Immanent in All

ONCE A KING OF CHOLA kingdom developed deep yearning for the Darshan of Lord Ranganatha and see the splendour of his



As the king's chariot proceeded towards the temple of Lord Ranganatha, the king found a divine being standing in the middle of the way.

temple. As he set out on his journey one day and took his chariot towards the temple of Ranganatha, he found a divine being standing in the middle of his path. The king stopped his chariot, got down from it and offered his salutations to him. Both talked to each other intimately for some time. In the process, the king forgot that he was on his way to Ranganatha temple. He therefore turned his chariot towards his kingdom and came back.

This happened many times. One night, the king thought in this manner: "What is this? I

have tried many times to have the Darshan of Lord Ranganatha. But perhaps I do not have



Lord Ranganatha appeared in the dream of the king and told him to develop the vision to see him in all.

the deservedness to have the Darshan of my chosen deity in this life"! That very night, Lord Ranganatha appeared in his dream and said, "Oh king! Why do you worry? Who do you think came in your way every time you attempted to go to Ranganatha temple? It was I only. Develop the vision to see me in all and cultivate love for all". Saying this, the Lord disappeared.

Some way or the other, God fulfils the desires of those who have deep yearning to have His vision. Unable to realise this, man worries unnecessarily.

SWEETNESS IN THE FRUIT

“Cleverness is out of place in spiritual affairs where artifice and artificiality are impediments rather than help. It is when cleverness increases and chokes sincerity and straightforwardness in spiritual matters and in the relationship between God and man that the Avatar comes”, said Bhagavan while delivering an illuminating Guru Purnima Discourse at Prasanthi Nilayam in 1966.

MOST MEN SPEND THE lifetime allotted to them or earned by them in partaking rich but harmful food and drink, and indulge in glamorous but more harmful pastimes. What

a pathetic waste of precious stuff! Though belonging to the animal genus, man has much more than his fellow-beings in physical, mental and moral equipment. He has memory, language, conscience, reverence, awe, wonder



By imbibing the teachings of the Bhagavata, your Tamo Guna (quality of inertia) will be raised into Rajo Guna (quality of vigorous activity) and purified into Sattwa Guna (quality of poise and serenity). It is like the fruit growing by the combined influence of the earth and the sun first into full sourness, then to partial sweetness and finally complete sweetness, in three stages. Man too by the twin forces of the grace from without and the yearning from within grows into the complete sweetness of Ananda and Prema.

and an inexplicable sense of discontent, the precursor of detachment. He has the glorious chance of visualising his identity with the mystery that is manifested as this universe. But he is so sunk in ignorance that he behaves as though he is an animal like the rest and wallows in grief and vice.

Man should Attain Godhood

It is as if fire has forgotten its capacity to burn or water its nature to wet; man has forgotten his nature to reach out into Godhood; his capacity to seek and secure the truth of the universe of which he is a part; his capacity to train himself by virtue, justice, love and sympathy to ascend from the particular to the universal. He can attain the consummation and climax of merging with the unchanging that is behind all this change. It was Vyasa, whose memory is enshrined in this festival of Vyasa Purnima who held before erring man this destiny and this discipline in the various texts that bear his name.

Vyasa collated the Vedic texts and composed the Brahma Sutras, stringing together in epigrammatic form the essential teachings of the Vedas and Vedanta. He also placed humanity under a deep debt of gratitude by elaborating the moral and spiritual lessons of the Vedas and Vedanta in the magnificent poetic philosophical epic, the Mahabharata, and in the sweet Bhakti-saturated collections of divine stories called the Bhagavata. Each of these can by itself effect the liberation of man, provided he imbibes the lessons and practises them. While the Brahma Sutras may be helpful only to a limited number of intellectual seekers, the Mahabharata and the Bhagavata are for the common man, the unlearned seeker. They serve equally well and as quickly as the other texts, if not quicker.



You may have a costly transistor or watch or phonograph with you but if you do not know how to use them efficiently, they are mere lumber. Now, imagine what a wonderful machine you yourself are! Should you not know how to operate it and get the best results out of it? What is the benefit if you use a sharp silver-hilted sword to cut vegetables? Indian seers discovered the art of operating this human machine, but their descendants have allowed that art to decline.



The Vedas and Vedanta may be taken as one-rupee note while the epics and Puranas like the Mahabharata and the Bhagavata are 100 paise which mean the same thing, for the rupee is equal to 100 paise.

Do Every Deed in a Spirit of Dedication

The Puranas and the epics teach the path of devotion and surrender. They ask that man should do every deed in a spirit of dedication. Allow the wind of doubt or the sun of despair to affect the pot of Ananda you have filled, and it will evaporate quickly. But keep the pot in the cool waters of good company and good deeds; it can be preserved undiminished for ever. Ananda too grows when you dwell on it in silence and recapitulate the circumstances which yielded it. That is why Manana (contemplation) is held so important a part of spiritual effort. Like the child which throws off its toys and starts crying, you too must realise the paltriness of the toys of fame and fortune and call out for the mother. The child



feels that all else is trash before the love of the mother and the blessedness of her presence. One should not aspire for anything less.

In the court of Bhojaraja, Kalidasa was insulted by the senior poets and scholars who were jealous of his attainments. He was poor and that was enough reason for them to look down upon him. When the tank is full, the frogs sit round its bank and croak; when it is dry, no frog leaps by its side. The seniors spread scandals about Kalidasa and attempted to cast him out of the court of the king.

Cleverness is Out of Place in Spiritual Affairs

Kalidasa knew of only one person who was free from jealousy and pride and that was Mother Kali. So, he went to the Kali temple and prayed before the Mother to assure him of high status among poets. After a long time spent in intense prayer, Kalidasa heard a Voice emanating from the shrine and it extolled Dandi and Bhavabhuti as great geniuses and scholars. There was not even a whisper about his attainments! So, he got hurt and even enraged; he gave vent to his ire in harsh words and insisted that the Mother should declare the truth, however unpleasant. Then the Voice announced, *Twamevham, Twamevham, Twamevham, Na Samshayah* – you are myself, you are myself, you are myself, without doubt! What greater status did Kalidasa need than this? That is the reply that every seeker will get, for that is his truth, his reality, his prize and consummation.

There are many stories which describe Kalidasa as a very resourceful poet who defeated the stratagems of his opponents by Yukti (cleverness); but his Bhakti was much greater than his Yukti. I am reminded of the cleverness of a householder when he heard at



It is as if fire has forgotten its capacity to burn or water its nature to wet; man has forgotten his nature to reach out into Godhood; his capacity to seek and secure the truth of the universe of which he is a part; his capacity to train himself by virtue, justice, love and sympathy to ascend from the particular to the universal. He can attain the consummation and climax of merging with the unchanging that is behind all this change. It was Vyasa, whose memory is enshrined in this festival of Vyasa Purnima who held before erring man this destiny and this discipline in the various texts that bear his name.



midnight the noise of his house being broken into by thieves. He guessed that they were within earshot and so he asked his wife loud enough to be heard by the thieves, “Why are you nagging me thus, asking me to bring back all your jewels that I have pledged with the Marwari (money lender)? I know that all your gold has gone to him and you know that I have not even a rupee with me. Let good times come; I shall certainly recover them and give you.” You need not be told that the thieves left, to enter some other house that night; they left the house that had “no gold, not even a rupee”!

Such cleverness is out of place in spiritual affairs where artifice and artificiality are impediments rather than help. It is when cleverness increases and chokes sincerity and straightforwardness in spiritual matters and in the relationship between God and

man that the Avatar comes. As the Health Minister of Mysore said just now, cleverness degenerates into conceit, and that makes man forget God who is the inner motivator.

Learn the Art of Operating the Human Machine

You may have a costly transistor or watch or phonograph with you but if you do not know how to use them efficiently, they are mere lumber. Now, imagine what a wonderful machine you yourself are! Should you not know how to operate it and get the best results out of it? What is the benefit if you use a sharp silver-hilted sword to cut vegetables? Indian seers discovered the art of operating this human machine, but their descendants have allowed that art to decline. The teachers have no desire to learn it; they have no qualification to practise it or no enthusiasm to discover it. The leaders of people who are in charge of the government are unaware of it. Provided

there is the thirst to know it, even one sage who is adept in that art is enough; many can light their lamps from the flame of that sage. Vyasa is one such sage, the foremost and the first. That is why he is described as Narayana Himself.

By imbibing the teachings of the Bhagavata, your Tamo Guna (quality of inertia) will be raised into Rajo Guna (quality of vigorous activity) and purified into Sattwa Guna (quality of poise and serenity). It is like the fruit growing by the combined influence of the earth and the sun first into full sourness, then to partial sweetness and finally complete sweetness, in three stages. Man too by the twin forces of the grace from without and the yearning from within grows into the complete sweetness of Ananda and Prema.

– From Bhagavan’s Discourse at Prasanthi Nilayam on the occasion of Guru Purnima, 2nd July 1966.

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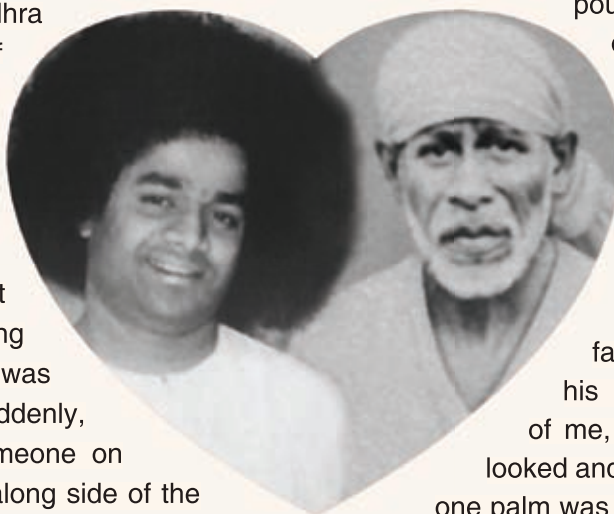
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SHIRDI SAI, PARTHI SAI

Bhagavan has been blessing many devotees with the experience that Shirdi Sai and Sathya Sai are the two incarnations of the same Supreme Being. This communication received by Prof. N. Kasturi in 1959 from a devotee of Delhi vouchsafes the same truth.

IT WAS EXACTLY THREE MONTHS ago. I was returning on my cycle from my office in Old Delhi to my residence in New Delhi. I had been to Puttaparthi only once and I was so fascinated by Baba that I felt eager to visit the place again. But, I must say that I could not quite understand why a village boy from Andhra should call Himself Baba and relate a peculiar story about Himself that He was Shirdi Sai Baba in His previous birth. Strangely enough that day, while coming along that road, this doubt was distracting me. Suddenly, I was alerted by someone on cycle who pulled up along side of the road and accosted me thus: "Well, have you finished office"? He was an old but hefty person dressed in white, with a kerchief round his head. I said "yes", automatically. He asked me, "Then, can you come with me for a few minutes to that tomb over there? I wish to talk to you". So, we directed our cycles to that ruined tomb, riding two abreast for a furlong (about 200 metres) or two. We got down and sat on the grass, with our backs against the wall.



It was the old man who began the conversation. "My friend, you have planned to go South, is it not? Do not cancel or postpone it", he said. I was astounded. It nearly took my breath away. I thought I must tell him about my doubts, the absurdity of Shirdi Baba being born again, etc. So, without further enquiry, I poured out my heart to that old man. He evidently relished my story, for his eyes gleamed and there was a merry laugh hovering around his lips. When I had finished, he stared me full in the face and holding both his palms spread in front of me, commanded, "Look". I looked and (would you believe it?) one palm was a portrait of Sathya Sai Baba and the other palm was a picture of Shirdi Sai Baba! When I had recovered from the exhilaration, he told me, "Do not neglect this great opportunity, my boy". We both rode back and the old man turned in the direction from which he had come (!) and... even as I was looking at him and his cycle... melted into thin air".

*—by Prof. N. Kasturi
"Sanathana Sarathi", April 1959*

NEWS FROM SAI CENTRES

U. S. A.

SATHYA SAI YOUNG ADULTS from the Seattle region initiated a project on 16th January 2010 to help refugees from Somalia. The project was undertaken with the help of the Somali Community Services Coalition (SCSC). Several Sai young adults tutor about 25 Somali youth once a week. Somali refugees face numerous challenges when they arrive in the United States. Most were born or have spent many years in refugee camps, and some of them have been separated from their children and families in the process of relocating from their motherland to a country where the people, values, religions and languages are completely unfamiliar. Through the SCSC, the refugee youth attend a secondary bilingual school, in which they receive a “catch-up to speed” education before being streamlined into the U.S. public school system. The Sai young adults give these students additional support by tutoring them after school and weekends to help them finish their assignments and move towards their goal. The education imparted by the Sai Youth in a loving manner has brought happiness to both the Somali and Sai youth.

On 9th January 2010, the Sathya Sai Centres of Arcadia and Glendale provided essential food and toiletry items to over 500 families. Sathya Sai volunteers purchased the items, packed them into bags and distributed them to the three agricultural communities of Moorpark, Oxnard and Santa Paula. These communities have large populations of farm workers. Each food bag contained rice, beans, sugar, cooking oil, peanut butter and breakfast



Sathya Sai volunteers from Arcadia and Glendale Sai Centres distributed food and toiletry items to over 500 families on 9th January 2010.

cereal. About 500 food bags and 1,000 toiletry bags were distributed. The distribution was carried out under large banners that read: “Sri Sathya Sai Baba Organisation of America – Love All, Serve All; Help Ever, Hurt Never.” Volunteers lovingly greeted people in Spanish and English, and welcomed the children with lollipops.

PHILIPPINES

The 10th anniversary of Sri Sathya Sai School of Philippines was held on 20th March 2010. The school is located in Barangay Halayhayin, in the town of Pililla, about 70 kilometres southwest of Manila, the country’s capital. The dignitaries who attended this function included Dr. Art-ong Jumsai of Thailand, Dr. Romel Bautista, Superintendent for Private Schools (Department of Education, Philippines), Utsav Kumar, Ambassador of India, and Selverajah, Ambassador of Singapore. The programme began with a procession of candidates for graduation, parents, faculty and guests, accompanied by the school’s band. The choir of the Sathya



Sri Sathya Sai School of Philippines celebrated its 10th anniversary on 20th March 2010.

Sai School sang the National Anthem of the Philippines. Dr. A.P.J. Abdul Kalam, former President of India, sent a personal message, in the form of certificates quoting Bhagavan's teachings, for all the graduating children. A pictorial publication, titled "Sowing the Seeds for Human Excellence", was released in commemoration of the 10th anniversary. The publication summarised all the Educare activities, including teacher training, human values contests held throughout the Philippines, Chancellor's Day events since 2006 (commemorating Swami's Birthday as a public function) and all of the SSSO's various social and medical service activities.

SOUTH AFRICA

The South African National Youth Conference was held at the Sathya Sai Phoenix Educare Centre, Durban on 20th March 2010, wherein about 400 people attended, including 299 youth. The conference began with inspiring Bhajans. Dr. Madurai, Vice President, Central Council of South Africa and programme director for the conference, stated in his speech that Sathya Sai Youth would bring about transformation in the world. Sister Savy



A section of the delegates to the South African National Youth Conference held in Durban on 20th March 2010.

Ramlall, President, Central Council of South Africa, spoke on love and unity. She pointed out that the youth could make a difference in society and urged them to channel their energy into service. Then the keynote speaker, Sri Shitu Chudasama, the International Coordinator of the youth, stated that the youth should take active part in the Sathya Sai Organisation. He urged the youth to make Bhagavan their best friend and perform selfless service with love. The conference organisers were grateful to Bhagavan for providing the opportunity to share His Divine Love and Universal Message with the Sathya Sai Youth of South Africa.

U. A. E.

For the past four years, Sri Sathya Sai Service Organisation (SSSSO), Dubai has been participating in an environmental clean up campaign called "Clean Up U.A.E.", which is organised by Emirates Environmental Group (EEG) across the seven emirates of the United Arab Emirates every year. On 12th December 2009, about 140 participants from SSSSO of Dubai, Abu Dhabi and Sharjah took part in the Clean Up U.A.E. 2009 efforts at Al Khawaneej (Dubai), Dubai Investments Park (Dubai), Ras



Volunteers of Sri Sathya Sai Service Organisations of Dubai, Abu Dhabi and Sharjah took part in the annual Clean Up U.A.E. 2009, organised by Emirates Environmental Group on 12th December 2009.

Al Akhdar (Abu Dhabi) and Sharjah Corniche (Sharjah).

For over 12 years, the Serve and Inspire (SAI) Group, Dubai has been organising blood donation camps three times a year in cooperation with the Al Wasl Hospital Blood Bank. The final blood donation camp of 2009 took place on 25th December. The Dubai



On 5th February 2010, Sathya Sai Group of Dubai conducted a medical camp at the Saleh Construction LLC labour camp in Sonapur where a labour force of about 3,000 people of different nationalities resides.

Health Authority, Government of Dubai, gave a Certificate of Appreciation to SSSSO, Dubai for its valuable participation in the Blood Donation Campaign

The Sathya Sai Group of Dubai conducted its first Narayana Seva of 2010 on 22nd January, and distributed food to about 550 people at the Saleh Construction Camp in Sonapur. Recipients were very happy with the loving service rendered by the volunteers. On 5th February 2010, Sathya Sai Group of Dubai conducted a medical camp at the Saleh Construction LLC labour camp in Sonapur. The camp is the home to a labour force of about 3,000 people of different nationalities. The medical team consisted of four doctors, four paramedical staff and two pharmacists. Blood sugar testing, general physical examinations and medical advice were provided to the patients, and medicines distributed to patients as needed. The labourers were very happy and requested the team to come more often to their camp.

– **Sri Sathya Sai World Foundation**

BHARAT

Andhra Pradesh: Kadapa district conducted Zonal Bal Vikas Gurus Training Programme on 6th and 7th February 2010 at Kadapa for 85 Bal Vikas Gurus from Anantapur, Kadapa, Kurnool and Chittoor districts.

Anantapur district conducted District Youth Conference at Anantapur on 7th February 2010. The district gave Amruta Kalasams to 29 poor families and cooked food to 25 people under Sri Sathya Sai National Narayana Seva Programme.

West Godavari district started seven new Bhajan Mandalis in different villages on 10th February, and distributed blankets to selected

poor at each of the seven places on this occasion. Service activities were carried out during Sivarathri at four noted Siva temples visited by thousands of devotees. While West Godavari district distributed Amruta Kalasams (food provisions) to 68 selected families under Sri Sathya Sai National Narayana Seva Programme, Krishna district distributed 294 Amruta Kalasams in February 2010 under this programme.

Sri Sathya Sai Seva Organisation of Andhra Pradesh distributed various implements to rehabilitate and provide means of livelihood to 98 helpless flood-affected persons of Kurnool district in a function held in Sri Sathya Sai Seva Sadan, Kurnool on 5th April 2010. The implements included sewing machines, wet grinders, barber and electrician kits, bicycles, etc. The Collector of the district and State President of Andhra Pradesh also attended this function. In another function held on 6th April 2010 in Sangala village, 53 km away from Kurnool town, 300 selected flood-affected farmers from Sangala, Gundrevula and Earladinne villages assembled to receive the multipurpose agricultural implements used for



Sri Sathya Sai Seva Organisation of Andhra Pradesh distributed multipurpose agricultural implements to 300 flood-affected farmers of Kurnool district on 6th April 2010.

tilling and sowing land, specially designed by Agro Industries Corporation. State President of Andhra Pradesh and other State office bearers took part in the function. This was the third phase of the relief measures undertaken by the Sai Organisation to serve the victims of unprecedented floods which devastated this area in October 2009. In the first and the second phase of the service, the Sai Organisation provided cooked food, drinking water, medicines, food grains, utensils, clothes, blankets and other articles of daily need to about 3,500 families in 15 villages of Kurnool district.

Orissa: Sri Sathya Sai Seva Samithi, Bhubaneswar North Zone (A) conducted a mass Upanayanam (sacred thread) ceremony of seventeen boys belonging to economically weaker sections of society from different districts of Orissa on 16th May 2010 at Acharya Vihar, Bhubaneswar. The ceremony was held on the sacred day of Akshaya Tritiya, a very auspicious day. The thread ceremony was performed as per the Vedic rites accompanied by chanting of appropriate Mantras by learned priests. Speaking on this occasion, the State President of Orissa advised the Brahmacharis (celibates) to chant Gayatri Mantra regularly and inculcate the ideals of a true Brahmachari.

The 34th State Conference of Sri Sathya Sai Seva Organisation, Orissa was held in an atmosphere of love and devotion at GCD High School Parade Ground, Rayagada. The theme of the conference was "The Dawn of Golden Age". 1,483 delegates from all over the State and about 500 delegates from the local district, totalling more than 1,983 delegates actively participated in the conference.

The conference held panel discussions which enabled participation of as many as



A section of the delegates to the 34th State Conference organised by Sri Sathya Sai Seva Organisation of Orissa at Rayagada, Orissa.

64 District Presidents and Resource Persons and facilitated sharing of views on the following subjects: SSS-Housing Project – Our Experience and Future Roadmap, SSSVIP – Our Approach and Achievements, Rules and Regulations of SSSSO and our Strategy, Strengthening Bal Vikas and Mahila Vibhag (Women’s Wing), Youth Activities and Vedic Choir, Holistic Healthcare and Animal Care. Group Discussions were also conducted at different venues on the following topics: Techno e-Media, Vocational Training and Career Guidance, Digital Archives, Website and Reporting, Holistic Animal Care, Sri Sathya Sai Schools, Sathya Sai Ambulance and Holistic Health Seva. A symposium on “The Dawn of Golden Age” was organised in the open session. The State President conducted separate meetings among all State office bearers, District Presidents, District Youth Coordinators, etc., to enable in-depth interaction and formulation of future action plans.

• A spiritual exhibition was organised, depicting the message of Bhagavan Baba on Golden Age and Spiritual Revolution, SSSVIP,

SSS-Housing Project, Introducing God through Animals, Eye Donation, etc. A rally of devotees was organised which covered the whole town with decorated chariot of Bhagavan which left an unforgettable impression on the hearts of the participants and general public. Seven new publications and two multimedia CDs were released on the occasion. The LCD-based presentation on success stories of Sai activities carried out throughout the State inspired the participants. Beautiful cultural programmes by Bal Vikas children and Sai Youth of Rayagada district touched the hearts of one and all.

Punjab: A free eye check-up camp was organised by Sri Sathya Sai Samithi, Patti (district Tarn Taran) on 26th December 2009 in Sarva Dharam Satsang Bhawan, Patti. A team of six doctors and six assistants from Sardar Bahadur Dr. Sohan Singh Eye Hospital, Amritsar provided their services, necessary equipment and medicines free of cost to more than 500 patients. During the course of the camp, a free Langar (community kitchen) continued where all patients and persons accompanying them were served food and tea. 12 patients requiring special treatment were treated and operated upon next day in the hospital at Amritsar, where treatment, boarding, lodging and food were provided free of cost by the hospital administration.

Tamil Nadu: The 9th anniversary of Mahila (women’s) Vocational Training Centre was celebrated on 19th March 2010. This training centre which started with just three sections has now grown into nine different sections, imparting training to women belonging to economically weaker sections of society. Presently, the centre provides training in tailoring, hand embroidery, candle making, Agarbati (incense stick) making, screenprinting,

offset printing and binding, secretarial course, beautician and yoga and desktop publishing. The training centre is proposing to expand with introduction of training classes in handicrafts. As of date, 800 students have benefited from the training imparted by the centre. Almost all the students who passed out of the centre have either found self-employment or have been absorbed by export-oriented companies.

All of them are economically independent not only for themselves but also for their families and have improved their standard of living. The students who pass out offer their services free as part-time faculty members to the training centre. As a part of spiritual training, Bhajan training, Veda chanting and Bal Vikas are regularly organised in the training centre.

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– Baba

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