



Sanathana Sarathi



MARCH 2009

Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTI • PREMA • AHIMSA

Vol.: 52 Issue No. 3 Date of Publication: 1st March

MARCH

2009

© Sri Sathya Sai
Sadhana Trust, Publications Division
Prasanthi Nilayam

Printed and Published by

K.S. RAJAN

on behalf of the owner,
Sri Sathya Sai

Sadhana Trust, Publications Division
Prasanthi Nilayam 515 134,
Anantapur District (A.P.),

Printed at M/s Rajhans Enterprises,
136, 4th Main Road, Industrial Town, Rajaji
Nagar, Bangalore - 560 044, Karnataka.

Published at Prasanthi Nilayam 515 134.

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For Audio Visual / Book Orders: orders@sssbt.org

ISSN Code : 0091

STD Code : 08555

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Annual Subscription
acceptable for 1, 2 or 3 years.

English Inland (India):

Rs 75/- (12 issues)

Overseas: Rs 850/-

or U.S. \$19 or U.K. £13 or €13 or

CAN \$22, AUS \$26

Telugu Inland Rs 60/- (12 issues)

Overseas: Rs 550/- or £9 or US \$13 or

€9, CAN \$15 or AUS \$17

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should be addressed to The Convener,
Sri Sathya Sai Sadhana Trust, Publications
Division, Prasanthi Nilayam - 515 134,
Anantapur district, Andhra Pradesh, India.

Editor

G.L. ANAND



"Man should try to know the truth about himself. Once he knows the truth about himself, then he will not have any need to ask anything from anybody. Do you search yourself outside? No, no. You cannot find yourself outside. You have to look within to know yourself. In the same way, if you keep on asking, "where is God? where is God?", how can anybody point to a particular place?"

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Official Websites of Prasanthi Nilayam

Sri Sathya Sai Central Trust: www.srisathyasai.org.in

Sri Sathya Sai Books and Publications Trust: www.sssbpt.org

Radio Sai Global Harmony: www.radiosai.org



ATTAIN THE KNOWLEDGE OF THE SELF

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

(Telugu Poem)

*The creation emerges from truth and merges into truth,
Is there a place in the cosmos where truth does not exist?
Visualise this pure and unsullied truth.*

(Telugu Poem)

WHY DO YOU FEAR WHEN GOD IS WITH YOU?

WHEREVER YOU SEE, SATHYA is present there. It is present in every stone, every pebble, every tree, every boulder and every rock. Everything is the manifestation of truth. Truth blossoms in various ways and various forms. Though truth is everywhere, it cannot be seen because it has no form. Everything in this world is the manifestation of God's glory! You should try to recognise this truth.

Education should Inculcate Values in Students

Embodiments of Love!

I have come to Muddenahalli after a long time. When I first came here, excellent arrangements were made for the convenience of the people who had gathered here in

large numbers. The organisers very patiently and peacefully made them sit comfortably to enable them to listen to My Discourse.

The purpose of My present visit is to provide facilities of higher education to the students who are studying here. At present, this institution provides facilities to the students for studying up to 12th standard. They have to go to distant towns if they want to pursue higher studies. The places are far-off and the expenditure is too high, which they cannot afford. Moreover, living in a town is also full of difficulties. Therefore, I have resolved to provide education up to postgraduate level so that the students can pursue courses like B.A., B.Sc., M.A., etc., here itself (*loud applause*).

Man is endowed with all types of powers but he is suffering because he has too



many desires. All his powers have become meaningless because of his excessive greed. Greed is the real cause of man's sorrows and difficulties. He is losing his peace of mind because of his excessive desires. Therefore, man should reduce his desires and attain Atma Jnana (knowledge of the Self). Man can get



for imparting the teachings of the sacred texts like the Ramayana, the Mahabharata and the Bhagavadgita to the students so that they can imbibe these teachings themselves and share them with others. It is for this purpose that I am starting a new campus of this university. You may have seen the university building at Puttaparthi on the top of a hill. It is My

Many educationists have been saying that they will work for the welfare of society, but none of them has done anything. Society can be set right only by those who have firm faith in God. Sacred teachings should be imparted to the students and they should be encouraged to take part in the service of society. Only then can there be peace in the world. It is not enough if you merely pray, Samasta Lokah Sukhino Bhavantu (May all the beings of all the worlds be happy!). You should serve the world. Serve all Bangaru! Considering yourself as the servant of all, you should develop the spirit of selfless service.

rid of all his worries when he engages himself in the quest of Atma Jnana. It is My wish to provide ideal education to the students in this institution so that after passing their B.A., B.Sc., B.Com., etc., they can lead their lives in the vast world with self-confidence.

There are many facilities in villages today but spirituality has gone into oblivion. People have given up the practice of reciting the various names of God like Rama, Krishna, Govinda, etc. Therefore, I have decided to arrange

wish that a grand building like that should be constructed here and value-based education should be imparted to the students of this region also. People know the teachings of the Bhagavadgita but they do not put them into practice. What is the use of that knowledge which is not put into practice? One should put these teachings into practice, share them with others and inspire them to make these as part of their life. The very purpose of My coming here is to encourage and inspire you in



this regard. Today I have laid the foundation of the building. My resolve is that when I come here again next year at this time, the building should be ready (*loud applause*). Nobody else can declare with such authority that the work of this magnitude would be completed in such a short time. It is not only with regard to this campus of the university, I did the same for our Super Speciality Hospital at Puttaparthi also. I declared on 22nd November 1990 that the hospital would start functioning on 22nd November next year, and it did start functioning on that day. Do you know how the implements required for the hospital came? On 21st November night at 11 o'clock, a big van arrived full of all the required equipment. As declared by Me one year ago, four heart operations were performed on the day of inauguration. The operations were successful and the patients were discharged within five days. I am laying the foundation of this building on 14th February 2009 and this campus will start functioning on 14th February next year. Everything will be ready next year by this time and all the facilities will be provided to the students.

You can Achieve Everything with Self-confidence

Students should develop self-confidence. Many of you might have read the story of Abraham Lincoln who lived in penury during his student days. While other boys went to school in costly clothes, Lincoln could not afford even a proper dress when he went to school. One day, his friends made fun of him and humiliated him. He came home crying and told his mother how he was being insulted and humiliated. His mother consoled him, saying, "My dear son, do not get affected by praise or blame. Develop self-confidence. Have firm faith in God.

Then everything will become good for

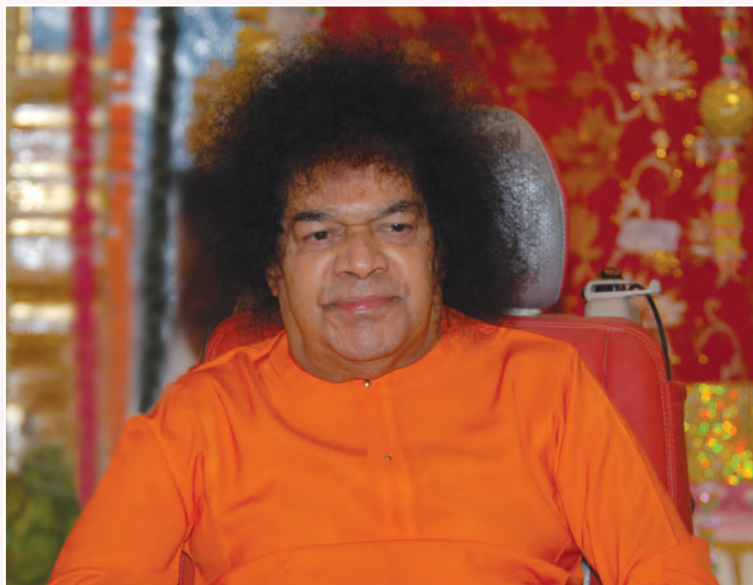


you." These words made a lasting impression on the tender heart of Lincoln. He acquired self-confidence with the encouragement of his mother. Ultimately, he rose to the position of the President of America. He expressed his deep gratitude to his mother when he became the President of America because it was due to her teachings that he rose to such a high position.

There is nothing impossible in this world for a person who has self-confidence and courage. He can accomplish anything and everything. Therefore, it is necessary to strengthen self-confidence. Don't bother about what others say. Don't be afraid even if they make fun of you. Why should you have any fear when God is with you? He is the resident of your heart. He is none other than your Atma. Call it God, call it Atma, call it consciousness, all are the different names of the same reality. If you take gold to the goldsmith and ask him to make a ring, he will make a ring out of it. The same gold can be melted and made into a bangle or a chain. The ring, the bangle and the chain are made of the same gold. Likewise, the same Atma is present in everyone though it takes various forms. It is not possible to divide the Atma. *Ekatma Sarva Bhutantaratma* (one Atma dwells in all beings). *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). Nobody can attribute any differences to the principle of the Atma. If we perform our task with this type of self-confidence, we can achieve anything. We will then be victorious in all our endeavours.

You should all become great leaders. Today the country is passing through a critical situation. People are very much concerned as to who should become their leaders.

Therefore, you should become good leaders, go to the masses, provide necessary



There is nothing impossible in this world for a person who has self-confidence and courage. He can accomplish anything and everything. Therefore, it is necessary to strengthen self-confidence. Don't bother about what others say. Don't be afraid even if they make fun of you. Why should you have any fear when God is with you? He is the resident of your heart. He is none other than your Atma. Call it God, call it Atma, call it consciousness, all are the different names of the same reality.

encouragement to them and set right the society. You are all aware that many evils have crept into our society. Many educationists have been saying that they will work for the welfare of society, but none of them has done anything. Society can be set right only by those who have firm faith in God. Sacred teachings should be imparted to the students and they should be encouraged to take part in the service of society. Only then can there be peace in the world. It is not enough



if you merely pray, *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!). You should serve the world. Serve all, Bangaru (nuggets of gold)! Considering yourself as the servant of all, you should develop the spirit of selfless service. The present-day leaders come and go. Once they become leaders, they forget their duties. These leaders may become MLAs today, MLCs tomorrow and ministers thereafter. But they all come and go. None of them is stable in his position. You should not become like that. Only those who have self-confidence can become real leaders. Therefore, you should develop self-confidence and serve society. You should develop compassion towards poor people and try to protect them. Offer food and clothes to them and show them the right path. You need not do what is beyond your capacity. Whatever little you can afford to do, do it in such a way that it gives maximum results. I am starting

this institution with these expectations and bless you all to achieve the same. Next year on 14th February, I will come and open this new campus of the university.

Students should Earn a Good Name

You should not be worried about the funds. So far, I have never asked anybody for money. Where is the need to ask anybody for money when the goddess of wealth Lakshmi

resides in My heart? Therefore, you should not ask anybody for money. I will provide everything. I do not beg from anybody. I am not a beggar. Whatever may be the expenditure, I will bear all of it Myself. You will see the results yourself. Even the people from Bangalore will be wonderstruck when they see the work done by Me.

Students! Lead your life with self-confidence, steadfast faith and devotion, and study well. Think that God is always with you. In fact, He is residing in your heart. Don't consider that He is separate from you. Your parents may be away from you but God can never be away from you. Therefore, develop devotion for God. You may forget anything, but never forget spirituality. The power of spirituality is greater than any other power. There is no other power greater than that.

Our Narasimha Murthy is also sitting here. He should stay here for some time and set everything right. (Saying this, Swami created a gold ring for Sri Narasimha Murthy and put it on his finger.) He should help in selecting good teachers who can fulfil the objectives of this institution. Narayana Rao! You and all your teachers should work together in unison for the growth and progress of this campus. If you need anything, you should ask Me. Do not ask anything from anybody else. I will meet all your requirements. Is My long Discourse causing inconvenience to you? (Sri Narasimha Murthy and others said that it was their great good fortune to listen to Swami's Discourse.) Of course, you are all very fortunate. Dear students! You are indeed very fortunate that you have been blessed with the opportunity to experience the bliss of Swami's Darshan, Sparshan and Sambhashan (vision, touch and conversation) from your early age. *Darshanam Papa Nashanam, Sparshanam Karma*



Man is endowed with all types of powers but he is suffering because he has too many desires. All his powers have become meaningless because of his excessive greed. Greed is the real cause of man's sorrows and difficulties. He is losing his peace of mind because of his excessive desires. Therefore, man should reduce his desires and attain Atma Jnana (knowledge of the Self). Man can get rid of all his worries when he engages himself in the quest of Atma Jnana.



Vimochanam, Sambhashanam Sankata Nashanam (Vision of the Lord destroys all sins, His touch destroys the bondage of Karma, conversation with Him destroys all troubles). Not only that, all the worldly sufferings are cast away by these three. You should share your experience with your parents also. Try to correct them if they have any bad habits so that they can get rid of them. Earn a good name so that your parents may proudly say, "Our boy is studying in a Sai institution which has brought great transformation in him." Do not earn a bad name, as a result of which they may have to express regret, "Our boy is studying in such and such school where he has taken to bad ways." Earn a good reputation. When you earn good reputation, you can attain any high position in life. (Here, one of the listeners exclaimed, "Swami! Today it seems that we have been transported into heaven." Swami then said) Very happy, very happy. Be always

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SIVARATHRI CELEBRATIONS AT PRASANTHI NILAYAM

THE HOLY FESTIVAL OF Sivarathri was celebrated at Prasanthi Nilayam on 23rd February 2009 with great piety and solemnity. A mammoth gathering of devotees came from all parts of the world to celebrate it in the Divine Presence of Bhagavan Sri Sathya Sai Baba and to experience the bliss of participating in nightlong Sivarathri Bhajan.

Bhagavan's Discourse on Sivarathri Eve

On the eve of Sivarathri, Bhagavan blessed the devotees with an illuminating Discourse on 21st February 2009. Before Bhagavan's Discourse, Sri Ajit Popat, an ardent devotee of Bhagavan from London, addressed the gathering and observed that Sivarathri at Prasanthi Nilayam was an occasion for great jubilation and celebration because Siva Himself is present here in the human form of Bhagavan Sri Sathya Sai Baba. Man today had become so much engrossed in mundane activities of the world that it was a great challenge for him to find time for God, said Sri Popat. He exhorted the devotees to give highest priority to God in their life.

In His Discourse, Bhagavan observed that all were endowed with the same consciousness, though people may belong to different countries, communities and religions. Man should understand this truth and develop the spirit of unity, which could lead him to purity and divinity, added Bhagavan. He advised the students to develop self-confidence and obey their parents.

Collective Chanting of Rudram

A grand programme of collective chanting of Rudram, the hymns dedicated to Lord Siva, was organised at Prasanthi Nilayam on the occasion of Sivarathri. More than 1,000 Sai Youth specially came from various parts of Karnataka to participate in this sacred programme. Sai Kulwant Hall, the venue of



Sai Kulwant Hall reverberated with the collective chanting of Rudram on the morning of 23rd February 2009 when thousands of Sai Youth, students and devotees recited the Mantras in unison.

this programme, was exquisitely decorated for this sacred occasion. Special decorations were done on the dais with bouquets of fresh flowers. The programme began at 7.30 a.m. on 23rd February 2009 when Bhagavan came to Sai Kulwant Hall to shower His grace on the massive congregation of devotees gathered there for His Darshan on the sacred day of Sivarathri. Besides 1,000 Sai Youth of Karnataka,



the students of Sri Sathya Sai Primary and Higher Secondary schools and those of three campuses of Sri Sathya Sai University, namely, Brindavan, Prasanthi Nilayam and Anantapur took part in this chanting. Many devotees who had been practising chanting of Rudram also joined this programme of chanting. The chanting continued for nearly an hour and a half radiating divine vibrations in the entire milieu. While the chanting continued, Prasadam blessed by Bhagavan was distributed to the entire assembly of devotees in the hall. Earlier Bhagavan lighted candles on the giant cake placed in the verandah and performed cake cutting ceremony. This soul-elevating programme of sacred chants came to a conclusion at 9.05 a.m. with Arati to Bhagavan.

Collective chanting of these sacred Mantras by thousands of students, Sai Youth and devotees in unison with meticulous rhythm, tune, modulation and pronunciation was a spiritually elevating experience for all those who were fortunate to witness, hear and participate in it.

Bhagavan's Discourse and Sivarathri Bhajan

On the afternoon of 23rd February 2009, Bhagavan came to Sai Kulwant Hall in His sparkling yellow robe at 4.30 p.m. and showered the bliss of His Divine Darshan on the huge assembly of yearning devotees. Bhagavan was led into the hall by the brass band of Prasanthi Nilayam campus of Sri Sathya Sai University. At the rear of this procession was a giant Lingam of ice decorated with flowers. As Bhagavan arrived in the hall, it started reverberating with Rudram chanting by thousands of Sai Youth, students and devotees in unison. In His immense

compassion, Bhagavan blessed the devotees with His Divine Discourse on this sacred day of Sivarathri. Before the Discourse of Bhagavan, three speakers addressed the gathering.

The first speaker was Sri S.V. Giri, former Vice Chancellor of Sri Sathya Sai University. Sri Giri observed that both Sivarathri and Navarathri were celebrated throughout the length and breadth of the country and were marked by austerities like fasting, vigil, sacrifice and chanting of Divine Name to help man subjugate his lower tendencies and rise to divine level. Referring to the collective chanting of Rudram being done by thousands of Sai Youth, students and devotees, Sri Giri observed that it was an exhilarating experience which was meant to purify our heart and remove all our undesirable qualities. The second speaker was Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations. Referring to the distribution of Spatika Lingas to women devotees in Sai Kulwant Hall on the previous evening, Sri Srinivasan observed that Linga radiated the power of Siva and by giving Linga to devotees, Bhagavan had virtually given Himself to them. Observing that Sivarathri was the day of revelation and realisation, the distinguished speaker said that constant worship and Abhisheka of Linga was done in all temples of India on this day to elevate man to the divine level of Siva. The last speaker, Sri Ajit Popat, who spoke on 21st February also, remarked that Linga represented purity and Bhagavan was exhorting all His devotees to become embodiments of purity. Sri Popat said that mere fasting to control hunger was not enough; there should be fasting of the mind

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DEVELOP CONSTANT AWARENESS OF THE ATMA

The sun appears serene and peaceful. The days have become shorter, and the cool wind is blowing. The fields are ripe with golden crops. Marigold flowers are blossoming like garlands of pearls on the banks of rivers. The farmers are rejoicing and singing. The sweet festival of Sankranti has come in the month of Pushya (a month in Indian calendar), filling our homes with the newly harvested grain.

(Telugu Poem)

FESTIVALS REMIND YOU OF YOUR INNATE DIVINITY

Embodiments of Love!

THIS IS THE TIME OF SANKRANTI. It is a festival of great significance. Farmers bring home food grains and pulses of the newly harvested crop during this period. Having not much work to do at this time, they and their workers enjoy good food and rest, and spend their time in an environment of peace and happiness. On this important festival, newly married sons-in-law are invited to their in-laws' house.

*As Sankranti is the festival of festivals,
Oh newly married bridegroom, visit your in-laws' house,
Come, spend your time in fun and frolic with
your brothers-in-law and sisters-in-law,
The entire household and the neighbourhood
will honour you with love and affection.*

(Telugu Song)

In those days, there were no such means of transport as cars, buses, trains and aeroplanes. Therefore, the sons-in-law had to go to their in-laws' house on foot. All the people of the village used to welcome the son-in-law

with love and respect and made him happy and comfortable. The in-laws showed great hospitality and served good delicious food to him.

Transcend Body Attachment

On this festival, Gangireddudasu (one who brings the decorated bull) decorated a bull and a cow and took them to the streets of the village. When the people gathered around them, he performed their symbolic marriage, naming the cow and the bull as Sita and Rama. Prior to this, Gangireddudasu gave proper training to the cow and the bull so that when the cow was asked, "Rama is black in colour, do you like him?", it would shake its head to convey its disapproval. Then Gangireddudasu tried to convince the cow saying, "Rama is very handsome, noble and gentle." Then the cow would nod its head in agreement. There is also a song describing how an elder brother calls his younger brother to come and see this entertaining marriage of the bull and the cow.

*"Oh my dear brother, here comes the
Gangireddudasu. Come, let us go and*





If you want to have the vision of Swami, imprint His picture on your heart. You can see Him in your heart. If you develop this feeling of oneness, then everything will become good for you. This is what you have to recognise today. Festivals come and go. Just as Monday follows Sunday, time keeps on changing. But God who resides in your heart will never change. Even when your body perishes, God remains changeless. He is the only one who always exists. You should recognise this truth today.

see him. He wears a silver medallion and a waist belt. He carries a decorated staff and wears special marks on his forehead. He brings with him richly caparisoned sacred cow and bull and performs their marriage. Let us see the marriage ceremony and offer our gifts.”

(Telugu Song)

In this way, people gathered in large numbers to enjoy this fun, and the streets were filled with people. The cow named Sita would walk slowly with its head bent down in a dignified manner. In this way, animals



conducted themselves in an exemplary way and set an ideal for even human beings. This is how the festival of Sankranti was celebrated during those days.

But people today celebrate festivals like Sankranti and Sivarathri in a superficial manner. In fact, such festivals are meant to help man to transcend his body, mind and intellect and realise his innate divinity. People say, *Idi Na Dehamu* (This is my body). But in Sanskrit, “Na” means “not”. Therefore, when you say, *Idi Na Dehamu*, it actually conveys that you are not the body. Similarly, you are not the mind or the intellect. When you realise this truth, then you will be able to say with conviction, “This is not my sorrow or difficulty. In fact, I am beyond all suffering.” When you say that you are not the body, then where is the question of your suffering? But today people are unable to bear even a little physical suffering. They are

unable to give up body attachment. That is why they continue to remain at the level of mortals. So long as you have body attachment, you cannot escape from sorrows and sufferings. All your sorrows and sufferings are, in fact, the result of your own imagination. Sometimes, you have anger. Wherefrom has this anger come and who has sent it? It has come from within you only. Similarly, jealousy also comes from within you. In fact, everything comes from your thoughts. One who is able to control his thoughts can achieve anything.

Keep your Mind Pure and Steady

Where do the mind, intellect, Chitta (subconscious mind) and Ahamkara (ego) come from? They are the reflections of the Atma. The mind of man keeps on changing from moment to moment. You have anger at one moment and desire at another. *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is the cause of bondage and liberation of man). It is the mind of man which is responsible for his bondage and liberation. Hence, keep your mind pure and steady. It is in the mind that all the thoughts and feelings arise. Therefore, one should put a ceiling on desires. Mind is always wavering and body is bound to perish. Everything in this world is subject to change. But there is one thing that is changeless; that is the Atma which is within us. Atma has only name and no form. People say, "Only my Atma knows it." Atma, Self or Aham, all are the same. Aham does not denote Ahamkara (ego) which is associated with body attachment. If you ask God, "What is Your name", He will reply, *Aham Brahmasmi* (I am Brahman). The principle of Brahman is present in everybody in the form of the Atma.

It is out of your illusion that you say, "She is my wife, she is my mother-in-law, she is my daughter-in-law, he is my son, he is my grandson," etc. All these relationships are of your own making. They are not given by God. They are created by your own imagination due to your body attachment. All your suffering is only due to your body attachment. God neither gives happiness nor sorrow. All these are the result of your body attachment and not the Atmic consciousness. So far as the body is there, you experience both happiness and sorrow. Once the body perishes, nothing goes with you. Call it Atma, call it Self, call



it, 'I', all these are the different names of the same Atma. When you cut your little 'I', you become God yourself. The cross in Christianity signifies this cutting of the little 'I'.

Focus your Mind on the Atma

All the five elements are present in you in the form of subtle qualities of Sabda, Sparsha, Rupa, Rasa and Gandha (sound, touch, form, taste and smell). It is the Atma which is responsible for the functioning of all your organs. Self has no birth, no death. Brahman has no birth, no death. The Atma has no birth, no death. People think, the Atma changes from this form to that and from that form to this. But there is absolutely no change in the Atma. It is true and eternal. You should always focus your mind on the Atma, not on the external worldly objects which are ephemeral and subject to change. When you marry a girl today, she becomes your wife. But before that, who are you and who is she? There is no relationship between you two. All these relationships are of your own making; they are not made by God. However, God is the eternal witness of everything. Mere ritualistic practice of Dhyana, Tapa and Yoga cannot make us realise God. *Sravanam* (listening), *Kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *Padasevanam* (serving His Lotus Feet), *Vandanam* (salutation), *Archanam* (worship), *Dasyam* (servitude), *Sneham* (friendship), *Atmanivedanam* (self-surrender). All these are different types of devotion to God. These are all man made, and not given by God. So many people perform Japa and Tapa (recitation and penance). They keep on counting their beads even in their sleep. Can all these practices grant us liberation? No, not at all.

God is described as Vajra Kavacha (adamantine armour) which is eternal.

People in the world are subject to change but Vajra is always Vajra. We should focus our attention on the Atmic principle which is eternal and changeless like Vajra. When somebody asks you, "Who are you?", you should always reply, "I am God." The same principle of the Atma is present in everyone. We say, "Atma is my witness." It is only the Atma that remains changeless. Everything else is subject to change. (Here, Swami narrated the story how Alexander carved out a huge empire but he had to depart from this world empty-handed.)

God is Always Present in your Heart

We may amass any amount of money and make huge bank deposits but we cannot carry with us even a fistful of sand when we ultimately leave this world. Nothing goes with us. We keep struggling day and night unnecessarily. We have to ultimately leave this world. *Body is like a water bubble, mind is like a mad monkey.* We have to face many dangers when we follow this monkey mind. We should not be unduly attached to the body because it is like a water bubble which may burst any moment. Nothing in this world is permanent. Only one thing is permanent and that is the Self, which has no death. That is verily God. I, Atma, Self are all the different names of God. It is the principle of Atma that assumes all forms. It is the Atma which incarnated in the form of Rama, faced many difficulties and set great ideals to mankind. It is the same Atma that incarnated as Krishna who demonstrated many Leelas (divine pranks) and attracted everyone. But ultimately both of them had to leave their bodies. As long as the Avatars live in this world, they demonstrate many divine powers. But they have also to leave their bodies. It is only the body that undergoes change but the Atma remains eternal.



You should never give up this relationship of love with God. It is good for everyone to establish this relationship. Sometimes, the feelings of anger, hatred, jealousy may also enter your mind. In spite of this, you should never forget love. Sathya, Dharma, Santhi, Prema and Ahimsa are the five primary inner qualities of man. These are all within you and have not come from anywhere outside. They cannot be purchased from any shop. Manifestation of these inner virtues is called educare. Education refers to worldly and secular knowledge which you tend to forget. However, Sathya and Dharma cannot be forgotten because they are within you.



You can have the vision of the Atma wherever you want provided you have purity of mind. You should never forget the awareness of the Atma. Rama is another name of the Atma. That is why we sometimes say, "Only my Atmarama (inner Self) knows this." You may undergo any change but your Atma remains the same. That is why the Atma is described as *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala Swarupinam* (attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). You should always be aware of the existence of the Atma. Then you can certainly have the vision of the Atma. People pray, "Oh God, grant me Your vision." Even if God grants His vision to you, it will come and go like a flash. But God is always present in your heart. He listens to all your prayers and grants you the appropriate



results. It is only the body that dies. The Atma is eternal and changeless. You should always contemplate on the changeless principle of the Atma. You may love any form but try to see the same Self in all forms. You should never forget the Atma. Though the Atma assumes many forms, it is eternal and changeless. In the universe, we see the sun, the moon and the stars but they are also subject to change. The stars that we see at night, why can't we see them in the morning? Only divinity which is the basis of all this is permanent.

Never Give up your Relationship with God

Good character is important both for men as well as women. It is only when one has good character can one be called man in the true sense of the term. Similarly, only a woman with good character can be called Pativrata (chaste woman).

This land of Bharat has given birth to many noble women like Savitri who brought her dead husband back to life; Chandramati who extinguished wild fire with the power of truth; Sita who proved her chastity by coming out of blazing fire unscathed and Damayanti who reduced an evil-minded hunter to ashes with the power of her chastity. This land of piety and nobility attained plenty and prosperity and became the teacher of all the nations of the world because of such women of chastity.

(Telugu Poem)

But these days, boys and girls move around like husband and wife. However, this is a short-term relationship. Afterwards, there occurs a change; the boy marries another girl and the girl marries another boy. There ends the relationship. Then, where is he and

where is she? All these relationships are short-lived and have a limit. But the relationship with divinity has no limit whatsoever. This relationship grows stronger and stronger with the passage of time. At the time of the marriage, the girl puts a ring on the boy's finger and the boy ties Mangal Sutra around the girl's neck. What does the diamond ring signify? It means that the boy and the girl should safeguard their character like a diamond. In overseas countries, however, the boy does not tie a Mangal Sutra around the girl's neck. The boy puts the ring on the girl's finger and the girl puts the ring on the boy's finger. (Here Swami materialised a diamond ring). See, this is a diamond ring. The boy and the girl exchange these rings and do not remove them till their last breath. All these traditions are significant and meaningful. They should not be considered as meaningless rituals.

Similarly, all Vedic Mantras have a significant meaning. *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (The Cosmic Being has thousands of heads, eyes and feet). You have one head but God has innumerable heads. In fact, all heads are His. Therefore, it is a mistake to say that Swami has seen only one thousand full moons. Every human being has a mind. God sees the mind of all. This denotes that Swami has seen not just one thousand moons but crores and crores of moons! Unable to understand the real significance of this, some people perform Yajnas and other rituals.

Everybody has a mind; it has the power to reach anywhere in a flash of a moment. It keeps changing moment to moment. At one moment, it may be filled with anger and at another moment, it may be suffused



with love. The former students have just now sung a song, *Neeku Maaku Oke Bandhamu, Adiye Prema Bandhamu* (There is only one relationship that exists between You and us, and that is the relationship of love). You should never give up this relationship of love with God. It is good for everyone to establish this relationship. Sometimes, the feelings of anger, hatred, jealousy may also enter your

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mind. In spite of this, you should never forget love. Sathya, Dharma, Santhi, Prema and Ahimsa are the five primary inner qualities of man. These are all within you and have not come from anywhere outside. They cannot be purchased from any shop. Manifestation of these inner virtues is called educare. Education refers to worldly and secular knowledge which you tend to forget. However, Sathya and Dharma cannot be forgotten because they are within you. That is why it is said, *Sathya Moolam Idam Jagat, Dharma Moolam*

Idam Jagat (the entire world is permeated by truth and righteousness). Both truth and righteousness are intertwined with each other.

Look Within and Know Yourself

At some time, you may get the feeling of anger and disgust, but you should always remain full of love. This love comes from within



you. When you have love, you will not hate anybody and will not indulge in violence. You will develop non-violence. There is violence only when there is no love. From truth emerges righteousness. When truth and righteousness combine, peace manifests. When one is at peace, one becomes serene and silent. Then one says, "I am peaceful." When you ask someone, "what for are you doing Sadhana?", he will reply, "I am doing for peace of

mind.” But, where is peace? Outside, there are only pieces, pieces! Where there is peace, there is love. A mother loves her child. Sometimes, she may even slap the child out of anger but her love for the child does not change. Love drives away hatred. Therefore, if you want non-violence to reign supreme in the world, you should develop love. It is not enough if you love yourself and your kith and kin. It serves no purpose. You should love everyone. You should consider everybody as your own. Atma is the same in all. There is only one moon in the sky. But we see its reflection in many pots of water. It does not mean that there are many moons. Likewise, the sun is only one. It is not that there is one sun for India, one sun for America, one sun for Japan and one sun for Germany. The sun may appear at different times in different countries due to the distance between them, but there is only one sun. It may be evening in India but at the same time in America, it may be morning and in Japan it may be afternoon time. In this way, the sun can be seen at different places at different times. But we should not think that different suns exist for different countries. While announcing timings over radio, the terms a.m. and p.m. are used. Indian Standard Time and the time of other countries are also announced. If it is a.m. here, it is for this country only and not for others. In the same way, God is only one and different people give different names to God.

Many people have been trying to identify the place of birth of Rama for many years. They came to Me also. They asked Me, “Swami, You tell us where Rama was born.” Then I told them that Rama was born out of the womb of Kausalya. Man should try to know the truth about himself. Once he knows the truth about himself, then he will not have any

need to ask anything from anybody. Do you search yourself outside? No, no. You cannot find yourself outside. You have to look within to know yourself. In the same way, if you keep on asking, “where is God? where is God?”, how can anybody point to a particular place?

God is everywhere. *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Sruthimalloke Sarvamavruthya Tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, God permeates the entire universe). Therefore, you should not enquire the whereabouts of God. First and foremost, you should know yourself. Then you will be able to know everything. Forgetting yourself, you try to know everything else. But there is no use knowing everything about the outside world. Know thyself. Then everything will become known to you. Know that you are the embodiment of the Atma and the Atma is within you. For everything you say, “this is my body”, “this is my house.” Who is this ‘my’? It is nothing but Maya. But nobody is trying to know this. Wherever you see, you find individuals using the term ‘my’. But God is not an individual. He is the principle of ‘I’ that is present in all individuals. So, God uses the term ‘I’ and says, “I am God”, “I am Brahma”, “I am Vishnu.” This principle of ‘I’ is eternal. It cannot be divided. But people today are trying to divide even divinity. But nobody can divide divinity. We should always consider that God is one, not two.

See Swami in your Heart

Do not say, so and so is my brother, so and so is my sister, so and so is my son-in-law, etc. In fact, all are your brothers and sisters. When you consider all as your brothers and sisters, how can there be any differences?

Spirituality teaches man this path of



oneness. You think that if you perform Japa and Dhyana (recitation and meditation), you can have the vision of God. But it is not so. When you close your eyes, you cannot see even those who are standing in front of you. Then, how can you see God? These practices of Japa and Dhyana have been prescribed only to control the mind because the mind is very turbulent. It always keeps on having bumps and jumps! How can you control such a wavering mind? It is virtually impossible. There is only one method to control the mind, that is to contemplate on God. Then mind will be easily controlled. However, if you keep on changing your deity of contemplation, Rama on one day, Krishna on second day and Venkateswara on third day, you cannot control your mind in this way. If Rama is the deity of your liking, then you should contemplate only on Rama. Then Rama will manifest before you. You must have seen the paintings of Rama and Krishna, but do not identify Rama and Krishna with those pictures. In fact, God has no form. However, God assumes certain forms from time to time in order to make people aware of His divinity. These forms ultimately disappear. Therefore, do not go by the forms of God shown in the pictures which are man-made.

Colour pictures of many deities are sold in the bazaar. They are all made by artists like Ravi Varma. But, did Ravi Varma ever see Rama or Krishna? He heard the story of Krishna, got acquainted with His teachings, on the basis of which he drew his pictures. Therefore, the pictures of artists do not portray the true form of God. However, they remind you of God. Neither Ravi Varma nor any other artist did see God. In fact, you have to see yourself because you yourself are God. Don't think that God is somewhere away. Strengthen the faith that you yourself are God. When



At the time of the marriage, the girl puts a ring on the boy's finger and the boy ties Mangal Sutra around the girl's neck. What does the diamond ring signify? It means that the boy and the girl should safeguard their character like a diamond. In overseas countries, however, the boy does not tie a Mangal Sutra around the girl's neck. The boy puts the ring on the girl's finger and the girl puts the ring on the boy's finger. (Here Swami materialised a diamond ring). See, this is a diamond ring. The boy and the girl exchange these rings and do not remove them till their last breath. All these traditions are significant and meaningful. They should not be considered as meaningless rituals.



you consider yourself as God, you should also develop divine qualities. Only then can you become God. When you follow this sacred path, you can experience the power of God, which is eternal.

Today man is drowned in ignorance because there is none who can explain to him the principle of divinity in this manner. God is present in all. There is no human being in whom He is not present. There is no place where He does not exist. Wherever you see, God is present there. You do not need to come here to see Swami. He is present wherever you are. Instead of seeing Him at your own place, you are going round and round in search of Him, thus wasting a lot of money. Instead of spending money in this manner, you should share your love with everybody. If you share your love with all, then all will become

one. Life cannot exist without love. Real living is living with love. Therefore, you should develop more and more love. When you go back home, close your eyes and enquire whether God exists. You will certainly see Him in your own heart. When you open your eyes, you see everybody around you. But, what for are the eyes given to you? It is only to see God. When you go to a doctor, he takes the X-ray of your body parts like kidney, heart, liver, etc., to find out where the defect lies. Your mind is like an X-ray picture, which can reveal to you your innate divinity. Imprint the form of God you like on your Chitta and contemplate on Him incessantly. Do not change the deity of your contemplation. Whatever form you start contemplating upon, continue to contemplate on it forever. Only then can you visualise

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happy. (Bhagavan sang the Bhajan “*Prema Mudita Manase Kaho Rama, Rama, Ram ...*” and continued the Discourse.)

Never Hurt your Parents

When you meet any of your friends, do not say, “Oh friend! Hello, hello ... How are you?” Instead, address him lovingly, saying, “Brother! How are you?” and offer your salutations to him. *Sarva Jiva Namaskaram Kesavam Pratigachchhati, Sarva Jiva Tiraskaram Kesavam Pratigachchhati* (whomsoever you salute, it reaches God, whomsoever you criticise, it also reaches God). Therefore, respect everyone. Love your parents deeply. It is your parents who have given you life and nourished you. In fact, all that you have has been given to you by your parents while they took all your sufferings upon themselves. Therefore, never cause any hardship to your parents at any time. When you conduct yourself in this noble manner, then God

your Atma and see God. Therefore, there is no need to search for God anywhere. If you want to have the vision of Swami, imprint His picture on your heart. You can see Him in your heart. If you develop this feeling of oneness, then everything will become good for you. This is what you have to recognise today. Festivals come and go. Just as Monday follows Sunday, time keeps on changing. But God who resides in your heart will never change. Even when your body perishes, God remains changeless. He is the only one who always exists. You should recognise this truth today.

– From Bhagavan’s Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 1st January 2009 on the occasion of New Year Day.

will bless you with wealth and prosperity. When your parents become weak and debilitated, you should support and help them. Children should see to it that they do not put their parents to any suffering. Never make them shed tears. If you make your parents happy, your children will also make you happy. Never harm anyone. Always offer help to all. *Help Ever, Hurt Never*.

Many overseas devotees are also getting transformed by following the teachings of Swami. I declare before all of you that the whole world will become like one family within next 18 years (*prolonged loud applause*). Soon Bharat will have a great name as spiritual leader of the world, and Bharatiya culture and spirituality will spread to all corners of the world.

– From Bhagavan’s Divine Discourse at Sathya Sai Grama, Muddenahalli, Chikballapur district, Karnataka on 14th February 2009.





The site of the new campus of Sri Sathya Sai University at Muddenahalli.

NEW CAMPUS OF SRI SATHYA SAI UNIVERSITY

BHAGAVAN SRI SATHYA SAI Baba, the Chancellor of Sri Sathya Sai University, laid the foundation stone of the new campus of this university at Muddenahalli in Chikballapur district of Karnataka State on 14th February 2009. In addition to Prasanthi Nilayam, Brindavan and Anantapur, this will be the fourth campus of the university.

Bhagavan arrived at Sathya Sai Grama, the premises of Sri Sathya Sai Loka Seva Trust at Muddenahalli, at 10.30 a.m. where He was offered traditional welcome with Poornakumbham amidst chanting of Vedic hymns. Soon after this, Bhagavan went up the hill adjoining the premises of Sathya Sai Grama where the new campus of the university is proposed to be constructed. Here, Bhagavan laid the foundation stone of the new campus and unveiled the plaque by pressing a button.

After laying the foundation of the new campus of the university, Bhagavan

blessed the devotees gathered on this occasion with a nectarine Discourse (full text given elsewhere in this issue) in the huge pandal which was specially erected for this purpose. Before Bhagavan's Discourse, three speakers addressed the gathering and expressed deep gratitude to Bhagavan for His bountiful grace on the student community and rural population of this region by granting to them the facilities for higher education. The speakers who spoke on this occasion were: Sri Gangadhara Bhat, Chairman, Sri Sathya Sai Loka Seva Trust, Sri Narayana Rao, Secretary of the Trust and Sri B.N. Narasimha Murthy, Warden, Brindavan Campus of Sri Sathya Sai University. In His Discourse, Bhagavan said that education should be value-based and should be integrated with morality and spirituality. He exhorted the students to develop self-confidence and serve mankind.

After Arati, Bhagavan returned to Prasanthi Nilayam on the same day.



MAKE SWAMI THE RESIDENT OF YOUR HEART

More than 700 former students of Sri Sathya Sai University came to Prasanthi Nilayam from various parts of the world to seek Bhagavan's blessings on the New Year Day 2009. On the eve of the New Year Day on 31st December 2008, Bhagavan addressed them in Poornachandra Auditorium, spent nearly two hours with them and answered their questions. Given below are the questions of the former students and the answers given by Bhagavan.

BHAGAVAN ANSWERS FORMER STUDENTS' QUESTIONS

BHAGAVAN! PLEASE TELL US HOW we should conduct ourselves in society as Your students.

Do as I say, that is enough.

Bhagavan says that truth is all-pervading and every human being is the embodiment of truth. Does it imply that I am everywhere? How can I comprehend this all-pervading truth?

You are not everywhere. You are sitting here right in front of Me. You will be surely able to understand and experience all-pervading truth when you are firmly established in the awareness, "I am the truth" and follow the path of truth.

How can we follow the path of truth?

For this, your heart is the witness. It will tell you clearly.

Swami! We are working in government and private organisations and have little free time. We are not able to understand how we can perform service to society.

Try to engage yourself in Seva activities whenever it is possible for you and you

have some spare time. Never mind if you don't find any spare time. If you do your work in a righteous and sacred manner, considering duty as God and perform all your actions to please God, that itself is enough.

How can we root out anger and ego from us?

How vast is this world and how small you are in it! Ask yourself, "How insignificant am I in this vast universe?" Then there will be no room for ego in you. Jealousy, hatred and pride are not human qualities. When these evil qualities assail you, remind yourself again and again, "I am not an animal or a beast. I am a human being." Then evil qualities will not come near you.

What should we do to experience Atmic bliss?

Less luggage, more comfort, makes travel a pleasure. You are unable to experience Atmic bliss because of your excessive desires. God is present everywhere. He is not limited to any pilgrim centre or any other particular place. He is in you, with you, above you, below you and around you. You should strengthen this



conviction. This is the Sadhana you have to undertake.

How can we be close to Swami?

Draw Swami Himself close to you, that is enough. You will become near and dear to Swami when you develop the feeling, Swami is your Hridayavasi (resident of the heart).

Swami! We are staying in overseas countries owing to our job requirements. It is difficult for us to teach Indian culture and traditions to our children. We don't find any Indians in our neighbourhood. Please tell us the solution to this problem.

Parents themselves should bring up their children. It is not proper to leave them under the care of someone else at this young age. If the children are brought up away from their parents, they may even forget them. When they are brought up by the Ayah (maid-servant), then they will shed tears at the death of their Ayah and not their mother because they have never tasted the love of their mother. You may earn a

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also to control its vagaries and unite it eternally with God.

After these speeches, Bhagavan blessed the devotees with a nectarine Discourse. God, Bhagavan said, is formless and attributeless but He assumes the forms which His devotees worship. Bhagavan exhorted the devotees to adhere to Sathya and follow Dharma. At the end of His Discourse, Bhagavan sang the Bhajan, "Prema Mudita Manase Kaho Rama, Rama, Ram ...". Bhagavan concluded His Discourse at 7.00 p.m. Sivarathri Bhajan started after this and continued the whole night of 23rd February 2009. The students of three campuses of Sri Sathya Sai University prominently led the Bhajans. Besides, groups of school

lot of money by taking up jobs. But, what is the use of that money if your children take to the wrong path? When you bring up your children under your personal care and develop them into ideal children, that in itself is a big income. You have to understand this truth. If the mother goes out to teach other children, who will teach her own children at home? If women go out to take up jobs, who will perform household duties? Therefore, keep your children always with you. Give them proper education and mould them into ideal children.

Swami! How can we merge in You as the rivers merge in the ocean?

Practise Sathya and Dharma. Everything emerges from truth, grows in truth and ultimately merges in truth. There is no place in this world where there is no truth. You don't find anything anywhere in this world which is not divine. Everything is God. Such feelings are the basis for total surrender and ultimate merger with Swami.

– Compiled by: Anil Kumar Kamaraju

students, Ashram and hospital staff and devotees took turns to lead Bhajans during the night. A large number of devotees participated in this whole-night Bhajan and sanctified their life by chanting the Divine Name.

On the morning of 24th February 2009, Bhagavan came to Sai Kulwant Hall at 8.35 a.m. in His sparkling red robe and showered His blessings on devotees. Sivarathri Bhajan continued in His Divine Presence for another half an hour and came to a happy conclusion with offer of Arati to Bhagavan at 9.10 a.m. Prasadam blessed by Bhagavan was then distributed to the entire assembly of devotees in Sai Kulwant Hall.



NEWS FROM SAI CENTRES

NEPAL

AS PART OF BHAGAVAN'S 83RD Birthday celebrations, 20 Sai Youth distributed medicines as well as 50 blankets in the remote hilly village of Khyaku on 22nd November 2008. They trekked eight kilometres of rugged terrain to reach this village. Besides, they carried out repair of the village roads. They also distributed another 50 blankets to the needy in a village named Kamidada.

Balthali, a village located deep inside the hills, approximately 55 kilometre east of Kathmandu has a Sai Centre which was built exclusively by Sai Youth as an expression of their love for Bhagavan. The establishment



The Bhajan Hall in a remote village Balthali built exclusively by Sai Youth stands as a testimony of their self-sacrifice, devotion and love for Bhagavan.

of this Sai Centre in this hamlet traces back to a Sai Youth who upon attending Bhajans in a Sai Centre located in Kathmandu was inspired to form a Bhajan group of local youth to share Bhagavan's love with her local community. These Sai Youth constructed a Bhajan hall by contributing their pocket money and labour. They used their spare time

in the evenings and nights for bringing wood from the nearby jungle, kilning bricks, digging foundation trenches, and collecting rocks for masonry work. All the while, they chanted the name of Bhagavan and experienced Bhagavan's presence, grace and love. The Bhajan Hall built in an area of about 90 square metre can accommodate about 200 devotees. It was inaugurated in April 2008. This Sai Centre stands as a testimony of self-sacrifice, devotion and love of Sai Youth for Bhagavan.

CANADA

The inaugural event of the new Toronto-York Sai Centre building began on 21st November 2008 and culminated with Bhagavan's 83rd Birthday celebrations on 23rd November 2008. A 1,800 square metre property was purchased in March 2007. The youth worked tirelessly while removing walls, flooring and ceiling of the previous structures so that new construction could begin. Over a period of 18 months, the Centre building, consisting of Bhagavan's residence, a large prayer hall, seven classrooms, a library, a



Over 1,300 devotees participated in Bhajans held as part of Bhagavan's 83rd Birthday celebrations in the Toronto-York Centre of Canada on 23rd November 2008, which also marked the inauguration of the new building of this Centre.



meditation room, a recreation room, a kitchen, and washroom facilities, was constructed. The inaugural ceremonies included the installation of Bhagavan's picture, idols of Lord Ganesh and Shirdi Sai Baba amidst Vedic chants. Devotees from Sai Centres across the greater Toronto area were also invited. On the evening of 23rd November, over 1,300 devotees offered their prayerful Pranams at the Divine Lotus Feet of Bhagavan and participated in Bhajans, celebrating His 83rd Birthday. The prayer hall was resounding with the devotional singing of these devotees, glorifying the Lord.

SPAIN

Sai Youth and several children from the island of Tenerife participated in an environmental restoration project involving planting of trees in fire-damaged areas on 30th November 2008. Approximately, 90 trees were planted.

Eleven youth along with other devotees prepared and served food to 116 needy people on 23rd November 2008 to celebrate Bhagavan's Birthday.

– Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: East Godavari district invited State Youth Coordinators of all States in India and showed various service activities being carried out in 25 Girijan villages situated in thick forest and hilly terrain, to which Bhagavan provided drinking water in recent years. 38 youth leaders from all the States of India took part in this visit which was conducted on 30th and 31st January 2009. All India President, Andhra Pradesh State President and Trust Convener, Delhi State President and All India Techno-group Coordinator

of the Sai Organisation also joined this team of visitors. Two research centres set up by the district to demonstrate various techniques to improve the agricultural production in the hilly areas were also shown to the visitors. On this occasion, three Community Service Centres and two temples built by East Godavari district were inaugurated. Amruta Kalasams (food provisions) to 92 selected families were distributed. Besides, foundation was laid for a drinking water canal connecting a college hostel in Maredimilly and a small flour mill was started for the benefit of local people. This team visited in the same way West Godavari district tribal villages and Sri Sathya Sai Water Project Centres on 1st February 2009 before going back to their respective States.

Assam: Shakti Swaroopini Day was held at the newly constructed Easwaramma Hall of Sri Sathya Sai Sadhana Nilayam on the evening of 19th November 2008. The theme of the function was "Mother is the Pillar of Society". In the context of various types of unrest plaguing the society like violence, drug habits, alcoholism, dowry, etc., the role of women was discussed by various speakers who included Dr. Mamoni Raisom Goswami, eminent literateur and Jnanpeeth Award winner and Smt. Nirupama Borgohain, famous writer of Assam. An attractive exhibition by Shakti Swaroopini Mahila Morcha was put up on this occasion, and Bal Vikas children delighted one and all by their cultural programme.

Orissa: On 14th February 2009, Coromandel Express met with a serious accident at Jajpur. Sri Sathya Sai Seva Organisation of Orissa, whose members were at a nearby Sai Mandir responded immediately. Moments after the

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CELEBRATIONS AT PRASANTHI NILAYAM

PILGRIMAGE OF KRISHNA DISTRICT DEVOTEES

ABOUT 3,000 DEVOTEES FROM the Krishna district of Andhra Pradesh came on a pilgrimage to Prasanthi Nilayam from 25th to 27th January 2009 and received the divine benedictions of Bhagavan.

Krishna Tarangalu: A Musical Dance Drama

On the afternoon of 25th January 2009, Bal Vikas children and youth of this district presented a musical dance drama entitled



Bal Vikas children and youth of Krishna district of Andhra Pradesh performed a musical dance drama on 25th January 2009 which depicted the glory of Lord Krishna and highlighted the teachings of Bhagavan.

“Krishna Tarangalu” in Sai Kulwant Hall in the Divine Presence of Bhagavan. Embellished with charming dances of Bal Vikas children and sweet songs set to thrilling music, the drama depicted the teachings of Bhagavan and portrayed the glory of Lord Krishna. The drama commenced at 4.50 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall and came to a close at 6.00 p.m. Bhagavan sat through the entire presentation, blessed

the children and youth at the end of the drama, posed for group photos with them and distributed clothes to them. This was followed by Bhajans which were also led by the singers of Krishna district. The programme came to close at 6.30 p.m. with Arati to Bhagavan.

On 26th January 2009, these devotees organised a Nagar Sankirtan in Puttaparthi village. Carrying a beautiful photograph of Bhagavan in a decorated chariot, the devotees marched in an organised procession through the main streets of the village, spreading the sacred vibrations of the Divine Name in the entire milieu by their singing.

Helping the Physically Challenged and Needy People

On the afternoon of 27th January 2009, Bhagavan distributed various items of practical use to physically challenged and needy people in Sai Kulwant Hall. As the organisers announced the names of the beneficiaries,



A large number of physically challenged and needy persons were given useful items in Sai Kulwant Hall on 27th January 2009. (Inset) A physically challenged child after receiving Bhagavan's blessings and a tricycle. Bhagavan also materialised a gold chain for him and put it around his neck with His Divine Hands.



Seva Dal volunteers brought them in front of the dais where they received Bhagavan's blessings and the items for their use. First, tricycles were distributed to physically challenged persons. Thereafter, sewing machines, bicycles, hand sprayers, power sprayers, fishing nets, carpenter kits, electrician kits, mason kits, etc., were distributed to needy people. This distribution programme was organised by the Sai Organisation of Krishna district of Andhra Pradesh. The total number of beneficiaries who benefited from this distribution was 84. Bhagavan also materialised a gold chain for one of the beneficiaries. This was followed by another programme of distribution, in which 50 physically challenged persons were provided tricycles by the Sai Organisation of Delhi. Besides this, all the beneficiaries were given new clothes.

At the end of this distribution, Bhagavan went to the central area of Sai Kulwant Hall and distributed Vibhuti Prasadam to all the beneficiaries with His Divine Hands. This was followed by Bhajans which filled all hearts with sacred vibrations. The programme which started at 4.30 p.m. after the Divine Darshan of Bhagavan came to a close at 5.45 p.m. with offer of Arati to Bhagavan.

YOUTH CAMP OF DELHI

Sri Sathya Sai Seva Organisation of Delhi organised a youth camp at Prasanthi Nilayam from 25th to 29th January 2009, in which more than 250 youth came to participate. The youth attended Bhajan and Darshan sessions in Sai Kulwant Hall and received the divine benediction of Bhagavan Sri Sathya Sai Baba. They also participated in Seva activities at Prasanthi Nilayam and attended the sessions of illuminating talks organised during this period.

Cultural Programme by Delhi Youth

On 28th January 2009, these youth presented a cultural programme comprising a drama and devotional songs in Sai Kulwant Hall in the Divine Presence of Bhagavan. The drama entitled "Aastha" (faith) which



The drama entitled "Aastha" enacted by the youth of Delhi on 28th January 2009 showcased the rich cultural and religious traditions of Punjab and highlighted the teachings of Bhagavan.

began at 5.15 p.m. underlined the value of faith and Namasmara in the life of man and highlighted the teachings of Bhagavan on this subject. Set in the rich cultural and religious traditions of the State of Punjab and embellished with immortal compositions of Guru Nanak, the drama depicted through a flashback story how faith in God and chanting of the Divine Name saved a modern youth from a catastrophic situation in life when he lost all his money in share market. Simple story, soul-elevating devotional compositions, good acting of the cast, good direction and perfect choreography made the drama an excellent presentation. After the drama, the youth of Delhi presented a programme of devotional songs and Qawalis, paying rich tributes to Bhagavan and highlighting His immortal teachings. At the end of these presentations, Bhagavan blessed the cast of the drama and the singers, and distributed clothes to



them. He also materialised a gold chain for the youth who played the lead role in the drama. After a brief session of Bhajans and distribution of Prasadam, the programme came to a close at 6.30 p.m. with Arati to Bhagavan.

MADHURA BHAKTI DHARA: A SUMPTUOUS MUSICAL TREAT

About 370 devotees came on a pilgrimage to Prasanthi Nilayam from Abu Dhabi, Bahrain, Dubai, Kuwait, Oman, Sharjah, Saudi Arabia, Iran and Turkey. During their stay at Prasanthi Nilayam from 25th to 31st January 2009, they attended Darshan and Bhajan



A section of overseas singers presenting the musical programme "Madhura Bhakti Dhara" in Sai Kulwant Hall on 29th January 2009.

programmes in Sai Kulwant Hall, received the benedictions of Bhagavan Sri Sathya Sai Baba and experienced His Divine Glory. On 29th January 2009, a group of these devotees presented a soul-elevating programme of devotional music "Madhura Bhakti Dhara" (stream of sweet devotion) in Sai Kulwant Hall in the Divine Presence of Bhagavan. The singers, both men and women, poured out their hearts in ten songs, each of which was not only rich in musical quality but also saturated with deep devotion for the Supreme Lord whose glory they extolled in His various beautiful names. The presentation was



a fine mix of Bhajans and group songs which kept the audience spellbound for nearly 45 minutes. The programme which began at 5.05 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall came to a close at 5.50 p.m. with Arati to Bhagavan. On the afternoon of 30th January 2009, Bhagavan showered His love and blessings on these devotees and distributed Vibhuti Prasadam to all of them with His Divine Hands.

CHINESE NEW YEAR CELEBRATIONS

Piety and solemnity marked the celebrations of Chinese New Year at Prasanthi Nilayam on 31st January 2009. More than 700 devotees came from various overseas countries including Malaysia, Singapore, Taiwan, Indonesia, Hong Kong and Australia to celebrate it in the divine proximity of Bhagavan Sri Sathya Sai Baba.

Chanting of Sacred Buddhist Mantras

On the eve of Chinese New Year, a soul-elevating programme of chanting of sacred Buddhist Mantras for world peace was held on the afternoon of 30th January 2009. About 40



Buddhist monks chanting sacred Buddhist Mantras in Sai Kulwant Hall on 30th January 2009, on the eve of Chinese New Year celebrations at Prasanthi Nilayam.

Buddhist monks came to Prasanthi Nilayam from a Tibetan monastery near Mysore

to participate in this sacred chanting. The programme began at 5.35 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. At the outset, Buddhist monks and Chinese devotees made many offerings to Bhagavan as a mark of their love and reverence for Him. These included traditional Katas (cloths of different colours), a Tibetan scroll-banner painting, a statue of Buddha and various other traditional items. The chanting of Mantras was preceded by Puja (worship) by the monks. This included Medicine Buddha Puja and Lam Rim Puja. After this Puja, group chanting of Mantras by monks and Chinese devotees commenced. They chanted the Mantras: Om Mani Padme Hum, Medicine Buddha Mantra, White Tara Mantra, Bhagavan Sri Sathya Sai Baba Eternal Prayer and the Long Dharani of Chenrezig. At the end of chanting of Buddhist Mantras, Gayatri Mantra was chanted in perfect rhythm and intonation by the entire group. After Mantra chanting, a prayer was read out by a senior monk, wishing peace, prosperity and welfare of all sentient beings of the world. At the end of the programme, Prasadam was distributed to all. Arati was offered to Bhagavan at 6.45 p.m. which marked the conclusion of this programme of sacred chants.

Chinese New Year Function

Chinese New Year, also known as “Spring Festival” or “Lunar New Year”, is the longest and most important celebration in the Chinese tradition and culture. It is customary for all Chinese to come to their parental home, no matter where they may be working, and have reunion dinner on the eve of the Chinese New Year with their parents as well as other family members. This Chinese tradition is to remind all of the importance of the family unit, the importance of unity and love within the

family and more importantly the value of filial piety. The Chinese New Year is celebrated for a total of 15 days. This year, it started on 26th January 2009. At Prasanthi Nilayam, the Chinese New Year was celebrated on its 6th day, i.e., 31st January 2009. The theme chosen for this celebration was “Love and Gratitude”. Sai Kulwant Hall, the venue of the celebrations, was beautifully decorated with festoons, traditional Chinese red bunting, photos and sayings of Bhagavan and colourful hoardings containing many quotes on the theme of the New Year celebrations. There were special decorations on the dais where an altar was set up with idols of Buddha in its centre.

Bhagavan came to Sai Kulwant Hall at 5.15 p.m. with a group of about 40 very colourfully dressed children, chanting Sai Gayatri Mantra. Two lion dancers also formed part of this procession. As soon as Bhagavan came to the dais, He graciously lighted a lotus-shaped Chinese candle placed on a traditional Chinese altar table to inaugurate the programme. The programme began with chanting of traditional Chinese “DabeiJou” or Great Compassion Mantra addressed to the Chinese goddess of mercy by a group of children from Malaysia and Indonesia. This was followed by chanting of Sri Rudram by these children who delighted one and all by their sonorous chanting with perfect rhythm and intonation. Children from Malaysia, Indonesia and Singapore then presented traditional Chinese items like mandarin oranges, ‘nian gou’ (a traditional Chinese cake) and ‘ang pow’ (red packets) to Bhagavan to express their love and gratitude to Him.

After this, Professor Henny Yeoh, President of the Sai Organisation of Singapore,



addressed the devotees and reminded them of their great good fortune as they had the unique opportunity of celebrating Chinese New Year in Bhagavan's close proximity who is the Divine Parent of the entire mankind. He exhorted them to follow Bhagavan's teachings who is the embodiment of patience, perseverance, forgiveness and unconditional love.

Love and Gratitude: A Drama

The cultural programme then started with a beautiful dance titled "Thousand Arms of Kuan Yin" by 20 Bal Vikas children from Indonesia.



Bal Vikas children from Indonesia performing a dance titled "Thousand Arms of Kuan Yin" as part of Chinese New Year celebrations at Prasanthi Nilayam on 31st January 2009.

This was followed by another traditional Chinese chopstick dance by the children of Malaysia.

The highlight of the programme was a drama entitled "Love and Gratitude" which depicted the story of a teacher and his wife waiting for their son to return home for the Chinese New Year. The teacher who taught human values and traditional values of filial piety to the children of his village community was mocked by villagers as his own rebellious son had not returned home for many years since he left for his studies in the United States of



The drama "Love and Gratitude" performed by the Chinese youth as part of Chinese New Year celebrations at Prasanthi Nilayam was suffused with the teachings of Bhagavan and traditional Chinese values.

America. Earnest prayer of the teacher and his wife to Bhagavan Baba everyday brought their son eventually to the family home on Chinese New Year as he was prompted to return to his family by some invisible force and appearance of Vibhuti on Bhagavan's photo which the parents had given him at the time of his departure from home. When this family reunion took place with shedding of tears of love and gratitude by the parents and the son, there was hardly a dry eye among the spectators. Meanwhile, another miracle was experienced by the villagers when there was heavy rainfall which had not occurred for many years. This made them realise that love and gratitude would overcome all difficulties with the grace of God. The story of the drama was suffused with the teachings of Bhagavan Baba and the traditional Chinese values. It was as touching as it was simple. Besides, superb acting of the lead actors, impressive dialogues, perfect choreography and excellent direction made the drama an outstanding presentation. The drama concluded at 6.40 p.m. with a loud prolonged applause of the appreciative audience. At the end of the drama, Bhagavan granted the opportunity of group photos with Him to all the participants. Bhagavan also materialised a gold chain



for the youth who acted in the drama as the rebellious son. There were Bhajans after this, which were also led by the Chinese devotees, both men and women. Meanwhile, Prasadam blessed by Bhagavan was distributed to all. The celebrations came to a happy conclusion with offer of Arati to Bhagavan at 6.55 p.m.

PILGRIMAGE OF CHITTOOR DISTRICT DEVOTEES

More than 3,000 devotees came from Chittoor district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam from 2nd to 4th February 2009. During their stay at Prasanthi Nilayam, they presented a beautiful musical dance drama on 3rd February and organised the distribution of implements to 84 beneficiaries.

Sri Padalu: A Drama

The drama entitled “Sri Padalu” (Lotus Feet of the Lord) depicted how an Indian scientist who earned great renown in an overseas country by developing new weapons was



The drama entitled “Sri Padalu” presented by Chittoor district devotees on 3rd February 2009 highlighted the teachings of Bhagavan that the youth should sanctify their life by following the path of love, sacrifice and service to mankind.

transformed by a Sai student who told him that there was nothing great in inventing weapons for killing innocent people. He informed him how Bhagavan Sri Sathya Sai Baba was

transforming the lives of His students and the youth of the world by teaching them the path of love, sacrifice and service to mankind. On coming to India, the scientist stated in a press conference that he had come from the land of scientists to the land of saints, and visited the pilgrim centres of Kanipakkam, Sri Kalahasti and Tirupati. Ultimately, he came to the Lotus Feet of Bhagavan at Prasanthi Nilayam and sanctified his life by devoting it to the service of mankind. Good story, beautiful sets, good acting of the youth and charming dances of Bal Vikas children made the drama an excellent presentation. The drama which began at 5.00 p.m. came to a close at 5.45 p.m. Bhagavan sat through the entire presentation, blessed the participants at the end of the drama and posed for group photos with them. He also materialised a gold chain for the youth who enacted the role of the scientist in the drama. This was followed by Bhajans which were also led by Chittoor district devotees. Meanwhile, Prasadam blessed by Bhagavan was distributed to all. The programme came to a close at 6.00 p.m. with Arati to Bhagavan.

Distribution of Implements to Needy Persons

On the afternoon of 4th February 2009, the Sai Organisation of this district organised the distribution of sewing machines, weaving machines, insecticide sprayers, wet grinders, electrician kits and iron boxes to 84 needy people to enable them to earn their livelihood by using these implements. As the names of the beneficiaries were announced, they came one by one near the dais, offered their salutations to Bhagavan and received the item earmarked for them by the organisers. After this, two singers of this district enthralled the devotees with a sweet musical presentation. The



Sai Organisation of Chittoor district organised the distribution of various implements to 84 needy persons to enable them to earn their livelihood. The picture shows the implements placed for distribution in Sai Kulwant Hall on 4th February 2009.

programme which started at 5.25 p.m. came to a close with Arati to Bhagavan at 6.00 p.m.

PILGRIMAGE OF WOMEN DEVOTEES OF ANDHRA PRADESH

A group of more than 1,000 women devotees came on a pilgrimage to Prasanthi Nilayam from various parts of Andhra Pradesh from 8th to 10th February 2009. During their stay at Prasanthi Nilayam, they performed a special Puja (worship) and presented a music



A group of singers of Andhra Pradesh made an excellent presentation of devotional music in Sai Kulwant Hall on 10th February 2009.

programme. The music programme by 20 women singers performed in Sai Kulwant Hall on 10th February 2009, commenced at 5.05 p.m. after Bhagavan's Darshan in Sai

Kulwant Hall. Beginning with a song in praise of Lord Ganesh, the singers presented a fine mix of devotional songs and Bhajans surcharging the entire milieu with spiritual vibrations. At the conclusion of the programme, Bhagavan blessed the singers and the accompanying artistes who provided instrumental support to them, and distributed clothes to them. This was followed by Bhajans by university students. Meanwhile, Prasadam blessed by Bhagavan was distributed to the entire gathering in Sai Kulwant Hall. The programme came to a close with Arati to Bhagavan at 6.15 p.m.

PILGRIMAGE OF PRAKASAM DISTRICT DEVOTEES

More than 2,000 devotees came to Prasanthi Nilayam on a pilgrimage from Prakasam district of Andhra Pradesh from 12th to 14th February 2009 and experienced the bliss of Bhagavan's proximity.

Prema Sankranti: A Drama

On 12th February, a group of Bal Vikas children and Sai Youth of this district presented a musical dance drama entitled "Prema Sankranti" in Sai Kulwant Hall in the Divine Presence of Bhagavan. The drama, which began with a beautiful dance by a group of Bal Vikas children, highlighted how Bhagavan's teachings like "Love All, Serve All"



A scene from the drama "Prema Sankranti" presented by the Bal Vikas children and youth of Prakasam district on 12th February 2009.



were changing the attitude of the people and transforming their lives. It also showcased the rich cultural heritage of this region. The drama which began at 5.15 p.m. came to a close at 6.00 p.m. Bhagavan sat through the entire presentation, blessed the cast at the end of drama, posed for group photos with them and distributed clothes to them. This was followed by Bhajans which were also led by the singers of this district. Meanwhile, Prasadam sanctified by Bhagavan was distributed to all. At the end of Bhajans, Bhagavan blessed the singers and distributed clothes to them. The programme came to a close at 6.30 p.m. with Arati to Bhagavan.

Distribution of Implements

On 13th February, Bhagavan distributed various implements to 91 beneficiaries of this district to provide them the means of earning their livelihood. The implements included wet grinders, sewing machines, cycles, iron boxes, rickshaws, push carts, spinning wheels, power sprayers, looms, electrician kits, etc. This programme was also organised by the Sai Organisation of this district. As the names of the beneficiaries were announced, they came one by one, offered their salutations to Bhagavan and received the implement earmarked for them. The programme concluded with Arati to Bhagavan at 5.55 p.m. after a brief session of Bhajans led by students.

PILGRIMAGE OF HUNGARIAN DEVOTEES

A group of 160 devotees came to Prasanthi Nilayam from Hungary in the beginning of February 2009, experienced the bliss of divine proximity of Bhagavan and basked in the supreme peace of Prasanthi Nilayam. More than 60 of them formed a Hungarian musical choir which presented a soul-elevating programme of devotional music in



Singers and musicians of Hungary presented a soul-stirring programme of devotional music in Sai Kulwant Hall on 16th February 2009.

Sai Kulwant Hall in the Divine Presence of Bhagavan on 16th February 2009. The programme started at 4.45 p.m. after the Divine Darshan of Bhagavan. The choir consisting of both men and women singers and musicians poured out their hearts in melody and music and expressed sublime feelings of love for God with deep devotion. Suffusing the entire milieu with the divine vibrations of Nama Sankirtan (recitation of Divine Name), the singers kept the audience spellbound for nearly one hour with their divine music. This was followed by Bhajans. First the Hungarian singers sang two Bhajans in Hindi, viz., “Vande Uma Nandanam Gajananam” and “Shambho Mahadeva Shiva Shambho Mahadeva”. After this, the students of Sri Sathya Sai University led the Bhajans. Meanwhile, Bhagavan showered His blessings on the Hungarian singers and musicians and distributed clothes to them with His Divine Hands. He also materialised a gold chain for the director of the choir amidst a thunderous applause of the audience. The programme came to a close at 6.05 p.m. with offer of Arati to Bhagavan.

These devotees presented another enrapturing programme of divine melodies on 20th February 2009 in the Divine Presence of Bhagavan. The programme started at 4.50 p.m. with chanting of Om three times by the entire Hungarian musical choir. First, they sang devotional songs and afterwards

they led Bhajans. The Bhajans were alternately led by men and women singers of the choir. As they were all popular Hindi Bhajans, the entire assembly of devotees in Sai Kulwant Hall followed them in chorus, suffusing the milieu with divine vibrations. Starting with the Ganesh Bhajan “Vinayaka Vinayaka, Viswadhara Vinayaka” at 5.15 p.m., the Hungarian singers led eight Hindi Bhajans with astonishing perfection of melody, rhythm and pronunciation. Bhagavan showered His profuse blessings on the entire group, distributed mementoes to them and posed for group photos with them. He also materialised a gold chin each for a lady lead singer and a gent lead singer amidst a thunderous applause of devotees. The programme came to a close at 6.15 p.m. with offer of Arati to Bhagavan after a brief session of Bhajans led by the students.

BRINDAVAN FOLK DANCE

About 20 saints and heads of various Ashrams along with more than 200 devotees came from Nilgiris, Tamil Nadu to Prasanthi Nilayam on a pilgrimage from 16th to 18th February 2009 and experienced the bliss of divine proximity of Bhagavan. On 17th February, a group of youth from Karakorai village of Nilgiris presented a dance programme entitled “Brindavan Folk Dance” in Sai Kulwant



A group of youth from Karakorai village of Nilgiris presented their traditional folk dance entitled “Brindavan Folk Dance” which depicted the glory of Lord Krishna.

Hall, reminiscent of the divine dance Krishna performed with Gopikas of Brindavan in Dwapar Yuga. While the traditional singers sang the songs to the tune of folk music, the dancers enacted the themes of the songs. The programme which started at 5.00 p.m. came to a close at 5.50 p.m. Bhagavan sat through the entire presentation, blessed the dancers and singers at the conclusion of the dance, posed for group photos with them and distributed clothes to them with His Divine Hands. He also materialised a gold chain for the youth who enacted the role of Krishna. This was followed by Bhajans. The programme came to a close at 6.15 p.m. with Arati to Bhagavan.

... Continued from page 86

accident, they informed the district collector and the hospitals and rushed with a team of doctors to the accident site. With the help of other local residents of nearby areas, a team of 60 members of the Sai Organisation carried the injured to Sai Mandir, and from there to hospitals and set up an information centre in Sai Mandir. This is the report that appeared in Sunday Times of 15th February 2009 about how the members of the Sai

Organisation provided help to the victims of the accident: “They saved lives, risked death to rescue trapped passengers, rigged up lanterns to light the accident site, soothed traumatised patients and lined up to donate blood. They even gathered every bag, wallet and suitcase and lined them up for their owners to identify and take away. If anyone thought looting victims of train accident was common in India, they proved it wrong.”



NOTICE

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

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– *Publisher*

NOTICE

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

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

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

– *Publisher*

Sri Sathya Sai General Hospital – Prasanthi Nilayam

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Director

Statement of Ownership and other Particulars of the Newspaper Entitled SANATHANA SARATHI (English) R.No.10774/58

(To be published in the first issue every year after the last day of February)

Form IV (See Rule 8)

1. Place of Publication : Sri Sathya Sai Press, within the compound of Sri Sathya Sai Ashram, Prasanthi Nilayam.
2. Periodicity of Publication : Monthly
3. Printer's and Publisher's Name : Sri K.S.Rajan
Whether citizen of India : Yes
Address : West II / C-22, P.O. Prasanthi Nilayam, Dist. Anantapur, A.P., 515 134.
5. Editor's Name : Sri G.L. Anand
Whether citizen of India : Yes
Address : Round Block V / C-3, P.O. Prasanthi Nilayam, Dist. Anantapur, A.P. 515 134.
6. Names and addresses of individuals who own the newspaper and partners or shareholders holding more than one percent of the total paid up capital as on 28-2-2009 : Sri Sathya Sai Sadhana Trust, Publications Division P.O. Prasanthi Nilayam, Dist. Anantapur, A.P., 515 134.

I, K.S.Rajan, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 1-3-2009

(Sd) **K.S.RAJAN**
(Signature of Publisher)

REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/58
REGN.NO. HDP/002/2009-2011
Licenced to post without prepayment No. HDP/002/2009-11

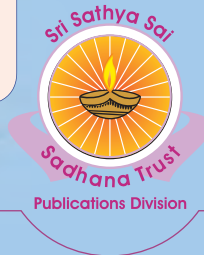


Universal Consciousness is One

When human consciousness expands, it finds fullness in the state of Sat-Chit-Ananda (Existence-Knowledge-Bliss Absolute). Starting with the ordinary mind, the consciousness rises to the Super Mind level. Then it moves up to the state of the Higher Mind. The next higher stage is that of the Illumined Mind. Through all these stages, the continuing entity remains the same, as in the bodily changes from infancy to old age. That is the Universal Consciousness which is present in everyone – the One in the many. The Universal Consciousness is Sathyam (Truth). It is Jnanam (Supreme Wisdom). It is Anantam (Infinite).

– Baba

Annual Subscription English (Inland) Rs 75 (12 issues). Overseas Rs 850 or US \$19 or UK £13 or €13, CAN \$22, AUS \$26
Acceptable for 1, 2 or 3 years.



Printed and Published by K.S. RAJAN on behalf of the owner Sri Sathya Sai Sadhana Trust, Publications Division Prasanthi Nilayam 515 134, Anantapur District (A.P.) and printed at M/s Rajhans Enterprises, 136, 4th Main Road, Industrial Town, Rajaji Nagar, Bangalore - 560 044, Karnataka and published at Prasanthi Nilayam – 515 134.

Editor: G.L. ANAND