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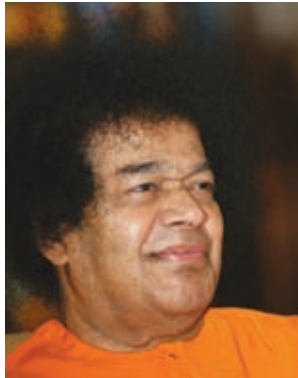
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*"Maintain the purity and sacredness
of love; do not pollute it by associating it
with worldly desires. Worldly love is no
love at all. True love is related only to the
Atma. Atma is love, love is Atma.
Atma is God, God is Atma. Love is
God, Live in Love."*

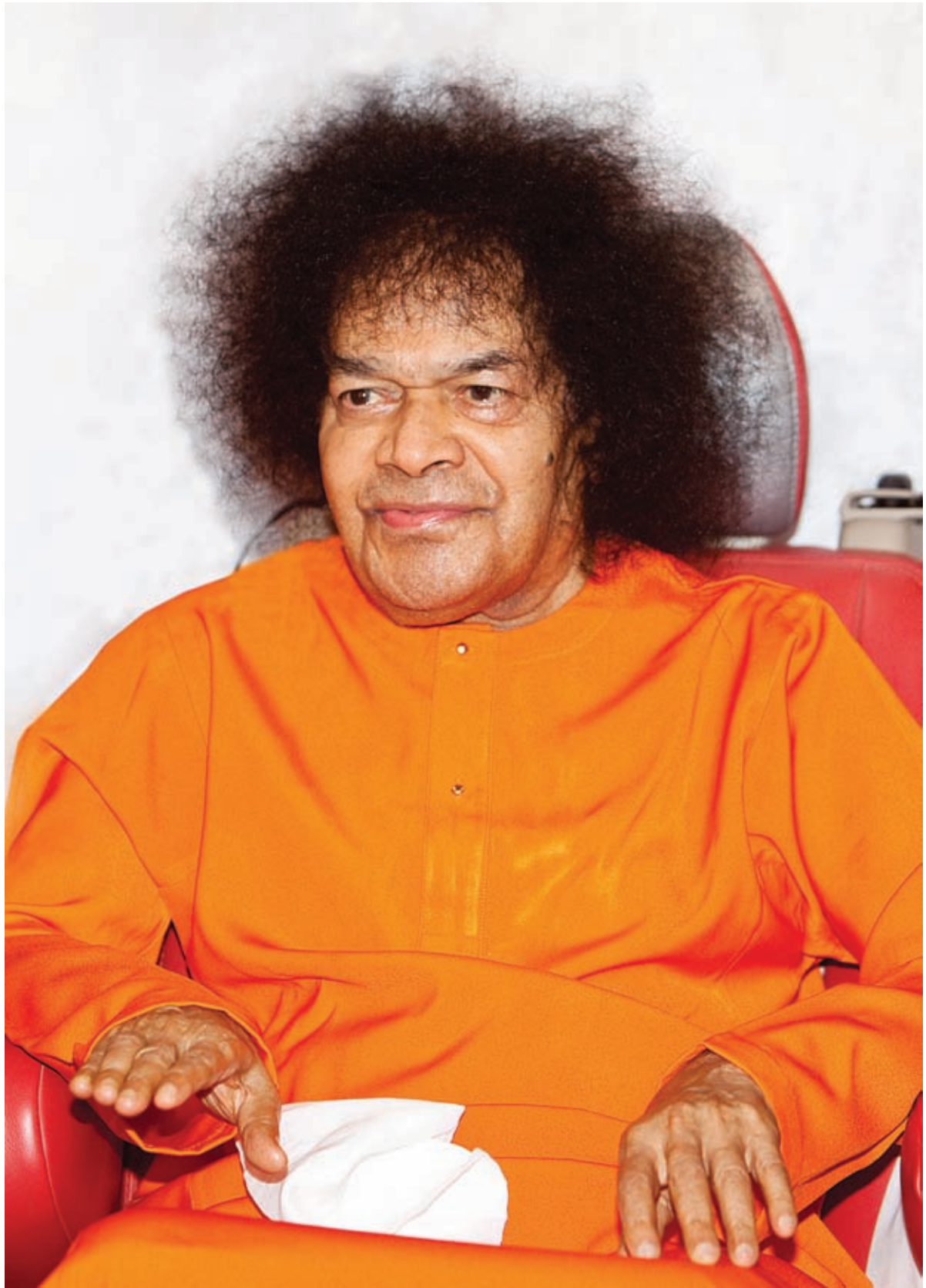
CONTENTS

- **The Same Atma Indwells all Beings.....66**
*Bhagavan's Discourse: Youth Camp of
Andhra Pradesh*
- **Celebrations at Prasanthi Nilayam75**
A Report
- **God is Present in Man in the Form of Love79**
Bhagavan's Discourse: 24th June 1996
- **Chinese New Year Celebrations87**
A Report
- **News from Sai Centres90**
- **Jodi Adipalli Somappa95**
Effulgence of Divine Glory

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



THE SAME ATMA INDWELLS ALL BEINGS

GOD IS THE ETERNAL WITNESS

Embodiments of Love!

AFTER THE DEATH of her husband Satyavan, Savitri followed Yama and pleaded with him to bring him back to life. Catching hold of the feet of Yama, she argued with him persistently. Unmindful of the great difficulties she had to undergo, she ultimately won the grace of Yama and saved the life of her husband.

Truth is your Greatest Protection

Chandramati was another great woman of India who could extinguish the raging fire in the forest with the power of her truth. In order to keep up the word of her husband King Harishchandra, she underwent many trials and tribulations and set a shining example of ideal womanhood to the entire world. How was she able to uphold truth? When Sage Viswamitra came to Harishchandra, the king asked him, "Oh revered sage!



When you face the sun, your shadow will be behind you. On the other hand, when your back is towards the sun, your shadow will fall in front of you. But when the sun is on the top of your head, your shadow will be under your feet. Similarly, when you turn your mind towards God, the delusion of Maya will be behind you. But when you turn your mind away from God, the delusion of Maya will be in front of you and you will become its victim. It will be under your feet and totally subdued when your mind is totally focused on God. Therefore, focus your mind on God with total concentration.

What can I do for you? Whatever you ask for, I will give. Even if you ask for my life, I will give.” Then Viswamitra said to him, “Give me your kingdom.” Immediately, Harishchandra gave his kingdom to Viswamitra. He went inside the palace and told his wife Chandramati, “Now this palace does not belong to us. It is now the property of Sage Viswamitra. We have no right on anything here.” Chandramati gladly obeyed the command of her husband and said, “I am prepared to give up even my life in order to uphold the promise you have made to the sage.”

After accepting the kingdom of Harishchandra in charity, Viswamitra asked him to give Dakshina (gift of money) also. Harishchandra had nothing left with him since he had given away everything to the sage. He therefore pleaded with the sage to give him one month’s time to pay the amount of Dakshina. Harishchandra left the palace along with his wife Chandramati and son Lohitasva empty-handed and went to Kashi. There in Kashi he sold his wife and son to a Brahmin but this money was not sufficient to pay the full of amount of Dakshina to the sage. As the sage kept on pestering him for the remaining amount, he was left with no alternative but to sell himself. The person who bought him was a keeper of cremation ground. He assigned him the task of collecting tax from all those who came to cremate dead bodies.

The Brahmin who bought Chandramati and her son, took them home and told his wife, “I have bought a servant-maid for you. You can give her all the work.” Chandramati was given the task of cooking food and cleaning utensils. However, she did not reveal her identity. One day, the master of the house sent Lohitasva along with two more children



People imagine that others are making fun of them are causing suffering to them. It is nothing but a reflection of their own feelings and thoughts. It is your own feelings and thoughts that come back to you. When you think about sorrow, you will get sorrow. If you think about anger, you will get anger. You are yourselves the source of all this reaction, reflection and resound and none else. You are responsible for your sorrow and happiness; none else is responsible for it.



to bring Darbha (grass used in worship) from forest. As Lohitasva was cutting grass, he was bitten by a snake. His companions brought his dead body home. Chandramati was drowned in sorrow on seeing the dead body of her son. After she finished the work in the house during the day, she was allowed to carry the dead body of her son at night to the cremation ground where Harishchandra was working as caretaker. Harishchandra demanded tax from her for cremating the dead body. When she said she had no money, Harishchandra insisted on payment of the tax, saying none could cremate a dead body without paying the required tax. He told her to sell the Mangal Sutra which she was wearing to pay the amount of tax. She exclaimed, “My Mangal Sutra would be visible only to my husband and none else!” She at once understood that the caretaker of the cremation ground was none other than Harishchandra. She questioned him, “Are you not Harishchandra? Are you aware that our dear son is dead?” Harishchandra was grief-

stricken on seeing the dead body of his son. However, committed as he was to the vow of truth, he told his wife to sell her Mangal Sutra to pay the tax. As he uttered these words, Lord Siva appeared before them. The Lord praised them for upholding truth without any compromise, even though they had to undergo untold sufferings.

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)

Everything emerges from truth. It is truth that protects us. Lord Siva said to Harishchandra, "Your truth has protected you." He then brought Lohitasva back to life. At this point of time, Viswamitra also came there and told Harishchandra, "I did all this only to test your steadfastness to truth. I give back your kingdom to you." After obtaining the blessings of Lord Siva, Harishchandra along with his wife and son returned to his kingdom. All his subjects who were waiting for them eagerly rejoiced at their return. Everybody was happy and enjoyed the entire episode as a Leela (divine play) of God.

One Divine Principle Permeates the Entire World

Modern man feels proud of his wealth and property, thinking that he himself has earned everything and everything belongs to him. But he forgets that all that he earned became possible only by the grace of God. God has no form and is beyond birth and death. One who has birth will have death also. But God has no birth or death. Similarly, the Trinity of Brahma, Vishnu and Siva have neither birth nor death. There is nothing like coming and

going for God. He is omnipresent. People hold God responsible for their happiness and sorrow. But God gives neither happiness nor sorrow. He is not responsible for either. If you think otherwise, it is all your own imagination. If you beat someone today, you will be beaten by someone or the other later. If you harm somebody now, you will also be harmed. Therefore, each one is bound to suffer the consequences of his actions. Whatever you experience is nothing but the reaction, reflection and resound of what you have done. God has nothing to do with it. Whatever you do will come back to you. Therefore, see good, do good and experience good. God does not give you anything nor does He receive anything from you. He does not interfere in anything at any time.

Everyone has to face the consequences of his actions, whoever he may be.

No one can know what lies ahead for him in future.

But this much is sure that everybody has to reap the consequences of his actions. Even the mighty Rama suffered the pain of separation from His consort Sita and cried like an ordinary person. Even the mighty Pandavas had to go into exile and live in forest.

(Telugu Song)

Your bad actions are the cause of all your troubles. Without understanding this truth, people blame God for their suffering. It is a big mistake to think that God is responsible for your loss or gain, happiness or sorrow, birth or death. God is the eternal witness. Do not blame God for anything. You yourself are responsible for the fulfilment or non-fulfilment of your desires. Everybody must consider himself responsible for all that he experiences. God is not somewhere at a distant place.

There is no need for you to go in search of Him. You yourself are God. The Upanishads declare, *Aham Brahmasmi* (I am Brahman). When somebody asks you your name, you say, "I am so and so." The name that you have was given to you by your parents at the time of your birth. It is not your real name. You should always say, *Aham Brahmasmi* (I am Brahman), *Tattwamasi* (That Thou Art), *Ayam Atma Brahma* (This Self is Brahman). You are not limited to any name or place. The same Atmic principle that is present in Cheema (ant) and Brahma is present in you also. The Atma has no form. It has neither birth nor death. It is present in all periods of time – past, present and future. Always remind yourself that you are the embodiment of Atma. Do not be under the illusion, "He is Deva (God), I am Jiva (individual)." There is no difference whatsoever between Jiva and Deva. Only one divine principle permeates the entire world.

Worldly Relations are Unreal

All physical relationships in the world are of your own making. When you get married, you say, "She is my wife, I am her husband." In fact, neither she is your wife nor you are her husband. It is because of your illusion that you consider her your wife. When there is nothing like wife and husband, how can someone be called their son? *Ekatwam Sarva Bhutatma* (The same Atma indwells all beings). But you consider the crores of living beings different from each other. When you place a zero next to the digit one, it becomes ten. If you place another zero, it becomes hundred. If you put three zeros after one, it becomes thousand. As you go on putting more and more zeros, the value keeps on increasing. But one remains one only. You are one. When you get married, you become two. After one or two years, you



The same Atmic principle is present in all. One who realises the Atmic principle attains divinity. If you want to realise the oneness of mankind, you should recognise that the Atma present in you is present in all. In order to see the divinity in all, you should recognise your own innate divinity. But you see outside without recognising your innate principle of divinity. When you see outside, you will see only external forms. Close your eyes and look within. When you want to see your innate divine principle, you should develop inner vision.



get a daughter or a son. Then you say, "I am the husband, she is my wife, he is my son and she is my daughter." But all these relationships of husband, wife, son and daughter are only your illusion. All these worldly relationships are of your own making. You may live as husband and wife for some time but when one leaves the world, who is the husband and who is the wife? Your desires are the basis of all your relationships. These desires come and go. When desires are not there, the relationship is also not there. It is said, when their desires are fulfilled, people do not even look at each other's face.

You read the sacred texts like the Bhagavadgita, the Bhagavata and the Ramayana. As you read them, various events appear before your mind's eye like different scenes on a cinema screen. In fact, what you see on a cinema screen is nothing but a puppet show. In reality, none of the actors dies and none of them cries. You may not understand

this now. Forty years ago, film actress Kanchana Mala came to Me. All of you might have heard her name. She said to Me, “Swami! I do not like to continue acting in movies.” When I asked her for the reason, she said, “Swami! Screen life is different from real life. On the screen, one actor may be a king and another, a servant. But there is no real relationship between the two. Watching this puppet show, some people cry, some others laugh and some feel sad. I do not like to be a part of this puppet show.” Is not this world also a puppet show? All these worldly relationships are unreal like the puppets on the cinema screen.

In this world, everybody says, my father, my mother, my daughters, my sons, my sons-in-law and so on. But, in reality, there is no such relationship. There is only one divine principle. *Ekoham Bahusyam* (the One willed to become many). You think I am sitting on a chair now and all of you are seated on the floor. But, in fact, neither I am sitting on the chair nor you are seated on the floor. All of us are at the same place. You think, God is at a higher place and you are at a lower place. This is a sort of play at the physical level. Neither I am separate from you nor you are different from Me. Both of us are one. All of us are part of the same cosmic form. You prepare many sweets like wheat pudding, almond pudding and Gulab Jamun. Though you call these sweets



You are not limited to any name or place. The same Atmic principle that is present in Cheema (ant) and Brahma is present in you also. The Atma has no form. It has neither birth nor death. It is present in all periods of time – past, present and future. Always remind yourself that you are the embodiment of Atma. Do not be under the illusion, “He is Deva (God), I am Jiva (individual).” There is no difference whatsoever between Jiva and Deva. Only one divine principle permeates the entire world.

by different names, sugar in all of them is the same. Likewise, all are the embodiments of the same divine principle. At the worldly level, you may consider somebody your opponent and think that he hates you. In spite of that if you offer your salutations to him, he will also give respect to you. Truly, there is no difference between one another though at the physical level, you may consider one person different from the other. When you change your outlook,

you will realise all are one. People ask Me, “Swami! How can we develop concentration? How can we see God?” But God is in you only. You are God.

Develop Inner Vision

You are not one person but three – the one you think you are, the one others think you are and the one you really are. These three states represent the principles of Dvaita, Visishtadvaita and Advaita (dualism, qualified non-dualism and non-dualism), respectively. Do not entertain the feeling that God is separate from you. You should change your feelings. When you say, “this is my body”, then you should question yourself, “who am I?” When you say “my body”, it means body is separate from you. Similarly, when you say, “my mind”, you are not the mind. Body and mind are separate from you. They are only your instruments. The principle of ‘I’ is separate from all these.

When you cross your little I, it makes the sacred symbol ‘cross’ (†), worshipped by the Christians. All the scriptures like the Gita, the Bible, the Quran, etc., proclaim the same truth. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). The same Atmic principle is present in all. One who realises the Atmic principle attains divinity. If you want to realise the oneness of mankind, you should recognise that the Atma present in you is present in all. In order to see the divinity in all, you should recognise your own innate divinity. But you see outside without recognising your innate principle of divinity. When you see outside, you will see only external forms. Close your eyes and look within. When you want to see your innate divine principle, you should develop inner vision. You will see only that object on which you focus the light. When you look within, you will see



First of all, observe your breathing process and listen to the sound of Soham, Soham (That I am, That I am) ‘So’ means That (God) and ‘Ham’ means I. In this manner, your breathing process makes you aware of your divinity every moment. This is the highest Sadhana. But you fail to pay attention to your breathing process and get carried away by whatever you see outside.



yourself. Some people say, “God does not exist.” This is a great mistake. God does exist. Where is He? He is Hridayavasi (resident of your heart). Since you see only outside, you are unable to see God within you. Why has God given you eyes? Has he given you eyes to see anything and everything outside? When you see each and everything outside, you fail to see your innate divine principle. Your ears should also hear only your inner voice.

Develop Awareness of your Innate Divinity

How can you attain self-realisation? First of all, you should have self-confidence. Then only can you have self-satisfaction. Self-satisfaction leads to self sacrifice. Only when you develop self-sacrifice can you have self-realisation. When you attain self-realisation, all differences between ‘I’ and ‘we’ become non-existent. Everything is within you, nothing is outside. When you look at the wrong side of things, you will see everything wrong. Close your eyes and see yourself. Turn your vision inward and ask yourself, “Who am I? Who am I?” Your breathing process will give you the



correct reply. You should transcend your mind to realise this truth. (showing His handkerchief, Swami asked) What is this? This is a cloth. It is not just a cloth but a bundle of threads; not even a bundle of threads, but cotton. Without cotton, you cannot have threads and without threads you cannot have cloth. Just as cotton is the basis of cloth, the sound of Soham emanating from your breathing process is the basis of everything. That is *Sabda Brahmamayi, Characharamayi, Jyotirmayi, Vangmayi* (embodiment of sound, mobility and immobility, light, speech). Therefore, first of all, observe your breathing process and listen to the sound of Soham, Soham (That I am, That I am) 'So' means That (God) and 'Ham' means I. In this manner, your breathing process makes you aware of your divinity every moment. This is the highest Sadhana. But you fail to pay attention to your breathing process and get carried away by whatever you see outside.

Everything is within you – be it happiness, sorrow, heaven, hell or liberation. Where is God? He is in you; you are God. When I ask you, "Who are you?", you say, "I am Srinivas from Hyderabad", "I am so and so from Hyderabad." Where was Srinivas born? He was not born with this name. It is the name given to him by his parents. Similarly, you call yourself human beings. Human symbolises sacredness. That is your reality. Instead of realising that you are divine, you are drowned in 'deep-wine'! This is all your delusion. When a person drinks wine, he becomes intoxicated. Likewise, a person drowned in delusion cannot know his reality. What is the meaning of the word 'human'? It means divine. What do the human values connote? They connote the divine qualities of truth, righteousness, peace, love and non-violence. They give real value to a human being. Everything else in



You become the victim of delusion when your mind is unsteady and wavering. Many people practise concentration and try to meditate. What does meditation mean? Is it merely to sit cross-legged with eyes closed? No, no. It is to sit without any thoughts whatsoever. See yourself, that is true meditation. But if your mind keeps shifting from one scene to another, that is not meditation. That does not behave mankind.



this world is unreal. When you realise these human values, you become God yourself. All these human values come from within you. Wherefrom does love come? It comes from within you. Wherefrom does truth come? It also comes from within you. These values cannot be acquired by reading books. Many people read books. Lawyers read voluminous books. Be they small books or big books, the basis of all of them is only the alphabet. Bookish knowledge comes from outside but values come from within you. These five values are like the five elements, five senses and five life-breaths that are present within you. The evil qualities like Kama, Krodha, Lobha, Moha, Mada and Matsarya (desire, anger, greed, delusion, pride and jealousy) come from outside. You may be able to write big books, but can you describe in words what truth is and what peace is? People say, "I have no peace, I have no peace." But peace is within you only and nowhere else. When you direct your vision inward, you can experience it. You are the embodiment of peace, truth, love and sacrifice. These are the values that you should imbibe.



You perform Seva activities and say, you are doing this and you are doing that. What does Seva mean? To know oneself is real Seva. When you know yourself, that is service to all. You think someone has given you a job, someone else has spoken to you, somebody has abused you or somebody has beaten you. It is all a delusion created by your imagination. You cannot realise the Self unless you give up imagination. When you give up imagination, you will develop self-confidence. If you indulge in unnecessary imagination, you will never be able to realise the reality of the world which is nothing but a puppet show as pointed out by Kanchana Mala. In fact, the entire world is only reaction, reflection and resound. Here is a small example.

Focus your Mind on God

A cowherd used to go to a forest in a hilly region, taking a herd of cattle for grazing. Once when the cattle were grazing, he started singing a song. Immediately, he heard its echo. The cowherd thought, someone was imitating him to make fun of him. He shouted, "Who is there? Why are you repeating my song?" Again, he heard the echo of what he said. He was very much irritated. When he returned home, he reported to his mother what had happened. His mother allayed his fear, saying "My dear son! Have no fear. What you heard there was only the echo of your voice. It was just a resound of whatever sound you made. There was nobody else who imitated your voice." The cowherd then understood the reality. In the same manner, people imagine that others are making fun of them and are causing suffering to them. It is nothing but a reflection of their own feelings and thoughts. It is your own feelings and thoughts that come back to you. When you think about sorrow, you will get sorrow. If you think about anger, you



People hold God responsible for their happiness and sorrow. But God gives neither happiness nor sorrow. In fact, He is not responsible for anything. If you think otherwise, it is all your own imagination. If you beat someone today, you will be beaten by someone or the other later. If you harm somebody now, you will also be harmed. Therefore, each one is bound to suffer the consequences of his actions. Whatever you experience is nothing but the reaction, reflection and resound of what you have done. God has nothing to do with it. Whatever you do will come back to you. Therefore, see good, do good and experience good.



will get anger. You yourself are the source of all this reaction, reflection and resound and none else. You are responsible for your sorrow or happiness; none else is responsible for it. (Here Swami asked one of the Hyderabad youth, "What is your name?" When he told that his name was Ravi Kiran, Swami said) Ravi Kiran is the name given to you by your parents. What is your real name? Your real name is Atma. Gradually, you should reduce the burden of your delusions. *Less luggage more comfort makes travel a pleasure.*

Try to understand that everything is reaction, reflection and resound. Whatever you speak, it comes back to you as resound. Similarly, your actions come back to you in the form of reactions. Wherever you see, you see your own reflection. When you face the sun, your shadow will be behind you. On the other hand, when your back is towards the sun, your

shadow will fall in front of you. But when the sun is on the top of your head, your shadow will be under your feet. Similarly, when you turn your mind towards God, the delusion of Maya will be behind you. But when you turn your mind away from God, the delusion of Maya will be in front of you and you will become its victim. It will be under your feet and totally subdued when your mind is totally focused on God. Therefore, focus your mind on God with total concentration. Then your mind will not oscillate this way or that way. You become the victim of delusion when your mind is unsteady and wavering. Many people practise concentration and try to meditate. What does meditation mean? Is it merely to sit cross-legged with eyes closed? No, no. It is to sit without any thoughts whatsoever. See yourself, that is true meditation. But if your mind keeps shifting from one scene to another, that is not meditation. That does not behove mankind. Rather, it is a sign of monkey mind. Many people start the practice of meditation without making their monkey mind steady. They can never attain the state of meditation. Look at yourself. Concentrate on the Self. Observe your mind and see its working. Is it thinking of something good or bad? Transcend the duality of good and bad and make your mind steady.

Many people engage themselves in spiritual practices like worship, rituals and austerities. It is immaterial what spiritual practice you undertake, what is most important is your mind should be steady. (Swami asked one more youth, "What is your name?" He said, "Gollapudi Sai Prasad." Then Swami said) Gollapudi is your family name. This is a name

given to you by your family. But you should not limit yourself to this name. When you introduce yourself to others, you may say, "I am so and so." But in your heart of hearts, you should think that you are beyond this name and form. You all address Me as Sai Baba. This is the name given to Me by you. I don't have any particular name. By whatever name you call Me, I will respond. Names such as Rama, Krishna, Govinda, Narayana are all given by you. You see the pictures made by artistes like Ravi Varma and say, "This is Rama, this is Krishna and this is Siva." But did Ravi Varma see Rama, Krishna or Siva? No, he saw none of them. He drew their pictures from imagination on the basis of descriptions given in the Puranas (mythological texts). He portrayed Rama as wielding a bow and arrow, Krishna as one with a peacock feather on His head and Siva as the one with three eyes.

People read the Puranas without understanding their inner meaning. Whatever your mind thinks, you see its reflection. (One of the youth prayed to Swami to give them the necessary strength to undertake more and more Seva activities. Then Swami said) Bangaru! Strength is not given or taken. It is always present in you. (At this point of time, a youth said to Swami, "Swami, we can perform many good tasks when You are with us." Then Swami said). Certainly, I am always with you. Whatever you ask from Me, I will always say, "Yes, Yes, Yes."

– From Bhagavan's Divine Discourse in Poornachandra Auditorium, Prasanthi Nilayam on 30th January 2010.

NOTICE

With Bhagavan's blessings, Easwamma Women's Welfare Trust will henceforth be addressed as SRI SATHYA SAI EASWAMMA WOMEN'S WELFARE TRUST.

– Trustee

CELEBRATIONS AT PRASANTHI NILAYAM

SAI – THE SAVIOUR: A DRAMA

THE STUDENTS OF SRI SATHYA SAI Higher Secondary School, Prasanthi Nilayam presented a drama on 26th January 2010, the 61st Republic Day of India, on the unity of faiths in the Divine Presence of Bhagavan. The drama depicted that Bhagavan



The drama "Sai – the Saviour" enacted by the students of Sri Sathya Sai Higher Secondary School gave the message of unity of mankind.

is the living example of unity, love and harmony who has come as the Saviour of the world beset with conflicts, violence and disharmony. The drama impressively conveyed the message of unity and harmony through a conference of representatives of various faiths and speeches of eminent speakers from different walks of life. Beautiful thematic songs and dance sequences added to the value of the drama. At the conclusion of the drama, Bhagavan blessed the cast, posed for group photos with them and distributed Vibhuti Prasadam to them. He also materialised gold rings for two students. The drama which started after

Bhagavan's Darshan in Sai Kulwant Hall came to a close with Arati to Bhagavan at 6.00 p.m.

YOUTH CAMP OF ANDHRA PRADESH

Sri Sathya Sai Seva Organisation of Andhra Pradesh organised a youth camp at Prasanthi Nilayam from 29th to 31st January 2010, in which more than 1,300 youth took part. During the course of the camp, the youth performed a drama on 29th January 2010, organised an Educationists' Conclave on 30th January 2010 and presented a music programme on 31st January 2010. Bhagavan graced all these programmes by His Divine Presence and blessed the youth with a nectarine Discourse on 30th January 2010, in which He exhorted them to perform selfless service with love and do good work, following the dictates of their conscience. The youth also attended a programme of talks delivered by distinguished speakers.

Namami Bharatiyam: A Drama

Bhagavan was accorded a ceremonial welcome with Poornakumbham amidst Veda chanting by the youth when He came to Sai Kulwant Hall at 5.10 p.m. on 29th January 2010. The drama "Namami Bharatiyam" began soon after this. The drama presented by a group of these youth brought alive the memories of glorious role played by the youth in the Freedom Movement of India and highlighted the patriotic spirit of Sai Youth who were bringing about a silent revolution in modern society by their selfless service under the direction of Bhagavan Sri Sathya



The drama “Namami Bharatiyam” presented by the youth of Hyderabad brought alive the memories of the role played by the youth in the Freedom Movement of India.

Sai Baba. Interspersed with patriotic songs and dance sequences, the drama particularly showcased “Sri Sathya Sai Reprogramming Lives Programme” undertaken by the Sai Youth of Hyderabad, through which they were uplifting unemployed and underprivileged youth and reshaping their lives. Bhagavan blessed the youth at the conclusion of the drama and posed for group photos with them.

Educationists’ Conclave

An Educationists’ Conclave, organised by the youth of Hyderabad, was held in Poornachandra Auditorium on 30th January 2010. Besides the youth, scores of distinguished educationists and Vice Chancellors of eight universities took part in it. The proceedings of the conclave began at 4.00 p.m. with the speech of Sri Anil Kumar, a faculty member of Sri Sathya Sai University, who elaborated on the life and teachings of Bhagavan and observed that Bhagavan is the role model for all students and if students followed Bhagavan’s teachings, they could acquire true education. Bhagavan arrived in Poornachandra Auditorium at 5.30 p.m. and blessed the participants with a Divine Discourse. Before the Discourse of Bhagavan, two speakers addressed the gathering. The first speaker was Sri Gollapudi Sai Prasad, currently pursuing doctoral programme in



A large number of educationists including Vice Chancellors of eight universities participated in the Educationists’ Conclave organised by the youth of Hyderabad in Poornachandra Auditorium on 30th January 2010.

Cognitive Sciences in International Institute of Information Technology, Hyderabad. Sri Gollapudi expressed deep gratitude to Bhagavan on behalf of Hyderabad youth for His grace, without which this programme could not have been successful. The next speaker, Sri Ravi Kiran Sripada, the youth coordinator of Sri Sathya Sai Seva Organisation, Hyderabad gave details about the implementation of “Sri Sathya Sai Reprogramming Lives Programme” and told that so far more than 800 students had benefited from this programme. Narrating some inspiring incidents from the lives of beneficiaries of this programme, Sri Sripada observed that by Bhagavan’s grace there had come great moral transformation in the lives of these youth. After this, Bhagavan gave His Divine Discourse, in which He exhorted the youth to continue the good work they had started and achieve the goal of life through selfless service. (Full text of Bhagavan’s Discourse has been given elsewhere in this issue.)

Sri Sathya Sai Sangeeta Vibhavari

The youth camp had a grand finale with a scintillating programme of devotional music

presented by Hyderabad youth on 31st January 2010. Conducted in the Divine Presence of Bhagavan in Sai Kulwant Hall, the programme entitled "Sri Sathya Sai Sangeeta Vibhavari" included devotional and patriotic songs as well as Bhajans. At the conclusion of this soul-stirring programme, Bhagavan blessed the youth, gave them the coveted opportunity of group photos with Him and distributed clothes to them. Bhagavan also materialised a gold ring for one of the organisers. With this, the three-day youth camp came to a happy conclusion.

BHAGAVAN INAUGURATES SAI MANONMANI NURSES RESIDENTIAL QUARTERS

Bhagavan inaugurated the second phase of Sai Manonmani Nurses Residential Complex in Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram on 30th January 2010. Arriving at the venue at 4.10 p.m., Bhagavan ceremonially inaugurated the new residential complex by unveiling the plaque. Later, Bhagavan went round the ground floor



The second phase of Sai Manonmani Nurses Residential Complex in Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram was inaugurated by Bhagavan on 30th January 2010.

block and blessed the devotees involved in this work. This three-storey block of 48 quarters is meant to provide accommodation to nurses and other paramedical staff in addition to the existing 8 blocks with 12 apartments in

each block inaugurated by Bhagavan on 9th December 2004.

PILGRIMAGE OF NILGIRIS DEVOTEES

About 700 devotees came from Nilgiris, Tamil Nadu on a pilgrimage to Prasanthi Nilayam from 4th to 7th February 2010 and received the benedictions of Bhagavan. On 7th February, a group of these devotees presented a dance drama entitled "Satyavan Savitri" in the folk art form "Therukoothu" (street play) of Tamil Nadu. The drama began in the Divine Presence of Bhagavan after He arrived in Sai Kulwant Hall at about 5.00 p.m. Through beautiful dances, the drama depicted



A scene from the drama "Satyavan Savitri" presented by the devotees of Nilgiris in Sai Kulwant Hall on 7th February 2010.

how Savitri attained the grace of Yama by her power of chastity and severe penance and brought her dead husband Satyavan back to life. Bhagavan sat through the entire presentation, blessed the cast at the end of the drama, posed for group photos with them and distributed clothes to them with His Divine Hands. He also materialised a gold chain for the actor who enacted the role of Savitri. After

distribution of Prasadam blessed by Bhagavan, Arati was offered to Bhagavan at 6.45 p.m. which marked the conclusion of the drama and the pilgrimage of Nilgiris devotees.

SIVARATHRI AT PRASANTHI NILAYAM

Virtually a sea of humanity thronged Prasanthi Nilayam to participate in the sacred festival of Sivarathri which was celebrated on 12th February 2010 with piety and solemnity in the Divine Presence of Bhagavan Sri Sathya Sai Baba. The celebrations were conducted in Sai Kulwant Hall which was aesthetically decorated with buntings, festoons, cloth hangings, colourful umbrellas and flowers of various hues for the solemn occasion. As the hall was full to its seams with yearning devotees, thousands of them were accommodated in Poornachandra Auditorium. On the Sivarathri day, Bhagavan first went to Poornachandra Auditorium to shower the bliss of His Darshan on devotees sitting there. At 5.20 p.m., Bhagavan came to Sai Kulwant Hall where He was offered welcome with sweet notes of Nadaswaram and Panchavadyam music by groups of students. After coming to the verandah, Bhagavan lighted a candle on the beautifully decorated cake placed there and performed the cake cutting ceremony. Coming on the dais at 5.30 p.m., Bhagavan listened to the Vedic Mantras chanted by the students up to 5.45 p.m., when He signalled to them to start the music programme of Sivarathri. Commencing their programme with chanting of Lingashtakam, the students filled each heart with divine vibrations by their excellent rendering of devotional songs, Stotras and classical pieces for about one hour.



A mammoth gathering of devotees participated in Sivarathri Akhanda Bhajan on 12th February 2010 at Prasanthi Nilayam and experienced the bliss of Bhagavan's Darshan in Sai Kulwant Hall and Poornachandra Auditorium.

Sivarathri Bhajan started at 6.45 p.m. after this soul-elevating sumptuous treat of divine music. Boys and girls students of Sri Sathya Sai University took turns to lead Bhajans which were followed in chorus by huge gathering of devotees in Sai Kulwant Hall and Poornachandra Auditorium with deep devotional fervour. Bhagavan graced the occasion by His Divine Presence up to 8.00 p.m. when He retired to His abode. Bhajans continued during the whole night and a huge gathering of devotees participated in them. Various groups of students, Ashram staff, hospital staff and devotees took turns to lead Bhajans during the night. Early in the morning on 13th February 2010, Bhagavan came to Sai Kulwant Hall at 6.00 a.m., radiating the bliss of His Darshan in the hall filled to the brim with Bhajan singing devotees. Bhagavan went into their rows and showered His blessings on all inundating their hearts with divine bliss. The Sivarathri Bhajan came to a happy conclusion with offer of Arati to Bhagavan at 7.15 a.m. Prasadam of tamarind rice and sweet rice

Continued on page 86...

GOD IS PRESENT IN MAN IN THE FORM OF LOVE

In His immense compassion, Bhagavan gave daily Discourses for nearly two months in Sai Kulwant Hall, Prasanthi Nilayam starting from 16th June 1996. These Discourses cover a vast variety of spiritual topics of practical utility for modern man and highlight the rich cultural heritage of Bharat which is rooted in the Vedas. As the readers themselves will see, this is a rich treasure of soul-elevating spiritual knowledge which can enrich, illumine and transform mankind. This issue carries Bhagavan's ninth Discourse given on 24th June 1996. Sanathana Sarathi will publish these Discourses from time to time which are appropriately named Amrita Dhara (ambrosial stream).



What can the evil effects of Kali Yuga do to a man whose heart is full of compassion, whose speech is suffused with truth and whose body is dedicated to the service of others?

(Sanskrit Verse)

BLISS IN SOCIETY IS THE FRUIT OF SERVICE

Embodiments of Love!

EVERY INDIVIDUAL WHO WANTS to progress in the field of spirituality should develop three virtues – purity, patience and perseverance. He is a blessed person who develops these three virtues, also called three P's.

Man without character, education without a goal and human race without morality are worthless. The life of an individual bereft of peace is no better than a night without moon. Listen! Oh valiant sons of Bharat!

(Telugu Poem)

In fact, a true human being is endowed with these three virtues, viz., purity, patience and perseverance. One who loses these loses

humanness. Since man today lacks these three virtues, he is more like an animal than a human being. He has only the form of a human but not the demeanour. Virtues are the life principle of man. Without virtues, he is lifeless.

Character is Life Principle of Education

If you want to know the true meaning of humanness, you should first develop human values. Development of human values is therefore a must for all. In fact, moral and human values are the main quality of a human being. Character is the underlying strength of moral and human values. Therefore, students should consider character as their chief quality. One may have enormous wealth, high education, immense physical prowess

or high status, but all these are useless if one lacks character. Modern education has suffered degeneration because it does not cater to the moral, religious and spiritual development of students.

Students should pursue such education which confers on them the sacred qualities like good character, adherence to truth, devotion, discipline and duty. (Telugu Poem)

Mere bookish knowledge cannot be called education. Every educated individual should manifest his humanness by working for the welfare of society and by safeguarding the future of the country. He should understand how sacred, divine, glorious and sublime humanness is.

Birds and animals do not have any type of education, yet they lead a life of discipline. But alas! Man, who is endowed with all intelligence, does not lead a disciplined life. What else can I convey to this assembly of the noble and saintly people?

(Telugu Poem)

Jantunam, Nara Janma Durlabham (of all living beings, human birth is the rarest). What makes human birth so rare and precious? Food, sleep, fear and procreation – all these are common in both humans and animals. It is knowledge that differentiates human beings from animals and



I have told this many times that you yourself are God; God is not different from you. Your inner voice also teaches you this truth through the sound of Soham, Soham, Soham (That I am, That I am, That I am). Your inner voice keeps reminding you of your divine reality but you do not pay attention to it at all. You follow what others tell you but do not believe yourself. In whom else can you have faith, when you do not have faith in yourself? Therefore, first of all you should develop self-confidence. Then only can you have self-satisfaction which will lead you to the path of self-sacrifice and ultimately to self-realisation.

birds. That is why, it is said: *Jnanam Naranam Adhikam Vishesha, Jnanena Shoonya Pashubhi Samana* (it is knowledge that imparts special status to man; a man without

knowledge is as good as an animal). In fact, knowledge is the third eye of man. Without the eye of knowledge, he is no better than an animal.

Character should be considered as the life principle of education. Mere study of Vedas and Sastras (scriptures) is not enough. You should make efforts to develop character and human values.

In spite of his education and intelligence, a foolish man will not know his true Self and a mean-minded person will not give up his evil qualities. (Telugu Poem)

Modern education leads only to argumentation, not to total wisdom. What is the use of acquiring education which cannot lead you to immortality? Acquire the knowledge that will make you immortal. (Telugu Poem)

It is only the body that dies. That which has birth has death also. Atmic principle is eternal; it has neither birth nor death. You should acquire the knowledge of this divine principle which is beyond the endless cycle of birth and death.

*Punarapi Jananam Punarapi Maranam,
Punarapi Janani Jathare Sayanam,
Iha Samsare Bahu Dustare,
Kripayapare Pahi Murare.*

(Sanskrit Verse)

(Oh Lord! I am caught up in this cycle of birth and death; time and again, I am experiencing the agony of staying in the mother's womb. It is very difficult to cross this ocean of worldly life. Please take me across this ocean and grant me liberation.)

Get Rid of your Selfishness

You should achieve physical, ethical, moral and spiritual progress in life and make your



Peace and bliss are not to be found in external objects. You possess all worldly objects to cater to your needs and to provide all comforts and conveniences to you. Isn't it? If these external objects could give you peace and bliss, then how is it that you do not experience peace and bliss despite possessing all these? Similarly, all your near and dear ones are with you. But they also do not give you peace and bliss. You should try to understand that bliss is not to be found in persons and material objects. Bliss comes only from within you; you yourself are the source of peace and bliss.



life sojourn on earth worthwhile by constant contemplation of God. The world today has achieved great progress in the fields of science and worldly knowledge. But it is regressing in the fields of morality and humanness. What is the reason? The reason is selfishness and self-interest of modern man. Whatever work man performs today, he does it with a selfish motive. Self-interest is the objective of all his thinking and actions. All his thoughts and actions are motivated by self-interest. In fact, he has become a puppet of selfishness. He looks at everything with an eye of selfishness. He is, in fact, bound in the fetters of selfishness. The moment he changes his motive of life from selfishness to social welfare, he will experience the essence of true education. It is therefore necessary that man should get rid of his selfishness and self-interest and fill his heart with noble thoughts of welfare and progress of society. In this way, he should

make his heart pure with sacred feelings and curb the unsteadiness of his mind. Whatever work you do with a pure heart, steady mind and selfless attitude, it will take you towards the path of victory in your spiritual journey.

Once a wealthy man decided to go on a pilgrimage of sacred places. To escape the trouble of carrying too much luggage, he tied

Sambhashanam Sankata Nashanam (Vision of the Lord destroys all sins, His touch destroys the bondage of Karma, conversation with Him destroys all troubles). After spending the whole day in performing various sacred and noble deeds, he became tired at night and lay down on his bed to sleep. But he did not get even a wink of sleep. This became the cause



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only very essential items in a bedroll and embarked on his journey. As the saying goes, less luggage, more comfort makes travel a pleasure, he could conveniently see all the sacred places of pilgrimage such as Kashi (Varanasi), Mathura, Brindavan, etc. During the day, he saw many temples, worshipped beautiful idols of various deities in them, took bath in sacred rivers and performed various acts of merit. *Darshanam Papa Nashanam, Sparshanam Karma Vimochanam,*

of his exhaustion. One can live for some time without food, but not without sleep. Though he performed noble deeds at physical level, he did not attain mental peace. What was the reason? The reason was that there were numerous bedbugs in the bed he brought with him. Due to the biting of these bedbugs, he could not get any sleep at night. The same is the condition of man today. At physical level, he has amassed many comforts and conveniences and appears to be quite happy.

But he harbours within himself the bedbugs of bad qualities, evil thoughts and wicked motives which destroy his peace. As long as he gives room to negative feelings and thoughts, he cannot attain peace. Peace is not available in the world outside. Outside, there are only pieces! True peace is that which comes from within you. You cannot attain peace through worldly pursuits, through education or through the teachings of any preceptor. You yourself are the embodiment of peace. You are the embodiment of truth. You are the embodiment of God. You should try to know this eternal and sacred truth.

Peace and Bliss Come from within you

Peace and bliss are not to be found in external objects. You possess all worldly objects to cater to your needs and to provide all comforts and conveniences to you. Isn't it? If these external objects could give you peace and bliss, then how is it that you do not experience peace and bliss despite possessing all these? Similarly, all your near and dear ones are with you. But they also do not give you peace and bliss. You should try to understand that bliss is not to be found in persons and material objects. Bliss comes only from within you; you yourself are the source of peace and bliss. Therefore, there is no need for you to make efforts to search them here and there. Bliss is not to be searched; it has to be manifested from within. It is to be known and not to be looked out. Try to know this eternal principle of truth that is within you. You think that someone or the other will give you bliss. But that is your Bhrama (delusion). So long as you have Bhrama, you cannot attain Brahma (God). Therefore, get rid of this Bhrama. Then Brahma will become manifest from within you. God is no different from you. You and God are one. *Ekam Sath*

Viprah Bahudha Vadanti (truth is one, but the wise refer to it by various names). Truth is one, not two. *Ekameva Adviteeyam Brahma* (God is one without a second). Only one, not two. This eternal divine principle is present in one and all. You can't say, it is present in one particular person and not the other. *Easwara Sarva Bhutanam* (God is the indweller of all beings). Students should develop firm faith in this truth. In what form is God present in all? He is present in all in the form of love. I have told you many times that the principle of love is present in all. *Prem Easwar Hai, Easwar Prem Hai* (Love is God, God is love). Sacred love is God Himself. Therefore, maintain the purity and sacredness of love; do not pollute it by associating it with worldly desires. Worldly love is no love at all. True love is related only to the Atma. Atma is love, love is Atma. Atma is God, God is Atma. *Love is God, Live in Love*. Students should properly know this principle of love. But, unfortunately, students today direct their love towards undesirable objects and thereby become victims of many troubles and difficulties.

Maintain Quietude

Youth is not permanent. It is a temporary intermediary stage which comes and goes like passing clouds. Do not waste your life by exulting over temporary and ephemeral youth. Youth is very sacred but students try to make it unsacred. You should not waste precious human birth just for ephemeral pleasures. That is what Adi Sankara said:

*Ma Kuru Dhana Jana Yauvana Garvam,
Harathi Nimeshath Kalah Sarvam.*

(Do not be proud of your wealth, progeny and youth; the tide of time may destroy them in a moment).

Youth is the stage when one gets all sorts of excitements. It is necessary to control these passions and excitements by recitation of God's Name and by self-suggestion: "Such unsacred thoughts are not good and proper for me. These are just passing clouds; they will come and go. My life is eternal and these thoughts are ephemeral like passing clouds." The heart is like the sky, the mind is the moon and the intellect, the sun. *Chandrama Manaso Jataha Chaksho Suryo Ajayata* (the moon was born out of the mind and the sun out of the eyes of the Supreme Being). Clouds of thoughts come in the sky of heart and cover the sun and the moon. Sometimes, very thick clouds of thoughts come in young age. Then, one cannot see the sun or the moon. But how long will the sun or the moon remain invisible? Just for a few moments because these thoughts are like passing clouds. Be patient and the clouds will move away by themselves. Hold on to patience firmly. Do not make haste. *Haste makes waste. Waste makes worry. Therefore, do not be in a hurry.* Haste is not good particularly at this age; maintain your quietude. "One may be a Danti (ascetic) or a Vedanti (philosopher) but one cannot attain happiness without quietude", said Thyagaraja.

Quietude is very essential in life, both at the level of the body and the mind. When senses associate with the objects of the senses, the mind reflects your desires at physical and mental level, thereby making you a victim of evil thoughts, evil feelings and evil motives. Control these evil thoughts, feelings and motives. This means control of senses. That is called Kriya Yoga. What is meant by Kriya Yoga? Control of evil thoughts, feelings and motives is indeed Kriya Yoga. When you are able to exercise control over your evil thoughts, feelings and



If you want to know the true meaning of humanness, you should first develop human values. Development of human values is therefore a must for all. In fact, moral and human values are the main quality of a human being. Character is the underlying strength of moral and human values. Therefore, students should consider character as their chief quality. One may have enormous wealth, high education, immense physical prowess or high status, but all these are useless if one lacks character. Modern education has suffered degeneration because it does not cater to the moral, religious and spiritual development of students.



motives, sacred feelings and godly thoughts arise within you.

Serve Society Wholeheartedly

Students!

Make your life ideal and worthwhile at this young age. Become good boys and girls yourselves and make society good and ideal. Modern society is at present in a state of chaos. What is the reason? The reason is that people today indulge in imitation, which is a sign of weakness. Imitation is human, creation is divine. You should never resort to imitation. Today this weakness of imitation has become widespread in the entire society. Control your senses, demonstrate good qualities and become ideal students. Sweep away the dirt that has crept in society and transform it. That is what students are required to do today. Do



not run after jobs after your education which you have acquired somehow or the other. What is your real Udyoga (job)? Yoga is your real Udyoga. Yoga relates to the heart. Acquire this yoga. What is real yoga? Seva (service) is yoga. Engage yourself in the service of society. There is nothing greater than service to society. When you do service to society in an ideal way, it roots out your ego. It is ego that brings about the downfall of man. You can save yourselves from the clutches of ego when you perform service to society. Do service wholeheartedly with sacred feelings without any desire for fruits. Bliss in society is the fruit of service. What better fruit can you aspire for than experience of bliss? Bliss is God. *Nityanandam, Parama Sukhadam, Kevalam Jnanamurtim, Dwandwateetam, Gagana Sadrisham, Tattwamasyadi Lakshyam, Ekam, Nityam, Vimalam, Achalam, Sarvadhee Sakshibhutam, Bhavateetam, Trigunarahitam* (God is the embodiment of eternal bliss, wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the Mahavakya Tattwamasi, one without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three attributes of Sattwa, Rajas and Tamas).

This is Nityanandam, Yoganandam, Advaitanandam and Atmanandam (eternal, spiritual, non-dual bliss of the Self). You cannot get Atmanandam from anybody else. It comes to you from yourself in a natural way. It is self-generated. This is your own property. You crave for the property of others, abandoning your own property. Never do this. You should not expect anything from others. What you yourself have is enough. It can give you all that you need. You lack nothing. The entire world

is within you. Then, why should you crave for anything from others? All that is visible in this world comes from you only. You see nothing when you close your eyes. But when you open your eyes, you see the entire phenomenal world. Wherefrom have all the scenes of the world come? They have come from you through your eyes. But man today is unaware of the divine principle present within him. He travels lakhs of miles into space but does not go even half an inch within his inner being! He runs about everywhere outside but does not enter his inner being at all. However much you may run about outside, you will attain nothing. It is useless, useless, useless! Go half an inch within you. That is enough. Then everything will become visible to you. Where has all that you see come from?

You see houses, buildings and various objects in dream, but they have no existence when you open your eyes. In dream, you see and experience many things but everything disappears when you are awake. All this is night dream. Similarly, during the day you see everybody and everything, and have so many experiences. But all this becomes invisible when you go to sleep. This is day dream. You are present both in night dream as well as day dream. There is no existence of day dream in night dream and night dream in day dream. But you are present in both states. Hence, you are omnipresent. Therefore, consider yourself as the fundamental divine entity.

Attain Love of God

I have told this many times that you yourself are God; God is not different from you. Your inner voice also teaches you this truth through the sound of Soham, Soham, Soham (That I am, That I am, That I am). Your inner voice keeps reminding you of your divine reality but

you do not pay attention to it at all. You follow what others tell you but do not believe yourself. In whom else can you have faith, when you do not have faith in yourself? Therefore, first of all you should develop self-confidence. Then only can you have self-satisfaction which will lead you to the path of self-sacrifice and ultimately to self-realisation. Hence, first and foremost, have faith in yourself. God is present within you only. God is the embodiment of love. He is present in you in the form of love. Do not waste or pollute this principle of divine love. Channelise this love towards sacred path. Do not put it on unsacred and evil path. Do not direct it towards mean desires of your body or wealth. Love is for love's sake. Treasure this divine principle of love in your heart and pray to God. If you attain God's love, you will attain everything. How did the troubles of Kuchela come to an end? All his troubles ended just by receiving Krishna's love. You can achieve everything by God's love. There is nothing that is impossible to achieve by this. Your enemies will become your friends, and those who are distant from you will become your nears and

...Continued from page 78

was then distributed to the entire congregation of devotees in Sai Kulwant Hall and Poornachandra Auditorium.

A Sumptuous Musical Treat

An excellent programme of devotional music was presented by the students of Anantapur Campus of Sri Sathya Sai University on 14th February 2010 in the Divine Presence of Bhagavan. Commencing their programme with a prayer song in praise of Lord Ganesh at 5.55 p.m., the students poured out their hearts

dears by love. Similarly, your love can bring you close to all those who have separated from you. Hence, you should develop more and more love which is sacred, sublime and precious. The world today is drowned in sorrow due to the absence of love. There is no love even between mother and son, brother and brother and husband and wife. Where has this love gone? How has it disappeared? Man today has only artificial love. In fact, all his life today has become artificial.

Art is outside, heart is inside. True art comes only from the heart. Students should properly understand this truth. In fact, everything comes from your heart. Heart is the source of love which is the epitome of all powers. Hence, try to attain everything by love.

(Bhagavan brought His Discourse to a close with the Bhajan, "*Prema Mudita Manase Kaho ...*")

– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 24th June 1996.

in their devotional songs rendered with devout feelings to the accompaniment of sweet music. They concluded their programme with offering of salutations to Bhagavan in the song "Sai Maa Praanam" at 6.45 p.m. Thereafter, they started Bhajans which the devotees followed in chorus. At the conclusion of their programme, Bhagavan showered His blessings on them, provided them the coveted opportunity of group photos and gave beautiful Saris to them. The programme came to a close with Arati with Bhagavan at 7.00 p.m.



CHINESE NEW YEAR CELEBRATIONS

DEEP DEVOTIONAL fervour marked the celebration of Chinese New Year which was celebrated at Prasanthi Nilayam on 20th February 2010. More than 900 devotees came from overseas countries including Malaysia, Indonesia, China, Singapore, Taiwan and Hong Kong to celebrate it in the Divine Presence of Bhagavan. The venue of the celebrations was Sai Kulwant Hall which was elaborately decorated with traditional Chinese red buntings and lanterns, festoons and colourful hoardings, displaying the theme of the New Year celebrations. Cultural and music programmes held on this occasion brought forth the sanctity and significance of its celebration. Besides, 36 Buddhist monks came from a Buddhist monastery and added to the sanctity of the celebrations by chanting sacred Buddhist Mantras collectively on the eve of the Chinese New Year on 19th February 2010.

Chanting of Sacred Buddhist Mantras

On the morning of 19th February 2010, Bhagavan came to Sai Kulwant Hall at 7.25 a.m. and granted the bliss of His Darshan to the devotees in the hall. Soon after this, Buddhist monks commenced the chanting of sacred Buddhist Mantras which continued up to 9.00 a.m., sanctifying the entire milieu with sacred vibrations. This was followed by

Bhajans, at the end of which Arati was offered to Bhagavan which marked the conclusion of the morning programme. In the afternoon, the chanting of sacred Buddhist Mantras for world peace began at 5.45 p.m. The chanting was



Chanting of sacred Buddhist Mantras was done by 36 Buddhist monks in Sai Kulwant Hall on 19th February 2010 as part of Chinese New Year celebrations at Prasanthi Nilayam.

led by overseas ladies devotees who recited the short Chenrezig Mantra “Om Mani Padme Hum” collectively, after which Buddhist monks led the chanting of the Mantras. Bhagavan came to Sai Kulwant Hall at 6.15 p.m. amidst chanting of these Mantras. At the conclusion of this chanting at 6.30 p.m., Buddhist monks offered Katas (cloths of different colours) to Bhagavan as an expression of their gratitude and reverence for Him. This was followed by various other offerings to Bhagavan. Ceremonial chanting of five sacred Mantras by Buddhist monks commenced after these offerings. The Mantras were: Short Mantra

of Chenrezig, Medicine Buddha Mantra, Bhagavan Sri Sathya Sai Baba Eternal Prayer, Extensive Bodhisattva Ksitigarbha Mantra and the Long Dharani of Chenrezig. The chanting of the Mantras concluded at 7.10 p.m. with the recitation of Gayatri Mantra by all. This was followed by Bhajans which were also led by overseas devotees, both ladies and gents. Meanwhile, Prasadam blessed by Bhagavan was distributed to the entire gathering of devotees. At the end of the Bhajans, a prayer was recited, wishing peace, prosperity and happiness for all. The programme of these sacred chants concluded at 7.50 p.m. with offer of Arati to Bhagavan.

Chinese New Year Function

Chinese New Year function at Prasanthi Nilayam was marked by unprecedented enthusiasm and sacredness and was celebrated in the Divine Presence of Bhagavan. On the morning of 20th February 2010, Bhagavan came to Sai Kulwant Hall, the venue of the function, at 8.45 a.m. amidst chanting of Vedic Mantras by students. In the course of His Darshan round, Bhagavan blessed the Buddhist monks who chanted sacred Buddhist Mantras the previous day. He also materialised a gold chain for the boy who compered this Mantra chanting programme. Bhajan session was held from 9.00 to 9.45 a.m. which surcharged the entire milieu with devotional fervour. After Bhajans, shawls and sweets were offered to Buddhist monks. Thereafter, Bhagavan called them in Bhajan Mandir and showered His profuse blessings on them.

On the afternoon of 20th February 2010, Bhagavan came to Sai Kulwant Hall in a grand procession led by colourfully dressed Chinese children and youth, both boys and girls, singing the traditional Chinese New Year song. As

Bhagavan came to the centre of the hall, lion dancers welcomed Him with a joyous lion dance. On His arrival at the dais, Bhagavan ceremonially inaugurated the New Year function by lighting a lotus-shaped candle at 6.10 p.m. Simultaneously, the altar set up in the centre of the dais with the idol of Lord Buddha was lighted up. After Bhagavan was seated on the dais, children from Malaysia, Indonesia and Singapore offered various traditional items like mandarin oranges, Chinese cake and red packets to Him as a mark of welcome and reverence. The proceedings of the function started with chanting of prayer to Lord Ganesh in Sanskrit by the overseas children and youth. This was followed by chanting of “Great Compassion Mantra” by these children and youth. In his welcome address that followed this, Sri Billy Fong, President, Sathya Sai Council of Malaysia, offered greetings to one and all on the auspicious occasion of Chinese New Year, and dwelt on the 9-point code of conduct for peace, progress and prosperity of the world. Referring to the theme of this year’s celebrations “Family Harmony: Peace and Happiness”, the distinguished speaker explained how peace in the world was related to the teachings of Bhagavan Sri Sathya Sai Baba and the traditional Chinese values.

Burra Katha by Overseas Youth

The next item of the programme was “Burra Katha” (a folk art form consisting of dialogues interspersed with songs) presented in the traditional Indian style by three Malaysian youth. Beginning with chanting of Om three times followed by Sanskrit prayer “Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya” (lead us from unreality to reality, from darkness to light, from death to immortality), the youth explained



An excellent programme of "Burra Katha" was presented by three Malaysian youth as part of Chinese New Year celebrations on 20th February 2010.

through dialogues and songs how unbounded love and compassion that marked the life of Lord Buddha was being manifested in the life and teachings of the present Avatar of Lord Vishnu, Bhagavan Sri Sathya Sai Baba who is providing free education, free healthcare and drinking water to the underprivileged masses. Every dialogue highlighting the glory of Bhagavan was followed by an appropriate devotional song, Bhajan, Vedic chant or Sanskrit verse, all of which were rendered by the youth with total perfection, which made the entire presentation a masterpiece of the art of Burra Katha ever presented by overseas youth at Prasanthi Nilayam.

Unity is Divinity: A Drama

The last item of the programme was a drama entitled "Unity is Divinity" which was also presented by the overseas youth and children. This emotionally surcharged family

drama depicted how the loss of traditional Chinese values in a family resulted in conflict between all its members and disturbed the peace and harmony of the family. It also showed how peace and harmony was restored in the family when the members of the family followed the teachings of Bhagavan and the traditional Chinese values on the advice of the eldest member of the family. The theme of the drama was reinforced and illustrated further by a couple of episodes from Chinese history and culture. Excellent acting of the cast, superb direction, sublime theme, realistic story with a touching climax made the drama a very



The drama "Unity is Divinity" highlighted the importance of Bhagavan's teachings and traditional Chinese values for peace and harmony in the family.

impressive presentation. At the conclusion of the drama, Bhagavan blessed the cast, posed for group photos with them and distributed clothes to them. This was followed by Bhajans and New Year songs by overseas children. The programme came to a close with Arati to Bhagavan at 7.50 p.m. after distribution of Prasadam blessed by Bhagavan. Thus concluded the glorious Chinese New Year celebrations at Prasanthi Nilayam.

We are all kin through God, from whom we have come. Parents and other physical relations are those whose impact we feel on the way. But the source and the goal is God and God alone.

– Baba

NEWS FROM SAI CENTRES

U.S.A.

AN INTERNATIONAL MEDICAL Conference was held in Anaheim, California on 10th-11th October 2009 on the theme “Sathya Sai Ideal Healthcare and the Sathya Sai Global Health Mission.” About 400 healthcare professionals



An International Medical Conference on the theme of “Sri Sathya Sai Ideal Healthcare and Sathya Sai Global Health Mission” was held in Anaheim, California on 10th and 11th October 2009, in which about 400 healthcare professionals participated.

participated as delegates in the conference. These delegates hailed from six continents and from countries such as the U.S.A., the U.K., Canada, El Salvador, Mexico, Argentina, Australia, Indonesia, Malaysia, Brazil, Peru, India, Venezuela, Japan, Nepal, New Zealand, Russia, Colombia, Trinidad, Guatemala, Panama, Switzerland and Nigeria. All delegates were highly accomplished in their respective fields of medicine. All the speakers who spoke in the conference had been involved in the Sathya Sai Global Health Mission for several years. Heads of departments at prestigious universities, who had many publications to their

credit and were active in research, addressed the delegates.

The conference had three main parts: (i) talks and presentations addressing important topics related to the conference theme; (ii) workshop sessions in which delegates were given the opportunity to participate, and (iii) a poster exhibition highlighting the conference theme. The conference began with a soulful rendition of “Amazing Grace” by Smt. Berniece Mead. This was followed by a welcome address by Dr. Michael Goldstein who stressed the importance of Sathya Sai Ideal Healthcare in the daily practice of medicine. Dr. Narendranath Reddy then stated the principles of Sathya Sai Ideal Healthcare based on the Divine Message of Bhagavan Sri Sathya Sai Baba given to healthcare professionals over the last five decades. He also gave a summary of the Sathya Sai Global Health Mission and an overview of the conference. Following this, a brief video, titled “Healing with Love,” was shown, depicting some of the medical activities undertaken by the Sathya Sai Organisation all over the world. Other distinguished speakers who gave talks on the theme of the conference included Dr. Michael Rakoff, Dr. Choudhary Voleti, Dr. Anil Nanda, Dr. Alan Gradman, Dr. Rhoda Nussbuam, Sri Kalyan Ray, Dr. Rama Chandiran Cooppan, Dr. Valluvan Jeevanandam, Dr. Joe Phaneuf, Dr. Jorge Berra, Dr. Héctor Castañeda, Dr. Geetha Kamath, Dr. Chandra Varadachari, Dr. Hari Conjeevaram, Dr. V. K. Ravindran, Dr. Jaya Aysola, Dr. Samuel Sandweiss, Dr. Venkatraman Sadanand, Dr. Surendra Upadhyaya, Dr. Kathirvelpillai Nadanachandran, Dr. Vijaya Chundi and Dr. Krishnamurthi Narasimhan.

Over 70 young physicians attended a Youth Forum to discuss how young physicians could become more active members of the Sathya Sai Global Health Mission, starting with service in their own communities. The final session of the conference on “Vision for the Future”, started off with a summary of “The Future of Ideal Healthcare and Young Physicians”. The young physicians expressed their eagerness to learn and seek guidance from Bhagavan and their elders on how to practise ideal healthcare and take a more active part in the Sathya Sai Global Health Mission. The complete proceedings of the conference can be viewed on “Saicast” website, using the web link <http://www.saicast.org/medconf2009.htm>

A medical exhibition set up on this occasion had nine kiosks, displaying 54 posters, and two kiosks showing movies. The posters and movies covered the conference theme of Sathya Sai Ideal Healthcare and Sathya Sai Global Health Mission.

URUGUAY

The Eastern Cultural Association, a non-profit humanitarian organisation of Uruguay, presented the Eastern Peace Award to the Sathya Sai Baba Organisation of Uruguay for its work in disseminating human values in society on 22nd September 2009. This was the first time that the award was given to an organisation, as for the past 15 years, this award had been given only to individuals. The Uruguayan Sathya Sai Organisation has been providing free training courses in human values based on Sathya Sai Education in Human Values (SSEHV). More than 30 renowned educators, including five psychology professionals, have been conducting these courses. Two basic and two in-depth courses are offered every year, each designed as a three-month course

REPÚBLICA ORIENTAL DEL URUGUAY
ASOCIACIÓN CULTURAL ORIENTAL



AL MÉRITO ORIENTAL A LA PAZ

La Asociación Cultural Oriental hace entrega de la distinción

MEDALLA AL MÉRITO ORIENTAL

Organización Sri – Sathya Sai del Uruguay

Área de Educación

acorde a las disposiciones internas dado en Montevideo,

a los veintidós días del mes de Setiembre del año 2009.-

EL PRESIDENTE DE LA A.C.O.
DR. JORGE GONZÁLEZ DEBASI

SECRETARÍA GENERAL INTERNA
SRA. SANDRA MARCHESANO DE LA ROSA

The Sathya Sai Baba Organisation of Uruguay was presented the prestigious Eastern Peace Award by the Eastern Cultural Association of Uruguay on 22nd September 2009 for its work in the field of value education.

held once a week for two hours in Montevideo, the capital city of Uruguay. Over 300 persons, including 63 teachers, have attended these courses. Two basic courses are also offered in the cities of La Paz and Juan Lacaze. These courses are open to the community at large, although they are aimed at primary and secondary school teachers.

MAURITIUS

The pre-primary section of the Sathya Sai School in Vacoas-Phoenix in Mauritius completed its 10th anniversary in 2009. This special occasion was celebrated on 1st October



The President of the Republic of Mauritius, Sir Anerood Jugnauth inaugurated the primary section of the Sathya Sai School in Vacoas-Phoenix in Mauritius on 1st October 2009.

2009 with inauguration of the primary section by the President of the Republic of Mauritius, Sir Anerood Jugnauth and Smt. Sarojini Jugnauth. Also present on this auspicious occasion were Sri T. Thoda, the Mayor of Vacoas-Phoenix, and many senior officers of the Sathya Sai Organisation. The inaugural function started with the National Anthem accompanied by a musical band. In her welcome address, Ms. Gayeetree R. Samboo, Director of the Institute of Sathya Sai Education, Mauritius spoke about the importance of having a human values-based school in Mauritius, and on behalf of Mauritius, conveyed her gratitude to Bhagavan as the Founder and Chancellor of the school. Smt. K. Bansudeb, Principal of the school, presented the human values-based curriculum and emphasised that the focus was on quality of education and that each student would get individual attention. Children from the pre-primary section presented the universal prayer along with songs and poems on Sathya Sai Education in Human Values (SSEHV). The President of the Republic of Mauritius, Sir Anerood Jugnauth, stated that he was pleased to be associated with the opening of the Sathya Sai School and that human values-

based education was dear to his heart. In 1993, Sir Anerood Jugnauth (then Prime Minister of Mauritius) served as the Chief Guest for the Convocation of Sri Sathya Sai University.

HAITI

On 18th October 2009, 18 members of the Sathya Sai Centre of Port-au-Prince, Haiti, distributed 225 bags of non-perishable food items to the needy. The packages included rice, red beans, corn oil, spaghetti and milk powder. The distributions took place at a hospital for tuberculosis patients, an orphanage and a destitute community called Petite Place Cazeau. Along with the food packages, all received a calendar with Bhagavan's photo.

THAILAND

An annual medical camp was held at the Wat Phu Ngam Temple in Nong Khai province on 3rd October 2009. This medical camp was organised by the Sathya Sai Foundation of Chiang Mai, Thailand. Monks in the temple along with district officials assisted in organising the camp and informing people about the camp. Six medical professionals including four doctors, one pharmacist and one nurse along with 18 volunteers provided loving service to over 225 patients. Also, two meals were provided to the local community, serving about 500 people per meal. In addition, 72 blankets, 120 towels, 200 packs of dry food and clothes were distributed.

– Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: West Godavari district distributed Amruta Kalasams (food provisions) to 158 poor families in different centres in the district. Similarly, East Godavari district gave Amruta Kalasams to 30 selected families and Karimnagar district to 10 needy families.

Anantapur district conducted free marriages for nine couples at Hindupur on 25th October 2009 and two couples in Lepakshi village on 2nd October 2009. It gave all the materials – clothes, Mangal Sutras, garlands, utensils, etc., required for marriage and served sumptuous lunch to 500 people.

East Godavari district conducted State-level Bal Vikas Training Programme at Rajahmundry on 2nd, 3rd and 4th October 2009, in which 102 Bal Vikas Gurus from 20 districts took part.

Delhi: A Sarvadharmha Sadbhavana (amity among faiths) Rally was organised by Sri Sathya Sai Seva Organisation, Delhi-National Capital Region at Noida on 20th December 2009. Bal Vikas children, students of Sai School in Noida, Samithi members



Religious heads of different faiths flagged off the Sarvadharmha Sadbhavana Rally organised by Sri Sathya Sai Seva Organisation of Delhi-NCR on 20th December 2009.

and religious leaders of different religions participated in the rally. The rally was flagged off by heads of different faiths at 10.00 a.m. It traversed different sectors of Noida, covering a distance of about three kilometres. All along the route, Sarvadharmha Bhajans were played and leaflets depicting the theme of the rally and a brief description of activities of the Sai Organisation were distributed. The rally

culminated in Sector 30 where a beautiful altar was set up. At the conclusion of the rally, Arati was offered to Bhagavan and Prasadam was distributed to everybody. Swami's presence was felt all through this rally.

Jammu and Kashmir: Sai Samithis of Satwari, Nanak Nagar and Digiana conducted National Narayana Seva on 17th January and 24th January 2010 at Belicharana which is inhabited by underprivileged and disadvantaged sections of society. Prepared food packets were given to the inhabitants and the fruits were also distributed. Talab Tillo Samithi gave folding bags to the inmates of Apna Ghar orphanage. Bed sheets, dry ration and blankets were also distributed.

Kerala: Sri Sathya Sai Seva Organisation of Kerala has started Sri Sathya Sai National Narayana Seva Programme in different parts of the State. Apart from the devotees bringing rice and pulses to Samithis on Bhajan days, food is being distributed in hospitals, schools and streets everyday.

Under Sri Sathya Sai Village Integrated Programme (SSSVIP), Kollam district adopted Kuriyottumala colony with more than 100 Adivasi (tribal) families. Scarcity of water was the real problem above the hill. A well was dug by the Sai Organisation to solve the water problem of the colony. Old huts are being replaced by new houses. The government has also come forward to help the residents, and is constructing houses for them.

Madhya Pradesh and Chhattisgarh: Sri Sathya Sai Seva Organisation of Madhya Pradesh and Chhattisgarh organised a programme of orientation of its members and students of the educational institutions run by it for two days on 10th and 11th October 2009. The main speaker for these programmes was Dr. Art-ong Jumsai, an eminent scientist and

Director of Institute of Sathya Sai Education, Thailand. On the morning of 10th October, Dr. Jumsai addressed the students of Sri Sathya Sai Vidya Vihar, Indore and advised them that they should not get perturbed by unpleasant words of others and should face all situations in life with calmness of mind. His talk was followed by a question and answer session, wherein he answered the questions of students and clarified their doubts. In the afternoon, Dr. Jumsai addressed the devotees and members of Sai Organisation who had come to listen to his talk from various parts of Madhya Pradesh and Chhattisgarh.

On the morning of 11th October 2009, Dr. Jumsai conducted a workshop on educare for teachers and students, and in the afternoon participated in Bhajans organised in the premises of Sri Sathya Sai Indoor stadium. At the end of his two-day educative and illuminating programme, some press correspondents of reputed papers interviewed him and published these interviews in their papers on the following day.

Maharashtra and Goa: Sri Sai Padhuka Trust conducted a Sri Sathya Sai Paduka Puja Mahotsava (function to worship the sandals



Devotees taking part in Sri Sathya Sai Paduka Puja Mahotsava at Dharmakshetra, Mumbai.

of Bhagavan) at Dharmakshetra, Mumbai from 10th December to 13th December 2009. Dharmakshetra was decorated beautifully on this occasion. The four-day festival was inaugurated by Smt. Ameeta Chavan, wife of the Chief Minister of Maharashtra, Sri Ashok Chavan. Many dignitaries including Sri Indulal Shah and Smt. Sarla Shah took part in the festival. Various Yajnas were conducted with the main goal of uniting humanity and bringing in harmony in the strife-ridden world. Sumptuous food was served three times a day to all devotees who came to Dharmakshetra. Narayana Seva was performed on all the days of the function. Every evening, there was a cultural programme on the theme of the Guru and Padukas. On the final day, Poornahuti of the Yajna was performed and every devotee was offered a chance to perform Abhishekam to the sacred Padukas.

Manipur: A free medical camp was organised by Thangemeiband Samithi on 27th December 2009 in Kadangband, a village under Village Integrated Programme of the State. Eight doctors examined 225 patients and distributed free medicines. The villagers expressed gratitude to Bhagavan for the selfless service done by the Sai Organisation.

Tamil Nadu: The Third Annual Sadhana Camp for former Bal Vikas students was organised at Erode by Sri Sathya Sai Organisation of Erode district on 26th and 27th December 2009. As many as 144 former Bal Vikas students, settled fairly well in their life, attended the Sadhana Camp along with their families. Altogether, 1,200 participants took part in the Sadhana Camp which included 393 present Bal Vikas students. The camp was an expression of students' love, gratitude and reverence for

Continued on page 96...

JODI ADIPALLI SOMAPPA

A DEVOTEE, S.R.V., FROM Bangalore came to Puttaparthi with his wife and child for Bhagavan's Birthday festivities on 23rd November 1958. He left Prasanthi Nilayam on 25th at 12.45 p.m., taking leave of Baba and receiving from His hands Vibhuti which He gets by a mere wave of the hand, as well as a few oranges.

At 5.30 p.m. that evening, when some devotees gathered round Him at Prasanthi Nilayam, Baba told them a dramatic tale of 'death' and 'rebirth'. He said that S.R.V.'s child, Geetha Sudha, called Sudha for short, had died on the way to Bangalore at 2.45 p.m., but He left His body at Puttaparthi and hurried to the place and manifested Himself as an old man and saved the child. His narration was full of details and very clear, and devotees who keep diaries of their experiences recorded every word of it.

He said, the child was sleeping on the back seat of the car. A scratching sound was heard by the mother who turned back and was shocked to find the baby stiff and blue and practically lifeless, upon which the moving car was stopped. The time was 2.45 p.m. and the place was between Palasamudram and Bagepalli. A huge crowd of villagers gathered on account of the wailing and everyone started advising all kinds of remedies and cures. A bus proceeding to Hindupur was stopped which added to the confusion. As soon as the bus moved off, Baba appeared as an old man and demanded that the child be given over to Him, saying that He had heard about the tragedy

and had come running to the place. He asked the party for a little Vibhuti, because He was sure they had it. Keeping the child on His lap, He showed it His real form, upon which the baby cried. He pretended to go through some curative rituals and handed over the baby to the overjoyed parents. S.R.V. thanked Him profusely for His service and offered to pay Him a rupee, which He refused to accept.



Child Sudha with her Saviour, Bhagavan Sri Sathya Sai Baba.

On 28th November, a long letter written by S.R.V detailing the entire incident was received at Puttaparthi and it was given over by Baba to be read by those who had heard Him describing the miracle three days earlier, within a few hours of the 'death' and 'rebirth.' What a surprise it was to read in the letter that the child was sleeping on the back seat when there was heard a scratching sound and the body was stiff and breathless! The villagers ran in from all directions, and there were suggestions galore. The Hindupur bus was stopped at the scene. Then, suddenly from among the crowd, an old man emerged who shouted, "Give the child to me." Two women and one man who also came with the old man also pleaded, "Lady, he is famous as a curer of children's diseases and has saved many children from death." The old man placed the child on His lap and the child began to cry. He also heated a copper wire and applied it to the child's brow. We thanked him much for saving the child and requested him to accept at least a rupee as a reward. But, in spite of our best efforts, he refused to accept it. I then gave him an orange from among the ones which Baba had given us while leaving. He asked us to

leave for Bangalore without worry and do Arati to our Ishtadevata, Venkataramanaswami as soon as we reached home. I asked him his name and he gave it as Jodi Adipalli Somappa. I am now certain that the old man was none other than Baba Himself. I also suspect that the three villagers who asked us very forcibly to give Sudha into His hands were also ad hoc creations of His Leela. My inference is that Baba must have gone into a 'trance' at about 2.30 or 2.45 p.m. on 25th.

We, who had heard Baba relate the whole thrilling story on the 25th evening itself have no doubt in our minds that Jodi Adipalli Somappa was none other than Baba Himself, who manifested Himself 75 km away to save the child!

Om Sri Sai Jodi Adipalli Somappaya Namah... (salutations to Jodi Adipalli Somappa) Mysterious are the ways of the Lord. Words are of no avail to describe Him. The mind is too feeble an instrument to measure His glory... "Aprapya Manasa Saha (He is beyond the reach of the mind)!"

– by Prof. N. Kasturi
"Sanathana Sarathi", May 1959.

...Continued from page 94

Beloved Bhagavan and their Gurus, who guided them and moulded their character in the formative years of their lives. The camp provided a forum for free exchange of thoughts and views on Sai culture and for working out a plan of action to increase the number of Bal Vikas centres so as to benefit a larger spectrum of society. Apart from the traditional events like Nagar Sankirtan, Sai Bhajans and other activities, the participants were also briefed about Sri Sathya Sai National Narayana

Seva Programme. The meeting conveyed the message to present Bal Vikas children that value education which they imbibed from Sri Sathya Sai Bal Vikas programme was education for life. Success stories of former Bal Vikas students made a great impact on the present Bal Vikas students. The meeting concluded with an assurance from the participants that more members would meet at Erode at the same time next year.

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Applications, with complete bio-data and a passport size photograph, are invited from qualified persons for the following post in Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram – 515134. Candidates under 30 years age as on 01/04/2010 can apply. Application complete in all respects should be sent to the Director, SSSIHMS, Prasanthigram – 515134 on or before 20/03/2010.

Department	Category of Post	Qualification and Experience
C.T.V.S.	Perfusionists	B.Sc. degree from a recognised university. Certificate in Perfusion Technology (awarded by a recognised institution / Association / Authority such as Association of Thoracic and Cardiovascular Surgeons of India) after training in a Centre with at least one year experience in Clinical Perfusion. Desirable One year working experience in Clinical Perfusion.

– *Director*

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Chant God's Name Constantly

If you have a strong desire to see God, contemplate on Him with unwavering faith. Then you can certainly see Him. Never doubt His existence. He exists for those who believe in His existence and does not exist for those who deny His existence. He acts according to your feelings. So, develop faith in Him. Chanting the Gayatri Mantra three times a day, i.e., morning, noon and evening, is not enough. Chant this Mantra perpetually. Why should you stipulate a particular time period for chanting His Name who is beyond time? *Sarvada Sarva Kaleshu Sarvatra Hari Chintanam* (everywhere, at all times, under all circumstances contemplate on God).

– *Baba*

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