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# Sanathana Sarathi



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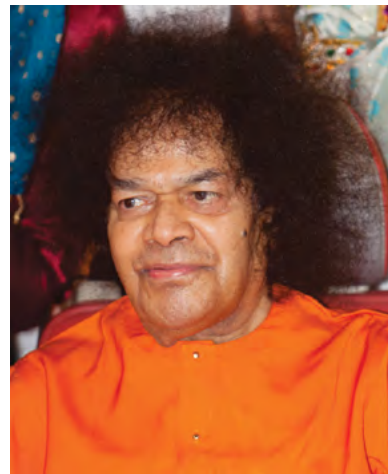
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"Namasmarana is the easiest path to liberation in this Kali Yuga. Therefore, people born in this Yuga are more fortunate than those that lived in the other three Yugas. But, unfortunately, people today are not able to follow such an easy path. You are unable to sit steadily even for a couple of minutes. Then what sort of penance can you perform? It is impossible. Therefore, take refuge in Namasmarana. There is no greater Sadhana than this."



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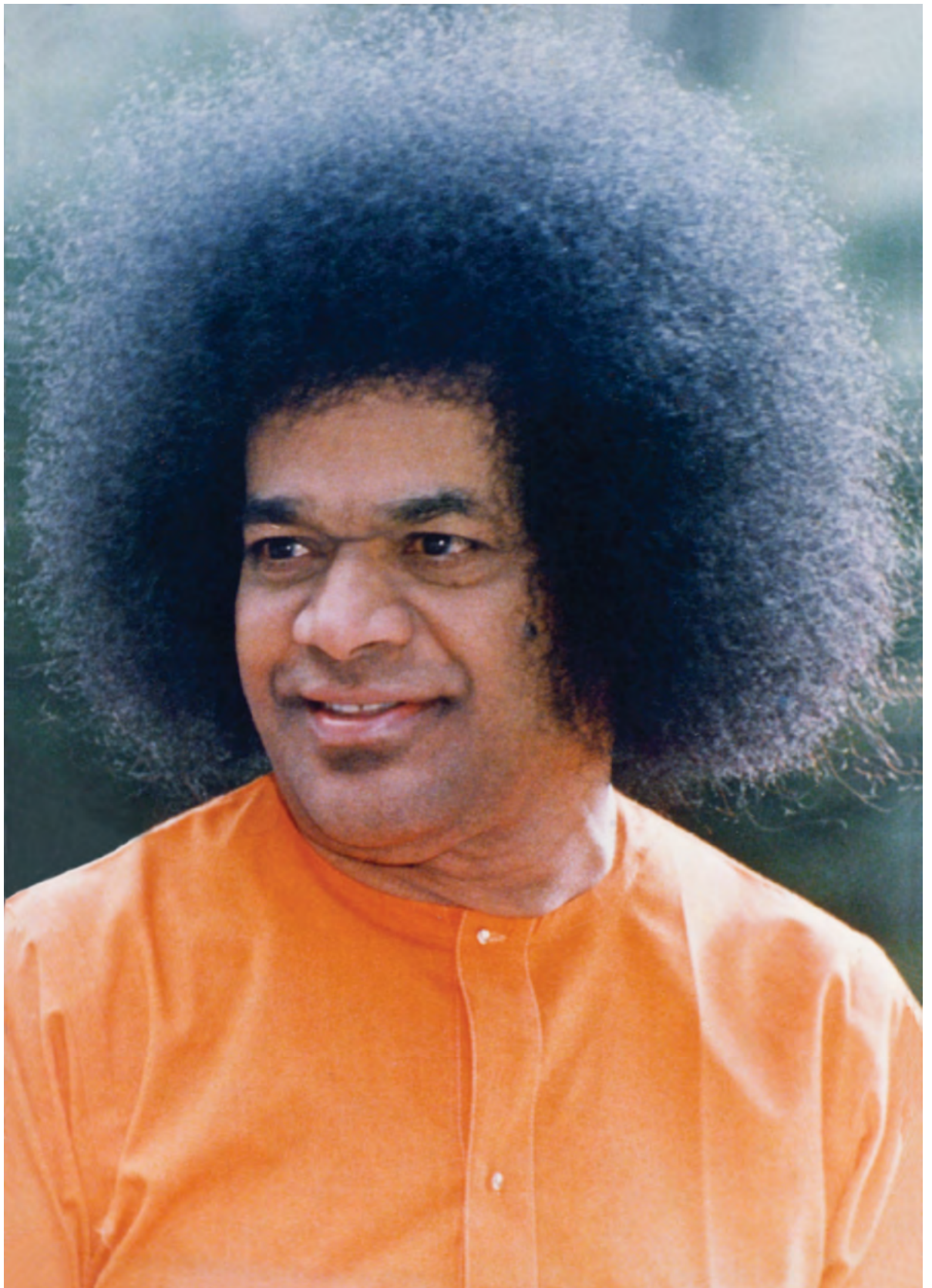
**12th November 6 p.m.**  
**to 13th November 6 p.m. .... Global Akhanda Bhajan**

**19th November ..... Ladies Day**

**22nd November.....30th Convocation of Sri Sathya Sai Institute of Higher Learning**

**23rd November .....86th Birthday of Bhagavan Sri Sathya Sai Baba**





# NAMASMARANA IS THE GREATEST SADHANA IN KALI YUGA

*Oh noble one! Just as a powerful army is the life of a fort, honour is the life of a woman and signature is the life of a promissory note, truth is the life of speech.*

(Telugu Poem)

SAFEGUARD HUMANNES WITH PURITY, PATIENCE AND PERSEVERANCE



FORGETTING THIS PRINCIPLE amounts to forgetting humanness itself.

*Students!*

When you have to speak something, speak according to the requirement of time and circumstances. Speak with humility in such a way that you do not hurt others. Never utter harsh words. Moreover, you should not tell something untrue just to please someone. Whether others like it or not, adhere to truth in letter and spirit. Speak with conviction. Only then will you be respected in society. Uphold the respect of individual, society, nation and human race at large. Speech is the basis for all this. Consider speech as your life-breath.

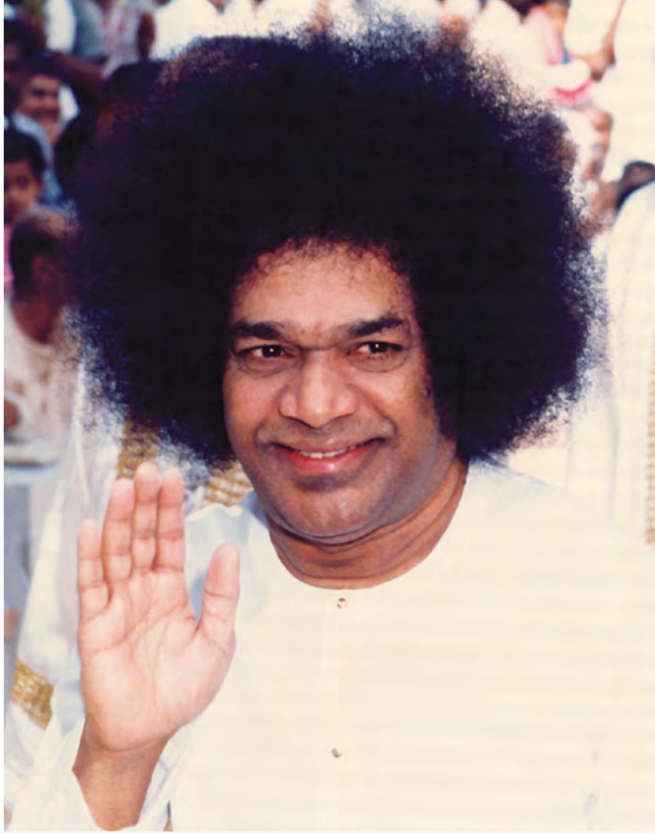
## Truth is the Ornament of Speech

Do you know what for tongue is given to you? Is it to indulge in vain gossip? No, no, tongue is given to you to speak truth. Truth is the ornament of speech as charity is the ornament of hand. Good conduct is the life-breath of man. But man uses his faculty of speech in an arbitrary way, utters falsehood and thereby loses respect in society. What is the true ornament of man?

Truth is the ornament of man. The scriptures say, *Sathyam Bruyath, Priyam Bruyath, Na Bruyath Sathyamapriyam* (speak truth, speak pleasantly and do not speak unpalatable truth), *Sathyam Vada, Dharmam Chara* (speak truth, practise righteousness). These two principles are the cornerstones of Indian culture. You should purify your hearts and refine yourselves by following these two principles.

***When you continuously sing the Divine Name, it drives away all your evil qualities. You yourself can see how blissful you become when you sing the Divine Name. That is why God is described as Ganalola and Ganapriya (lover of music). Sage Narada always sings the Divine Name of Lord Narayana. This is his main task. The Lord becomes ecstatic listening to his singing. There is so much bliss in singing. It captivates one's heart so that one is lost in ecstasy. That is why singing is considered most valuable.***





*There are certain tips to bring your anger under control. The first step is to leave the place as soon as anger arises in you and drink a cup of cold water. Go inside and look at your face in a mirror. You will realise how ugly and distorted your face looks when you are angry. You will look like Surpanakha. Then you will be disgusted with your own anger and say to yourself, "Fie on me. I should never give scope to anger." Even after all this your anger does not subside, go to the bathroom at once, open the tap and put a bucket underneath. As the water starts pouring into the bucket, take that sound as Sruti and start singing the Divine Name.*

Peace is the ornament of noble souls. Truth is the ornament of man. Bliss is the ornament of God. Man can attain supreme happiness only in the contemplation of God. Worldly and physical happiness is momentary. It is not true happiness. Under the influence of pride of wealth and power, man takes to several evil ways. But wealth and power are just like passing clouds. Whether it is physical power or mental power or power of wealth, everything is temporary.

*One may have physical prowess  
and the power of intelligence,  
But one will come to grief if one  
lacks divine grace,*

*Karna was a great warrior but  
what was his fate?*

*Never forget this truth.*

(Telugu Poem)

Karna had physical power, power of intellect and power of weapons. In fact, he was endowed with all powers. He was much superior to Arjuna in all these respects. Arjuna also did not possess the quality of generosity that Karna had. Karna would never go back on his word. Though he was endowed with all virtues and spirit of sacrifice, he became one of the four wicked Kauravas (Duryodhana, Dussasana, Sakuni and Karna) as he could not go back on the promise given by him to wicked Duryodhana. *Tell me your company, I shall tell you what you are.* Wicked qualities enter you when you associate yourself with





wicked people. Similarly, when you are in good company, you imbibe good qualities. Coal shines like fire when it comes in contact with it. *As is your company, so you become.* As is the flour, so is the Chapati. As is the food, so is the belch.

### **Desire and Greed Cause Man's Downfall**

*Students!*

The wound caused by a fall may heal with time but the wound caused by harsh words can never be healed. Consider truth as your life-breath. When you speak to your parents, friends and elders, you should make sure that your speech is suffused with truth.

Hanuman was the minister of Sugriva. He came to meet Rama and Lakshmana on the instructions of Sugriva. Rama was very much pleased with the soft and sweet manner of Hanuman's speech. He said to Lakshmana, "Dear brother, he is endowed with peace, virtues and valour. His peace is reflected in his speech. His virtues are evident in the respectful manner he is conducting himself. His valour is obvious in the way he has come down from the top of the mountain Rishyamuka in the twinkling of an eye." Man's good or bad qualities are revealed in his speech. All that he experiences is the reaction, resound and reflection of his speech.

You all know, there is widespread prevalence of wickedness and injustice in the world today. All this is due to the influence of Kali Age. Man today is bogged down by desire and greed. He has unlimited desires. There is nothing wrong in desiring things which are necessary for daily life. We need certain things in order to maintain the dignity and honour of our family. It is our duty to safeguard the honour and welfare of society.

The honour of society is the honour of the country. First comes individual, then society and thereafter nation. Therefore, students should first develop individual character. This imparts value and respect to an individual. Thereafter, you should uphold the honour of your family. In ancient times, people used to give great importance to the honour of the family in matrimonial alliances. But today nobody bothers about the character of the individual or the honour of the family. It is natural for man to have noble desires keeping in mind individual character, honour of the family and welfare of society.

Secondly, man today is obsessed with greed. It is not possible to say how many people have lost their lives because of their greed. Wherever we see today, virtues and friendship are not being valued; only money has become most important for man. So many people accumulate enormous wealth. But where does all their wealth go? What are they doing with it? Do they spend it for any good cause or charitable purpose? Do they use it for providing education and health facilities to the poor? Nothing at all. Were there not so many kings who accumulated wealth and earned great name and fame? Where are they now? They did not take with them even a fistful of sand when they departed from this world. However, there is nothing wrong in earning money to meet our essential needs in our day-to-day life. You think the education that you acquire is meant only to earn money.

*You may boast of amassing great wealth but you cannot attain even an iota of peace with it.*

*You may boast of high education but it cannot help you to attain even a little peace in this world. (Telugu Poem)*



This is the 'greatness' of modern education! It only promotes vain argumentation, which gives rise to enmity but not peace. Therefore, it is not good to indulge in argumentation.

There are three P's that man has to develop to safeguard his humanness – Purity, Patience and Perseverance. These are the three essential human values. When you have purity, you will attain Sathya and Dharma and experience bliss by practising them. When you have patience, you will have righteous conduct and observe non-violence. When you have perseverance, you will attain all the human values. When there is love and righteousness in you, you will never resort to violence. One who has truth and peace will never feel agitated in any situation. Even if you have only one of these four human values, namely, Sathya, Dharma, Santhi and Prema, you will certainly observe non-violence. There is no need to make any special effort to develop non-violence. It is enough if you have at least one of these four human qualities.

*Due to the absence of fear of sin and love for God, humanness has declined in human beings. This is detrimental to universal peace.* (Telugu Poem)

One may be a simpleton without any intelligence or intellectual capabilities, but if one has fear of sin it is enough. You may have any amount of wealth, gold and worldly possessions but if you lack fear of sin, you can only be considered as an ignoramus. Once Prahlada told his father, "Why do you kill innocent people just as you hunt wild animals in the forest? You are indulging in acts of violence in order to expand your kingdom. What do you gain by killing so many people? This is not what you are supposed to do. How

***Students today should take a pledge to work for the welfare of society and protection of the country at large. Then only their education can become worthwhile. You can attain peace only when you serve the country. You are born and brought up in society. The help and encouragement that you receive from society is responsible for your progress. Therefore, you should serve society and express your gratitude to it.***

can one, who has become a slave to inner enemies, conquer his external foes? You have many great enemies within you. What are they? They are Kama, Krodha, Lobha, Moha, Mada and Matsarya (desire, anger, greed, delusion, pride and jealousy). Having surrendered to these six inner enemies, you are killing innocents outside. It is a great sin." First and foremost, you should kill your inner enemies like Kama, Krodha, Dwesha, etc. Only then can you develop fear of sin. What is the reason for the unrest prevailing in the country today? The reason is lack of fear of sin and love for God. There is unrest and agitation wherever you see, either in the forest or on the top of hills, either in the towns or in the villages. All of you know, if there is only one bangle in the hand, it does not make any noise. But as soon as you have another bangle, they will start making noise. Similarly, wherever two people come together, there is unrest and agitation. Due to the impact of Kali Age, forbearance, sympathy, friendship, compassion and kindness have become extinct. Everywhere there is only selfishness and self-interest.

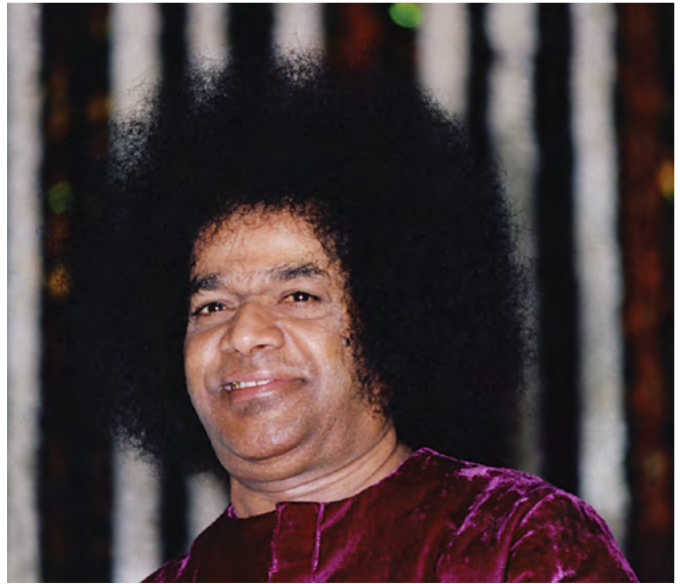


Students today should take a pledge to work for the welfare of society and protection of the country at large. Then only their education can become worthwhile. You can attain peace only when you serve the country. You are born and brought up in society. The help and encouragement that you receive from society is responsible for your progress. Therefore, you should serve society and express your gratitude to it.

### **Help Others to the Extent Possible**

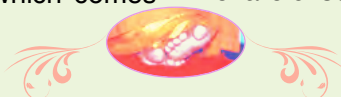
When you speak good words, you can win the trust of others. Emperor Bali said to his Guru that there was no greater sin than going back on one's promise. He even disregarded the advice of his Guru in order to adhere to truth. When Vamana asked Bali for three steps of land, his Guru Sukracharya cautioned him, saying, "Oh Bali! He is not an ordinary person, but Lord Narayana himself. You will become a pauper if you give Him the three steps of land that He has asked for." Bali replied, "Swami, when God Himself has stretched His hand before me to beg, who am I to deny? I will certainly fulfil my promise. I don't care what my fate would be. It is my great good fortune that my hand is above His hand. Can there be any greater good fortune for me than this? I am prepared to do anything to attain this blessedness."

Your honour lies in keeping up your word. Youth is like a passing cloud which comes



*There are three P's that man has to develop to safeguard his humanness – Purity, Patience and Perseverance. These are the three essential human values. When you have purity, you will attain Sathya and Dharma and experience bliss by practising them. When you have patience, you will have righteous conduct and observe non-violence. When you have perseverance, you will attain all the human values. When there is love and righteousness in you, you will never resort to violence. One who has truth and peace will never feel agitated in any situation.*

and goes. Neither it is there in the beginning nor will it last till the end. It comes and goes in the middle like running water under the feet. How long can it last? You should not be proud of your youth which is so transient and temporary. Keeping in view the future and welfare of society, develop unwavering vision





and steady mind. Not only this, you should bring a good name to your parents. They work hard and bear all types of difficulties for your welfare and progress. Their only desire is that you should study well, come up in life and earn a good name. Therefore, you should make efforts to give them peace and happiness.

In spite of all his education, a foolish person will not know his true Self. What is all this modern education? It only gives bookish knowledge. You cannot earn good name with this type of education. You can earn a good name in society only through good actions. Try to alleviate the suffering of your fellowmen. Help others to the extent possible. Just because Swami has told you to develop spirit of sacrifice, you should not go beyond your capacity. You cannot have more water than the capacity of your container. You can have only as much water as it can hold. If you want to have more water, you should have a bigger container. That is to say, you should broaden your heart. Then you will have broad feelings.

#### *Students!*

Whenever any thought arises in you, you should use your power of discrimination and enquire, whether it is good or bad, right or wrong. Only then should you act upon it. Do not act in haste. *Haste makes waste, waste makes worry. So, do not be in a hurry.* Take your time and enquire before doing anything. However, this does not mean that you should unnecessarily waste time. Time is God.

Today the situation in society is such that people try to misuse even the good actions of others. Even if you help them, they try to harm you. No doubt, one should help even those that harm him.

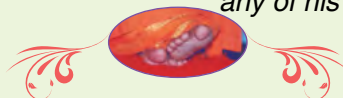
*There is nothing great in helping those who have helped you. He is a noble one who helps even those who have harmed him.* (Telugu Poem)

But you must use your discrimination while helping others. You should think to what extent you can help such people. I have told this story earlier also. When Mohammad Ghori attacked Prithvi Raj, he was completely defeated by Prithvi Raj. But Prithvi Raj, being a large-hearted ruler, forgave him and let him go scot free. Later, Mohammad Ghori again attacked Prithvi Raj and defeated him. Mohammad Ghori made Prithvi Raj captive and blinded him. He did not have gratitude towards Prithvi Raj who had earlier allowed him to go back unharmed. You should, therefore, be cautious in practising forgiveness while dealing with a cruel person. No doubt forgiveness is a great virtue, but it will do more harm than good if it is practised with respect to an evil-minded person. You should forgive such a person once or at the most twice. You should not forgive him every time he harms you, otherwise you will be put to danger.

#### **Tips to Control Anger**

Always have good feelings and good thoughts towards everyone. However, you should conduct yourself with great caution as per the demands of the time and situation. Learn to talk softly, sweetly in a pleasing manner. It is only for your own satisfaction and not for others. At times, you are overpowered by anger which creates great agitation in your mind. But you should make efforts to calm it down. Do not act immediately in a fit of anger.

*One with anger will not be successful in any of his endeavours.*



*He will commit sins and will be ridiculed  
by one and all.*

*His own people will abandon him.*

*He will lose all wealth and respect.*

*His anger will ruin him completely.*

(Telugu Poem)

Students! There are certain tips to bring your anger under control. The first step is to leave the place as soon as anger arises in you and drink a cup of cold water. Go inside and look at your face in a mirror. You will realise how ugly and distorted your face looks when you are angry. You will look like Surpanakha. Then you will be disgusted with your own anger and say to yourself, "Fie on me. I should never give scope to anger." Even after all this your anger does not subside, go to the bathroom at once, open the tap and put a bucket underneath. As the water starts pouring into the bucket, take that sound as Sruti (pitch) and start singing the Divine Name. All your sins are washed away when you sing Bhajans. You can also take a quick walk for a while. All these tips act like medicines and bring your anger under control.

Our ancients used to develop their natural human qualities by following such methods. At that time, there were no pills which would reduce anxiety and calm down the mind. Today, as soon as you are in the grip of anxiety, the doctor gives you a pill. These pills act like sedatives and put you to sleep. You should not form the habit of taking such pills. What is the pill that we are supposed to take? *Harer Nama Harer Nama Harer Namaiva Kevalam, Kalau Nastyeva Nastyeva Nastyeva Gathiranyatha* (chanting of the Divine Name is the only path to liberation in this Age of Kali). Chanting of

***When you have to speak something, speak according to the requirement of time and circumstances. Speak with humility in such a way that you do not hurt others. Never utter harsh words. Moreover, you should not tell something untrue just to please someone. Whether others like it or not, adhere to truth in letter and spirit. Speak with conviction. Only then will you be respected in society. Uphold the respect of individual, society, nation and human race at large. Speech is the basis for all this. Consider speech as your life-breath.***

the Divine Name is most important in this Kali Age. There is no better medicine than Namasmarana. Therefore, always chant the Divine Name. Chanting of Divine Name will do away with all your troubles and unrest and confer peace and bliss on you. What is the greatest power in this Kali Age?

*Oh noble one! There is no Yuga like Kali Yuga because one can attain liberation in this Yuga merely by chanting the Divine Name.*  
(Sanskrit Verse)

### **Chant the Divine Name and Attain Bliss**

There is nothing greater than the chanting of the Divine Name in this Kali Age. This is the best medicine for all worldly ills. Dhyana, Yajna and Archana (meditation, sacrifice and worship) are prescribed as the primary means of liberation in Krita, Treta and Dwapara Yugas respectively. Namasmarana is the easiest path to liberation in this Kali Yuga. Therefore, people born in this Yuga



are more fortunate than those that lived in the other three Yugas. But, unfortunately, people today are not able to follow such an easy path. You are unable to sit steadily even for a couple of minutes. Then what sort of penance can you perform? It is impossible. Therefore, take refuge in Namasmarana. There is no greater Sadhana than this.

When you continuously sing the Divine Name, it drives away all your evil qualities. You yourself can see how blissful you become when you sing the Divine Name. That is why God is described as Ganalola and Ganapriya (lover of music). Sage Narada always sings the Divine Name of Lord Narayana. This is his main task. The Lord becomes ecstatic listening to his singing. There is so much bliss in singing. It captivates one's heart so that one is lost in ecstasy. That is why singing is considered most valuable. One may not know the nuances of music like Sruti, Laya, Raga and Tala (pitch, rhythm, tune and beat), but one should sing wholeheartedly with feeling. There are three ways to utter the Divine Name. You can pray in words, "Oh Rama, please protect me" or the same can be said in the form of a poem also. However, they are not very pleasing to hear. But when you express the same prayer in the form of a song, it directly enters the heart, because there is so much of sweetness and bliss in singing. That is why Narada continuously sings the Divine Name, "Narayana, Narayana..."

Once Sage Narada approached Lord Narayana and prayed to Him to explain the efficacy of Rama Nama. "Narada! Look, there is a parrot on the tree. Go and ask the parrot to chant Rama Nama once," said Narayana. Obeying His command, Narada went to the parrot and asked it to chant the

Name of Rama. The moment the parrot heard the Divine Name of Rama, it dropped down dead from the tree. Narada went back to Narayana and said, "Oh Lord! As per Your command, when I asked the parrot to chant Rama Nama, it breathed its last." Then Narayana said, "Oh Narada! Do not worry about the death of the parrot. Just now, a cow has given birth to a calf. Go and ask the calf to chant the Name of Rama." Narada was afraid lest the calf should also meet the fate of the parrot. However, obeying the command of Narayana, he asked the calf to chant the Divine Name of Rama. As soon as the newborn calf heard the Name of Rama, it also dropped down dead.

When Narada informed the matter to Narayana, He again commanded him to go to the palace of a king who was blessed with a son and ask the prince to chant the Divine Name of Rama. Narada was fear-stricken, but Narayana insisted that Narada should obey His command. Narada went to the palace and asked the newly-born prince to chant Rama Nama once. The prince saluted Sage Narada and informed him that by the mere listening to Rama Nama just once, he was transformed from a parrot to a calf and from a calf to a human being as a prince. He expressed his gratitude to Sage Narada for initiating him into Rama Nama. Thus, Divine Name confers human birth, which is considered a rare gift.

(Bhagavan concluded His Discourse with the Bhajan, "*Hare Rama Hare Rama Rama Rama Hare Hare...*")

– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 12th July 1996.





# CELEBRATIONS AT PRASANTHI NILAYAM

## YUGAVATAR SAI: A BURRA KATHA PRESENTATION

**T**HE POPULAR FOLK ART form of Andhra Pradesh “Burra Katha” came alive at Prasanthi Nilayam when three former students of Sri Sathya Sai Institute of Higher Learning made a beautiful presentation of this art form in Sai Kulwant Hall on 27th August 2011. The exalted theme of the Burra Katha was “Yugavatar Sai.” The programme began at 5.00 p.m. with a devotional song dedicated to Lord Ganesh, followed by a composition dedicated to Bhagavan Sri Sathya Sai Baba. The Burra Katha then dwelt on the Advent of the Avatar of Kali Yuga and His matchless divine glory and splendour and highlighted His teachings through poetry, music, song and dance which kept the audience spellbound for nearly one hour. The three students who acted the roles of storyteller, interpreter and humorist as per the tradition of this folk art performed well and narrated the story lucidly through appropriate narration, astute interpretation, comic interludes and melodious songs set to thrilling music. The presentation concluded at 6.00 p.m. and was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.10 p.m.

## ID UL FITR FUNCTION

The sacred and joyous festival of Id Ul Fitr was celebrated at Prasanthi Nilayam with great piety on 31st August 2011. On this occasion, the students of Sri Sathya Sai Institute of Higher Learning presented a

special programme in Sai Kulwant Hall. The programme began at 5.00 p.m. with chanting of sacred verses from the Quran by a group of students. While these verses were chanted, they performed Namaz as devout Muslims



*On the occasion of Id Ul Fitr, the students of Sri Sathya Sai Institute of Higher Learning made a musical presentation which showcased the teachings of Islam and its religious practices.*

perform in a mosque. Thereafter, the students presented devotional songs and Qawalis interspersed with meaningful commentary which highlighted the main tenets of Islam and the significance of sacrifice, prayer, charity, faith and fasting during the holy month of Ramadan. Well-delivered dialogues and thoughtfully-selected songs and Qawalis suited to the occasion brought out the inner meanings of the teachings of Islam and its religious practices. At the end of this excellent presentation, there was a brief session of Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.05 p.m.

## GANESH CHATURTHI FESTIVAL

Devotional fervour and gaiety marked the celebration of Ganesh Chaturthi at Prasanthi



Nilayam. The three-day celebrations started on the sacred day of Ganesh Chaturthi on 1st September 2011 and concluded on the afternoon of 3rd September 2011 with the immersion of Ganesh idols.

On the morning of 1st September 2011, the programme began at 8.30 a.m. after half an hour of Veda chanting in Sai Kulwant Hall. First, the students of Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning made a presentation of devotional music which comprised devotional songs

Lord Ganesh were led by the students of Prasanthi Nilayam and Anantapur Campus. The morning programme concluded with Arati at 9.30 a.m. The worship of idols of Lord Ganesh installed in various premises of colleges, schools and offices was conducted by the concerned groups of students and staff members which continued for three days.

On the afternoon of 1st September 2011 also, the students of Prasanthi Nilayam made a presentation of devotional songs including some beautiful classical numbers dedicated to Lord Ganesh. Each song was preceded by a thoughtfully-worded commentary which added value and richness to the programme. The programme which began at 5.00 p.m. after Veda chanting in Sai Kulwant Hall concluded at 5.50 p.m. This was followed by a brief session of Bhajans and distribution of Prasadam. The day's programme concluded with Arati at 6.00 p.m.



*The students of Sri Sathya Sai Institute of Higher Learning made an excellent devotional music presentation on 1st September 2011 on the occasion of Ganesh Chaturthi.*

and Stotras (praise songs) dedicated to Lord Ganesh. Rendered with great devotion, the songs included a couple of enrapturing Carnatic classical numbers, and the Stotras included Ganeshashtakam, Ganapati Stotram and Ganesh Pancharatna Kirtanam. The entire programme of 45 minutes duration was interlaced with meaningful commentary which highlighted the divine glory of Lord Ganesh. After this musical presentation, there was a Bhajan session of about 15 minutes, wherein Bhajans dedicated to

On the third day of Ganesh Chaturthi, the idols of Lord Ganesh after three days of worship at various premises were brought to Sai Kulwant Hall in colourful processions by the groups of students and staff members on the afternoon of 3rd September 2011. Mounted on vehicles of various fascinating shapes and décor, all the Ganesh idols were lined up in Sai Kulwant Hall which presented a grand spectacle to the viewers and showcased the creative and innovative talent of the students and staff members who designed them. Some of the attractively designed vehicles were





*Beautifully decorated Ganesh idols were lined up in Sai Kulwant Hall, from where they were taken out for immersion after due ceremony on 3rd September 2011.*

in the shape of helicopter, butterfly, Garuda (eagle), swan, besides chariots and temples of various shapes and sizes. In all, there were 25 vehicles accompanied by groups of students and staff members who carried them. As these vehicles were aesthetically arranged in the hall, Veda chanting group of students started chanting sacred Vedic hymns. Meanwhile, the groups of students and staff members who accompanied various vehicles started circumambulating the Bhajan Mandir. This was followed by a beautiful dance dedicated to Lord Ganesh by the students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam. At the conclusion of this charming dance, the groups of students and staff members came one by one in front of Bhagavan's Samadhi and offered their salutations to Bhagavan. Meanwhile, Prasadam was distributed to all. After the Mandir priest offered Arati to the idols of Lord Ganesh, they were taken out of the hall for immersion. This colourful ceremony which started at 4.50 p.m. concluded at 5.20 p.m., after which Bhajans were started in the hall. The programme concluded with Arati at 6.00 p.m. With this concluded grand Ganesh Chaturthi celebrations at Prasanthi Nilayam.

### "SAI SANNIDHI" FUNCTION

More than 200 students of Bhagavan working in His various institutions organised the programme "Sai Sannidhi" (proximity to Sai) at Prasanthi Nilayam on 4th September 2011 on the occasion of 39th anniversary of Sri Sathya Sai Central Trust. The programme started at 5.00 p.m. with an introductory speech by Sri Shashank Shah, a faculty member of Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning. Sri Shah narrated how Bhagavan personally involved Himself in all activities in the Mandir, college and hostel to shower His love and blessings on His students. Expressing deep gratitude to Bhagavan for His unbounded love and for choosing His students as His instruments for His Divine Mission, Sri Shah introduced two speakers who addressed the gathering on this occasion.

The first speaker was Sri Veda Narayanan, a Vedic scholar and Sanskrit teacher, Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam. Quoting from a message of Bhagavan, Sri Veda Narayanan stated that Bhagavan incarnated on earth to protect and give joy to all mankind. Sri Sathya Sai Central







*A devotional music presentation formed part of "Sai Sannidhi" programme held on 4th September 2011, on the occasion of the 39th anniversary of Sri Sathya Sai Central Trust.*

Trust set up by Him on 2nd September 1972 had been performing yeoman service to mankind since its inception following the ideal of Bhagavan, *Manava Seva is Madhava Seva* (service to man is service to God), added the learned speaker. Speaking about the unique relationship that existed between Bhagavan and His students, Sri Veda Narayanan observed that it was the sacred responsibility of the students of Bhagavan to carry forward His Divine Mission. The second speaker who addressed the gathering was Sri B. Arvind from Prasanthi Digital Studio, Prasanthi Nilayam. Recounting one of his wonderful interactions with Bhagavan, Sri Arvind stated that Bhagavan asked him to hold His hand when he requested Him to hold his hand, meaning man should hold on to God for his liberation. Narrating another experience, Sri Arvind observed that surrender to God was the key to man's happiness.

These talks were followed by a beautiful music programme comprising five songs dear to Bhagavan. The songs were preceded by experiences narrated by the students and were accompanied by relevant video support which made the programme all the more lively

and interesting. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.45 p.m.

## ONAM FESTIVAL

The sacred festival of Onam was celebrated at Prasanthi Nilayam with great devotion and piety. About 4,000 Sai devotees including teachers and Bal

Vikas children came from various parts of Kerala to celebrate it in the sacred precincts of Prasanthi Nilayam. On this occasion, various music and cultural programmes were organised for four days, from 6th to 9th September by Sri Sathya Sai Seva Organisation of Kerala in Sai Kulwant Hall which was aesthetically decorated with flowers, coconut leaves, plantain leaves, colourful parasols and buntings. During the course of Onam celebrations, Sai Kulwant Hall reverberated with sweet notes of Panchavadyam music played by a music troupe of Kerala.

In a function held on 6th September 2011, about 400 patients of Kerala along with their family members gathered in Sai Kulwant Hall to express their gratitude to Bhagavan for their free heart surgery in super speciality hospitals at Prasanthigram and Whitefield and post-operative care by the Sai Organisation of Kerala under Sri Sathya Sai Rehabilitation Programme. The function began at 5.00 p.m. with an introductory speech by Prof. E. Mukundan, State President, Sri Sathya Sai Seva Organisation of Kerala, who described



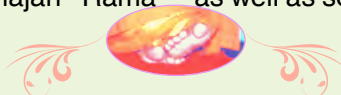
how loving care of the operated patients by the doctors and volunteers of Sai Organisation of the State had touched the lives of these patients and their families and brought about their transformation. He informed the listeners that the Sai Organisation had been able to cover 95% of the operated patients, and would try to achieve the target of 100%. Prof. Mukundan also introduced the two beneficiaries who spoke after him. They were Smt. Zeenath Ashraf from Kondodi in Mallapuram district and Sri Chandran from Kozhikode. Expressing their deep gratitude to Bhagavan and the Sai Organisation for free surgery and post-operative care, the speakers felt that there was no hospital anywhere like the Sai hospitals and no dedicated workers like the workers of Sai Organisation. After the speeches of these two beneficiaries, Dr. Anand Mohan, State Coordinator of the Rehabilitation Programme, described the main features of this programme and its significant effect on the families of beneficiaries. This was followed by Bhajans which started at 5.30 p.m. and concluded at 6.00 p.m. with Arati.

The second programme organised by the Sai Organisation of Kerala as part of Onam celebrations was "Sampradaya Bhajans" (traditional Kerala style Bhajans) by a well-known singer, Sri Vinaya Chandran. Beginning his presentation of devotional music at 5.00 p.m. on 7th September 2011 with the composition dedicated to Bhagavan Sri Sathya Sai Baba "Jai Jai Sai Namō, Jai Jagadisha Namō" (salutations to Sai, the Supreme Lord of the universe), the singer sang beautiful Bhajans in his mellifluous voice for nearly one hour and concluded his programme with the popular Bhajan "Rama

Lakshmana Janaki Jai Bolo Hanuman Ki" (hail Rama, Lakshmana, Sita and Hanuman). It was indeed a very enrapturing programme of Tamil and Malayalam songs and Prasanthi Bhajans which filled each heart with devotional fervour. At the conclusion of the programme, the singer and other artistes who provided musical support to him were felicitated with clothes. After a brief session of Bhajans by the students and distribution of Prasadam, the programme concluded with Arati at 6.00 p.m.

On 8th September 2011, there was a soul-elevating Carnatic music concert by Master Mahadevan which enthralled the devotees for nearly 45 minutes. Starting his concert at 5.00 p.m. with an invocatory song dedicated to Lord Ganesh, entitled "Ekadantam Bhaje" (I worship Ganesh who has one tusk), this 12-year-old child prodigy presented a number of Carnatic music compositions, the rendition of each one of which displayed his mastery of Carnatic music like an accomplished artiste. This was followed by a devotional song by a noted music director Sri T.S. Radhakrishnan who offered his musical tribute to Bhagavan with the composition "Namami Sadgurum Sainatham" (I offer obeisance to Lord Sai, the true Guru). At the conclusion of these musical presentations, clothes were offered to the artistes. The programme came to a close with Arati at 6.10 p.m. after a brief session of Bhajans and distribution of Prasadam.

On the sacred day of Onam, 9th September 2011, the morning Bhajans in Sai Kulwant Hall were led by Kerala Bhajan Group. The same Bhajan Group led Bhajans on the morning of 8th September 2011 also. The Bhajan Group sang Prasanthi Bhajans as well as some new compositions with great



devotion and immersed the devotees who followed the Bhajans in chorus in bliss. In the evening, the programme started with Veda chanting by the Institute students at 4.30 p.m. followed by Veda chanting by Bal Vikas children of Kerala. After this, Sri K. Jayakumar, Additional Secretary, Government of Kerala addressed the gathering. Dwelling on the life and teachings of Bhagavan Sri Sathya Sai Baba, the distinguished speaker observed that Bhagavan exemplified in His life what could be possible with a human birth. He exhorted one and all to attain purity of heart and work selflessly for the good of others as taught by Bhagavan. This, he said, was the best tribute to Bhagavan who showered abundant love and compassion on the entire mankind.

After this inspiring speech of Sri Jayakumar, the students of Sri Sathya Sai Vidyapeeth and Bal Vikas children of Kerala presented a beautiful drama entitled "Krishna Kripa Sagaram" (Krishna, the ocean of compassion). The drama which started at 5.40 p.m. depicted various incidents from the life of Lord Krishna, showcasing His



*A scene from the drama "Krishna Kripa Sagaram" presented by the students of Sri Sathya Sai Vidyapeeth, Srisailam and Bal Vikas children of Kerala on the occasion of Onam, on 9th September 2011.*

divine play of childhood and His divine glory at young age. Most of the incidents were taken from the Discourses of Bhagavan. Excellent acting of the children, good songs and music, beautiful sets, good costumes, make-up and perfect choreography added to the impact and value of the drama. At the conclusion of the drama at 6.40 p.m., clothes were distributed to the children who participated in the drama. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 7.00 p.m.

God is immanent in the world. So, treat the world lovingly, as you will treat your master. Krishna served the Pandavas; He drove the chariot of Arjuna. Though He was not a king, He became much more, a kingmaker. Serve, whatever the obstacle, whatever the cynical ridicule you may attract. Such reactions are inevitable when one is engaged in doing good. Take My example. Praise and calumny have accompanied Me throughout the ages. Opposition and obstacles only tend to highlight the good and strengthen resolve.

*- Baba*



From our Archives

# PERFORM YAJNAS FOR UNIVERSAL PEACE AND PROSPERITY

GOD'S GRACE CONFERS ETERNAL BLISS



*What is recommended is sacrifice of the wayward mind, dedicating it to God, so that it becomes stable and calm. Sacrifice does not mean bringing a living animal and killing it. That is adherence to the outer literal meaning of the injunction, not to the inner and valid import. Listen to the significance of Vedic aphorisms and rituals and scriptural injunctions with selfless, pure and joyful concentration. Treasure them in the heart for practice in daily life and for sharing with other earnest souls.*

**T**HE RISHIS (SAGES) WHO prescribed Yajnas and Yagas did not intend them for the use of a particular country, community or time. They are valid for any country, for any people, at any time. The benediction at the end of the Yajna is *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!).

## Constant Awareness of Divinity is Yajna

Man cannot remain without performing Karma (action) even for a moment. All the twenty-four hours in a day and all the 365 days in a year, man has to perform some Karma or the other. In fact, inhaling and exhaling of breath is also Karma. The Vedas have termed this incessant activity as Nishta (steady pursuit). When this steady pursuit is fortified with firm determination, it assumes the form of Deeksha (dedication). And, offering this dedicated effort to God is Yajna. Yajna is not a separate activity. When the inhaling and exhaling of breath are regulated and the resultant Soham Tattwa (the awareness of "I am that", namely Brahman) is experienced, that



activity itself becomes Yajna. In keeping with the axiom *Yajno Vai Vishnu* (Yajna is verily the embodiment of Lord Vishnu), the breath assumes the form of Lord Vishnu. Do not make light of the process of breathing as a casual activity that consists of routine inhaling and exhaling. When you inhale the breath, utter the word 'So' and when you exhale it, utter 'Ham'. Soham is nothing but constantly reminding oneself that one is none other than God Himself. Thus, the breathing process reminds you constantly that you are an embodiment of divinity. When the breathing is carried out thus, with constant awareness of divinity, it becomes Yajna. Yajnas are of two kinds: Antaryajna (internal) and Bahiryajna (external). The internal Yajna is the striving to realise the divinity within. The Divine is in everyone and it can be realised only through Dhyana (meditation). The mind is the sacrificial altar. One has to offer as sacrifice all one's bad qualities on this altar.

### **Perform Yajnas as per Vedic Injunctions**

Every task in this world has to be achieved by following certain rules and regulations. If they are violated, it is not possible to achieve success in the task. An engineer undertaking the construction of a building decides the type of foundation to be laid by following certain norms. The number of storeys to be constructed in the building depends upon the type of soil and the foundation laid therein. Similarly, for performing a Yajna, a Homa Kunda (pit for igniting fire into which the oblations are offered) and a Vedika (altar) are required to be constructed according to the methods prescribed in the Sastras (scriptures). The altar has to be constructed strictly according to certain pre-determined measurements; otherwise, the very purpose of Yajna will be defeated.

*The Yajnas have yet another significance. Offering to the Lord what He has given to man is a basic duty of the spiritual seeker. The offering is to be regarded not as sacrificing something but as an act of love and gratitude in which one rejoices. The inner meaning of Yajna is renunciation, sacrifice or giving up. For whom? For the Divine. "Lord! The heart that You gave me, I am offering it in return," is the spirit of that renunciation. The heart He has given, the feelings He evokes, the wealth He has conferred, the fame He has awarded – these have to be gladly offered back to God.*

Agni (fire) is of three types – Dakshinagni, Garhapatyam and Avahaneeyam. The fire that is used by a Grihasta (householder) in connection with his daily rituals is called Garhapatyam. Similarly, the fire that is used for propitiating the Devatas with Veda Mantras is called Avahaneeyam. The other type of Agni is Dakshinagni which is used for inauspicious Karmas like monthly and annual ceremonies of the deceased elders. In this connection, a question may be raised as to why there should be three types of Agni, when basically its nature is the same everywhere. The answer is very simple. Are we not classifying Agni into Pakvagni (fire used for the purpose of cooking food) and Smanagni (fire used for cremation of a dead body)? We are not paying our obeisance to these two types of fire. It is only into the Homagni (sacrificial fire) we are offering our





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articles are stored, similarly there is vast difference between the fire in the hearth in our house and the sacrificial fire that is generated through Arani (wooden instrument for producing fire in the traditional way) while chanting the Veda Mantras.

Just as the fire that is handled without proper care and precaution causes harm to us, similarly, any recklessness and carelessness while chanting the Mantras during Yajnas would cause serious harm to the people concerned. Therefore, the Ritwiks (Vedic priests) have to take adequate care to chant the Vedic Mantras with full awareness as to how a particular Mantra is to be chanted and in which Swara (tone). Even the slightest deviation in the tone and content of the Mantras would cause serious mistakes. The person holding the position of Adwaryu (chief priest) will be affected by these mistakes in chanting the Veda Mantras. He is responsible for all the mistakes occurring in the performance of the Yajna. That is why, he undertakes a purificatory ritual for himself after completion of the Yajna. It is the responsibility of the Adwaryu to constantly watch the various rituals like

oblations by chanting the Veda Mantras and inviting (Avahana) the concerned Devatas (gods). Just as there is difference between a post box set up by the postal department and a box in our own house in which some

Homa (oblations), Surya Namaskar (offering obeisance to the sun god) or the Parayana (recitation) of the Ramayana, the Bhagavata or the Durga Saptashati during the Yajna. He





should ensure that no mistakes whatsoever occur during the performance of the Yajna. If we are able to know the Mantra as well as its meaning, we will be able to visualise the form behind the particular Mantra. There is no use chanting “Rudrascha Mey”, “Bhadrascha Mey” routinely. This becomes mere chanting of Mantras by their sound. No result will accrue out of such mechanical chanting. One has to chant the Veda Mantras at least by knowing a little of their meaning.

The sages of the past were not ignorant fools and the Mantras and rites they framed and prescribed were not born of amateur enthusiasm. They are the results of wisdom and actual experience. People who are not aware of this truth will mouth the hymns and Mantras in a casual manner. Others who ruminate over the meaning and feel the emotions of exaltation and supplication are able to derive delight. Recitation without understanding the meaning might grant a little superficial satisfaction but the hymn can pour out from the heart only when the meaning is sensed.

### **Yajnas Bring Peace and Prosperity**

In the Yajna, offerings are addressed as Rudraya Namah, Varunaya Namah, Indraya Namah, Vayave Namah and placed in the fire for Rudra, Varuna, Indra and Vayu. The sages visualised God in those forms. After the fields are ploughed and the seeds are sown, we want rains to get a rich harvest. So, prayer is directed to Varuna, to the address of Varuna. When you desire Kasturi to come but call Kutumba Rao, how can you succeed? For rains, you have to call on Varuna, and not Agni! That is to say, the proper Mantras have to be uttered and the utterance must emerge from the heart. Behind the ritual of fire, there lies a small mystery, which has to

be cleared, so that you can understand how the offering, addressed to the deity which is invoked by the Mantra uttered while placing it in the fire, can reach that very deity. When the offering is dropped into fire in the name of God, the proper name and address have to be uttered at the same time. It is like the post box. When a letter is properly addressed and dropped into the box at Prasanthi Nilayam, it will reach any place even as far as Japan or Russia. If the address indicates Prasanthi Nilayam, it will be delivered to the person at Prasanthi Nilayam. The address has to be full and correct, that is all. And, the postage has to be of the correct value.

### **Offerings in the Yajna Give Multifold Returns**

There are people who observe only the outer acts of the Yajna and blame Brahmins for wastefully pouring ghee into the fire, while men are underfed and starving, and accuse them of foolishly spending money over profitless pursuits. Even educated persons join in this ignorant condemnation.

The ryot ploughs the field, prepares the plots, lets water into them, and makes them fit to receive the seeds. Then, he scatters four bags of paddy in the soil. An ignoramus who does not know agricultural operations laughs at him, “You have gone mad. When people are starving, you throw into the soil the paddy which people would gladly eat!” But in return for the four bags lost, the ‘mad man’ will bring home forty bags after harvest. When two tins of ghee are poured ritually into the sanctified fire, the world will gain two hundred tins of ghee.

Whatever is dedicated and offered to God can never be lost. People can gain enormous benefit by offering even a little to God. A leaf



or a flower, a fruit or a little water – that is enough, if offered with devotion. Draupadi gave Sri Krishna the fraction of a leaf sticking to the side of a vessel and God granted her endless good fortune. Kuchela gave handful of parched rice and received from the Lord awareness of His endless glory. The Yajna bears witness to this inner significance.

### **Yajna Denotes Sacrifice**

The Yajnas are being performed for Ishtaphala Prapti (achieving the desired fruit) and Anishta Visarjana (casting away that which is undesirable). But the real meaning of Yajna is Thyaga (sacrifice). Thyaga in turn involves sacrificing evil qualities like jealousy, ostentation, indulgence and ego. The Vedas propound that man should sacrifice his animal qualities. Anger, heart-burn, jealousy, envy and conceit – all these are animal qualities. As long as these animal qualities exist in a human being, he is considered to be an animal. The Bhavaroga (disease of worldliness) increases by supplying everything that is desired by a person. It will never be cured by so doing. That is why, God does not grant all that a human being desires. In fact, most people do not ask what is desirable. If you pray to God to shower His grace that can confer eternal bliss, He will surely grant the same. We think God is stone-hearted and without compassion. If there is unity in thought, word and deed, man becomes truthful. Then, God will certainly confer His grace on man for his progress in worldly as well as spiritual endeavours. He confers happiness here and hereafter. Yajnas are performed to invoke the blessings of the Divine for the peace and well-being of the universe. When the Divine responds with grace, the well-being of all is ensured.

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What is recommended is sacrifice of the wayward mind, dedicating it to God, so that it becomes stable and calm. Sacrifice does not mean bringing a living animal and killing it. That is adherence to the outer literal meaning of the injunction, not to the inner and valid import. Listen to the significance of Vedic aphorisms and rituals and scriptural



injunctions with selfless, pure and joyful concentration. Treasure them in the heart for practice in daily life and for sharing with other earnest souls.

Wrong conceptions about the purpose of Yajna resulted in sacrifice of living beings, and the true purpose of Yajnas was forgotten. Yajna is also called Adhvaram. Dhvaram means “killing”. Adhvaram signifies “non-killing”. Hence, the inner meaning of Yajna is that in which there is no violence. All the Mantras used in Yajnas must lead to bliss and self-realisation. Only when the import of the Mantras is fully understood and experienced will there be self-realisation.

### **Use Knowledge, Wealth and Power for Others’ Good**

The essential significance of Yajna consists in the spirit of sacrifice. Knowledge or power or wealth that is not used for the good of others is useless. The object of Yajna is to make man realise that all the powers given to him should be offered to the Divine to elevate his life. The world has any number of wealthy persons, profound scholars and knowledgeable scientists. But, if they have no compassion and kindness, their wealth or knowledge is of no avail. It is only when we resolve to offer all that we have for the promotion of the well-being of the world and the good of society will we be embarking on real Yajna. Without faith in God and a spirit of sacrifice, all actions will result only in evil.

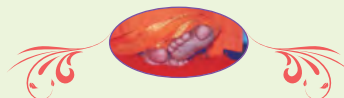
Man today has made considerable progress in science. He labours to acquire wealth, scholarship and skills of various kinds. What is the use of acquiring all these if they are not put to proper use? The use of these things depends on the character of the

persons possessing them. If they are good, these will be put to proper use. If they are bad, these will be misused. If wealth, knowledge or scientific skills are possessed by persons with Rajo Guna (quality of passion), they will be used for wrongful ends. If persons with Tamo Guna (quality of sloth) have them, they will be used purely for selfish ends. The persons with Rajo Guna may some time or other reform themselves, but those with Tamo Guna will use their talents and energies in sinful and anti-social ways.

Man has, therefore, to cultivate primarily the sense of discrimination between right and wrong. The Gayatri Mantra declares, *Dhiyo Yo Na Prachodayat*. It is a prayer to the Gayatri goddess to illumine the mind. Gandhiji’s favourite prayer was *Sab Ko Sanmathi De Bhagavan* (Oh Lord, bestow good sense on everyone). Because, today evil-minded men are active everywhere, the world suffers from violence, disorder and confusion.

Too many wealthy people nowadays prefer to hoard their wealth rather than utilise it for the good of society and for relieving the distress of the poor. They are behaving like a dog in the manger. It is high time every person who wishes to lead a purposeful and righteous life decides to engage himself in service to society and devotes all this wealth and energies to spreading happiness in the community. Men must realise that there can be no greater source of real bliss than Thyaga (renunciation).

– Excerpted from **Bhagavan’s Discourses compiled in “Sri Sathya Sai Veda Vani.”**





## *Effulgence of Divine Glory*

# SWAMI'S SPECIAL MEDICINE



LIVING ACCOMMODATION IN the Ashram was always very scarce. We used to occupy the shed by the canteen to rest at night, but many devotees slept under the trees. It so happened that a prominent Magistrate, Sri Ramachandran, and his wife from Pollachi took the last bit of space in the shed where I was resting. I saw that Smt. Ramachandran was extremely dehydrated as a result of diarrhoea and vomiting. While talking to me, Sri Ramachandran asked if I carried any medicines that could help his wife.

I answered, "I have the medicines to stop the symptoms, but as I am still a medical student I should like first to take your wife to Dr. Brahmam, who is in charge of the small hospital just behind Prasanthi Nilayam." This hospital had only two rooms, with five beds each for men and women patients and an operating theatre in between. There was no need for more beds as Beloved Swami was the Divine force and the best medical doctor and surgeon! I assured Sri Ramachandran that I would do everything I possibly could if the doctor in the hospital approved.

At the hospital, Dr. Brahmam was pleased with my very ethical action in bringing the patient straight to the hospital before administering any medicines. He asked me several questions concerning the patient's condition, approximately how long it would take for her to recover, etc. I told him that as the patient was extremely dehydrated,

she would need three to four days to recover after treatment by intravenous drip and oral medicine.

Dr. Brahmam then confided in me, saying, "I would like to inform you of a very important secret. Beloved Swami has given me



*Bhagavan visits Sri Sathya Sai General Hospital, Prasanthi Nilayam, 1956.*

something for use only during His absence, and only when the patient is serious. I am not supposed to show it to anyone. I am now going to take this simple Bismuth Kaolin mixture which helps to stop diarrhoea, and will add Swami's secret medicine to it. Give this to the patient, one tablespoonful every eight hours, and see the result for yourself."

To my amazement, within eight hours the lady had recovered fully and was walking round the temple (Pradakshina) the same evening. This was a delightful experience for me and a revelation of Swami's Divine blessing on doctors and patients!

*— Excerpted from "Sai Smaran"  
by Dr. D.J. Gadhia*



# Idol Worship



ONCE THE KING OF ALWAR invited Swami Vivekananda to be his guest. When Swami Vivekananda was having some leisure time, the king started conversing with him. During the course of the conversation, the king expressed his lack of faith in idol worship and described it as a foolish practice.

eyes became red with anger. He bit his lips to suppress his anger. However, he did not say anything to Swami Vivekananda because of his devotion and reverence for him, and kept silent not knowing what he should do in such a situation. Then Swami Vivekananda spoke thus in a very soft and serious tone, “Why don’t you like to spit on the picture of



*When the attendant brought down the picture of the king, Swami Vivekananda asked, “Will any one of you like to spit on it?”*



*Swami Vivekananda told the king that God’s form became perceptible to devotees on seeing the pictures or idols of God.*

Suddenly, Swami Vivekananda said to one of the attendants, “Look here! Bring down the picture of the king hanging on the wall.” None could understand the purpose of Swami Vivekananda’s action. However, the attendant brought the picture down as instructed. Then Vivekananda asked, “Will any one of you spit on it?” Everyone became speechless, considering that such an act was no less than a sacrilege. The king’s

the king? Isn’t the king there in it? Is it only a piece of paper or cloth? Since this is the picture of the king, you remember the king on seeing it and show reverence to it. Similarly, when we see the stone or metal idols or pictures of God, our mind perceives the form of God. When the devotees worship the idols or pictures of God, they do it with the faith that God is present in them. I did all this to make you understand this truth.”



# NEWS FROM SAI CENTRES

## INDONESIA



SRI SATHYA SAI YOUTH Leaders Conference was organised at the Werdhapura Village Centre in Sanur from 30th June to 2nd July 2011. About 300 youth from Indonesia, Malaysia, Singapore, Thailand and Laos participated in the conference. The theme of the conference was, "To Be is to Serve." The programme was inaugurated with a cultural performance by Sathya Sai youth. Sri Sanjay Sahni, Director of Sri Sathya Sai Institute of Higher Learning, Brindavan Campus, spoke on the topics, "My Life is My Message," "Who is Sai? Form versus Formless," and "*Guru Seva Bina Nirvana Nahin*," followed by Sri Vijay Menon from Kerala speaking on the theme of the conference. Professor Suresh Govind, President of Sri Sathya Sai Council of Malaysia, spoke on the topic, "Involve to Evolve," and Sri Wayan Gede Yudiana, Deputy Chairman of Sri Sathya Sai Council of Indonesia, spoke on "The Balinese Values: the Spirit of Service."

The conference was interspersed with workshops on the topics, "Ideal Sai Leadership Forum," "The Need of the Hour," and "Values for Humanity: the Escalation of Human Consciousness." On the evening of 1st July, the second day of the conference, Sathya Sai youth gave a musical performance. On 2nd July, the conference concluded with service projects conducted at Serangan Island, also known as "Turtle

Island," where sea turtles are protected from environmental disasters. The service projects included the release of baby sea turtles into the ocean and cleaning of the beach and adjacent mangroves. Sathya Sai youth also took part in providing medical services to over 125 villages. These services included basic health screenings, consultations and distribution of 77 pairs of eyeglasses. The service activities ended with a grand display



*Sathya Sai youth engaged in a grand display of skills and abilities in providing search-and-rescue assistance.*

of skills and abilities in providing search-and-rescue assistance by the Sathya Sai youth amidst a marine disaster. The conference ended with the Sathya Sai youth offering to Bhagavan a resolution stating that the youth would work together as one united Sai Youth force, with mutual cooperation and respect. Sathya Sai youth will continue their ongoing projects including village improvement projects and rural development initiatives.





## UNITED KINGDOM

A National Memorial and Tribute to celebrate the life of Bhagavan Sri Sathya Sai Baba was organised on 30th May 2011 at the De Montfort Hall in Leicester. About 4,000 people from all corners of the country



*About 4,000 persons from all parts of U.K. attended a meeting held in Leicester on 30th May 2011 to offer tributes to Bhagavan.*

attended. The programme commenced with a procession by Sai Spiritual Education (SSE) children, followed by multifaith prayers offered by people of different faiths. SSE children, students from the Sathya Sai School and several devotees spoke, sharing their love for Bhagavan.

Thereafter, National Guru Purnima celebrations took place on 23rd July 2011 at the Stoneleigh Park in Warwickshire North England, with about 1,400 devotees from all corners of the country taking part. The programme consisted of universal chanting by the different faiths, speeches by special guests and a classical music concert by the famous and acclaimed British sitarist, Smt. Roopa Panesar. Community service projects

for the elderly as well as serving food for the needy were organised.

## ITALY

On 26th May 2011, Sathya Sai volunteers from various Sathya Sai Centres and Groups took part in a project: "Grama Seva: a Gift of Love at the Lotus Feet of Our Beloved Sai" as part of national service activities.



*Sathya Sai volunteers of Italy engaged in the distribution of food packages to needy families on 26th May 2011.*

The volunteers served 127 hot meals at the Sathya Sai Centre of Faenza, where a soup kitchen (lovingly called Sai Canteen) was established in 1998. In addition, 150 food packages were served to the needy families. Over 25 Sathya Sai volunteers took part in the service activities. The social services department of the Faenza Town Municipality appreciated very much the selfless service of Sathya Sai volunteers.

## NETHERLANDS

From 3rd to 7th May 2011, a five-day service camp was held in the Netherlands



## THAILAND

On 26th June 2011, over 30 Sathya Sai volunteers from three Sathya Sai Centres visited patients at the Somdej Chaophraya Mental Hospital in Bangkok. Sathya Sai



*Various service activities were performed by Sathya Sai volunteers in a five-day service camp held in the Netherlands from 3rd to 7th May 2011.*

with participation by about 32 Sathya Sai volunteers from various parts of the country. Many service projects were undertaken. Sathya Sai volunteers served the inmates of old people's homes, the mentally and physically challenged as well as young single mothers and children. The premises of a Ganesha temple was cleaned, gardening work was done at a holiday farm for the poor and two gardens were cleaned up. On the final day, Sathya Sai volunteers gathered to share their experiences during the service camp, followed by a special Bhajan session. The day ended with a cultural programme presented to about 300 asylum seekers, who were also invited to present something from their own respective cultures. All participants were brimming with happiness and expressed their heartfelt gratitude to Bhagavan for the opportunity to serve the community.



*Sathya Sai volunteers visited a mental hospital and offered essential items to the inmates on 26th June 2011.*

volunteers, including youth and children, spoke to the patients with love and served them cake and milk. Several necessary items for the patients were also donated. It was a wonderful experience that brought a feeling of oneness to the volunteers.

## SLOVENIA

On 21st May 2011, 23 Sathya Sai volunteers offered their services to low income and physically challenged residents of the town of Črnomelj and the village of Griblje by cleaning their apartments and painting walls, doors and windows. The beneficiaries were happy and grateful, and it was a fulfilling experience for all the Sathya Sai volunteers.





## BELARUS

The 13th National Conference of Belarus was held in picturesque surroundings near Vitebsk (Lyotsy) on 6th and 7th March 2011. The conference had the theme, “Ideal Sai Human Life – Ideal Sai Organisation,” and also an adopted motto of “Help Ever, Hurt Never.” Participants included 38 Sathya Sai devotees and 15 invited guests. All were



*Delegates to the 13th National Conference of Belarus held on 6th and 7th March 2011.*

inspired by the talks and presentations made by Sri Valery Voshchinin, Central Coordinator of the Russian-speaking countries; Sri Victor Lavrov, Coordinator for the spiritual wing and Sri Damir Sibagatullin, Coordinator for the service wing. Seminars conducted on spiritual activity by Ms. Marina Makurina and on educational activity by Ms. Natasha Tsedrik opened new possibilities of expanding the work in these wings.

## CANADA

Vancouver Satsang Cultural Society organised annual interfaith meeting on 12th March 2011 in Vancouver, British Columbia. The theme was “How Religion Plays a Role in the Growth of Communities.” About 100 people attended. There were



*Delegates attending the annual interfaith meeting held in Vancouver on 12th March 2011.*

six speakers, representing Sri Sathya Sai Baba Organisation in Canada, the Unitarian Church, Hinduism, Islam, Buddhism and Christianity. A representative from the Vancouver Sai Centre presented Bhagavan’s teachings about life based on human values, selfless service and importance of personal transformation for a healthy and harmonious community. Participants felt that human values were the undercurrent of all faiths and that life based on universal human values would not only lead to growth of healthy communities but also their sustainability. Attendees showed keen interest in learning more about Sri Sathya Sai Organisation.

## POLAND

Starting from May 2010 through summer 2011, a group of Sathya Sai volunteers have been visiting families affected by floods when severe cyclones and rains hit the central regions of Poland. Sathya Sai volunteers talk to the victims, listen to their woes and identify their essential needs. This has a significant healing effect on those affected by the floods, who often felt lonely and helpless during this tragedy. Furniture and other necessities were provided to the





needy families. Sathya Sai volunteers gained the trust of the local people, as their regular weekend visits became a source of light and joy to the affected families. Sathya Sai volunteers experienced Bhagavan's unseen hand on many occasions.

## GREECE

On 2nd April 2011, Sathya Sai volunteers repaired the roof of a house that was badly leaking and water damaged, where a young couple lived with a two-year-old child and



*Sai devotees repaired the home of a needy family in Greece on 2nd April 2011.*

a newborn baby. The house was located 100 metres uphill on a dirt road, and all the materials were hand-carried to the site. A baby carriage and furniture were also donated to the family. On 2nd and 11th April 2011, a group of Sathya Sai devotees from Sai Centres in Athens, Piraeus and Thessaloniki once again visited the homes of needy families adopted by them and delivered 40 bags of food. On both occasions, a paediatrician joined the team and looked after all the medical needs of these families.

Special public meetings were held on 2nd and 3rd April in Chania and Heraklion,

two major cities on the Island of Crete. The theme was "Sathya Sai Baba: His Life is a Message and Inspiration to Humanity."

In Thessaloniki, capital of northern Greece, a team of volunteers continues to make regular visits to the St. Stylianos Orphanage and the Agios Panteleimon Institution. They take the patients to the hospital whenever required and provide family counselling services. They also regularly visit chronically ill patients in Skaramanga and St. Barbara and physically challenged persons in Kallithea.

– Sri Sathya Sai World Foundation

## BHARAT

**Andhra Pradesh:** Sri Sathya Sai Seva Organisation, Andhra Pradesh started Sri Sathya Sai Digital Village project in a remote village Buttayagudem in West Godavari district on 5th September 2011. The project was launched by Sri S.G. Chalam, State President of Andhra Pradesh with the objective of spreading Bhagavan's message of love and service in villages and reaching out to remote villages through video conferencing by telecasting programmes on health, agriculture, Bal Vikas and human values.

Visakhapatnam District Sai Organisation conducted a medical camp in a slum colony, Simhadripuram and gave medicines to 161 patients. The camp was organised under the auspices of Seethammadhara Bhajan Mandali of City Seva Samithi.

Simhachalam Samithi organised a Bal Vikas exhibition with exhibits on science and Indian culture and heritage for five days from 12th August 2011 to 15th August 2011. The exhibition was educative and informative and



a number of students, teachers and parents from various schools visited the exhibition.

Gajuwaka Samithi organised a diabetic retinopathy camp in collaboration with Sankar Eye Foundation and gave treatment and medicines to 80 diabetic patients.

**Assam:** On 27th August 2011, Guwahati Sathya Sai Samithi, as part of National Narayana Seva Programme, visited the centrally located Burra Masjid premises of the city and distributed food hampers consisting of rice, Dal, vegetables, dry



*Seva Dal members distributing food items in the premises of Burra Masjid, Guwahati on the eve of Id Ul Fitr on 27th August 2011.*

fruits and some other items to 210 poor including many physically challenged Muslim brothers on the eve of Id Ul Fitr. 32 Seva Dal members, both ladies and gents, lovingly went around the premises of the mosque and distributed food items. The Masjid authorities deeply appreciated the laudable effort of the Sai Samithi to build bridges of love across communities under the banner of Sathya Sai.

**Gujarat:** Sri Sathya Sai Seva Samithi, Surat and Prashanti Charitable Trust organised “Sri Sathya Sai Inter-Collegiate Elocution Competition” for college students on Thursday, 25th August 2011 at Prashanti Hall, Sri Sathya Sai Seva Sankul, Althan, Surat. The subject was “Are Human Values

Necessary in Life? Why?” The competition was started with chanting of three Omkars followed by lighting the lamp with Veda chanting by the students of Sri Sathya Sai School, Surat.

A total of 31 students, 15 girls and 16 boys, from 31 colleges of Surat city participated in the elocution competition. All participants expressed their logical views on human values in a nice manner. Winners were awarded prizes, certificates and Swami’s books. Certificates of participation and Swami’s photographs were given to all participants. State President, Sri Manohar G. Trikannad called upon all participants on next Sunday on 28th August 2011 for follow-up spiritual interaction. In the follow-



*A total of 31 students representing as many colleges participated in the declamation contest organised by Sri Sathya Sai Seva Samithi, Surat and Prashanti Charitable Trust on 25th August 2011.*

up programme, participants showed keen interest in Sai activities. All the participants will be informed regarding the regular activities so that they can participate in them. It has been decided to send English Sanathana Sarathi to all the participants from Sai Organisation of Gujarat.

**Karnataka:** The alumni of Sri Sathya Sai Institute of Higher Learning from Bengaluru have been conducting a monthly programme



“Samarpan” (surrender) on third Sunday of every month, wherein eminent speakers address the youth. Designed as an awareness programme for the youth, this programme was conducted on 15th May 2011, 19th June 2011 and 17th July 2011 at Brindavan where the youth were addressed by Sri B.N. Narasimha Murthy, Sri K. Anil Kumar and Sri Nimish Pandya respectively.

State-level meeting of all State Coordinators, District Presidents and District office bearers was conducted at Sri Sathya Sai Seva Kshetra, Mandya on 25th July 2011.

Vidya Vahini programme was conducted on 30th and 31st July 2011 for selected teachers from Karnataka, Tamil Nadu and Kerala at Bhadravathi.

Training on Veda chanting was conducted from 6th to 7th August 2011 for Sri Sathya Sai School Teachers of Karnataka at Shimoga.

An All-India training programme to create awareness of Sri Sathya Sai Organisation and to plan conducting of Indian culture and spirituality courses for college students was organised at Brindavan from 13th to 14th August 2011. Dr. N. Anjanaiah, all India coordinator of the programme and former State President of Andhra Pradesh, conducted this programme. This training programme was attended by 72 State-level resource persons drawn from different districts.

A one-day programme on Educare was conducted for Sri Sathya Sai Mahila College students of Dharwar on 17th August 2011.

**Manipur:** Thangmeiband Samithi organised Narayana Seva on 31st July 2011 at Samithi Mandir, Thangmeiband for 41 children of two orphanages and 13 leprosy patients. The programme started with lighting of lamp



*Thangmeiband Samithi, Manipur organised Narayana Seva and offered food to children of two orphanages and leprosy patients on 31st July 2011.*

amidst Vedic chants at 10.00 a.m. Thereafter, twelve melodious Bhajans were offered to Swami by the devotees and children present. Then, the State President, SSSSO, Manipur spoke about Swami’s message on “Manava Seva Madhava Seva,” and stressed on selfless service with full devotion and dedication to attain the blessings of Bhagavan. Arati was offered to Bhagavan at 11.25 a.m. Finally, Narayana Seva was done and food was served to children and leprosy patients. The programme ended at 12.35 p.m.

**Odisha:** A State-level Summer Course-cum-Youth Conference was held at Kala Vikas Kendra, Cuttack from 10th to 12th June 2011. More than 200 youth across Odisha joined this three-day conference which was intended to intensify youth movement in the State and to provide the youth with the required platform to spread Sai message through love in action. Dr. V. Srinivas (paediatrics cardiologist who worked in SSSIHMS) from Vizag, Sri Bibekananda Sahoo and Sri Madhusudan Rao, alumni of Bhagavan’s institute, spoke of their intimate experiences with Bhagavan





*Sri Sathya Sai Seva Organisation, Odisha organised a State-level Summer Course-cum-Youth Conference at Cuttack from 10th to 12th June 2011.*

and drenched the whole auditorium in divine love. The State President of Odisha Sri P. Jagannath Prasad Rao also addressed the youth and encouraged them to become the torch-bearers of Sai Mission. Many pertinent issues relevant to the times were discussed threadbare through group discussions, in which the youth participated enthusiastically and brought out many useful solutions to meet challenges faced by the Sai Organisation in the present context. A very touching session themed 'We Love You Swami' was held, in which the youth expressed their love for Bhagavan through poems, music, videos, mono acting, etc. The programme came to an end with delegates intellectually and emotionally rededicating themselves to carry forward Bhagavan's Mission with renewed vigour.

**Punjab:** On the 65th Independence Day of India, Sri Sathya Sai Seva Samithi, Patiala organised a free medical eye check-up camp on 15th August 2011 for senior citizens residing in Sai Birth Ashram (Sai Old Age Home), Village Chaura and for slum dwellers. In all, 20 gents and 34 ladies senior citizens

were examined by eye specialists. Free medicines were also distributed.

**Sikkim:** A one-day programme on Educare and Parenting was held at Melli Dara under Melli Samithi of South District on 14th April 2011. On this occasion, State President Sri Ratan Pradhan highlighted the teachings of Bhagavan Baba on Educare and Parenting and also stressed upon the need to follow His teachings in day-to-day life. Two distinguished speakers, Dr. M.P. Kharel, Principal, Sikkim Government College and Sri Keshar Raj Pradhan, State Coordinator, Parenting delivered educating talks on the duties and responsibilities of the parents and exhorted them to guide their children in the right way and right direction. The gathering was also addressed by two Sai alumni, Bindhya Rani Thapa and Ashish Thapa. About 200 devotees including office bearers of the Sai Organisation, Bal Vikas teachers and youth attended the daylong programme.

**Tamil Nadu:** Krishnagiri and Dharmapuri districts of Tamil Nadu organised an Akhanda Bhajan for 86 hours from Friday, 12th August 2011 to Monday, 15th August 2011. Indeed, it was a four-day festival of Divine Love. The Akhanda Bhajan undertaken for the 9th consecutive year was conducted on the eve of Bhagavan's 86th Birthday for the peace and prosperity of the world. The venue of the Akhanda Bhajan was Hosur Sri Sathya Sai Samithi premises which was beautifully decorated. Sumptuous food was served to all three times a day, besides tea and snacks on all four days. Narayana Seva was organised in and around Hosur everyday. The grand four-day festival of Bhajan Sadhana came to an end with Mangala Arati at 7.00 p.m. on Monday, 15th August 2011.



## Sri Sathya Sai General Hospital

Prasanthi Nilayam - 515134

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Apply to the Medical Superintendent, Sri Sathya Sai General Hospital, Prasanthi Nilayam, with full Bio-data and a photograph immediately.

– *Medical Superintendent*

## Sri Sathya Sai Sadhana Trust – Bhakta Sahayak Division

Sri Sathya Sai Sadhana Trust – Bhakta Sahayak Division is looking for a **Senior Systems Administrator – IT**. Currently the division is supported by a few Dell Servers in LAN environment through fiber optical network with over 60 users running various applications such as Retail Management Software (developed in-house) and other proprietary software. Majority of the applications are running on Microsoft Databases such as SQL Server and Access with Visual Basic as Front-End in Windows XP environment.

The incumbent must be completely conversant administering the Databases – performing a Sr. DBA role and must also look after the Network Administration. He should be creative, having good analytical capabilities with good communication skills and should be able to work independently handling various user-related (IT) problems. He should have preferably the following prerequisites:

- Thorough knowledge of all MS products – must have at least 3-4 years of experience as MS-SQL Server DBA and at least 3 years as Windows Network Administrator.
- Qualification: MCSE, MCA, M.Sc.(Computer Science).
- Age – Below 45 years.
- Willing to work at Prasanthi Nilayam while conforming to the discipline, rules and regulations of the Ashram.

Please send in detailed resumes along with expected remuneration to: **The Convener, Sri Sathya Sai Sadhana Trust – Bhakta Sahayak Division, Prasanthi Nilayam – 515134**. You may also email your resumes and queries to: [rteja@ssstbsd.org](mailto:rteja@ssstbsd.org) - Phone No.: +91-8555-288550.

– *Convener*

## SANATHANA SARATHI

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### Programme Calendar, Prasanthi Nilayam

Venue: Sai Kulwant Hall

Sat. 12th – Mon. 14th Nov. 2011	: Andhra Pradesh Youth Parthi Yatra
Mon. 19th – Sun. 25th Dec. 2011	: Hyderabad Devotees Parthi Yatra
Wed. 21st – Sun. 25th Dec. 2011	: Sikkim Youth Parthi Yatra
Sun. 25th Dec. 2011, 8.30 - 9.30 a.m.	: Christmas Programme by Students
Mon. 26th Dec. 2011, 7.00 - 8.00 a.m.	: Odisha Palanquin Procession
“ “ 10.00 - 11.00 a.m.	: Ashram Cleaning by Odisha Devotees
“ “ 5.00 - 6.00 p.m.	: Cultural Programme by Odisha Devotees
“ “ 8.00 - 9.00 p.m.	: Meeting of Odisha Devotees and Speeches in Double Decker Shed
Tue. 27th Dec. 2011, 10 a.m. - 11 a.m.	: Ashram Cleaning by Odisha Devotees
“ “ 2.00 - 3.00 p.m.	: Meeting of Odisha Devotees and Speeches in Double Decker Shed
“ “ 5.00 - 6.00 p.m.	: Cultural Programme by Odisha Devotees
Wed. 28th Dec 2011, 10.00 - 11.00 a.m.	: Ashram Cleaning by Odisha Devotees
“ “ 2.00 - 3.00 p.m.	: Meeting of Odisha Devotees and Speeches in Double Decker Shed
Wed. 11th - Thurs 12 Jan. 2012	: Students' Programmes: Sports Meet, Dramas and Felicitation
Thu. 26th - Sat. 28th Jan. 2012	: Delhi Parthi Yatra
Thu. 26th Jan. 2012, 5 p.m. - 6 p.m.	: Cultural Programme by Delhi Youth
Fri. 27th Jan. 2012, 5 p.m. - 6 p.m.	: Cultural Programme by Delhi Youth (ladies)
Sat. 28th Jan. 2012, 5 p.m. - 6 p.m.	: Cultural Programme by Delhi Youth (gents)



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### *God's Glory is Limitless*

Foster love, live in love, spread love – that is the spiritual exercise which will yield the maximum benefit. When you recite the Name of God, remembering the while His majesty, His compassion, His glory, His splendour, His presence – love will grow within you, its roots will go deeper and deeper, its branches will spread wider and wider, giving cool shelter to friend and foe, to fellow national and foreigner. God has a million names. Sages and saints have seen Him in a million forms; they have seen Him with eyes closed and eyes open. They have extolled Him in all the languages and dialects of man; yet, His glory is not exhausted.

– *Baba*

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