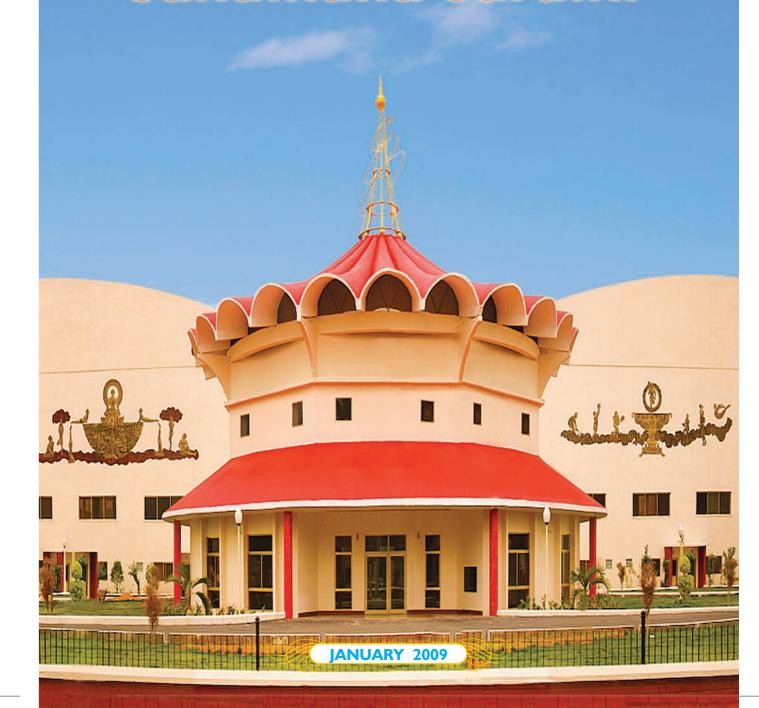


Sanathana Sarathi



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Devoted to the Moral and Spiritual Uplift of Humanity through

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K.S. RAJAN

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Editor

G.L. ANAND



PREMA
 ◆ AHIMSA

"There is nothing great in doing good to those who help us. But Sai does good even to those who try to harm Him. You should also follow this principle and do good even to those who harm you. This is the quality of a true human being. You should develop this quality, considering everybody as divine."

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ALL ARE EMBODIMENTS OF THE ATMA

Bharat is the motherland of many noble souls who earned great name and fame in all the continents of the world. This is the land of valorous people who vanquished the foreign rulers in the battlefield and attained independence. This is the land which excelled in music, literature and other fine arts. Having been born in this great land of Bharat, oh boys and girls, it is your sacred duty to protect its rich cultural heritage. (Telugu Poem)

Forbearance is the real beauty in this sacred land of Bharat. Of all the rituals, adherence to truth is the greatest penance. The nectarine feeling in this country is the feeling of love towards one's mother. Character is valued far higher than life itself. (Telugu Poem)

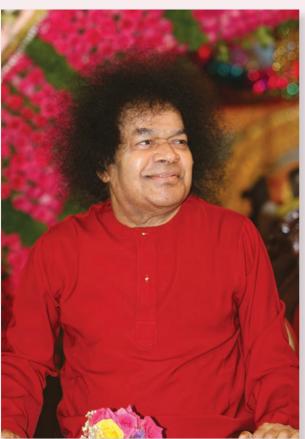
FOLLOW SWAMI'S IDEAL AND LOVE EVERYONE

HARAT IS THE LAND OF HIGH reputation and great bounty. Many countries have faced great dangers, but Bharat is free from these. This land of Bharat has given birth to many famous women of great chastity like Savitri who brought her dead husband back to life, and Sita who proved her chastity by coming out of blazing fire unscathed. Is there any other place in this world where we can find such women of nobility and chastity? But the Bharatiyas today are cowed down even by small difficulties. Their vision, hearing and behaviour have all become polluted. What a pity, the Bharatiyas have come to such a sorry state! Just as a mighty elephant is not aware of its strength, today the Bharatiyas have forgotten their rich cultural heritage.

Lack of Unity is the Cause of All Problems of India

An elephant is so powerful that with a mere swish of its tail, it can throw a man away. But since it is not aware of its strength, it obeys the command of an ordinary mahout; it sits when he orders it to sit and stands when he commands it to do so. The same is the condition of the Bharatiyas today. Just as an elephant submits to the commands of the mahout, the Bharatiyas, in spite of their great strength of purity and sacredness of heart, are following the dictates of others and behaving like slaves. Truly speaking, there is none in the world who can vanquish the Bharatiyas. Sathya, Dharma, Santhi, Prema and Ahimsa are the natural qualities of the Bharatiyas. They are

endowed with the great wealth of Sathya and Dharma. The scriptures teach man to follow the great principle: *Sathyam Vada, Dharmam Chara* (speak truth, practise righteousness). But this great principle is being distorted by people today as *Sathyam Vadha, Dharmam Chera* (kill truth and imprison righteousness).



Everybody should ask himself, "Who am I?" He should remind himself, "I am a human being, not an animal or a beast. Since I am a human being, I should have human qualities." What are the qualities of a human being? The first and foremost quality is truth. Sathyannasti Paro Dharma (There is no Dharma greater than adherence to truth). Dharma originates from Sathya. Where there are truth and righteousness, there you

<u>\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\\$\</u>

find the manifestation of peace and love. Where there is peace, love would manifest there automatically. Where there is love, jealously and hatred are conspicuous by their absence there. But, unfortunately, man today is devoid of love. Even birds and animals have love but there is no love among human beings.

Today there is lack of unity in India. This is

What is the reason that I am the recipient of love of so many of you? Did I send any invitation to you to come? It is your love for Me that has brought you here. My love itself is the invitation. Even it you send invitation, will so many people come to you? Even when I pass through a locality, people come out of their shops and houses on their own. What is the reason for that? It is love only. Love is God, Live in Love. This is what you are supposed to learn. On this sacred day, I exhort you to develop love.

the main cause of the sorry state of affairs in our country. Where there is unity, there is purity. Where there is purity, there is divinity. Therefore, it is by unity that we can attain divinity, which is the goal of our life.

Man should Develop Faith in Atma

Today scientists are making many inventions. They have made even double-decker aeroplanes to fly in the sky. But, how many people are losing their lives! In

ancient times, life was not that full of dangers. Today man is full of fear. But, where has this fear come from? The real cause is man's lack of faith in the Atma. Na Ayamatma Balaheenena Labhyah (a weak-minded person cannot realise the Atma). Lack of self-confidence has made man weak today. He is reposing his faith in everything else except the Atma. First of all, he should have self-confidence. When he develops self-confidence, he will have self-satisfaction. Only then can he develop the spirit of self-sacrifice which will lead him to self-realisation. Therefore, if we want to attain self-realisation, we should first develop self-confidence. In fact, self-confidence is the foundation of the mansion of our life, in which self-satisfaction are the walls and self-sacrifice is the roof. When the foundation is strong, the walls and the roof will also be strong and safe. But, today, the foundation itself is weak. Then, how can the walls and roof stand on it? Selfconfidence, self-satisfaction and self-sacrifice are the essential steps to self-realisation.

Bharat is the land of humanness. That is why this country is safe from various dangers and calamities which are occurring in other parts of the world. The Bharatiyas are leading a comparatively happy and peaceful life although peace has been disturbed in many parts of the world. Today pollution is widespread everywhere. Food, water, air - all have become polluted due to the misuse of science and technology. To a large extent, India is still safe from this all-pervading pollution. It is therefore necessary that we do not put science to indiscriminate use. On the other hand, we should promote humanness which will give us great strength. There is no power greater than the power of humanness. In fact, man is potentially divine. If somebody questions, "Where is God?", the simple answer is, "Man himself is verily God."



If you want peace, you should look within. There only can you find peace. Everybody is endowed with peace. You can be called a true human being only when you develop inner vision. Animals and beasts do not have this inner vision. You are not an animal or a beast. You are a human being. Therefore, you should lead the life of a human being. If you lead your life like an animal, then how can you call yourself a human being? Kama, Krodha, Lobha, Moha, Mada and Matsarya (desire, anger, greed, delusion, pride and jealousy) are all animal qualities. A human being should not have all these bad qualities.



The Vedas declare, 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). Our Atma is our strength. There is no strength superior to it.

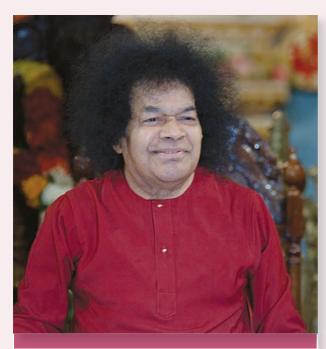
Education should Give Knowledge of the Self

Man should acquire education which gives the knowledge of the Atma.

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)



When you see oneness of the Atma in everyone, then you will experience that you yourself are also the embodiment of the same Atma. You will realise, "I am the Atma and all are my images."

When you look into the mirror, you see your own reflection in it. All the bodies are like the mirror. You should see your own image in all of them. Only then will you attain supreme peace.

Modern education does not provide true knowledge. It helps you to earn money and meet the needs of your family. People today are spending lakhs of rupees and sending their young children to overseas countries for studies. But all this money is wasted and children also get spoiled. Here is a small incident to illustrate this.

Once the parents of a student took him to a temple before his departure to a foreign

country for higher studies. They advised him, "Dear son, this deity is the Divine Mother to one and all. She is the mother of the universe. You should never forget her. Constantly contemplate on her, wherever you are." They, in fact, extracted a promise from him to that effect. As soon as the boy set his foot in the foreign country, he totally forgot about the Divine Mother, fully immersed as he became in the new environment. After a lapse of three years, he returned to his native place, fully accustomed to the foreign way of life. The parents took him to the same temple straight from the airport for the Darshan of the Divine Mother. As soon as he entered the temple, the boy, instead of offering salutations to the deity, greeted her in English, "How are you, Madam?" The parents then chided the boy and asked, "Is it what you have learnt there? We sent you abroad spending so much money. But you have forgotten even God!"

Many students who go abroad acquire bad thoughts, bad habits and bad qualities. In fact, there is no necessity for anybody to go to foreign countries for anything. The bounty that you find in Bharat cannot be found anywhere else. Having been born in this blessed land and calling yourself Bharatiyas, what is the use if you forget your culture and moral values? Nobody can describe the greatness of Bharat. The Bharatiyas should first of all develop self-confidence and adhere to ethical, moral and spiritual values. But, unfortunately, people today lack morality. That is why life today has become an endless trouble. Many overseas devotees are inviting Me to their countries. They are prepared to bring even special planes. But I do not want any planes or comforts. I want only devotion.

All love Me and I love all. I don't have any enemy. But some people do not

understand My love and take to wrong ways even after receiving My sacred love. Some of them even start opposing Me if their wishes are not fulfilled. Will they derive any benefit if their wishes are fulfilled? No. They will actually come to harm. In our college also, we put a certain limit on the students and give them proper training. Look at the students of our college! They do not have even a trace of hatred. All of them gather around Me, lovingly calling Me, "Swami, Swami, Swami". They shed tears when they take leave from Me.

When you see outside colleges, can you call them colleges at all? The students there do not show respect even to their own parents. Parents should be considered as sacred. Matru Devo Bhava, Pitru Devo Bhava (revere your mother and father as God) is the injunction of our scriptures. Mother is God, father is God, friend is God. In fact, all are the very forms of God. Unable to understand this truth, we say, "such and such person is my opponent and my enemy who would put me to trouble." In this way, we fill our mind with hatred towards others. Yad Bhavam Tad Bhavathi (as are the feelings, so is the result). Whatever type of feelings we have, we get the same type of result. We develop hatred towards even those who come to us with love. There is nothing great in doing good to those who help us. But Sai does good even to those who try to harm Him. You should also follow this principle and do good even to those who harm you. This is the quality of a true human being. You should develop this quality, considering everybody as divine. Daivam Manusha Rupena (God is in the form of a human being). God incarnates on earth in the form of a human being. See any picture of a divine incarnation. He is portrayed as a human being. See the picture of Rama and Sita. They are all in human form.

See Oneness of Atma in All

All human beings are the embodiments of the Atma. Physical forms and names may be different but the Atma in everyone is the same. Ekatma Sarva Bhutantaratma (one Atma dwells in all beings). This feeling of oneness should be developed in children from an early age. This principle of equality of mankind should be inculcated in students in their young age. You may think that it is difficult to observe this principle of oneness, but it is not so. There is nothing more blissful than this. Even when your opponent comes before you, you should offer salutations to him and greet him, "How are you, brother?" Then, he will also respond, "How are you, brother?" He will not be angry with you. Why? When you call him brother, he will also consider you as a brother. People will develop feelings of opposition or trust towards you, depending upon the type of language you use. Visualise the oneness of the Atma in everyone, though the body, mind, intellect and Chitta (mind-stuff) are different.

When you see oneness of the Atma in everyone, then you will experience that you yourself are also the embodiment of the same Atma. You will realise, "I am the Atma and all are my images." When you look into the mirror, you see your own reflection in it. All the bodies are like the mirror. You should see your own image in all of them. Only then will you attain supreme peace. It cannot be attained merely by the performance of Japa, Tapa, (recitation and penance) Yoga and Yajna. People search for peace everywhere but they cannot find it anywhere. They see only pieces outside! If you want peace, you should look within. There only can you find peace. Everybody is endowed with peace. You can be called a true human being only when you develop inner vision. Animals and beasts do not have this

inner vision. You are not an animal or a

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beast. You are a human being. Therefore, you should lead the life of a human being. If you lead your life like an animal, then how can you call yourself a human being? Kama, Krodha, Lobha, Moha, Mada and Matsarya (desire, anger, greed, delusion, pride and jealousy) are all animal qualities. A human being should not have all these bad qualities.

Do not hate anybody. I do not have even a trace of anger or hatred towards anybody. That is why everybody loves Me. There is only love in Me. Even if I go to a dense forest, all the people will follow Me there also. It is My love that attracts everybody towards Me. There are however some people who bear hatred even towards Me. But it is none of My fault. It is all their own imagination. I don't have anger towards anyone. People wonder, how Swami is always peaceful although He meets so many people during the day! Peace is natural to Me. I am always cheerful. I never put on a 'castor oil' (melancholy) face. I always have a smiling face. I exhort all of you also to be cheerful always. Your happiness is My great joy. You should see the reflection of My happiness in you. It is not My fault if you develop hatred. What is the reason that I am the recipient of love of so many of you? Did I send any invitation to you to come? It is your love for Me that has brought you here. My love itself is the invitation. Even if you send invitation, will so many people come to you? Even when I pass through a locality, people come out of their shops and houses on their own. What is the reason for that? It is love only. Love is God, Live in Love. This is what you are supposed to learn. On this sacred day, I exhort you to develop love.

Unity of the World is Imminent

Very soon, the entire world will be united and Bharat will have a great name and



There is no necessity for anybody to go to foreign countries for anything.

The bounty that you find in Bharat cannot be found anywhere else.

Having been born in this blessed land and calling yourself Bharatiyas, what is the use if you forget your culture and moral values? Nobody can describe the greatness of Bharat. The Bharatiyas should first of all develop self-confidence and adhere to ethical, moral and spiritual values.



fame. After 28 years from now, the entire world will become one. Everybody will feel proud to call himself a Bharatiya. Nobody will say, "I am from Karnataka", "I am from Tamil Nadu", "I am from Kerala", etc. Wherever you go, you should say, "I have come from Bharat." Karnataka and all other States are parts of Bharat. Without Bharat, how can there be Tamil Nadu or Karnataka? Limits have been created by politics and political parties. We do not belong to any party. We have only one party and that is love, love, love! (loud applause). Therefore, you should develop love. Then you will be respected wherever you may go. People will then give you whatever help you need and treat you like their brother or sister.

Love is always selfless. There should not be even an iota of selfishness in man. But sometimes he develops selfishness, anger, hatred, etc., on his own. They are not given by God. God has given only love to everyone in equal measure. Man may lack anything but

Continued on page 10 ...

Holy Christmas at Prasanthi Nilayam

HE HOLY FESTIVAL OF Christmas was celebrated Prasanthi Nilayam in an environment surcharged with devotion, dedication and sacredness. A large number of devotees came from overseas countries to take part in these celebrations and offer their obeisance to Bhagavan Sri Sathya Sai Baba. The entire Prasanthi Nilayam bore a festive look on this auspicious occasion. Bhagavan's residence, various temples, office and canteen buildings in the complex were decorated with Christmas trees, stars and nativity scenes. Sai Kulwant Hall, the venue of the celebrations, was adorned with very attractive and beautiful decorations and lights. Illuminations on all these buildings at night presented an enchanting look. Programmes on this occasion were spread over three days, on 24th, 25th and 26th December 2008.

Christmas Carols by International Adults Choir

On 24th December 2008, the international adults choir presented a delectable programme of Christmas carols in Sai Kulwant Hall. Bhagavan inaugurated the programme by



The international adults choir comprising about 800 devotees from various countries of the world presented a soul-stirring programme of Christmas carols in Sai Kulwant Hall on 24th December 2008.

lighting candles at 4.45 p.m. in the beautiful altar set up on the dais. Commencing their programme with a devotional song in praise of Lord Ganesh, the choir, comprising 568 ladies and 222 gents, enthralled the huge gathering in Sai Kulwant Hall with Christmas carols for more than an hour and a half. The entire assembly of devotees felt uplifted and elevated by the feelings of love and devotion generated by the soul-stirring singing of the Christmas carols by the choir to the accompaniment of sweet music. At the end of the programme at 6.15 p.m., Bhagavan showered His blessings on the singers and materialised a gold chain for the director of the choir. Meanwhile, Bhagavan blessed the Prasadam which was distributed to the entire assembly of devotees in Sai Kulwant Hall. The programme came to a close with Arati to Bhagavan at 6.30 p.m. after a brief session of Bhajans led by the university students.

Grand Christmas Function

On the morning of 25th December, the holy Christmas day, Bhagavan came to Sai Kulwant Hall in His sparkling white robe amidst Vedic chants at 8.35 a.m. in a grand procession which comprised children and youth dressed as angels, three wise men of the orient and various other legendary characters associated with the birth of Jesus. After showering the bliss of His Divine Darshan on the devotees in Sai Kulwant Hall, Bhagavan came to the verandah where He lighted candles on the cakes placed there and performed the cake cutting ceremony. After Bhagavan was seated on the dais, the students of Sri Sathya Sai University played Christmas carols on their orchestra, surcharging the environment with holy spirit of Christmas. This was

followed by an equally beautiful programme of instrumental devotional music presented by the students of Sri Sathya Sai Primary School, Prasanthi Nilayam on their violins. When they



Students of Sri Sathya Sai Primary School presenting instrumental devotional music on their violins on the Christmas morning in Sai Kulwant Hall.

started playing "Jingle Bells", three students dressed as Santa Claus came to the dais with their bags of chocolates and got them blessed and sanctified by Bhagavan. Spreading the joy of Christmas in all directions, they danced their way into the rows of devotees and distributed fistfuls of chocolates among them. The last item of the morning programme was Christmas carols interspersed with meaningful commentary. This programme was also presented by the students. At the end of this delightful programme, Prasadam blessed by Bhagavan was distributed to all. The morning programme came to a close with Arati to Bhagavan at 10.00 a.m.

Bhagavan's Christmas Message

On the afternoon of 25th December 2008, Bhagavan blessed the devotees with a nectarine Discourse. Two speakers addressed the gathering before Bhagavan's Discourse. Introducing the two speakers, Sri John Behner, the coordinator of the Christmas programme, expressed gratitude to Bhagavan for His permission to hold Christmas programme in His Divine Presence and thanked the devotees who helped in making the programme successful. He had a special word of

praise for the groups which set up marvellous decorations and lights. The first speaker, Smt. Gisela Sebastian of Germany, remarked that Christmas at Prasanthi Nilayam was celebrated in true Christmas spirit which provided divine experience to the devotees. She also narrated how she learnt to have relationship with God when Bhagavan miraculously cured her and gave her a new lease of life. The second speaker Sri Ted Henry of U.S.A. observed that the incarnation of Bhagavan on earth was the fulfilment of the promise of Jesus Christ who said, "He who sent me among you will come again." Talking about the work done by him in publishing the stories of devotees, the distinguished speaker remarked that listening to the marvellous stories of Bhagavan's divinity was an ennobling and elevating experience. After these two speeches, Bhagavan gave His Christmas Message, in which He exhorted the devotees to do Atma Chintana and Daiva Chintana (self-enquiry and contemplation on God) and consider everyone as the embodiment of Atma. There was only one thing that was eternal in this temporary and changing world, and that was the principle of the Atma, said Bhagavan. That, Bhagavan added, was in fact the principle of love as love originated from the Atma. Man should therefore treasure love in his heart, observed Bhagavan. Bhagavan concluded His Discourse with the Bhajans, "Prema Mudita Manase Kaho ..." and "Hari Bhajan Bina ..." After the distribution of Prasadam in Sai Kulwant Hall, Arati was offered to Bhagavan at 7.00 p.m., which marked the conclusion of the programme.

Jesus: The Embodiment of Love – A Drama

The programme on 26th December 2008 consisted of two items presented by the International Children's Choir and Sathya Sai Education (SSE) children



The drama "Jesus: The Embodiment of Love" presented by Sathya Sai Education children on 26th December 2008 portrayed the life and message of Jesus.

of Southern California (U.S.A.). First, the International Children's Choir comprising about 100 children, both boys and girls, presented devotional songs dedicated to Bhagavan Sri Sathya Sai Baba. The programme began at 5.20 p.m. with Vedic prayer in Sanskrit to Lord Ganesh which the children sang with perfect rhythm and intonation. After this, the children sang devotional songs in which they poured out their hearts to Bhagavan. Their

presentation ended at 5.40 p.m., after which the drama "Jesus: The Embodiment of Love" was enacted by 16 children, both boys and girls. The drama presented a few selected episodes from the life of Jesus and depicted the similarities between his teachings and those of Bhagavan Sri Sathya Sai Baba. The episodes were presented through dialogues and acting of the children supported with appropriate commentary, group songs and beautiful props related to the theme of each episode. This made the presentation picturesque and realistic. Thus, this well-enacted and welldirected drama formed the grand finale of the wonderful Christmas celebrations at Prasanthi Nilayam. At the conclusion of the programme, Bhagavan showered His love and blessings on the children, posed for group photos with them and distributed clothes and mementoes to them with His Divine Hands, filling their hearts with joy and gratitude. In the end, Prasadam was distributed to all. The programme concluded with Arati to Bhagavan at 6.45 p.m.

... Continued from page 7

love in him is eternal. Therefore, develop love. There is no power, courage or valour greater than love. When Sita was in confinement in Lanka, her love for Rama was her only strength. She was surrounded by demonesses with swords in their hands. But she was totally unperturbed because she constantly chanted 'Rama, Rama'. Since she had the strength of Rama's love due to her constant chanting, none could touch her even though she was there for ten months. Such unwavering love gives you everything. Therefore, you should develop such unflinching love. This is what we should propagate in the world. All should become embodiments of love. Pray for the welfare of all the worlds. Samasta Lokah Sukhino Bhavantu (May all the beings

of all the worlds be happy!) Everybody should attain peace and happiness. This should be our only desire. I love all of you. I don't have any ill-will against anybody. Sometimes, I may use strong words to correct some people, but there is nothing in My mind against anybody. Your life will be sanctified and blessed when you follow Swami's ideal and love everyone. When you do so, your parents, brothers, sisters, friends, relatives, all will be happy.

(Bhagavan concluded His Discourse with the Bhajan, "Hari Bhajan Bina Sukha Santhi Nahin ...")

 From Bhagavan's Benedictory Address in Sai Kulwant Hall on 22nd November 2008 on the occasion of 27th Convocation of Sri Sathya Sai University.

VALEDICTORY DISCOURSE SRISATHYA SAI WORLD EDUCATION CONFERENCE

LOVE IS FUNDAMENTAL BASIS OF WORLD PEACE

All names and forms are but the manifestations of the Supreme Being who is Existence-Knowledge-Bliss Absolute and non-dual. He is the embodiment of Sathyam, Sivam, Sundaram (Truth, Goodness, Beauty). (Sanskrit verse)

Nourish your Mind with Truth and Love

Embodiments of Love!

OU HAVE BEEN PARTICIPATING in this conference for the last two days, bearing all inconveniences. You have come here to participate in it after undergoing many hardships and spending a lot of money. This is a true testimony of the purity of your heart. There are millions of people in this world but only a few fortunate ones have got this opportunity. This really is your great good fortune.

All are the Children of One God

Having come here, what is it that you are supposed to learn? There are lakhs of schools and colleges. Despite all these educational institutions, what man is required to study is his own heart. First of all, man should learn Sathya, Dharma, Santhi, Prema and Ahimsa which are present in his heart. If you learn these five values, you will become a really learned person. There are many great lawyers in this world and they study big big books. But, what can they achieve if they ultimately become liars after all their study? Similarly, there are so many doctors in this world. But, what can they achieve if they keep fighting with

each other? Unity is nowhere to be seen. First and foremost, you must learn the principle of unity. All of you are brothers and sisters born to one Father. He is God (*loud applause*). You should firmly establish this truth in your heart that all of you are the children of the

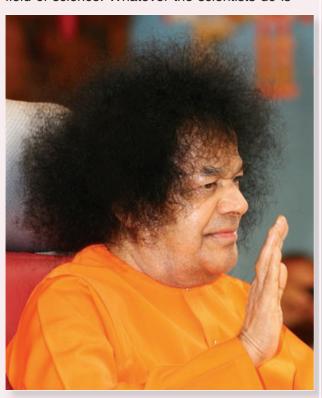


Lust, anger, greed, jealousy, etc., are bad qualities. They cannot give you happiness. They always cause suffering to you. How happy you will be when you give up all these evil qualities! Then you will have only happiness. If you want to experience this happiness, offer everything to God. You have many desires. But, can you fulfil all of them? You should not cause harm to anybody in the process of fulfilling your desires. Whatever you want, pray for it directly to God. You should always have such direct contact with God.

same Father. Sometimes, there may be some differences between brothers and sisters but they should adjust with each other. Not only that, they should try to understand each other. If you develop understanding, then adjustment becomes very easy. Hence, first of all develop proper understanding; then you will be able to make adjustment. You should understand that Swami is teaching all this only out of His immense love for you.

Today there are great advancements in the field of science. Whatever the scientists do is

but, in fact, they are harming it. When you fly in an aeroplane, you have the fear whether you will be able to reach your destination or not; you are afraid of even boarding the aeroplane. In fact, you are afraid of everything. Today the entire life of man is full of all types of fears and anxieties. See, some people are afraid of even a rat! We should not be afraid of anything. Don't fear. Fear is the cause of all types of anxieties. People today are afraid of eating even fruits and vegetables because many chemicals may



When we walk in the opposite direction to the sun, our shadow will be much bigger than us. It will be in front of us. Maya is like that shadow. But if instead we walk towards the sun, then our shadow will be behind us. However, when the sun is directly on our head, our shadow will be under our feet. Therefore, we should turn our mind towards God to conquer Maya. When we focus our mind directly on God, Maya will be totally subdued. We should not follow the dictates of our mind. Mind is the cause of our bondage as well as our freedom. Therefore, we should keep our mind on the right track and exercise control over it.

related only to the senses. The science which is limited only to senses is no science at all. It ignores the practical knowledge that comes from the heart. That is why the scientists are committing many mistakes and are causing great harm to society instead of doing good. They may say, they are helping society

have been sprayed on them. You do not know what disease you may contract when you eat them. Today right from food, water and air, everything has become polluted. How can man lead his life in such a polluted environment? Therefore, man should make all efforts to get rid of this pollution.

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Parents should Set Proper Example before their Children

You should not spoil your health just to satisfy your taste. First of all, you must take care of your health. When you are healthy, the children born to you will also be healthy. Children should join Bal Vikas because it helps them to maintain their physical and mental health. They should be taught good things in Bal Vikas like speaking truth. Always speak truth. Not only you should speak truth, but you should remain unperturbed even when somebody criticises you. Then only will you attain peace. In ancient times, Rishis (sages) used to observe Mounam (silence). Silence is very helpful in your spiritual practice. It also helps you to attain peace. From peace emerges sacred love. When you have love, you will have no enemies. Who is your enemy? In fact, none. Therefore, all of you should try to lead your life with love. Love is the fundamental basis of world peace. Today people talk of peace but peace is nowhere to be seen. Instead of peace, we see only pieces and pieces! Man is fragmenting everything into pieces. He is also trying to fragment the country into pieces. We should maintain unity of the country.

When someone asks you, where you have come from, you should say that you have come from India or America. Don't say that you have come from Puttaparthi, Anantapur or California because this is not the proper answer. The proper answer is, "I have come from India" or "I have come from America." We should develop broad-mindedness in our life. Those who develop broad-mindedness are really very fortunate. If you have broad-mindedness, your children will also have this quality. As are the parents, so are the children. Therefore, if the parents want their children to adopt the right path, they themselves

should adhere to it. It is the mistake of the parents if the children do not take to the right path. They should look after their children very carefully. As the children grow up, sometimes they do not obey their parents. What is the reason? The reason is that the parents have not set a proper example before their children. Even ants observe discipline and proceed in a line. But man lacks discipline.

If you want your children to follow the right path and make progress in life, you yourself should follow the right path. Parents should not have any differences between them. There should be unity between them. They should speak in one voice. If the mother speaks one thing and the father speaks just the opposite, this is not good. Both of them should jointly guide their children. First and foremost, they should teach them to be truthful. If the children learn to become truthful, that itself is enough because truth is the basis of everything. Sathyannasti Paro Dharma (There is no Dharma greater than adherence to truth). It is from truth that righteousness emerges, and from righteousness originates peace and from peace comes love. Where there is love, there can be no violence and everybody will be peaceful. Therefore, if you want the country to be peaceful, you should follow the path of truth.

What is meant by truth? Truth means harmony of thought, word and deed. Manasyekam Vachasyekam Karmanyekam Mahatmanam (Those whose thoughts, words and deeds are in perfect harmony are noble ones). If your thoughts, words and deeds are at variance with each other, it amounts to untruth. There should be harmony between your thoughts and words when you are teaching something to your children. Then only your children will grow up to be ideal

and lead a 'heartful' life and not an 'artificial' life. If you lead an artificial life, you will ruin yourself. Today everything has become artificial, even education has become artificial. Whatever books you read, whatever recitation of Mantras you do, whatever meditation you do, all that has become artificial only! This is not correct. Whatever you do, you should do wholeheartedly. People close their eyes and think that they are doing meditation. Their eyes are, of course, closed, but where is their mind wandering? It is going wherever it wants to go without any check. Therefore, first and foremost, we should control our mind. Manah Eva Manushyanam Karanam Bandhamokshayo (mind is the cause of bondage and liberation of man). As are our thoughts, so will be our actions. Therefore, first of all we should have right thoughts. Then only can we perform good actions. Good actions will lead to good results. Therefore, always have sacred thoughts. Don't follow the vagaries of the mind. The mind should be under our control. It should not control us. Mind is a mad monkey and keeps wandering. But when mind is turned towards God, it becomes quiet.

Exercise Control over your Mind

When we walk in the opposite direction to the sun, our shadow will be much bigger than us. It will be in front of us. Maya is like that shadow. But if instead we walk towards the sun, then our shadow will be behind us. However, when the sun is directly on our head, our shadow will be under our feet. Therefore, we should turn our mind towards God to conquer Maya. When we focus our mind directly on God, Maya will be totally subdued. We should not follow the dictates of our mind. Mind is the cause of our bondage as well as our freedom. Therefore, we should keep our mind on the right track and exercise control over it. Moreover, it is necessary to recharge the battery of ÷&;*&;*&;*&;*&;*&;*&;*&;*&;*&;*&;



If you want your children to follow the right path and make progress in life, you yourself should follow the right path. Parents should not have any differences between them. There should be unity between them. They should speak in one voice. If the mother speaks one thing and the father speaks just the opposite, this is not good. Both of them should jointly guide their children. First and foremost, they should teach them to be truthful. If the children learn to become truthful, that itself is enough because truth is the basis of everything.



your mind with sacred thoughts. If the 'battery' is weak, then it is very difficult to control the mind. Much depends upon the strength of your good thoughts to give proper direction to the mind. You can attain concentration only when the mind is on the right track. You should nourish your mind with truth and love because love is God, truth is God. Both love and truth are eternal. Love is truth. Live in love. Then only can you attain the steadiness of mind. Here love does not refer to worldly love but spiritual love. Only when you develop spiritual love can your mind become steady. Otherwise, it will always be unsteady and wavering. Therefore, keep your mind always turned towards God. This will lead you to peace. Many people think it is very difficult to control the mind but it is not so. When you develop love for God, mind can easily be controlled. You can never have control over it if you do not develop love for God.

Whatever you say, whatever you see, whatever you do, consider it as the

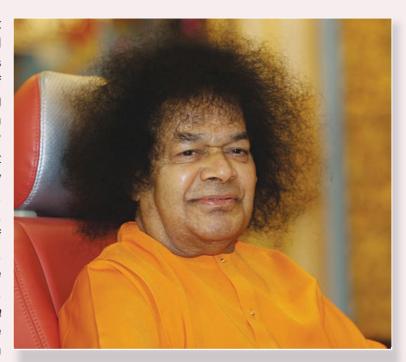
work of God. Do not think that things will happen as you will them. Everything happens according to the Will of God. If everything happens according to your will, then why do certain things happen against your will? Therefore, always think that everything happens as willed by God, whether it is good or bad. If anything adverse happens, consider it also as the Will of God because, you do not know, it may ultimately turn out to be good for you. As the Gita says, Sukhadukhe Samekruthwa Labhalabhau Jayajayau (one should remain equal-minded in happiness and sorrow, gain and loss, victory and defeat).

Experience everything with love for God. When you develop love for God, everything will become good for you. But today people have only worldly love. Worldly love will make you a liar. It is only the divine love that is true love. Imbibe only the divine love. You will never come to harm when you have divine love.

Take a firm resolve: Let people say anything or criticise me in any manner, I will not give up love. Then, it will be only divine love, divine love, divine love, divine love, divine love! When you develop such firm conviction, both you and your children will attain success and prosperity.

Develop Direct Contact with God

Your body is the gift of God. When somebody asks you who you are, you cannot reply correctly. You think that you are only the body. But, in fact, body is just a



If the parents want their children to adopt the right path, they themselves should adhere to it. It is the mistake of the parents if the children do not take to the right path. They should look after their children very carefully. As the children grow up, sometimes they do not obey their parents. What is the reason? The reason is that the parents have not set a proper example before their children.

bag which contains Buddhi, Chitta, Ahamkara (intellect, mind-stuff, ego), etc. When the life principle goes out from the body, it becomes an empty useless bag which will be burnt and reduced to ashes. Therefore, offer all that you have to God. Lust, anger, greed, jealousy, etc., are bad qualities. They cannot give you happiness. They will always cause suffering to you. How happy you will be when you give up all these evil qualities! Then you will have only happiness. If you want to experience this happiness, offer everything to God. You

have many desires. But, can you fulfil all of them? You should not cause harm to anybody in the process of fulfilling your desires. Whatever you want, pray for it directly to God. You should always have such direct contact with God. On the other hand, if you follow indirect methods, you will only bring suffering to yourself.

So many of you have come here. Did anybody send any invitation to you? No, no. It is My love that has brought you here (loud applause). It is love that unites all. Unity can never be achieved by hatred. When your love joins with My love, it is plus, plus, plus and no minus. Therefore, you should develop love. You can win over anybody with love. Even a mighty demon can be won over with the power of love. Hanuman went to Lanka in search of Sita. He surveyed the entire area and saw Sita sitting under a tree in Ashoka Vatika (garden) with her head bent down. She was constantly chanting the name of Rama and praying to Him all the while to protect her from the wicked demon Ravana. She told Ravana that he was abjectly petty as compared to Rama because Rama was one of high character. If only a person has character, he can achieve anything. Everybody should develop the power of character. That is why I always tell My students, "The end of education is character." Without character, all your education is useless. Lawyers study law books day and night. But, what is the use if they speak untruth when they go to the court? There is no greatness in acquiring high education. You should imbibe sacred qualities in your heart which build your character. When you treasure such good qualities in your heart, you can achieve success in all that you do. When you go back to your places, perform sacred actions and inculcate good character in your children. Not only that, you should

also develop the spirit of sacrifice. What is the use of amassing so much wealth?

Imbibe the Spirit of Sacrifice

You all know the story of Alexander who set out of his country to conquer the entire world. He came to India also after crossing the Indus river. On his return from India, he became very sick. He had many doctors but none could cure him. They told him that he was about to leave his mortal coil in a short while. There were thousands of soldiers under his command. But none could save him from death. Then Alexander told his ministers and army commanders that they should wrap his body in a white cloth after his death, keeping both his hands out and carry his funeral procession in the streets of his native town. When the people in the street enquired why the hands of the emperor had been kept out of the hearse, they should tell them that though the emperor had carved out a huge empire, had a big army and a number of doctors, nothing could save him from death, and he was departing from the world empty-handed.

There is no great achievement if you stack enormous amount of money in the bank, because nothing will go with you when you leave this world. Therefore, practise self-sacrifice and help the poor. Lead your life in this sacred manner. This is the way to achieve blessedness. (At this point of time, Swami gave the Hiranyagarbha Linga materialised by Him on the previous evening to Dr. Michael Goldstein and instructed him, "Perform its Abhishekam and give this sacred water to those in the Organisation who suffer from any health problem. Keep it safely in your house.")

 From Bhagavan's Valedictory Discourse in Sai Kulwant Hall on 22nd July 2008 on the occasion of Sri Sathya Sai World Education Conference 2008.

CELEBRATIONS AT PRASANTHI NILAYAM

Bhakta Ramdas: A Musical Dance Drama

HIS BEAUTIFUL DRAMA ON THE life of Ramdas was presented by the Bal Vikas children of Tamil Nadu on 24th November 2008 in Sai Kulwant Hall. The drama portrayed how this simple villager Gopanna born in a small village of Andhra Pradesh earned the grace of Lord Rama by his



The drama "Bhakta Ramdas" presented by the Bal Vikas students of Tamil Nadu in Sai Kulwant Hall on 24th November 2008 was an excellent portrayal of the life of this great devotee of Lord Rama.

faith, devotion, dedication and total surrender, and how his name as Bhadrachalam Ramdas became immortal by his Kirtans (devotional songs) and the Rama temple built by him in Bhadrachalam. Embellished with beautiful dances of the children and sweet Kirtans of Ramdas, the drama was an excellent portrayal of the life of this great devotee whose faith in Rama never swerved even a bit in

the face of the great ordeals he had to pass through. The drama which began at 5.45 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall came to a close at 6.50 p.m. At the end of the drama, Bhagavan blessed the children and posed for group photos with them. Prasadam was distributed to all after this. The programme came to a close at 7.00 p.m. with offer of Arati to Bhagavan.

Youth Camp of Haryana and Punjab

Sri Sathya Sai Seva Organisations of Punjab and Haryana jointly organised a youth camp at Prasanthi Nilayam from 3rd to 7th December 2008. About 250 youth from all parts of these two States came to participate in this camp. During their stay at Prasanthi Nilayam, the youth experienced the bliss of Bhagavan's Darshan and participated in the Bhajan sessions in Sai Kulwant Hall. They also kept themselves engaged in Seva activities at Prasanthi Nilayam and participated in the lecture sessions which were addressed by many learned speakers for their benefit.

Youth Camp of Madhya Pradesh and Chhattisgarh

More than 850 youth came to participate in the youth camp organised by Sri Sathya Sai Seva Organisation of Madhya Pradesh and Chhattisgarh at Prasanthi Nilayam from 15th to 19th December 2008. During their stay at Prasanthi Nilayam, the youth engaged themselves in personal Sadhana as well as Seva activities. Besides participating in Darshan and Bhajan sessions in Sai Kulwant Hall,

the youth also attended the lecture sessions addressed by many distinguished speakers.

On 17th December 2008, these youth presented a cultural programme in Sai Kulwant Hall in the Divine Presence of Bhagavan. The programme which commenced at 5.15 p.m. comprised three items. The first item of the programme was a folk dance of Chhattisgarh presented by a group of youth of this State. Donning the traditional dress of Chhattisgarh folk dancers, the youth enthralled one and all by their symmetrical step and hand movements



The youth of Chhattisgarh presented a vibrant folk dance of Chhattisgarh on 17th December 2008.

in perfect synchronisation with folk songs tuned to thrilling music. The second item of the programme was a drama which showcased the importance of harmony between thoughts, words and deeds. The drama, in fact, was a repeat enactment of the play "Cheppinatlu Chestara?" (Do you do what you say?) written and directed by Bhagavan Sri Sathya Sai Baba during His school days. It showed how a young student is confused when his mother, father and teacher act just contrary to what they say and teach. They ultimately realise their mistake when the student presents



A scene from the drama "Cheppinatlu Chestara?" enacted by the Sai Youth of Madhya Pradesh in Sai Kulwant Hall on 17th December 2008.

his predicament before them. The drama was well directed and well enacted and all the three episodes included in it highlighted the theme of the drama. The last item of the cultural programme was devotional songs presented by Sri Abhas Joshi, a former Bal Vikas student of Madhya Pradesh. The singer enthralled the audience with three devotional songs in his melodious voice, after which Arati was offered to Bhagavan to mark the conclusion of this beautiful cultural programme. Bhagavan blessed the youth at the end of the programme. Prasadam blessed by Bhagavan was thereafter distributed to all. The programme concluded at 6.25 p.m. On the eve of the conclusion of youth camp, Bhagavan showered His blessings on the youth in Sai Kulwant Hall and posed for group photos with them on 18th December 2008. He also gave clothes to two lead actors of the drama "Cheppinatlu Chestara?"

Pilgrimage of Srikakulam District Devotees

More than 3,000 devotees came to Prasanthi Nilayam from Srikakulam district of Andhra Pradesh on Parthi Yatra (pilgrimage to Puttaparthi) from 20th to 22nd December 2008. On 20th December, they conducted Nagar Sankirtan in the Puttaparthi village,

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and on 21st December, Bal Vikas children of this district presented a beautiful musical dance drama in Sai Kulwant Hall in the Divine Presence of Bhagavan. The drama entitled "Sai Jyothi", which began at 6.10 p.m. after the Divine Darshan of Bhagavan portrayed the glory of Bhagavan and greatness of Bharat as the land of peace and purity through beautiful songs accompanied by thrilling dances of children and sweet soothing music. At the end of the drama at 6.55 p.m., Bhagavan blessed the children, posed for group photos with them and distributed clothes to them. The programme came to a close at 7.15 p.m. with Arati to Bhagavan.



The drama "Sai Jyothi" presented by the Bal Vikas children of Srikakulam district of Andhra Pradesh on 21st December 2008 was embellished with charming dances and beautiful songs.

SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES

EPIP Area, Whitefield, Bangalore - 560066, Ph.: 080 28411500, Ext. 415; Fax: 080 28411502; E-mail: hrblr@sssihms.org.in; Website: www.sssihms.co.in

Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) is a group of two tertiary care and two general hospitals governed by the Sri Sathya Sai Medical Trust providing state-of-the-art surgical and medical treatment to patients across the country. All services are provided completely free of cost.

SSSIHMS, Whitefield, Bangalore is a 333-bedded tertiary care hospital with Cardiac and Neuro specialities performing about 3,000 surgeries annually. An associated General Hospital caters to primary and secondary care in all the other specialities.

SSSIHMS, Whitefield has an active DNB programmme running successfully for the last six years. The programmes are offered in five specialities –Anaesthesiology, Cardiology, Cardio-Thoracic Surgery, Neurosurgery and Radio-Diagnosis. The Institute also has the distinction of receiving two gold medals for the programme in Cardiology.

In keeping with its philosophy of providing free education, the Institute does not charge any fee for the courses offered including that prescribed by the National Board. However, other policies remain as per the NBE guidelines.

SSSIHMS, Whitefield invites applications for Post-DA and Primary DNB candidates for Anaesthesiology; Post-DMRD and Primary candidates for Radio-Diagnosis; Post MS/DNB General Surgery for Cardio-Thoracic and Neurosurgery and Post MD/DNB General Medicine/Paediatrics for Cardiology. Only candidates who have cleared CET will be eligible for selections.

P.S.: Application forms can be downloaded from the website. Filled in application forms should be sent by post and E-mail.

- Director

NEWS FROM SAI CENTRES

AUSTRALIA

NATIONAL CONFERENCE ON THE theme of selfless service was held in Melbourne on 30th and 31st August 2008, in which over 270 delegates participated. The delegates discussed opportunities for service activities based on Bhagavan's Divine Discourses on selfless service. Practical strategies were then developed for use in Sathya Sai Centres and Groups. Dr. Pal Dhall and Sri Neville Fredericks emphasised the importance of service with love. Sri Arthur Hillcoat pointed out that the same love flowed through those to whom service was rendered.

Presentations were made on selfless service by various Wings of the Sai Organisation, such as Sai Medical Unit, Unity of Faiths. The film "His Love in Australia" focusing on human

A national conference on the theme of selfless service was held in Melbourne, Australia on 30th and 31st August 2008, in which over 270 delegates discussed the transformational, spiritual and inspirational benefits of selfless service.

values and selfless service was shown. All conference delegates received a Family Service Diary as a token of love. Copies of the book "Seva, a Flower at His Feet" were provided to the libraries of all Sathya Sai Centres and Groups. Conference delegates in group discussions shared their reflections on the transformational, spiritual and inspirational benefits of selfless service. The delegates viewed selfless service as the highest spiritual discipline and the essence of devotion. They concluded that the spark within was transformed into a living flame of love when service was approached with the attitude of humility, gratitude, opportunity for learning and practice of the five human values.

SWITZERLAND

A conference on "Human Values: Root of Human Rights and Universal Peace" was held at the United Nations International Labour Organisation (ILO) premises in Geneva, Switzerland on 1st July 2008. About 170 people attended the conference. In her welcome address, Geneva Sai Centre President, Smt. Denise Woehrle spoke about the importance of human values and universal peace. Thereafter, Justice P.N. Bhagwati, former Chairman of the United Nations Commission on Human Rights, talked about the inner meaning of the five human values (truth, righteousness, peace, love and non-violence), their relevance in the daily life of man and their importance as the root of human rights. Justice Bhagwati said that the transformation of the heart was the foundation of all the work of Bhagavan Baba. The next speaker, former Air Chief Marshal Nirmal Suri, spoke on "Right Living in

Society: Values in Action". He expounded on Swami's message: "There is only one religion - the religion of love." Dr. Joseph Phaneuf, a dermatologist from U.S.A., spoke next and said that access to medical care, education and pure drinking water was a basic human right. Dr. Phaneuf dwelt on Bhagavan's humanitarian projects and the Ashland Free Medical Clinic in California that provides free service to the needy. The last speaker was Dr. Veeru Mudigonda, an alumnus of Sri Sathya Sai University and a head and neck surgeon from the U.K. Dr. Mudigonda spoke about Bhagavan's message on service to humanity and reiterated that service should be done with the spirit of oneness. At the conclusion of the conference, Dr. Arun Pabari, area coordinator of Sri Sathya Sai Organisation of Switzerland, thanked the speakers and the audience and expressed gratitude to Bhagavan. In the end, Geneva Sai Youth Group presented mementoes to the speakers.

KAZAKHSTAN

A seminar on Sai Spiritual Education (SSE) was held on 24th June 2008. Over 50 persons from the nine cities of Kazakhstan, namely, Almaty, Astana, Petropavlovsk, Rudnyi, Stepnogorsk, Shuchinsk, Semey, Kokshetau and Kostanay participated. Devotees from Tashkent and Uzbekistan also came to participate in the seminar. During the morning session, presentations were made on the SSE programme for children and the role of teachers in the SSE. Human values-based games were organised during the afternoon session.

Following the seminar, a Sathya Sai Camp with the theme "Unity of Religions" was organised by Sri Sathya Sai Organisation of Kazakhstan at Borovoye Natural Park located north of Akmola region. This park



Participants in the Sathya Sai Camp on "Unity of Religions" held at Borovye National Park, Kazakhstan singing a prayer song. The camp was held on 24th June 2008, in which more than 50 persons from various regions of Kazakhstan and devotees from Tashkent and Uzbekistan took part.

is a beautiful mountain land harbouring pine forests, cliffs formed of gigantic natural bricks and peaks separated by serene lakes. Daily proceedings of the camp started with Omkaram and Suprabhatam. Children led the Bhajans with love and dedication. Children and adults from each geographical area participated in a Sanathana Dharma play based on Bhagavan's teachings, portraying scenes from Hinduism, Zoroastrianism, Buddhism, Christianity and Islam. All the volunteers and teachers worked hard in making this camp a memorable event. Devotees experienced Bhagavan's love and presence during the camp.

QATAR AND DUBAI

In Qatar, during the holy month of Ramadan (September 2008), approximately 52 Muslim brothers living in labour camps away from their families were served Iftar (the meal that breaks the fast of Ramadan at the end of each day of the fast) on Fridays. Devotees chanted the name of God to sanctify the food to be served while preparing food items. Each food packet contained dates, apple, orange,

fruit juice, grapes and biscuits. Besides food, clothes were presented to the needy on the day of Id UI Fitr.



A section of devotees attending the inaugural ceremony of the new Sri Sathya Sai Mandir in Dubai held on 14th August 2008.

A new Sri Sathya Sai Mandir was inaugurated on 14th August 2008 in Dubai. The Mandir will serve as the new Sai Centre and Bhajan Hall, accommodating nearly 400 devotees. On 13th August 2008, the idol of Lord Ganesha was installed in the premises of the new Mandir. The shrine and the Mandir were decorated beautifully and a majestic handcrafted throne for Swami was installed next to the shrine. On the inauguration day, Bhagavan's Padukas (sandals) were brought from the old Mandir amidst chanting of Sai Gayatri and placed in the new Mandir. Chanting of Omkaram and Suprabhatam transported the devotees to the precincts of Prasanthi Nilayam. All devotees felt Bhagavan's presence throughout the ceremony.

U. S. A.

Devotees from Sri Sathya Sai Baba Centre in Louisville, Kentucky assisted the American Council of the Blind (ACB) during their annual conference on 6th July 2008 in Louisville. Following the instructions given by the

coordinator for the ACB Chapter in Louisville (who is also visually challenged) the volunteers were to introduce themselves, extend their left arm for the visually challenged individual to hold and then walk normally. Most of the volunteers were involved in providing assistance with registration and escorting the attendees to the lecture or exhibition halls. Some were involved in helping them find their rooms. The highlight of this conference was that nearly 2,000 visually challenged attendees from every corner of the country including Hawaii were present.

Sai Youth of Mid-Central Region were blessed with an opportunity to help a flood-affected region in Missouri on 26th July 2008. The Cherokee Lake Camp in O'Fallon, Missouri



Sai Youth of Mid-Central Region of the Sai Organisation in U.S.A. rendering help in a floodaffected region in Missouri.

was flooded in June 2008. Sandbags were used to levee the campsite to protect it from severe flooding. As the water levels receded, Sai Youth coordinated a service project to help clean the campsite by removing the wet sandbags. Forty-two Sai Youth and adults came together in this effort. Sai Youth formed a human chain to pass the sandbags to the designated location, empty them into a

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mound of sand and pick up the debris around. The amount of Bhagavan's love generated was so great that the work scheduled for 1½ days got done in less than a day.

GUATEMALA

Sai Youth of Guatemala organised a retreat dedicated to service and human values. The retreat was held in a school in the mountains of Guatemala from 1st to 3rd August 2008. This school is used as a home for 63 malnourished



Sai Youth of Guatemala conducted Bhajans and group sessions on human values in a retreat held from 1st to 3rd August 2008 in a school for malnourished children in Guatemala. The youth shared love with these children and offered food and presents to them.

children. Eleven Sai Youth from El Salvador also joined this retreat. Bhajans took place in the morning and evening, filling the mountain air with divine vibrations. Group sessions were conducted, focusing on the application of human values in daily life with an emphasis on unity.

Sai Youth planted approximately 50 pine trees and ended the day with a silent walk through the forest. Children in this home were served vegetarian dishes and were given

presents, in addition to breaking the traditional piñatas that were filled with candies. Most of all, the children felt the love of the Sai Youth and asked them to stay with them, or to come back as soon as possible. During their stay, the youth had Satsangs. They also exchanged ideas about applying Sathya Sai Human Values in their lives. Some youth shared their experiences of Sri Sathya Sai World Education Conference. They all finally thanked Bhagavan for blessing them with this beautiful experience of love and service.

SRILANKA

A seminar on Sarva Dharma (unity of all faiths) based on the teachings of Bhagavan was held on 10th May 2008 in Colombo, Sri Lanka. The main objective of this seminar, which was attended by over 150 persons from different communities and religions, was to educate people on practising the teachings of Bhagavan to lead a happy and healthy life. In his keynote address, Sri Jagath Gunasekera highlighted the importance of Sarva Dharma seminars for society. Professor Sunanda Degamboda from the University of Kelaniya



A seminar on unity of faiths was held in Colombo, Sri Lanka on 10th May 2008, in which over 150 persons from different communities and religions took part.

spoke about different types of meditation techniques taught by Bhagavan and on the importance of following Bhagavan's teachings. Sri Raymond Sedera, retired Director of Education, explained the significance of Divine incarnations and Bhagavan's Divine Mission. He also stressed the importance of Namasmarana and chanting Gayatri Mantra to avoid any disastrous situations and calamities. Ven Padaviye Nandaseela spoke on how Bhagavan helped him to become a better monk. The gathering was impressed by the life story of the monk who explained how Swami had guided him throughout his monkhood. Sri Chanidma de Silva of the University of Kelaniya stressed the importance of introducing Sathya Sai Educare programme in schools. Sri Sisira Baranage explained how Bhagavan responds when a devotee prays with faith and confidence. The seminar concluded with Bhajan singing and a question-and-answer session.

Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: Sri Sathya Sai Seva Organisation, Andhra Pradesh organised a large number of programmes on the occasion of 83rd Birthday of Bhagavan Sri Sathya Sai Baba. It made arrangements to provide food at Prasanthi Nilayam Railway Station from 20th to 22nd November 2008 to devotees coming from various places to participate in Bhagavan's Birthday celebrations, wherein about 15,000 persons were served food. Anantapur district of the State organised Narayana Seva at ten places in the district and served food to more than 3,000 people. Kadapa district distributed machines, agricultural sewing sprayers, carpenter kits, etc., to 83 selected persons and served food to about 4,000 persons. Similarly, Vizianagaram district provided Amruta Kalasams (food provisions),

blankets, clothes, etc., to 83 selected persons in each of these villages: Saluru, Yathapalem, Kovvadapeta and Budathanapalli. Hyderabad district of the State conducted a mega medical camp at Sivam on 1st and 2nd November 2008, providing medical services to nearly 6,000 persons. It also organised Narayana Seva from 17th to 23rd November 2008 and served food to more than 10,000 persons.

Assam: Sri Sathya Sai Seva Organisation of Assam covered an important milestone on 8th November 2008 when Sri Sathya Sai Sadhana Nilayam of Guwahati, the reconstructed new building of its Sai Centre, was inaugurated



Newly constructed Sai Centre of Sri Sathya Sai Seva Organisations of Assam which was inaugurated on 8th November 2008.

by Justice Biplab Kumar Sarma of Guwahati High Court amidst great enthusiasm. A large number of people including many dignitaries attended this grand function. The programme on this occasion included the inaugural chorus "Madhur Sivam Sundaram" and cultural items by Bal Vikas children, melodious devotional songs and Bhajans and speeches of guests and office bearers of the Sai Organisation. In his speech, the chief guest, Justice Sarma highlighted the need of following the teachings of Bhagavan for ushering in an era of peace and harmony in society. The other guest

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speaker was Capt. Robin Bordoloi, MLA and Chief Administrator of Guwahati Municipal Corporation who remarked that he was indeed very fortunate to be born in a family with rich Sai legacy. The office bearers of the Sai Organisation including the State Presidents of Manipur and Assam explained the Divine Mission of Bhagavan and the objectives of the newly constructed Sai Centre.

Gujarat: Sri Sathya Sai Seva Organisation of Gujarat also celebrated the golden jubilee of "Sanathana Sarathi" by organising Sanathana Sarathi Exhibition "Journey with Sai" in Surat from 18th to 21st December 2008. Vast ground of Dayalaji Kelavani Mandal having around 21,000 sq. ft. area was selected as a venue for the exhibition. A beautiful entrance was prepared with a video section to show Swami's

displayed the pictures of Swami's Darshan, three campuses of Sri Sathya Sai University, Sri Sathya Sai Super Speciality Hospitals (Puttaparthi and Bangalore), Sri Sathya Sai Water Project (Anantapur and Chennai), Narayana Seva, Festival Celebrations, Divine Directives, activities of Sri Sathya Sai Seva Organisation, Gujarat, pictures exhibiting the information related to "Sanathana Sarathi" magazine and Swami's visits to Gujarat, Maharashtra, Goa, Karnataka, Delhi, Uttar Pradesh, Andhra Pradesh, Tamil Nadu, Himachal Pradesh, Jammu and Kashmir, Madhya Pradesh, Kerala, East Africa, etc. A special section on Parenting and EHV was also arranged in the exhibition to draw special attention of elders and dignitaries. The exhibition was inaugurated by Sri Ranjitbhai





Sri Sathya Sai Seva Organisation, Gujarat set up Sanathana Sarathi Exhibition "Journey with Sai" at Surat from 18th to 21st December 2008 which attracted nearly 9,500 visitors including school and college students. The exhibition highlighted the message and humanitarian work of Bhagavan and depicted His visits to various places.

visit to the exhibition held at Prasanthi Nilayam. To project the unity of faiths, sayings of great saints of major religions of the world were placed parallel to the entrance. Illuminated panels of Swami's quotes and declarations on "Sanathana Sarathi" were suspended in the aisle from the roof which enhanced the beauty of the entire exhibition, especially in the evening time. The exhibition

Gilitwala, Mayor, Surat Municipal Corporation on 18th December 2008.

More than 9,500 persons including prominent personalities and students from various schools and colleges visited the exhibition. Day-to-day proceedings and photographs were published in almost all local newspapers.

On each day, cultural programmes were organised in the evening from 6 p.m.

to 9 p.m. Swami's photo, Vibhuti packet and Prasadam were distributed to all visitors.

Jammu and Kashmir: In order to provide selfemployment to very poor and needy people who could not earn their livelihood, a survey was conducted by the Sai Organisation in nearly 50 villages, as a result of which 27 families from villages Gamanhasa, Marh, Floura, Rehal and Kalandria were identified initially to whom sewing machines were distributed on 19th October 2008 at Shiv Mandir, Nanak Nagar, Jammu. The sewing machines were given to those persons who were having skill of tailoring so as to enable them to earn their livelihood.

During recent turmoil in Jammu district, around 151 poor families were identified in and around Jammu who were provided with food provisions and articles of daily use. This activity was repeated to help these families as and when required by them. In addition to this, readymade food packets were distributed to poor and needy people in different villages of Jammu province especially in border areas where people could not come out from their houses.

Karnataka: "Prema Jyothi" and "Journey with Sai" exhibition which was held at Bangalore

from 12th to 21st September 2008 was set up at Mangalore and Hubli also on the request of the devotees of these places. At Mangalore, it was set up in T.V. Raman Pai Convention Centre from 26th November to 28th November 2008. This state-of-theart Convention Centre has two floors of approximately 5,000 sq.ft. each. The exhibits along with illuminated panels were aesthetically displayed on both the floors of this centre. Films on "Sanathana Sarathi" and Bhagavan's humanitarian work were continuously shown in a pavilion for the benefit of visitors. Prasadam along with Vibhuti and Bhagavan's photograph was distributed to all the visitors. Free food was also served to all from 12 noon to 2.30 p.m. All the major newspapers, local newspapers and TV channels gave wide publicity to the exhibition. About 13,000 people including 4,000 students from various schools and colleges in and around Mangalore visited the exhibition. "Prema Jyothi" section of the exhibition which projected the healthcare, education and drinking water projects of Bhagavan was a great educative experience for the visitors. Photographs of Bhagavan's visits to Alike, Mangalore, Chokkady and other nearby places in "Journey with Sai" section





"Prema Jyothi" and "Journey with Sai" exhibition was held at Mangalore (photo on left) from 26th to 28th November 2008 and at Hubli (photo on right) from 4th to 7th December 2008. At both the places, the exhibition attracted a large number of visitors including school and college students.

of the exhibition were also seen with great interest by the visitors.

At Hubli, the exhibition was held from 4th to 7th December 2008 at Indira Glass House. It was inaugurated on 4th December 2008 by Sri Jagadish Shettar, Speaker, Karnataka Legislative Assembly in the presence of Sri Siddheshwar Mahaswamigalu of Bijapur, Smt. Radhabai Safare, Mayor Hubli-Dharwar Municipal Corporation and a large number of other dignitaries. There was continuous flow of people on all the four days and people from various walks of life from Dharwar, Gadag, Haveri, Koppal, Bagalkot, Bijapur, Belgaum, Davangere, Raichur, Bellary, North Canara districts visited the exhibition in large numbers. Chiefs of many Muths also visited the exhibition. Students from more than 70 schools and 28 colleges visited the exhibition. The total number of visitors for all the four days was more than 30,000.

Tamil Nadu: Sri Sathya Sai Seva Organisation,



Tamil Nadu is actively imparting Disaster Management Training to youth in Tamil Nadu since 2005. In the year 2007 alone, such training was imparted to over 2,000 youth in various educational institutions. Recently, the Sai Organisation was called upon to impart similar training to Police Inspector Trainees at the newly inaugurated Tamil Nadu Police Academy, Vandalur near Chennai. In all, 756 Police Inspector Trainees were given this training which was conducted from 28th to 30th October 2008 by the faculty of the Tamil Nadu Sai Organisation assisted by the youth members of disaster management team of Kancheepuram district. The trainees enthusiastically participated in the various emergency methods of rescue, first aid techniques and practical demonstrations in fire fighting. The police officers and trainees were impressed by the commitment and dedication of the entire team of trainers of the Sai Organisation.



Sri Sathya Sai Seva Organisation, Tamil Nadu imparted training in disaster management to 756 Police Inspector Trainees at Tamil Nadu Police Academy, Vandalur from 28th to 30th October 2008.

NOTICE

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

Overseas English: By Airmail Rs 850/- or US\$19 or €13 or £13 or Can\$22 or Aus\$26.

Note: Subscriptions can be made for a period of 1 or 2 or 3 years at a time. No additional amount need to be paid by the current subscribers for the period already subscribed. This raise in subscription is not applicable to Nepal, Bhutan and Sri Lanka.

— Convener

Chinna Katha

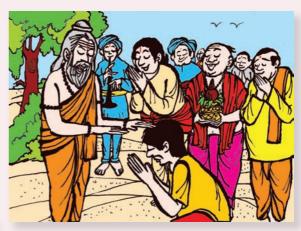
Remain Equipoised in Praise and Abuse

NCE WHEN A NOBLE PERSON was going to a village on foot, someone started following him, making fun of him and insulting him all the way. Unperturbed by this constant tirade against him, the noble person walked on peacefully. After some time, the noble man came near the village where he had to go. The people of the village offered him a grand welcome on the outskirts of the village. Then



When the people of the village came to welcome the noble man, he asked them to serve food and cold butter milk to the critic first who had kept deriding him all the way.

the noble person said to the villagers, "Look here, this man has come walking all the way with me and he is very much tired. Therefore, serve food and cold buttermilk to him first." Surprised to hear the words of the noble man, the man who followed him said, "I have hurled all sorts of abuses on you but you are showing so much kindness towards me. I am unable to understand this."



The teaching of the noble man was an eyeopener for the man who had indulged in criticising and insulting him.

Then the noble person replied, "Oh dear one! Did you abuse my body or the Atma? If you say that you have abused the Atma, then it means that you have abused yourself because the Atma in you and me is the same. If on the other hand, you say, you have abused my body, this also is meaningless, because my body is inert and so is yours; there is no meaning in one inert body criticising another inert body. In a way, you have not abused me but helped me by reminding me of the inertness of the body. This was a test of my understanding this truth. My dear one, you should understand that this body contains only flesh, bones and filth. Therefore, do not have attachment to this body. This body is the gift of God which should be put to proper use by performing sacred actions. Body is the temple of God. Whatever work you do with this body, offer it to the indweller who is verily God." The noble person's teaching was an eye-opener for this man.

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SRI SATHYA SAI UNIVERSITY

(Established u/s 3 of the UGC Act, 1956, Accredited by NAAC at A⁺⁺ level)

Vidyagiri, Prasanthi Nilayam - 515 134, Anantapur Dist., Andhra Pradesh, India Ph.: +91 8555 287239 Fax: 286919; Website: www.sssu.edu.in E-mail: registrar@sssu.edu.in

Admission Notice

Admission for the Academic Year commencing from June 2009 will be made for the following Courses:

Prasanthi Nilayam Campus (for Men): B.A., B.Sc.(Hons) in Mathematics, Physics, Chemistry, Biosciences, Economics (leading to PG Courses in the respective subjects); M.B.A., M.B.A.(Finance), M.Tech.(Computer Science), and M.Tech.(Applied Optics).

Brindavan Campus (for Men): B.Sc.(Hons) in Mathematics, Physics, Chemistry, Biosciences (leading to PG Courses in the respective subjects) and B.Com.(Hons).

Anantapur Campus (for Women): B.A., B.Com.(Hons), B.Sc.(Home Science), B.Sc.(Hons) in Mathematics, Physics, Chemistry, Biosciences; B.Ed., M.A.(English), M.A.(Telugu), M.Sc.(Home Science) with specialisation in (a) Food Science & Nutrition and (b) Food Technology.

Eligibility for Admission:

Undergraduate Courses: 10+2 pattern of study/Intermediate. Minimum marks required in the X Std. examination is 60% in aggregate and 55% in General English. Candidates should have taken their final year +2 / Intermediate qualifying examination before the date of Admission Test.

Postgraduate Courses: 10+2+3 pattern of study. A First class (minimum of 60% marks in aggregate in all the three years of study) in respective degrees with 50% in General English. For M.Sc.(Home Science) candidates of B.Sc.(Biosciences) or B.Sc.(MPC); for M.A.(Economics) Programme, candidates of B.A. or B.A.(Hons) or B.Sc. or B.Sc.(Hons) or B.Com. or B.Com.(Hons) are also eligible to apply.

M.B.A./M.B.A.(Finance) and B.Ed.: 10+2+3 pattern of study. A First class (minimum of 60% marks in all examinations of the course) in any first degree or Postgraduate degree with 50% marks in General English in the first basic degree. Candidates of Technical Courses like B.E., B.Tech., B.Pharma., B.Sc.(Agri). etc., are exempted from the minimum requirement of 50% marks in General English.

M.Tech.(Computer Science): A First class (60% and above) both in the first degree and M.Sc.(Mathematics)/ M.Sc.(Physics)/ M.Sc.(Computer Science)/M.C.A./B.E.(Computer Science)/B.Tech. (Computer Science) levels of examination with Computer Science background, and the candidates should have formally undergone the following courses: Artificial Intelligence, Computer Networks, Computer Organisation & Architecture and Database Systems.

M.Tech.(Applied Optics): A First class (60% and above) both in the first degree and M.Sc.(Physics)/B.E./B.Tech. levels of examination with a background in Optics and Electromagnetic Theory.

Note: Eligible candidates will be shortlisted by the University based on the marks of qualifying examinations. Only such candidates will be called for Admission Test.

In the case of candidates who have not received the marks statements of the final year of the first degree examination, their marks in the previous years/semesters should not be less than 60% in aggregate and 50% in General English. They should have taken their final year/semester qualifying examination before the date of the admission test.

Admissions are made as per the guidelines issued by the Govt. of India and UGC with regard to Reservation of seats. Candidates belonging to Scheduled Castes / Scheduled Tribes are entitled to a relaxation of 5% marks.

Admission to all the above courses will be on the basis of Admission Test and Interview which will be held in May 2009, at **Prasanthi Nilayam**, **Andhra Pradesh**.

Application form along with Information Handbook will be available from 1st December 2008 to 28th February 2009.

Interested candidates may apply to the Registrar, Sri Sathya Sai University, Vidyagiri, Prasanthi Nilayam - 515 134, Anantapur District, A.P. along with I.P.O. or Bank Draft for Rs.70/- for Undergraduate Courses and Rs.100/- for Postgraduate Courses/M.B.A. /M.B.A.(Finance)/M.Tech.(Computer Science)/M.Tech.(Applied Optics)/B.Ed. Courses. The Bank draft should be drawn in favour of Sri Sathya Sai University, payable at Prasanthi Nilayam/Puttaparthi. Since the application forms are different for each programme, candidates must indicate in the requisition letter the details of course/subject of study for which they seek admission. Also, the name, postal address, phone number, and Email ID of the candidate should be mentioned clearly in the requisition letter.

Alternatively, candidates may visit the website www.sssu.edu.in for downloading the application form and Information Handbook and fulfil the necessary requirements. -Registrar

SRI SATHYA SAI UNIVERSITY (Established u/s 3 of the UGC Act, 1956, Accredited by NAAC at A⁺⁺ level)

Vidyagiri, Prasanthi Nilayam - 515 134, Anantapur Dist., Andhra Pradesh, India Ph: +91 8555 287239 Fax: 286919; Website: www.sssu.edu.in E-mail: registrar@sssu.edu.in



Admission Notice

Admission for the Academic Year commencing from June 2009 will be made for the following Courses:

Sathya Sai Mirpuri College of Music

Sri Sathya Sai University offers the following courses under the auspices of the Sathya Sai Mirpuri College of Music (for boys) in Prasanthi Nilayam. The admissions will be made for the Academic Year commencing from June 2009.

FULL-TIME COURSES

- 1) FOUNDATION COURSE Duration: 2 years: (Carnatic, Hindustani) Vocal, Veena, Mridangam, Sitar, and Tabla.
 - **ELIGIBILITY**: Candidates should have passed 7th Standard of study, and be 13 to 20 years of age.
- 2) DIPLOMA COURSE Duration: 3 years: (Carnatic, Hindustani) Vocal, Veena, Mridangam, Sitar, and Tabla. ELIGIBILITY: Candidates should have passed 10th Standard of study and also a Course in Music equivalent to the Foundation Course from any recognised College/Institution, and be 16 to 23 years of age.

Application forms will be available from 1st December 2008 to 28th February 2009.

Admission to the above Courses will be on the basis of Admission Test and Interview which will be held in May 2009, at Prasanthi Nilayam, Andhra Pradesh.

Interested candidates may apply to the Registrar, Sri Sathya Sai University, Prasanthi Nilayam - 515 134, Anantapur District, A.P. along with Indian Postal Order or Bank Draft for Rs.50/- drawn in favour of Sri Sathya Sai University, payable at Prasanthi Nilayam / Puttaparthi. The name, postal address, phone number and Email ID of the candidate should clearly be mentioned in the requisition letter.

Alternatively, candidates may visit the website www.sssu.edu.in for downloading the application form and Information Handbook and fulfil the necessary requirements.

- Registrar

Sri Sathya Sai General Hospital, Prasanthi Nilayam

Email: hrmgh@sssihms.org.in, Phone 08555-287256, Fax 08555-289409

Applications are invited for the following posts:

Junior Engineer: Qualification: Polytechnic Diploma from a recognised polytechnic institution. (Electrical and Electronics)

Desirable: Experience in relevant branch of engineering specialisation from a recognised institute.

Staff Nurses: Qualification: General Nursing and Midwifery Course. (Female nurses

Pay on par with Central Government scales based on qualification and experience.

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

- Medical Superintendent

FESTIVALS / EVENTS IN THE YEAR 2009

11th Jan. .. Annual Sports and 14th Aug. .. Sri Krishna Cultural Meet of Sri **Janmashtami** Sathya Sai University .. Ganesh Chaturthi 23rd Aug. 14th Jan. .. Makara Sankranti 2nd Sept. .. Onam 28th Sept. .. Vijaya Dasami 23rd Feb. .. Sivarathri 18th Oct. .. Deepavali 27th Mar. .. Ugadi 14th Nov. (6 p.m.) - Global Akhanda 3rd Apr. .. Sri Rama Navami 15th Nov. (6 p.m.) Bhajan 14th Apr. .. Tamil New Year Day 19th Nov. .. Ladies Dav .. Vishu 14th Apr. 22nd Nov. .. 28th Convocation of Sri Sathya Sai 6th May .. Easwaramma Day University .. Buddha Purnima 9th May 23rd Nov. .. Bhagavan's .. Ashadi Ekadasi 3rd July 84th Birthday 7th July .. Guru Purnima 25th Dec. .. Christmas

SRI SATHYA SAI HIGHER SECONDARY SCHOOL, PRASANTHI NILAYAM Ph.: 08555-289289, E-mail: ssshss@gmail.com, Website: ssshss.org.in

Admission to Class I and Class XI of Sri Sathya Sai Higher Secondary School, Vidya Giri, Prasanthi Nilayam – 515134, Anantapur Dist., (A.P.) will take place in June 2009. It is an English medium, wholly residential school.

Prospectus and Admission Forms can be had from the Principal from 01-01-2009 by paying Rs 50/- either by cash or through Demand Draft drawn on State Bank of India, Puttaparthi Branch (code no: 2786) in favour of the Principal, Sri Sathya Sai Higher Secondary School, with a self addressed cover (size 15 cm x 24 cm) with Rs. 20/- stamps affixed.

Last date for issuing the forms is 15th February 2009 and the last date for receiving the filled in forms at this office is on or before 1st March 2009.

Only students coming from English medium classes should apply.

Age limit for 1st standard in between 5 $\frac{1}{2}$ years and 6 $\frac{1}{2}$ years as on 30-09-2009.

- Principal

JANANI 2009 DIARY

Due to unexpected demand, Janani 2009 diaries are exhausted. Devotees are requested not to place any further orders for diaries.

- Convener

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The Second Coming is Here (Cass Smith)		Markandeya, Ooty, 26 Feb '08	
I Keep Feeling Your Love in Me (Cass Smith)		Holi Festival, Bihar & Jharkhand, 22 March '08	
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Dasara 2002 (6 Discourses & 2 Music Concerts)		Tripura Rahasyam, <i>Maharashtra</i> , 25 July '08 Even.	
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Sri Sathya Sai Speaks 2002 (22 Discourses)		Dasavataram, Kozhikode & Malappuram Dist., Kerala, 10 Sep	o. 108
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Manushya Rupena Mrugaha Charanthi), <i>Gujarat, 8 Nov. '07</i>			
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Independence), Gujarat, 9 Nov. '07			
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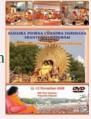
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