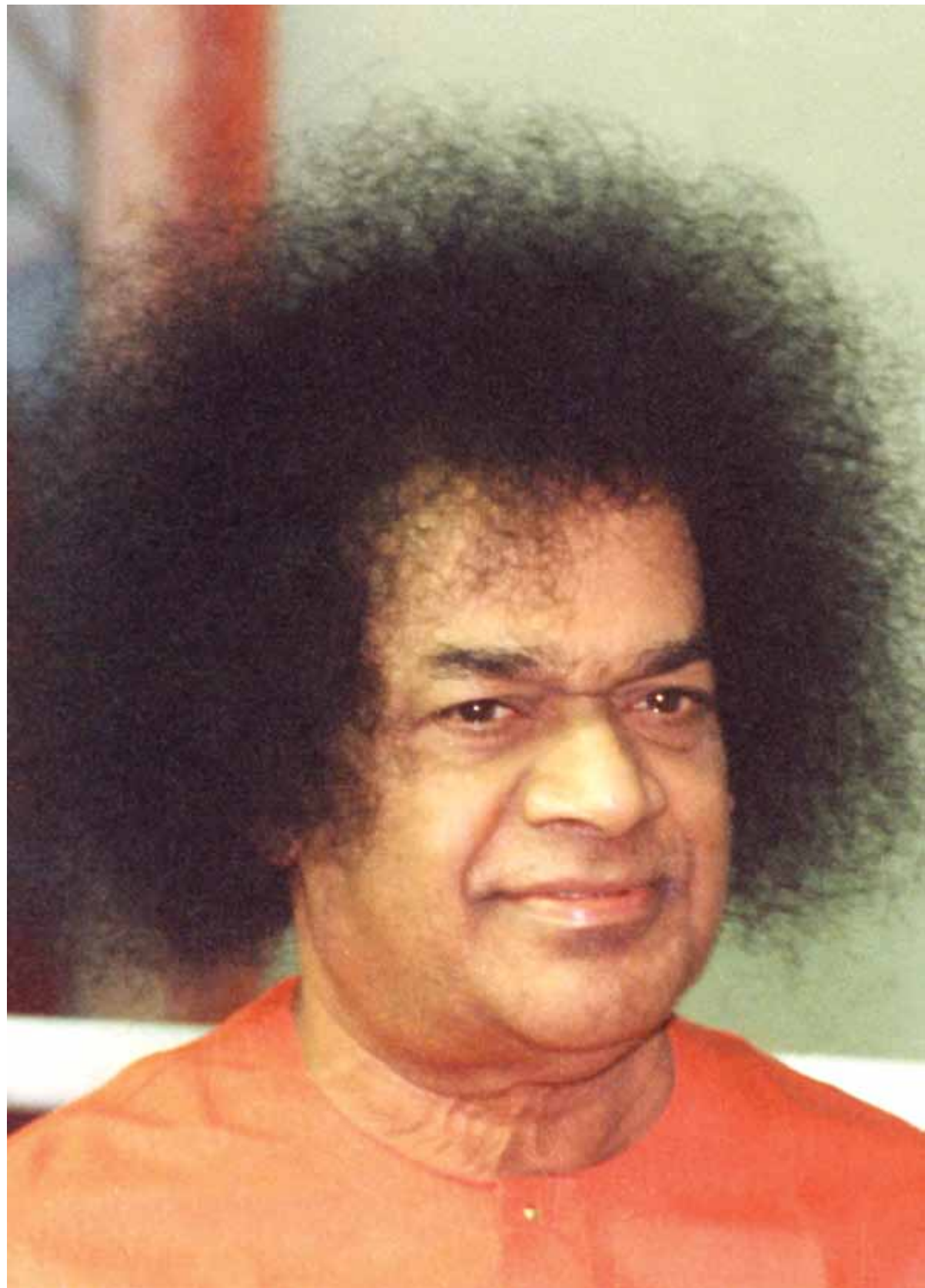


# Sanathana Sarathi

JUNE 2020





# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol.: 63 Issue No. 6 Date of Publication: 1st June

June

2020

© Sri Sathya Sai  
Sadhana Trust, Publications Division  
Prasanthi Nilayam

Printed by **K.S. RAJAN**  
Published by **K.S. RAJAN**

On behalf of the owner, Sri Sathya Sai  
Sadhana Trust, Publications Division, Prasanthi  
Nilayam 515134, Anantapur District (A.P.)  
And Printed at M/s Rajhans Enterprises, 136,  
4th Main Road, Industrial Town, Rajaji Nagar,  
Bengaluru 560044, Karnataka  
And Published at Sri Sathya Sai Sadhana Trust,  
Publications Division, Prasanthi Nilayam  
515134, Anantapur Dist., Andhra Pradesh.

Editor **G.L. ANAND**  
Assistant Editor **P. RAJESH**

E-mail: [subscriptions@sssbt.org](mailto:subscriptions@sssbt.org)  
[editor@sssbt.org](mailto:editor@sssbt.org)  
For Audio Visual /

Book Orders: [orders@sssbt.org](mailto:orders@sssbt.org)  
ISD Code : 0091

STD Code : 08555

Telephone : 287375

Sri Sathya Sai Central Trust Telefax : 287390

Sri Sathya Sai University -

Administrative Office : 287191 / 287239

Sri Sathya Sai Higher

Secondary School : 289289

Sri Sathya Sai

Primary School : 287237

SSSIHMS, Prasanthigram,

Puttaparthi : 287388

SSSIHMS, Whitefield,

Bengaluru : 080 28411500

## Annual Subscription

acceptable for 1, 2 or 3 years.

**English India:** (12 issues) ₹ 120

**Other Countries:** ₹ 1200

or US \$22, UK £17, €19,

CAN \$29, AUS \$31

**Telugu India:** ₹ 90 (12 issues)

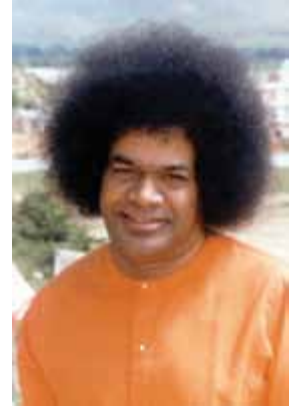
**Other Countries:** ₹ 900, US \$18,

UK £13, €14

**Note:** Please do not send currency notes  
in postal covers. **For the Attention of**  
"Sanathana Sarathi" **Subscribers.**

Three asterisk marks (\*\*\*) appearing  
after your subscription number on  
the mailing wrapper indicate that  
you should renew your subscription  
immediately. Please quote your present  
subscription number while renewing the  
subscription. All subscriptions and other  
correspondence should be addressed to  
The Convener, Sri Sathya Sai Sadhana  
Trust, Publications Division, Prasanthi  
Nilayam 515 134, Anantapur district,  
Andhra Pradesh, India.

*We do spiritual practices like yoga,  
meditation and Japa. They also give only  
temporary satisfaction. Only love for God  
gives eternal bliss. God is eternal. Divine  
love is eternal; divine bliss is eternal.  
We can get eternal bliss by developing a  
permanent relationship with God who is  
eternal and changeless, not with worldly  
relations like husband-wife, mother-father,  
brother-sister, etc.*



## CONTENTS

- 4 **Love is the Basic Principle of Human Life**  
**Bhagavan's Discourse: 25th April 1996**
- 8 **True Sacrifice Lies in Giving**  
**what you Value Most**  
**Bhagavan's Message on**  
**Buddha's Gospel of Sacrifice**
- 11 **Bhagavan Writes for Sanathana Sarathi**  
**Leela Kaivalya Vahini**
- 15 **Sri Sathya Sai Sharda Peeth**  
**Seva Centre, Jammu**  
**Karuna Munshi, Director,**  
**Sri Sathya Sai Vidya Vahini**
- 18 **Just Experience and Enjoy Him**  
**Prof. M. Nanjundaiah**
- 23 **Making our Life the Message of Bhagavan**  
**Bhuvaneswari Rajshekar**
- 27 **Sathya Sai Baba's Fundamental Message**  
**and Sai Education**  
**Tom Scovill**
- 31 **News from Sai Centres**

## Official Websites of Prasanthi Nilayam

Sri Sathya Sai Sadhana Trust, Publications Division: [www.srisathyasaipublications.com](http://www.srisathyasaipublications.com)

Bhagavan's Photographs Online: [www.saireflections.org](http://www.saireflections.org)

Reporting Website from Prasanthi Nilayam: [www.theprasanthireporter.org](http://www.theprasanthireporter.org)

Sri Sathya Sai Central Trust: [www.srisathyasai.org.in](http://www.srisathyasai.org.in)

Radio Sai Global Harmony: [www.radiosai.org](http://www.radiosai.org)

Sri Sathya Sai Easwaramma Women's Welfare Trust: [www.ewwt.org.in](http://www.ewwt.org.in)

Bal Vikas Wing of Sri Sathya Sai Organisations, India: <http://sssbalvikas.ssssoindia.org>

For Renewals / New Subscriptions / Electronic Editions, please visit us @

[www.sanathanasarathi.org](http://www.sanathanasarathi.org)

AVATAR VANI

# LOVE IS THE BASIC PRINCIPLE OF HUMAN LIFE

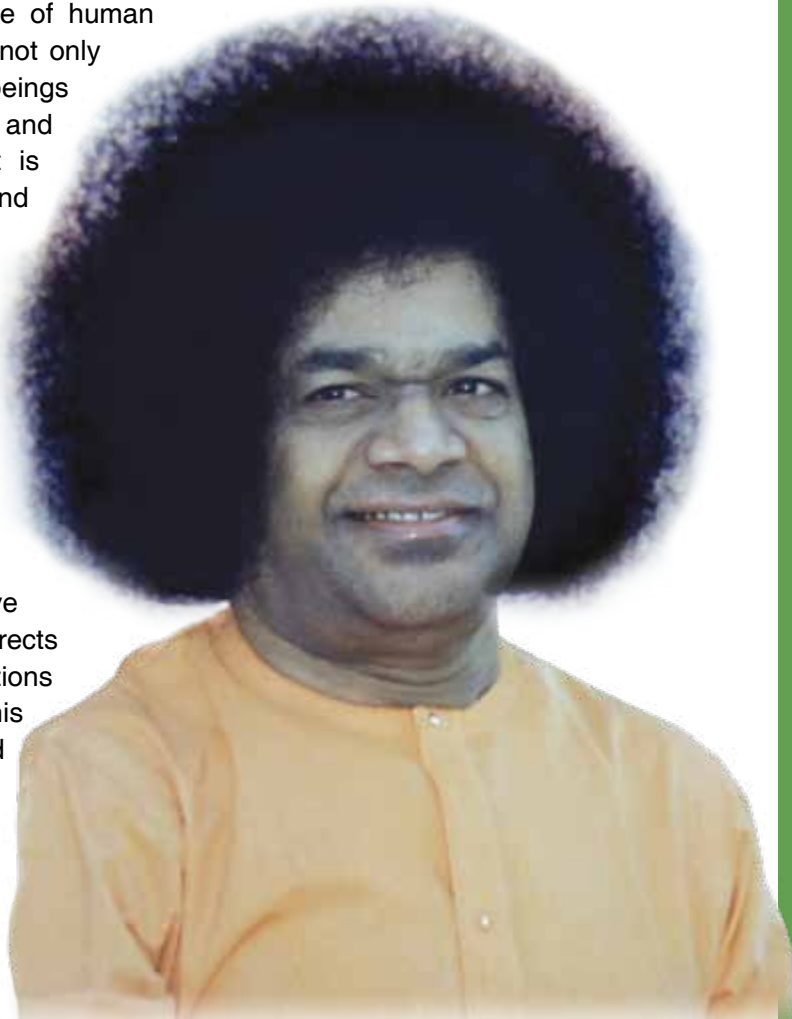
ONLY LOVE FOR GOD GIVES ETERNAL BLISS

**L**OVE IS THE FORM OF GOD. SO God is full of love. Similarly, man should have love to love connection with his fellow beings. When his love is true and deep, he will experience oneness with them. This is the principle of Advaita.

## **Divine Love is Supreme and Eternal**

Love is the basic principle of human life. Love forms the basis of not only human beings but all living beings including birds and animals, and even worms and insects. It is due to their love that dogs and monkeys feed and take care of their young ones. Man is superior to all living beings in the world. The Vedas say, *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest). Even though man has the rarest and the noblest human birth, he degenerates his love into attachment, because he directs his love towards worldly relations and objects. He multiplies his love in several ways and develops attachment. But worldly love is impermanent; it is temporary like passing clouds. The basis of worldly love is outward

connections and relationships. The inner love, on the other hand, does not depend on outward worldly connections. This is the love that fills us with Ananda (eternal bliss). But man does not recognise this true love and therefore remains devoid of bliss. He continuously indulges in





worldly love and thinks that it is permanent and true. He does not know that permanent divine love is within, which is supreme and eternal.

### **Love First and Faith Next**

A few minutes earlier, Anil Kumar spoke and said that there should be firm faith first and love next. This is not correct. First love, then firm faith. Firm faith cannot exist where there is no love. Love is born with us and is always there within us. Life and love are not separate. But we are subjected to delusions and disappointments because we consider worldly attachments as love. We think that love develops through worldly attachments and develop firm faith in it. This is totally wrong. Firm faith grows step by step when you have love. It is love that unites the whole world, and when once you have experienced divine love, you will grow in faith. The bond of love binds all together. We suffer disappointments in life because we start believing worldly and physical attachments as love.

### **Happiness Associated with Divinity is Eternal**

Parents today make great efforts to educate their children, because they think that by acquiring education their children will be able to earn money and lead a happy life. But mere bookish knowledge is not enough. One should have practical knowledge which endows one with education for life. What is required in practical life is not mere education but elevation, which provides education for life. Here is a small example.

Once there lived a poor family in a small village. The parents faced great difficulties for the education of their son. After he became a graduate, they decided

*Nobody is permanent in this world. Only the relationship with God is permanent and everlasting. Man strives hard to earn money; he accumulates wealth. But money and wealth are not permanent. What is the permanent wealth? The wealth of love and bliss is permanent. Man should therefore earn this permanent wealth. When man has the wealth of love, all other types of worldly wealth will also come to him automatically. Whatever man does without love is just a waste.*

to perform his marriage. The parents were of the opinion that their son should marry a village girl who was capable of doing household work and was gentle and humble so that she would uphold the honour of the family. But their son said that he was a university graduate and would not marry an uneducated village girl. His mother argued with him and said, "Both your father and I have taken this decision after thinking deeply. You should obey your parents as our sacred texts state that mother is God, father is God. If the village girl comes in our house, she will do household work and I will take rest as I am growing old". But the son was adamant that he would marry only an educated girl. As the parents did not want to hurt the feelings of their son, they performed his marriage with an educated girl from a town. As the wishes of the son were fulfilled, he exclaimed, "My life is now full of happiness".

After about 15 days of the marriage, the boy one morning asked his wife to prepare coffee for him. The girl replied, "You are a



graduate and I am also a graduate. Why not you prepare coffee for me”? Upon hearing this, the boy thought, “My life is full of darkness”. One day, he felt that his life was full of happiness and another day, he felt that his life was full of darkness. How did this happen? Worldly happiness is like this only. It will be there at one moment and will disappear at the next moment. Everything connected with worldly happiness is full of darkness. Happiness associated with divinity is eternal.

### **Love and Bliss are Within, not Without**

There is no spirituality in the life of man today as his heart is full of all sorts of worldly matters. Instead, man should fill his heart with love; he should conduct himself with love and fill his life with love. He should begin and end his life with love. Only then can he realise his true identity with the Atma and recognise that the body is sure to die one day or the other.

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

(Bhaja Govindam)

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

This world is full of sorrow and misery. Man is caught in the endless cycle of birth and death. Man should therefore consecrate his life by filling it with love which is very much within him. But man in his foolishness searches it outside in worldly objects and relationships. Here is

a small story to illustrate this foolishness of man.

Once there was a man who had an only son whom he brought up with great care. One day when the son was playing with a ball, the ball rolled into a corner of the room. When the boy tried to retrieve the ball, he was bitten by a scorpion. The boy shouted, “Father, a scorpion has stung me”. However much the father tried, the pain of his son went on increasing. The father could not bear the sight of the suffering of his son and ran to a doctor. The doctor gave him an ointment and told him to rub it on the spot where the scorpion had bitten. When he asked his son to show him the spot where the scorpion had bitten him, the son showed him the corner of the room. As the father lacked intelligence, he rubbed the ointment at the spot shown by his son in the corner of the room, instead of applying it on the part of the body of the son affected by the scorpion bite. All the efforts of man to get rid of suffering and attain happiness are like that only.

Man searches for happiness where it does not exist. Love is within man, but he searches it outside. You may be very intelligent and learned. But you cannot find something outside when it is within you. There was once an old woman who lost her needle when she was mending clothes in her hut. As there was no lamp in her hut and she had cataract in her eyes, she could not find the needle. She went out and started searching the needle under a streetlight. A student who was passing in the street asked the old woman, “Grandmother, what are you searching”? The woman replied that she was searching a needle. The student said, “Tell me where you lost it; I



will help you in searching it". She replied, "I lost it when I was doing stitching work with it in my hut". The boy asked, "Why are you searching the needle in the street which you have lost in your hut"? The old woman said, "There is no lamp in my hut. There is light in the street. Therefore, I am searching here". See! Lost in the house and searching in the street! This is what man is doing today. The entire Ananda and love is within him but he foolishly searches it outside. External love and happiness are temporary and transient. Relationship with God is eternal and everlasting. Human body is impermanent. How can one derive permanent happiness from the temporary body? We do spiritual practices like yoga, meditation and Japa. They also give only temporary satisfaction. Only love for God gives eternal bliss. God is eternal. Divine love is eternal; divine bliss is eternal. We can get eternal bliss by developing a permanent relationship with God who is eternal and changeless, not with worldly

relations like husband-wife, mother-father, brother-sister, etc. Worldly relations are not permanent; they last for a short while. Everybody has to go one day or the other. Nobody is permanent in this world. Only the relationship with God is permanent and everlasting. Man strives hard to earn money; he accumulates wealth. But money and wealth are not permanent. What is the permanent wealth? The wealth of love and bliss is permanent. Man should therefore earn this permanent wealth. When man has the wealth of love, all other types of worldly wealth will also come to him automatically. Whatever man does without love is just a waste. But man attaches high value to his body which is ephemeral and impermanent. Rather, man should consider noble and elevated thoughts of high value.

(To be continued in the next issue...)

– **Bhagavan's Divine Discourse in Sai Sruthi, Kodaikanal on 25th April 1996.**

*When the Divine comes down as Avatar – whether it be as Rama or as Krishna, Matsya (fish), Varaha (boar) or Vamana (dwarf) – it is only for one purpose. You recognise only the momentary results of the advent. But you should note that the Divine comes as Avatar only to teach mankind the truth about love. Oh man, it is because you lack love and are filled with selfishness that the world is plunging in so much conflict and chaos. It is only when you develop love and the spirit of sacrifice that you will realise the divinity that is in the human. The man who has no spirit of Thyaga (sacrifice) will be a prey to all ills. A man without love is a living corpse. It is love and sacrifice which make man divine.*

– Baba



## BHAGAVAN'S MESSAGE ON BUDDHA'S GOSPEL OF SACRIFICE

# TRUE SACRIFICE LIES IN GIVING WHAT YOU VALUE MOST

*The whole universe is permeated by the Divine. He is omnipotent, omnipresent and all-knowing. Be conscious that He is not confined to any place. He is everywhere and in everything, including your body. He cannot be seen by dissecting the body. But when the mind is directed towards God, He can be experienced.*

## IMMORTALITY CAN BE ATTAINED ONLY BY SACRIFICE

**M**AN IS COMPOUNDED OF two basic constituents: one which is permanent and the other which is transient. They are: the Atma and the Anatma; the body and the indwelling spirit; the Kshetra (field) and the Kshetrajna (Knower of the Field). As one who is essentially Divine, man's primary duty is to enquire into what is permanent and what is impermanent, what is real and what is unreal, discard what is false and adhere to what is true. This is the theme of the Gita in the cantos devoted to *Kshetra Kshetrajna Vibhaga Yoga* and *Gunathraya Vibhaga Yoga*. The Gita lays stress on inquiry into the eternal and the evanescent as a primary requisite for man.

### **Peace in Society Depends on Man's Actions**

The aim of education should be to enable one to discover one's own true nature. By concentrated effort and by sacrifice of every kind, different paths have been discovered for experiencing Divinity. The Upanishads have declared,





"Not by rituals or progeny or wealth can immortality be attained. It can be got only through Thyaga (renunciation)". What is it that has to be renounced? What is it that has to be sought? Man should be engaged in a perpetual inquiry to find out from the myriad objects in the universe, from his varied experiences and his multifarious activities, the means of achieving Ananda (bliss). Today the world is plunged in chaos and conflict. What is the reason for this? All the joys and sorrows experienced by man stem from his actions. The actions themselves are the result of thoughts arising in the mind. It is only when the thoughts are good that the actions will be pure. When man's actions are pure, society will be healthy and peaceful.

### Lessons to be Learnt from Nature

The secret of true renunciation has to be learnt from the trees, the cows and the rivers.

*Trees bear fruits for the benefit of others.*

*Water flows in the rivers for the benefit of others.*

*Cows yield milk for the benefit of others.*

*Human body has been gifted for the service of humanity.* (Sanskrit Verse)

When trees, cows and rivers are setting such an example in unselfish service to others, human life will have no meaning if it is not devoted to selfless service.

When we start inquiring, "Where is God? Who is God"? Nature as the vesture of God provides the answer. It is well known that the earth spins around itself at the rate of 1,000 miles an hour. It is ceaselessly doing its duty without rest. Because of this rotation, you have night and day. Moreover, the earth is going round the sun at the speed of 66,000 miles an hour.

As a result, we have changes in seasons conducive to cultivation of crops. The earth, the sun and the moon are providing a lesson to man regarding the fulfilment of one's duties. They are also demonstrating the importance of activity for mankind. All of them – trees, rivers, cows, the earth and the sun are acting unselfishly. At the same time, what they are doing is essential for man's existence. When these are rendering such selfless service, what kind of renunciation is man displaying? Man is enjoying the benefits provided by Nature, but is showing no gratitude at all in return.

### Buddha Shows What True Sacrifice Means

*Dear Students!*

Having come to the Sathya Sai Institute for your studies, you have to set an example to others. You have to get rid of all bad traits. This is the sacrifice you have to make for acquiring good qualities. Real enjoyment does not consist in wearing expensive clothes and leading a luxurious life. You must experience joy in the control of your desires and in leading a tranquil life. Do not poison your minds by excessive desires.

Buddha was once asked: "Who is the richest man in the world"? Buddha replied: "He who has much contentment (with what he has) is the richest man". To the question, "Who is the poorest man"? Buddha replied: "He who has many desires". A Maharaja, who was listening to Buddha's sermons on contentment and renunciation, wished to earn the approbation of Buddha.

Buddha used to keep with him always a rattle-drum. His disciples once asked him: "Master! Why are you always keeping this rattle-drum by your side"? Buddha replied: "I shall play on this drum the day



a person who has made the greatest sacrifice approaches me". Everyone was eager to know who this person would be. Such persons are often the forgotten men of history.

Wishing to attain this distinction, the Maharaja loaded his elephants with considerable treasure and went to Buddha. He hoped to offer the treasure to Buddha and earn his praise. On the way, an old woman greeted the Maharaja and pleaded: "I am hungry. Will you give me some food"? The Maharaja took out a pomegranate fruit from his palanquin and gave it to the old woman. The old woman came to Buddha with the fruit. By then, the Maharaja had also come to Buddha and was eagerly waiting to see when Buddha would sound the rattle-drum. For a long time, Buddha did not use it. The Maharaja stayed on. The old woman approached Buddha staggering on her legs, and offered him the pomegranate fruit. Buddha took it immediately and sounded the rattle-drum.

The Maharaja asked Buddha: "I offered so much wealth to you. You did not sound the drum. But you rattled it after receiving a small fruit. Is this a great sacrifice"? Buddha replied: "Maharaja! In sacrifice, it is not quantity that counts. It is the quality of sacrifice that matters. It is natural for a Maharaja to offer gold. But what great sacrifice is made when a hungry old woman offers the pomegranate fruit to the Guru despite her hunger. She did not care even for her life and gave the fruit. What greater sacrifice can there be? It is not sacrifice to offer what is superfluous for you. True sacrifice means giving up that which is most dear to you, that which you value most".

## **Dedicate your Life to the Service of the Divine**

Students! You must give up your selfishness and strive to please the Lord in whom you have faith by dedicating your lives to the service of the Divine. The whole universe is permeated by the Divine. He is omnipotent, omnipresent and all-knowing. Be conscious that He is not confined to any place. He is everywhere and in everything, including your body. He cannot be seen by dissecting the body. But when the mind is directed towards God, He can be experienced. The men who landed on the moon declared that they did not find God there. God cannot be found through Yantras (machines). He can be experienced through Mantras (sacred formulae).

Students! This Sathya Sai Institute has been founded to train students who would be able to change the world which is today plunged in chaos and corruption. Bharat, which was the fountain-source of righteousness and spirituality, is today divorced from truth and righteousness and is plagued by evil forces.

Swami does not seek anything from you except that you should develop into ideal citizens who will bring good name and fame to Bharat. This is the sole purpose for which Swami brought the Institute into existence. All education is free here. You have all the facilities needed for your studies. You have to transform yourself and help to transform the country. In olden days, people regarded everything as given by God. They placed God first, the world next and themselves last. Today all this has been reversed; the 'I' comes first, the world next and God last.

**– From Bhagavan's Discourse at Sri Sathya Sai Institute Hostel, Vidyagiri on 26th June 1988.**





## BHAGAVAN WRITES FOR SANATHANA SARATHI

**W**HEN BHAGAVAN SRI SATHYA SAI BABA STARTED SANATHANA SARATHI in February 1958, He also began writing an article for it every month from its very first issue and continued writing without any break up to October 1984. All these articles were written in perfect sequence as these were meant to be compiled in the form of books which were called Vahini series. To acquaint our readers how these articles were written by Bhagavan, we reproduce Bhagavan's handwritten articles along with their translation that formed the 16th and final book of Vahini series named "Leela Kaivalya Vahini" (Stream of Cosmic Consciousness Divine).

The article given in this issue forms the first part of the article which was published in October 1984 issue of Sanathana Sarathi. The next issue of Sanathana Sarathi will carry the second part of this article, which is the concluding article of "Leela Kaivalya Vahini" which expounds the profound knowledge of the Vedas. Since Bhagavan Sri Sathya Sai Baba Himself is the Veda Purusha and the Vedas have emerged from Him, there can be no greater authority to propound the eternal values and invaluable teachings of the Vedas than Him. The seekers who want to grasp the authoritative and true import of the spiritual truths contained in these most ancient scriptures should read and reread these articles.







# వీలాకైవల్య వాహిని

(సాయి సాధకుల సంభాషణ)

**సాధకుడు :** అధర్వవేదము ఏది? దీనికి కూడా అనేక పేర్లున్నవా?

**సాయి :** అవును. అంగిరో వేదము, అథర్వాంగిరో వేదము, భృగ్వంగిరో వేదము, క్షత్రవేదము, భైషజ్యవేదము అని ప్రసిద్ధం. కాళిదాసు వశిష్టలవారిని అధర్వనిధి అని కీర్తించినాడు. అట్లు కీర్తించుటద్వారా ఋగ్వేద, యజుః, సామవిదుడే కాక అధర్వ వేదాభిజ్ఞుడు కూడనగువాడే పౌరోహిత్య కుశలుడు, కర్మ నిర్వహణ సమర్థుడు, రాజగురు పదమునకు అర్హుడు అని తెలియజెప్పెను.

**సాధకుడు :** అధర్వ మంత్రములకు పేర్లేమైన ఉన్నవా?

**సాయి :** అవి సిద్ధమంత్రములని ప్రసిద్ధి. గాయత్రీదేవికి ఋగ్యజు సామములు పాదములు, మీమాంసాశాస్త్రము తటస్థ లక్షణము, అధర్వ వేదము చేష్ట అని అర్థము.

**సాధకుడు :** దీనికి, అర్థమగునట్లు, లౌకిక ప్రపంచమునకు తెలియునట్లు, ఉపమానము లేవైన ఉన్నవా?

**సాయి :** అధర్వము ఒక వృక్షము వంటిది. ఋగ్వేద, యజుర్వేద, సామవేదాలు స్కందశాఖలు. సృతి పురాణములు వర్ణములు. ఒకే ఆదిత్యుడు యజుర్వేదమున యజుః అనియు, సామవేదమున సామ అనియు, ఋగ్వేదమున ఊర్ధ్వ మనియు, అధర్వవేదమున యాతుః అనియు ఉపాసింపబడుచున్నాడు.

**సాధకుడు :** అధర్వుడనగా నేమి?

**సాయి :** నిశ్చలుడు లేక స్థిర ప్రకృతి కలవాడు అని అర్థము. అధర్వమునకు ప్రాణాత్మ లేక ప్రజాపతి అని వేదప్రసిద్ధము. ప్రాణాత్మ అగు ప్రజాపతి అధర్వుడని కీర్తింపబడినాడు. ఈ ప్రజాపతియే మొదట అగ్నిని మథించెను. ప్రతి వేద మంత్రమునకు ఆదియందును, అంత్యమందును ఉచ్చరింపబడే ప్రణవము అభివ్యక్తము చేయునది అధర్వవేదమే.

**సాధకుడు :** ఈ వేదము పరమేశ్వరునికి ఎన్ని రూపములని తెలిపినది?

**సాయి :** 'యాతే రుద్ర శివా తనూర ఘోరా పాప నాశిని' అని పరమేశ్వరునకు శాంతము, ఘోరము అని రెండు రూపములున్నట్లు తెలిపెను.



# LEELA KAIVALYA VAHINI

## Sai Speaks to Sadhaka

**Sadhaka:** Which Veda is named Atharva? Is it also known by many other names?

**Sai:** Yes. That Veda has various popular names – Brahma Veda, Angiro Veda, Atharvangiro Veda, Bhrgvangiro Veda, Kshatra Veda, Bhaishajya Veda. Kalidasa has praised sage Vasishtha as “Atharva Nidhi” (the Treasure Chest of Atharva knowledge). As a result of his earning such high renown, Vasishtha was installed as Rajaguru (Royal Preceptor) and could claim mastery over all the four Vedas (Rig, Yajur, Sama and Atharva), and the authority to supervise ritual sacrifices and perform scriptural rites and ceremonies.

**Sadhaka:** Swami! Have the Mantras contained in the Atharva Veda any special names?

**Sai:** They are celebrated as Siddha Mantras, that is to say, Mantras that guarantee the promised effects. The presiding deity of the Gayatri Mantra, known as Gayatri Devi, is adored as having the Rig, Yajur, Sama Vedas as feet, the Mimamsa Sastra (Science of Interpretation and Inquiry) as the passive, steady aspect, and the Atharva Veda as Activity.

**Sadhaka:** This is rather complicated to me. Is there no other way of explaining the importance of this Veda by some worldly metaphor, which is more easily comprehensible?

**Sai:** Well. Listen. The Atharva Veda is a huge tree, of which the Rig, Yajur and Sama Vedas are the trunk and branches, and the Smritis and Puranas, the leaves. One Sun (Aditya) is worshipped in the Yajur Veda as Yajuh, in the Sama Veda as Sama, in the Rig Veda as Oordhva, and in the Atharva Veda as Yaatu.

**Sadhaka:** What does the Atharva mean?

**Sai:** It means a steady, unmoved person, who is of stable nature. Atharva is also widely identified in the Veda as Prana-atma (the super-consciousness that activates the vital airs) and Prajapati (the ruler of all beings born). As the former, it is also denoted as Pranapati. This Prajapati is credited with the achievement of first churning sparks of the fire and making fire manifest. Of the Vedas, each of the three is, at some time or other, recognised as the first; but, so far as the last is concerned, the Atharva is always uttered as such.

**Sadhaka:** How many forms are ascribed to God (Parameswara, the Supreme God) in this Veda?

**Sai:** “*Yaate Rudrasshivaatanoraghora Papa Nashinee,*” it is said. That is to say, God is described as having two, distinguishable forms – the serene and the terrible.



# SRI SATHYA SAI SHARDA PEETH SEVA CENTRE, JAMMU

**O**N 6TH MARCH 2020, Sri Sathya Sai Sharda Peeth was inaugurated near the Indo-Pak border in village Marh (pronounced Mud) in Halq region of Jammu. The unique features of the grand structure include three signature Prasanthi Nilayam style buildings along with Sai Kulwant Hall style domes. The colour palette is blue and pink, in conformity with Sai architecture. The buildings are bright and spacious, oozing a divine energy that one experiences while crossing the Gopuram Gate of the Ashram in Puttaparthi.

From the front porch leading to the grand entrance via the teak door with carved sunrays, to the spic and span room for Bhagavan Baba on the right of the foyer, and a tastefully decorated Visitors' Room to receive His guests on the left, to the attractively carved Ganesha door ahead opening into the spacious prayer space Sai Asha Hall, the building has a sense of vastness, lighting and deep peace. As soon as one sets foot in Sai Asha Hall, the premises draw the visitor to the well-appointed

altar which features a throne for the Lord, bewitching large photographs of both the Sai incarnations and five exquisite marble statues – Ganesha, Mata Sharda, Hanuman, Mata Vaishno Devi and Shirdi Sai Baba.

Goddess Sharda holds a very special place around here and the venue is named after her – Sri Sathya Sai Sharda Peeth Seva Centre, Jammu. The altar has large pictures of Bhagavan Sri Shirdi Sai Baba and Bhagavan Sri Sathya Sai Baba but the centrepiece on the wall is the large photo of the Ati Rudra Lingam of Prasanthi Nilayam, reflecting the centuries old tradition of Kashmir Shaivism. The throne for Bhagavan Baba is an ornate chair sent by a devotee from a land, far, far away with much love and a long story!



*Sri Sathya Sai Sharda Peeth Seva Centre, Jammu.*





*The beautiful altar in Sai Asha Hall.*

The spacious altar is raised enough to provide a clear view to all devotees, even those seated right at the back. Interestingly, its front fringe is arched like the Bhagavan's Samadhi at Prasanthi Nilayam, lending itself to floral decoration in a similar fashion. Below the altar is a stage, which is lower in elevation compared to the altar but adequately above the floor level, ideal for Bal Vikas programmes, speaker podiums, etc. The rest of the hall is wide and airy, with doors and windows on either side which lead to driveways that wrap the Sai Asha Hall, which is an independent building, 4,000 square feet in area. The second building Sai Sominder Bhavan which is 3,200 square feet in area houses a large dining hall and a community kitchen, equipped with modern amenities. The third block of 1,200 square feet is for washrooms.

The dream to have a Sai Centre began when a local devotee Sri Arjun Singh placed

a plot of land at Bhagavan's Lotus Feet in the memory of his late father. Soon, the land parcel grew four times in size. The period of nearly 3 ½ years, since the Bhumi Puja on 3rd October 2016 till the inauguration on 6th March 2020 have been a journey of leaps of faith, infinite resignation, unending prayers and divine interventions galore at Sri Sathya Sai Sharda Peeth Seva Centre of Jammu. At every step, Bhagavan Baba has reminded the devotees that this centre is His centre and its birth is an unfolding of His divine resolve to restore peace, love, truth, non-violence and righteousness in this disturbed and difficult region. Undoubtedly, it is very much a part of His Avataric master plan.

The name Sri Sathya Sai Sharda Peeth Seva Centre is inspired by Bhagavan Baba's frequent mention of Kashmir being one of the prominent seats of learning in ancient India. Scholars such as the Advaitin Adi Sankara and Kalhan, the author of





Raja Tarangini, studied at the ancient seat of learning known as Sharda Peeth, which is now in ruins in the Neelum valley in Pakistan Occupied Kashmir. Dedicated to Goddess Saraswati, the Sanskrit prayer *Namaste Sharade Devi Kashmira Pura Vasini* is a lingering reminder of its ancient glory.

During the course of construction, everyone felt a mysterious force accomplishing daunting tasks with ease and speed. The many Sai family meals cooked with the fresh vegetables plucked from the field next door and the many cups of chai they shared with the workers as they cured the freshly plastered cement or oversaw the laying of floor tiles or the installation of the huge carved doors and most importantly, guiding the various delivery trucks to this village nook proved to be an unforgettable experience. It strengthened their faith that Bhagavan was personally leading the project, a sentiment echoed by Sri Shiv Kumar Sharma, the State President of Jammu and Kashmir Sai Organisation.

A major push to the project came at the start of the year 2020 when the Jammu youth group led by Captain Satpal arrived at the site with the Divine Lotus Feet of the Lord in the form of marble Padukas received from Sri Sathya Sai Central Trust in Prasanthi Nilayam. This marked the arrival of their God and Lord and from that moment onwards, the pace of work picked up further, as did the commitment of the devotees and their belief in the project's viability.

On Sivarathri day, 21st February 2020, when devotees came to participate in the Prana Pratishtha of the divine images

to invoke the life force in the idols, most of them were stunned to see their Lord's abode resembling a mini Prasanthi Nilayam, says Dr. Turki, the Secretary of Sri Sai Prashanthi Trust of Jammu.

The Managing Trustee of Sri Sathya Sai Central Trust, Sri R.J. Rathnakar, All India President of Sri Sathya Sai Seva Organisation, Sri Nimish Pandya and a team of guests had joined the Jammu devotees for the inauguration function. In hindsight, devotees are further wonderstruck at the timing of the inauguration on 6th March 2020 and the smooth and safe return of all the devotees before the travel ban and the COVID-19 curfews.

When in 1968, the Avatar declared at Dharmakshetra, Mumbai that the purpose of His incarnation was to protect the devotees and revive Sanathana Dharma through Vedic culture, little could one have imagined that re-establishing the seat of Mata Sharda, the goddess of learning, on the northern-most frontier of Bharat would be part of His Vajra Sankalpa (adamantine resolve). The precision and perfection with which Sai glory is spreading and His mission growing to achieve His goal of uniting humanity into one family – *Vasudhaiva Kutumbakam*, is a stark reminder that He lives, lives and continues to ever live, drive and protect His devotees, and He continues to accomplish His Mission of "Love All Serve All". Jammu is yet another frontier that Bhagavan has just blessed with His infinite compassion and out of concern for His children in the region. Clearly, this is the first of many more Sai miracles that the world will witness in the days to come.

– The author Smt. Karuna Munshi is the Director, Sri Sathya Sai Vidya Vahini.



# JUST EXPERIENCE AND ENJOY HIM\*

Prof. M. Nanjundaiah

**I**N 1975, A WRITERS' conference was held in Parthi, in celebration of Swami's 50th Birthday. One day, during the conference, I happened to sit at His Lotus Feet. Swami gave me a letter to read and said, "I had saved one person in Nagarjuna Sagar and I was here in Parthi at that time". "Yes, Swami. You were here," I agreed with Swami. With a smile He said, "Yes, I am here, I am there. I am everywhere; I am Omnipresent". Encouraged by Swami to ask questions, I said to Him, "Swami, in the conference, the poets were describing You as Parabrahma Swarupa in Puttaparthi. While their wonderful description was elevating our hearts, You were laughing sarcastically at them. What was that, Swami"? Swami said, "They had written all that from their heads, not from their personal experience. It was not coming from their hearts. I am a resident of their hearts, I knew what was happening. Anything that comes from the heart touches Me, but what comes from the head never touches Me. People may feel beautiful words were used and wonderful thoughts were expressed, but it never touches Swami. Boys write small poems on a piece of paper and give it to Me; I enjoy them because it comes from their innocent hearts. They may know very little, but it comes from their hearts".

## **Give Me your Heart Unconditionally**

Once during the lunch break in Brindavan, I was standing in front of



Swami's room with a few of my students. Swami was inside His room on the first floor. One by one all the students withdrew for lunch and I was left standing alone. I was asking Swami in my mind, if there was any improvement in me. I had been with Swami for some years now. Out came Swami, stretching His hand in a gesture of asking, "give Me, give Me". He came down three steps, turned around, went back up and sat in His chair. At first, I did not understand what He was saying. But it is like, you give gold to the jeweller and ask him to make a beautiful jewel for you. But one condition, the jeweller should not put gold in the crucible. He should not hit it with hammer nor should he cut it. But he must make you beautiful jewellery. Our request is like that. Swami says, "Without condition give your heart to Me. Allow Me to do whatever I want to do with it. Do I do it unnecessarily? No! What is the object of the entire process? Is it for My sake? No! Is it for you? No! But it is to set an example

*\*Continued from the previous issue.*

to the world. And I must do that. Give Me your heart unconditionally”.

### **Namasmarana – The Greatest Sadhana**

In Kali Yuga, there is no greater Sadhana than Namasmarana. It is sufficient to get Mukti. In 1974, we accompanied Swami to Sivam in Hyderabad for Ugadi celebration. Devotees there were chanting Rudram while Swami was bathing inside. Sri Kamavadhani was one of them. I was thinking to myself how fortunate these people were to chant Rudram while God was having His bath – Abhishekam. “They surely will get Moksha”, thought I, as it was all new to me. I did not know the meaning of all those hymns because I do not know Sanskrit. I also do not know the Vedas. Swami came straight out of His bath and went to Sri Kamavadhani and said, “Hey Kamavadhani, can a person who does not know Veda or Sanskrit get Mukti”? Whenever Swami asks anyone a question, he is obliged to answer. One should not say, Swami knows everything. He does not like it. Sri Kamavadhani replied, “No, Swami”. “In Kali Yuga, there is no greater Sadhana than Namasmarana. It alone is sufficient to get you Mukti”, said Swami, very mischievously looking at me to see if I had got my answer.

When we flew with Swami to Hyderabad, there were many important people on the flight accompanying Swami, who were trying hard to get His attention. He was not paying much attention to them. After we landed, we were all taken to Sivam, as part of Swami’s group. Once the programme at Sivam was over, Swami took me inside Sivam to show all the rooms. I was shocked. I did not know what to make of Swami’s actions towards me, especially in the light of His behaviour towards important people

on the flight. I am just a small employee in His institution. I asked Him, “Swami, I do not know how to understand You”. “Don’t try to understand Me,” very emphatically He said, “Anubhavinchu, Anandinchu” (experience and enjoy).

People who have surrendered to Swami have seen His Mahimas and people who wanted to understand Him and measure Him were thrown out. “Don’t do that,” affectionately He told me once. This advice has saved me from hundreds of situations. Monkey mind! In spite of being taught by Swami to surrender, it acts up at times. Once I had written a letter to Swami complaining of the criticism I had heard. I wrote, “I pray to You, Swami. I heard some criticism about You. I have been in Brindavan for a few months. I have seen Your activities and Your love for people. You are doing so much for us. When I hear such things about You, it really hurts me, Swami. Please don’t allow such people to criticise You or write against You. This is my prayer to You”. Having read my letter, He made me sit with Him in the car on His way to Bengaluru, and said, “Change your mind. It is wrong”. “Why?” I asked Swami. “I have given freedom to man. He can use it whatever way he wants. I don’t interfere. You praise Me, you worship Me. Do I interfere? No! Same way, if he wants to criticise, he is free to criticise. And you are praying to Me to take away the freedom that I have given everyone. It is a wrong prayer.” Then I asked, “Swami, should I pray then such things should not come to my notice”? “Yes, that you can pray, and I will permit,” said Swami.

During one of His talks at Poornachandra Auditorium, Swami declared, “I have never done any harm to anyone, at any time

in the 75 years of My life. Even if people harmed Me, I never meant to harm them. Even if people want to harm Me in future, I don't want to harm them". After the talk was over, Swami asked us about His talk. He always appreciated if we were honest with Him. He would even take time to explain things we didn't understand. I said to Swami, "Why did You openly declare that You do not harm anyone, even if they choose to harm You? Where was the need for You to make such statements? Having heard this, wouldn't wicked people try to harm You"? Swami said, "Do not worry. No one can harm Me. But, I did not say they will not suffer. Bad actions will have bad results. If they have the intention to harm Me, they will suffer for that. That is Karma Siddhanta (the law of cause and effect). I don't stop that. But I don't cause harm, for I see Myself in everyone".

### **I Know all Things at all Times**

His Life is His Teaching! To see Himself in everyone is to know everyone as His self. If we notice the way Swami operates during Darshan, we understand this. While walking in the Darshan line, Swami sees a person, says hello to him, goes a few steps ahead, comes back and asks, "Will you take Vibhuti"? He creates Vibhuti and gives it. I watched that for some time after I joined the college and was wondering, why Swami was taking so much pain. Going forward, coming back and doing this. To my human logic, I thought Swami must want to know if there was any credit to the devotee's balance. He goes ahead, finds out the devotee has done some Punya, comes back and gives him / her Vibhuti. So, I asked Swami, "Does Swami know everything at all times or He comes to know things as needed"? Swami said, "I

know all things at all times. I play a number of dramas in this place. Don't fall into the trap". He answers every question.

### **Always Parabrahma Swarupa, never under the Spell of Maya**

Once Swami's sister, Venkamma Garu's husband was dying of dog bite. The entire family was sitting around Swami. They were praying to Him, saying, "Swami, bring him back to life. You can do anything. Venkamma is very young. She will become a widow. Why don't You save him, Swami"? Mother, father and all the villagers were pleading. Swami is God. That we should never forget. He is always correct. His perfection is beyond any doubt. Sri Kasturi came to Bukkapatnam, walked through the village before coming to Swami. "What Kasturi?" asked Swami. Sri Kasturi said, "I came through the village, Swami. All the people are sad. Venkamma is so young. Husband is dead. Please bring him back to life. Resurrect him, Swami". Swami is God. Suddenly He is God, suddenly He is human. That's where He baffles our mind. "Kasturi, I thought you had some intelligence. If there is no death or birth, how do I spend My time"? Swami asked Sri Kasturi. Can He ask such a question when His own brother-in-law was dead? Brother-in-law is of the body, but Swami is God, transcending the body. Always Parabrahma Swarupa, never under the spell of Maya. Depending on the need and situation, He only plays different roles like an actor would, but never becomes the role.

### **Living in God is Real Spirituality**

Living with God is true education. Living for God is true devotion but living in God is true spirituality. Live in God – Kanta Venta, Inta, Janta (in you, with you, around you,





above you). If only we can remember one thing, that Swami is the resident of our heart, everything will be fine. There will be no fear, only joy, bliss! Not as a mere thought but as a real experience. Prayer is our strength for it connects us to Swami in our heart! If we pray, remembering that Swami is the resident of our heart, even the Bhajan singing becomes an actual experience of joy and peace and not just an offering.

In 1973, I joined college. In one of His letters to me, Swami once wrote, "Sai Sannidhi, getting proximity to Sai, being in His kingdom under His care is greater treasure than Divinity itself". He has taught us everything we need to know. He has given His direct guidance and love.

He will not give us up. We may give up on ourselves, but Swami will not give up. Especially students have enjoyed so much grace from Swami. People used to complain in the 1970's that Swami spent 80% of His time with students and hardly gave any time for His devotees. But that is a fact. Today, some of our students have taken over some important roles and responsibilities in the organisation. I went to UK; Kiran Kumar was the chairman of the UK Samithi. He was our student. I went to Switzerland. There also Sai students are in the organisation. Here also, Vijaya Bhaskar and many others are our students. Every student will be given a role. Have patience. Don't compare. The first thing you should be vigilant of, is your ego. This will become a big wall between you and Swami. Enjoy, be happy but don't develop ego. Ego and jealousy are the rust and the dust. They will definitely come. They will not leave. But be careful about them. Second thing is, not to be in

a hurry. Have patience. Entrust yourself to Him. Completely surrender to His Will. If we have the trust and faith, Swami will never give up on us. Look what Swami has done to me – an ordinary fellow? He has made me a liason between Himself and His students. He has given me the opportunity to stay in Brindavan and serve students. He selected intelligent students and gave me an opportunity to serve them day and night. And if they got good ranks and results, Swami gave me the credit, He praised me.

### **Serving Him for 40 Years at the College**

Three times Swami has showered me with special blessings. He has given me a home. Once He said, "There will be a function and I will give you a gold bracelet during the function". I said to Swami, "I do not want that, just give me a place at Your Lotus Feet". Swami said, "This is not your wish, it is My Will".

During the function, Swami held me by my collar (I had worn a new tie and a suit) and said, "What Ma you are wearing a new Sari"? It seems the new suit is a Sari. And He made fun of me. He asked me, "What do you want"? I said, "I don't want anything, Swami". "No, no, tell me", He said. "Really, I don't want anything, Swami". "Ask something. Don't give Me trouble", Swami said. "Ok, give me a pen, Swami," I said. "What pen?" Swami touched my head and said, "I will give you". In due course of time, a function was arranged. Dr. Bhagavantam felicitated me with a silver tray and fruits, acknowledging me as a good teacher. Why am I sharing this? My 'well-wishers' had told me not to join Swami's college. Apparently, people were sent out the year before I joined.



"You have a family and no savings. You will be on the streets", warned a few of my friends. I said with recklessness, and with full faith in Swami, "Whatever happens will happen. I don't care". My wife agreed with me. I joined the college. Two years were given by my well-wishers. But I stayed there for some 40 years. I served as Controller. Opportunities like framing syllabus for M.Com degree were given to me. Swami also gave me a ring with two stones – two diamonds. He told me, "Go home and show your ring to your wife and tell her that Swami has given you this ring and the two stones on it represent you and Me". This was my relationship with Swami. He is everything to me. If you love Swami, Swami loves you back. I retired in 1996. Swami had allowed me to continue for four decades, only to make an example of me. Nothing is to my credit. All the credit goes to Mother Sai.

### **Swami is Soft as Butter**

Once Swami was angry with the students. He was not talking to them. Nithyananda Menon called me and said Swami was not talking to them for one week. Even if we were thrown in Sahara Desert, he said, we will live chanting Swami's Name.

I was feeling bad for them. I went to Swami and said, "Swami, Nithyananda was telling me that if students are thrown in the Sahara Desert, they will still live by chanting Your Name. Paapam, Swami". "I am butter. I am in their hearts. Slightest heat melts butter. That kind of intense heat has not touched Me yet, probably it has touched you," said Swami. What I am trying to say is, Swami is as soft as butter. He is very sweet!

Once boys told me, "Sir, you tell Swami not to be angry with us". I went and told Swami, "Boys are praying that You should not be angry with them". Swami said, "If I become angry, they will be burnt to ashes. I don't have anger. I change My tone. If I want people to understand that I am not happy, I change My tone but am never angry".

He doesn't know anger. He knows only Love. Whatever He does, He does out of Love. Whatever He says, He says out of Love. Whatever He gives, He gives out of Love. Whatever He accepts, it is out of Love. Such a loving God! Lovely God! Beautiful compassionate God! He doesn't look for any other qualification than Love.

Swami says, "Don't be like a rat in a shop, who is attracted to the smell of an onion in the trap, while there are so many sweet things in the store. You are trapped by your own fate. What else can I say? I am Your Kalpavriksha, Kamadhenu, Meruparvata (wish-fulfilling tree, wish-fulfilling cow and the mythical Meru mountain) ready to give anything, but you don't seek Me, you don't trust Me". Let us not give Swami a reason to say that.

Trust Him, leave everything to Him. Pray to Him. Swami, whatever we can offer we are offering to You. Please give us the strength to serve You. And the faith to trust and follow in Your footsteps. Our loving Swami will certainly grant us whatever we ask for.

(Courtesy: Sathya Sai Bhagavatam, Volume I.)

– From the Samarpan talk of Prof. M. Nanjundaiah, former Controller of Examinations, Sri Sathya Sai Institute of Higher Learning, at Dharmakshetra (Mumbai) on 21st February 2016.





## MAKING OUR LIFE THE MESSAGE OF BHAGAVAN

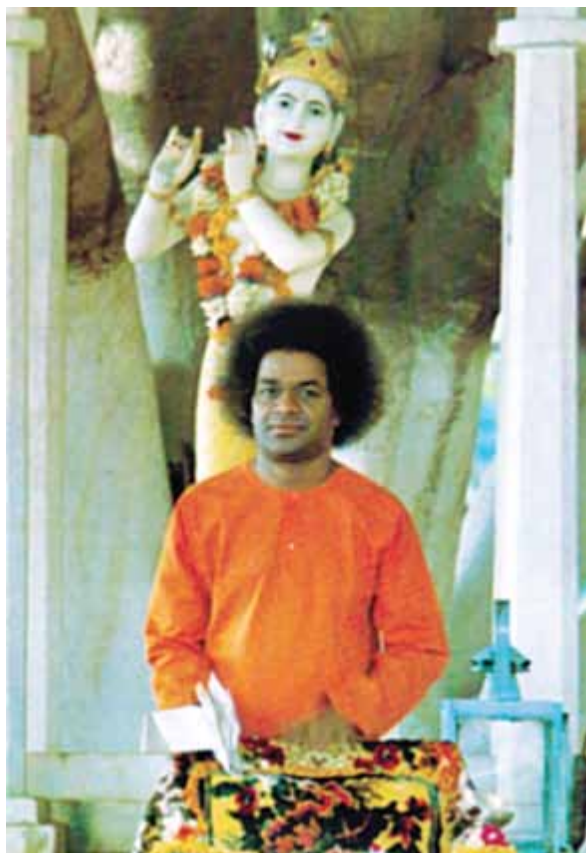
BHUVANESWARI RAJSHEKAR

**I**T WAS IN 1985, WHEN I WAS IN class eighth, I heard about Bhagavan Sri Sathya Sai Baba for the first time from my Hindi teacher. Sometimes after the lesson got over and when a few minutes were left before the bell rang, he used to tell us (a few lucky girls in the front benches) about Swami.

### Swami's Entry into my Life

Later one day, he called us to his house to see Swami's blessings and manifestations. We (four of us) went to his house and saw a lot of Kumkum (vermillion), Chandan (sandalwood powder) and many small figurines of different deities all around his Puja place. Our little ignorant minds could not understand even a bit of this divine sight. However, we felt very happy that we saw something so unique and wonderful. As we were about to leave, he gave us all small packets of Vibhuti and told us that it was very sacred and that we should keep it safely in our altar. We were also told that we can mix in water and drink if someone falls sick or apply daily as Swami's special blessing. We received the Prasadam very happily and as I went home, I shared about this special and blessed sight with my parents and brothers. I gave them all the Vibhuti packets which were placed in our altar, and I left it at that.

Later in 1985, my father's friend came to our place (Gooty – a small town near Puttaparthi) from Chennai and took my father along with him to Puttaparthi. My father had Swami's first Darshan and had the experience of witnessing Swami manifesting a 9-gemstone studded ring for his friend. Swami also materialised Vibhuti for my father's friend and sprinkled a little on my father too. After their stay for three to four days, my father returned home with Swami's blessings and His Abhaya



Hasta (blessing posture) photo. He told us all the beautiful first-time experiences he had of Swami – His Divinity, His love, His grace, His miracles, etc. From that day, Swami's photo adorned our hearts and our altar.



The next two years passed by and it was time for me to get into degree college. We got to know through our cousin about Swami's all girls institute at Anantapur. I immediately procured an admission form, applied for B.Sc. course, got the call letter for the entrance exam, appeared for the same and got selected acquiring the golden opportunity to be a Sai student during which I understood Sai as My God.

### **Sai – My God**

The first experience that I witnessed was during our first visit to Puttaparthi (all of us were taken for Swami's blessings at the beginning of the session in 1987) as we were waiting for Swami's Darshan. The soft music, the silent atmosphere awaiting Swami's arrival in the open verandah was a great new experience. Swami glided across us while receiving letters from some, blessing some, talking to some and signalling some for an interview, etc. All these were a beautiful sight and a whole new experience to me. As I was watching Swami walk across, I noticed that a group of devotees walked in utter silence and discipline into the interview room. Among them was a devotee who was taken on a stretcher. Being a first-time witness to such an incident, I was wondering what all this meant. By then I heard my friends saying that Swami would perform a miracle and the man would be cured of his ailment and that he would come out walking. I did not know what a miracle was or who Swami was. (I did not have any prior knowledge of Swami or His miracles as I was neither a Bal Vikas student nor I knew much about Swami) After about an hour, the devotees came out of the interview room and the devotee who was taken in on a stretcher came out walking. It was on that day I believed Bhagavan Sri Sathya Sai Baba is God.

### **Sai – My Guru**

I got an opportunity to talk to Swami in 1992 during the outgoing batch students' special interview. I asked Swami, "After B.Sc., what should I do"? Swami said, "Study B.Ed". So, I was once again blessed to study for one more year in Swami's college. Swami blessed me to be a teacher and with His love and grace I have been into teaching for more than 25 years imparting secular knowledge along with its value addition to students. I shall always cherish my first summer course at Brindavan when I heard Swami in His Discourse saying that we as Sai students should always keep the letters of SAI in the following order: SAI first, All others next and I last. That day I did not understand much about the acronym but today I understand its deeper meaning, i.e., if I surrender to Sai and help all others, I will be the happiest person.

I am very fortunate to have found Swami as my Guru who has been guiding me in all walks of life. Guru is one who leads you Godward. What a beautiful gift that I have Swami as my Guru and my God! Swami has been guiding me since I left my alma mater and I have been making my best attempt to grow as an individual, keeping up to Swami's two main teachings "Help Ever Hurt Never" and "Love All Serve All". Swami, my Guru, has been guiding me to bring goodness among the students over the past 25 years. I give here one instance.

This happened in October 2016. A student of Class X where I was working then was identified as a fee defaulter. On enquiry, I understood that the boy's father had left them when he was just three years old and his mother was a housemaid. As she had developed a heart ailment, she was not able to go for work and so he was not able to pay the school fee. As I





heard the boy's story, the only thought I had was to help him. I prayed to Swami to show me the way. Without wasting much time, I took them to our Sai Centre at Vashi, Navi Mumbai. The doctor after seeing all the medical reports advised that she needed expert opinion and guided them to Dharmakshetra Health Care Unit. On further investigation, she was advised that she needed a heart valve replacement surgery and directed them to Sri Sathya Sai Super Speciality Hospital at Rajkot. The heart surgery was fixed for 22nd December. All arrangements for their travel were made and with Swami's immense grace the surgery was performed, and she recovered in 15 days and returned home safe and sound.

Since then, the student has been part of our Samithi and the youth team. He has been going to Puttaparthi during May vacation as a Seva Dal and has been recipient of Swami's immense love and grace as he is given to serve Swami at His Lotus Feet in Sai Kulwant Hall. The boy says, "It gives me immense joy to serve Swami, as He has given us (he has a younger sister) our mother back. Swami is my protector and I shall serve Swami to the best of my capacity all my life". I am indeed very blessed that I was able to bring one of my students into Swami's fold.

### **Sai – My Guide**

Swami says – I am with you, above you, around you, and in you. I got to experience Swami as my guiding force since I left SSSIHL in 1993. There are many occasions when I experienced Swami as my guide. In 1993, we the outgoing batch of students had been to Prasanthi Nlayam for Swami's special interview. Swami gave us a special Darshan, Discourse and Padanamaskar. Swami's golden words of advice and the

beautiful messages for life remain etched in my mind. Among the many profound yet simple messages that Bhagavan has given us, I remember this message vividly and keep sharing with all my girl students for its indepth value. Swami said in a very playful manner as follows – "Today you all are called as Miss... but once you leave the college and in due course get married then you will be addressed as Mrs. Thus, you will get into new relations such as father-in-law, mother-in-law, sister-in-law and brother-in-law. But dear students, you must always remember that you are Sai students and you must develop a great bond of love and respect for the new family as you would have for your own parents and siblings. Always strive to transform the new relationship into father-in-love, mother-in-love, brother-in-love and sister-in-love". This beautiful message given by our Dearest Lord has been my watchword ever since I got married in 1997.

Life was going on smooth and sound, when in 2010 I lost my only sister-in-love (law) in a tragic death and I was forced to stay home by resigning my most passionate job as a teacher. The unforeseen situation warranted my presence at home to support my immediate family and aging mother-in-love (law). The period of next five years was indeed a great learning experience of my life. I served her as a daughter-in-love. I was also tutoring as a freelancer at a Veda Pathashala and got involved in more of Samithi Seva activities. In early 2015, my mother-in-law attained the Lotus Feet of Bhagavan. The five years that I spent with her, I grew as an individual. Thereafter, I once again took up teaching and have been working with institutions catering to educate the students from low-income strata of our society. Recently, with



Swami's immense blessings I got the job of a Principal of a Junior College in our locality. I pray to Swami to be with me and guide me as I move on in this new role.

### Unbounded Grace

As a mother, my sincere prayer to Swami was that our only son also should be Swami's student. As he was growing, I enrolled him in Bal Vikas to inculcate in him the Sai values. As he was finishing Class X, we procured the admission form from Prasanthi Nilayam for his Class XI. The duly filled form was taken by my son for attestation from his school Principal. As the Principal was not available, he could not get the signature. As time elapsed, my prayers became more intense. And then it was the last day, the only day left to get the attestation. As it was lunch time, I started making Rotis (Chapatis). Suddenly, I heard an inner prompting that said, "As you make these Rotis, now be careful". I told myself, "Oh! What to be careful as I make these Rotis daily". However, I rolled them a bit watchfully and was more attentive as I put the first Roti on the pan and then transferred it to cook it on the flame. Suddenly, I saw very clearly the formation of "Hindi OM" on the Roti. I could see that the OM was very nicely written by an invisible hand. I was awestruck, surprised and blessed to see this beautiful miracle. With tears in my eyes, I removed the Roti and put off the stove. Through this experience, I thought Swami was showing me some good sign and felt highly delighted and awaited my son to return from school.

By then, my son returned from school with a happy face stating that he could get the needed attestation on application form as his Principal had returned. Listening to this, I was very happy and felt very assured

that Swami would surely bless my son with a seat for Class XI. We both thanked Swami for His blessing and felt the appearance of OM as a sign from Swami that He would take care of my son's admission and his future thereafter. With Swami's blessing, he did get the golden opportunity to study Class XI and XII at Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam and was blessed to lead the march past squad in Class XI. He was also a fortunate winner of the Talent Search Programme Cup during the Annual Sports and Cultural Meet – 2015-16.

Having come into Bhagavan's fold is the best gift that my parents have given me. After I finished my B.Ed in 1993 from SSSIHL – Anantapur, we all got under the umbrella of Swami's grace and experienced innumerable miracles. Hearing from me about the uniqueness of Swami's Educare, two of my nephews also had the opportunity to pass as Swami's students. They graduated with master's degree and both were recipients of the prestigious gold medal. Last year, my youngest nephew too joined the SSSHSS. I really feel highly grateful to Swami to have blessed five of us to be His students.

By Swami's divine grace, my parents, we three siblings and our children have all been indeed very fortunate to have experienced Swami's Darshan, Sparshan and Sambhashan. We are all connected to Sri Sathya Sai Seva Organisation in our respective places and are working in different Seva activities and thereby making our life the Message of Bhagavan.

– The author, Smt. Bhuvaneshwari Rajshekar, is an alumna of the Anantapur Campus of Sri Sathya Sai Institute of Higher Learning.



A VERY UNRULY BOY IN HIS 4th grade public school class came up to the teacher one morning and said, pointing to a small photo of Sai Baba behind her desk, "Your God came in my dream last night. He told me to be a good boy. So, I am bringing my chair up to sit by your desk"! A grounds keeper at a Sathya Sai School tells he went home early one day due to one of his recurring epileptic headaches. He says he is not a follower of Sai Baba. While he was resting on his bed, Sai Baba came in his dream, put His hand on his head. His headache went away and he has not had one since.

enjoy such stories, and simultaneously, let us continue to align Sai Education ever more closely with the fundamental message of Sai Baba.

The expansion of Sathya Sai Schools, Institutes of Sathya Sai Education (ISSE), Sathya Sai Education in Human Values (SSEHV) and Sai Spiritual Education (SSE) programmes around the world is inspiring to see. As a retired public educator now, it has been my good fortune to be associated at various times since 1981 with these programmes which can be collectively called Sathya Sai Education. This occasion of Sanathana Sarathi

*Tom Scovill*

## SATHYA SAI BABA'S FUNDAMENTAL MESSAGE AND SAI EDUCATION

A guard at the university conference hall during a SSEHV Congress (conference) came up to the organisers and asked, "Who is the man with the big hair walking around the exhibit hall"? The organisers quickly found a programme brochure, showed the guard a photo of Sai Baba and asked, "Is this the man"? "Yes," said the guard.

### **Education that Makes Man Realise his Inherent Divinity**

These stories of Sai Baba interacting with non-devotees in Sai Education settings in Africa and Mexico were told to SSIO Education Committee members in the last three years. The stories are inspiring and miraculous, showing that Swami is watching over His programmes. Let us

observance of the last 50 years expansion of Sathya Sai Education is a good opportunity to reflect on a question. For Sai Educators, can we ever more closely align these programmes with Swami's fundamental message to humanity? To all the dear readers of Sanathana Sarathi, this is also a good time to inquire, can I do more to live in concert with Swami's fundamental message to humanity? What is His fundamental message? That man (and woman) are inherently divine, the immortal spirit, not the body; and the purpose of life is to realise one's inherent divinity. How do we know this? Many can answer this question, because we were fortunate to be called into Swami's Orbit while He –



the Source – was still walking among us and we personally experienced His sight, words and touch. Many of us can also say we studied and ruminated on His words in Sathya Sai Speaks, the Vahinis written by Him, and in books written by those who were fortunate to be near and dear to Him over years. We can still read His Words today and listen to audio recordings of His voice in Discourses. In 1981, Sathya Sai Baba laid down in the Charter of the Sai Organisation the fundamental objective, “Awaken in man the awareness of the Divinity inherent in him”.

And what does Swami say is the fundamental purpose of education? In Sathya Sai Vahini, He says, “The supreme end of education, the highest purpose of instruction, is to make man aware of the ‘universal immanent Impersonal’. This is the truth that is loudly proclaimed in the Vedas”.

The goal of this article is simply to pose a question: are we aligning our lives and Sathya Sai Education programmes as closely as possible with Swami’s fundamental message to humanity? At one level, the question is objectively unanswerable, but at another level, this question and several around it may prompt the Educare process within each of us. Educare – drawing out what is within – is activated by self-inquiry.

### **Fostering the Science of the Self in Students**

Just over 50 years ago in 1968, Bhagavan inaugurated the Women’s College at Anantapur, the first of many educational institutions founded by Him. In His Discourse, He said, “Atma Vidya (science of the Self) alone can fix the mind in Dharma”. Therein lies the Sutra, or aphorism, that Sai educators must continually try to understand and apply in



the wider world beyond India where the language is different and the concepts at first sound foreign, but when explained with the language of love, students of all ages respond warmly. Sai educators have dedicated themselves to the high calling of fostering learning environments which help students experience the meaning of Swami’s statement.

What does His statement from Anantapur mean? Very briefly, Dharma is Righteousness, Atma is the inherent spark of God or higher Self within, Vidya is knowledge, and the mind is a bundle of thoughts and desires. Bhagavan, in His compassionate patience, spoke in hundreds of Discourses and wrote in the Vahinis of countless aspects of each of these terms. To me, the statement means only by understanding or awareness of the Self or spark of God within can we consistently keep the mind poised to carry out only right action in thought, word and deed.

For Sai educators, how to foster Atma Vidya is the challenge in Sai Education programmes in the modern world. One





programme is a possible exception. The Sai Spiritual Education (SSE) programme serves children, for the most part, within the family of the Sai Organisation. All members of the SSIO and the Sathya Sai Centres exist in a common loving environment across different countries. Within this family, the teachings of Bhagavan are widely studied. The language of inherent divinity, Atma is understood and accepted.

The other Sathya Sai Education programmes, SSEHV, ISSEs, Sathya Sai Schools reach beyond the cocoon of the SSIO, for the most part, to the wider world to serve a broad cross-section of students from families with various backgrounds, some religious, some not. Just as the Sathya Sai Avatar's Mission first reached devotees, the effect of His Mission extends far beyond. He instructed the SSIO to share His message throughout the world. These three programmes of Sathya Sai Education are carrying out His mission in education beyond the nurturing environment of the SSIO and its Centres. Yet, the ideal of Sathya Sai Education, Swami's fundamental message that true education ends in realisation of inherent divinity, applies to all four programmes, SSE, SSEHV, ISSEs and Sathya Sai Schools.

Fostering Atma Vidya within students young and old in the wider world takes skill. The words we use in imparting Sathya Sai Education are important, but not as important as being good exemplars as teachers, allowing and fostering the innate nature of ourselves to transform our thought, word and deed. Ideally, we do need to foster in students the importance of awareness of inner spirit in places where many are uncomfortable with the concept of spirituality or religion. The

innate nature of ourselves is essentially nameless, yet we use many names to refer to it in Sathya Sai Education: Atma, spiritual, human spirit, humanness or simply human values. Swami Himself said God is love, live in love. He used the word humanness as one aim of unfolding human values within us. Sai Educationists in each country make the choice of words to refer to the innate human spirit according to the local government, social or religious expectations or requirements.

### **The Challenging Task of Sai Education Teachers**

Devotees who were raised in religious families are aware of the beneficial aspects of their upbringing. The goodness in religions fosters love of God and fear of sin in some families whose members attend Sathya Sai Education programmes. Other students feel the love of the Sai teachers but may not immediately be comfortable with terms like divinity, God, spirit. Both types of students can be in one SSEHV class or at the same Sathya Sai School. These Sai teachers must skilfully foster the bonds of love among all the students and make it clear and lovingly accepted that there are many names for one's true Self, God. Are we Sai educators affirming and reinforcing the feelings of those who love God in our classes while equally validating those who prefer "humanness" as the name of their innate nature?

Reading the Words of Sathya Sai is akin to keeping the coal next to the live ember, nurturing the flame of love and wisdom in our heart. As the SSIO has evolved over the years, there is more use of written guidelines in nearly every aspect of its operations including Sathya Sai Education. Do existing SSIO guidelines for Sathya Sai Education programmes clearly state



His fundamental message of realisation of inherent divinity and the supreme purpose of education? Sai educators currently make local decisions necessary to communicate the fundamental message in their regions to accommodate local requirements and expectations.

As the internet is now a more preferred source of information than books, how do we keep visible Bhagavan's fundamental message of realising our divinity through SSIO websites? The SSIO teams developing website content are somewhat like educators in that they must be wise yet careful in words chosen on global level websites with wider audiences. A word like "spirit", for example, is a good signpost accepted nearly everywhere pointing the way to resolve the single most important cause of human ignorance, a person thinking she or he is the body.

Finally, and possibly most importantly, are we keeping the name of Sathya Sai on His education programmes? His Name is a reminder that these education programmes originated with the Avatar, the source of love, ultimately more lasting than any exterior force of government or constricted social norms. In the 1980s when

SSEHV was being presented to public schools, a concern was expressed by Sai educationists that schools would be more accepting of SSEHV if Swami's Name were dropped. It is reported that Swami said, "If they don't like the programme, we'll take it somewhere else". Swami demonstrated, He prefers quality over quantity. Let us always remember the power of His Name.

In closing, here is another small story of Swami appearing to a non-devotee. A cleaning lady was completing her tasks at the end of the day at a Sathya Sai School in Latin America. She passed by the large framed photo of Sai Baba in the school hall. Suddenly, she saw Swami step outside the photo and stand there. She was taken aback. Swami said lovingly, "Don't worry. This is My School". Then He stepped back into the frame and assumed the pose in the photo again. These are all His programmes. He is still here. Let us take up one of the many practices He has given to reach the goal of His fundamental message in our lives and in Sathya Sai Education.

**– The author is a Member of Education Committee of Sathya Sai International Organisation.**

## NOTICE

Our loving Sai Ram and Bhagavan's blessings to all the subscribers of Sanathana Sarathi which connects His holy abode Prasanthi Nilayam to your happy homes. During this unprecedented Covid-19 crisis, it is safe for devotees to remain in their houses. To keep you engaged in divine thoughts and connect with Bhagavan, we are bringing out eBooks in English and Telugu, containing His teachings and experiences of devotees, as well as audio albums. Scan the QR codes to access our latest list of eBooks and audio products.



Digital  
Download



eBooks  
Download

– *Convener*

# NEWS FROM SAI CENTRES

## INDONESIA

ON 12TH JANUARY 2020, THE Taal Volcano in Batangas province in Indonesia erupted, causing widespread destruction of life and property. About 57,000 people were displaced from their homes and sought refuge in over 255 evacuation centres in safer parts of the province. The SSIO of Philippines, in partnership with Asian Development Bank (ADB), was quick to respond to the needs of the evacuees in the most remote towns of Batangas.

On 16th January 2020, SSIO volunteers packed 400 bags with essential groceries. The next day, a team of 32 volunteers,



*Essential groceries for evacuees affected by Taal Volcano, Indonesia.*

including ladies and young adults, distributed the packed grocery bags at the evacuation centres. Several volunteers travelled 14 to 15 hours to reach the evaluation centres which were in dire need, and served 390 affected families, including young children and infants. In addition, sanitary napkins, goggles, blankets and slippers were also distributed. The SSIO

volunteers offered prayers for the well-being of all the people from the affected areas.

## MYANMAR

SSIO volunteers in Myanmar served more than 600 patients at three medical camps in Yangon, Myo Hai and the YGW



*A medical camp in Myanmar.*

Homein southern Myanmar from 26th to 2th December 2019. Prayers were held prior to the start of the medical camps where 7 doctors and 16 volunteers served the patients with love and compassion. A medical specialist from Yangon spoke about general health, covering general hygiene, healthy living, the importance of deworming and taking multivitamins, dental hygiene, and proper techniques for brushing teeth and washing hands.

## NEPAL

On 1st February 2020, a mega medical camp was organised by the SSIO of Nepal at Thulakhet in Pokhara. A team of 125 volunteers including 19 doctors,





*Mega medical camp by SSIO, Nepal.*

26 paramedics and around 90 SSIO volunteers provided loving care to more than 735 patients. Sri Sathya Sai Mobile Van was also used during this camp. Volunteers conducted 185 laboratory investigations, 135 electrocardiogram (ECG) examinations, more than 200 ultrasound scans, and more than 100 dental procedures. Patients received medicines. Seventeen patients were diagnosed with cataract and referred to a hospital where the cataract surgery is sponsored by the SSIO of Nepal.

## USA

For the last 25 years, volunteers from the Sathya Sai Centre of Dallas, Texas



*Meals on Wheels programme, Dallas, U.S.A.*

have delivered hot and cold meals to nearly 15 home-bound seniors every Friday as part of the Visiting Nurse Association's (VNA) Meals-on-Wheels programme. Meal delivery services on special holidays such as Thanksgiving Day and Christmas Day tend to draw a huge number of Sai volunteers. On Christmas Day in 2019, 130 Sai Centre members arrived at 5 a.m. in the morning to organise and stack coolers filled with nearly 4,000 meals prepared by the VNA staff. The meals along with other gifts, were later packed in cars for distribution to seniors. The VNA Christmas Dock Service has become a popular service activity, especially for the older SSE students who are eager to participate. Even former SSE students and SSIO members who have moved away from Dallas, make it a point to attend the service when they come home to attend the service when they come home to visit their families.

On 16th November 2019, 40 healthcare professionals and nearly 70 SSIO members, including SSE children from the Sathya Sai Centre of Charlotte, North Carolina served 156 residents of low-income neighbourhoods at a medical camp at the Bethlehem Centre of Charlotte. Services included health screenings, paediatric services, dental check-ups and health education. All patients received blood sugar



*Free health fair in Charlotte, USA.*





and blood pressure monitoring, a detailed review of their chronic medical conditions, psychiatric counselling, if needed, and complete dental and vision screening. Paediatric patients were also evaluated for growth and developmental issues. All patients received free backpacks from the Sathya Sai Centre of Charlotte along with free hygiene kits and samples from United Health Care and Hope organisations. Most of the doctors who participated in the medical camp were not members of SSIO. They were, however, touched by the love and immense dedication showed by SSIO volunteers, and the emphasis on providing free medical services with love and compassion.

A physician, Dr. Ankita Modi, commented, "Remarkable effort by all. It was so wonderful to meet so many like-minded physicians and volunteers. I would love to work together with all of you again in the future. Thank you for all that you do for the underserved communities of Charlotte".

## RUSSIA

"Unity is Divinity; Purity is Enlightenment" was the theme of the 17th Regional



*Regional Conference in the central region of Russia.*

Conference organised in the central region of Russia in early January 2020. Over 50 participants reported on various activities being carried out in their respective Sai Centres, including programmes for the children of the Sai Spiritual Education (SSE) and the annual Sai Olympics. Participants were also treated to a programme of music and drama, in keeping with the festive spirit of the New Year.

## CANADA

Young Adults from the Sathya Sai Baba Centre of Toronto-York brought festive cheer to the local community during the holiday season in 2019 by organising Christmas season service projects in Canada. Through practising Ceiling on Desires, the Young Adults generated enough savings to purchase more than 2,000 hygiene products which were distributed at the local women's shelter. They also lovingly prepared 60 care packages for teenagers in a local youth shelter. SSE children wrote little notes of kindness and included them in the gift packages. Volunteers from the Centre also distributed new socks, scarves and torques as well as lightly used jackets and sweaters to the homeless on the streets of downtown Toronto. They also served hot soup, sandwiches, fruits and snacks.



*Christmas season service projects, Canada.*



Finally, the Centre conducted a Toy Drive in support of the City of Toronto's "Toy Mountain" project. They collected 40 gifts that were left under the Sai Centre Christmas Tree by their members and dropped them off at a local fire station for distribution to the needy.

## CHILE

Young Adults of Chile played a leading role in organising the National Retreat with the theme, "A Coherent Life in Thought, Word and Deed", held from 30th November



*National Retreat, Chile.*

to 1st December 2019 in Santiago. During the retreat, the Young Adults held group discussions on various spiritual matters, including what a privilege it was to serve in the Sai Organisation. They also shared beautiful memories of how Sathya Sai Baba had taken care of them during critical times of their lives. As part of the retreat, they also engaged in a service activity, distributing food to the homeless.

## SRI LANKA

As part of the Sathya Sai Village Improvement Programme (SSVIP), the Sathya Sai Centre in Colombo has adopted Moratuwa village, a community lacking essential services that is located in Western Sri Lanka. On 29th December



*Medical camp in a village, Sri Lanka.*

2019, SSIO volunteers from Colombo screened over 200 patients at a medical camp in the village. Young Adults also distributed books and stationery to about 240 children in the village.

– **Sathya Sai International Organisation**

## BHARAT

**Himachal Pradesh:** Sri Sathya Sai Seva Organisation, Himachal Pradesh celebrated the 10th anniversary of Bhagavan's visit to Shimla with an online festival for three days. All shared their experiences with Bhagavan. Due to COVID crisis, the celebration was a low-key affair. It brought all hearts together praying at the Lotus Feet of Bhagavan for the welfare of all beings.

Ten years ago, Swami came to Shimla and stayed at Anand Vilas from 15th to



*Bhagavan's visit to Anand Vilas, Shimla in April 2010.*



17th April 2010. The three-day sojourn of Baba at the premises is a touching story in itself. The ambience, the surroundings, the discipline and specially the love of devotees made Swami exclaim, 'I will stay here'. 'I will come again and again!' Swami blessed each and every corner of the beautiful campus. Bal Vikas and the school students presented a cuisine of the cultural heritage of Himachal.

**Odisha:** "Sanatani Mancha" is a well-known term among the Sai fraternity of Odisha. This provides a platform to celebrate the glory of womanhood and the great culture and tradition of Odisha. The objective of this Mancha is to spread and promote the spirit of service, amity, literature and culture. It also provides a platform for the Mahilas to express their views and talents. Keeping this in view, Sanatani Mancha celebrates different festivals of Odisha, (popular in different areas) in different parts of the State. Throughout the year, this Mancha provides ample opportunities to the members of Sai Family to celebrate their regional festivals such as Raja, Nuakhai, etc., at their own place with spiritual vibrations coupled with the cultural and traditional practice. Thus, it becomes a medium of cultural exchange among the members of Sai Family of Odisha.

This year, on 19th January 2020 (Shakti Swarupini Day, declared by our Beloved Bhagavan) and on the auspicious day of Makar Sankranti, Mahilas of Sanatani Mancha availed of one golden opportunity to celebrate this occasion at Markandi, a village near the sea in southern part of Odisha. Deliberations were held on different topics like importance and rituals

of Makar Sankranti, objectives of Sanatani Mancha and role and responsibilities of Mahilas in it, importance of Prasanthi Seva, details of ongoing activities under Mahila Wing in the State, etc.

In this programme, more than 600 Mahilas participated with great enthusiasm and joy. The villagers are very much simple



*Sanatani Mancha to uphold the glory of womanhood.*

and devoted to Bhagavan since long. Most of them belong to the fishing community. The festival started with Veda and Bhajan. The three days of celebration of Makar like Bhogi, Pongal, Kunuma were observed in the typical tradition.

The Mahilas sang the traditional songs near the fire (made of cow dung). They clasped one another's hand and moved around the fire singing the song. Actually, it enhanced the bond among the women. Their love pervaded the whole atmosphere.

Three Mahilas of Ganjam district were felicitated by Sanatani Mancha for their exemplary Seva rendered to Sri Sathya Sai Seva Organisation. One Mahila was from the village Markandi among the three. The function ended with offering of Arati to Bhagavan.





## About Sri Sathya Sai Sadhana Trust Publications Division

On 1st January, 2009, Sri Sathya Sai Sadhana Trust (SSSST) commenced operations with four divisions; the Bhakta Sahayak divisions (one in Prasanthi Nilayam, Puttaparthi and another in Brindavan, Bangalore), the Publications division, and the Media division.

### The Publications Division caters to:

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagawan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on [www.sanathanasarathi.org](http://www.sanathanasarathi.org).
- 3) Maintaining a reporting channel [www.theprasanthireporter.org](http://www.theprasanthireporter.org), which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers'- for free distribution.
- 4) Providing library and Reading room for visiting devotees, with a very large collection of books written by Bhagawan Sri Sathya Sai Baba and books on Bhagawan besides various spiritual and religious books.

## Get Sanathana Sarathi

On Sanathana Sarathi official website – [www.sanathanasarathi.org](http://www.sanathanasarathi.org) – subscribe for paperback and e-versions. Single monthly editions are also downloadable in English and Telugu languages at <http://bit.ly/sarathienglish> and <http://bit.ly/sarathitelugu>.

### Other Books By Sri Sathya Sai Sadhana Trust, Publications Division (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmara
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. Sevalad
15. Silence
16. Suffering
17. Surrender
18. Atma
19. Do You Know
20. Gopikas Of Brindavan
21. Gratitude
22. My Beloved Ones
23. Only Love
24. Purity
25. Memoirs Of A Sai Student
26. A Journey To Self-Peace
27. Dharma
28. Guru
29. Karma





30. Life
31. Meditation
32. Peace
33. Simple Truths
34. Nama Mahima
35. Divine Vibrations
36. Guidelines To Active Workers
37. Sri Sathya Sai Anandadayi
38. Truth, Auspiciousness, Beauty
39. Sai Baba's Mahavakya On Leadership
40. Path To Peace - Prayers for Daily Life
41. Sathya Sai Speaks Vol-1
42. Summer Showers In Brindavan, 1973
43. Summer Showers In Brindavan, 1974
44. Sathyam Sivam Sundaram Vol – 1
45. Sathyam Sivam Sundaram Vol – 2
46. Sathyam Sivam Sundaram Vol – 3
47. Sathyam Sivam Sundaram Vol – 4
48. Life is a Game, Play it
49. Divine Inspirations Vol-1
50. Divine Inspirations Vol-2
51. Divine Inspirations Vol-3
52. Divine Inspirations Vol-4
53. Divine Inspirations Vol-5
54. The Light of Love
55. Bhagavatha Vahini
56. Dharma Vahini
57. Dhyana Vahini
58. Gnyana Vahini
59. Geetha Vahini
60. Prema Vahini
61. Prashnottara Vahini
62. Leela Kaivalya Vahini
63. Vidya Vahini
64. Prasanthi Vahini
65. Sathya Sai Vahini
66. Eashwaramma: The Chosen Mother
67. Loving God
68. Love and Suffering, My  
Road to Liberty

69. Chinna Katha Book-1
70. Chinna Katha Book-2
71. Chinna Katha Book-3
72. Living with God
73. Capturing Divinity
74. Full Flame 2 unconditional Love
75. Fragrance, A Tale of Love
76. Sai Nandana: 60th Birthday
77. Sai Nandana: 75th Birthday

### **Telugu Books Available As eBook**

1. Vidya Vahini
2. Upanishad Vahini
3. Dharma Vahini
4. Dhyana Vahini
5. Gnyana Vahini
6. Sandeha Nivaranani
7. Leela Kaivalya Vahini
8. Prasnottara Vahini
9. Sutra Vahini
10. Geetha Vahini
11. Prasanthi Vahini
12. Sathya Sai Vahini



REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/1958 REGN.NO. HDP/002/2018-2020  
LICENCED TO POST WITHOUT PREPAYMENT No.PMGK/RNP/WPP-01/2018-2020

Date of Publication: 1st June 2020

### *Think of God at all Times*

The state of mind of spiritual aspirants today is like this: when they are in meditation, they appear yogis. After the meditation is over, they return to their daily activities and are immersed in mundane pleasures. This is not the way of life preached by Krishna. He declared: *Satatam Yoginah* (attain permanent yogic state). What we witness today is: Yogis in the morning, Bhogis (epicureans) during the day and Rogis (sick) at night. How can such persons ever remain yogis at all times? You have to think of the Divine at all times, in all situations, in whatever you see, do, say or experience.

– *Baba*

Annual Subscription English (12 issues)

India ₹120. Other Countries ₹1200 or US \$22 or UK £17 or €19,  
CAN \$29, AUS \$31. Acceptable for 1, 2 or 3 years.

Payment for print and electronic editions can be made online through our website: [www.sanathanasarathi.org](http://www.sanathanasarathi.org)  
or through conventional methods such as M.O. or D.D. or Personal Cheque in favour of **Sri Sathya Sai Sadhana Trust, Publications Division.**



Printed by K.S. RAJAN Published by K.S. RAJAN On behalf of the owner Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam 515134, Anantapur District (A.P.) And Printed at M/s Rajhans Enterprises, 136, 4th Main Road, Industrial Town, Rajaji Nagar, Bengaluru - 560044, Karnataka And published at Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam 515134, Anantapur Dist., Andhra Pradesh.

Editor: G.L. ANAND