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*"Man should not forget his inherent  
divinity, howsoever exalted he may be  
in worldly life. God is the basis of man.  
God is also the goal of man. Man  
should not only attain human state  
after getting rid of his animal qualities,  
he should attempt to reach divine state.  
Instead of ascending to divine level,  
man is going in the reverse direction."*



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AVATAR VANI

# SELFISHNESS IS THE CAUSE OF MAN'S RESTLESSNESS

PEACE RESULTS ONLY WHEN YOU THINK OF GOD

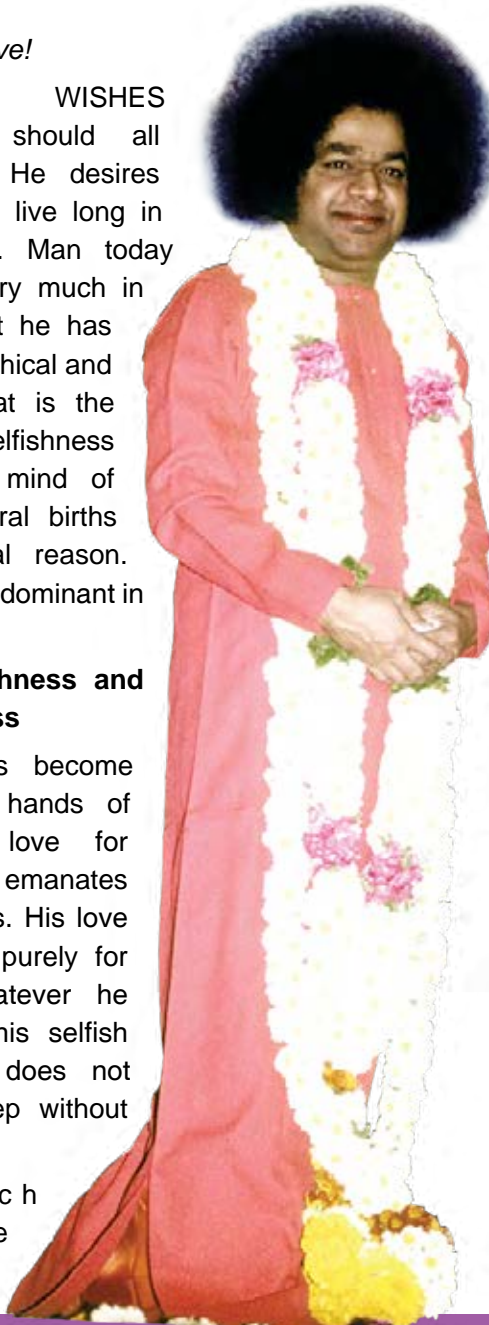
## *Embodiments of Love!*

**B**HAGAVAN WISHES that you should all be happy. He desires that you should all live long in peace and safety. Man today has progressed very much in worldly matters but he has not progressed in ethical and moral values. What is the reason for this? Selfishness accumulated in the mind of man through several births is the fundamental reason. Selfish motive is predominant in all his endeavours.

## **Get Rid of Selfishness and Narrow-mindedness**

Man today has become a puppet in the hands of selfishness. His love for material objects emanates from his selfishness. His love for others is also purely for selfish ends. Whatever he desires, it is for his selfish benefit only. He does not take even one step without selfishness.

While such peculiarities are



increasing in this ultra-modern world, the human values are declining. Do not think that selfishness has cast its sway on man's worldly life only. The demon of selfishness has caught hold of him in all aspects of his life, including worship. Man does not bother about what God likes, what He wants him to do. Narrow-mindedness has entered every field of life. Man should give up selfishness and try to attain divinity by diverting the mind to spirituality.

There are three changes which are necessary today. The word SAI indicates these changes, in which S stands for spiritual change, A for association (societal) change and I for individual change. When these changes take place, the country will also change.

Change in society will not take place if there is no change in the individual. Spiritual thoughts will not

arise in us if there is no change in society. Society is on the wrong path because the individual is on the wrong path. We should keep society in view even in small matters. Each individual is a member of society. How can man live without society? But man today is conducting his life with the narrow idea of himself and his family. He should get rid of his narrow-mindedness and selfishness, have constant thoughts of God and lead a divine life.

But man is so entangled in worldly affairs that he has forgotten God. This country has become weak because people have excessive desires. Man today is engulfed in ignorance because he has forgotten God. He is deluded that the comforts of the world are superior to divinity. As a result, man's life has become a total waste. Human beings today are without any human quality. They are human in form only, not in behaviour. They appear like devotees and talk like devotees, but their devotion is part time and temporary. All their devotion is to suit the moment. Heartfelt faith is not seen. Selfishness and thoughts of selfishness make man forget his true nature.

### **Man should Rise to Divine Level**

Man should not forget his inherent divinity, howsoever exalted he may be in worldly life. God is the basis of man. God is also the goal of man. Man should not only attain human state after getting rid of his animal qualities, he should attempt to reach divine state. Instead of ascending to divine level, man is going in the reverse direction. He is degenerating to animal state from human state. That is why anxiety and lack of peace have increased at national, societal and individual levels.

This has become the characteristic of the modern world. Though science has made great progress, yet man has no control over his senses. What is the use of science without sense control? The scientists have forgotten the cause and basis of the universe. It is necessary for man to develop devotion and self-sacrifice to attain Divinity.

There have been many eminent and erudite persons in Tamil Nadu. At one time, the Pandya kingdom in Tamil Nadu reigned supreme. A Pandya king was very fond of horses. Once he sent his minister to buy horses. He gave him all the money and manpower required to procure the horses. The minister reached a village named Tirupperunturai. There he came across a holy man, Balayogiswara. He did not want to waste that pleasant evening; so, he joined the congregation and listened to the discourse of the holy man with rapt attention. He forgot himself as he listened to the discourse. He developed strong faith in that holy man. He forgot even the task assigned to him by the king, spent his time listening to the discourses and got immersed in the contemplation of God. One day, he found a Siva temple in a dilapidated condition. He used the money given to him by the king for renovating the Siva temple.

The king came to know that the minister had used all the money, given to him to buy horses, to renovate the Siva temple. The king was also a devoted man. But since the minister disobeyed his command, he sent his soldiers to bring him back. The king summoned the minister to his presence and asked him what he had done with the money given to him for procuring horses. The minister said, "O king, I used the money for God. Everything is God's gift. What God had given, I gave it back to Him. Not only

that, I have offered myself to Him". But the king asked, whether he was justified in spending the money for a different purpose other than for which it was intended. The minister replied that he did not use the money for worldly purposes but used it for a sacred purpose. The king became furious at the minister's audacious reply, had him arrested and put in prison.

The minister was unruffled. While in prison, he continued to recall the teachings of the holy man, Balayogiswara, and started writing them down in the form of Slokas (verses). He composed many Slokas everyday. He was immersed in bliss while composing hymns in praise of God and thus lost track of time. Later, the king realised his mistake and summoned him. He was surprised to see the aura of radiance and brilliance around his face. How did he acquire such an aura? It was due to the constant contemplation of God. That minister was none other than Manikkavachakar. Each Sloka composed by him reflected the essence of the Vedas and the sacred texts. This work is known as Thiruvachakam, meaning sacred utterances. Each one of his poems shines like a gem. Man should get transformed in this way. Then Bharat will shine as a beacon of light to other nations.

### **Modern Man has Become a Slave of Money**

Man today has no love for God. He has love only for wealth and his family. From birth to death, he remains involved in family affairs. What will he carry with him? At the end, what is his achievement? Nothing. It may be Bharat or any other country, when a man leaves the world, he does not carry even a handful of dust? All his life he thinks only of money, money and money. He has

*There are three changes which are necessary today. The word SAI indicates these changes, in which S stands for spiritual change, A for association (societal) change and I for individual change. When these changes take place, the country will also change. Change in society will not take place if there is no change in the individual.*

become a slave to the demon of money. Money is required, but there should be some limit. Man earns and accumulates a lot of money and finally dies without any peace. Should he not think of God at least for a moment? How can anyone have peace and happiness without God? Since man does not think of God, he forgets human qualities.

You spend time on talking about your progeny, friends, relatives, business, wealth, food and fame. Do you spend at least a fraction of it thinking about God and contemplate on Him? That is just absent. Do you call it life if out of the 24 hours, even if you spend 23 hours and 55 minutes for your selfish ends, you cannot spend five minutes to think of God? How can you be called a human being? How can you earn Ananda (bliss)? If you say Santhi, Santhi, from where will you get Santhi? Peace results only when you think of God!

### **Man should Control his Desire**

If you have good thoughts in your heart, if you speak sacred words, if your body is engaged in serving others, then only you add beauty, value and greatness to your human birth. This is Trikarana Shuddhi

(unity of thought, word and deed). Good thoughts, good words, good actions constitute Trikarana Shuddhi. Such unison will take you towards God.

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

(Sanskrit Verse)

Chittibabu (the speaker who spoke earlier) said that Seva and Prema (selfless service and love) are important in man's life. They are like the two wings of a bird or the two wheels of a bicycle. We cannot travel on one wheel. Birds can fly in the limitless sky only if they have two wings. Likewise, man can rise from earth to heaven when he has Seva and Prema.

We will slide as much distance down as we have the burden of desires. This is a cloth. It falls down if we let it slip off our hand. This was cotton earlier. That would have floated in the air high above. The same cotton becomes cloth when made into threads and woven into cloth. Then it falls down because it becomes heavy. Similarly, the mind which is light like cotton becomes heavy when desires increase. As a result,

the mind which should ascend towards God is pulled down by worldly attachments. As a result, man goes down to self-destruction. *Less luggage more comfort makes travel a pleasure.* So, we should reduce our desires. How many desires should you have? Is it not enough if you have an air conditioner in one room? You desire having AC in all rooms. You want to have an air conditioner in the bathroom also (*laughter*)! So much comfort for the useless, worthless body! Is the body such that it will remain permanent? No.

You spend just a rupee for buying a packet of incense sticks. But you do not hesitate to spend hundreds of rupees for playing cards in a club. You are angry with your wife for offering banana in worship to God. But you roam about in a car. How much do you spend? How much petrol is consumed? Do you not have the mind to offer food in worship to God? Having been born as a human being, should you not make effort to ascend to divine level? There is so much agitation in the world because man does not have such sacred feelings.

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

– Bhagavan's Discourse in Sai Sruthi, Kodaikanal on 13th April 1996.

*Work for the redemption of your life by chanting the Divine Name and undertaking sacred activities. You need not make any special effort to acquire the human values, viz., Sathya, Dharma, Santhi, Prema and Ahimsa. They are with you right from your birth. But you have forgotten them, as you have not put them into practice. Instead of giving tons of speeches, it is better that you practise at least an ounce of what you have learnt. Today humanness is on the decline because man does not practise human values. Man is developing Asalu (desires), forgetting Adarsalu (ideals).*

– Baba



# CELEBRATIONS AT PRASANTHI NILAYAM

## EASWARAMMA DAY

**R**EVERENTIAL HOMAGE WAS paid to Mother Easwaramma on Easwaramma Day which was observed at Prasanthi Nilayam on 6th May 2019.

The morning programme held at the Samadhi of the Divine Parents at Samadhi



*Offerings at the Samadhi of Divine Parents.*

Road began with Bhajans at 7.45 a.m. While the Bhajans continued, offerings were made at the Samadhi of the Divine Parents, Sri Pedda Venkama Raju and



*Narayana Seva on Easwaramma Day.*

Smt. Easwaramma by the family members and dignitaries. The Bhajan session continued up to 8.30 a.m. and concluded with Arati. This was followed by Narayana Seva, wherein Prasadam of tamarind rice and sweet rice was served to a large number of people.

The evening programme was held in Sai Kulwant Hall which was befittingly decorated for the important occasion. Special floral decorations were made at the Samadhi of Bhagavan, on the right side of which a beautiful portrait of Mother Easwaramma was put up. The programme began with an inspiring Discourse of Bhagavan, in which He exhorted the devotees to uphold Bharatiya culture, revere their parents and make their behaviour sacred. Bhagavan brought His Discourse to a close with the Bhajan "Hari Bhajan Bina Sukha Santhi Nahin"

After the Discourse of Bhagavan, Prasanthi Mandir Bhajan Group singers offered rich tributes to Mother Easwaramma in the form of devotional songs interspersed with insightful commentary. Some of the songs melodiously rendered by the singers were "Vande Janani Vidya Dayini" (salutations to the Divine Mother who is the bestower of learning), "Enna Thavam Seithanai Yashoda" (what penance did you do Yashoda), "Hey Sharade Ma" (oh, Mother Sharada).

## YOUNG ADULTS RETREAT

Sathya Sai International Organisation, Zone 4A and 4B organised a four-day Young Adults Retreat on the theme "Faith



Lift – May the Source be My Force” at Prasanthi Nilayam from 14th to 17th May 2019, wherein more than 300 Young Adults from Nepal, Malaysia, Sri Lanka, Indonesia and Singapore came to participate.

### Inaugural Session of the Retreat

The inaugural session of the Retreat commenced on 14th morning when a grand



*Procession of Young Adults in Sai Kulwant Hall.*

procession of Young Adults (girls) carrying flags of their countries entered Sai Kulwant Hall. Dr. Sathya Rao Jogulu from Malaysia then delivered the Welcome Address, in which he delineated the main objectives of the Retreat which were as follows: (i) To strengthen the faith of the Young Adults in Bhagavan, (ii) to understand various cultures and traditions across the world, (iii) to strengthen the Sai bond among Young Adults and (iv) to express love and gratitude to Bhagavan. The Opening Address of the Retreat was thereafter delivered by Dr. V.K. Ravindran, Chairman Zone 4, Sathya Sai International Organisation. Dwelling on the importance of faith and surrender on the path of spirituality, the distinguished speaker advised the Young Adults to hold on to Bhagavan reposing full faith in Him and living up to His ideals.

These talks were followed by a Discourse of Bhagavan, which was aired on the public

address system. Progress and prosperity in the world, Bhagavan said, depended on the youth of perfect character. Such young men and women of sacred heart were the biggest power for any country, not the weapons, said Bhagavan.

A devotional music presentation entitled “Faith Lift” followed next which was offered by Young Adults, both boys and girls.



*Devotional music presentation “Faith Lift” in various languages.*

Commencing their presentation with prayer to Lord Ganesh, the singers rendered seven group songs in various languages including a vibrant Qawali and the theme song. As the singers sang with their hearts filled with devotion, the entire rendition had a mesmerising impact on the listeners. Some of these beautiful songs were: “Bistarai Bistarai” (slowly I am immersing in the ocean of Your love) in Nepalese, “Kamu Lah Cinta” (You are the love of us all) in Malay, “Sathya Deivame” (You are truth personified) in Tamil, “Dil Ke Mandir Mein Tujhko Bithake” (after enshrining You in the temple of my heart) in Hindi and “Bring me closer, closer to You” in English.

Bhajans which followed next were also led by Young Adults. Arati to Bhagavan marked the conclusion of the programme.

### Closing Ceremony of the Retreat

After the opening session of the Retreat in Sai Kulwant Hall, deliberations were held

in the Auditorium of Sri Sathya Sai Institute of Higher Learning on the afternoon of 14th May as well as on 15th May and 16th May 2019, in which talks, discussions, workshops and panel discussions were held on Bhagavan's maxim: Follow the Master, Face the Devil, Fight to the End, Finish the Game. Many useful life lessons emerged from these deliberations for success in life at worldly and spiritual level. On the morning of 17th May 2019, two sessions of games were held for Young Adults in Sri Sathya Sai International Centre for Sports and prizes were awarded to the winners. Other than that, there was an outstanding Cultural Fest Exhibition in Satsangh Hall – window to the culture, tradition and food of the various Zone 4A and 4B countries. There was a Silent Experience Zone, where the participants connect to Swami in a silent manner, whilst carrying out a cultural activity designed by each participating country representative reflecting Swami's teachings of 'in the depth of silence, you can hear the voice of God'.

The closing ceremony of the Retreat held in Sai Kulwant Hall on the afternoon of 17th May 2019 began with a talk by Sri Amar Karki, Chairman of Zone 4A of Sathya Sai International Organisation, who stressed the importance of putting into practice the teachings of Bhagavan, specially related to Bhagavan's maxim, "Follow the Master, Face the Devil, Fight to the End and Finish the Game". He advised the Young Adults to engage in constant Sadhana with full faith in God to experience the power of God.

This was followed by a joint presentation by Dr. Sathya Rao Jogulu and Dr. Jagadeesan Thanesh Kumar which comprised the Retreat Resolutions and the summary of the proceedings of the Retreat

illustrated by a video clip showcasing the highlights of the Retreat.

The final offering of the Young Adults was a drama on the theme of the Retreat "Faith Lift – May the Source be my Force", in which four Young Adults discussed through



*A scene from the drama "Faith Lift – May the Source be my Force".*

powerful dialogues how man could connect with the source when he strengthened faith in his heart. This was well illustrated by episodes from the Bible and the Mahabharata. Bhajans led by Young Adults followed next and concluded with Arati, bringing the Retreat to a happy conclusion.

### BUDDHA PURNIMA

Sacredness and solemnity marked the celebration of the festival of Buddha Purnima at Prasanthi Nilayam. A large number of devotees from Zone 4 and 5 countries of Sathya Sai International Organisation, namely, Sri Lanka, Nepal, Thailand, Indonesia, Malaysia, Singapore, Brunei, Japan, Taiwan and Hong Kong, came to celebrate it in the sacred precincts of Prasanthi Nilayam. The theme of this year's celebration held on 18th and 19th May 2019 was "Chatur Brahma Vihar".

The programme on 18th May 2019 began at 5.00 p.m. with chanting of sacred Vedic Mantras by the devotees from Japan.



*Procession of monks in Sai Kulwant Hall.*

A procession of Buddhist monks thereafter entered Sai Kulwant Hall in the backdrop of the rendition of Narsingh Gatha. This was followed by chanting of traditional Buddhist Slokas by monks and devotees.

In his Welcome Address, which followed next, Sri Amar Karki, Chairman, Zone 4A of Sathya Sai International Organisation, spoke about the theme of the celebration Chatur Brahma Vihar (four noble states of mind), viz., Metta (loving kindness), Karuna (compassion), Mudita (sympathetic joy) and Upekkha (equanimity) and explained their significance. He also introduced the guest speaker, Dr. Teerakiat Jareonsettasin of Thailand.

Speaking about the teachings of Lord Buddha and Bhagavan Baba, Dr. Jareonsettasin exhorted the devotees to develop peace within and love without which was the same as "Love All Serve All" and "Help Ever Hurt Never", the main teachings of Bhagavan Baba. He emphasised the importance of practising detachment which could lead man to deep attachment to God.

The last item of the programme was a dance drama "Buddham Saranam Gachchhami" which was performed by the Young Adults and Sai Spiritual Education (SSE) children from Nepal. The drama depicted some of the main events from the life of Lord Buddha which illustrated his



*The drama "Buddham Saranam Gachchhami" illustrated the teachings of Lord Buddha.*

immortal teachings. The drama which began with a prayer to Lord Ganesh at 6.15 p.m. concluded with a beautiful dance of children at 6.45 p.m. Bhajans led by overseas devotees followed next and concluded with Arati.

The programme on 19th May 2019 began at 5.00 p.m. with Veda chanting by the devotees of Japan. Two eminent speakers addressed the gathering after this. The first speaker was Sri Dhammika Kalapuge from Sri Lanka. Referring to a high mountain peak in Nepal, the erudite speaker reminded the devotees that man's journey to liberation was attaining the summit which was higher than any high mountain. So, man should perform intense Sadhana by doing good and serving mankind as taught by Bhagavan Baba and Lord Buddha, he said. The second speaker was Monk Ugyen Sherab from Nepal who pointed out similarities between the teachings of Lord Buddha and Bhagavan Baba and advised the devotees to imbibe the qualities of kindness, compassion and love to attain the goal of life, that is Nirvana or liberation.

These talks were followed by a devotional music presentation "Jewel in Lotus" rendered by Young Adults, both boys and girls, from Zone 4A and 4B countries. Beginning their programme with a variety of prayer songs including "Om Mani Padme



Hung", the singers surcharged the entire milieu with deep devotional fervour with their melodious and soulful presentation of devotional songs, some of which were: "I Feel Your Warmth in Morning Sunshine", "My Guru, My Guide, My Mother Sai", "Sai Mata Biddalam Andaram" (all are the children of Mother Sai), "Mana Shuddha Hai Tana Buddha Hai" (when the mind is pure, the body is enlightened).

The devotees were thereafter blessed with a Divine Discourse of Bhagavan, in which He said that Samyak Darshanam (right vision) was the first step on the path of Nirvana as it led to right thoughts, right speech and right action. Bhagavan also emphasised the need to practise the teachings of Buddha as mere reading and listening were of little use. Bhagavan brought His Discourse to a close with the Bhajan "Bhaja Govindam". Bhajans led by overseas devotees followed next and concluded with Arati, marking the happy conclusion of Buddha Purnima celebrations at Prasanthi Nilayam.

### PILGRIMAGE OF DEVOTEES FROM NEPAL

More than 1,500 devotees came from Nepal on a three-day pilgrimage to Prasanthi Nilayam from 20th to 22nd May 2019 and presented excellent music and cultural programmes.

On 20th May 2019, a bagpipers band troupe of Young Adults of Nepal presented a lively Bhajan medley and made a grand band display. On 22nd May 2019, Sai Spiritual Education children and Young Adults from Nepal performed a wide variety of excellent dances showcasing the rich cultural heritage of Nepal. Beside, the President of Sathya Sai International Organisation of Nepal

shared with devotees the Seva activities being conducted by the Sai Organisation of Nepal. He made a special mention of a water project, wherein Seva Dal volunteers provided water to villagers by laying a pipe



*Bhajan medley by bagpipers troupe of Nepal.*

from the source of water which was nine kilometres up on a hill. A video film was also screened which showed the Seva activities being performed by the Sai Organisation of Nepal. On all the three days of their



*A dance number showcasing the cultural heritage of Nepal.*

Parthi Seva Yatra, the devotees cleaned the premises of the Ashram and conducted Bhajan and Veda chanting programmes in Sai Kulwant Hall, both in the morning and evening.

## BHAGAVAN'S BUDDHA PURNIMA MESSAGE

# BUDDHA AND HIS GOSPEL OF LOVE

ABSOLUTE LOVE IS TRUE LIBERATION

### *Embodiments of Love!*

**T**HE MORE MAN POURS out his love on others, the more is his inner bliss. Hence, man should expand his love for his fellowmen if he wants to increase his own inner bliss. This is the royal road to Divinity. The best way to love God is to love all and serve all. This is the secret revealed by Buddha. *Buddham Saranam Gachchhami; Sangham Saranam Gachchhami; Dhammam Saranam Gachchhami.* The first of these maxims tells you to purify your Buddhi (intellect) by good company. Secondly, you should use your intellect in the service of society. This will lead you to the righteous path. You should not hurt any living being. Help Ever, Hurt Never.

### **Love, the Royal Road to God**

The foremost teaching of Buddha is *Ahimsa Paramo Dharma* (non-violence is the supreme Dharma). None should be hurt or harmed by thought, word or deed. You may wonder whether such a conduct is practical. Yes, it is definitely possible. With firm resolve, it is possible to achieve any great task. Once you realise that there is only one God residing in everyone, you will never hurt or harm anybody. Then there is no need for you to fear anything.



Prahlada surrendered himself to Narayana. Hiranyakasipu was one who was deluded by names and forms. Names and forms are ever transient. Narayana is the eternal truth. The highest and noblest of all the names of God is 'Sat-Chit-Ananda'. 'Sat' means that which remains the same in all the three periods of time – past, present and future. This changeless 'Sat' can be experienced only on the path of truth. 'Chit' is total awareness. You can have the vision of Purnaswarupa (Absolute Divinity) with the help of this total awareness. When both 'Sat' and 'Chit' are experienced, 'Ananda' (bliss) manifests itself in you. Every human being craves for Ananda. Where is this

Ananda? It is within you. In fact, man is born in bliss, lives in bliss and merges into bliss. His entire being is a manifestation of bliss.

Human body is impermanent. Happiness derived from this impermanent body is also impermanent. It cannot give everlasting happiness. Buddha left his home in search of happiness that was permanent and everlasting.

### **God is the Indweller of all Living Beings**

Outside his house, he saw a dead body, a sick person and a decrepit old man. After seeing these miserable sights, he enquired how one could escape from the sorrow of this world and experience everlasting happiness. What is the cause of death? What is the cause of old age? What is the cause of disease? After a serious investigation, he found that the human body was like a water bubble, and it was the mind that caused diseases in the body. You should not be excessively concerned about the body. You should try to experience your innate divinity sooner than later because the body is temporary and cannot last long.

Man undertakes Yajnas (sacrifices) and Yagas (rituals) without realising the innate divinity of all beings. While travelling from place to place, Buddha once came across a group of people in a village performing a ritual sacrifice. This sacrifice required the killing of animals. Buddha protested. He told them that omnipresent God was the indweller of all living beings. Therefore, it was improper to sacrifice living beings. The person conducting the ritual said that the sacrificed animals would attain liberation. Buddha laughed at this and said, "You want to give liberation to these animals, which have not desired for it! Why don't you apply the same

principle and give liberation to all these men who are yearning for it? I do not accept your argument that these sacrificial animals will attain liberation. Which Upanishad or the Veda recommends animal sacrifice? How can you think of anybody's liberation when an animal is killed? This is utter falsehood. This animal has not expressed any desire for liberation. But your mother, father, wife, children, relatives and many others desire liberation. Why don't you sacrifice them and fulfil their desire? In fact, why don't you start with yourself? Nobody can attain liberation by violence on living beings. This is the worst of the sins". In this manner, Buddha propagated the principle of Ahimsa. The love that is inherent in human beings is present in birds and beasts also. Share your love with birds and beasts and fellow beings. Absolute love is true liberation. For Moksha (liberation), you need not go anywhere. It is not there at some far off place. Pure love bestows liberation. Your endeavour should be to attain this holistic love.

People undertake various spiritual endeavours to attain Moksha. But these spiritual practices give only temporary satisfaction. The scriptures recommend nine-fold path of devotion. Sravanam (listening), Kirtanam (singing), Vishnusmaranam (contemplating on Vishnu), Padasevanam (serving the Lotus Feet), Archanam (worship), Vandanam (salutation), Dasyam (servitude), Sneham (friendship), Atmanivedanam (Self-surrender). Even this nine-fold path grants temporary joy. But love is most important in this path. In fact, love should be the undercurrent of all spiritual endeavours.

– From Bhagavan's Buddha Purnima Discourse in Sai Ramesh Hall, Brindavan on 21st May 2000.



# INDIVIDUAL EMANCIPATION AND WELFARE OF THE WORLD\*

## *Some Reflections*

Swami Atmashraddhananda

*Detachment can be practised in two ways. Either I think that I am the soul or Atman and I am not connected with these things. I am just like a watchman. So, watchman is watching, the people are coming and going, he is just watching. It is a witness type of attitude. That is however quite challenging. The easier way is that I submit all my thoughts as an offering to the Lord and feel separate from them. I offer to the Lord what came from the Lord.*

**B**UT HOW DOES MAN SEEK Moksha? That process and method of seeking is called yoga.

### **Yoga: The Path of Moksha**

Now, what is yoga? Yoga should not be confused with external forms like Yogasanas, Pranayama and Kriyas. They are, of course, necessary. They have a preparatory role to play in our life. Suppose, a person's body is always sick, he will definitely benefit by following the path of Yogasanas. When he gets up early, he performs certain Asanas. But along with that, he has to follow what we call regulation of other aspects of life. *Yuktaharaviharasya Yuktaswapnavabodhasya*, says the Gita. Yukta Ahara and Vihara and Yukta Swapna Avabodha means that there should be moderation in one's food, one's sleep, one's activities and even one's relaxation. Then only can he benefit from whatever Yogasanas he takes up. But yoga is not limited to



\* Continued from the previous issue. This is the second and concluding part of the article.

this alone. Yoga is much more than that. It is related to the four faculties of human being. We are all born with four faculties. What are these four faculties? First of all, we have the faculty of intellect – of analysis, of thinking. That part or that form of yoga where this faculty is most used is called Jnana Yoga.

### The Path of Jnana Yoga

In Jnana Yoga, we take the help of our own God-given faculty of thinking and purify it. Please remember, it is not just reading more books though reading books is wonderful; it is not listening to more lectures though listening to lectures is helpful; it is not seeing more YouTube videos which, of course, if seen with proper discretion, provide a good perspective; but that is not all about the way our thinking faculty may be employed. It actually means self-analysis. It also means learning to do self-analysis. In yoga, we do self-analysis: Who am I? Am I my body? Am I only my body's various parts? Am I my eyes? Am I my ears? Am I my legs? Am I just body? Or am I even my thoughts? A Jnana Yogi essentially is in search of the ultimate freedom through the path of the faculty of reasoning and self-analysis. Jnana Yoga is one of the paths to Moksha or freedom – freedom from our own inner bondages, the bondages which we have created through our strong likes and dislikes.

### The Path of Raja Yoga

Then comes the second path – the path of concentration. We call it Raja Yoga or Dhyana Yoga. It is like the king or Raja, because if you take care of the concentration, you take care of everything else. Concentration is required for everything; it is not only for studies; it is required for carrying out even our day-to-day activities. Suppose a person is an excellent

cricketer. One of the reasons of his being an excellent cricketer is his tremendous concentration. He has developed his power of concentration. He has other things like stamina, he has worked hard, he knows certain techniques and he is gifted with right body and mind, but above all he has concentration. Similarly, concentration is an asset for an artist, for a cook, for a driver, for the military man, even for the people who are doing wicked things. But this concentration needs to be purified again and it should be given the right direction. This is called the path of Raja Yoga.

Raja Yoga consists of eight parts or eight steps. It is called Ashtanga Yoga. The first two steps in Ashtanga Yoga are often overlooked by many people. They think that they can directly practise meditation and believe that closing the eyes and sitting in a particular posture, Padmasana or Sukhasana, is Raja Yoga. They overlook the first two crucial steps, the Yamas and Niyamas, which the great teacher of Yoga, Sage Patanjali, gave us 2000 years back. What are Yamas and Niyamas? Yama means control, and Niyama means rules. Yama consists of five controls, namely, Ahimsa, Sathya, Asteya, Brahmacharya, Aparigraha (non-violence, truth, non-stealing, celibacy, non-possessiveness). Similarly, there are five Niyamas, viz., Shouch, Santosh, Tapa, Swadhyaya and Iswara Pranidhana (purity, contentment, penance, self-learning and surrender to God). Sage Patanjali makes it very clear that without following Yamas and Niyamas, other steps of Raja Yoga or Dhyana Yoga are not possible. Patanjali says, these are the Mahavratas, the great vows. So, first step is Yama, the second is Niyama and then there is Asana, the right posture in which a person sits comfortably.

The fourth step is Pranayama or control of Prana (life-force) through breath. Breath control is not Pranayama, controlling Prana through breath is Pranayama. The life-force is to be controlled and trained so that it does not run arbitrarily in different directions but becomes quiet because this Prana is very much connected with the mind. So, if the mind has to be made calm, then the Prana should also be made calm.

After Yama, Niyama, Asana and Pranayama comes Pratyahara (withdrawing the mind). Suppose, you are a teacher, you take a class and there are students who are outside. You call them inside. Hey, come on, we will have the class. It takes time for everyone to come in. In the case of our mind, our thoughts are all scattered around, we have to bring them inside. They are busy with different memories of the past or thoughts about the future. Possibly, we are thinking about the films that we have seen or the books that we have read or the experiences at the bodily level; the food, the clothing, the travel, the inter human exchanges that we had. All that is there and we are thinking about the past. And not only that, we are also thinking about the pleasantness and unpleasantness of those experiences. Generally, we think more of the unpleasant experiences, the bitter experiences. So, you say: I heard like that, somebody spoke like that, he humiliated me or I was honoured. All these things are from the past. Also, you think about the future. In Pratyahara, we try to bring the mind in the present.

And after Pratyahara comes Dharana. Dharana means trying to fix the mind on an inner object. In Raja Yoga, we try to fix on an inner object which means we visualise an object. It could be a sound symbol.

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One sound symbol is that of Om. Or, we meditate on a form. Let us say, somebody meditates on Ganesh, somebody meditates on Durga or Krishna or Rama. He visualises a particular form in his mind and tries to meditate on that. Once he succeeds in that full visualisation, it becomes Dhyana, and Dhyana becomes Samadhi. Of course, there are many different types of Samadhis, which means levels of concentration. The simple meaning of Samadhi is concentration, though levels of concentration are different. So, this is the second path of realising our inner freedom – the Raja Yoga.

### **The Path of Karma Yoga**

The third path is the path of Karma. You have to carry on different actions in this world. But how do you carry on those actions? First of all, what is Karma? Any action is Karma. Yes, in one way every action is Karma. But in a strict way and more scriptural way,



if you have to understand the term Karma, it means along with action there is a sense of agentship. What is agentship? Agentship means, I am doing it. In Sanskrit, it is called Kritratva Abhimana (pride of doership), Abhimana that I am doing it. Along with Kritratva Abhimana comes Bhogtritva Abhimana. What is Bhogtritva Abhimana? It means I am enjoying it. I am enjoying food, I am enjoying this, I am enjoying or experiencing that. This is common in every human being. But a Karma Yogi tries to purify this agentship, this will, this power of will by detachment. He tries to offer all his actions to God. He tries to offer all that he has been thinking, planning, and all that he is experiencing through various senses to some higher power and feel detached from them. Detachment can be practised in two ways. Either I think that I am the soul or Atman and I am not connected with these things. I am just like a watchman. So, watchman is watching, the people are coming and going, he is just watching. It is a witness type of attitude. That is however quite challenging. The easier way is that I submit all my thoughts as an offering to the Lord and feel separate from them. I offer to the Lord what came from the Lord. I received certain faculties; through those faculties, I did some Karma and that Karma I offer it to the Lord and in the process try to become free. The essential goal of Karma Yoga, like the goals of all other yogas, is to make the mind pure. Purity of mind is the goal of all these forms of yogas that we are discussing.

First, we have discussed the Jnana Yoga, then Dhyana Yoga and now in brief I am speaking about Karma Yoga. Karma Yoga is a process by which we purify ourselves by rightfully doing our duties. The Bhagavadgita

says, Niyatam Kuru Karma Tvam (you do the actions which you are meant to do). We do our duties without seeking any selfish return and in the process we purify the mind and become detached from our own inner bondages so that the real Self becomes manifest to us. This is the third path – the path of Karma or detached actions.

### The Path of Bhakti Yoga

Then there is the fourth path – the Bhakti Yoga. Every human being has certain emotions. It is so common; it is natural for everyone to have emotions. Bhakti relates to the process of turning those emotions from the human channels, where we get attached or we develop hatred and jealousy, towards the Eternal Reality or Divinity inherent in us. When we turn our emotions from the external objects towards internal Divinity present in us, that is called Bhakti Yoga. We may not be in a position to understand what Bhakti is in this sense. It looks very abstract to us or the very idea of Divinity looks very abstract to us. In that case, we try to give it a form; we take the image of a god or a saint or a prophet and we worship him or her as objects of our own Divinity. Objects of our own Divinity are worshipped through Bhakti Yoga. And Bhakti Yoga has all those various features which we experience in human love. There is preparatory or Gouni Bhakti and there is the ripened Bhakti or Para Bhakti. In the Para Bhakti, the person does not have to follow any external rituals at all. The Gouni Bhakti (the first step in Para Bhakti) begins with certain Vidhi and Nishedha (do's and don'ts). You have to do this and you should not do this. You go to the temple, you get up in the morning, do Japa, follow this, follow that, and you do not follow certain things. Don't go to this place and talk of those things. That means, there

is a Vidhi and there is a Nishedha. So, when by following this for a long time, a person attains purity of mind, he develops Para Bhakti.

### All Paths of Yoga Lead to the Same Goal

Thus, we have these four paths for Atmanomokshartham (attaining liberation). Freedom is the goal of all yogas. Then we have the Jagathitaya (welfare of the world). Is Jagathitaya separate from the Atmanomokshartham? According to wise people, Jagathitaya is not separate from our Sadhana. In fact, it is a part of Atmanomokshartham. Let us say, you spend everyday in following these spiritual practices and also try to do good to others, try to serve others, try to help others in whichever way you can. It could be in the form of money or in the form of skill imparting or in the form of showing respect to others. Whatever you have, whatever is available, everyone in this world can serve, not that one needs only money to serve others. Even when a person writes an address so clearly that the other person does not face problem in reading it, that also is a form of Seva. So, it begins with every little thing, keeping others in mind.

Then you have the larger meaning of Jagathita when you speak of doing good to poor people, to people who are suffering and need help. Actually, the right thing would be to combine these two and not go to the extremes. Suppose a person takes up the path of Bhakti in the form of temple Puja, he should not go to the extreme. Along with that, he should have some activity for the benefit of others. Besides, he should follow the basic moral culture or basic moral values as we discussed in Raja Yoga which is Yama and Niyama, the rules of ethics. This

is the best thing to follow. It is not that which yoga is good for me because all the faculties are present in you; all the four faculties are there in you. So, let these faculties be combined. Let us make the combination of the four yogas. So, a person should try to follow Bhakti and Karma, as well as Jnana and Dhyana. Of course, certain faculties will be stronger and automatically you will feel more drawn to a particular path in your life. But it should not be that the other paths should not be followed at all. The best thing is that we try to develop all this at the same time.

And finally, let us remember that all these yogas can be practised together. All these four yogas can be brought into our day-to-day life and they need to be brought because we have certain cultural, certain educational advancement when the soul starts looking for freedom. But they are all possible only if we have the basic fact which is available to all of us, that is Shraddha. One must have Shraddha. As Swami Vivekananda says, it cannot be translated into English at all, though the nearest word is faith. The nearest translation is faith or conviction but Shraddha includes many more things. It includes bravery, it includes positive thinking, it also includes the basic feeling of goodness for everyone and it also includes a sense of respect. So, Shraddha is one of the basic pre-requisites for following the path of Jagathitaya as well as Atmanomokshartham.

**– From the talk delivered on 10th June 2018 at Prasanthi Nilayam by Swami Atmashraddhananda, Ramakrishna Mission, Belur Math, Kolkata.**

*Effulgence of Divine Glory*

# THE GREAT AUSTRALIAN MIRACLE

Howard Murphet

EARLY IN 1976, MY WIFE AND I became acquainted with Pearl Harrison, a retired secretary of the medical faculty of a Sydney University. At first, we thought this just a chance meeting, but later we wondered...

At that time, the manuscript of my book, "Sai Baba Avatar" was ready for the final

to be typed. While the grandmother was somewhat sceptical about the miracles, the granddaughter accepted the truth of them without question.

The first few chapters of the book had been complete, when Mayan, who was looking very pale and bruising too easily, was taken to a doctor for a blood test. The doctor was so appalled at the results that he phoned Mayan's mother, Helen, and advised that the child be collected from school and taken home immediately. He also arranged for her to be given a bone-marrow test at the Prince of Wales Hospital in Sydney.

Blood tests showed that Mayan's haemoglobin count was less than half what it should be, and the white components of her blood were about a third of the normal level. Bad as this was, the worst were the platelets which were down to only one-fifteenth of the normal count.

Her disease was diagnosed as aplastic anaemia, in which the bone-marrow fails to produce the vital blood components in sufficient quantity to maintain health and life.

Mayan was put under the care of a specialist who told her mother that the only treatment for the disease was the use of certain drugs; one was a male hormone, Prednisolone, and another Fluoxymesterone. Both of these have very distressing side-effects, such as stunting growth, causing puffy obesity and bringing a growth of hair on the face while causing



draft to be typed for the publishers. As Pearl still liked to do casual secretarial work, it was agreed that she type the manuscript. In this way, she became exposed to the wonders of Sri Sathya Sai Baba for the first time.

One of her granddaughters, nine-year-old Mayan Waynberg, sometimes used to help her by reading aloud the material



baldness of the head. The specialist said that the child would need to have blood and bone-marrow tests constantly to monitor her condition. This in itself was a terrible ordeal for everyone concerned as Mayan had a deep phobia about needles piercing her skin and drawing blood.

But the very worst aspect was that, after going through all this, and suffering the terrible side-effects of the treatment, she would still not be cured. One of the medical men told Pearl the depressing truth that the drug treatment could do no more than prolong the child's life for perhaps a few years, but could have no effect in the long run. Moreover, the child could not live a normal life even for the short time she was kept alive.

Then Pearl Harrison thought about the Sai miracles she had been typing. She writes: "I must admit to complete lack of faith in religion, considering myself a Jewess by tradition but not by observance. I had typed about many miracles that Sai Baba had performed, and had thought how interesting it all sounded intellectually, but, had not this dreadful illness occurred to my own granddaughter, I might have let it go at that. It was as if my mind suddenly opened with a jerk, and I began to think perhaps there was something real in all that I had typed. Howard and Iris were most concerned when I told them about Mayan, and said they would come over immediately, and Mayan could start taking Vibhuti".

Lord Sai is specially interested in all those in whom His devotees are interested. But He had earlier told me the Divine cure requires faith, belief and surrender. Could we find these ingredients in this Sydney suburban home? When I said earnestly to Mayan: "But you must really believe in the

power of Sai Baba", she replied, without hesitation: "Oh, but I do". In the way she said it I sensed the simple child-like faith that is so important – and yet so hard for most people to achieve. Her grandfather, Jack Harrison, gave me a hope that perhaps he too might have the helping faith, when he said: "I'm going to India as soon as I can to thank Sai Baba for curing Mayan". The cure had not yet begun, but he seemed to have no doubt that it would take place.

Pearl, on the other hand, had her intellectual barriers to overcome. The mother Helen, through apparently sceptical, was willing to try the Vibhuti treatment. But constant prayer was important, we assured the family. They all agreed to pray to Swami; Iris and I prayed, too, fervently. We badly wanted Swami to cure Mayan of this terrible disease, not only because we felt love and compassion for the child but also because this could be the great Australian miracle that might bring more and more of our fellow countrymen to the Light.

However, the immediate question was: should Mayan take the prescribed drugs? We knew from research into many cases that Swami sometimes cures through drugs, while preventing any side-effects. Yet sometimes He will not have drugs used at all. The only way was to ask Him, and in the meantime let the child start the drug treatment. The doctors had said the side-effects would not become evident for about three months.

By good fortune, our friend Lynette Penrose was about to set off on a visit to Swami. Incidentally, it had been in her home in Balmain that we first began Sai meetings in Sydney. I believe they were the first in Australia.

Lynette agreed to take a photograph of Mayan and letters to Swami. We hoped, moreover, that she would be able to ask Him verbally if the child should or should not take the drugs prescribed by the doctors.

No long after she reached India, an airmail letter came from Lynette. She had been granted an interview with Swami, had given Him the photograph and letters, and asked the important question about treatment. She wrote that when He looked at the photograph, His face had become "very soft and compassionate" and He had said: "No, no drugs, just Vibhuti in water twice a day".

Pearl Harrison writes of the situation: "When this message came back, we had to decide whether to take her off the drugs and give her Vibhuti only. Mayan made up our minds for us. She said, 'If Sai Baba says I should not take drugs, then I won't take them'. So after just three weeks on the drugs, she went off them and has taken only Vibhuti since". This was putting complete faith in the Divine Power of someone no member of the family had ever seen, except in photographs.

We thought it might help at the receiving end of the healing current if Sai Baba meetings were held at the home of the Harrisons in Greenacre. They readily agreed to this, and their house became the second centre for Bhajan and study groups in Sydney. Soon Jack decided to convert his big garage into a Sai temple, and erect a new car-port to shelter his car. The necessary changes to the building's interior were made and a beautiful shrine erected there by some of the devotees who had been to Swami. The temple acquired a sacred atmosphere and the size of the

group began to expand, people coming from all parts of the metropolitan area, and from distant places in the Blue Mountains and the South Coast.

The meetings were a great success. It was surprising to see how quickly and wholeheartedly the Australians took to singing Bhajans. Many learned to lead, the child Mayan being one of them. Mayan's health was showing a steady improvement. The family had decided not to tell the doctors immediately that she was taking none of the drugs. She was taken to the hospital for tests every two weeks, and the medical people were delighted – and perhaps surprised – at the results. There was a dramatic rise in her red blood cells, a good improvement in the white cells, and the platelet count was slowly creeping upwards.

After a few months, the red and white cell counts were quite normal, and the tests were then given every two months instead of every two weeks. Her platelets were showing a rise of about 10,000 at each test, but they still had a long way to go to reach normality.

The doctors had tested Mayan's sister Alona, who is about a year the senior, for bone-marrow compatibility with that of Mayan. They advised, after the test, a bone-marrow graft from the sister, saying it would help Mayan fight the disease.

Again a devotee going to India from Australia asked Swami if this operation should be performed or not. He replied that the child was getting better, and would soon be completely well. "There is no need for an operation", He said. So, no operation was performed.

*continued on page 27...*

# INCREDIBLE JOURNEY INTO THE HEART

Joan and Alan Humphries

*Joan Humphries begins the story...*

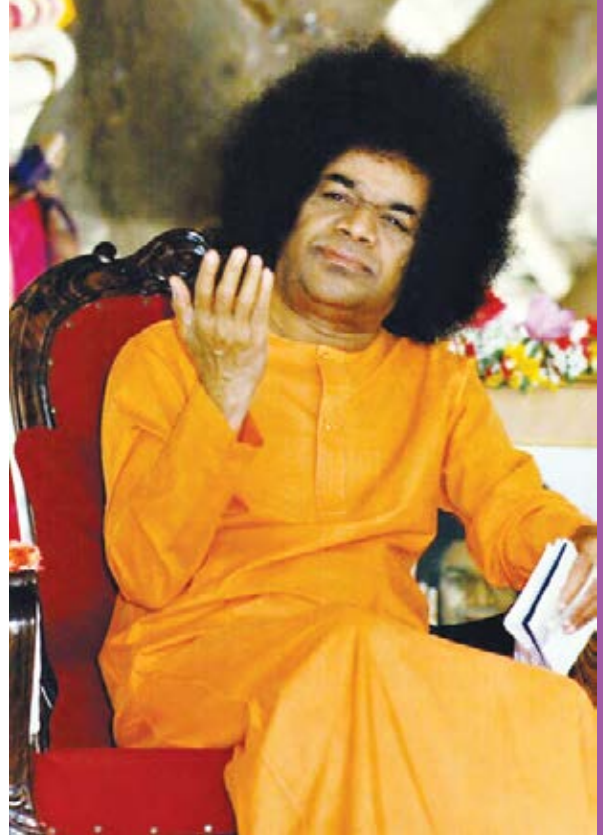
**I**N 1997, ALAN AND I WERE following the Christian Spiritualist Faith until we met a couple, who later became our good friends.

## **Love Beckons... the Path Begins**

They asked us to read a book called "Embodiment of Love". This book told the story of Sai Baba and His teachings, through another couple's experiences. After reading and digesting the contents, we both knew, these teachings were our way forward to enlightenment. From that moment on, we felt the need to go and see Sai Baba in India. We made the journey when we met another couple who had helped us so much with their love, wisdom, knowledge and kindness. They organised a trip to India in October 1997 and we went for two weeks to see Sai Baba in all His glory at Prasanthi Nilayam. We all experienced so much love and peace during His daily Darshans, and knowledge and wisdom through His teachings. Though we didn't realise it at the time, our spiritual journey to divinity had begun. In July 1998, we went to India again to see Sai Baba. On our return, we heard of a larger group going to India in September 1998 and were very excited to go and see Him again.

## **Cursed by Cancer**

Then in 1999, Alan and I decided to visit our dear Swami for the fourth time, but in August tragically I was diagnosed with cancer. I underwent surgery in September. While I was in the hospital, Baba gave me



many signs that He was looking after me. When I returned home from the hospital, I just wanted to visit Him to say thank you for being with me.

After a few weeks of my discharge from the hospital, I was not feeling very well. I went to see my GP. The doctor looked at my notes and said, the laboratory usually states that the cancer will return, but they have not stated a time, which means it could come back at any time. You can imagine how I felt hearing those words. When I got home I did not say a word to anyone, even to my



husband, Alan. I kept this conversation a secret between Swami, the doctor and me. From then on, I prayed and prayed to Baba. The hospital said, no tablets could cure cancer and I refused the chemotherapy. I put all my faith in my loving Mother-Father God and took Vibhuti and Lingam water.

That December (in 1999) I had a dream in which Sai Baba said, "You will go to India, wearing plain clothes." He then raised His Hand and with one finger in the air said, "You will sing." I woke up straightaway. Alan and I discussed this dream as to what it meant.

### **Good, Good, Good – The Lord's Blessings**

Then in 2000, I kept praying fervently to Baba to let us visit Him again to convey our thanks. By His grace, we found ourselves preparing for a pilgrimage to Prasanthi Nilayam, truly, the Abode of the Highest Peace. When we arrived at the Ashram, we were glad we were entering Sai Kulwant Hall on our first day. I was so happy at the very first glimpse of our Beloved Baba. My heart and soul knew my eyes were looking at God incarnated on earth. I continued to pray, hoping my prayers would be heard. During our stay, we were told by our group leader that Swami would grant us a group interview in the Mandir on Tuesday at 2.00 p.m. By 1.30, we were all seated inside and waiting for Him. The auspicious moment arrived and Swami gracefully glided in towards us, showering His Divine Love on all. After listening to His Divine Discourse, we were asked to sit back-to-back in columns running down the length of the Mandir.

As He approached where I was sitting, He leaned towards me and asked, "Do you want to talk"? I could only softly reply, "It is about my cancer, Baba". He leaned over again and asked me to repeat what I said. I repeated a little louder, "It is about my



*The cross materialised by Swami.*

cancer, Baba". He then asked me if I was a Christian and said, "Good Christian". Only You know Baba, I thought to myself. He then turned towards men and told them that I was a Christian. Then my Lord held out His arm and circled His palm and manifested the most beautiful cross set with eleven green emeralds and attached to a gold chain. He held it out in His holy hands and put the cross to my lips to kiss. No words could ever explain the profound feelings I had and still have within my heart. As Baba stood there, I was able to touch His Divine Lotus Feet. Then He patted my head three times saying, "Good, good, good".

I could not believe we had been in Baba's Mandir for one and a half hours hearing His sweet words, being in His Divine Presence and witnessing all the wonderful miracles He performed externally and internally within each one of us. We returned home overwhelmed and exhilarated. Our spiritual batteries were recharged and we were ready to face life with renewed vigour.

When I returned home, I shared this wonderful blessing and experience with many friends, but because Baba did not say, “cancer is cancelled”, there were some doubts. I turned and looked at Baba and apologised for the small doubt which entered my mind. From that moment onwards, I prayed intensely. My prayer went like this: “Please, Baba, could I visit You again soon, and hear Your words that my cancer is cancelled, and could there be a witness to hear Your words”? Alan always told me when I came home from the hospital that Baba took the cancer away. His total love and faith in Baba just grew stronger and stronger.

Emerald green is Baba’s colour for healing. During Darshan, we sit under a canopy of gold and emerald green in Sai Kulwant Hall absorbing the healing effect. This is the significance of the emerald green cross He so graciously materialised to protect me. Thank you, dear Baba. We hoped that by His divine grace we would be able to see Him soon in the month of June.

### **Evergreen Memories of Healing Grace**

Then 2001 arrived. And by Baba’s grace, Alan and I joined the Heart Valve Bank Group which was going to Prasanthi Nilayam. During our journey, I still continued my prayers to my Beloved, Sri Sathya Sai.

When we arrived, we felt that divine feeling of love and peace as we entered the Ashram. During our stay, He honoured the entire group. What a blessing it was to hear a Divine Discourse inside the Mandir! After the Discourse, we were asked to sit back-to-back in columns, just like last time, to allow Swami to walk around us. I could hear Baba speaking as He approached the end of the Mandir where I was sitting. He said, “Come

the day after tomorrow. You and I will talk as there is something worrying you”. I got on my knees and said, “Thank you”, and He patted my head and said, “Good girl”.

The auspicious day arrived. Six of us were granted an interview that morning. I was a little nervous but felt so much joy in my heart to be at the Divine Lotus Feet of Swami. Straightaway, He asked me, “How is the cross doing in London”? I replied, “Everything is fine”. Baba knew what my heart was really feeling and my inner thoughts.

Then the thought came into my mind, come on, Joan, ask what you have been praying for all this time, and He gave me the inspiration to ask, “Baba, is my cancer cancelled”? As I gazed into His eyes, He said, “Yes, your cancer is cancelled”. Then He asked, “Where is your husband”? I replied, “He is outside, Baba, and wants to come and see You”. Then He said, he is a good man and I was a good lady.

During this visit, I got an opportunity to deliver a talk. After I finished my talk, I bowed down to Baba and He asked, “Do you want Me in your heart”? He repeated this three times, and I replied, “Yes, Baba”, three times. He then circled His divine hand and materialised a beautiful pendant of His face with a lovely chain. I now feel Baba with His divine love wherever I am.

When I returned to my room, I wrote a letter to Him: “Please forgive me if I have hurt anyone’s feelings today. I take full responsibility of what has been said, as no one knew what I was going to say”.

When I finished, I read it back to myself, but while doing so, I saw Baba reading the letter in my mind’s eye. I folded the letter and placed it under my pillow. That evening

when I went to sleep, I heard a voice saying, "You asked me to be in your words." That is just what I asked Baba when I handed a lovely red rose to Him before I started my talk.

### **The Last Day at Prasanthi Nilayam ... Heart Warming Talk**

The day before leaving Prasanthi Nilayam, the Heart Valve Bank Group was honoured by singing in front of Baba in the hall and He handed each one of them a beautiful Sari. While doing so, He asked, "Where is the lady who did the talk"? When I approached the verandah where He was standing, He said, "Ah, Jamuna". This is the beautiful name Swami gave me in 2001. He said gently, "You did the talk the other day". I replied, "Yes, Baba" He then said, "I am very happy. It was from the heart". While holding my hand, He circled His palm and a beautiful three diamond ring emerged from His hand.

As Baba placed it on the ring finger of my right hand, He said, "This is for your talk", and then placed a lovely Sari in my arms saying, "I will see you tomorrow and we will talk". He repeated these words two times. I am sure, He was referring to the spiritual time of tomorrow.

*After Joan, now, Alan continues the story...*

In December 2003, we went again with a large group to Prasanthi Nilayam for a visit to Swami. While this visit was in preparation, I was asked to give a talk at the end of the visit to the group before we returned home. I agreed. I was excited and happy at being asked. During our stay with Swami at Prasanthi Nilayam, I was again asked about the talk I was to give but this time I was told

I would be speaking in front of Swami in Sai Kulwant Hall.

Now there was some nervousness in me, but I still looked forward to it. When the day came, we waited for a confirmation from Swami. Swami sent a messenger over to the group to tell us that the tall Englishman could carry on with his talk. It was Prof. Anil Kumar who gave us this message. The day was given and we all assembled in Sai Kulwant Hall for the afternoon Darshan. I was sitting at the front awaiting Swami's call to come forward and talk, and when He did, I very nervously went forward to His chair and presented Him with a flower. Then I was asked to begin.

### **Overwhelming Compassion**

I spoke about love, devotion and faith and also about Joan's cancer which Swami had cancelled. After the talk, He invited me to sit on the floor near His chair. I felt so honoured and humbled! I sat there through our group's programme. Then just before Arati was performed, I stood up and it was then that Swami materialised a nine gem ring and put it on the ring finger on my right hand. I was overwhelmed by the love and blessings He bestowed on us on this auspicious day. That moment will stay with me for the rest of my life. He even allowed me to kiss His hand.

Several days later, we were graciously allowed to perform our Bhajan programme in the Mandir in His presence. As a test of His omnipresence, I mentioned to my friend sharing our room that I was not looking forward to our Bhajans in the Mandir because I was suffering from backache due to the long sittings we do throughout our stay. But then forgetting all this, we all assembled in the Mandir awaiting Swami's



presence. He came in and started talking to some members of the group.

When He came to where I was sitting, He looked at me and asked, "Are you alright"? I replied "Fine, Swami". He asked again, "Do you want a chair"? I was not sure whether I was hearing Him right. He repeated, "Do you want a chair"? and beckoned someone to bring a chair for me. I reluctantly replied, "Yes, Swami". I sat on the chair for the rest

of the programme. At the end, He gave us His blessings with a wave of His hand. I was so grateful that He showered His love on the whole group. His love and compassion are unfailing to all.

(Courtesy: Radio Sai)

– The authors, Joan and Alan Humphries, are Swami's ardent devotees from England.

...continued from page 22

In November 1978, soon after Iris and I arrived in India on a visit to Swami, we received a letter from Pearl Harrison telling us that Mayan's last blood test had shown her platelets as even better than normal – in fact, 1,74,000.

Early in the next year, Jack and Pearl Harrison with their two granddaughters came to India to thank Swami for the miraculous cure.

This Divine healing across the thousands of miles had worked steadily, taking nearly two years to effect the complete cure. The time factor has, perhaps, something to do with the receiving ground – the depth of faith, belief, surrender to God and the intensity of prayer. But there are, no doubt, other inscrutable factors too. There may have been Karma to work out, for instance

or something to be learned from the period of waiting.

All we can say is that in moving through hope and prayer and worship toward this great Sai Cure, the whole family – with some relatives and friends as well – moved into the Sai Family. Their outlook and values changed when the joy and love of the Lord came into their lives. From being a family without religion, they became one with a true spiritual religion – the Sai religion. While blessing Mayan with a cure of the body, the Divine Hand had touched many other lives for a cure of souls.

How pleased and grateful to the Lord we, ourselves, were that the great Australian miracle had come to pass!

– From "Sanathana Sarathi", May 1980 issue.

*Values are for education, education is for life, life is for love, love is for man, man is for spirituality, spirituality is for world and world is for peace. So, one should travel from values to peace. Today students are acquiring education with selfishness and self-interest in mind. They are craving for money. Money comes and goes but morality comes and grows.*

– Baba

# MY TRYST WITH DIVINITY

*Indreshwar Singh Sirohi*

**L**ET ME START WITH MY family's tryst with divinity. Way back in 1965, my grandfather from the maternal side was besieged with a host of problems which severely impacted his gall bladder, liver, spleen, kidneys. Moreover, he had severe diabetic complications, glaucoma and even blood pressure. Almost everything that could go wrong in the abdominal cavity affected him.

## **Divine Benediction on my Grandfather**

The leading members of the medical fraternity had lost hope and just then when we thought all is lost, our family Guru, whom we fondly refer to as Guru Maharaj, came to grandfather and presented a picture of Swami. I am talking of 1965. He had some pictures of Swami, but he brought one and said, "My job as a Guru is to lead you to God. This is God incarnated on earth, pray to Him and all will be well". With infinite faith in his Guru, my grandfather fervently prayed to Swami. Barely a few hours would have passed and somebody arrived from Puttaparthi right up to Jamnagar and said, "Swami has sent this Prasadam for you". These were Vibhuti packets which were given by Swami to this devotee long before my grandfather even started praying. Needless to say, he felt much better after taking Vibhuti and even braved a travel right up to Puttaparthi to express his gratitude to

Swami. Swami welcomed him lovingly and in the interview that ensued He gave him a lot of blessings and then asked him as to what he would like more. Grandfather said, "I know my time is up; life is ebbing out but I have a few things to finish. Please give me a little extension of time". Swami gave him twelve months and said, "I will give you one year". Exactly one year to that day, my grandfather left for his heavenly abode. Just then a message came from Swami, "Tell Rajmata, that's my grandmother, that I have personally taken the soul of Jamsaheb to Somnath temple". Many months later when Swami came to Bombay (Mumbai), He graced my grandmother with a visit to her residence. Swami was in the drawing room, my mother was in the dining room just adjacent to the drawing room. She was wondering, Swami had said He had taken my father's soul to Somnath, I wish He would give a confirmation to me that this is really so. It was a fleeting thought. Just then, lo and behold, the dining room door opened and Swami looked at her. When she saw Swami, His face changed to her father's face for a few moments and then again it reverted to Swami's countenance.

## **A Rare Gold Idol of Krishna**

Now let's go down the corridors of time, to a time when Bhagavan graced Gujarat with His Divine Presence. Presently in the

narrative at grandmother's behest, Swami, members of His family, devotees from South India, devotees from Gujarat, and grandmother and family were all travelling in a convoy from Jamnagar to Dwaraka. Yes, it was a momentous occasion. They were in the making of history. Swami, the Yugavata, travelling to His previous residence Dwaraka, where Krishna reigned supreme. Can you imagine the kind of excitement the devotees had? It was palpable in the air. Everyone thought that Swami would tell them an untold story of the past, some stories of valour and chivalry of the royal entities, show them a monument which they didn't know about, the relic of the past or talk about the submerged citadel of yore which had stood invincible against the test of time. They entered Dwaraka. They were on the outer fringes of Dwaraka and the crowd started swelling. There was a state of confusion as everyone wanted Swami's Padanamaskar. Because of the state of unrest, the authorities requested Swami, "We are very much apprehensive about the security arrangements. Can You please come to Dwaraka some other day. We are not able to control the crowd". Swami obliged and turned around.

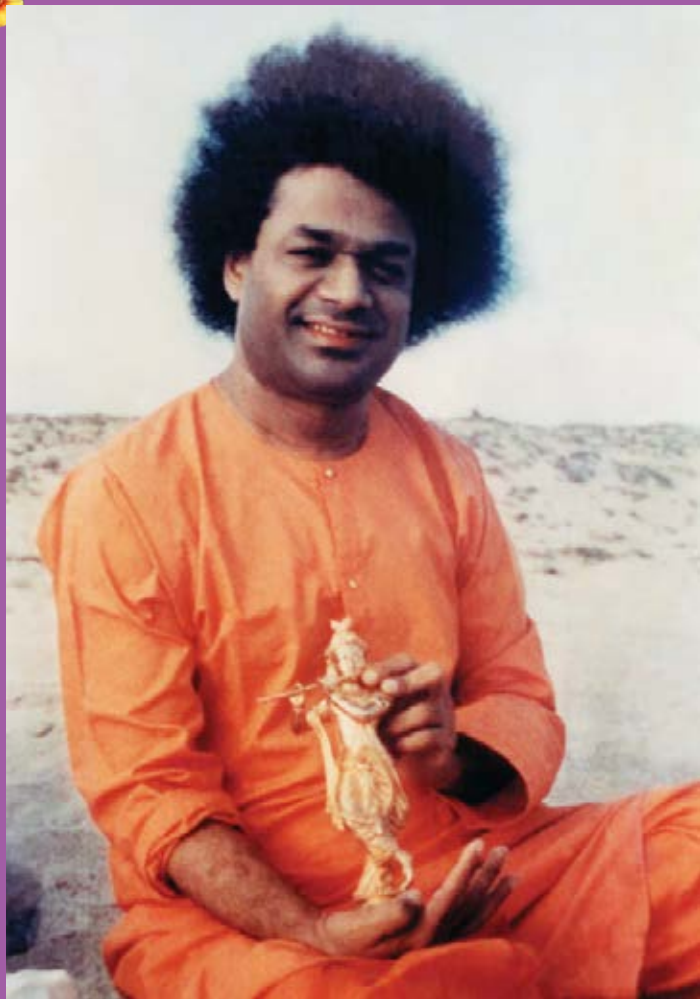
A pall of gloom descended upon the convoy as they slowly winded their way back to Jamnagar. This is not what they had expected. Here they were about to make history and what happened is they turned around. There was absolute silence; nobody spoke in disappointment. Swami saw the feelings of the devotees. He stopped the convoy, alighted from the car and went towards the sea. Over there, the ocean paid obeisance to Him and as He came back, He settled on the golden sands. He made a small mound of sand and made some kind of drawing on the top. Everyone knew that

He was drawing about Krishna, and then He put His hand in and took out an exquisitely carved idol of Lord Krishna. It was made of gold and the posture was Krishna playing on the flute. Swami asked the devotees around, "What is this"? And everyone said, "Swami, it is the golden idol of Lord Krishna". And Swami asked grandmother, "Rajmata Kya Hai"? "Oh Swami, Yeh To Mere Kanhaiya Hai. Yeh To Mera Lala Hai." As she burst out in emotions, Swami said, "Others saw the gold, but she saw her Kanhaiya". So, Swami presented the idol to my grandmother. Now everybody was a little upbeat, emotions were lifted up and they made their way back to Jamnagar. But where you have Lord Krishna and Sai Krishna, the very embodiments of mischief, they had something else in the air.



*Late Rajmata Saheba Gulab Kunverba  
with Bhagavan.*





*Bhagavan with the idol of Lord Krishna materialised by Him in Dwaraka*

Next morning, a motley group of experts under the umbrella of the ASI (Archeological Survey of India) gathered at the palace gates and said, "This is an antique piece and under the law we have all the rights to confiscate it". You can imagine how grandmother was. Absolutely livid. She was a very strong woman, verily a lioness. She said, "Over my dead body". She even summoned the erstwhile Jamnagar forces. We had the cavalry, the infantry, the artillery, and those people started coming in. She said, "We are not going down without a fight". All this was happening on the ground floor of the palace and on the first floor, Swami was happily

sitting on the Jhoola absolutely calm and tranquil as if nothing was happening. That is God. He is eternal witness forever and this drama was going on. It carried on for some time. It even passed into the social grapevine over there. People started getting scared; bullets were going to fly around. Lots of people moved away from the vicinity and then some pragmatic minded people approached Swami and prayed, "Swami, can You please intervene? These Rajputs always find glory in war and they love fighting". Then Swami called grandmother and said, "Rajmata, Aise Karo Unko Bulao (call them). Ask them to date the idol". Grandmother knew that Swami was up to something. So, she went down a bit reluctantly with the idol. The experts were summoned and as they were ushered in, she said, "Date it". They kept looking at the idol and turning it round and round but they were not able to figure out, even a few hours later. And

finally, they said, "This idol is constituted of elements of diverse eras, diverse periods of time, diverse regions. We cannot place it in one particular region, and till then cannot prove it is an antique". So, they went back empty handed. Grandmother came back to Swami and related this story. Everyone was very happy and all retired.

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

**– The author is the grandson of Late Rajmata Saheba Gulab Kunverba of Jamnagar. He passed his B.Com in the year 1991 from Sri Sathya Sai Institute of Higher Learning, Brindavan Campus.**

# SPECTACULAR PERFORMANCE OF THE STUDENTS OF BHAGAVAN'S SCHOOLS

**T**HE STUDENTS OF SRI SATHYA Sai Higher Secondary School and Smt. Easwaramma English Medium High School, Prasanthi Nilayam showcased their marvellous performance in 10th and 12th Class examinations conducted by the Central Board of Secondary Education (C.B.S.E.) in 2019.



*Sri Sathya Sai Higher Secondary School.*

Out of 88 students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam who appeared in the 10th Class examination of the C.B.S.E., all 88 passed in 1st Class with 83 of them securing distinction and 49 students scoring above 90% marks. Similarly, out of 114 students of 12th Class of this school, all 114 passed in 1st Class with 110 of them getting distinction and more than 100 scoring above 90% marks.



*Smt. Easwaramma High School.*

The students of Smt. Easwaramma High School also gave a remarkable performance. Out of 38 students who appeared in the 10th Class examination of the C.B.S.E., all 38 passed in 1st Class with 36 students securing distinction and 14 students scoring more than 90% marks.

Another noteworthy achievement of the students this year was that four students of Sri Sathya Sai Higher Secondary School scored 100 out of 100 marks in their 12th Class examination in one of their subjects. Similarly, 14 students of this school scored 100 out of 100 marks in Sanskrit in their 10th Class examination and six students scored 100 out of 100 marks in social sciences.

## **Sri Sathya Sai General Hospital**

**Prasanthi Nilayam – 515134, Puttaparthi, Anantapur District, Andhra Pradesh**

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**Age limit: Below 40 years on consolidated pay.**

*– Medical Superintendent*

# NEWS FROM SAI CENTRES

## KENYA



ON 19TH JANUARY 2019, SSIO volunteers in Kenya organised a medical camp for 120 children at the Sathya Sai School in Kisaju, located in a rural area with limited access to healthcare. Prior to the camp, volunteers compiled health data for the children to ensure that the team of four doctors and a nurse was adequately prepared. The team examined the students and treated them for various ailments, the most common being personal injuries, respiratory infections, abdominal discomfort, skin infections, as well as dental and eye problems. They performed minor procedures such as tooth extractions, provided injections, dressed wounds and prescribed medicines. Additionally, post-medical camp follow-ups were held to ensure that students were taking their medicines, and to sensitise the students on hygiene, diet and personal safety. For specific cases, parents were briefed by the doctors about at-home care.

## SURINAME

Saramacca is a northern district of Suriname that sits on the north-eastern coast of South America. On 12th February 2019, SSIO volunteers, including Young Adults from the Sathya Sai Centre Bhavan went to Coppename Punt in Saramacca district to serve 17 needy families, including senior citizens and people with disabilities. The volunteers went door to door distributing food packets containing groceries. The families were also grateful to receive hygiene



*Serving needy families, Suriname.*

products, including toothpaste and soap, all lovingly handed out by the volunteers.

## SRI LANKA

On 16th February 2019, SSIO volunteers from the Colombo Sathya Sai Centre, including Young Adults and Sai Spiritual Education (SSE) children, celebrated Valentine's Day at the Leprosy Home in Hendala, Wattala. The Leprosy Home houses mostly elderly patients who are cured of leprosy but are unable to look after



*Service in Leprosy Home, Sri Lanka.*



themselves due to nerve damage. Most of them have been shunned due to ingrained social stigma against those with leprosy. The visit was warmly welcomed by the inmates. The children and the youth lifted the spirits of the 32 residents of the Leprosy Home by bringing them fresh roses and handmade cards. The volunteers also served a special lunch consisting of yellow rice, lentils, paneer, brinjal moju, cucumber salad and chips. The afternoon concluded with an interactive entertainment programme by the Young Adults with the residents joining in.

### HUNGARY

During the cold winter months in Budapest, the homeless seek shelter at the Táblás Transitional and Homeless Shelter. Every year, SSIO volunteers from the Sathya Sai Centre of Budapest serve meals and distribute supplies, including clothes, to the shelter residents. On 12th January



*Service in Homeless Shelter, Hungary.*

2019, about 15 volunteers cooked and served a fresh, warm meal of bean soup and dumplings with tejfol (sour cream) to 20 homeless people at the shelter. During food preparation, the SSIO volunteers chanted the Gayatri Mantra and shared personal stories and experiences with

Sathya Sai Baba. Guests at the homeless shelter relished the meal and often returned for second helpings. The atmosphere was permeated with joy and love, both for the volunteers and the shelter residents.

### SOUTH AFRICA

On 19th January 2019, volunteers from the SSIO in South Africa hosted an exciting Fun Day for about 330 students and teachers from the Sarasvati Primary School, located in the Frasers community in Tongaat. Located north of Durban, Tongaat is home to the oldest Indian community in South Africa, where the first indentured Indian labourers settled to work in the sugarcane plantations. Frasers is one of the communities adopted by the SSIO of South Africa as part of the landmark 95 Global Communities project.

The Fun Day at the school started with opening prayers and South African music to allow the children to express love for the



*Fun Day at Sarasvati Primary School, South Africa.*

motherland. The atmosphere was jubilant with spontaneous singing and dancing by the children. The children, who were divided into 16 teams, participated in numerous games. A choir, consisting of students from the nearby Trubel Secondary School, enthralled the gathering with a beautiful

rendition of Whitney Houston's hit song, 'The Greatest Love.' The audience was also entertained by an exciting performance by a group of South African Champion dancers from Sherwood Primary School. SSIO volunteers served delicious food to 350 children and 100 volunteers present. Guests left the event happily, with gifts of stationery kits and food packs.

## DUBAI

Sathya Sai Young Adults of Dubai held their annual Sai Sports Day on 11th January 2019 at the GEMS World Academy in Dubai. There were 335 people in attendance, including many Sai Spiritual Education (SSE) children and their parents. Participants were divided into four contingents – Sathya, Dharma, Santhi and Prema. The event kicked off with a march past, and a torch relay by the Young Adults that ended with the lighting of the lamp. The Sports Day featured traditional track events such as a 50-metre sprint and a 400-metre endurance race, as well as 'speed walking' for seniors who were 50 years or older. For the SSE children, there were fun events such as lemon and spoon race and hurdles race. Spectators enjoyed watching young children, aged 5 and under, compete in the 'Football Penalty Shootout' and the 'Hurdle Climb.' The most anticipated event of the day was the cricket game, with everyone cheering their respective Sai team. The event concluded with distribution of prizes, medals for individual events and trophies for group events.

## NIGERIA

The Sathya Sai School in Lagos serves 203 children from nursery to Class 6. On 14th March 2019, about 155 primary



*Walk for Values, Sathya Sai School, Lagos, Nigeria.*

school children and 12 staff members from the school participated in the first Walk for Values, raising public awareness of human values and inspiring the community. Children went around the densely populated Oroke village which has numerous schools in the neighbourhood, singing value-based songs – thus purifying the environment. Eye-catching placards conveyed the message to conserve the five primary resources – food, water, time, money and energy – as taught by Bhagavan Baba. The programme was much appreciated by the community.

## –Sathya Sai International Organisation

## BHARAT

**Himachal Pradesh:** A devotional music presentation offered at the Lotus Feet of Bhagavan by Sri Sathya Sai Seva Organisation and Sri Sathya Sai alumni of Himachal Pradesh has become a source of great inspiration for all devotees, Seva Dal volunteers and people of Himachal Pradesh. Designated as "Bhagavan Sri Sathya Sai Avatar Vaibhavam", it portrays the life of Bhagavan interspersed with commemorative devotional songs and Bhajans. This programme is being organised across all districts of Himachal Pradesh.

On 23rd March 2019, this performance was presented at Solan. While the team of Bhajan singers led by a famous vocalist Hemraj Chandel sang Bhajans and devotional songs, Swami's alumnus



*A devotional music presentation, "Bhagavan Sri Sathya Sai Avatar Vaibhavam".*

Professor O.S.K.S. Sastri directed the programme. Dharamshala and Kangra districts witnessed this event in the month of February 2019. The next show is slated for the famous Gaiety Theatre on the Mall in Shimla.

**Kerala:** Sri Sathya Sai Organisation, Thiruvananthapuram district conducted a Seva of cleaning public water bodies as part of Sai Organisation's commitment towards healthy and clean water sources. The service was done at the adopted village



*The Seva of cleaning the sources of water in rural areas.*

Moozhinada and one public well and tank were cleaned. This will be a continuous programme and will cover the whole district as per requirement.

**Odisha:** Sri Sathya Sai Seva Organisation of Odisha organised a Spiritual Summer Retreat for all Sathya Sai Schools in Odisha from 5th to 7th April 2019 at Sri Sathya Sai Vidya Vihar, Baripada, in which 62 students and 24 teachers from nine Sathya Sai Schools of Odisha took part.

Sri Dhruba Charan Behera, District Education Officer, Mayurbhanj inaugurated the programme on 6th April 2019. In his address, Sri Behera praised the effort of the



*Spiritual Summer Retreat for Sathya Sai Schools, Odisha.*

Sai Organisation for holding such a noble programme which would not only enrich the knowledge of participants but also lead them on the path of morality.

There were many learning sessions containing deliberations and discussions. Sri Narayan Prasad Sar, State President of Odisha Sai Organisation addressed the participants in the Valedictory Session of the Retreat on 7th April 2019. He encouraged the participants with tokens of love and advised them not to leave the Divine Lotus Feet of Swami.



## About Sri Sathya Sai Sadhana Trust Publications Division (SSSSTPD)

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 (SSSSTPD) 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 Bhagavan 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 Bhagavan Sri Sathya Sai Baba and books on Bhagavan 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 SSSSTPD (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmarana
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
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11. Bhagawan And Bhakta
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26. A Journey To Self-Peace
27. Dharma
28. Guru

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### **The Publications Division's websites are**

1. Sri Sathya Sai Publications – [www.srisathyasaipublications.com](http://www.srisathyasaipublications.com)
2. Sanathana Sarathi – [www.sanathanasarathi.org](http://www.sanathanasarathi.org)
3. Sai Reflections – [www.saireflections.org](http://www.saireflections.org)
4. The Prasanthi Reporter – [www.theprasanthireporter.org](http://www.theprasanthireporter.org)

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*A dance number in the drama  
"Buddham Saranam Gachchhami".*



*A dance portraying the rich  
cultural heritage of Nepal.*



*A dance showing the ancient  
Nepalese folklore.*

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## *The Power of Love*

No one can fully assess the power of love. Love is infinite, most precious and most blissful. The bliss of love surpasses that derived from nectar. Love defies all definitions and descriptions. It is this gospel of love that Buddha disseminated. It is this love he enjoyed and experienced, and ultimately merged into it at the end of his life.

*– Baba*



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