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

E-mail: subscriptions@sssbpt.org
editor@sssbpt.org
For Audio Visual /

Book Orders: orders@sssbpt.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,
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*"If you cannot understand the
aspirations of your mother, who is God
in human form before you, how can you
understand God who is imperceptible?
He who is incapable of loving his
mother, father and children, how can
he love God? Students must realise
that their head, blood, food and Duddu
(money) are all derived from parents.
Only the one who reveres his parents is
eligible to be called the light of his clan."*



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AVATAR VANI

DHARMA SUSTAINS THE UNIVERSE

*The moon illumines the world at night,**And the sun during the day.**Righteousness illumines the three worlds,**And a noble son illumines his entire clan.*

(Sanskrit Verse)

NOBLE PEOPLE ARE REAL PROTECTORS OF THE WORLD

JUST AS NIGHT ACQUIRES GLORY by the presence of moon, a day by the presence of sun, all the three worlds are glorified and fostered by Dharma. Similarly, a whole clan gets glorified due to a noble son. Such a noble family acquires brilliance of name and fame. Due to one good and noble person, the entire nation is reckoned with reverence.

The Sun and the Moon Sustain and Illumine the Universe

No one seeks darkness. Noble people in particular despise darkness. On the other hand, bad and wicked people welcome darkness; they carry on their nefarious activities in the darkness of night. Darkness is akin to bad feelings. Darkness is said to be Rakshasa Preeti (demon's haven). The Rakshasas acquire full powers during the darkness of night. Those who indulge in bad activities and avocations, night is opportune time for their nefarious deeds. Sumanaskas or good-hearted people rejoice on a full moon day. The Vedas say, *Chandrama Manaso Jata Chaksho Suryo Ajayata* (the moon was born out of the mind and the sun out of the eyes of the Supreme Being). On

a full moon day, the human mind blossoms and shines. It also helps to heal many ailments. The minds of poets get great inspiration on a full moon day. Looking at the full moon, children rejoice and play with fun and frolic. Night becomes joyous on a full moon day. Sacred and pleasant feelings develop on a full moon night.

The sun sustains the entire world. Our existence on earth is possible only because of the sun. All crops, all rivers, all vegetation and all life on earth is because of the sun, and

*This world is shining because
of some people who are strictly
adhering to Dharmic way of life.*

*These great people are the real
protectors of the world. Where
people of a country adopt ways that
are against Dharma, that country
will not progress at all. Dharmo
Rakshati Rakshitah (if you protect
Dharma, you will be protected by
Dharma). Dharma protects all the
three worlds.*

is sustained by it. That is the reason people of this country have been worshipping sun as god.

It is not possible to describe the power of God; it is beyond comprehension.

Yatho Vacho Nivarthanthe Aprapya

Manasa Saha (whence the words along with the mind rebound in futility without comprehending Him), say the Vedas. Divinity is incomprehensible, and it cannot be described. The sun god is ever changing bad into good, sacrilege into sacredness. The sun vaporises salt water of the sea and downpours potable water on the earth. Therefore, the sun is rightly described as the Jivan Jyoti (flame of life) and Jagat Jyoti (light of the world). The sun and the moon are like their eyes to humans. Bharatiyas have been worshipping the sun and the moon as gods since time immemorial. Some other people view it from a different angle. They consider the sun as a mass of hydrogen, helium, oxygen and nitrogen. These and all other elements are present in the human body also. They originated from the symbolic gods, the sun and the moon. Human body is also wholesome. The Vedas say,

*Poornamada Poornamidam,
Poornat Poornamudachyate,
Poornasya Poornamadaya,
Poornamevavashishyate.*

(That is full, this is full. When the full is taken out of the full, what remains is again the full.)

When this Truth is understood well, there is no scope for darkness of ignorance in the heart.

Purity of Thoughts, Words and Deeds is Man's Inherent Quality

Next comes Dharma. Dharma connotes a wide range of ethical principles, righteousness, duties, etc. *Trailokyee Deepako Dharma* (Dharma illumines all the three worlds). The Vedas define Dharma as *Dharayati iti Dharma* (that which sustains is Dharma). Dharma is the vesture of Sathya (Truth). It is the basic identity of the Self. All the elements, all the relationships between different people, different species and different worlds are sustained by means of Dharma. In the human context, Dharma is that which shows the right path. It involves rights and duties and their coordination. Rights and duties are like the two wings of a bird or two legs of man. This duo is inseparable. Our ancestors attached utmost importance to the Dharmic way of life. Sweetness is the inherent principle or quality of sugar. When a thing does not taste sweet, it cannot be sugar. To burn is the natural quality of fire. You cease to call it fire when it does not burn a thing. Similarly, man's inherent quality



is *Trikarana Shuddhi* (purity of thought, word and deed). Purity is fostered by the harmony of thoughts, words and deeds. In Indian culture, man is called Manava. The word Manava is a combination of two words, Ma and Nava. Nava means new; Ma means not, implying that man is not new. It is an indication of the fact that the individual self passes through a cycle of births and deaths.

What is the main factor which controls human life? It is the mind which rules human behaviour. The word Manava is derived from the root Manas (mind). The originator of the human race is called Manu (a derivative of mind). The Vedas say *Mano Moolam Idam Jagat* (mind is the basis of the entire world).

Mind can move with an unimaginable speed, whereas physical body moves very slowly. Mind is present inside as well as outside the body. It is not visible because it is most subtle. Air cannot be seen, but is perceptible by touch. Its touch pleases the mind. Mind is capable of associating with body and air as well. Mind can travel beyond air and can surpass all obstacles. As soon as a city comes into the mind, the mind reaches the city instantly. You say, 'my mind is not present here'. In this case, the body becomes a mere seen; mind is the seer. Having understood the importance of the role of mind in life's trail here and hereafter, one should make a thorough study of its structure, capabilities, limitations as also its machinations. It is said, *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is the cause of bondage and liberation of man). Mind can delude as well as enlighten man. The mind, which is pure in its pristine form, is being polluted by man due to his association with trivia. That is how man today is losing peace. Look at a goldsmith. He wears a clean white

dress. But while trying to augment the fire of the gold smelter, he makes his dress dirty. Man's mind becomes murky due to its association with mundane thoughts and malicious desires. How to bring the polluted mind back to its pure state? In order to clean a shirt, you first soak it in water, rub soap on it and finally beat it on a stone. Similarly, you have to soak the mind in the water of love, rub the soap of *Sraddha* (steadfast faith) on it, and then beat it on the stone of *Vairagya* (renunciation). But you always feed bad thoughts to the mind. Mind can be sustained in pure state by constantly feeding with good thoughts. This world is shining because of some people who are strictly adhering to Dharmic way of life. These great people are the real protectors of the world. Where people of a country adopt ways that are against Dharma, that country will not progress at all. *Dharmo Rakshati Rakshitah* (if you protect Dharma, you will be protected by Dharma). Dharma protects all the three worlds. Hanuman set ablaze the whole city of Lanka. While the city was blazing all over, Ravana's mind was beset with darkness.

True Education Shows the Path of Dharma

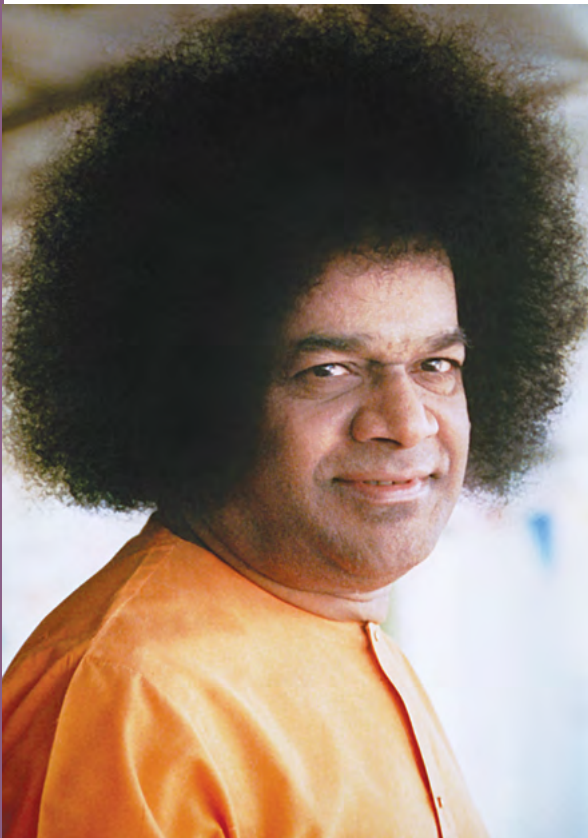
Suputro Kuladeepakah (a good son illumines his lineage). Who is a good son? He who follows the commands of parents is a good son. A son should mould himself in accordance with the wishes of his parents. All parents may not be educated or intellectuals. But no parent is devoid of love towards children. Some students develop arrogance, priding themselves as more intelligent than their parents. They forget the sacrifices made by their parents and the amount of ordeals undergone by them for the sake of their education. Through education, the student must develop the



quality of humility and reverence for good people. Real education shows the path of Dharma. 'Suputra' is one who strives for the welfare of his parents, clan and society while strictly adhering to Dharma. Ethics and morality are related to Sat Guna (quality of goodness). When morality is forsaken by people, the country gets ruined. Moral development is not the same as economic development. Morality is a most important component in integrated development of society. The parents and the society at

son develops discrimination and fosters values.

There was a very rich and famous man in a city. He fostered his son very affectionately. The son had an obsession to study abroad. All entreaties and dissuasions of his father proved futile. It is often the parents who yield to the children's wishes. The son went and acquired all vices in a foreign country; and when he returned, he was a totally spoilt person. He started showing off as a foreign returned brat. He was in fact gloating on his father's money and fame. Soon his marriage was fixed. Just before tying the



How to bring the polluted mind back to its pure state? In order to clean a shirt, you first soak it in water, rub soap on it and finally beat it on a stone. Similarly, you have to soak the mind in the water of love, rub the soap of Sraddha (steadfast faith) on it, and then beat it on the stone of Vairagya (renunciation). But you always feed bad thoughts to the mind. Mind can be sustained in pure state by constantly feeding with good thoughts.



large feel proud of a noble son. Mere birth of a son is not a cause of pride for a father. The father feels proud only when his son earns a good name. Birthday celebration for a son is meaningless unless it reminds of sacred feelings and good deeds associated with him. A father is happy when his

knot of Mangal Sutra (sacred thread worn by married women) around the neck of the bride, the young man fell dead instantly. This is not a concocted story. It is a true life story. There were many distinguished dignitaries and doctors among those who attended the marriage. The doctors declared him dead. After a lapse of 20 minutes, all were



surprised to find the young man come back to life. The young man narrated his after-death experience: "It was like a dream. I left this body and this world, and went to a different world where I came across a Master. He told me that he was pleased with my father's good deeds. And so, he would give back my life on one condition, that some relative or friend of mine should offer himself as my replacement. Can anyone of you please come forward to fulfil this condition and save my life"? After hearing his words, the bride, her mother, the father and everyone slowly sneaked out of the place on one pretext or the other. The young man then realised that people respect him only as long as he is alive. And so he went back to Yama Dharmaraja as a wiser soul.

Earnest Devotion Earns Divine Grace

Sastra (scripture) is that which provides authentic directions. Sastra means a standard text or a book of injunctions. There were many disciples studying under Sage Gautama in his Ashram (hermitage). Once there was a severe famine all over the place. One day the revered sage called all the disciples and spoke to them: "My dear students! This place is beset with famine. All trees and pastures have withered. There is no fodder for the cows. We, being humans, can somehow manage to get along. But these cows are dumb animals. They cannot survive long at this place. Therefore, I wish that some of you would take these cows to a green pasture and take care of them". None of the disciples came forward to accept the onerous task. One disciple came forward to fulfil his master's wish. All other disciples vehemently dissuaded him, saying that it would be impossible for a single person to man so many cows. But this disciple said that he would abide by the word of the Guru

at any cost. He said, "Truth is life for a word, just as army is life for a royal palace and signature for a promissory note. I shall not take back my promise. I am prepared to die rather than disobey the Guru".

The great sage was very much pleased with his stance, and assured him of God's protection. The disciple said that he aspired for nothing other than his master's grace. He then drove all the hundred cows to a distant place. No green field was found anywhere. He then recalled the Vedic declaration, *Vedahametam Purusham Mahantam Adityavarnam Tamasa Parastat* (I have visualised the Supreme Being who shines with the effulgence of a billion suns and who is beyond Tamas – the darkness of ignorance). He gathered self-confidence and said to himself, I am the embodiment of knowledge; I have no delusion or darkness in me. How can there be failure of my endeavour? Instantly, the entire area was turned into a verdant green field. The cows started grazing heartily. A few years passed in this way. The number of cows increased to thousands. As he was driving them back to Gautama's Ashram, many Gopals (cowherds) came there miraculously to help him. *Antarbahischa Tatsarvam Vyapya Narayana Sthita* (That all-pervasive God is present within and without). He is the Gopala (protector of cows and all beings). Lord Narayana appeared before him and said, "Dear one! You were prepared to sacrifice everything for the sake of Truth. Henceforth, your name shall be established as Sathyakama (truthful aspirant)".

Sathyakama was the repository of three qualities, namely, Purity, Patience and Perseverance. A true devotee should develop triple purity of thought, word and deed.



Sathyakama's life is an ideal for all students, as he could maintain triple purity. He who is able to surpass Tamas (sloth) is a commander of all commanders. Such a one shines as Kuladeepaka – glorifier of his clan. Parents do not derive happiness upon the birth of a son. They get real happiness only when people start praising their son.

A father may distribute sweets when a son is born to him. But he is immersed in grief when the same son turns into a dacoit. Students must realise that mother is even greater than God. You should not forget the dictum, *Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, Atithi Devo Bhava* (revere your mother, father, preceptor and guest as God). If you cannot understand the aspirations of your mother, who is God in human form before you, how can you understand God who is imperceptible? He who is incapable of loving his mother, father and children, how can he love God? Students must realise that their head, blood, food and Duddu (money) are all derived from parents. Only the one who reveres his

parents is eligible to be called the light of his clan. A single creeper of jasmine spreads fragrance all over the forest; and a tree of bad odour spoils the charm of the garden.

Students should be careful in choosing their company. *Tell me your company, I shall tell you what you are.* You should seek friendship with good people even if it involves hardship. Get rid of bad company even at a heavy cost. Dharma is the light for all the three worlds. A good son is a light for the entire nation.

Cultivate the habit of talking less and doing more (talk less, work more). Engage yourself in the work that Swami appreciates. Study well, earn a good name, get a good job, earn money; and spend it for the good of society. The air that is breathed in must be exhaled; the food eaten has to be discarded after digestion for the sake of good health. The qualities of renunciation and sacrifice are essential part of noble life.

– **Bhagavan's Divine Discourse in Sai Sruthi, Kodaikanal on 28th April 1992.**

The first need is to develop the spirit of sacrifice and get rid of attachment and possessiveness. Then, the yearning for God grows. All are entitled to receive God's grace according to their merits. It is like drawing upon a bank according to what you have deposited with it. There are three ways of getting money from a bank. One is drawing on your deposit. In spiritual terms, this means realising the fruits of your past actions. The second means is raising a loan on the security of your assets. This corresponds to the grace you get by your current good deeds. The third means to get money from a bank is to have a good surety to the loan you wish to raise from the bank. Spiritually, this corresponds to securing God's grace through the medium of a Guru (preceptor).

– Baba



CELEBRATIONS AT PRASANTHI NILAYAM

BUDDHA PURNIMA

THE HOLY FESTIVAL OF BUDDHA Purnima commemorating the birth, enlightenment and Nirvana of Lord Buddha was celebrated with great devotion and piety at Prasanthi Nilayam. More than 600 devotees came from Nepal, Sri Lanka, Malaysia, Thailand, Singapore, Indonesia, Brunei, Taiwan, Hong Kong and Japan to take part in these celebrations held on 29th and 30th April 2018. The theme of this year's celebrations was "Dhamma – the Path of Nirvana".

The programme on 29th April 2018 began with chanting of traditional Buddhist Slokas by the devotees of Thailand followed by the welcome address by Sri Amar Karki, the Coordinator of this year's Buddha Purnima celebrations. Sri Karki dwelt upon the significance of Dhamma (righteousness) as the means of Nirvana (liberation) and introduced the two speakers of the session. The first speaker was Dr. Art-ong Jumsai from Thailand who narrated the illustrious life story of Buddha and described how he became a seeker of truth and attained Nirvana after he renounced his life of luxury as a prince.

The second speaker was Prof. Sunanda Degamboda from Sri Lanka who spoke about the noble eight-fold path given by Lord Buddha for the attainment of Nirvana and observed that the five human values of Sathya, Dharma, Santhi, Prema and Ahimsa taught by Bhagavan Baba showed the same path to man for his liberation.

After these talks, Bal Vikas children and Young Adults from Sri Lanka enacted



A scene from the drama "Seri Vaanija".

a drama entitled "Seri Vaanija" which was based on one of the Jataka tales (stories of Buddha's earlier lives) of the same name. Through the story of two merchants, the drama showcased that greed was the cause of man's destruction while contentment could lead him to noble path.

The last item of the programme was an array of devotional songs entitled "Divine Melodies" which were presented by the devotees of Sri Lanka. Starting with a prayer song to Lord Ganesh, the singers enthralled the devotees for nearly 45 minutes with melodious songs beautifully illustrated on the screen which made them simply engrossing. They concluded their presentation with the song "Sai Premamu Vedasaramu" (Sai's love is the essence of the Vedas). Bhajans followed next and concluded with Arati.

The programme on the second day of the Buddha Purnima celebrations, 30th April 2018, began with Veda chanting followed by a talk on the theme of the celebrations by Sri Ashok Sakhrani,



Central Coordinator, Zone 5 of Sathya Sai International Organisation who presented a synthesis of the teachings of Lord Buddha and Bhagavan Baba and emphasised the need for leading a meaningful life to attain the goal of Nirvana. After this talk, the students of Sathya Sai School, Thailand presented a dance number “Lord Buddha” depicting the life of Siddhartha turned Buddha, portraying the epochal event of his enlightenment. Bal Vikas students (girls) of Sri Lanka then enacted a dance drama “Mutiny of the Mind” which depicted the vagaries of the mind and illustrated how the mind could take man towards spiritual evolution as well as destruction. This was followed by an innovative video presentation of the Bhajan “Hari Bhajan Bina Sukha Santhi Nahin” sung by singers of a number of countries in a variety of languages.

The final item of the programme was the Divine Discourse of Bhagavan, in which He elaborated on the teachings of Buddha and emphasised the need for using the senses in a sacred way to attain the goal of life. Bhagavan concluded His Discourse with two Bhajans, namely, “Govinda Krishna Jai” and “Vahe Guru Vahe Guru Vahe Guruji” which the devotees followed with great devotion in unison. Bhajans followed next and concluded with Arati.

Women in Brahma Vidya: A Drama

On 1st May 2018, the devotees of Sri Lanka presented a thematic drama “Women in Brahma Vidya” based on the teachings of Bhagavan Sri Sathya Sai Baba who emphasised that women had equal right to study the Vedas and attain Brahma Jnana (knowledge of Brahman) by pursuing Brahma Vidya (spiritual studies). The drama depicted how women in ancient



The drama “Women in Brahma Vidya” highlighted the greatness of women as seekers of Brahma Vidya.

India attained exalted status as seekers of Brahma Vidya and cited the examples of Gargi, Sulabha, Choodala, Maitreyi and Madalasa as noble exemplars for women to follow. The drama further elucidated how parents and Bal Vikas Gurus should encourage the children to follow the path of spirituality, so as to attain Brahma Jnana.

EASWARAMMA DAY

Easwaramma Day was observed on 6th May 2018 at Prasanthi Nilayam with deep devotion and piety to offer reverential tributes to the Divine Mother Easwaramma who gave to the world the Avatar of Kali Yuga, Bhagavan Sri Sathya Sai Baba. The morning programme was held at the Samadhi of the Divine Parents, Mother



Offerings were made at the Samadhi of Divine Parents on Easwaramma Day.

continued on page 18...



BHAGAVAN'S GURU PURNIMA MESSAGE

CONSIDER GOD AS YOUR GURU

"People are under the mistaken notion that they derive happiness when their desires are fulfilled," said Bhagavan in His Guru Purnima Discourse on 5th July 2001. He exhorted one and all to control their desires. "In fact, happiness results not when desires are satisfied but when they are controlled. One can enjoy the state of bliss by controlling one's desires," He stated.

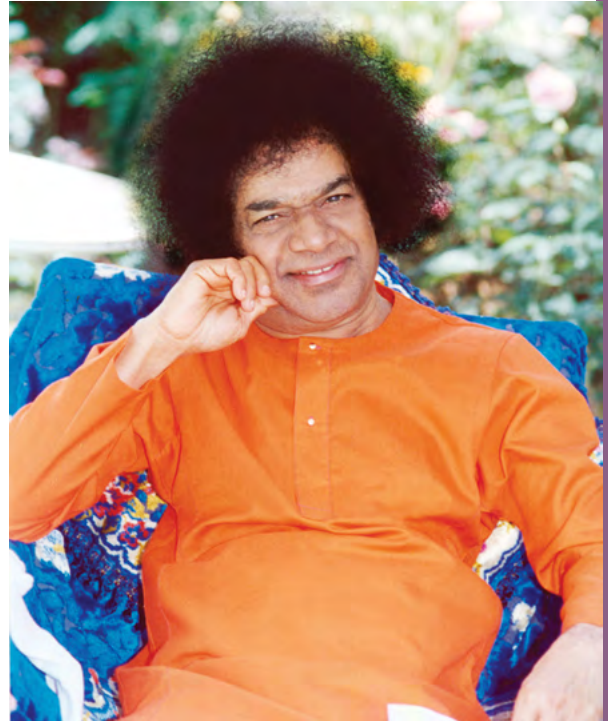
PURE AND SELFLESS LOVE LEADS TO LIBERATION

Embodiments of Love!

GOD IS ALL-PERVASIVE AND IS THE indweller of all beings. Likewise, the five elements, which are nothing but divine manifestations are also all-pervasive and all-powerful.

Recognise the Import of Five Elements

The whole world is pervaded by the five elements, bound by the five elements, and functions because of the five elements. It cannot function even if one of the elements is absent. Therefore, for every man, the five elements are like his five life principles. No one can comprehend the power of these elements. However, every man must necessarily know the significance of these elements. He alone is truly blessed and meritorious who understands their significance and acts accordingly. In fact, he would have achieved the objectives of human life, i.e., the Purusharthas. It is the bounden duty of every man to recognise the import of these elements. The five elements are the cause for man's pleasure and pain, good and bad. The five elements confer on man happiness or misery, depending on



how he makes use of them. Their names and forms may appear simple, but they are highly powerful.

Having been born, man lives for a few years and ultimately gives up his body. The five elements are responsible for man's birth, growth and death. The five elements



are spread right from both microcosm and macrocosm. They are present in man from top to toe. So, it is imperative that man should know the secret of these elements.

Control your Senses

Having understood the significance of the five elements well, Buddha made concerted efforts to gain control over his five senses. He taught *Buddham Saranam Gachchhami, Dhammam Saranam Gachchhami, Sangham Saranam Gachchhami*. The real meaning of the prayer is: You must divert your Buddhi (mind) towards Dharma (right conduct). And the right conduct should aim at serving society. When this is done, society gets purified. Buddha used his intellect to understand the truth and shared his wisdom with society. First of all, he exercised control over his vision.

Among the five senses of perception, the eyes are endowed with immense power. They have 40 lakh light rays in them. Today, man is putting his senses to misuse and, as a result, his body is becoming weaker day by day. His lifespan is being reduced by his unsacred vision and the sensual pleasures that he is indulging in. Lakhs of light rays in his eyes are being destroyed because of his unsacred vision. That is why man is developing eye defects. Today, many people undergo cataract operations to set their vision right. The doctors may say that man develops eye defects because of cataract, but in fact, it is the result of unsacred vision. So, one should have proper control over one's vision. Whatever the spiritual practices that one may undertake, one cannot derive their benefit without having control over one's vision. All the Sadhanas (spiritual exercises) like Japa (chanting), Tapa (penance) and Dhyana (meditation) confer only temporary satisfaction. These practices

cannot help you to have control over your vision. In fact, the entire Srishti (creation) is based on your Drishti (vision). The Netras (eyes) are verily the Sastras (sacred texts).

Along with control over vision, one needs to have control over one's tongue. There are three lakh taste buds in the tongue. Because man has become a slave to the taste, he consumes various delicacies, and in the process spoils his tongue. Not merely does he make his tongue utter unsacred words but also hurts others' feelings by using harsh words. His lifespan is further reduced by the misuse of his tongue in this manner. Likewise, all the senses are losing their power because they are being put to misuse, thereby cutting short the lifespan. So, first of all, man should keep his eyes and tongue under check. When these two are controlled, man's energy is revitalised. The power that one cannot attain from years of penance is obtained when man puts his eyes and tongue to sacred use.

Oh tongue, the knower of taste! You are very sacred. Speak the truth in the most pleasing manner. Chant the Divine Names of Govinda, Madhava and Damodara incessantly. This is your foremost duty. (Sanskrit Verse)

Do not cause pain to others by using harsh words. In fact, others are not others but your own self, since the same principle of Atma is present in all. The one who causes pain and the one who suffers from it are one and the same. So, never speak in such a way as to hurt others. That is why I tell you often to talk less, but you are not taking My words seriously. You are unable to understand to what hazards excessive talk will lead you in future.



See no evil; see what is good. Only then will your eyes attain the sacred power by which you will be able to visualise the Divine Cosmic Form. Spiritual practices will yield greater rewards if senses are kept under control. Unmindful of the power of the senses and without making proper use of them, man is under the delusion that he can achieve great rewards by undertaking various practices that are physical and worldly in nature. But in reality, one cannot get anything out of these practices except temporary satisfaction. First of all, man should exercise control over his senses. Never listen to anything that is evil. If any situation arises, leave the place immediately. Hear no evil, see no evil and talk no evil. Make every effort to be away from evil. Only then will spiritual power grow in you more and more.

Why did our ancient sages and seers go to forests to spend their lives in solitude? It is only to control their senses. True spiritual Sadhana (spiritual practice) lies in controlling one's senses. Without sense control, all spiritual practices will prove futile. Instead of using the tongue to utter evil words, why don't you chant divine names, like Rama, Krishna and Govinda? You are piling up sins because of the misuse of the senses. The sins that you have piled up may not be visible to the naked eye, but they are sure to put you to suffering. That which is not seen will make you eat the fruits of your action. O man understand this secret of Karma (action).

Follow the Path of Spirituality

Embodiments of Love!

Senses are like life principles for every man. Once you rein in your senses, your life will be peaceful. You should not only avoid

evil talk, you should also talk less. Your speech should be short and sweet. Sages like Valmiki and Vyasa and great devotees like Potana composed sacred texts and sanctified their lives. Emulate their ideals and make your life exemplary. Read sacred texts composed by such noble souls. Today, people read books that pollute the mind. It is a very bad practice. Be it reading, writing, seeing or talking, let everything be good. Do not commit any mistake knowingly. You can experience Divinity in humanity by putting the senses to proper use. One can visualise the divine manifestations and become divine oneself only through sacred use of the senses.

Man, unaware of his innate divine potential, considers himself low and leads a life of delusion. He thinks there is a power superior to him and makes efforts to attain it. There is no power superior to him. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). There is only one, not two. It is a sign of ignorance to think that there is something different from you and be in search of it. Multiplicity is your own imagination. *Eko ham Bahusyam* (the One willed to become many). You can understand this truth once you control your senses.

People are under the mistaken notion that they derive happiness when their desires are fulfilled. In fact, happiness results not when desires are fulfilled, but when they are controlled. One can enjoy the state of bliss by controlling one's desires. One who craves for the fulfilment of his desires is always restless. Desires correspond to Pravritti (worldly) in which there is no happiness whatsoever. You are deluded by your thinking that there is happiness in the



world, whereas you are distancing yourself from Nivritti (spirituality).

Students!

You are young, and yours is the right age to exercise control over the senses. You can make use of them in a sacred manner. Once you know the proper path, you will never give up. You can understand the teachings of the Vedas only when you cultivate good qualities. You can cultivate good qualities only through good practices. There may be a few obstacles in your path, but never give up.

Today we are celebrating Guru Purnima. Purnima means full moon day. Then who is a Guru? Modern Gurus whisper a Mantra into the ear and stretch their hand for money. Such people are not fit to be called Gurus.

Gukaro Gunateeta, Rukaro Rupavarjita (one who is attributeless and formless is the true Guru.) A Guru is necessary to make you understand the formless and attributeless divinity. Since it is difficult to get such Gurus, consider God as your Guru.

*Gurur-Brahma Gurur-Vishnu
Gurur Devo Maheswara;*

*Guru Sakshat Param Brahma
Thasmai Sri Gurave Namaha.*

(Guru is Brahma, Guru is Vishnu, Guru is Maheswara. Guru is verily the supreme Brahman. So, salutations to the Guru.)

In this world, everything is a manifestation of Divinity. *Sarvam Khalvidam Brahma* (verily all this is Brahman). All are the embodiments of Divinity. In fact, all that you see is nothing but the Viswa Virat Swarupa (one with cosmic form).

*Sahasra Seersha Purusha Sahasraksha
Sahasra Pad* (the Cosmic Being has

thousands of heads, eyes and feet). This means that all the heads, all the feet and all the eyes that we see in this world belong to God. When the Vedic statement *Sahasra Seersha* was made, the population of the world was only a few thousand, but now it runs into a few hundred crores. In those days, people considered everybody as divine. They believed in the Vedic dictum, *Sarva Bhuta Namaskaram Kesavam Pratigachchhati* (salutations to all beings reach God). *Iswara Sarva Bhutanam* (God is the indweller of all beings). *Isavasyam Idam Sarvam* (the entire universe is permeated by God). Divinity is not restricted to a particular place. God is here, God is there and He is everywhere. You are developing differences out of delusion, but Divinity is One and only One. It is the duty of a Guru to propagate such principle of oneness.

Embodiments of Love!

Instead of making hollow claims of Bhakti, keep Prema as your goal to be attained. There is nothing greater than this Sadhana. There is nothing that can liberate you easily than pure and selfless love. There are four words – Mukti (liberation), Bhakti (devotion), Rakti (attachment) and Anurakti (attachment or love towards God). But, love is the undercurrent in all these. On this auspicious occasion of Guru Purnima, love is the most valuable gift I hand over to you. This is My most precious gift to you. Devoid of love, whatever other gifts I may give, they will be of no use. My love is pure, sacred and most precious. You also cultivate such love.

– Excerpted from Bhagavan's Guru Purnima Discourses.



Effulgence of Divine Glory

THE DIVINE VISIT

O N TUESDAY, 21ST SEPTEMBER 1976, we held the first public Bhajan at our house and were pleasantly surprised when half way through, a medium-sized built Chinese gentleman walked in and joined us in our group prayer. Later, after my husband had related to the gathering his experiences with Baba in India, the gentleman, Wong Wing Kwan, was invited to speak and he gave us a truly amazing account of his conversation with Baba. He also surprised us with the information that to his personal knowledge, there were about 3,000 Chinese devotees of Baba in Malaysia. In the Kepong Bahru area itself, where he lived, there were about 300 Chinese devotees.

He said that he was a very staunch Buddhist and also had great devotion for Lao Tzu. From the age of 19, he had been a vegetarian and had constantly been in the search for Truth. Then one day, he heard from an Indian friend that there was a miracle man in India who was proclaimed by many to be an incarnation of God. His friend gave him some books to read, among them being "Man of Miracles" by Howard Murphet. On a certain day around August / September 1975, he was supposed to go to another Indian friend's house in Brickfields to view some pictures of Baba. However, as it was raining heavily, he decided against going and instead remained at home to read one of the books about Baba. Increasingly intrigued by the powers of Baba, he asked forgiveness (from Baba) for not being able to keep the appointment.

It was already dark and the compound of his house (at that time in the Bungsar area, Jalan Bilis) was nearly flooded. Suddenly, he was surprised at the sight of an elderly, bearded-man standing outside his closed grill door. The man was tall, had a fair complexion and whitish hair with a turban-like cloth around his head. Considering that late hour of the day and not knowing who the stranger was, he did not open the door; the old man began speaking to him in what sounded like a Chinese dialect which he could not understand. However, from the man's gesticulations, Wong had the impression that he was referring to somebody with a "halo" around his head. But Wong remained apprehensive about the man's intentions; so, he told him, "I am sorry, I don't know who you are and I don't understand what you are saying", and did not open the door. The man made as if to go, then turned and taking a sheet of paper from his shirt pocket, gave it to Wong. The sheet of paper with Chinese characters had the number "63" on it. Wong is not Chinese educated; so, he was not able to understand the writing but he was struck by the number because "63" was the number of the house he was supposed to go to that day. The old man kept pointing to the letter and in the direction of Brickfields. Having done this, the old man stuck his hand through the iron grills and they shook hands. Wong described the man's hand as being very soft and supple as if there were no bones and one could squeeze through it. While he was shaking

the man's hand with his right hand, Wong held the book of Baba that he had been reading, behind his back with his left hand. But as the man clasped his right hand, he felt as if an electric current was flowing from his right hand, through his body to his left hand, dragging it from the back and almost forcing him to bring the book to his chest. Then the man left.

Only then the thought came to him – “Could this be the Baba who is supposed to appear in different forms”? He quickly turned to his wife and son who were witnessing this strange scene and instructed his son to go after the old man to see where he had gone. Wong's house was situated at a dead-end road, but when the son went out, there was not a sign of anyone or any vehicle. This, to Wong was very strange for there was no way the old man could have disappeared so soon.

The next day, Wong went to the house in Brickfields to view the pictures of Baba. To his surprise, he saw there a picture of an old man. In response to his astonished query, he was informed that he was Shirdi Baba – Sai Baba's previous incarnation. Wong stood there stunned, not comprehending, for in that picture was the same old man who had come to his house the previous night.

Realising that his lifetime search for the Truth had perhaps brought him to this miraculous man, Baba, he began to read more books and invited other Chinese friends to share in his experience. They began in a small way, sharing the books and having religious discussions.

So taken up were they that in 1975 seven of them went together to Prasanthi Nilayam in Puttaparthi, India to attend Baba's Birthday celebrations. As he got out of the taxi, he recognised Baba coming out of

the building. He was standing at the porch, flanked by two pillars – Baba waved to him, thus acknowledging His presence. Owing to the large number of people gathered to attend the Birthday celebrations of Baba, he was unable to obtain a personal interview, but one day as he was walking around Poornachandra, the huge auditorium, he almost collided into Baba, coming out of the hall. Baba smiled and speaking in English told him; “I am in you; you are in me. Continue with your work”. Then Baba moved on, leaving Wong very moved, his will resolved to further the Baba movement as best as he could.

He returned to Malaysia rather perplexed as to how to carry out Baba's “work”. He prayed to Baba and asked His guidance as to how to get the Chinese devotees to participate in the tongue-twisting Sanskrit and Telugu Bhajans. Baba answered him in his sleep. While in a state of semi-sleep, he could feel Baba instructing him like a teacher. First, Baba would give the words of the songs in Chinese and then He would give the accompanying tune which was the same as the tune of the Bhajans sung in Telugu or Sanskrit. Immediately, he would get up, and as if listening to someone, speaking directly to him, he would carefully listen to the words. Wong would then dictate the words to someone else to write in Chinese as he himself was unable to write the Chinese script. In this way, he was able to compile a number of Chinese Bhajans (8 altogether) to be sung during their Bhajans. The songs and the tunes were so pleasing that they amazed his friends for he had had no formal Chinese or musical education. He was wholly English educated.

Bhajan sessions were held on Saturdays in a house next to Wong's in Kepong.

The devotion of Chinese devotees was strengthened by the power of Baba as evidenced through the Vibhuti which Wong had received in Puttaparthi. The Vibhuti was kept in a receptacle and there appeared to be a never-ending supply, to be used for curative purposes. The Vibhuti, Wong says, has been especially miraculous in healing polio victims. The holy ash would be applied on the leg of the invalid and soon, the patient would feel the cure beginning to work.

Also, while the seven were in India during the Birthday celebrations, the rest of the devotees continued to hold Bhajans

at their altar at Kepong Bahru. On the day before the Birthday (which falls on 23rd November), all the devotees saw the manifested form of Baba standing in front of them in a golden robe and He instructed them to be vegetarian on His Birthday. The phenomenal experience further strengthened the devotion of the Kepong Bahru devotees to Baba.

– From the article of Wong Wing Kwan in “Journey to God - Part I: The Malaysian Experience with Sai Baba” by J. Jagadeesan (as related by Wong on 21st September 1976 and recorded by a devotee, J. Shanti).

...continued from page 11

Easwaramma and Pedda Venkamma Raju which began with Bhajans at 7.45 a.m. Simultaneously, offerings were made at the beautifully decorated Samadhi by a large number of dignitaries and relatives. Bhajans concluded with Arati, after which Narayana Seva was performed.

The evening programme was held in Sai Kulwant Hall where members of Prasanthi Bhajan Group, comprising former students of Bhagavan, offered musical tributes to the Divine Mother in the form of soulful devotional songs marked by deep devotion and perfect unison of rhythm and melody. Some of the devotional songs rendered by the singers which touched the hearts of one and all were: “Sarade Jaya Hansavahini Jayati Veena Vadhini” (victory to Mother Saraswati who rides on a swan and plays the Veena), “Janani Janani Jagam Nee Agam Nee” (Oh Divine Mother! You are the world! You are our inner self!), “Kanulona Pongennu Karunajalapathamu”



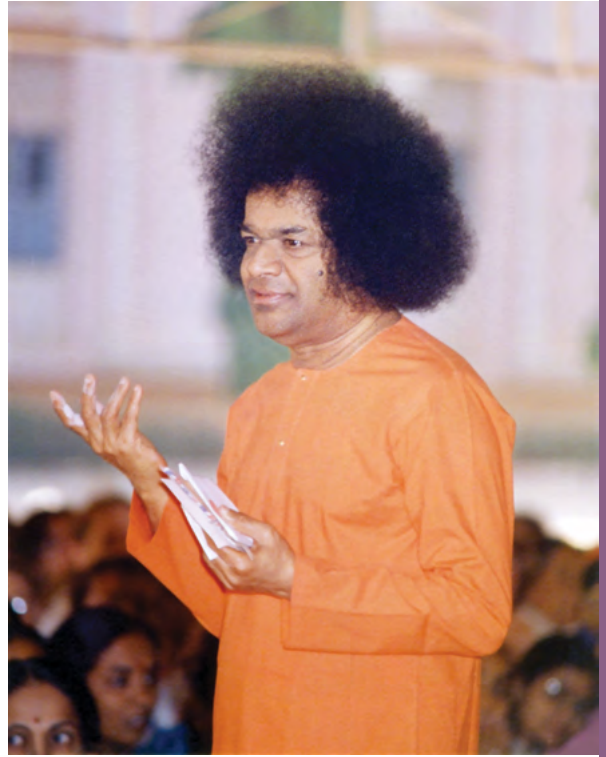
Narayana Seva on Easwaramma Day.

(Oh Swami! Compassion is cascading from Your eyes). The devotional music presentation was followed by a Divine Discourse of Bhagavan, in which He elucidated the glory of motherhood and exhorted one and all to make their mother happy in all circumstances and fulfil the wishes of their parents. Bhagavan brought His Discourse to a close with the Bhajan “Hari Bhajan Bina Sukha Santhi Nahin.”

DISCOVERY OF VEDAS AS A SOURCE OF WISDOM

Dr. N. Gopalakrishnan

We Indians never said, only our religion is perfect; we never said, only our God is perfect; we never said, only our book is perfect; we never said, only our pathway is correct. We said, Aano Bhadra Krtavo Yantu Viswatah (let noble thoughts come to me from all directions). Wherever good things are there, wherever noble things are there, let them belong to us also.



MY PRANAMS AT THE LOTUS Feet of Avatar Swami Sri Sathya Sai Baba.

I am fortunate to stand here three times: I came first here during Ati Rudra Maha Yajna. I was fortunate enough to keep my face on the lap of Swami and He asked me, “*Inthavaraku Meeru Ikkadaku Ra Ledu Yenthukku Ra Ledu*” (till now you did not come, why?). The next question He asked, “*Meeku Emi Kavali*” (what do you want)? I said, “*Padanamaskar*”. After that, somebody called from here and told me that I should come here and deliver a lecture. I did not get that day which day I should come here. In the dream, Swami came and said, “You have got terrible ego. Once your ego is finished, then only I will call you”. Then in the dream I asked Him, “What should I do for removing this ego”? And He told showing five fingers, “You should not accept any garland. You should not accept any reward or give any

certificate to others. You should not receive any bouquet. You should not allow people to talk great about you. Once your lecture is over, make it sure that you are telling that it is not your knowledge, that knowledge belongs to your forefathers. After five years, I will call you”. Five years are over now and I am here. I feel so thrilled.

Vedas Exhort Man to Lead a Glorious and Purposeful Life

After listening to yesterday evening lectures and proceedings of the Veda Conference today, I am reminded of what Swami Vivekananda said in 1893, not in Chicago, but Michigan University. He said, “Twentieth century belongs to you people who are assembled here, but twenty-first century belongs to we Indians”. In earlier years, India was the spiritual capital of the world. Let this centre be the pivotal point of the spiritual capital of the world now. At the



outset, I offer my Pranams to each and every one of you and recite this Vedic prayer:

*Samgachchhadhwam Samvadadhwam
Sam Vo Manaamsi Jaanataam.*

Samgachchhadhwam means, let us move forward together gloriously, *Samvadadhwam* means, let us discuss together gloriously, *Sam Vo Manaamsi Jaanataam* means let us understand psychologically and mentally each other. Let us live a happy, glorious, useful, purposeful, fruitful and meaningful life and let our prayer be *Asato Ma Sadgamaya* (lead me from unreality to reality). Oh God, lead us from bad to good, good to better and better to best. Let our mind, body, family relations, cultural values, social bonds, national integration get sustainable permanent benefit from our life. Let our mind move from bad thoughts to good thoughts, from bad health to good health, from rupturing family relations to strengthening family relations, from devaluation of our culture to high valuation of our culture, from loosening our social bonds to strengthening our social bonds, from disintegrating nation to integrating nation. *Tamaso Ma Jyotirgamaya* (lead me from darkness to light, from ignorance to knowledge). *Mrityor Ma Amritamgamaya* (lead me from death to immortality). Let the mind move from bad to good. Then thoughts will move from bad to good and actions will move from bad to good. Let us all listen to glorious messages, positive messages. Let us all watch good in everybody. There are seven hundred and forty-six crore people in the world, and every one of them has some good in him. Everyone has a little bad also. Ignore the bad and take the good. *Bhadram Pashyema* (see only good). Preparation for living is not life, experience of living is life. Do good to others as long as you live here. Swami used to say, “Nara Seva is Narayana

Seva. Manava Seva is Madhava Seva. Jan Seva is Janardana Seva”. Those who are living for others, for helping others, only they are truly living. And let us live together. The Vedas tell:

*Saha Navavatu, Saha Nau Bhunaktu,
Saha Veeryam Karavavahai,
Tejaswi Navadhita mastu,
Ma Vidvishavahai.*

(May we be protected and nourished together! May we perform heroic deeds! May we be filled with divine energy! May we never have hatred between us!)

Let us not have hatred towards anybody. Similarly, the prayer,

*Sarve Bhavantu Sukhinah,
Sarve Santu Niramayah,
Sarve Bhadraani Pashyantu,
Ma Kashchid Dukha Bhaag Bhavet.*

(May all be happy!

May all be free from illness!

May all see what is auspicious!

May no one suffer!)

Let everybody be happy, let everyone enjoy life. We are living here on earth approximately eighty to eighty-five years. Every breath is taking us towards graveyard. How long we live nobody is bothered. How we live that is what everyone is concerned.

Science and Spirituality should Complement each other

We Indians never said, only our religion is perfect; we never said, only our God is perfect; we never said, only our book is perfect; we never said, only our pathway is correct. We said, *Aano Bhadra Krtavo Yantu Viswatah* (let noble thoughts come to me from all directions). Wherever good things are there, wherever noble things are there, let them belong to us also. We are givers just like rivers. River has got sweet water,



ocean has got saline water. Why has river sweet water? It gives water to the ocean, that is why it has sweet water. Ocean takes, that is why it has salt water. So, let us be rivers just like Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu or Kavery.

You can see in Isavasya Upanishad. It says, “*Asurya Naama Te Loka Andhena Tamasaavritah Taamste Pretyaabhigachchhanti Ye Ke Chaatmahano Janaah*” (into the undivine worlds enveloped in blinding darkness, verily do they go after death who are slayers of the Atman, the Self). Those who have decided to commit suicide *Atmahanojanaaha*, they are leading themselves into a world which is filled with blinding darkness. Some people will be going towards that negative path. It is your role, your duty to take them to the right path. Thousands of people have assembled here to take them to the correct direction by imparting them the right knowledge. Knowledge is of two types – Vidya and Avidya. Vidya is eternal, experiential, spiritual knowledge, while Avidya is external, experimental, scientific knowledge. Use scientific and technological knowledge for meeting the day-to-day problems of life and use spiritual knowledge for attaining immortality, for attaining permanent peace. Those who are thinking that science can solve all human problems, they are leading themselves into blinding darkness. Those who are thinking that spirituality can solve all human problems, they are also leading themselves into blinding darkness. So, integrate science and spirituality. In the Bhagavadgita, it is said,

Jnanam Vijnana-sahitam

Yaj Jnatva Mokshyase Ashubhat.

(I shall impart you the knowledge knowing which you shall be relieved of the miseries of material existence.)

Since majority of you are Indians, you might have read Bhagavadgita. So, remember *Jnanam Vijnana-sahitam*. After learning the entire 700 Slokas by heart, Albert Einstein delivered a lecture in Cambridge University and said, “Science without religion is blind and religion without science is lame”. Swami used to say, “Prakriti (Nature) is a part of Purusha (Brahman); it is divine. We consider earth as our mother. I was working in the University of Alberta for about one year. On either side of the transport system, it was written; Protect Mother Earth. We pray to air, *Namaste Vayo Twameva Pratyaksham Brahmasi* (salutations to air, you indeed are the visible Brahman). Air is divine for Indians.

Do not Deviate from Truth and Righteousness

Yesterday, I told some lines to my friend. The first book written in the world is the Rig Veda; that itself will be the last book of the human race. It will stay till the last of the human race because it is Anadi (beginningless). Nobody knows the beginning point of Vedic knowledge. Vedas are Apaurusheya (not composed by man). Simple meaning of this is, it is humanly impossible to write Vedas. No addition, deletion, modification, correction is needed for Vedas. They were composed by Mantradrashtas (seers), who could actually see Nature and copy down its rules, for which addition, deletion, modification and correction are not needed. Unfortunately, we do not know how many Vedas are there. Out of 21 branches of Rig Veda, only two are available. Out of 86 branches of Yajur Veda, only four are



available. Out of 1,000 branches of Sama Veda, only three are available, and out of nine branches of Atharvana Veda, only two are available. Fortunately, at least that much is there. My request to the brothers and sisters of this assembly is, take whatever our forefathers have given to us. Carry it to the next generation.

World is coming forward to take India's knowledge. India did not die; India could not be killed by anybody only because of the knowledge which existed here. So, when you pray to earth, when you pray to fire, when you pray to air, you pray to the Supreme Being who created these elements. Why I am telling you all this. You know, my topic is scientific aspect of Veda. So, I have to talk about air, I have to talk about fire, I have to talk about water. I also want to tell you that science and technology was well developed in Vedic times. For example, there is mention of *Nakhakutta* (nail-cutter) in Vedas. Talking about nail-cutter, you should understand that technology existed there for making nail-cutters. You should also understand that technology existed there for metallurgical processing of metals, by which nail-cutters were made. You should know that ores were known during that period. You should know that the purification of ores and minerals was known. So, when you listen to one word from the Veda, you can know the scientific knowledge that existed in those times beside spiritual knowledge. Similarly, the word *Hridayam* (heart). Everyone has got one. The Vedas describe the word *Hridayam* which functions for accepting, giving and circulating. Before our great scientists from the West discovered it, we explained it here by words. So, our knowledge of science was

vast. Unfortunately, we are ignorant about it. But that is not an excuse for our maintaining ignorance continuously. We should know about our heritage; we should change from bad to good. The Vedas tell you *Sathyam Vada* (speak truth). *Dharmam Chara* (practise righteousness). Let every mother follow Matru Dharma and every father follow Pitru Dharma. Every son should follow Putra Dharma and every daughter Putri Dharma. *Sathyam Vada Dharmam Chara Svadhyayanma Pramadah* (speak truth, practise righteousness, do not neglect the study of the Vedas). Never deviate from truth, never deviate from Dharma, learn continuously, teach others and lead a happy life. Keep a smiling face till your last breath. Never keep a rotten pumpkin face. Anyway, you will die one day. Whether you are a top officer, whether you are a hero, or you are zero, definitely you will die. So, *Uthishta Jagrat Prapya Varannibodhat* (Oh men! Get up; be aware and awake! Go to noble men and learn from them the secret of attaining Divinity). Gloriously stand up, be aware that you are not permanent in this world. Enlighten yourself by acquiring knowledge from scholars.

I feel enlightened to be here as a small man who got the fortune to stand here. And I will come very frequently to this place just like you, not as a speaker but as a mission-oriented worker. I wish a long, happy, useful, purposeful, fruitful, meaningful life to all my brothers and sisters. My prostrations.

– From the talk of Dr. N. Gopalakrishnan, Director, Indian Institute of Scientific Heritage, Kerala at the First Sri Sathya Sai International Veda Conference on 21st November 2017.



LOVE IS THE LANGUAGE OF THE HEART

Jayanti Kumari

SITTING OUT IN MY MOUNTAIN garden in the fullness of spring, my heart was filled with Swami's Divine Presence, and I said, "Beloved Swami, with what words, with what expressions and in what language can I convey to You the deep gratitude my heart feels for You"? Immediately, in a flash came the Divine Master's immaculate and perfect answer, "Love is the language of the heart".

So, the heart must be filled with love to talk to Swami. And with this deep love for my Divine Guru, Bhagavan Sri Sathya Sai Baba, I offer my deep and loving gratitude for rowing the boat of my life across the high seas of worldly pain, sorrow, challenges, near defeat, physical disabilities, financial difficulties to the holy shores of His Divine love, from where He guided every step I took. Often, He gave His loving Darshan in dream and told me what to do. Like a mother, He would stop if I got out of hand. Like a mother, He would listen to my tantrums, but not give in. If He did not want me to go to a place, He would come in my meditation and tell me, "Why do you want to go there? What is that which Swami cannot give you? What is that which Swami cannot answer"?

Swami's three Commands

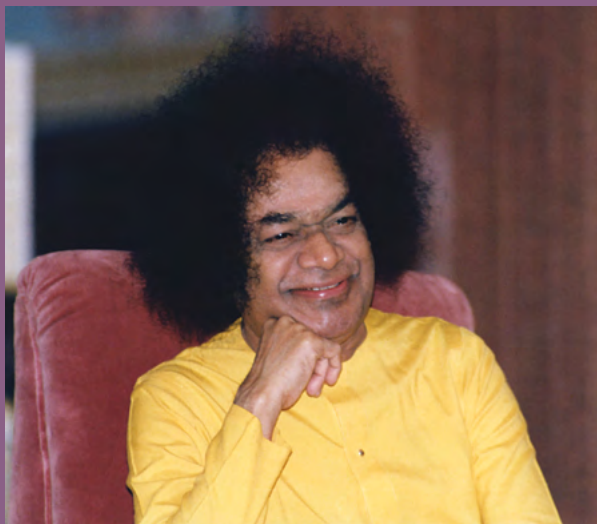
When once I defied My Lord and wanted to go to a meeting, I lost the address or rather the address of the venue (in Switzerland)

disappeared from my bag and I could not go. Again, when I was stubborn and adamant to stay at all costs in America (1976-1977) and "argued" with my

Swami, He gave three firm commands. His first command was: "Go back to Switzerland" (7th April 1977). On my disobeying Him, He reprimanded me and said, "Stop pestering Me for your stay. You cannot stay. Be silent and sing Bhajans (June 1977)". The third command was at my protesting – "What will I do in Switzerland, Swami? No devotees, no Bhajans". Prompt came His correction; He said, "Plenty of devotees, plenty of Bhajans. Do not ask Me here (America); when you are there, I shall guide you" (October 1977). Again, I made another request, "Then, can I spend Christmas with my friends (Sai devotees in America)"? Prompt came the Divine authority, "Christmas in Switzerland (December 1977)".

I protested no more, I thought Swami may get angry with me. I did have one last question; I asked Swami, "In what status should I go"? Firmly came the Guru's answer, "Tourist". Again, I thought in my little self, "How can I go as a tourist? After three months, what will I do"? I thought Swami had not heard correct. So, guardedly, I asked the same question again. Again, Swami repeated His firm order and authority to me, "I said a tourist visa". How quickly we forget the Guru's Supreme 'Word' and fall back into our small and unstable minds and build our own suppositions and calculations, overriding completely His Divine Wisdom and Absolute Knowledge of the past, present





and future of every being on this earth, on all that He has created! The Enlightened Master never gives the reason or dwells on the outcome of His given Word. Swami does not give any reason of who, where and what and how His given word to the Sadhaka is going to fulfil and what will be the result of His supreme, pure and potent word to the Sadhaka. It is the faith and love He builds in us to trust Him implicitly and explicitly and that we cannot question what He has said, when He says, “I shall guide you”. Then we have to trust His Time, for He is Time and He is in control of all Time, He has given His word that He will guide – but again when the time is ripe and above all, when the devotee obeys what He has said and walks on clear of all hindrances, fears and doubts, believing in all totality, “I shall guide you”. “Give all your worries to Me; I shall bear all the Karmic consequences and set you free forever”, He assures.

Bern Sai Centre

Baba was determined to make me obey, because it was He alone who knew the value of the spiritual gift He was giving me in completely new life in Switzerland. My protest meant nothing to Him. It was like water off a duck’s back – He gave no ear

to this stubborn and adamant devotee and I had to leave America on 12th December 1977.

For the next 21 ½ years, Swami stayed me put in Switzerland, where His loving guidance took form in four of us, His devotees coming together to form a Sai Centre on Ganesh Chaturthi (without our knowledge on 26th August 1979) and actively getting deeply involved in Swami’s loving organisation and all His guided works, plus a stable job and a lovely apartment which all His beautiful devotees helped me to furnish to the last item and detail. My complaint, “No devotees, no Bhajans,” ended up in the formation of the Bern Sai Centre, and giving me the duty to be the Bhajan teacher for 15 most inspiring and spiritual elevating years, till Baba out of His perfect and loving blessing and guidance sent me back to India on 9th December 1988. Often when I would ask Swami to return to India earlier (than His plan), He would always say, “India, which India! When it is time, I shall guide you”.

Journey to the Realm of Self-awakening

With my Beloved Guru, Bhagavan Sri Sathya Sai Baba, life has been a wondrous adventure of discovery – a journey into the realm of self-awakening, understanding, love, trust, faith in what He teaches and is still teaching, self-confidence, determination, and analysing every step and move before acting – all this and many other unaccountable ways He has guided and paved my path to stability, safety and security and above all to try to understand (ourselves) myself.

His most simple and yet deeply inspiring teachings through His Discourses, books (now in thousands) and inward Sadhana, gradually cleared away the dust which clouded my mind in various worldly



distractions, injustices and hardships to the splendour of His Divine Presence and Divine Wisdom inside and outside.

His holy teachings inward began in Prasanthi Mandir itself in December 1974 to a novice who came to Him with a blank mind, ignorant of who Sai Baba is. He entwined me in His powerful web and thus began the Holy Spark of the inward Sadhana and Baba most emphatically said that this would be my contact with Him as I would not have that many opportunities to come to Him in His Physical Presence. And so, it took shape the way Swami said it would and I was not able to come more than once in three or four years at a time.

For 37 most beautiful years (44 years as I write), Swami graced and blessed me to always be in His Divine Presence and He will continue to teach me through His inside Voice. He has been teaching and continues to teach me many a spiritual lesson, many a practical teaching of how to handle, how to bear, how to tolerate and stand aloft to all the hardships, mental and physical, that hit us like thunderbolts. Living abroad alone completely new to the western world with so many challenges, so many obstacles, often as if my world was falling apart, Swami would prop me up and tell me what to do, teach me how to handle the situation. His guidance and protection were like the holy sweet nectar He gave me to sweeten the circumstances and guide me to comprehend that He was with me and handling everything and He was in full control. Swami who sent me to Switzerland with these words "Do not ask Me here; when you are there, I shall guide you" instilled in me love, faith, trust and courage.

Where Can you Go without Me?

Very recently, I was in Puttaparthi with my niece Jyotshna for Christmas 2010. Swami had called me after four years of immense craving to have His holy Darshan. How little did I know that this was to be our last Darshan in His Divine Physical body? On the morning after Christmas, Swami's car passed our gate at about 8 a.m. My niece has a flat in Sai Nagar, Gokulam. Swami was on His way to the hospital. Of course, as usual, I sighed and said, "Oh Swami, we missed your Darshan"! Immediately, He lovingly corrected me and said, "Nothing is missed with Swami; constant Darshan". Then I said. "Swami, are you coming for Darshan to the Mandir"? At once, Swami said, "Yes, yes, I am coming". We went hurriedly for morning Bhajans and 15-20 minutes later, Swami came to Sai Kulwant Hall. There were very few devotees as Swami was not expected. While in His chair, it seemed Swami infused the air with so much energy that a lot of women cried. I was also sobbing to almost hiccups. Suddenly, Swami said to me, "Why are you crying"? I tearfully said, "Because Swami we will be leaving soon". The loving Divine Master, with such tenderness and gentleness said, "Where can you go without Me"? It touched the depth of my soul and my tears would not stop.

However, can my heart heal from His physical absence? But Swami says, we should not immerse ourselves in pain and sorrow. We must be full of joy and happiness. As He has always been known to say, "Very Happy, Very Happy, Very Happy". Swami wants us to be happy like He always was. Swami is Eternal and His Presence is with all of us and will always be.

– The author is an ardent devotee of Bhagavan from Uttarakhand.



ROLE OF THE BAL VIKAS GURU IN THE CURRENT SCENARIO

Devi Rajgopal

Today's child is a product of the technology age. He is bombarded by so many distractions like the media, Internet, etc., which open so many doorways of entertainment and knowledge for him. Added to this is the academic burden and overenthusiastic parents who enrol the child for extra-curricular classes, leaving him with very little time. So, in this context, the role of the Bal

THE RABBIS OF EUROPE boasted of their distinguished rabbinical families but Rabbi Yeschiel was an exception. He was the son of a simple baker. Once when a number of rabbis had gathered at some festivity, each one was asked to demonstrate a great teaching passed on to him by his illustrious ancestor. One after another, the rabbis delivered their learned dissertations. At last, it was Rabbi Yeschiel's turn. He arose and said, "My masters, my father was a baker. He taught me that only fresh bread is appetising and that I must avoid the stale. This can also apply to learning". And with that Rabbi Yeschiel sat down.

This story illustrates a valuable lesson which can be applied to teaching Sri Sathya Sai Bal Vikas. That teaching must always be fresh, that is to say enthusiastic, from the heart and spring from the well of experience. The great philosopher Plato has said, "Do not train children to learning by force and harshness but direct them to it by what amuses their minds so that we teachers may be able to discover with greater accuracy the peculiar bent of the genius in each and help them thereby to rise to higher ideals".



Vikas Guru becomes very challenging. Let us look at some of the challenges faced by the Bal Vikas Guru today.

Integrating Traditional with Modern

In earlier days, children used to sit transfixed in our Bal Vikas classes, when



the Guru told them mythological stories. The stories kindled their imagination and the values were absorbed by the child. Today's children and adults are faced with the conflict of tradition versus modernisation. Children need to develop an attitude that makes them understand that everything in tradition is not bad and everything in modernisation is not good. India is famous for its ancient culture which stressed on values like tolerance, truthfulness, non-violence and peace. Many of our traditional customs have a scientific basis which has to be instilled in the minds of the children. Harmonising the traditional with modern will help the children to face the challenges of today and at the same time retain their Indian culture.

Erosion of Values in Society

There is a rapid erosion of values in society today. Truthfulness has become a matter of convenience. Deceit and corruption have put on respectable robes. People have become selfish, greedy and dishonest. We have forgotten our duty towards society. Globalisation, consumerism, materialism, terrorism and misuse of science and technology are some of the factors that have contributed to this situation. A child is influenced by all that happens around him and so we Gurus have to devise ways and means to counter these negative influences. Building a close rapport with children will help in understanding the problems that they are facing at school, home or outside. Attitude tests and role plays will go a long way in transforming children's personalities. Stories, devotional singing and meditation will instil love, devotion and peace in children. More importantly, they learn to exercise the power of discrimination which shows them what is right and what is wrong. Visits to old age homes, orphanages and adopted

villages will help them to understand the importance of service.

Influence of the Media and Misuse of Gadgets

The progress of science and technology has made the world take rapid strides. Scientific discoveries have helped man overcome time and space. The internet and mass media have gripped the children by assaulting them continuously with all kinds of information which influences their thoughts and lifestyles. Today children are indulging in violence at home and outside. They also face peer pressure and fall victim to all kinds of vices... Children of today are hardly seen playing in the evenings as they have a new companion to play with, the mobile phone. The television, video games and computer have been replaced with the cell phone which has multiple functions. The much talked about Blue Whale game is one of the many downsides of using this device.

Children who come to our classes have to be educated on the pros and cons of using these gadgets. Features like WhatsApp can be used to make class groups where messages related to the topics taught can be posted. The internet can be browsed for collecting points on various topics which can then be presented by the children, especially of Group 3 during seminars and power-point presentations.

Reading habit which is fast disappearing in today's generation has to be brought back. A good book is a companion for life and sharpens our intellect and creativity. Having a small library of good literature for children in every Bal Vikas class will go a long way in cultivating this habit. Children also have to be encouraged to take part in sports and games as these help in the physical growth of the child.



Diversity

India is a multilingual, multicultural and multi religious country. Children have to be taught to appreciate this unity in diversity. Though we are so diverse, we are still one as a nation. The different faiths and religions that exist in India are like flowers of one garden. Understanding the philosophy and teachings of the different religions will help children to understand that all religions are one. The principle of Brotherhood of Man and Fatherhood of God gets ingrained in the child.

Exposing the children to different religious faiths in the form of visit to their places of worship, celebration of festivals, and talks by various religious leaders will help them to develop tolerance and acceptance. As Swami has said, “Our country Bharat is like a Nandanavana. In this Nandanavana, various religions which are flourishing should be regarded as different flowers that give us Ananda or bliss”.

Environment

Making the child sensitive to the environment around is a matter of great concern. There is reckless exploitation of the environment in the form of deforestation, global warming, pollution of air and water, ozone depletion, soil erosion and industrial pollution, to name a few. As Gurus we need to sensitise children on these aspects and help them to conserve and protect the environment. Cleanliness of surroundings – Swachchhata Abhiyan, stopping the use of plastic bags, learning about rain water harvesting, segregation of waste, planting of trees and love for animals and birds are some of the things children can be encouraged to do to achieve a clean and green India.

Parenting

Education is like a bicycle. The front wheel is the teacher who shows the way, but the back wheel which has the hub is the parent. Unless the back wheel moves, the front wheel will not move. This shows the important role which parents play in education.

Unlike in the olden days when joint families existed, today we have nuclear families, where mostly both parents work. Parents today have very little time for bringing up children. We also have high divorce rates today leading to broken, dysfunctional homes. We try our best as Gurus to foster values in children, but unless these are followed up at home by the parents, we will not be able to achieve our goal. Parental cooperation is the key to implementing Bal Vikas successfully.

Building a close rapport with parents, especially the mothers, getting them involved in the activities of the class and the Samithi, holding Bhajan sessions in their homes, taking them to visit Parthi, etc., will slowly make them realise what the Sai Organisation and Bhagavan stand for. As Swami has repeatedly said, education should bring about transformation and not just make children storehouses of information. Once the parents see their children blossoming into all-round personalities with good character, they will understand that Bal Vikas is indeed a Divine Gift from Bhagavan.

After Bhagavan's Maha Samadhi

When Swami was with us in the physical form, Bal Vikas children too got numerous opportunities to bask in His infinite love and grace. His Darshan, Sparshan and Sambhashan transformed many a child and his family.



But new children who are joining the Bal Vikas class are at a disadvantage as there is no physical proximity to Bhagavan. They have to rely on what they hear from us and see about Swami in videos and films. In this context, the Guru has a highly difficult task of instilling love and devotion to Swami in these children, especially from homes of non-devotees. This challenge too can be faced by us as Swami is sure to bestow His infinite love and grace on these children.

Let me conclude by quoting from Swami's Discourse to Bal Vikas Gurus on 14th June 1983:

“Do not condemn yourselves as petty pedlars of knowledge. You are the makers of the future of mankind. You can make it bright and joyful or mar it as dreary and dreadful. You can weaken or strengthen the foundations of life. You are the planners and engineers who lay the royal road of peace

and prosperity. You are the ray of hope that illumines the dismal night enveloping all countries. You are the revealers of the Divine Power that animates every living being and prompts it towards self-sacrifice and self-knowledge. You mark out and build the proper steps for man's ascent to God. You direct the eyes of the pupils inward into the Reality and invite them to revel in that light. You hasten the holy process of ignoring and forgetting the superficial and advancing the Divine Consciousness, which is the reality of man. Gu (ignorance), Ru (destroyer) – the word (Guru) reminds you of the role you have assumed.”

Let us pray to our Beloved Bhagavan to give us the strength, knowledge and wisdom to carry His Mission forward.

– The author is a Bal Vikas Guru and District Coordinator of Bal Vikas, Mumbai (Maharashtra).



The ideal of the Bal Vikas is to raise a generation of boys and girls who have a clean and clear conscience. The actual syllabus is not as important as the creation of an atmosphere where noble habits and ideals can grow and fructify. The Bal Vikas pupils follow Bal Vikas discipline and curriculum only for one day in the week and attend their usual school on other days. So, the impact of the Guru has got to be extra strong if it has to act as a catalyst in the process of modification of the behaviour patterns of these pupils.

– Baba



NEWS FROM SAI CENTRES

CANADA

UNDETERRED BY COLD, WET weather, 120 people, including 25 SSIO members, gathered at the Toronto-York Sathya Sai Centre on 3rd February 2018 to celebrate inclusion and interfaith harmony through delightful musical offerings and insightful talks. The celebration, a collaborative effort of the SSIO, St. Philips Lutheran Church and Metropolitan United Church served as a precursor to the Parliament of World Religions, to be held in Toronto in November 2018. After the welcome address, the President of the SSIO of Canada addressed the gathering, followed by inspiring talks about the importance of human values and a united effort to combat negative forces.

The programme showcased five interfaith musical events. First, Sathya Sai Young Adults led an uplifting prayer of all faiths. Second, St. Philips Lutheran Church



World Interfaith Harmony Week, Canada.

presented four compositions including an anthem highlighting the glory of God and an African-American spiritual. The third event presented three ghazals in the Sufi tradition that underscored the importance of love and unity among people of all faiths. The fourth presentation, by members of

the Baha'i faith, celebrated the joy of being devotees of God and seekers of Truth. In the final presentation, a Young Adult of the SSIO read a moving letter written by "Faith", which takes the form of a human being to write a letter to humanity itself. During interviews, interfaith leaders spoke about the significance of the Interfaith Harmony Week and how it is necessary to reconcile differences and stand shoulder to shoulder to combat negativity. The local TV channel covered the event.

U.K.

Every month, for the past four years, Young Adults from various parts of London have joined hands to serve food to the homeless in Central London. On 2nd March



Serving the homeless, Central London (U.K.).

2018, the National Service Wing and the Young Adults served hot food to about 85 homeless people at The Strand, Charing Cross. The homeless were also given dry



packed lunches to take with them, lovingly prepared by Sathya Sai volunteers.

UKRAINE

During late January 2018, more than 35 people attended a three-day National Conference. Amidst conflict and disharmony within the country and around the world, the



National Conference on "Unity Protects a Person", Ukraine.

theme of the conference was aptly chosen as "Unity Protects a Person", and the motto was, "Any effort to realise the oneness underlying the perceived diversity is a step towards divine life". On the first day, the conference began with devotional singing followed by a welcome address. Activities of the European Institute of Sathya Sai Education (ESSE) were presented, highlighting the importance of using the knowledge gained through spiritual practices and practising such principles in everyday life, and being aware of the unity amidst diversity. On the second day, participants interacted with representatives of various Sathya Sai Centres and Groups, who reported their activities over the last year.

The final day featured a sharing of experiences, highlighting the importance of following Baba's teachings. In the evening,

participants worked in two groups to stage a puppet show for children, on universal human values.

MAURITIUS

On 12th March 2018, the SSIO of Mauritius observed the 50th anniversary of the country's independence by organising a Walk for Values in Lallmatie, one of the most developed villages in the country. The event



Walk for Values, Mauritius.

drew 200 people, including SSE children who participated with great enthusiasm and joy. The Walk was intended to raise awareness of the importance of practising human values and to revive patriotic spirit. Powerful and inspirational messages on human values were conveyed through colourful floats, placards, displays and songs. The momentous day was packed with an abundance of patriotic fervour, while sharing the teachings of Baba. The procession stopped at Bissoondoyal Square to pay tribute to the late Professor Basdeo Bissoondoyal for his invaluable contribution to the country's attainment of independence. The Walk concluded with devotional songs, ending with a famous patriotic song, "*Donne to la main, Prend mo la main*" (give your hand and take my hand), which was the theme of the 50th anniversary of the independence of Mauritius.



U.S.A.

BHARAT

On 7th October 2017, 139 volunteers, including 37 healthcare professionals from a variety of specialities, rendered selfless service to more than 200 people. Nearly half the patients were younger than age



Medical camp in St. Louis, Missouri.

19. In addition to comprehensive health checks and screenings, the camp provided free eyeglasses, flu shots, blood tests, and registration for free mammogram examinations at the St. Louis University Cancer Center. A bone marrow registration drive was also conducted. Children received school supplies, sports equipment, and bicycle helmets – with more than 55 children being fitted with bicycle helmets. Children's car seats were inspected, and 16 seats were deemed unsafe and replaced with new ones. This health fair introduced two new services this year: relaxation training and household pet care. Relaxation training was offered to relieve mental tension and calm the minds of patients at the camp, and household pet care was offered by representatives of the St. Louis County Pet Adoption Center, who brought two dogs to the event as silent messengers of love and gratitude.

– **Sathya Sai International Organisation**

Gujarat: Like every year, this year too, a function was held on 1st April 2018, to commemorate Bhagavan's visit on 31st March 1967 to Waghaladhara High School,



Function to commemorate Bhagavan's visit to Waghaladhara in 1967.

Valsad, Gujarat. The Chief Guest was Sri Dalichandbhai Shah, Trustee, Waghaladhara High School.

Following Swami's dictum, "service to man is service to God", 46 pairs of shirt and pant pieces were distributed to all the Adivasi Hostel Students studying in the High School, and then, two tricycles were also donated to the needy.

Programme Coordinator, Sri Harshadbhai Naik narrated the incident when Swami had visited way back in 1967. This was followed by a very inspiring and motivating address by Sri Manohar Trikanad, State President, Sri Sathya Sai Seva Organisation, Gujarat, who, as always, boosted all with enthusiasm for doing more and more service activities.

Thereafter, the Chief Guest, Sri Dalichand Shah shared his own experiences and thanked Bhagavan who had planted the seed in 1967 which has now flourished into a modern I.T.I. college and hostel.



After this, soulful Bhajans were sung by devotees. The celebration concluded with Arati. Sri Kirtibhai Desai, who is one of the witnesses of Bhagavan's visit and who also captured Swami's presence on this holy land in his camera 51 years back was present on the occasion.

Jammu and Kashmir: National Narayana Seva is scrupulously being performed in Government Medical College Hospital, Bakshinagar, Jammu on each Sunday morning by serving tea and snacks to the attendants of patients coming from far off places for treatment of their kith and kin in the hospital. This type of service activity is also being conducted in SMGS Hospital, Shalamar Chowk, Jammu on each Sunday by the volunteers of the Sai Organisation. Of late, on each Thursday eatables are served to the indoor patients of Chest Diseases Hospital, Bakshinagar, Jammu and this activity of the Organisation has been appreciated by hospital administration.

A veterinary camp was held in the month of April 2018 in village Shikha Peer, Marh, Jammu under the guidance of expert veterinarian Dr. M.L. Sharma. Nearly 150 cows and buffaloes were treated for Foot and Mouth Diseases and the cattle owners educated about the hygienic and profitable maintenance of their livestock.

Rajasthan: Sri Sathya Sai Seva Organisation, Rajasthan and Sri Sathya Sai Heart Hospital, Rajkot organised a free heart check-up camp at Sri Sathya Sai College, Jaipur on 25th March 2018. The Chief Minister of Rajasthan, Smt. Vasundhara Raje Scindia was the Chief Guest of the inaugural programme. The programme was presided over by a High Court judge, Justice Kalpesh Jhaveri. More

than 650 cardiac patients were screened and 301 patients were given dates for heart operations to be conducted at Rajkot. More than 300 Seva Dal volunteers from various

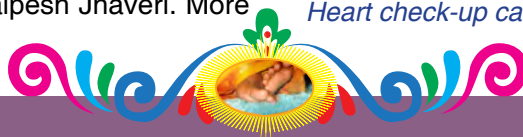


Inauguration of heart check-up camp by Smt. Vasundhara Raje Scindia, Chief Minister of Rajasthan.

districts of Rajasthan did Seva. On this occasion, Smt. Vasundhara Raje felicitated two cardiologists Dr. P.K. Dash and Dr. Varsha Bain for their untiring services for this cause. She also distributed Formal Letters of Operation to first 10 patients of the camp. Speaking on this occasion, the Chief Minister said, "I consider myself fortunate to be the recipient of Bhagavan's Darshan and blessings earlier. By following the five Human Values (truth, righteousness, love, non-violence and peace) as envisaged by Bhagavan Baba India can again attain the old glory and become the world leader", she added. Elaborate arrangements were made for the patients and their relatives including



Heart check-up camp in Jaipur, Rajasthan.



transportation and lodging. Patients and their relatives were offered free food, tea, snacks and buttermilk at the camp. The programme received extensive coverage in print and electronic media.

Tamil Nadu: On the sacred occasion of Easwaramma Day, devotional music and Seva programmes were organised at Sai Sruthi, the divine abode of Bhagavan at Kodaikanal.

A large number of devotees participated in the devotional musical programme which was presented as an offering to Bhagavan and Divine Mother Easwaramma on 5th May 2018. The programme commenced with Sai Katha, Bhagavan's Avataric story by former Bal Vikas students of Madurai district. This was followed by devotional songs by youth (Mahilas) of Chennai Metro West and gents youth from Chennai Metro West.

Narayana Seva was performed on 6th May 2018. Villagers from far flung places thronged the venue to receive Bhagavan's



Narayana Seva in Sai Sruthi, Kodaikanal on Easwaramma Day.

Prasadam. The morning programme commenced with a speech by the Convener of Kodaikanal Samithi - Sri Sathya Satish, which was followed by two cultural programmes by the Bal Vikas students of Kodaikanal and Theni districts. The morning programme concluded by offering Swami's Prasadam to about 2,400 people. Blankets were given to gents and Saris were distributed to Mahilas (ladies). Exam pads and writing material was distributed to 530 children who had accompanied their parents.

Sri Sathya Sai Institute of Higher Medical Sciences
Prasanthigram - 515134, Anantapur District, Andhra Pradesh
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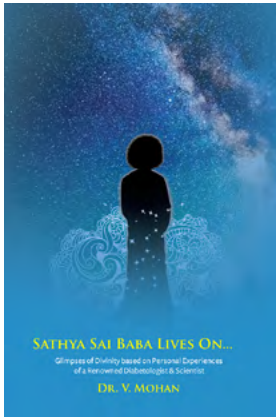
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— Director

Book Review

SATHYA SAI BABA LIVES ON...



SATHYA SAI BABA LIVES ON...

Dr. V. Mohan

₹ 95.00 shipping charges extra,
Code No. 15481, pp. 280

IT IS WELL KNOWN THAT DEVOTEES of Bhagavan Baba have been experiencing streams of miracles and are receiving material as well as supernatural benedictions even after His Maha Samadhi, just as before. Dr. V. Mohan's biographical narration titled, "Sathya Sai Baba Lives On..." captures his close interactions with Bhagavan and delineates a number of wonderful miracles witnessed by him.

As a practising medical doctor and a renowned diabetologist, he has been privileged to witness astounding medical miracles performed by Swami such as cure of cancer and other incurable diseases. "... I have also seen seemingly incurable cases

of multiple myeloma, multiple sclerosis, incurable skin conditions, advanced diabetic foot infections and numerous other illnesses completely cured by His grace – another manifestation of Swami's boundless love," states the author factually. Correlations of author's experiences to Bhagavan's superhuman facets of Omnipresence, Omniscience and Omnipotence are insightful indeed.

That Swami uses even trivia as message and medium of instruction is evident from numerous instances narrated in this book. As a diabetes specialist and scientist, Dr. Mohan describes vividly how Swami prompted him to focus his research on certain varieties of rice, which resulted in reduction of incidence of diabetes in many areas of the world where rice is the staple diet. The author's differentiation of perceptions about Baba's miracles, between an uninitiated person and an ardent devotee is logically convincing. He says, "To us devotees, this (miracle) is the moment of truth, it is a momentary brush with Divinity". No doubt, miracles are glorious footprints of the Avatar.

The author echoes assertions of millions of devotees saying, "My life itself would have been empty and hollow but for the wonderful years I was blessed to be at His Lotus Feet".

– P.P.S. Sarma

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.
- 3) Maintaining a reporting channel 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.

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*Devotional music offering
by Mandir Bhajan Group on
Easwaramma Day.*



*Devotional music offering "Sai
Melodies" by the devotees
of Sri Lanka*



*Dance drama "Mutiny of the Mind"
by the Bal Vikas students (girls) of
Sri Lanka.*

Date of Publication: 1st June 2018

Control the Vagaries of the Mind

Man's mind oscillates like the pendulum of a clock this way and that way. So long as this vacillation of mind continues, man will experience only duality. But when the vacillation stops, the mind will become still and stable. Only then will he experience the unity of Jiva (individual soul) and Brahman (God). Therefore, man should try to control the vagaries of his mind. So long as mind oscillates, you are bound by time. When the mind becomes still and you realise the principle of unity, you will transcend time.

– Baba

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