

**Sanathana Sarathi**

MAY 2016







# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol.: 59 Issue No. 5 Date of Publication: 1st May

May 2016

© Sri Sathya Sai  
Sadhana Trust, Publications Division  
Prasanthi Nilayam

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

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

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*Annual Subscription*  
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**English India:** (12 issues) ₹ 75 Nepal.

Bhutan and Sri Lanka ₹ 600

**Other Countries:** ₹ 850

or US \$19 or UK £13 or €13 or

CAN \$22, AUS \$26

**Telugu India:** ₹ 60 (12 issues)

**Other Countries:** ₹ 550 or €9 or US \$13

or €9, CAN \$15 or AUS \$17

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Sri Sathya Sai Sadhana Trust, Publications

Division, Prasanthi Nilayam - 515134,

Anantapur district, Andhra Pradesh, India.

*"Do what you say! Then only  
will you earn respect. Fill your life  
with divine love and experience bliss.  
You don't get it out of sacred texts.  
It cannot be taught by others. It  
comes out of the Self. That is Self-  
realisation. That Self is God. That  
is real bliss."*



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AVATAR VANI

# DIRECT YOUR MIND TOWARDS GOD

DETACHMENT IS THE ROYAL PATH IN SPIRITUALITY

## *Embodiments of Love!*

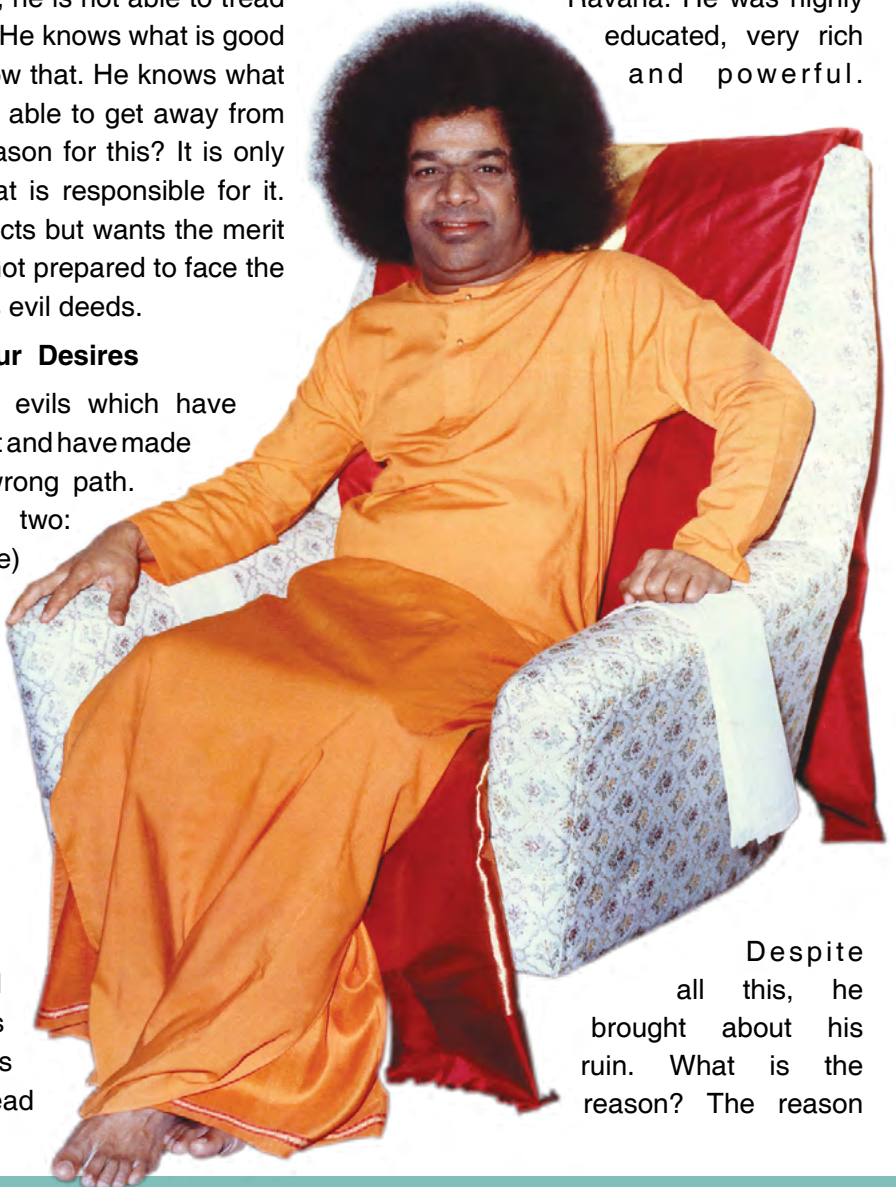
**I**N THE MODERN WORLD, THE LIFE of man is very peculiar. Knowing fully well what is good, what is bad, what is noble, what is mean, he is not able to tread along the right path. He knows what is good but he does not follow that. He knows what is bad, but he is not able to get away from that. What is the reason for this? It is only man's weakness that is responsible for it. He indulges in evil acts but wants the merit of good acts. He is not prepared to face the consequences of his evil deeds.

## **Put a Limit to your Desires**

There are some evils which have gone into man's heart and have made him go along the wrong path. These are mainly two: one is Kama (desire) and the other is Krodha (anger). Desire drives man towards animality; it converts human quality into animal quality. Howsoever highly educated man may be, he may be a great scientist, a man of authority and high position, he is unable to control his desires. We can lead

a truly human life only when we are able to control our desires. Excessive desires cause delusion in man.

In the Ramayana, we find the example of Ravana. He was highly educated, very rich and powerful.



Despite all this, he brought about his ruin. What is the reason? The reason

is that he could not control his desires. He lost his discrimination due to his evil desires and could not recognise what was good and what was bad. Not only should we have control on desires, we should have control over our senses also. Just because we are gifted with eyes, we should not make use of them in any way we like. We have ears. That does not mean that we should hear anything and everything. Similarly, we should not use our tongue in any way we like. Never speak anything that may hurt anybody. Never injure the feelings of others with harsh words. We are endowed with a powerful mind. It moves about as per its will. There is a limit to wind velocity, but the speed of the mind has no limit. It broods over all unnecessary things. We have hands. We should do no wrong with our hands.

*See no evil, see what is good;  
Hear no evil, hear what is good;  
Talk no evil, talk what is good;  
Think no evil, think what is good;  
Do no evil, do what is good;  
This is the way to God.*

We should see that all that is good enters our senses. We should give no scope to anything evil. Dussanga (bad company) is responsible for our evil qualities. So, run away from bad company. Otherwise, your life will go along the wrong path due to the effect of bad company.

When dust on earth associates with air, it goes up in the sky. It has no wings to go up. The same dust in association with water will go down. To go down it has no legs either. But one way it goes up, the other way it goes down. What is the reason? The reason is friendship. When it has friendship with the wind, it goes up. When it has friendship with water, it goes down. Air has the nature to

***Here is a door. You have put a lock on the door. Put the key in the lock. When you turn the key right, the lock opens. When you turn the key left, it closes. The same key, the same lock. There is difference only in turning. Your heart is the lock, the mind is the key. When you turn the mind towards the world, there is attachment. Turn the mind towards God to get detachment.***

fly high, while water goes down. Even if you pour water on the mountain top, it will go down. Because of association man acquires good or bad qualities. So, get away from bad company.

### **Exercise Control over your Senses**

It is not enough if you are away from bad company. Supposing you are a diabetic patient. It is not enough if you take medicine, you should also control your diet. Along with medicine, control over the diet will give you relief, cure. So, it is not enough if you leave bad company; you should also join good company. Have friendship with good people. Who are good? Who are bad? Human life has certain limitations. Society has some regulations. Basing on the rules of society, who is good? The one with three qualities is good. What are those qualities? *Daiva Preeti, Papa Bheeti and Sangha Neeti* (love for God, fear of sin and morality in society). These three qualities will take man to noble heights.

When there is fear of sin, man will have love for God. When he has love for God, then he can develop morality in society. The one with these three qualities is a real human being. These are the three qualities which



are related to heart, head and hand. This is not EHV (education in human value). It is 3HV. The first H stands for heart, the second H signifies head, and the third H, hand. We should have control over these three. Then only will human qualities develop in us.

We have lost human values today. What is the reason for this degeneration? Only desire and anger. Ravana did not make proper use of his Drishti (vision). He looked at Sita in a bad way. Whomsoever you look at, you should have goodness in the mind. Your eyes are sacred. Always make sacred use of them. Your Drishti (vision) is equal to Srishti (creation). The vision can burn down the world to ashes. It can also save and protect it. So, make proper use of your vision. It is only due to your bad vision that bad thoughts develop in you.

Ravana brought about his ruination because of bad vision and bad thoughts. Hanuman felt that such a wicked demon should be punished. In the court of Ravana, Hanuman started accusing him, "You are not a man of character. Though you are rich, powerful and educated, yet you have no control on your senses. From worldly point of view you are in high position, but your senses have caused your moral downfall. So, you cannot escape punishment".

When Hanuman accused Ravana, he was angry. In his anger, he set the tail of Hanuman on fire. With the fire of his tail, he burnt down the whole of Lanka. The flames were spreading everywhere. Hanuman sat on a tree and thought that Ravana deserved that punishment. Then only his anger subsided.

After his anger subsided, Hanuman thought, "In the same Lanka, mother Sita is there. I did not exercise my discrimination.

I have burnt down Lanka. What is going to happen to mother Sita? I have come here thinking of her welfare. I have completely spoiled the purpose for which Rama sent me here. The reason is my anger.

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

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

*His own people will abandon him.*

*He will lose all wealth and respect.*

*His anger will ruin him completely.*

(Telugu Poem)

That is what Hanuman thought. It is only the desire of Ravana that caused his ruin. He harboured an evil desire which he could not control.

### **As are the Thoughts, so is the Result**

Man may have desires, but he should never have excessive desires. You are thirsty. It is enough if you get a tumbler full of water. In the forest if you are thirsty and desire a tumbler of water, you should be satisfied if you get it. You should not desire for a cool drink in a forest. How can you get it in a forest? That is excessive desire. The entire universe is the embodiment of Lord Vishnu. It is the very form of God and a Kalpa Vriksha (wish-fulfilling tree). It will fulfil all your desires. So, there is a scope for fructification of every thought of man. However, a bad thought will give you bad result and a good thought will give you good result. Here is a small example.

Walking in the scorching heat of the sun in a forest, a person came across a huge tree on his way and stopped under it to take rest. This was a wish-fulfilling tree, but the traveller was not aware of this fact. As soon as he thought, how nice it would be if he could get some drinking water, he saw a pot full



of cold water before him. Getting relief from his fatigue by drinking water, he felt hungry and thought how happy he would be if he could get delicious food also to satiate his hunger! His happiness and surprise became manifold when a sumptuous meal appeared before him. After eating the delicious food to his fill, he felt sleepy and thought how wonderful it would be if there was a soft bed on which he could sleep happily. At that very moment, a soft bed appeared before him as desired by him. As the wayfarer lay down on the bed, he thought how nice it would have been if his wife was there to press his feet! The very next moment, he found his wife before him.

Extremely surprised to see his wife there, he thought, "My wife lives in the village. It would take her two days to reach here. How could she reach here instantly as I thought of her? Perhaps she is not my wife; rather some goblin has appeared in her form who will now eat me up." The wish-fulfilling tree would give whatever one desired. Hence, a goblin at once appeared there and swallowed him up.

God is also like a wish-fulfilling tree for those who take refuge in Him. Whatever they ask from God, He grants their request and gives the desired thing. Wise people pray to God only for His grace which can give them everything. Those who start asking from God this thing and that thing are foolish. They ultimately ask for something which brings about their disaster. That is why it is said, as is the Mathi (mind), so is the Gathi (destiny).

The moral of the story is: As is the thought, so is the result. When the traveller desired water, it came. Should he not be satisfied with that? Still he wanted bed. Should he not be satisfied after he got the bed? Excessive

desires only put him to danger. So, we should have control over our desires.

### **Desire and Anger are Animal Qualities**

When you have desire in your heart, you are not able to do anything good because the desire becomes an obstacle. It is only your desire that makes you think of doing something bad. We say we have enemies. Who are the enemies? Those who harm you or hurt you are your enemies. Those enemies are within you. Both anger and desire harm and hurt you and cause pain to you.

Your mental restlessness is because of your anger and desire. Anger can be controlled when you put a ceiling on your desires. In human life, there are desires. They should be there; there is no mistake in it. But they should be limited. If they are excessive, you can never fulfil them.

As is the vessel, so is the water collected. There is plenty of water in the Ganga. In ocean, there is a lot of water. But you can collect the water depending on the measure of the vessel. You cannot collect the whole lot. If you want more, have a bigger container. So, develop divine power. To satisfy all sorts of worldly desires without developing divine power is contrary to human nature. Anger and desire are the qualities of animals. Therefore, we should keep a distance from animal qualities. That is spirituality. What do you mean by spirituality? Not merely Bhajans, penance or worship. No! You should get rid of the animal qualities within you. Anger and desire are your real enemies. You should put them under control. If you allow them liberty, you cannot escape from danger and restlessness. Control, control, control; everything needs a control. There should





be limits. This is what the Vedas say. There can be no welfare without discipline. When your body parameters are within limits, you are healthy. When the limit is crossed, it indicates disease.

Our body temperature is 98.4 degrees Fahrenheit. It is perfect normal temperature. If it is 99 degrees, it shows fever. Similarly, if the blood pressure is 120 by 80, it is perfectly normal. If it is 90, heart disease commences. The eyes can see within a limit. If you look at high intensity rays of light, your retina may

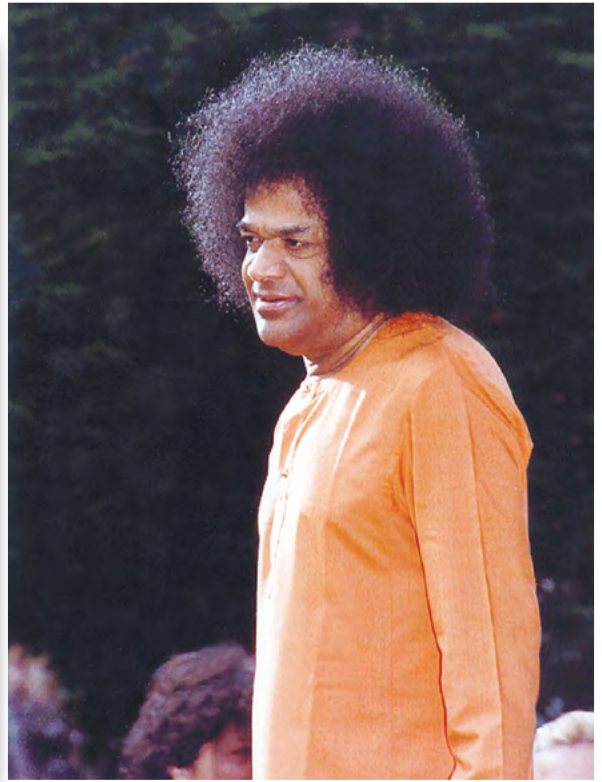
be within limits. But today we cross all limits. Our desires are limitless. Reduction of desires in Vedanta is called Vairagya (renunciation). Renunciation means reduction in desires. Life is a long journey. Reduce the burden of your desires. *Less luggage, more comfort makes travel a pleasure.*

If you carry too heavy luggage on the long journey of life, it would be troublesome. The luggage is the desires. Gradually, reduce

***Human life has certain limitations.***

***Society has some regulations.***

***Basing on the rules of society, who is good? The one with three qualities is good. What are those qualities? Daiva Preeti, Papa Bheeti and Sangha Neeti (love for God, fear of sin and morality in society). These three qualities will take man to noble heights. When there is fear of sin, man will have love for God. When he has love for God, then he can develop morality in society. The one with these three qualities is a real human being.***



get burnt. Our life is within a limit. Human life is a limited company. Starting in a limited company, if you go beyond the limit, you will be punished, you will be taxed. You should never face any sort of punishment.

If you want to reach divinity, escaping punishment, you should proceed in a limited way. There should be a limit in talking, seeing, walking, thinking. Everything should

your desires. When you reduce worldly desires, spiritual desires will increase. Man today aspires for spirituality, but goes on increasing worldly desires. He develops too much attachment. It is not attachment that is important. Detachment is the royal path in spirituality. How? You have a family, children and a house. Do your duty. Duty is God. Work is worship. But you should not have





too much attachment. You should educate your children, give them food and take care of them. But you should not have too much attachment with them. A small example.

### Thyaga is Yoga

There are birds. The mother bird will take care of the young ones and feed them. How long? Until they develop wings. The moment young ones develop wings, the mother bird will drive them out of the nest to lead their own lives. But man is not like that. Until death he is attached. Is that spirituality? Certainly not! Gradually, you should reduce attachment. If you have attachment towards your children till death, when will you release yourself? You do all that you are supposed to do. When you have done that, then you should have attachment with the Divine. It is not worldly attachment. Worldly attachment is needed to some extent. So, when man observes limits in his life, he will have Paramananda (bliss supreme). It is because of attachment that man is facing a lot of Asanthi (restlessness).

Leaving your house, parents, relatives, everybody, you have come here from far off places. Then why should you develop new attachments here? Just say, hello, hello. How are you? How are you? Goodbye. But you are developing new relationships. Because of this, your luggage is becoming heavy. Here is a small example.

When you release cotton or a piece of paper in the air, it will go up. What is the reason behind this? As they are light in weight, they go up. So, if man also is light, he will go up in spirituality. But today man has burdened himself with heavy weight of desires. So, he ruins himself. How do you expect him to attain liberation? He says many things, but does not do even one thing. We should be light. We should reduce

the weight. Then we can rise to noble heights.

If you have too much attachment, you are sure to ruin yourself. The one with worldly attachment is no devotee. In order to cut down attachment, people used to go to the forest in earlier times. But there is no need to go to the forest. Just do your duty. In the house, you have wife and children. You take care of them. Reduce your worldly desires. If help is solicited, do help. But don't develop attachment. You are ageing. Still you have no spirit of sacrifice. Man today has no Thyaga (sacrifice). Thyaga is yoga. Bhoga (worldly pleasures) is Roga (disease). Observe limit in Bhoga. So, it is good if you reduce your desires.

### Realise the Value of Human Birth

In spite of reading sacred texts, in spite of listening to Vedanta, if one does not practise, one just makes one's brain a book. A library has a big building. There are lakhs of books in it, but each book has one subject. If one questions the library room, it does not respond. There are plenty of books in the library room, but room does not give reply to one's questions. In the same manner, we are collecting all worldly matter in our head. We make our head a library room. All information is dumped in it, but there is no reply even to one question. What is the reason? The reason is lack of practice.

So, we should never make our head a library room. Enter the practical field. This is true spirituality. In spite of going to noble souls, in spite of listening to Vedanta, if you don't practise, then everything is useless. Having come from far off places, do not develop unnecessary connections which will make you restless. Sit in solitude and contemplate on the Lord. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise



refer to it by various names). We should broaden our vision; we should consider the universe as the very form of God.

When you look at jewels, you think of their name and form, e.g., necklaces, bangles, earrings, etc. You do not think of the matter, that is gold of which they are all made. Similarly, the entire matter and objects in the universe are the manifestation of the same divinity. All are one, everything is divinity. Offer all your acts to please the Lord. Never think that God is at a separate place and you are distant from Him. You should realise oneness. Then only will divine feelings start manifesting in you.

Gradually practise less talking, less hearing and less seeing. It is very essential to see less. If you don't find anybody, you look through binoculars. Why? What is the harm if you do not see? See only that which has to be seen. Why should you see unnecessary things? That is not good. That is bondage. You are bound by senses and mind also. You preach Vedanta, but do not practise even its one teaching. You are heroes in speeches but zeros in practice. You should be heroes in practice. Then only can you have fulfilment in life.

Human life is very sacred, noble and fragrant with virtues. We are just bartering away such a valuable human life for the charcoal of wordly possessions. Human life is highly valuable. In this world, nothing is more valuable than this. We think the diamond is valuable. But who attaches value to the diamond? Only man! We say gold is valuable. Who attaches value to gold? Man! Bungalow and land have value. Who attaches value to them? Man! So, man has the highest value. Men are more valuable than all the wealth of the world. Wealth is

not important. But human value is more important than anything in this world.

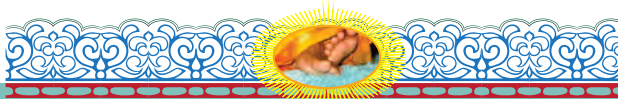
As a human being, we should develop human values. When there are no values, what is the fun of having everything else? Dhritarashtra had everything in plenty. He had progeny, he had companions. But what is the use? Because of bad thoughts, he was highly restless. We may be rich. We may have costly silk beds and sofas. We may install air-conditioners in our house. When we sit there, body is cool, but head is hot. What is the reason? There is no mental peace. When there is no mental peace, there is no use of air-conditioned room. This is not proper condition. Make your condition proper. Control your mind. Mind is very important. *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is the cause of bondage and liberation of man). It is the mind of man which binds or liberates him.

### **Mind is Key to Attachment and Detachment**

Here is a door. You have put a lock on the door. Put the key in the lock. When you turn the key right, the lock opens. When you turn the key left, it closes. The same key, the same lock. There is difference only in turning. Your heart is the lock, the mind is the key. When you turn the mind towards the world, there is attachment. Turn the mind towards God to get detachment. For attachment and detachment mind is responsible. So, direct your mind towards God.

Look at your mother. See God in your mother. Look at your son, see God in him. See your husband. Because he is 'husband', don't 'bend' him! See God in your husband

*continued on page 17...*



# SRI SATHYA SAI ARADHANA MAHOTSAVA

**R**EVERENTIAL AND LOVING homage was paid to Bhagavan Sri Sathya Sai Baba on the 5th anniversary of His Maha Samadhi in a solemn function held on 24th April 2016 in Sai Kulwant Hall which was aesthetically decorated for this important event. There were exquisite floral decorations on the Samadhi of Bhagavan, on the right side of which a beautiful silver chair with a silver canopy was placed for Bhagavan. Besides offer of homage to Bhagavan in Sai Kulwant Hall, Narayana Seva was performed in Sri Sathya Sai Hill View Stadium. The Chief Guest of the function was Sri M. Venkaiah Naidu, Union Minister for Urban Development, Housing and Urban Poverty Alleviation and Parliamentary Affairs who was accompanied by Sri Palle Raghunatha Reddy and Dr. Kamineni Srinivas, Andhra Pradesh Ministers for Information, Public Relations and Information Technology and Communications, and Health, Medical Education and Family Welfare, respectively.

## Sai Pancharatnas

The morning programme in Sai Kulwant Hall began at 7.30 a.m. with soulful rendition of Sai Pancharatnas (five jewels of devotional songs) presented by about 200 musicians and singers with deep devotion. Set to various Ragas, the compositions “Pranamami Sayeesha” (I offer salutations to Lord Sai), “Sada Bhavayami Sri Sathya Sai” (I always meditate on Sai), “Charanam Sevanam Parama Pavanam” (serving the Lotus Feet is most sacred), “Kali Yuga Avatari Bhagavan Sri Sathya Sai (Sai, the



*Rendition of Sai Pancharatnas on Sri Sathya Sai Aradhana Mahotsava.*

Avatar of Kali Yuga) described the Divine Glory of Bhagavan touching the hearts of the listeners with the memories of Bhagavan.

## Inauguration of Sri Sathya Sai Vidya Jyoti and Narayana Seva

In his welcome speech, which followed next, Sri S.S. Naganand, Trustee, Sri Sathya Sai Central Trust reminisced how Bhagavan continuously showered His grace on one and all and guided them to the path of love and service to mankind. On this sacred day, he said, we should all rededicate ourselves to the ideals of universal peace and welfare set by Bhagavan.

Addressing the gathering on this occasion, Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation spoke about the problems of education in rural India and gave details of Sri Sathya Sai Vidya Jyoti, a new scheme to provide values-based modern education to students which envisaged uplifting 900 schools across India, and benefiting nearly 1.3 lakh students.







*Inauguration of Sri Sathya Sai Vidya Jyoti scheme.*

After formally inaugurating the Vidya Jyoti scheme, Sri Venkaiah Naidu hailed the tremendous work done by Bhagavan Sri Sathya Sai Baba in the fields of healthcare, education and supply of drinking water and exhorted one and all to dedicate themselves to the selfless service mission of Bhagavan and follow the path of unity, love and service shown by Him.

This was followed by a Divine Discourse of Bhagavan, in which He exhorted the devotees to acquire spiritual knowledge, follow the path of Sathya and Dharma and serve mankind selflessly to achieve the goal of life. Bhagavan brought His Discourse to a close with the Bhajan "Hari Bhajan Bina Sukha Santhi Nahin". The morning programme concluded with a brief session of Bhajans followed by Arati.

Earlier, Narayana Seva was performed in Sri Sathya Sai Hill View Stadium,

wherein more than 40,000 persons, both ladies and gents, were served food and offered new clothes. Sri Venkaiah Naidu, Sri Palle Raghunatha Reddy and Sri Kamineni Srinivas also participated in performing Narayana Seva. Food was also served to the devotees and residents of the Ashram in a specially erected Pandal behind North 7 Block.

### **An Absorbing Instrumental Music Offering**

An absorbing instrumental music offering was made in the afternoon by a popular musician Sri Mandolin Raju and party. Beginning with Muthuswami Dikshitar's "Maha Ganapatim", he along with his wife and young son played a variety of classical Carnatic music compositions followed by a couple of Prasanthi Mandir Bhajans and concluded with "Bho Shambho Siva Shambho Swayambho" (Lord Siva who is self-born).



*Narayana Seva in Sri Sathya Sai Hill View Stadium.*

From our Archives

# NIRVANA IS THE ONLY TRUTH

DIVINITY IS LATENT IN EVERY INDIVIDUAL

*Embodiments of Love!*

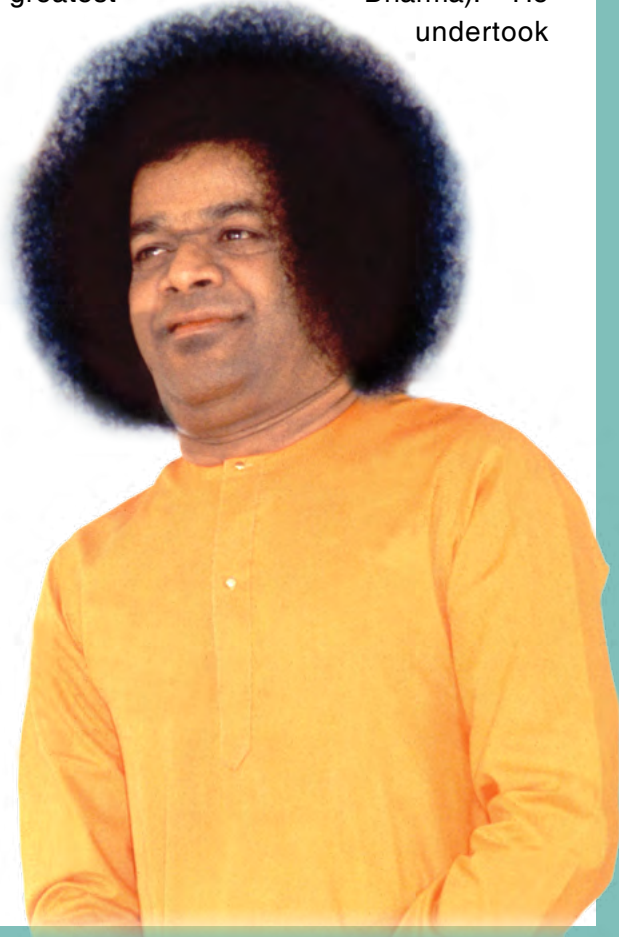
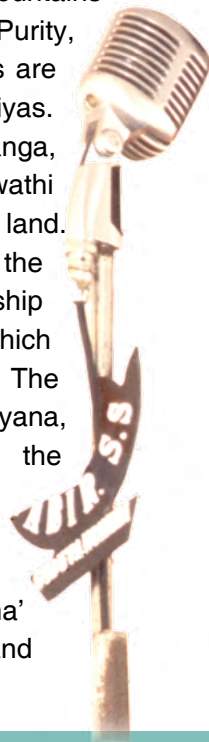
**I**F WEALTH IS LOST, NOTHING is lost. If health is lost, something is lost. If character is lost, everything is lost. This is the teaching of the culture of Bharat. But, for the modern man, everything is lost if wealth is lost; something is lost if health is lost and nothing is lost if character is lost.

Since time immemorial, the Bharatiyas have been adhering to the principles of spirituality. Thus, they attained bliss and shared it with others in the world. The Himalayan mountains form the boundary of Bharat on the northern side. 'Hima' means pure and sacred. Mountains symbolise steadiness. Purity, sacredness and steadiness are the hallmarks of the Bharatiyas. The perennial rivers, the Ganga, the Yamuna and the Saraswathi (underground) flow in this land. These three symbolise the threefold path of work, worship and wisdom through which man can attain Divinity. The holy texts of the Ramayana, the Mahabharata and the Bhagavata set noble ideals before mankind. What is the inner meaning of the word 'Bharat'? 'Bha' means light, effulgence and

divinity. So, the Bharatiyas are those who spread light and effulgence of wisdom. The Indian scriptures like the Bhagavadgita, the Upanishads and the Brahma Sutras are shining resplendently, showing the path of divinity to man.

## Spirituality Starts with Faith

Buddha was born in this sacred land of Bharat; he declared to the world *Ahimsa Paramo Dharma* (non-violence is the greatest Dharma). He undertook



penance for several years, met many noble souls, listened to spiritual discourses and studied various scriptures. But he was not satisfied. Man aspires for bliss. But how can he attain it?

*Where there is faith, there is love.*

*Where there is love, there is peace.*

*Where there is peace, there is truth.*

*Where there is truth, there is God.*

*Where there is God, there is bliss.*

The path of spirituality starts with faith and ends with bliss. Bliss cannot be attained from materialistic pleasures or people of the world. It can be experienced only when the five senses are put to proper use.

Today man reads sacred books to attain bliss, but all these books have their own limitations. One cannot get infinite bliss by studying scriptures. One must study an infinite book in order to experience infinite bliss. This world itself is an infinite book. There are so many things to be learnt from the world. Who are your friends? Not your classmates or roommates. Only God is your true and eternal friend. It is only with the help of this friend that you will be able to study the infinite book, the world. When one undertakes the study of this infinite book, one has to put into practice the five important teachings of Buddha. They are: *Samyak Drishti* (right vision), *Samyak Bhavam* (right feeling), *Samyak Sravanam* (right listening), *Samyak Vak* (right speech) and *Samyak Karma* (right action). A true human being is one who follows the path of truth. Truth, righteousness and sacrifice should be the way of life. Buddha said: *Buddham Saranam Gachchhami, Dhammam Saranam Gachchhami, Sangham Saranam Gachchhami*. It means Buddhi (intellect) should follow the path of Dharma and

Dharma should be fostered in society. Only then the country will prosper. This is also the inner meaning of the word SAI. 'S' denotes 'spiritual change', 'A' denotes 'association (social) change' and 'I' denotes 'individual change'. Man's mind will become pure and sacred only when these three changes take place.

### Life Principles of Man

Divinity is latent in every individual. But, today man has forgotten his divine nature and is getting deluded by worldly, ephemeral pleasures. Sathya, Dharma, Santhi, Prema and Ahimsa are verily the five life principles of man. They are like his Pancha Pranas, namely, Prana, Apana, Vyana, Udana and Samana. If he loses Sathya, it amounts to losing one part of his life-breath. And when he loses all the four, viz., Sathya, Dharma, Santhi and Prema, he loses four parts of his vital life-breath. As a result, he is confronted with suffering and violence from all sides. Who is responsible for this? Man himself is to be blamed for this. Buddha said non-violence is the greatest Dharma. Love will be fostered only when non-violence is practised. When love is fostered, there will be peace in the world. When there is peace in the world, man will naturally take to the path of Dharma. When man follows the path of Dharma, he will attain Truth. It is, therefore, the primary duty of every man to foster these life principles.

Happiness is not to be found in any of the things of the world. Everything is fleeting. Man is wasting his life in the pursuit of petty, ephemeral pleasures. Nirvana is the only truth. It is the sense of oneness with all life. To turn the mind towards that which is permanent is Nirvana.

– From Bhagavan's Buddha Purnima Discourses.





## *Effulgence of Divine Glory*

# THINK OF GOD ALWAYS



ON 29TH SEPTEMBER 1961, Shankara and myself went to Puttaparthi. My mind was in turmoil. We had lost a case pertaining to some property in a prime location in Mysore (now



Mysuru) city in a lower court, which meant a huge financial loss to us. I rushed to my mother, who was staying in the Old Mandir, and apprised her of our predicament. Her reaction was predictably calm. With faith in Swami, which did not falter even for a moment, she said, "We may be at an apparent loss, but Swami does everything for our good".

We waited near the interview room to have Darshan. Bhajan was in progress. Many were sitting in the verandah for interview. After quite some time, Swami came out. Seeing us, Swami told all the old devotees, "Go and attend the Bhajan. I will have to see the newcomers now. You can do only Padanamaskar now". We did Padanamaskar and went to the Bhajan. The next day, we waited near the interview room before commencement of Bhajan. Swami called us. We went in. Both of us did Padanamaskar. He asked, "What happened"? I said, "Swami, we lost", and gave Him the details. Swami asked us to appeal to the higher court. I said that it would cost more and we could not afford that much money.

Swami placed His hand on my head and said, "Swami is there. He will look after everything". Later, He recited a Sloka and said, "Do you know what Lakshmana prayed to Rama? He prayed, 'Rāma, just as You use Adishesha as Your bed in Your manifestation as Vishnu, please keep me in Your proximity forever'. Did he lack anything – wealth, kingdom, parents and wife? He had everything. Still, he left all those things and asked for Rama's proximity. Similarly, you must yearn for Him alone. You will, somehow, be carried through all other tribulations".

I said, "Swami, always keep us in Your mind. Shall we try again, Swami? It either makes or mars our future security". Swami

advised us to appeal in the higher court. All of us did Padanamaskar and left.

We appealed in the higher court and lost again. Our grief knew no bounds. Terribly shaken, we came to Puttaparthi again. The next day was Monday and we sat outside the interview room. After calling a few persons, Swami called us. We had gone there only to do Padanamaskar, but had the good chance of talking to Him. Swami came towards me and said, "Money, money, worries about money. Do you know what you should worry about? You should worry that you have not yet realised God".

I said, "Swami, I, too, worry about it". Swami said, "Then, why worry about this so much? As long as the purse was with you, you had to worry about it. Now that you have given it to Me, it is My duty to look after you. Should you worry still"? I said, "We should not, Swami. We worry about repaying all the accumulated debts. We just do not see any way out".

Swami explained, "You are afraid, because your faith in Me has reduced. If you had complete faith in Me, you would not have developed fear. Do you know what is Atmarpana? Whatever may happen, you should relentlessly follow Him. He will do something or the other for you. He will somehow make everything all right. He (pointing to Himself) can do anything. What did Ramadas and others do? Only this much, isn't it? Whatever punishment they underwent, they were relentlessly thinking of Rama".

I said, "Even Ramadas and others found fault with You, when they had to go through unbearable adversities. What of lesser mortals like us, Swami? You are

aware of the huge loss we sustained in the court case, which was decided against us". Swami, hearing this, laughed loudly.

I asked, "Swami, if You are really present in our hearts, why do we get such problems and worries"? He said, "Why? Didn't Ramadas and others face similar problems"? I said, "Swami, they could have committed some mistakes, when You were not present in their hearts. We are sure we have not done anything wrong to deserve this fate". Swami said, "When you take this human form, committing some mistakes is inevitable, but you should not think of those. Think of Him always". Swami pulled up Shankara, holding his cheek and asked, "Are you obeying your parents"? He replied, "Yes".

We prayed to Swami never to leave us. He promised that He would never leave us. We pressed His hands against our eyes. Shankara asked whether we could do Pradakshina (circumambulation). Swami stood at the centre of the room. Both of us did Pradakshina and Padanamaskar. Suddenly, we felt elated with the thought that we were able to do the Pradakshina of Jaganmata (Mother of the Universe).

Swami said, "It is a pity that you have lost heart for such a trivial issue". I said, "We are afraid of repaying the loans", picking up the thread of the earlier conversation of the court case. Swami consoled, "Keep yourself calm. You will get the money to repay the loans. Is there a sky without clouds? A rose without thorns? A man without worries"? I said, "Swami, the thorn is not in contact with the rose. It is present, but exists separately. Please grace us, so that thorns in us do not hurt others". Swami said, "That is My job. I will do that".

I said, “Swami, please tell me something about meditation”. Swami said, “Let the matters pertaining to that house, court case, be closed. Then, I will come to this house (pointing at me). This house has been registered to Me”. I said, “Pardon me, Swami”? He repeated, “This house (pointing at me) has been registered to Me”. I thanked Swami for bestowing His grace. Swami then enquired about the children and my husband.

Swami had already materialised Vibhūti and given it to us. He gave us some photos of His and said, “These are not for you, but for giving to those, who ask for them”. He then gave some Vibhuti packets. Shankara

asked Swami to sign one of the photographs. Refusing, Swami said, “What! You got so many photos signed by Me last time. You are asking again. No”. But, compassionately, He touched them and gave them back. Shankara told Swami about his impending study tour. Swami said, “Good”. Then, turning to me, Swami said, “Because of the loss in the lawsuit there, you have gained this (showing Himself). Which is greater”? I said, “Yes, Swami. This is much greater than what we have lost. Please grant us more and more of this”.

– Excerpted from “Sri Sathya Sai Anandadayi” by Smt. Karunamba Ramamurthy.

...continued from page 10

also. You see God in everyone. Whomsoever you salute, it reaches God ultimately. But you should not have excessive connections.

Swami is watching. Many old persons are here. They have been listening to Swami’s Discourses over many years, but when once they go out from here, they develop attachment. Atheism is increasing in people on seeing such persons. The reason is absence of devotion. People have no faith in these persons because what they say, they don’t do. So, do what you say! Then only will you earn respect. Fill your life with divine love and experience bliss. You don’t

get it out of sacred texts. It cannot be taught by others. It comes out of the Self. That is Self-realisation. That Self is God. That is real bliss.

Do not project your vision outward. Turn the vision inward. Enquire what you are doing is right or wrong. Question yourself, “Is it right or wrong? Is it yes or no”? Then your conscience will give you a clear reply. Your conscience will lead to the right path. As you do that, chant the Lord’s Name.

– Bhagavan’s Discourse in Sai Sruthi, Kodaikanal on 6th April 1993.

*As all rivers hurry towards the sea, let all your imaginings wend their way to God. The play is His; the role is His gift; the lines are written by Him; He decides the dress and decoration, the gesture and the tone, the entrance and the exit. You have to act well the part and receive His approbation, when the curtain falls. Earn by your efficiency and enthusiasm the right to play higher and higher roles – that is the meaning and purpose of life.*

– Baba



# EASWARAMMA: THE MOTHER OF EASWARA



AFTER THE CONSTRUCTION OF Prasanthi Nilayam, one day I went to see Kondama Raju. He asked Easwaramma to get a glass of water. He told her, "God has come to take me away. He had made a promise that He would pour water into my mouth with His Divine hands, before I leave this body. He has come to fulfil His promise". Puzzled by Kondama Raju's request, Easwaramma said, "You are not suffering from any disease, you don't even have fever or a cold. What makes you think that your end has approached"?

## Kondama Raju's Advice to Easwaramma

Then Kondama Raju said, "Death occurs as per the Will of God. Just as birth has no reason, death too has no reason. This is the Truth of truths". Easwaramma did not want

to argue with him. According to his wish, she brought a glassful of water and gave him. He sat down on the floor and made Me sit on the cot. He kept his head on My knees and said, "Swami, please listen to My prayer". Easwaramma was watching all this. She wondered, how is that he had so much love and regard for his young grandson. Kondama Raju said, "As You know, I was doing a small business to make both ends meet. Perhaps I may still have to pay a paisa or an anna to certain people. Please bless me so that I am not indebted to anyone on my death". I said, 'so shall it be' and started pouring water into his mouth. He breathed his last as he was drinking water. His desire was fulfilled. Before leaving his mortal coil, he told Easwaramma not to get deluded by body attachment. He said, "Bodily relationship is temporary, whereas Atmic relationship is permanent. So, give up body attachment and develop attachment to the Atma".

## Swami Reveals His Divinity to Easwaramma

From that day onwards, Easwaramma never stayed at home; she started staying in Prasanthi Nilayam. Everyday both in the morning and evening she used to come upstairs and talk to Swami. She also understood My Divinity very well. When I appeared in the form of Lord Siva to her, she would ask, "What Swami? Why are You adorning the snakes around Your neck"? I would act innocent, "Well, I don't have any snakes on Me". She would move away saying, "Look, there are some snakes inside". But later on not finding any snake inside, she would ask for forgiveness. Like this on many occasions, she had the



*Sri Kondama Raju with Bhagavan.*

experience of My Divinity. Similar was the case with Kausalya and Yashoda. Though they knew that their sons were Divine, they used to get carried away by their motherly affection towards them. Mothers are highly noble and virtuous. Their nobility cannot be described in words. It does not matter if you do not acquire worldly wealth, but you should try to win the wealth of your mother's grace. Only then will your life be sanctified.

### **Simplicity and Nobility of Easwaramma**

Today we are celebrating Easwaramma Day. Who is Easwaramma? She is the mother of Easwara. This was not the name given to her by her parents. But after her marriage, Kondama Raju (Swami's grandfather), being one of wisdom and blessed with a vision of the future, started calling her Easwaramma (mother of Easwara). She was christened as Namagiramma at the time of her birth. But Kondama Raju told her that Easwaramma was the most appropriate name for her, as he knew that she was going to become the mother of Easwara.

Easwaramma was born in such a poor family that she did not even have proper food to eat. All that she had to eat was Ragi Sankati (gruel prepared from a coarse grain). Even I too eat Ragi Sankati only. Many people in Karnataka eat Ragi Sankati. I like it very much. I do not relish rice, Kurma (curry), etc. Ragi Sankati with groundnut chutney is My favourite food. Both Ragi and groundnut are available in our village. When I come here from Puttaparthi, I bring Ragi flour with Me. Even when I go to Kodaikanal, I tell the boys to bring Ragi flour for Me. Easwaramma was illiterate. When I see the egoistic attitude, perverted mentality and ostentatious behaviour of the present-day educated people, I feel it was better that Easwaramma did not have any schooling.

When I was seven and half years old, I used to teach Pandhari Bhajans to small



*The Divine Parents: Sri Pedda Venkama Raju and Smt. Easwaramma.*

children in our village. Easwaramma and Subbamma used to feel ecstatic watching Me sing Pandhari Bhajans and dance to their rhythm. Sometimes, her husband Pedda Venkama Raju would give Easwaramma some money for the household expenditure. Once two annas were remaining with her out of this money. One could buy two bags of puffed rice for two annas those days. So, Easwaramma bought two bags of puffed rice with the two annas and distributed to the children. She always used to give away whatever she had with her. She was the embodiment of sacrifice. She used to talk lovingly to all those who came to her. When devotees would feel sad that Swami was ignoring them, she would console them saying, "Whatever Swami does is for your own good".

**– From Bhagavan's Easwaramma Day Discourses.**

# CELEBRATIONS AT PRASANTHI NILAYAM

## UGADI FESTIVAL

THE JOYOUS FESTIVAL OF Telugu New Year Ugadi was celebrated at Prasanthi Nilayam on 8th April 2016. The first programme in the morning after Veda chanting was Panchanga Sravanam (almanac reading) by a noted Vedic scholar Sri Kuppa Siva Subrahmanya. Commenting on the possibilities of the New Year, the distinguished scholar remarked



*Panchanga Sravanam on Ugadi.*

that the year would bring more good than evil because of good governance. A Ugadi Discourse of Bhagavan, played on the public address system, followed next, in which He exhorted the devotees to control their desires, leave negative qualities and fill their heart with love for all to celebrate Ugadi in the right spirit. Bhagavan brought His Discourse to a close with the Bhajan “Prema Mudita Manase Kaho Rama Rama Ram”. There was an enrapturing devotional music programme presented by T.K. Sisters, Dr. T.K. Saroja and Ms. T.K.L. Sujatha in the afternoon who enthralled the devotees with devotional songs which included “Sriman

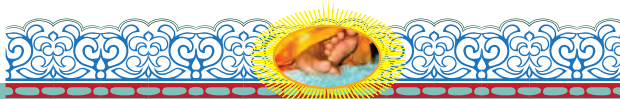
Narayana”, “Gowri Sukumara”, “Vanamali Radha Ramana”. The programme ended with a touching solo “Aashirvadinchu” (bestow Your blessings) dedicated to Bhagavan Baba by a Sai Youth.

## TAMIL NEW YEAR AND VISHU

Festive spirit was witnessed at Prasanthi Nilayam when devotees from Tamil Nadu and Kerala thronged its sacred precincts to celebrate Tamil New Year and Vishu (Kerala New Year).

The 3-day Tamil New Year celebrations started on 12th April 2016 with a scintillating Carnatic classical music concert by a talented singer Smt. Vidhya Kalyanaraman who presented devotional songs, surcharging the entire milieu with deep devotional fervour. Beginning her concert with the composition “Maha Ganapatim” dedicated to Lord Ganesh, the singer next rendered a song dedicated to Lord Rama “Vandanamu Raghunandana” (salutations, oh descendent of Raghu clan) with great Bhava. What followed next was a classical feast of devotional numbers with lilting lyrical expression and ecstatic devotional appeal. She concluded her concert with the Bhajan “Pibare Rama Rasam” (taste the nectar of Rama’s Name).

On the second day of the Tamil New Year celebrations at Prasanthi Nilayam, a brilliant instrumental concert was presented by the famous saxophone exponent Sri M. Jayakumar along with his brother and party on 13th April 2016. Altogether, it was an absorbing recital which included Tamil







*Devotional music as part of Tamil New Year celebrations.*

devotional numbers and Sai Bhajans, viz., “Manasa Bhajare Guru Charanam”, “Govinda Krishna Jai Gopala Krishna Jai”, “Bho Shambho Siva Shambho Swayambho”.

Earlier, a grand ceremony was held in Poornachandra Auditorium where



*Abhishekam ceremony in Poornachandra Auditorium.*

Abhishekam of the Utsava Murthi (idol for festivals) of Ardhanareeswara of Tiruchengode temple was performed amidst chanting of Vedic hymns.

The programme on the third and final day of Tamil New Year celebrations, 14th April 2016, began with an erudite talk of Justice B. Rajendran of Madras High Court. Speaking on the topic “Bhagavan’s Message to Humanity”, the learned speaker observed that Bhagavan’s main message

to mankind was love and service to all which He demonstrated in His own life and exhorted His devotees to make their life His Message by following the sublime ideals set by Him.

The grand finale of the Tamil New Year celebrations was an absorbing violin recital by renowned violin sisters from Chennai, Dr. M. Lalita and Dr. M. Nandini. Presenting a couple of Tamil compositions and Hindi Bhajans, the duo displayed a sublime



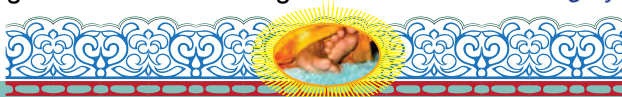
*An absorbing violin recital.*

combination of melody and rhythm in their brilliant and serene recital which had a captivating effect on the audience.

The first programme as part of Vishu celebrations at Prasanthi Nilayam was a very exhilarating and lively musical presentation by a team of 21 musicians, both men and women, on the morning of 15th April 2016. Led by Sri Brijith, this group of Kerala Sai Youth called “White Feathers” presented a



*A musical offering by Sai Youth of Kerala.*



beautiful mix of melodies, which included a Jai Ganesh number, a Malayalam song dedicated to Lord Guruvayur, a Bhajan medley and Prasanthi Bhajans. Rendered with deep devotion, the entire presentation kept the listeners mesmerised with its spontaneity and simplicity for over one hour.

Another musical presentation called Sampradaya Bhajan, a traditional style of Bhajan singing popular in South India, was made by Sri Sanal Kumar Varma and party from Kozhikode in the afternoon. Beginning with the song “Narayana Jai Narayan”, the singers sang fast-paced vibrant devotional

righteousness which can lead him to the goal of God-realisation, added Bhagavan. Bhagavan brought His Discourse to a close with the Bhajan, “Govinda Krishna Jai Gopala Krishna Jai”.

On 16th April 2016, a talented and upcoming singer from Kerala, Kumari Abhirami Ajay made a soulful musical presentation, providing a befitting conclusion to joyous Vishu celebrations at Prasanthi Nilayam. Beginning her concert with a prayer song to Lord Ganesh, she next sang a carnatic composition and followed it with Bhajans, Abhangs and Kirtans which included “Jai Jai Janani Sai Janani” (hail Divine Mother Sai), “Jai Maha Maruti” (hail Hanuman), “Swagatam Krishna” (welcome Krishna). She concluded her hourlong concert with a famous Annamacharya Kirtan “Brahmamokkate Para Brahmamokkate” (God is one).



*Sampradaya Bhajans as part of Vishu celebrations.*

songs and Kirtans dedicated to various deities, namely, Narayana, Siva, Rama, Krishna, Subrahmanya and Hanuman, and brought their performance to a befitting end with the Kirtan “Sri Rama Jai Rama Jai Jai Rama”, this being the sacred day of Sri Rama Navami, the day of Lord Rama’s advent.

This soul-stirring devotional music programme was followed by a Sri Rama Navami Discourse of Bhagavan, which was aired on the public address system. Lord Rama, Bhagavan said, propounded the doctrine of Sathya and Dharma. Man should therefore always uphold truth and

### NEW HOSTEL FOR MUDDENAHALLI CAMPUS STUDENTS

A new three-storey hostel building for the students of Muddenahalli Campus of Sri Sathya Sai Institute of Higher Learning was inaugurated on 2nd April 2016. The ceremonies began on 1st April 2016 with Vastu Homam. On the morning of 2nd April 2016, Kalasha Puja (worship of Kalasha) was performed amidst chanting of sacred Vedic hymns by the students. The morning programme also included speeches by Sri S.S. Naganand, Trustee, Sri Sathya Sai Central Trust and Dr. Naren Ramji, Registrar of the Institute. A large number of dignitaries graced the occasion by their presence. They

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# THE DIVINE PATH

Yogesh Dhiman

**S**RI SATHYA SAI BAL VIKAS IS THE best platform for younger generation to take a step towards spirituality. It happened in my life also. When I used to attend Bal Vikas classes, my revered Guru told us: God speaks to us through our conscience. First, it was unbelievable for me as I could not understand it. According to my Guru's advice, I only tried to put into practice the teachings of Swami. Now when I am facing the world, I have realised that this is our direct satellite link with the Atma, our divine inner self. Now I try to place my thoughts, words and deeds before the inner screen of my conscience and then take any action. Sri Sathya Sai Bal Vikas has taught me this lesson. I try to move on this divine path constantly.

Secondly, I always remember Bhagavan's saying, "Develop noble qualities, for only then will humanity blossom in you. To indulge in demonic actions while having the human form means degrading human nature". This has become my life principle. I have both virtues and vices. But my ultimate goal is

to become one with my true divine nature. To achieve it, I try to remove my vices with constant efforts and increase the ability to give selfless love which is the essence of all virtues. As we know, whatever seed is planted, corresponding tree will grow out of it. So, I ensure that every second of my life is spent in a fruitful and sacred manner.

Today I feel myself the luckiest person for being a part of this great organisation. In those days, I learnt Slokas (verses) with their meanings and explanations. Today, I find Sai Krishna guiding me all the time in difficult situations. In my first group, I used to participate in various activities during Easwaramma Day celebrations and other major events. Now that I have completed my third group, I cherish the memories of those events and activities. Involvement with this sacred organisation has led me closer to Bhagavan Baba. I am grateful to Sri Sathya Sai Bal Vikas which has filled my life with fragrance of peace, harmony and spirituality and is leading me on the divine path.

– From **"Sri Sathya Sai Bal Vikas: The Path Divine"**.

## *Swami's Tips to Students*

Just as you desire to wear clean comfortable clothes for the body, desire also clean consoling exercises for the mind like Japa (repetition of God's Name), Dhyana (meditation), etc. Use the eyes to watch wholesome things, the feet to proceed to the House of God, the hands to serve the embodiments of God moving around you as humans, the tongue to soothe pain, praise virtue and glorify God.



## Valuable Maxims

Given below are some valuable maxims of Bhagavan. Learn these and find the following words in the given word maze:

1. Knowledge that is not put into practice is like food that is not digested.
2. Patience is all the strength a man needs.
3. Let the wave of memory, the storm of desire, the fire of emotion pass through without affecting your equanimity.
4. One single act of service offered to God who you visualise in another is worth all the yearning for God.

*Knowledge, practice, food, digested, patience, strength, wave, memory, storm, desire, emotion, equanimity, service, visualise, yearning, worth.*

K	N	O	W	L	E	D	G	E	P	R	W	E
F	O	O	D	E	Q	I	E	O	V	I	A	S
E	D	S	O	N	U	E	D	E	D	V	P	
M	E	C	E	P	A	T	I	E	N	C	E	C
O	R	M	P	L	N	R	G	S	A	I	W	O
T	S	E	R	V	I	C	E	D	U	R	O	R
I	T	M	A	E	M	A	S	G	A	M	R	E
O	R	O	C	B	I	S	T	R	O	M	T	H
N	E	R	T	R	T	T	E	A	T	A	H	O
T	N	Y	I	A	Y	I	D	E	E	G	E	L
I	G	O	C	V	I	S	U	A	L	I	S	E
O	T	D	E	S	I	R	E	O	N	E	T	O
N	H	Y	E	A	R	N	I	N	G	S	A	T

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included Trustees, Sri K. Chakravarthi, Sri S.S. Naganand and Sri R.J. Rathnakar and Secretary Sri G.S.R.C.V. Prasada Rao of Sri Sathya Sai Central Trust, Vice Chancellor, Deans and Heads of Department and teaching staff from various campuses of the Institute. Also present were the workers, supervisors, engineers and architects, who contributed in various ways to the construction of the building.



*New hostel building for students of Muddenahalli Campus.*

The Trustees of Sri Sathya Sai Central Trust felicitated all of them for their excellent work.



# *My Journey with Sanathana Sarathi*

Dr. Sudhansu Kumar Nayak

What I have learnt from my journey with Sanathana Sarathi till now is that whatever work is performed sincerely with the Name of Sai, it is always taken up by Him. He looks into its perfection. It is for us to dedicate ourselves to Him and open our heart to receive His guidance and follow it implicitly.

**I** REMEMBER THE DAY WHEN MY teacher Sri B.K. Misra handed some papers over to me to be cyclostyled.

It was the first issue of “Sathya Sai Vani” in Odia (later “Sanathana Sarathi”) to be published on Bhagavan’s Birthday in 1969. I was then not aware of the valuable work assigned to me though I was already in Swami’s fold inspired by a photograph brought by my father. Accompanying my mother to weekly Bhajans, I became a Seva Dal member taking care of the shoes of the devotees. In 1974, I was selected to attend Summer Course at Brindavan and stayed in Bhagavan’s Divine Presence continuously for 35 days. Later, I joined Bangalore (Bengaluru) Seva Dal in 1978 while working in the Space Department there. Charged thus with the blessings of Bhagavan, I was sent back to Odisha as a college teacher.

## **Editor of Sanathana Sarathi by Divine Will**

In the meantime, Sri Misra left for Prasanthi Nilayam on employment and Sri P.S. Nanda succeeded him as the editor of Sanathana Sarathi in 1980. But he was in need of some assistance as he



was busy otherwise and had an urge for frequent and prolonged visits to Puttaparthi. Bhagavan willed me to meet him, who without knowing much of me, asked me to translate the second half of the English Sanathana Sarathi every month and later the whole magazine which he just brushed up. Towards the end of 1982, he left for Prasanthi Nilayam for an indefinite period and the entire work automatically passed on to me. When the State President came to know the mystery of regularity in publication even in the long absence of the editor (Bhagavan’s work can never be disrupted



for any reason whatsoever), he declared me the editor from March 1983. Then only could I understand that my running errands for the first issue was His Divine Will and these fourteen years were a training period for me to work for Sai literature.

### **Direct Evidences of Bhagavan's Divinity**

After a decade of my journey with Sanathana Sarathi, our State President Sri B. Panda asked me to edit Sri Sathya Sai Bal Vikas monthly also, which he himself was editing. Bhagavan blessed me with this new assignment in a dream and gave me an important word of advice – “While translating you must feel the word”. He further explained, “For example, how are you going to translate the word ‘propitiation’”? I said, “It will be Santosh (satisfaction) or Trupti (contentment)”. He refuted, “No, no. Has God no satisfaction or contentment? It will be ‘Preetyarthe’ (for the pleasure of)”. One can imagine my feelings when in the morning while translating Bhagavan's Discourse from Sanathana Sarathi I came across a sentence in which the word propitiation was used in the sense indicated by Swami.

The third phase in my journey with Sanathana Sarathi was translation of Sai literature. One day, one of the compositors casually told me that they had no work that day. It shocked me too much – no work means no pay – no pay means no food. I sincerely prayed Bhagavan to provide them work everyday and He answered my prayer in His own way by immediately transferring me 400 km away from my native place, where I stayed alone and devoted my time to the translation of Sai literature, which not only provided daily wages to our press workers but also increased the number of publications; and as told by the Manager, Sri N. Mohanty, it also solved the financial crisis of the press. Now we are having all

the Vahinis, Sathya Sai Speaks, Summer Showers, Dasara Discourses and many other titles numbering more than 220 and more than 100 low-cost books in Odia; and the subscribers for both the magazines are more than 15,000 each.

During this journey, I have always followed Bhagavan's dictum – ‘Come, examine, experience and then accept’. And whenever any doubt arose in my mind, Bhagavan created peculiar situations for me, by which I experienced direct evidence of His Divinity. It will take numerous pages to pen them down. But before concluding I would like to share one interesting case, which happened while translating Dr. Ghooi's book ‘Bhakti and Health’, where there is a mention of Dr. Gokak's 13th day ceremony on 9th May 1992 after his sad demise on 28th April 1992. But 28th April to 9th May are only 12 days. I enquired from the author, who herself was confused. I was in a dilemma. How can the readers understand when the translator himself is not sure of what he is saying! In the morning I had to give the final proof to the press and in the night Bhagavan appeared in my dream and scolded me, saying, “Dunnapota! Gokak died in the early hours; and according to English calendar it calculates 12 days, but in Indian calendar it is 13 days”.

Swami gave me a number of such experiences! What I have learnt from my journey with Sanathana Sarathi till now is that whatever work is performed sincerely with the Name of Sai, it is always taken up by Him. He looks into its perfection. It is for us to dedicate ourselves to Him and open our heart to receive His guidance and follow it implicitly.

– **Dr. Sudhansu Kumar Nayak is the editor of “Sanathana Sarathi” (Odia).**





## CONTINUOUS SHOWER OF GRACE

**M**ILLIONS OF DEVOTEES HAVE been drawn into service in Sai Organisation in different parts of the world due to their personal experiences with Bhagavan. Leaving His physical body, Bhagavan reached His unmanifested state in 2011. Some devotees are experiencing His Leelas from His Maha Samadhi state also. I wish to give below one such experience.



I came to know of Bhagavan in 1958. I became an office bearer in the Meenambakkam and Kotturpuram Samithis in Chennai. Due to old age, my wife and myself came to Nashik, Maharashtra in 2009, to stay with our daughter. Our house is on the outskirts of Ambad in Nashik far away from the post office. For the little monthly donation we were making to Sri Sathya Sai Central Trust, we were getting Vibhuti Prasadam, Bhagavan's photo and receipt for the donation. Probably due to the distance, the postman was irregular in delivering this post and also "Sanathana Sarathi" magazine. Later, there was an announcement in "Sanathana Sarathi" that those interested in the donation receipt for income tax purposes should contact the Trust on the website. Then the regular Vibhuti Prasadam was stopped.

In the 3rd or 4th week of July 2015, I fell ill with heavy distention of stomach followed by uncontrolled loose motions. I was not even able to stand up properly. On the second day of my sickness, there was a post from Sri Sathya Sai Central Trust containing Vibhuti Prasadam, photo of Bhagavan and that month's donation receipt. As I applied the Vibhuti on my forehead I started improving in health.

Is it not the grace of Bhagavan that made Sri Sathya Sai Central Trust post the Prasadam too that month only? Further, what made the postman to deliver that post on that day only?

Let us carry out the service of Bhagavan with the feeling that Swami will help us from the Maha Samadhi state also. Love All, Serve All.

**– The author is an old-time devotee of Bhagavan.**



# Total Surrender

**K**ING AMBARISHA WAS A great devotee of Lord Vishnu, and performed all rituals with great dedication according to Vedic injunctions. He observed fast on Ekadasi (11th day of the moon) meticulously and broke his fast only after worshipping Lord Vishnu and offering five types of food to him on Dwadasi (12th day of the moon).

Once Saint Durvasa came to the palace of the king at a time when he was about to break his Ekadasi fast on the day of Dwadasi. After welcoming saint Durvasa with great reverence, the king prayed to him, "Swami! Kindly come soon after having

drew near. King Ambarisha was in great dilemma as he did not want to transgress the time of offering food to the Lord and breaking his fast. So, he went to his Guru and asked him what he should do in this situation. The Guru said to him, "Oh King! There is no harm in taking a sip of water. In this way, your fast will also be completed". The king did as commanded by his Guru.

At that time, Saint Durvasa came back to the palace. Finding that the king had broken his fast ignoring the rule of honouring the guest first, he pronounced a terrible curse on him. However, the king was least perturbed by the curse and maintained his equanimity.



*Saint Durvasa came to the palace of King Ambarisha when he was observing fast on Ekadasi.*

bath in the river Ganga and finishing your daily worship. I will break my fast after you come back". As the saint was delayed in returning to the palace, the time of offering food to Lord Vishnu and breaking the fast



*Saint Durvasa ran to save himself when the discus of Vishnu chased him.*

At that time, the Chakra (discus) of Lord Vishnu appeared there and came towards the saint. The fear-stricken saint ran to protect himself, going all the way to the three Lokas (worlds). But all this was of

*continued on cover page III...*

# NEWS FROM SAI CENTRES

## MALAYSIA

**F**OLLOWING THE TEACHING OF Bhagavan Sri Sathya Sai Baba that understanding must come before adjustment, ten Sathya Sai Youth from Malaysia hosted a national interfaith youth event on 16th January 2016. The youth are leaders of the Friendship Group for Inter-religious Service (FGIS), a unique



*Interfaith meeting in Malaysia.*

programme that builds bridges by helping youth cultivate a better understanding of the principles of various religions. The event attracted about 45 youth from the public, belonging to different religious traditions, and inspired them to focus on their relationship with God as taught by different faiths. Faith-based establishments, including the Hindu Temple, the National Mosque, the Buddhist Maha Vihara, the Kuala Lumpur Gurudwara, and the Lutheran Church in Kuala Lumpur, supported the event for the betterment of society at large.

## ITALY

On 17th January and 14th February 2016, the Sathya Sai International Organisation (SSIO) of Italy organised educational

workshops for families participating in Sai Spiritual Education (SSE) programmes, at the Mother Sai House near Milan. About 40 participants were divided into several age-



*An educational workshop on human values in Italy.*

groups. The children engaged in various educational activities focusing on the core of Sathya Sai's teachings on the five human values, as well as practising the principles of "Ceiling on Desires" and "Love All, Serve All". Through creative workshops that included storytelling, singing and painting, the children learned that courage and generosity were more valuable qualities than physical strength. The parents participated in a workshop on good parenting and practising "Ceiling on Desires", where they exchanged experiences on raising children and helping them acquire good character. The parents also deepened their understanding of the principles of "Ceiling on Desires" as taught by Bhagavan Baba.

## CROATIA

On 12th November 2015, two members of the Sathya Sai Centre of Bjelovar led an



evening programme titled “Wakie Wakie Stories,” on education in human values, in Petar Preradovic at the National Library in Bjelovar. The volunteers arranged for the reading of folk tales and stories with a spiritual message in a warm and intimate atmosphere created by candlelight. Visitors filled the gallery of the National Library and listened with rapt attention to the narration



*Storytelling in Bjelovar, Croatia.*

of tales that transported them back to childhood days – to a time when they could sail off, carried by the winds of fertile imagination, to new and distant worlds of fairy tales. The readings brought back fond memories of a cherished time when parents or grandparents told bedtime stories. The programme began with a Hasidic folk tale, “A Place in the Woods”, followed by “The Heir of the Kingdom” and an Aesop’s fable, “The Sun and the Wind”. As part of the musical accompaniment for the evening, brothers Boris and Marko Damljanovic sang a Native American devotional song titled, “Huake Leno, Leno” (I am One with the Infinite Sun). The audience joined in the singing, and soon the library gallery resounded with joyful music. Next, Tina Gatalica narrated a fairy tale, “The Story of Zorko”, by the noted Croatian writer, Ivana Brlic Mazuranic. The last story of the evening was a Romanian folk tale, “The Three Golden Hairs”. The

programme ended with a cheerful song, “I Know Somewhere there is a Place”, from the Croatian musical, “Yalta,Yalta”, in which the audience also joined in singing. Before leaving, 40 visitors who attended the programme opened a packet they had received at the beginning of the event. To their delight, each received a CD on Light Meditation, to remind them of the divine light illuminating their hearts.

## MEXICO

The Sathya Sai Center of Cuauhtémoc in Coatzacoalcos, Veracruz, supports an active Sathya Sai Education in Human Values (SSEHV) programme for children, and twice a year, children enrolled in the SSEHV programme serve the needy of the community with love and compassion. On 21st November 2015, the children lovingly prepared *pambazos*, a delicacy of Veracruz consisting of bread with beans and cheese, for distribution. In the process, the children not only developed culinary skills but also self-esteem and self-confidence. The group then visited a local hospital to distribute the *pambazos* along with blankets.

Blankets were also distributed by the students, with the help of teachers, for



*Service to the underprivileged by children in Mexico.*

warmth and comfort of the needy during cold weather. A young student, upon observing a person in need, requested her teacher to hand over a blanket. Upon receiving the blanket, the grateful recipient told the student, "You know, my baby was just born, and you gave him his first blanket. What you have done is very noble, and you are a good person". The loving statement, demonstrating the value of selfless service, touched the heart of the young student.

## AUSTRALIA

The SSIO of Australia and Papua New Guinea participated in a Christmas celebration on the morning of 12th December 2015 in Blacktown, NSW. The event was organised in collaboration with the Culturally and Linguistically Diverse (CALD) organisation's Aged Care and Disability Services, who provide free services to people with disabilities, mental illness, chronic conditions, terminal illness, or the aged, and Syd West Multicultural Services, which supports ethnic minorities of various cultures. These organisations have worked together closely over the last two years to make Christmas a joyful and memorable event for the migrant, multicultural, senior residents of western Sydney. The event's intention was to welcome minorities and make them feel at home, as an integral part of the Australian nation of generous and hospitable people. The Deputy Mayor, Councillor Jacqueline Donaldson, attended the event and applauded the efforts to embrace the migrant communities and make them feel loved and welcomed. The event came alive with Turkish, Serbian and Greek dances, and everyone joined in the festivities. A beautiful skit presented by Sathya Sai children, depicting the human

values of love, forgiveness, truth and non-violence, touched the audience. About 20 Chinese seniors together rendered a melodious Chinese folk song and a Christmas carol in Chinese, to the delight of the audience. Talented musicians from the SSIO also made wonderful presentations. The SSIO was honoured with a Certification of Appreciation by Syd West Multicultural Services, which was accepted by Sri Krishnan Nair, SSIO Central Coordinator for Australia, Papua New Guinea, and New Zealand.

## INDONESIA

About 30 SSIO volunteers held an annual SSE camp of the Sai Study Group of Indonesia (SSGI) from 12th to 14th February 2016 in Bali. This year, about 115 SSE students participated in the event, under the theme "Manava Seva is Madhava Seva" (service to humanity is service to God). Students came from the SSGI units of Denpasar,



*Annual SSE Camp in Bali, Indonesia.*

Mahendradata, Tabanan, Singaraja, Seririt and Pujungan, as well as the Sai Devotional Groups (SDGs) of Kedis and Kayuputih. In addition to attending educational sessions, the students presented arts and cultural

performances based on the themes of love and service. The last day of the conference was dedicated to practising what had been learned. The children went out to villages to distribute food to the needy. It was a beautiful and effective way to embed the value of selfless service in the tender hearts of the participating SSE students.

Concurrent with the SSE camp was the annual SSE teacher-training programme, where 24 candidates enrolled to begin their journey as SSE teachers. The principal speaker for this programme, Dr. Laxmi Seetharam from the Philippines, lovingly shared her experiences and provided resources on developing lesson plans for SSE teachers. Through the three-day programme, teachers gained necessary skills and confidence to begin their journey as Swami's instruments in nurturing human values in the tender hearts of children.

## LATVIA

Inspired by Bhagavan Baba's declaration that women can become brilliant beacons to serve humanity, the SSIO of Latvia hosted a three-day workshop in February 2016, in the capital city, Riga, on the "Role of Women in

Family, Society and SSIO". Maria Quoos, Central Coordinator, SSIO Region 73, led 22 women on a journey toward greater self-awareness by inspiring them to nurture their inner strengths and to pursue their mission as women in society. She emphasised that by knowing and loving themselves, they could nurture their character and assume greater responsibility for making the world a happier place. The sessions were full of laughter, tears and open discussions, and the workshop was permeated with a strong sense of oneness and love for one another. During the closing ceremony, participants shared individual experiences.

In February 2016, two evening meetings, themed "Love: the Presence of Divine Energy", were held in Venstpils, located 200 km from Riga, and in Riga itself. The discussions focused on the role of the SSIO and on applying the teachings of Sathya Sai Baba in daily life. The evening sessions were well attended by SSIO members and the public.

## RUSSIA

The SSIO of Russia held 15th Annual Conference of the Northwest Region, on 6th-7th February 2016, near St. Petersburg. The event was attended by 66 delegates from nine Sathya Sai Centres and Groups. The conference opened with a welcome by Valery Voshchinin, Chair of Zone 8 of the SSIO. Participants then presented reports of the activities conducted in 2015. In addition, delegates discussed their spiritual journeys and personal transformations through service in the SSIO. Uplifting talks and beautiful cultural performances were presented by SSIO members from the Sathya Sai Centres of Kupchinsky, Svetlanovsky, Pioneer, Cupcino, and Lotus



*Workshop on the role of women in society.*





*15th Annual Conference, Russia.*

in Cherepovets, a city in the Vologda Oblast region. Every contribution was unique and fostered a sense of unity and love among the members of the SSIO, Russia. Many inspiring discussions were held, and the delegates were reminded that the best form of worship was to follow the Lord's commandments with simplicity and honesty, for receiving His grace. The cultural performances were a fitting tribute to the conference theme, "Love Through Unity; Unity Through Love". The Youth Regional Coordinator spoke of her participation in the Sathya Sai International Youth Leadership Programme held at Prasanthi Nilayam in November 2015, with emphasis on the importance of self-purification. The conference concluded with a round table discussion delving into important questions on various spiritual and practical topics.

– **Sathya Sai International Organisation**

## B H A R A T

**Gujarat:** To commemorate Bhagavan's visit to Waghaldhara on 31st March 1967, Gujarat State organised the Annual Festivity on 31st March 2016. More than 100 devotees gathered at Waghaldhara and sang Bhajans. Fifty-two boys from the hostel of Waghaldhara High School were given pant and shirt pieces, a tradition continued



*Commemorating Bhagavan's visit to Waghaldhara.*

as Swami too had given the children clothes during His visit. This was followed by Narayana Seva.

**Punjab:** Sri Sathya Sai Seva Organisation, Punjab organised a mega medical camp at Sri Sathya Sai Rural Health Centre, Kotla Gonspur village (Hoshiarpur district) for eye, dental and gynae check-up on 27th March 2016. Dr. H.S. Sahota, an eye surgeon, Dr. Kamaljit Kaur Dogra M.D. (gynae) and Dr. Nitish Gupta (dental surgeon) examined the patients. More than 250 patients were examined in the camp and free medicines were given to the patients. Ten patients were provided spectacles and five eye operation were done free of cost in one of the best super speciality hospitals in the city. The



*Medical camp in a village.*

whole expenditure was borne by Sathya Sai Organisation, Punjab.

**Tamil Nadu:** The 15th Anniversary of the Vocational Training Centre for Mahilas was organised by Sri Sathya Sai Seva Organisation of Tamil Nadu on 19th March 2016. Started in the year 2001 with four departments, the Centre today functions with 14 departments. Thirty-five Mahilas are serving in the Centre in different capacities imparting training in varied streams. The Chief Guests of the function were Sri R.J. Rathnakar, Trustee, Sri Sathya Sai Central Trust and Smt. Himavahni Rathnakar. Delivering the keynote address, Sri Rathnakar pointed out that love and service alone sustained life on earth, and investing one's time in these services was time invested for God. Participating in these service activities ensured His blessings for generations to come, he said. The programme which began with Veda chanting included Bhajans, devotional music by the students of the vocational training centre, a video show depicting various activities



*Distribution of sewing machines to Mahilas who completed their course in tailoring.*

of the different departments and talks by distinguished speakers: Sri N. Ramani, Dr. V. Mohan, Sri G. Varadan and Sri T.G. Krishnamurthy. On this occasion, certificates and prizes were distributed to the students by Smt. Himavahni Rathnakar. Sri R.J. Rathnakar and Sri V. Srinivasan, Trustees of Sri Sathya Sai Central Trust distributed sewing machines to the Mahilas who completed their course in tailoring. Smt. Soundarya Krishnamoorthy, State Spiritual Coordinator, honoured the teachers serving in the Centre.

## **Sri Sathya Sai Institute of Higher Medical Sciences (A Unit of Sri Sathya Sai Central Trust)**

**Prasanthigam - 515134, Puttaparthi, Anantapur District, Andhra Pradesh,**

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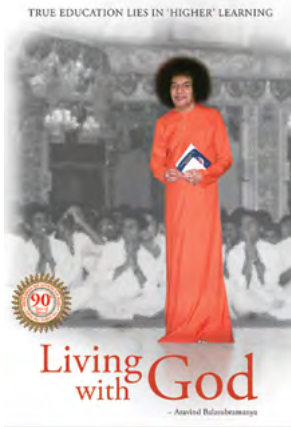
Interested candidates may apply with full particulars to The Director, SSSIHMS-PG before 1st June 2016 by email to [academicspg@sssihms.org.in](mailto:academicspg@sssihms.org.in)

Stipend will be paid as per the rules of the Institute.

*– Director*

## Book Review

# Living with God



LIVING WITH GOD  
Aravind Balasubramanya  
₹ 70.00

**W**HAT IS THE BASIC difference between a Messiah, a Prophet and an Avatar? One plausible answer is that Messiahs and Prophets come to elevate human consciousness through their preachings and practice; whereas Avatars come to focus the attention of masses on the lives of devotees and the wonderful ways through which God protects, mends and transforms them into icons of noble life. The Bhagavadgita declares in no uncertain terms that sincere devotion to God is greater than all meritorious deeds

and even greater than the path of knowledge. It is hard for us to recognise true devotees among masses; and is even harder to know their past. For Bhagavan the life history as also the future of everyone is like an open book, as demonstrated through several instances in this book.

‘Living with God’ is a wonderful narration about eighteen devotees with whom Sri Aravind Balasubramanya was closely associated. The narration is as much absorbing as the contents are, because it flows from the pristine heart of a devotee.

A good loving heart is enough to be drawn towards God; and when the pining is intense nothing can keep the devotee away from the Lord. And with His grace all other qualifications are bestowed upon the sincere devotee as and when necessary. Many devotees appear to be mad, but in fact they are mad for God, says the author. Even while showering immense grace and bounty of love, Swami cuts the devotee to size when ego crops up or when corrective hints are ignored.

As a former student of Sri Sathya Sai Institute of Higher Learning, Sri Aravind displays a beautiful blend of literary skill and a fine knack of presenting deeper aspects of Madhura Bhakti (endearing fervour of devotion) all through the book. Even a casual word from Swami is like a Vedic dictum is amply vouched through many wonderful episodes in this book.

– PPS Sarma

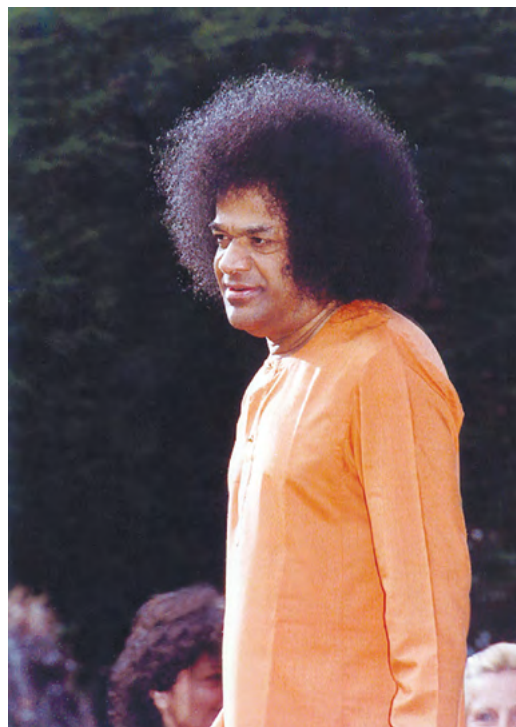
*...continued from page 28*

no use. In the end, he approached Brahma, Vishnu and Maheswara (the Divine Trinity) who directed him to go to King Ambarisha and pray to him for protection.

Observe the greatness of total surrender of the king! He did not even pray to Lord Vishnu to save him from the curse of Durvasa. Considering the curse also as the Will of the Lord, he accepted it with quietude. Total surrender lies in accepting everything with equanimity.



**To buy photographs of this issue, please click on any of the photographs, you will be guided to our website**



## About 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, educational software etc for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagawan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on [www.sanathanasarathi.org](http://www.sanathanasarathi.org).
- 3) Maintaining a reporting channel, which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers' - for free distribution.
- 4) Organising and conducting seminars and conferences on spirituality, religion, education, and human values.
- 5) Providing library and Reading room for visiting devotees, with a very large collection of 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
12. Body And Mind
13. My Dear Ones
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15. Silence
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34. Nama Mahima
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37. Sri Sathya Sai Anandadayi
38. Truth, Auspiciousness, Beauty
39. Sai Baba's Mahavakya On Leadership
40. Path To Peace - Prayers for Daily Life

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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)
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REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/1958 REGN.NO. HDP/002/2015-2017  
LICENCED TO POST WITHOUT PREPAYMENT No.PMGK/RNP/DLGS/Sanathana Sarathi

Date of Publication: 1st May 2016



*Devotional music programme by T.K. Sisters.*



*Carnatic classical music concert by Smt. Vidhya Kalyanaraman.*



*Musical presentation by Kumari Abhirami Ajay.*

Annual Subscription English (12 issues)

India ₹ 75. Nepal, Bhutan and Sri Lanka ₹ 600.

Other Countries ₹ 850 or US \$19 or UK £13 or €13,

CAN \$22, AUS \$26. Acceptable for 1, 2 or 3 years.

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## *Pursue Noble Ends*

Human body, so filled with skills, so capable of great adventures, is a gift from God to each of you. It has to be used as a raft on which you can cross this never calm sea of change that lies between birth and death, bondage and liberation. Pursue nobler ends, have grander ideals; sensory pleasures are trinkets, trivialities.

*– Baba*



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

Editor: G.L. ANAND