

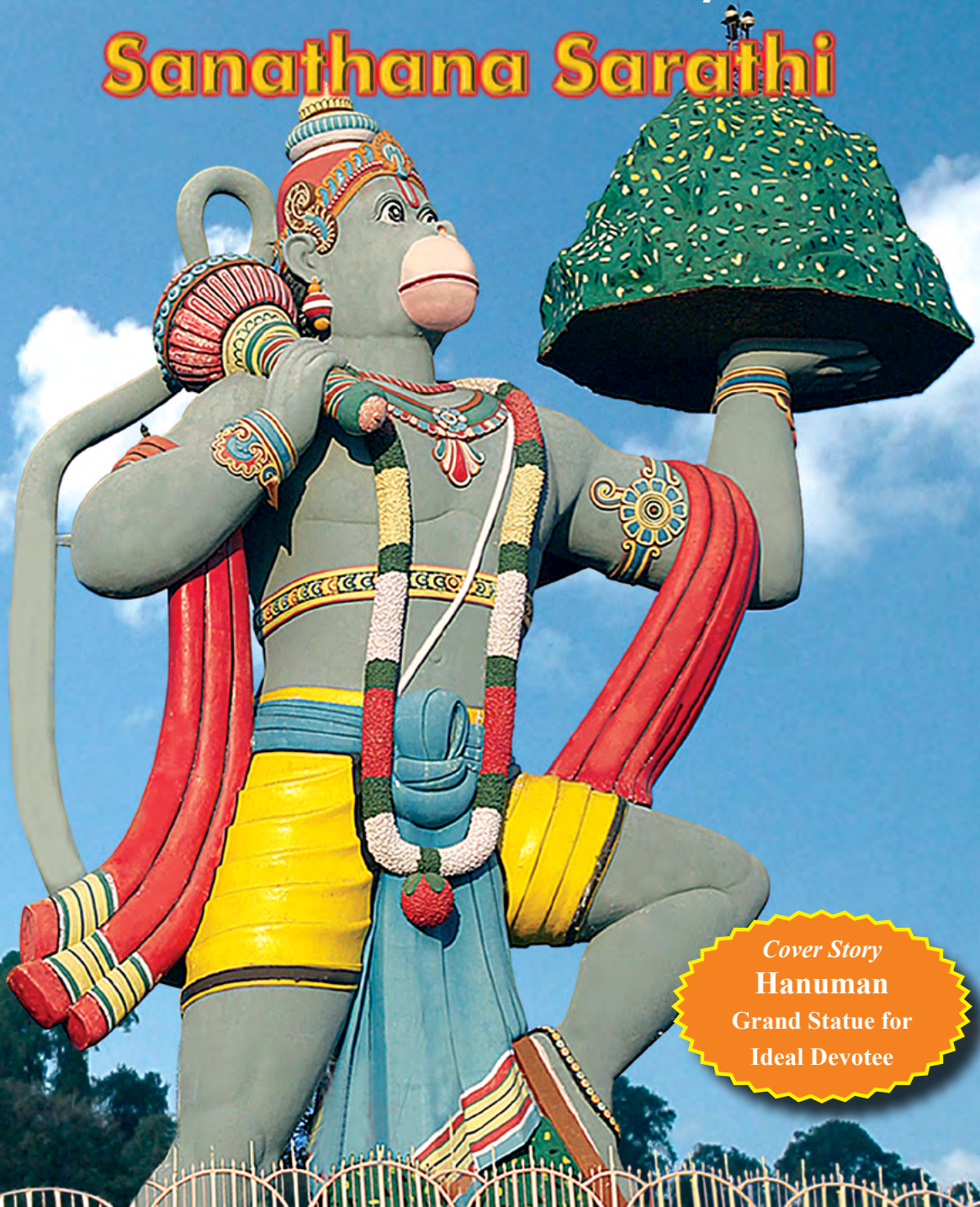


NOVEMBER 2013

*Special Issue*

**The Glory of Sai Avatar**

# Sanathana Sarathi



*Cover Story*

**Hanuman**

**Grand Statue for**

**Ideal Devotee**

# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

Vol.: 56 Issue No. 11 Date of Publication: 5th November

November 2013

© Sri Sathya Sai  
Sadhana Trust, Publications Division  
Prasanthi Nilayam

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

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

And Published at Sri Sathya Sai  
Sadhana Trust, Publications Division,  
Prasanthi Nilayam 515134, Anantapur  
Dist., Andhra Pradesh.

Editor **G.L. ANAND**

Assistant Editor **P. RAJESH**

E-mail: subscriptions@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

**General enquiry : 287164**

Sri Sathya Sai University -

Administrative Office : 287191 /

287239

Sri Sathya Sai Higher

Secondary School : 289289

Sri Sathya Sai

Primary School : 287237

SSSIHMS, Prasanthigram,

Puttaparthi : 287388

SSSIHMS, Whitefield,

Bengaluru : 080 28411500

## Annual Subscription

acceptable for 1, 2 or 3 years.

**English India:** (12 issues) ₹ 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

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

**Subscribers.**

The month and year of expiry

of your subscription is indicated

next to the subscription number

on the mailing wrapper. Three

asterisk marks (\*\*\*) appearing

after your subscription number

indicate that you should renew your

subscription immediately. Please

quote your present subscription

number while renewing the

subscription. All subscriptions and

other correspondence should be

addressed to The Convener, Sri

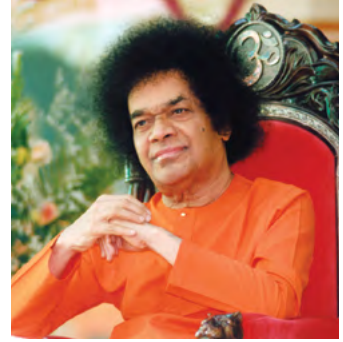
Sathya Sai Sadhana Trust, Publications

Division, Prasanthi Nilayam - 515

134, Anantapur district, Andhra

Pradesh, India.

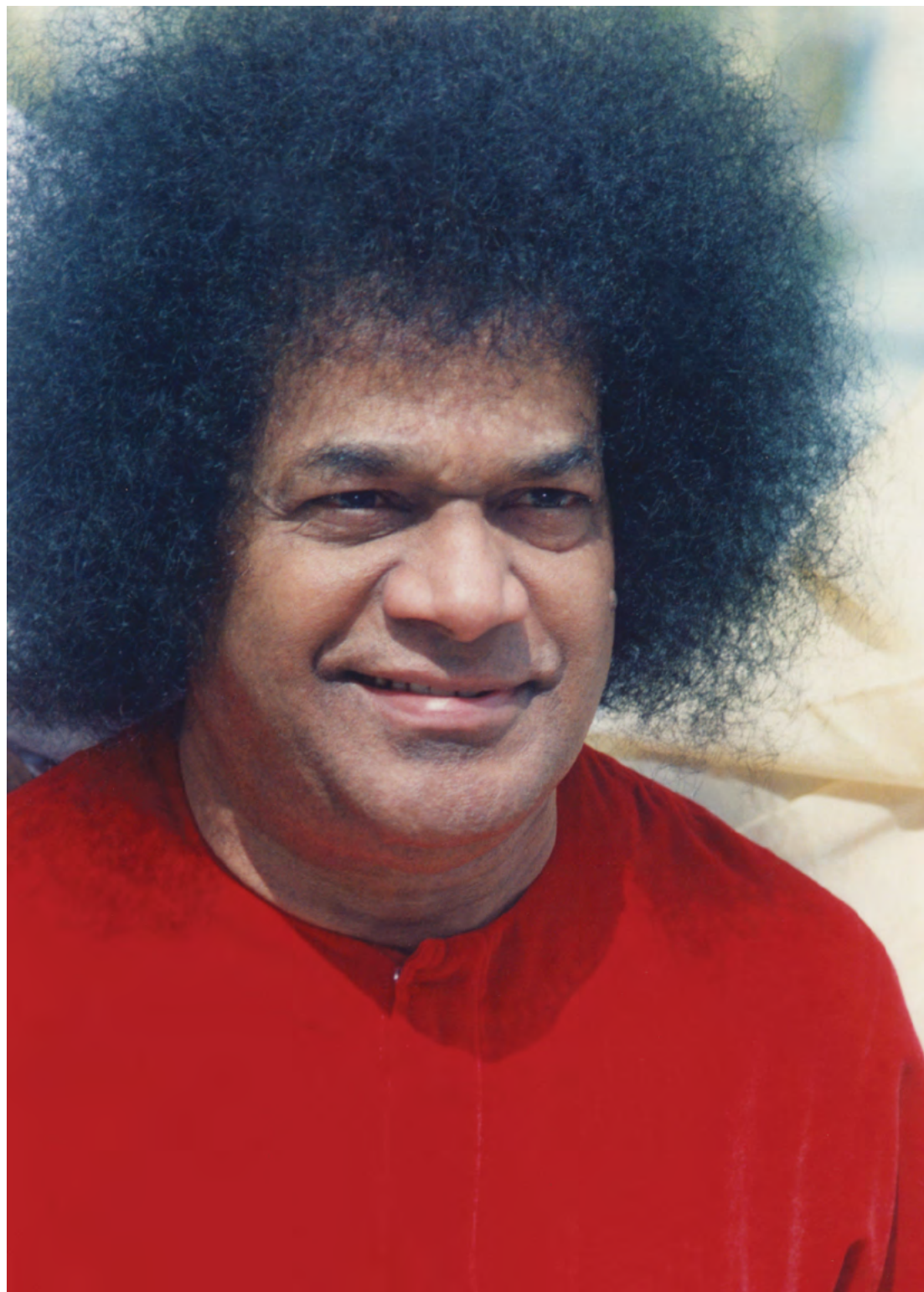
*"What is the special significance and sacredness of human life? What is the purpose of human life? Is it Khana, Peena, Sona, Marna (eating, drinking, sleeping and dying)? Even ants and mosquitoes do that. If you also do the same, in what way are you superior to them? What is the value of human life? Having attained human birth, you should reach the supreme state of blessedness."*



## CONTENTS

- 2 **The Avatar of Love**  
**Editorial**
- 3 **Make your Heart the Temple of God**  
**Bhagavan's Discourse: 21st August 1996**
- 13 **Loftiness Marks Dasara Programmes**  
**A Report**
- 19 **Bhagavan's Message Forms the Bedrock of All Religions**  
**S.S. Naganand**
- 22 **Man's Firm Adherence to Dharma Pleases God**  
**From our Archives**
- 24 **Sanathana Sarathi (The Eternal Charioteer)**  
**R.J. Rathnakar**
- 27 **Constant Integrated Awareness**  
**Dr. Narendranath Reddy**
- 31 **A Journey to Self-peace**  
**Dr. Abdelfattah M. Badawi**
- 35 **Swami Adds a New Dimension to the Science of Psychiatry**  
**Dr. Samuel H. Sandweiss**
- 38 **Hanuman: Grand Statue for Ideal Devotee**  
**Cover Story**
- 40 **Correct Calculation**  
**Chinna Katha**
- 41 **Let us Make our Life Swami's Message**  
**Fize Mohammed**
- 45 **Journeys to Sai – Journeys to Love**  
**Kirsten Pruzan**
- 49 **Celebrations at Prasanthi Nilayam**  
**A Report**
- 52 **News from Sai Centres**





# THE AVATAR OF LOVE

## EDITORIAL

**B**HAGAVAN SRI SATHYA SAI BABA IS A UNIQUE AVATAR IN the history of mankind who reached out to millions of people in all parts of the world belonging to all nationalities, faiths, cultures, races and speaking all the diverse languages of the world to give His Divine Message directly to all of them without any intermediaries like disciples, apostles or interpreters. Millions of hearts now vibrate with His love energy and share their love with others. They provide food and clothes to the needy, solace to the sick and destitute, rush to help the victims of natural calamities and provide all types of succour to local communities on the basis of their needs. This sacred task is continuously being performed by these volunteers of love through the network of the Sai Organisation set up by Bhagavan in all parts of the world. In this way, this Avatar of Love has brought about a paradigm shift in the consciousness of man.

He never considered religion or race or nationality as a barrier between man and man. He had love for all and He gave the experience of His Divinity to all. This exalted principle of broad-mindedness and equal-mindedness has permeated the Sathya Sai Organisation, which works for the unity of mankind and follows His principle of “Love All, Serve All.” This perhaps is the greatest legacy He has left for the guidance of this fragmented and divided world.

Numerous devotees in all parts of the world have received from Him His tokens of love or what He calls His ‘visiting cards.’ As He Himself says, “My acts are evidences of Divine power, signs and signals of Divinity. I am granting things out of Prema. My Prema will never diminish.” These acts of Divine Grace show His Divine Majesty. We cannot belittle them by calling them mere miracles. He demonstrated His love for the entire human race without any differences whatsoever.

This special issue of “Sanathana Sarathi” is most humbly dedicated to this Avatar of Love and makes an attempt to give a glimpse of His Divine Glory. It also comes with a new cover design along with a brief write-up inside.

– Editor



AMRITA DHARA

BHAGAVAN'S DISCOURSE:  
21ST AUGUST 1996

# MAKE YOUR HEART THE TEMPLE OF GOD

*In the beginning, white ants may appear to be very small in number, but in no time they may multiply and eat away the entire root of the tree. Similarly, howsoever great one may be, if evil thoughts enter one's mind they will ruin one's life completely.*

(Telugu Poem)

*Where there is smoke there must be fire.*

*When there is a driver to run the train,*

*And a person to control the traffic signals,*

*Should there not be a Creator behind this world?*

(Telugu Poem)

THE WORLD IS THE REFLECTION OF YOUR INNER BEING

**T**HIS VISIBLE WORLD consisting of sentient and insentient objects is constituted by five elements. The entire world is the reflection and manifestation of these five elements. All the forms with their various limbs are nothing but the different forms of God. That is why Purusha Suktam declares, *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (the Cosmic Being has thousands of heads, eyes and feet). It is God who pervades the entire



universe with His thousands of heads, hands, feet and eyes.

## Make Sacred Use of Five Elements

The universe is the effect and God is the cause. The entire creation is the manifestation of cause and effect. The cause is in micro form and the effect is in macro form. Both the microcosm and macrocosm are the very forms of God.

*Brahman is subtler than the subtlest, vaster than the vastest. He is the eternal witness and pervades the entire universe in the form of Atma.*

*Atma is Brahman and Brahman is Atma.*  
(Telugu Poem)

God is the smallest among the small and the biggest among the big. Small and big are only different in form, but they are one with respect to their innate infinite power. The microcosm and macrocosm are inseparable and are interdependent. Therefore, you should never consider Nature different from God. Nature is God, God is Nature. The five elements present in Nature are the forms of God. That is why our ancients worshipped earth as Bhu Devi, water as Ganga Devi, air as Vayu Deva, fire as Agni Deva and sky as Sabda Brahman. But people today do not treat these five elements with reverence and make unsacred use of them. Showing disrespect to the five elements amounts to showing disrespect to God. Therefore, you should sanctify your life by making proper and sacred use of the five elements.

God is the creator, sustainer and annihilator of everything that was there in the past, that is there in the present and that will be there in the future. He is the master of all the three periods of time, past, present and future. According to Telugu calendar, the name of the first year is Prabhava because God is the Prabhu (Master) of time. Therefore, you should have faith in the Master. Only then can you experience peace and happiness in this world.

**The same Atma is Present in all Students!**

This is not the first time I am telling this. I have told you on several occasions

***Never forget God. If you forget God, your life becomes meaningless. However great one may be, even a Prime Minister or a President, one should not forget God. Hero becomes zero if he forgets God. Everything in this world is subject to change. Come what may, never leave the Supreme Being. Try to go closer to God as much as possible. This is the real spiritual practice man should undertake.***

in the past also. In this world, there is a continuous conflict between good and bad, righteousness and unrighteousness. This is inescapable. On the one hand, you have the Kauravas and on the other, the Pandavas; Dharma (righteousness) on one side and Adharma (unrighteousness) on the other. There is a constant conflict between the two. The attitude and priorities of the Kauravas were just opposite to those of the Pandavas. For the Kauravas, the priorities were first I (self), next world and last God. But the Pandavas gave first place to God, next to world and last to I. All those who follow the path of Dharma will always give first place to God. That is why according to Indian culture, the first year of the Telugu calendar Prabhava connotes God. Not only that all the years that follow are also named after God. God is beyond any measure. That is why the sages have extolled Him as Aprameya (immeasurable). It means He cannot be comprehended by





direct or indirect evidence or by any other inference. None can describe God as this or that. He is a fool who says this is God and that is not God. What is the reason? *Mamatma Sarva Bhutantaratma* (I am present as the Atma in all beings). The same Atma pervades all just as the same current illumines all bulbs.

*Jewels are many, gold is one  
Cows are many, milk is one  
Beings are many, breath is one  
Flowers are many, worship is one  
Unable to understand this reality out of  
his ignorance,  
Man has become a victim of many  
troubles  
For the sake of his mundane existence.  
What else is to be conveyed  
To this assembly of noble students?*

(Telugu Poem)

Is there any difference between the worship performed with different flowers such as jasmine, rose, marigold, etc? Flowers are many, but worship is one. Man has developed all these differences to lead his mundane life. To observe differences is the attribute of Pravritti (outward). But the true, eternal and immortal goal of life is only one and that is the Atma. Divinity is uniformly present in all. But people perceive it in different ways depending on the capacity of their intellect.

Our intellect may be compared to a mirror. Holding a small mirror in your hand, you can capture the reflection of the sun and stars which are millions of miles away. The circumference of the sun runs into

crores and crores of miles. Such a gigantic sun is reflected in a small mirror. That is why it is said, *Viswam Darpana Drishyamana Nagari Tulyam* (the entire world is like a city seen in a mirror). The entire universe is reflected in the small mirror of our intellect. Therefore, this universe or the world are not outside. They are within you. They are the reflection of your inner being. What is present in you, you see the same thing outside. In fact, there is nothing outside that is not present in you. Here, there and everywhere, wherever you see, you find only one Atma. Why do you search here and there when the principle of Atma is everywhere? In fact, all the five elements are one.

I explained to you the three principles of Advaita the other day: Padartha Advaita, Kriya Advaita and Bhava Advaita. You may wonder when the very meaning of Advaita is oneness, then how can there be three forms associated with it? In fact, you are experiencing these three types of Advaita in your daily life.

What is Padartha Advaita? Here is a cloth. It is not a cloth but a bundle of threads; not even a bundle of threads, it is cotton. Therefore, cotton, threads and cloth are one and the same. Their usage and their names and forms may appear to be different, but there can be no threads without cotton and no cloth without threads. Cotton, threads and cloth are different only in name and form. But the underlying substance is the same. Therefore, you cannot say they are different from each other. This is Padartha Advaita.



What is Kriya Advaita? You perform many types of service activities and various actions, but if you do all of them to please God then all your actions become one. *Sarva Karma Bhagavad Preetyartham* (do all actions to please God). You offer food and fruits to God. Before offering, they are merely food and fruits, but after offering they become Prasadam. You prepare sweet pudding, tamarind rice, curd rice and various items. Before offering to God, you may call them by their respective names. But after offering to God, everything becomes Prasadam. Therefore, all the actions that are offered to God correspond to Kriya Advaita. Here there are no two entities. *Ekameva Adviteeyam Brahma* (Brahman is one without a second). Not two, only one.

The third is Bhava Advaita. There are only five elements in this body, that body and all other bodies. You may want a particular object from others if it is not already there with you. When the desired object is with you only, why do you want to acquire it from others? The five elements that are present in others are present in you also. Similarly, the Atma that is present in you is present in all. Therefore, all are one. *Ekoham Bahusyam* (the One willed to become many). The same gold takes the form of various ornaments. Similarly, the five elements which are the manifestations of Divinity are present in all. With regard to this, there is no difference whatsoever. This is Bhava Advaita. Man's life can become meaningful only when he tries to understand and experience these

three types of Advaita. When you keep the feeling of duality in your mind and try to exhibit non-duality outwardly, you get only restlessness. Here is a small example.

### Develop Love for God

Once there was a very wealthy person who had nothing else to do other than 'loading and unloading.' Because of his excessive eating and lack of physical work, he suffered from indigestion. He went to a specialist and asked him the remedy for it. He was an expert doctor. He said, "You don't need to spend even a naya paisa to cure indigestion. In fact, you have yourself invited this trouble because of excessive eating. Don't you know how much your stomach can hold? But on account of your greed you are overloading it. Hence, the indigestion. Your power of digestion is less but the food you consume is more. That is the cause of your indigestion. Therefore, I prescribe a very good remedy for this. Try to listen. Keep a small piece of salt in your mouth and suck its juice."

Now salt is available in the form of powder, but earlier it was available only in rock form. The wealthy person did accordingly and got cured of indigestion. It was the time of his birthday. As he was cured of his indigestion, he wanted to distribute sweets to all and celebrate the occasion. He went to a sweetmeat shop and wanted to taste the sweet before buying it. When he put a small piece of the sweet in his mouth, it tasted salty. He told the owner of the sweetmeat shop that his sweet was not good and went to another shop. There also he had the similar experience. In this





manner, he went to five sweetmeat shops one after the other but did not like the taste of the sweets in any of these.

The owner of the sixth shop understood his problem. Before the rich man could taste the sweet, the owner of the shop told him, "Look, there is a tap. Go there and rinse your mouth thoroughly and come. Then only you should taste my Laddu." The rich man accordingly rinsed his mouth thoroughly after throwing away the piece of salt that was in his mouth. Then the Laddu tasted sweet. "Yes, this Laddu is very tasty," he said. The shopkeeper said, "Oh mad fellow, when you have a piece of salt in your mouth, how can you appreciate the sweetness of any Laddu? Every Laddu will taste salty." Likewise, a person suffering from the disease of atheism, and having the bitter substances like bad thoughts and bad feelings in his mind, cannot enjoy the sweetness of the Divine Name. When someone tells him the sacredness of service and such other spiritual practices, they appear to be tasteless to him. Does the defect lie in the Divine Name or spiritual practices? No, no. This is the result of his own disease of atheism.

Once some people went to attend a marriage. In the marriage, many types of food items were served. When sweets like Laddu and Jilebi were being served, five or six of them refused to take, saying, "We don't want." It is not because they did not like sweets. They did not want to take them because they were diabetic. Likewise, there are theists, atheists, theistic-atheists and atheistic-theists in this world. All the

***God resides in your heart. However, when you manifest your innate divinity and experience it, you get bliss. When you read the names of sweets like Mysore Pak, Jilebi, Burfi in a book, can you enjoy their taste? No. It is only when you eat them can you experience their sweetness. Similarly, merely knowing that God is within you will not give you the taste of divinity. Only when you realise your oneness with God can you experience bliss. This is the reason why God incarnates on earth.***

spiritual practices taste sweet to theists, but to those who have no love for God, the same spiritual practices appear tasteless. Students, teachers and all others fill their hearts with sacred feelings so long as they are here. Therefore, everything appears sweet and good to them. But once they leave this place and enter the outside world, they become the victims of worldly desires due to the influence of worldly surroundings. The moment the disease of worldly desires sets in, they become distant from spirituality. Not only that, they start developing doubts and misunderstandings regarding spirituality. There may be a cure for cancer but not for the disease of hatred towards God and spirituality. Do they lack education? No. They lack sacred feelings. Ravana was the master of 64 forms of knowledge. He was wealthy and powerful. He had everything at his disposal. But as he became the slave of Kama and Krodha



(desire and anger), all his knowledge, power and wealth had no meaning.

### **God Incarnates in Human Form to Uplift Man**

A person who is a slave of his desires becomes a slave of the entire world. But one who conquers desires, conquers the whole world. The world becomes subservient to a person who becomes a servant of God. Therefore, never forget God. There are three important truths that the Vedanta teaches. They are like priceless gems. These three truths are: do not believe the world, do not forget God and never be afraid of death because death is inevitable. You should carefully treasure these truths in your heart. Do not believe the world because the world is subject to change every moment. Do not be afraid of death. Can you avoid death by fearing it? It does not spare anyone. One has to always keep in mind these three truths of Vedanta.

It is foolishness to confine God to a particular place and think that He is present only there. God is everywhere. There is no place where He is not present. There is no form that is not divine. He is present in both living and non-living entities. Scientists say that the world is made up of atoms. This piece of wood, this speaker are also made up of atoms. Scientists call it atom but the spiritualists term it as energy. Difference lies only in names, but the object is the same. Just like atom is everywhere, divinity pervades everything. Every atom has a form. There can be no atom without form. You should have firm faith that God is the indweller of your heart. Just as our

body is constituted by various limbs such as hands, legs, eyes, ears, nose, mouth, etc., all the forms that you find in this world are the different limbs of God. There are rocks in the mountains, trees in the forest, water in the ocean, soil in the earth and flesh in the body. But they are all made of five elements. These five elements are the very forms of God. God has no separate form. God incarnates to demonstrate this truth to those who suffer from the blindness of ignorance. God comes down only in human form and not in any other form. What is the reason? All the living beings like birds, animals are following their Dharma and leading a natural life. It is only man who forgets his Dharma. Birds and animals have a reason and a season, but for man there is no reason and no season. That is why God comes in human form in order to reform man. *Daivam Manusha Rupena* (God is in the form of a human being). If God comes in the form of an eagle and tries to correct man, people would throw stones at it. Likewise, if God comes in the form of a he-buffalo and tries to correct man, he will not care for it. Rather, he will beat it with a stick, saying, who are you to tell me. Therefore, God comes in human form and moves among human beings to uplift them.

### **Follow the Easy Path of Devotion**

Here you have to understand two principles of Bhakti (devotion) and Jnana (knowledge). Once two brothers Jnanadeva and Bhaktideva were travelling together. Both of them felt thirsty after walking for



some time. Bhaktideva asked Jnanadeva, "Oh brother, I am thirsty, but cannot find water anywhere in the vicinity." Jnanadeva said, "Let us see if there is a well nearby." After walking some distance, they found an old well which had a little water at the bottom. Immediately, Jnanadeva assumed

change his form. He could not go into the well to drink water. Therefore, he sat there and started contemplating on God with love. As he was contemplating on God, water started overflowing the well. When he felt something cold touching his feet, he opened his eyes and found that water had come up to quench his thirst. Jnanadeva



*A person who is a slave of his desires becomes a slave of the entire world. But one who conquers desires, conquers the whole world. The world becomes subservient to a person who becomes a servant of God. Therefore, never forget God. There are three important truths that the Vedanta teaches. They are like priceless gems. These three truths are: do not believe the world, do not forget God and never be afraid of death because death is inevitable. You should carefully treasure these truths in your heart.*



the form of a bird, went inside the well, drank water and came out. Jnanadeva had the ability to assume any form. *Advaita Darshanam Jnanam* (experience of non-dualism is wisdom). Since he did not observe any difference between one form and the other, he could assume any form. But Bhaktideva did not have the power to

had to change his form, but there was no need for Bhaktideva to do this. As he turned his love towards God, whatever he wanted came running to him. There is nothing superior to devotion.

Once Bhaktideva sent a letter to Jnanadeva. What was written in it? Nothing. He folded a piece of white paper, put it in a cover and sent it to Jnanadeva.





When Jnanadeva opened the letter and saw, he did not find anything in it. If it is a formal letter, one can read it from the beginning to the end like “Dear Brother so and so... With salutations, your younger brother.” But there was nothing written in the letter. To give a reply to this letter, Jnanadeva kept on writing and writing. In spite of writing so much, there could be still some issues left in the letter to be answered. Therefore, he continues to write his reply even today. This signifies the principle of Jnana (knowledge). People who are endowed with knowledge are always engaged in research. They spend their entire life only in research. If you go on spending your whole life in research, when will you observe your inner reality? This is the fate of scientists today. They are always engaged in research and experiments. But they have no experience of reality. What do you gain by experiments? What appears new today becomes old tomorrow. This process of new and old continues endlessly. This endless experimentation is meaningless. The path of devotion is much easier than the path of knowledge. The path of knowledge is difficult and not within the reach of all. Man can achieve everything through devotion by chanting the Name of God and by the power of love.

### **God Resides in the Temple of your Heart**

*Students!*

Focus your love on the path which is acceptable to your parents and society.

Do not take to wrong path. Regarding matters of divinity, do not go by the opinion of others. Mira always sang the glory of Giridhara Gopala. Maharana did not like this. In spite of this, she never stopped chanting the name of Krishna. She chanted it at all times, at all places and under all circumstances. Unable to control his anger, Maharana dragged her out of the temple and closed the door of the temple. Mira was shocked. “Alas! Am I to leave You and go, oh Krishna! How is it possible? I cannot live without You,” she moaned. In this way, she underwent a lot of suffering. Then she realised that God is all-pervasive and not confined to the temple. Hence, she said, “Oh Krishna! My heart is Your temple and this is the temple You Yourself have built. The temple built by Maharana is temporary, but this temple of my heart is permanent.” She sang the song, *Chalore Man Ganga Yamuna Teer* (Oh mind! Go to the bank of Ganga and Yamuna). There is no need to book a ticket or make advance reservation to go to Prayag, the confluence of Ganga, Yamuna and Saraswati. The left nerve channel in the spine is Ida, the right nerve channel is Pingala and the central nerve channel is Sushumna. The centre of the eyebrows is the place where Ida, Pingala and Sushumna meet. That is real Prayag where Krishna resides.

*With His peacock crown, yellow robe and shining earrings, Krishna looks resplendent. Oh mind! Go to the bank of Ganga and Yamuna. (Mira Bhajan)*

Ganga symbolises Bhakti, Yamuna, Karma and Saraswati represents Jnana.



How are the waters of Ganga and Yamuna? They are pure and serene. They bring coolness to the body. Mira said, "Oh mind! Go to Prayag. Don't go anywhere else." Where is Prayag? It is within you, not in the outside world. God resides in your heart. However, when you manifest your innate divinity and experience it, you get bliss. When you read the names of sweets like Mysore Pak, Jilebi, Burfi in a book, can you enjoy their taste? No. It is only when you eat them can you experience their sweetness. Similarly, merely knowing that God is within you will not give you the taste of divinity. Only when you realise your oneness with God can you experience bliss. This is the reason why God incarnates on earth. He comes to give us the bliss of union with God. When you associate yourself with God at physical, mental and intellectual levels, there is no bliss greater than that. This is the type of bliss the Gopikas aspired for.

*Were You a tree, growing upwards,  
I would cling to You like a creeper;  
Were You a blossoming flower,  
I would hover over You like a bee;  
Were You the mountain Meru,  
I would cascade like a river;  
Were You the boundless sky,  
I would be in You like a star;  
Were You the bottomless deep,  
I would merge in You like a river.*

(Telugu Poem)

They said, "Oh Krishna, there should be absolutely no separation between us. There

should be eternal union." Such inseparable union with God is the true principle of devotion. There are four stages in the path of devotion: Salokya (perception), Sameepya (proximity), Sarupya (identity) and Sayujya (merger). Being in the contemplation of God is Salokya, being near God is Sameepya, identifying with God is Sarupya and merging with God is Sayujya. There are four objectives of life, namely, Dharma (righteousness), Artha (wealth), Kama (desire) and Moksha (liberation). Parama Bhakti (supreme devotion) is the Panchama Purushartha (fifth objective of life). There is nothing greater than this in this world.

### **Make your Human Birth Meaningful**

*Students!*

Study well, acquire jobs, get married and beget children. There is nothing wrong in this. But never forget God. If you forget God, your life becomes meaningless. However great one may be, even a Prime Minister or a President, one should not forget God. *Hero becomes zero if he forgets God.* Everything in this world is subject to change. Come what may, never leave the Supreme Being. Try to go closer to God as much as possible. This is the real spiritual practice man should undertake. Only then can his human birth become meaningful. *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest). Why is it considered to be the rarest? Is human life limited to eating, drinking, roaming and sleeping? Don't birds and animals do



that? Then what is the difference between you and animals? What is the special significance and sacredness of human life? What is the purpose of human life? Is it Khana, Peena, Sona, Marna (eating, drinking, sleeping and dying)? Even ants and mosquitoes do that. If you also do the same, in what way are you superior to them? What is the value of human life? Having attained human birth, you should reach the supreme state of blessedness. You should become recipients of God's love and grace and experience divine bliss. There is no bliss greater than that.

*Oh Krishna, play Your sweet flute and sow the seeds of love in the desert of loveless hearts.*

*Let the rain of love fall on earth and make the rivers of love flow.*

(Telugu Song)

You should plant the sapling of love in your heart and not a thorny bush of hatred. What does the flute symbolise? The flute is hollow. So, make your body hollow and pray to Krishna to breathe His divine music into it. When the body is filled with desires, how can Krishna fill it with sweet melodies? First make your body hollow, giving up all desires and illusions. When the body becomes hollow, Krishna will call you near Him, saying hello. Then He will pick you up, place you on His lips and fill

you with divine music which will immerse you and all others also in divine ecstasy.

One can aspire to become one of the two objects which are always with Krishna. One of these is a pair of sandals of His feet and the other is His flute. If you become His sandals, then you will have to bear all the pain due to stones, thorns, dust, scorpions and snakes that you may find on the road. This is extremely difficult. It is much easier to become a flute in His hands.

If you continue to hold a handkerchief, your hand will start paining after some time. It is easy to drop the handkerchief rather than to hold it. Likewise, it is easy to give up desires rather than cling on to them and undergo suffering. This is termed as Vairagya (detachment). Develop this spirit of detachment to the extent possible. However, it is not easy to do so when you lead a worldly life. You say, my son, my daughter, my house. First of all, you should give up the feeling of mine and thine. Vedanta speaks about the principle of 'Neti,' 'Neti,' 'Neti' (not this, not this, not this). Everything is God.

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

**– From Bhagavan's Discourse in Sai Kulwant Hall on 21st August 1996.**

*This Atma can neither be attained by study of the Vedas nor by intelligence nor by much hearing. It is gained by him who chooses it alone. To him this Atma reveals its true nature.*

– Kathopanishad: II - 23



# LOFTINESS MARKS DASARA PROGRAMMES

**D**ASARA AND NAVARATRI festivals at Prasanthi Nilayam were celebrated with great devotional fervour. The programmes that were held on this occasion included worship of the Divine Mother, Veda Purusha Saptaha Jnana Yajna, Sri Sathya Sai Grama Seva 2013, and various music, cultural and devotional presentations. Many new features like Hari Katha and Ashtavadhanam added to the variety of the programmes.

## VEDA PURUSHA SAPTAHA JNANA YAJNA

The celebrations began on a devotional note with the commencement of Kalasha Puja in Bhajan Mandir on the morning of

5th October 2013 by the Mandir priest, signifying the worship of the Divine Mother. After seeking the blessings of Bhagavan, this sacred Kalasha was taken to Poornachandra Auditorium, the venue of Veda Purusha Saptaha Jnana Yajna, at 9.00 a.m. on 8th October 2013 in a grand procession led by Nadaswaram musicians and followed by Veda chanting Ritwiks (Vedic priests) and students. The proceedings of the Yajna started soon after the arrival of the Ritwiks at the Yajnashtala (platform for the performance of Yajna) which was aesthetically decorated. A grand silver chair was placed on its right side for Bhagavan and a beautiful portrait of Bhagavan adorned its left side. Amidst chanting of Vedic Mantras by the priests



*Veda Purusha Saptaha Jnana Yajna being performed in Poornachandra Auditorium.*

and students, the sacred fire was produced in a traditional manner at 9.30 a.m. by churning one piece of wood over the other. After seeking the blessings of Bhagavan, the fire was placed in the Yajna Kunda. After preliminary rituals, four priests started offering oblations in the Yajna Kunda (sacrificial pit) while another group of four priests started reciting sacred Mantras of Krishna Yajur Veda. Simultaneously, the students also started chanting Vedic Mantras, one priest started performing Surya Namaskar, chief priest and his wife started the worship of the sacred Kalasha while a group of elders started the Parayana (ceremonial reading) of sacred texts. Some time after this, there was a collective chanting of Vedic Mantras by the priests and students, which reverberated in the entire auditorium, spreading divine vibrations in all directions. At 10.45 a.m. Arati was offered to Bhagavan, but Yajna continued after this.

The Yajna continued in this sacred manner up to 13th October 2013, and Poornahuti (final oblations) was performed on 14th October 2013, on the auspicious day of Vijaya Dasami. A mammoth gathering of devotees assembled in Poornachandra Auditorium to witness the performance of Poornahuti of the Yajna. As the auditorium was full to its seams, many devotees had to stand outside the gates to witness this grand spectacle. The auditorium started reverberating with Vedic chants of priests and students since early morning on 14th October 2013. While the

students started Bhajans in the auditorium, the priests went to Sai Kulwant Hall in a procession and returned to the auditorium with precious material of Poornahuti and Dharani (large silver spoon) for offering final oblations in the Yajna Kunda. The final rituals of Poornahuti started when the priests were seated around the Yajna Kunda and a silver chair was placed near it for Bhagavan. After praying to Bhagavan for His blessings, the priests offered the final oblations in the Yajna Kunda amidst sacred chants of Vedic Mantras and joyous notes of Nadaswaram music at 9.30 a.m. At the conclusion of the Yajna, the priests circumambulated the Yajna Kunda and sought the blessings of Bhagavan.

After offering Arati to the Kalasha full of sacred water, this water was sprinkled first on the priests and then on the devotees in the entire length and breadth of the auditorium by groups of students and priests. Meanwhile Bhajans continued in the auditorium led by students which the devotees followed in chorus with great devotion and Prasadam was distributed. This grand Yajna came to a happy conclusion with Arati at 10.00 a.m. after the distribution of Prasadam to the entire assembly of devotees.

### PRASANTHI VIDWAN MAHASABHA

While Veda Purusha Saptaha Jnana Yajna was held in Poornachandra Auditorium in the morning, the proceedings of Prasanthi Vidwan Mahasabha



were conducted in the evening in Sai Kulwant Hall which was fabulously and aesthetically decorated for the important event. The programme of Prasanthi Vidwan Mahasabha comprised speeches of students and teachers of educational institutions, talks by distinguished guests and Divine Discourses of Bhagavan. Like the Veda Purusha Saptaha Jnana Yajna, Prasanthi Vidwan Mahasabha was also held for seven days from 8th to 14th October 2013. On each day, the students of various educational institutions initiated the proceedings of the Mahasabha with sacred Vedic chants.

### **Talks by Students and Faculty Members**

Talks by students and faculty members of various campuses of the Institute formed a major part of the proceedings of Prasanthi Vidwan Mahasabha. They delivered informative and educative talks on spiritual topics in the first, second, fourth and sixth sessions of the Mahasabha on 8th, 9th, 11th and 13th October 2013 respectively. The speakers narrated their experiences of Bhagavan's Divine Glory and explained His teachings. The students and faculty members who spoke in the first session on 8th October 2013 were: Sri Mani Krishna Anand, M.B.A. student of Prasanthi Nilayam Campus, Ms. C. Kritika Laxmi, B.A. student of Anantapur Campus and Sri Rajeev Rajan, faculty member, Brindavan Campus. Sri R. Ganesan, B.B.M. student of Muddenahalli Campus, Sri Sai Sathya Narayana, B.Sc.

(economics) student of Prasanthi Nilayam Campus and Kumari Maitali Verma, faculty member of Anantapur Campus spoke in the second session of the Mahasabha. In the 4th session of Prasanthi Vidwan Mahasabha held on 11th October 2013, talks were delivered by Sri Subrahmanyam Abhishek, a student of Sri Sathya Sai Higher Secondary School, Sri Rohit Kumar Chawla, B.Sc. student of Brindavan Campus and Sri B. Chandrasekhar, faculty member, Muddenahalli Campus. In the sixth session held on 13th October 2013, the first speaker was Ms. J. Sneha, a student of M.Sc. (Biosciences) from Anantapur Campus, the second speaker was Sri Bishnu Prasad Joshi, M.Sc. (chemistry) student of Prasanthi Nilayam Campus and the third speaker was Sri Sandeep Kumar Patnaik, Doctoral Research Scholar of the Institute.

### **Talks by Distinguished Guest Speakers**

Besides the students and teachers of educational institutions, three distinguished speakers gave illuminating talks during the course of the deliberations of Prasanthi Vidwan Mahasabha. The first speaker was Prof. A. Anantaraman, Media Coordinator, Sri Sathya Sai Central Trust who spoke at the beginning of the first session of Prasanthi Vidwan Mahasabha on 8th October 2013. In his introductory talk, the learned speaker dwelt on the significance of Navaratri, Sri Sathya Sai Grama Seva and Prasanthi Vidwan Mahasabha and highlighted the social, cultural and





educational dimensions of Bhagavan's Divine Mission. The second distinguished speaker was Dr. D.N. Deekshit, Head of Department of Sanskrit, Hindu College, Guntur (Andhra Pradesh) who spoke on 10th October 2013. In his talk embellished with Telugu poems, the learned speaker observed that Bhagavan Sri Sathya Sai Baba was a Premavatar (incarnation of love) who gave love to millions of people from all over the world and taught human values to mankind to redeem their life. The third distinguished speaker was Sri K. Anil Kumar who spoke in the concluding session of Prasanthi Vidwan Mahasabha on the sacred day of Vijaya Dasami on 14th October 2013. Referring to Bhagavan as the embodiment of all gods and goddesses, the erudite speaker emphasised the need to understand the inner meaning of celebrating festivals like Dasara, Navaratri and Vijaya Dasami for spiritual advancement. Narrating various anecdotes from the life of Bhagavan, the distinguished speaker observed that Bhagavan's life was the real Bhagavatam.

### Divine Discourses

By far, the most enriching and elevating dimension of Prasanthi Vidwan Mahasabha deliberations were the Divine Discourses of Bhagavan, video screening of which was presented at the end of each session from 8th to 14th October 2013. In His Discourses, Bhagavan explained the subtle

truths of spirituality and exhorted one and all to achieve self-realisation by following the path of love, selfless service and self-sacrifice. Bhagavan concluded each of His Discourses with a Bhajan which the entire assembly of devotees followed in chorus with deep devotion.

### Ashtavadhanam

A special feature of this year's deliberations of Prasanthi Vidwan Mahasabha was a beautiful scholastic demonstration, Ashtavadhanam which was presented in the fifth session of the Mahasabha on 13th October 2013. In this scholarly exercise, eight scholars asked questions and the main speaker, Sri Rama Chandra Vara Prasada Rao, a famous Telugu poet and scholar from East Godavari district of Andhra Pradesh, gave answers to the questions asked and also composed instant poems, demonstrating his profound scholarship and poetic skill for nearly one hour to the delight of the entire assembly of devotees. Highlighting the Divine Glory of Bhagavan, the learned speaker said that he could answer all



*Ashtavadhanam: Demonstration of profound scholarship and poetic skill.*

the questions correctly by the grace of Bhagavan Baba.

## MUSIC AND CULTURAL PROGRAMMES

### Devotional Music Presentations

Two excellent devotional music presentations were made on 5th October 2013 as part of Dasara celebrations at Prasanthi Nilayam. The first presentation entitled “Sai Samarpan” (offering to Sai) was made by the students of Sri Vishwa Vidyalaya, Otteri village extension, Chennai. Beginning their presentation with melodious rendition of the sweet song “Madhura Mohana Ghanashyama Sundara Sai” (dear and enchanting Sai),



*Soulful rendition of devotional songs.*

the students suffused the entire milieu with devotional fervour by soulful rendition of songs to the delight of listeners. This was followed by a thrilling musical presentation “Sai Naad Swarupini” (Mother Sai, the embodiment of melody) by the students and staff of Sathya Sai Mirpuri College of Music. Beginning their presentation with a composition of Adi Sankara dedicated

to the Divine Mother, they next presented a fusion music item and concluded it with two compositions dedicated to the Divine Mother “Jai Devi Mata Varade” (grant boon, oh Divine Mother) and “Devi Jnana Dayini” (Divine Mother, the giver of knowledge).

### Bhakta Prahlada: A Dance Drama

The students of Sri Sathya Sai Gurukulam, Rajahmundry enacted this beautiful dance drama on 6th October 2013 as part of Dasara celebrations at Prasanthi Nilayam. Beginning their presentation at 5.00 p.m. with a thrilling group dance in colourful costumes, the students enacted various episodes from the life of Prahlada to highlight his unwavering faith and deep devotion for Lord Narayana in the face of grave ordeals, culminating in the manifestation of Lord Narayana in the form of Narasimha to annihilate the demon King Hiranyakasipu. Sublime theme of devotion, excellent delivery of dialogues by the students and sweet lyrics made the drama an impressive presentation.

### Devotional Music Presentations by Institute Students

As part of Navaratri and Dasara celebrations, the students of Muddenahalli Campus, Brindavan Campus and Anantapur Campus of the Institute enthralled the devotees in Sai Kulwant Hall with excellent devotional programmes on 8th, 9th and 11th October 2013 respectively. Beginning their presentation with a devotional song dedicated to Lord Ganesh “Gajananam Gajananam,” the Muddenahalli students followed it



with devotional songs, a Kirtan “Jai Jai Rama Hare” and a sweet flute recital to the delight of devotees on 8th October 2013. The devotional music programme presented on 9th October 2013 by the students of Brindavan Campus comprised Telugu and Hindi songs including the famous Kabir song “Chadariya Jheeni Re” and a classical composition “Narayani Namostute” (salutations to the Divine Mother). Embellishing their devotional music programme with a beautiful commentary, the students of Anantapur Campus sang devotional songs on 11th October 2013 which included “Pahi Maam Vinayaka” (Oh Lord Ganesh, protect me), “Saranam Sathya Sai Saranam (I take refuge in Sai), “Durga Bhavani Maa” (Mother Durga). Excellent rendition of songs and enchanting music made their presentation quite absorbing.

### **Shehnai Ki Goonj, Sai Ke Naam: Shehnai Recital**

The grand finale of the music programmes of Dasara celebrations was a scintillating Shehnai recital “Shehnai Ki Goonj, Sai Ke Naam” (Shehnai recital dedicated to Sai) presented by the renowned Shehnai exponent Pandit Satish Prakash Qamar and party on the sacred day of Vijaya Dasami, 14th October 2013. Beginning with a classical composition, the artiste and his party combined the Shehnai recital with some popular devotional songs, viz., “Sainath Tere Hazaron Haath (Lord Sai, You have thousands of

hands), “Govinda Bolo Gopala Bolo (chant the names of Govinda and Gopala). A thunderous applause at the conclusion of this programme was the joyous response of the devotees to this thrilling presentation. The artistes were felicitated at the end of the programme.

### **Sri Sathya Sai Avatar Vaibhavam – Hari Katha**

One of the most elevating programmes of this year’s Dasara celebrations was a Hari Katha (folk art of singing the glories of God) entitled “Sri Sathya Sai Avatar Vaibhavam” (the glory of Sai Avatar) which was performed by famous Hari Katha exponent Sri Raghavendra Rao and party in Poornachandra Auditorium from 12th to 14th October 2013. Embellishing his narration of Bhagavan’s life and His Leelas with poetry and music, the artiste depicted the Divine Glory of Bhagavan in a very interesting and enrapturing way.

### **SRI SATHYA SAI GRAMA SEVA 2013**

One of the important features of Dasara and Navaratri celebrations at Prasanthi Nilayam is service to nearly 3,00,000 villagers which Bhagavan in His compassion started more than a decade ago. This year, Sri Sathya Sai Grama Seva was performed for all the nine days of Navaratri from 6th to 14th October 2013. On the morning of 6th October 2013, the staff and students of three campuses of

*continued on page 56...*





*S.S. Naganand*

## **BHAGAVAN'S MESSAGE FORMS THE BEDROCK OF ALL RELIGIONS**

**B**HAGAVAN SRI SATHYA SAI Baba took birth in a humble, remote, inaccessible hamlet in Andhra Pradesh in the year 1926. He was like any other child in the initial years, but soon it became clear that He was no ordinary child. He demonstrated great concern for all living beings around Him, showed His intellectual abilities, demonstrated one-pointed goal of His life and as soon as He reached His teenage He renounced His family by proclaiming that He does not belong to any family but has come to redeem the world. Such a pronouncement, naturally, was viewed with scepticism by His parents and relatives. Some of the pronouncements He made at that time looked like dreams.

### **Profound Knowledge of Scriptures at Young Age**

The attitude of His family members and the villagers made no difference to young Sathya. He carried on with His Mission after dropping out of school even before completing Higher Secondary Examination. Apart from the initial years of Primary Education, He had no formal education. But His profound knowledge of world scriptures, the Vedas, the Upanishads,

the Ramayana, the Mahabharata, the Bhagavadgita, Bhakti Sangeet, classical music, compositions of Thyagaraja, Purandaradasa, Muthuswami Dikshitar, amply demonstrated by His writings in Sanathana Sarathi, Vahinis and Discourses would amaze anyone. Baba's compositions in verse are extraordinary like His first Bhajan "Manasa Bhajare Guru Charanam" which condenses the message of Bhakti and reverence to the Guru into simple everlasting melody.

The Mission of Baba was well planned and well structured. Very soon, He became a regular visitor to Bengaluru, Chennai and other cities in south India. Even at this young age, He attracted a wide cross-section of devotees from doctors to industrialists, royal families to politicians, academicians and students.

*What I regard as the greatest demonstration of Divinity by Bhagavan Baba is His capacity to embrace people from all walks of life, all religions, all countries and infusing into them the expansive feeling of love. Those of us, who were fortunate to be in His immediate presence, can never forget that on each and every occasion when we were close to Baba, our hearts welled up with love, devotion and peace.*

## **Bhagavan Baba Lived His Message**

When one reflects on the message of Baba, one sees a parallel to the earlier Avatars. The message which Baba was propagating was to lead the devotees towards God by devotion or Bhakti. This He did by narrating simple stories, starting in His inimitable style in His Discourses with the words Oka Chinna Katha (one small story). The innumerable anecdotes taken from day-to-day life emphasised many aspects of devotion, sacrifice, love, respect for elders and teachers. The second striking message of Baba was universal love. Baba made no distinction between living beings. He treated all alike, poured out His love upon every person who came close to Him. He was a great unifying force. Whether in public appearances or in private interactions, Baba maintained the same posture and always demonstrated His unconditional love for all human beings.

In a short essay, it is impossible to recount the entire life history of Bhagavan Baba. What can be said is that two principal qualities of love and selfless service formed the foundation of His entire life. He did not merely preach these ideals in His several thousand Discourses delivered in chaste Telugu, free flowing and exuberant, He actually walked the talk by taking up projects meant exclusively for the poor, the needy and hapless citizens of His beloved country Bharat. These projects are well known such as providing free medical care, free education and free drinking water to millions of people regardless of their

religion, caste, colour or creed. Every time Baba spoke about the need to do good in society, He brushed aside sceptics around Him and declared loudly and clearly that the good work which was being done selflessly would never be interdicted by any impediment. The institutions built by Bhagavan are unique and have no parallel anywhere in the world. These institutions have completed silver jubilees and more and will continue to serve humanity as ordained by Bhagavan Baba.

## **Unbounded Love and Compassion for Mankind**

What I regard as the greatest demonstration of Divinity by Bhagavan Baba is His capacity to embrace people from all walks of life, all religions, all countries and infusing into them the expansive feeling of love. Those of us, who were fortunate to be in His immediate presence, can never forget that on each and every occasion when we were close to Baba, our hearts welled up with love, devotion and peace. There was nothing in between Baba and His devotees. Baba's unfathomable eyes would melt hearts by a mere glance. His flowing appearance at Darshan would silence every heart and uplift every being to sublime levels of consciousness. His touch would dissolve all fears and remove all obstacles in the path of spiritual advancement. His words would console weeping hearts and give solace to the distressed. His ever serving hands would remove hunger, thirst and disease from the poor and needy. All these



Baba did for 85 years. Not once did Baba ever think what He would get in return. He always proclaimed that He expected nothing from His devotees except their love and devotion. Often, while addressing His students, Baba used to tell them that whatever Baba had done for them was His duty and what any parent would do for his children. He exhorted His students to respect and revere their parents. All that was expected from the students was to conduct themselves in a manner which befitted their status as Swami's students. What greater demonstration of Divine Love is needed than this?

On many occasions, Baba was very much moved when He heard that someone was in distress. His heart melted. He never waited but immediately took steps whether it be by sending relief materials to earthquake and flood victims, setting up of tele-medicine consulting facility for remote parts of India where medical care was difficult to get, setting up of old-age home or orphanage. All these were done on the spur of the moment due to His overflowing compassion.

Many times Baba was asked as to why He was encouraging and allowing certain persons whose conduct was not proper. Baba made it clear that it was His duty to hold the hand of even the worst offender and help him to reform himself by taking the path of devotion and service. Therefore, Baba was always merciful; knowing everyone's failings, Baba never

hesitated to lend His hand for the uplift of such persons.

### **Acts of Divine Grace**

The scriptures in every religion describe God as the embodiment of love and as the repository of compassion and mercy. We have seen that Baba demonstrated in ample measure all these qualities of God. We, the devotees of Baba, believe that He came down to earth from His Divine Abode by taking human form to show us the right path and to demonstrate the universal quality of love. The various acts of Divine Grace which have been bestowed by Bhagavan Baba on His devotees leave no room for doubt that the Divine incarnated on earth to spread His message.

One cannot but remember that immortal stanza from the Bhagavadgita in which Lord Krishna proclaims, "Whenever Adharma pervades society, oh Arjuna, I take birth to re-establish Dharma." In the same vein, Bhagavan Baba propounded five main principles which form the bedrock of all religions, viz., Sathya or Truth, Dharma or Righteousness, Santhi or Peace, Prema or Love and Ahimsa or Non-violence.

Let us imbibe the teachings of Bhagavan Baba in our life so that we all enjoy and experience bliss and fulfilment in our life while thanking the Lord for gracing our lives.

**– The author, Sri S.S. Naganand, is a Trustee of Sri Sathya Sai Central Trust.**

*Those anxious to live in joy must always do good.*

*- Baba*



From our Archives

# MAN'S FIRM ADHERENCE TO DHARMA PLEASES GOD

YEARN TO BENEFIT BY AVATAR'S ADVENT

THIS IS AN AUSPICIOUS moment in the history of India, when you have a great chance to understand the truths embodied in the scriptures of this land and the ideals that are embedded in the ways of living that are prescribed by the codes propounded therein. In order that you may attain the only goal of human life, namely, realising the Divine and becoming Divine, the Eternal has limited itself and come in this human form. He will reveal the ideals again and re-establish them among all men. Of course, it is difficult for those who are unacquainted with the scriptures to grasp the mystery of this Advent.

## Do Everything as Offering to God

You can be a pilgrim on the Godward path even while attending to your daily duties. Only, you have to feel that each moment is a step towards Him. Do everything as dedicated to Him, as directed by Him, as work for His adoration or for serving His children. Test all your actions, words, thoughts on this touchstone: "Will this be approved by God? Will this rebound to His renown?"

It serves no purpose if you merely acknowledge that the Lord has come but do not yearn to benefit by the Advent. In the previous ages, in what are called Krita, Treta and Dwapar Yugas, the incarnations of the Lord were not accepted as such by many. Even their parents, kinsmen and comrades hesitated to adore them. Only a few sages, who had cultivated the inner vision through study and Sadhana, knew their reality.

But, today in this Kali Yuga, while the currents of contradiction and controversy

*Since God assumes human form in order to restore Dharma and lead man back into the path of virtue and wisdom, nothing pleases God more than rigorous adherence to Dharma. One can stick to the path of Dharma if one is conscious of the Divine in everything that he sees or hears, touches or tastes. That will fill every moment of his life with the thrill of Self-realisation.*

• • • • •

are undermining faith and adoration, the good fortune that has brought you face to face with Me is something for which you must thank your merit won through many lives. This is no ordinary good fortune. This incarnation is moving with you and sharing your joy and grief in order to console, encourage and cure. This relationship is something unique; it has to be kept unbroken, until the goal is reached.

### **My Miracles Show Divine Majesty**

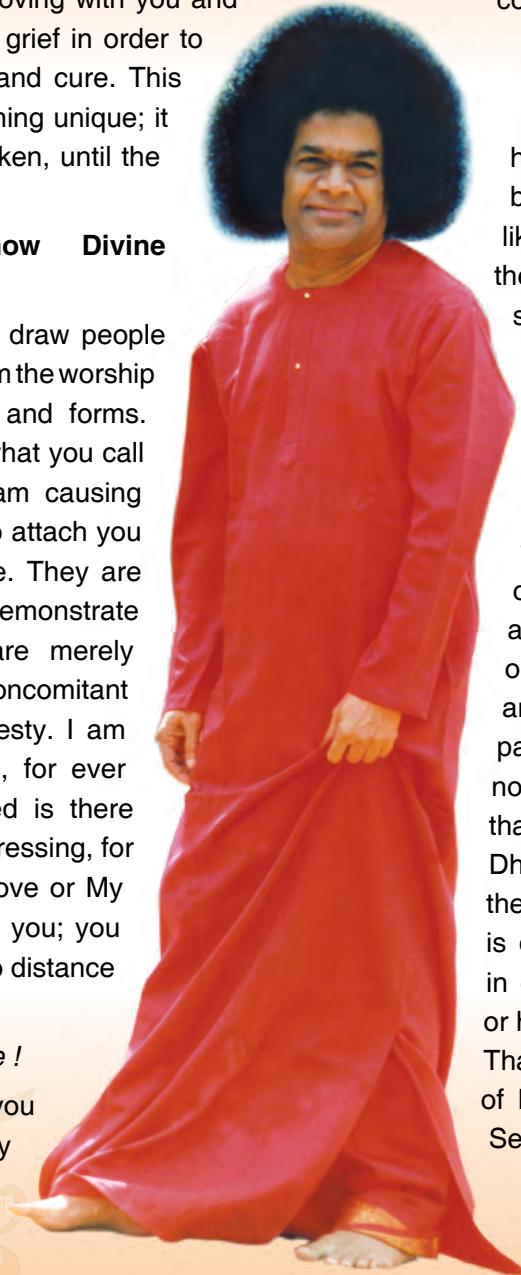
I have no wish to draw people towards Me, away from the worship of My other names and forms. You may infer from what you call My miracles that I am causing them to attract and to attach you to Me, and Me alone. They are not intended to demonstrate or publicise; they are merely spontaneous and concomitant proofs of Divine Majesty. I am yours; you are Mine, for ever and ever. What need is there for attracting and impressing, for demonstrating your love or My compassion? I am in you; you are in Me. There is no distance or distinction.

### ***Embodiments of Love !***

I have often told you that My Life is My Message. Avatars proclaim so and

demonstrate their Divinity that way. They are children among children, men among men, women among women, so that they may respond to their joy and sorrow and console them and infuse confidence and courage into their drooping hearts. The Avatars appear among humans since birds, beasts, trees and the like have not slid into the unnatural and the strange. It is only man, who is pursuing the will-o'-the-wisp of worldly happiness and sensual pleasures, and has forgotten the task for which he has come on earth. Since God assumes human form in order to restore Dharma and lead man back into the path of virtue and wisdom, nothing pleases God more than rigorous adherence to Dharma. One can stick to the path of Dharma if one is conscious of the Divine in everything that he sees or hears, touches or tastes. That will fill every moment of his life with the thrill of Self-realisation.

**– From Bhagavan's Birthday Discourses.**



*Karmanyevadhikarasthe Ma Phaleshu  
Kadachana,  
Ma Karmaphalahetur Bhur Mate  
Sangostvakarmani.*

The Bhagavadgita 2.47

(Your right is on actions only, not the fruits thereof. Never consider yourself the cause of the fruits of your actions, nor let your attachment be to inaction.)



ORD KRISHNA DELIVERED  
the message that humans

Good actions are those which are not only beneficial to us but also they do not cause worry and trouble to others. In this age of Kali, we may not be able to renounce the fruits of actions. It is more than enough if we perform noble actions, without troubling others, though we may not be able to renounce the fruits thereof.

*Deho Devalaya Proktho Jivo Deva  
Sanathana* (the body is a temple and the indweller is God) declares the Rig Veda. It means that God is the eternal resident in this body which is verily the temple of God.

R. J. Rathnakar

## SANATHANA SARATHI (THE ETERNAL CHARIOTEER)

*We have to encounter several situations when we go red with ups and downs in life. But no pain or problem can affect us if we seat Bhagavan in the chariot of our life, whatever may be the storm and stress, trials and tribulations we face in life. When we do so, the adverse forces lose their power to affect us.*

should perform actions without craving for the fruits thereof.

But the question arises how far is it possible to perform actions without desiring the fruits? When we reflect on the existing conditions, circumstances and situations in this age of Kali, it is completely obvious that no one performs actions without desiring the results of such actions. It is due to this very reason, perhaps, actions have been classified into good actions (Satkarma), evil actions (Dushkarma) and forbidden actions (Nishiddhakarma). Of the three categories of actions mentioned above, if we choose to perform good actions, they are bound to yield good results.

Once we have taken birth on this earth, it is impossible to abstain from performing actions till the time of death even for a minute. Lord Krishna declared in the Bhagavadgita that when God descends down to earth, He too necessarily has to perform actions. He further asserted that the Avatars perform actions only to impart exemplary ideals to humanity.

The essence of the message of the Vedas and the Upanishads distils down to the truth that God verily dwells in the chariot of the body in the form of Atma as the eternal charioteer. This sublime chariot festival that takes place from the time of birth to the moment of death continues to



take place with utmost tumult, joy, jubilation and exuberance. Usually, whenever and wherever this festival takes place, all our attention is focused on the fun and the frolic, songs and dances, but not on the idol of God which is installed in the chariot. The entire festival comes to an end by the time we turn our mind towards the idol of God. It is due to this reason that Bhagavan exhorted that we should focus our attention on the Supreme One and perform good actions from the very beginning in this long chariot festival of life. Bhagavan declared:

*Wake up, Oh Jiva (individual self), wake up!*

*Why don't you realise the Truth Supreme, Even before death, which is like a tiger stealthily waiting in the bushes, pounces on you,*

*And even before old age and disease drowns you.*

*Wake up, Oh Jiva (individual self), wake up!*

(Telugu Song)

We, the devotees of Bhagavan, know for certain that every word that Bhagavan uttered; every deed that He performed; whatever activity that He undertook was inspired solely by His concern for the welfare of devotees. Very rarely, we come across in the annals of history such sublime personality as Bhagavan who showered such sacred, selfless and sublime love on entire humanity. Here I want to share with you an experience I had of that supreme embodiment of Divine Love, for your sake:

It was the year 2005, month: November. It was the joyous occasion of 80th Birthday celebrations. Sri Sathya Sai Hill View Stadium was getting ready, with beauty and splendour, befitting the occasion.

The Hill View Stadium was the venue chosen to lend expression to the immense love and devotion of the devotees who thronged in millions to celebrate the Birthday of their most Beloved Lord, with grandeur and splendour.

One afternoon, along with a few important organisers I was also supervising the Birthday celebration arrangements. The officers of the police department were present to oversee the security arrangements. We discussed with them on security arrangements till 5 o'clock in the evening. A few of us remained there deliberating on the rest of the arrangements.

At that time, an idea flashed in my mind. Once when I was in the company of Bhagavan as a student, while talking to us, He said, "When I am about to travel by car, devotees pray to Me, "Swami, please take us also with You in Your car and bless us with the great good fortune of travelling with You." Then He said with a smile, "It will be convenient for Me if I travel by a car with two seats so that I will be free from this botheration."

I mentioned this conversation of Bhagavan to my fellow organisers and placed before them a proposal to bring Bhagavan in a procession to the dais in a two-seater car on His Birthday. They happily accepted my proposal and immediately swung into action to make necessary arrangements.

It was 5.30 p.m. We could hear the ringing of Arati bell from Mandir. It was time for Bhagavan to proceed to His residence in Poornachandra. I started in great haste towards the Mandir before Bhagavan would go to His residence. But Bhagavan had

already reached His residence and was sitting in a sofa there. On seeing me, He asked, **“When is the new car coming?”** I could not resist shedding tears of bliss on hearing these words. Arrangements were made briskly. On 21st afternoon, a two-seater car arrived at Prasanthi Nilayam.

The blissful memories of how Bhagavan reached Santhi Vedita on this day, in the car, blessing His devotees, must have remained etched in the hearts of the devotees. On that day, I had the unique good fortune of accompanying Bhagavan to the dais in the procession in the Hill View Stadium. I completely forgot myself, lost in supreme bliss.

Meanwhile, some devotees rushed forward in their anxiety to have a closer Darshan of Bhagavan. At that time, the wheel of Swami's car went over my foot as I was very close to the car. I looked at my foot. It was very reddish. But I had no sensation of pain in my foot. I shook my foot to see its condition. I took a few steps. I felt everything to be normal. I forgot about this incident then and there and I lost myself completely in the ecstasy of Birthday celebrations.

Swami returned to His residence after the programme and I too accompanied Him. Bhagavan happened to notice my reddish foot during the course of His conversation with us.

He asked, “What happened?”

I said, “Nothing Swami, nothing has happened.”

But Swami did not relent.

He kept on asking me, “Tell Me what happened.”

My heart did not permit me to disclose what had happened. But Swami was

in no mood to relent until I told Him about it.

Ultimately, I had to tell that car's tyre ran over my foot.

Swami asked again, “Whose car was it?”

You can very well imagine my predicament. How could I tell Him the truth? But I had no choice.

In a mild tone, I explained to Him what had happened, and emphatically said, “Nothing has happened Swami.”

The words that Swami uttered then, one cannot forget in any number of lifetimes.

**He said: “When I am seated in the car, how can any injury occur to you?”**

What sweetness! What sweet utterance! What sublime love! What Supreme Truth! What revelation!

My foot became reddish but no pain! I experienced no trouble at all! Similarly we have to encounter several situations when we go red with ups and downs in life. But no pain or problem can affect us if we seat Bhagavan in the chariot of our life, whatever may be the storm and stress, trials and tribulations we face in life. When we do so, the adverse forces lose their power to affect us.

Praying to Bhagavan that He would bestow on us the blessing of installing His Divine Personage in the chariot of our hearts, and thus carry on the journey of our life with joy and ease, love and light and reach the divine destination... *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!)

**– The author, Sri R.J. Rathnakar, is a Trustee of Sri Sathya Sai Central Trust.**

# CONSTANT INTEGRATED AWARENESS

*Dr. Narendranath Reddy*

*Once Swami told me that life is a dream; in the waking state it is a day dream, and in the night it is a night dream. Then I asked, "Swami, are You also a dream?" Immediately the Lord of Truth corrected me: "I am in all the four states." Thereby, He profoundly revealed that He is the Attributeless and Formless Supreme Brahman, who exists in all the four states – waking, dreaming, deep sleep and transcendental.*

**T**HE KATHOPANISHAD proclaims, "Kshurasya Dhara Nishita Duratyaya, Durgam Pathastat Kavayo Vadanti," meaning that the spiritual path is difficult and akin to walking on a razor's edge. We should always be vigilant until we reach the goal. That is why Swami says one of the ABCs of life is Always Be Careful. The spiritual path is universal and eternal. Many people are afraid to tread the spiritual path, and of those who begin this spiritual journey, only few reach the goal.

## Follow the Divine Command

As devotees of Bhagavan Sri Sathya Sai Baba, we are blessed and fortunate to have divine guidance to tread the

spiritual path with ease and certainty by following His divine instructions as given in His Discourse on 17th May 1968:

"O b e y i n g My instructions is enough; it will benefit you more than the most rigorous asceticism. Practise Sathya (truth), Dharma (righteousness), Santhi (peace) and Prema (love), which are dear to Me; resolve to keep those ideals before you ever, in all your thoughts,

words and deeds. That can confer on you the summum bonum of mergence in the Supreme Substance of Divinity."

Sometimes, Bhagavan tests us to see if we implicitly follow His instructions using our heart instead of our head. I want to share an anecdote of how I learnt a divine lesson the hard way at His Lotus Feet. When I was with Swami in Kodaikanal, India, in April 1994, Bhagavan asked me to drive His car to go out for a visit. I hesitated and told Swami that I did not have an international driver's licence. Swami smiled and proceeded with His own driver. Subsequently, I realised that I had missed a wonderful opportunity of service, because if Bhagavan was in the





car, nothing would go wrong. I learnt the lesson that following divine instructions implicitly, immediately and completely is an important spiritual practice.

As stated in the Bible, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him and He will make your paths straight.”<sup>1</sup>

### Sadhana – the Inward Path

We have Bhagavan Baba, the Guru of all gurus, the supreme Lord as our Guru and guide. In His infinite mercy and compassion, Bhagavan has said, “*Mee Intane, Ventane, Jantane, Kantane Untanu,*” meaning He is with us, above us, below us, behind us, before us, inside us and outside us. Many of us have experienced His omniscience and omnipresence.

It is equally important to listen and follow the voice of Sai within (Antharyami). Swami says, “See Always Inside (SAI).” We must silence the ego to hear the inner voice of God. In 1996, on Sri Krishna Janmashtami day, Swami asked me to speak in Sai Kulwant Hall. Each opportunity to speak in Swami’s physical presence is a unique experience and divine gift. Only by His grace and blessings can one speak about Bhagavan, because His glory, His mission and His love are unfathomable and infinite, whereas speech and mind are finite. The scriptures declare, *Yatho Vacho Nivartante Aprapya Manasa Saha*<sup>2</sup> – God is beyond

the reach of the mind and expression in speech.

I took His Padanamaskar (touching His holy feet with reverence) before my talk and prayed to Swami to speak through me. On previous occasions, He always blessed me prior to my talks and always gave me the inspiration and strength to speak before Him. But this time, I was totally surprised when Swami told me that He would not interfere with the Swami inside my heart. This was a reminder to me that Swami is beyond the physical form and that He is present in us as Hridayavasi (indweller). As soon as we are aware of His presence inside us, Swami assures us that divine guidance will come forth from within. This is especially true today, and we can experience this when we pray with a sincere and longing heart. My own personal experiences and the experiences shared by devotees across the globe reinforce the fact that Swami is always with us.

We are often deluded and limit Swami to His physical form and the events occurring in His proximity. Lord Krishna says, “Fools disregard Me as one clad in human form, not knowing My higher nature as the great Lord of all beings.”

We all crave for Swami’s Padanamaskar, which is a precious gift from Him. “*Sparshanam Karma Vimochanam,*” the touch of the Divine releases us from the bondage of Karma. Once I asked Swami, “Is there any difference between devotees

1 Proverbs 3:5-6

2 Taittiriya Upanishad (*Brahmananda valli*, verse 4)



having Padanamaskar physically and devotees doing Padanamaskar mentally by meditating on your Divine Lotus Feet?” Swami immediately replied that there was no difference. Taking Padanamaskar mentally has the same benefit as physically taking Padanamaskar. Yes, Swami assured us the same when He sang His first Bhajan, “*Manasa Bhajare Guru Charanam Dustara Bhava Sagara Taranam...*” Worship the feet of the Guru in your mind, and He will take you across the ocean of Samsara (worldly existence)...

### **SAI BABA – See Always Inside Being Awareness Bliss Atma**

In order to have Constant Integrated Awareness, we should transcend name and form, which are ephemeral, and experience the eternal Sat Chit Ananda (Existence, Knowledge, Bliss). We need to experience divinity in everything, everywhere and at all times. Constant Integrated Awareness is this non-dual, unchanging and eternal reality in us. Swami says, “*Sarvada Sarva Kaleshu Sarvatra Hari Chintanam*” – always, at all times and in all places remember Lord Hari.

Everyday one goes through the three states of waking (Jagrat), dreaming (Swapna) and deep sleep (Sushupthi). But Turiya (the transcendental state) is beyond all the three states, remaining unaffected and independent as the witness. Swami also refers to these four states as the conscious (waking) state, the subconscious (dreaming) state, the

unconscious (deep sleep) state and the superconscious (transcendental) state.

Once Swami told me that life is a dream; in the waking state it is a day dream, and in the night it is a night dream. Then I asked, “Swami, are You also a dream?” Immediately the Lord of Truth corrected me: “I am in all the four states.” Thereby, He profoundly revealed that He is the Attributeless and Formless Supreme Brahman, who exists in all the four states – waking, dreaming, deep sleep and transcendental. We are truly blessed and fortunate that we have the Supreme Parabrahman incarnated amidst us for our redemption, with a beautiful divine form and sweet name, as Bhagavan Sri Sathya Sai Baba. We have experienced His pristine and unconditional divine love. He has shown us that love is the royal road to attain constant integrated awareness.

Recently, I have been travelling for Sathya Sai International Organisation meetings to several countries around the world. During these visits, I have had the good fortune to meet several exemplary devotees whose lives have been transformed by the power of His divine love and grace. Many of these devotees neither have seen Swami physically nor have visited Prasanthi Nilayam, but they have unflinching faith in, love for, and dedication to Swami. Bhagavan did not physically visit these countries, yet His Love is experienced in all corners of the world. Jesus said, “Because you have seen Me, you have believed; blessed are



those who have not seen and yet have believed.”<sup>3</sup>

When I was in Croatia in September 2013, a 28-year-old Sai youth related how she had been drawn to Swami. She comes from a staunch Catholic family, and after hearing about Swami she developed an intense longing to go to Prasanthi Nilayam. She was concerned about her orthodox Christian family's possible reaction and how her trip would impact her job, as she worked in a Catholic school. She only told her grandfather, with whom she was very close, that she was going to India but did not mention that she was going to see Swami. She was pleasantly surprised and delighted when her grandfather blessed her and told her, “When you go to India, you should go and see Sathya Sai Baba. He is the Christ of today.” She was stunned, as he had never seen Swami.

When she arrived at Prasanthi Nilayam, she had mixed feelings, due to her strong Christian background, and did not go for Darshan for the first few days. Finally, on her birthday, she decided to go for her first Darshan. She was seated in the tenth row, and from that distance she saw the Divine Lotus Feet of Swami. Tears of bliss flowed from her eyes continuously for two hours! She told me that to have that experience again, she was prepared to do anything and sacrifice everything. I was awestruck to hear the power of Darshan.

3 John 20:29

*Swami is beyond the physical form and that He is present in us as Hridayavasi (indweller). As soon as we are aware of His presence inside us, Swami assures us that divine guidance will come forth from within. This is especially true today, and we can experience this when we pray with a sincere and longing heart. My own personal experiences and the experiences shared by devotees across the globe reinforce the fact that Swami is always with us.*

During the same visit, the mother of a young devotee from Greece narrated to me how her 22-year-old son went into bliss and lost body consciousness for three days when Baba looked intently into his eyes while they were at the Brindavan Ashram in Whitefield.

Let us immerse ourselves in the ocean of the nectarine divine love of Bhagavan Sri Sathya Sai Baba and share that love with all. With the boundless grace and divine blessings of Bhagavan, let us resolve to realise the goal of life – *Prajnanam Brahma* (Constant Integrated Awareness) – in this very lifetime.

– The author, Dr. Narendranath Reddy, is the Chairman, Prasanthi Council, Sathya Sai International Organisation.







# A JOURNEY TO SELF-PEACE

Dr. Abdelfattah M. Badawi

*After my visit to Puttaparthi and meeting Sai Baba, I believed that He was a great Spiritual Master who had high spiritual potentialities and knew divine laws that helped Him to spread His humanitarian mission which called for divine love, peace, good conduct, truth and non-violence. Now ... was it possible to deny the existence of Allah? The way to be near Him was love and peace.*

**I** INVITED DR. SAYED NASSAR, A renowned surgeon, to travel with me to India and to visit Sai Baba. I had visited Him four times before, and this was my fifth visit. Dr. Nassar's daughter Nefertiti and his engineer son Ani also joined us as both of them were concerned with spirituality and its applications. Later, some more persons joined us as we in all became nine members, five women and four men. I had written a book in Arabic before about Sai Baba called "Divine Love" and this time I had finished writing a book in English about Him "A Journey to Self-Peace." The purpose of my visit this time was to pray to Sai Baba to bless this book before it was printed.

Arriving in Bombay (now Mumbai) on the afternoon of 10th March 2001 from Cairo, we stayed in a hotel in Mumbai. Next morning, we went by plane to Bangalore (now Bengaluru) which took about an hour and a quarter. At Bengaluru Airport, we asked about the current residence of Sai Baba as He

was moving between three residences. In this period, he was in Puttaparthi village as it was His place of birth and home. This was earlier a small village in a very underdeveloped area in Andhra Pradesh State. Now it has become a developed spiritual centre for education and health and it is called Prasanthi Nilayam which means abode of peace. It has become a town now.

We took an air-conditioned car and went to Puttaparthi and after having a round for about three hours in the Indian countryside, we arrived at Sai Baba's residence, and at the town entrance we found a big carve with beautiful bright colours in which was written in English: Duty is God, Work is Worship.



## The Ceremony of Darshan

We attended the ceremony of Darshan on 12th, 13th and 14th March 2001 and were able to give our letters to Sai Baba.

We again attended the ceremony of Darshan on 15th March 2001, Thursday. At about quarter to six, Sai Baba appeared while soft music was played and He began to collect letters. He saw my book on my lap and His picture on the cover. He touched my head with His blessed hand. After that, He came near Dr. Wadie, a member of Egyptian group, who told Him, "Interview, Sai Baba." Sai Baba smiled and asked, "How many are you?" Ani and I answered Him at the same time, saying nine. He said "Go." The Seva Dal volunteers showed us the way to a place in front of Sai Baba's private room. The Egyptian women joined us, as one of the Indian Seva Dal volunteers guided them to the way, and we sat in front of the room waiting for Sai Baba. After passing among a great number of people, Sai Baba came to us. He looked towards Ani and asked him: "When will you travel?" Ani answered next day (nobody mentioned the date of departure but He knew that we would travel the next day; so, He allowed us to meet Him as we were about to leave).

### Interview with Sai Baba

Sai Baba led us to His private room. It was a small room which was not more than 3 x 3 metres. There was a turning chair covered with red plush in one of the corners of the room. We found in the room a woman from Belgium and her husband,

and a young man of about twenty years from Argentina. All of us sat on the floor in a circle. The men sat on His right side and the women on His left side. He went to turn on the fan because of the high temperature, as there was no air-conditioner in the room. Then He sat down and welcomed us. He asked Dr. Magda about the half moon and the star drawn on the scarf. She said that it was the previous flag of Egypt. Then He smiled and said, "Mohammed."

Sai Baba stood up moving His right hand so that the ash would be materialised which is called Vibhuti. He put a little of it in the hand of each woman. All the women swallowed it. Then He returned to His chair. Looking towards the Belgium woman, He moved His right hand in a circle, and a gold necklace studded with precious stones fell out of His hand. He asked her to bow her head in order to let Him put on the necklace around her neck. So, she bowed and accepted the gift. Then He said to her that her husband would be jealous of her. After that, He looked at her husband, who was sitting next to Him, and found him wearing a ring made of gold and precious stones in a finger in his left hand. He touched his hand softly and moved His right hand in a round circle, so that a big watch made of gold came out of His hand. Then he looked towards the woman, saying that she would be jealous of him. All of us laughed. The husband stretched his hand towards Sai Baba, after taking off his watch, to let Sai Baba put on the new watch around his wrist. Then Baba asked



the wife about her husband's name. She said that his name is Gaupard Pierre and we found the first letters of his name were written on the watch.

Then Sai Baba stood up and asked us (the Egyptian group) to go with Him into another room. We went to the other room and sat on the floor in a circle while Sai Baba sat on a turning chair. He asked Ani to turn on the fan; Ani went and turned it on. Sai Baba asked me a strange question, "How old are you?" I said sixty five years old and then He asked me about His age and I said, seventy-five. At that time, I remembered that when I was in Egypt asking Sai Baba when I would die. Is seventy-five the answer to my question? I thought in my mind. Then Sai Baba looked at me, took the book and put it on His knees. While He was looking at the cover, I explained the meaning of the cover. It was a portrait of Sai Baba, wearing white robe and beside Him there was a mosque and a white pigeon. Sai Baba asked about this white pigeon. I told Him that my late father had drawn this pigeon and it represented peace. My book was written in English. Sai Baba began to look through the book. Then He asked me to give Him a pen. He wrote on the first page: "With blessings and love, Sri Sathya Sai." I told Him that my first book in Arabic about Sai Baba titled "Sai Baba and Divine Love Miracles" was severely criticised by the Egyptian newspapers. Sai Baba said that He knew that but this was nuisance and not press. I told Sai Baba that I would publish my book in the U.S.A., and my coming book would

*I had seen the Spiritual Master who called for divine love and goodness without any discrimination of religion, sex or colour. He was the one who performed miracles not for seeking power but for convincing people that these were His visiting cards. I had seen the person who defended and took care of the poor, the person who believed that everyone should have the right to education, medical treatment and drinking water for free either in India or outside it. All human beings were equal for Him.*

be titled "Sai Baba and Peace." Sai Baba said: "You write about meanings and there was no need to mention names."

Then Sai Baba talked to Dr. Nassar. Nefertiti talked to Him, asking Him to bless her children and Ani asked Sai Baba to give him a souvenir. Swami smiled and stood up after having finished speaking in order to go out. Sai Baba put his right hand on Ani's head, then holding his hand leading us to the external room. Then He asked the Belgium woman and her husband to enter the internal room and He stayed with them for about ten minutes. After that they went out calling the young man, coming from Venezuela, to come in and He stayed with him for some minutes. Then He came to us in the first room. He sat on the chair while all of us were sitting on the floor and He began to speak to us, saying:





*"What is religion?"*

*"Religion is realisation"*

*"What is worry?"*

*"Worry is mental hesitation between good and bad."*

He said that He was so much concerned about education, health and water. As water was very important, there was no life without water, He said. "Look," He pointed at a big tableau on the floor beside the wall, on which a hospital was painted. "I have established a new hospital in Bengaluru for the highly accurate medical specialisations such as neurosurgery," He said. Dr. Nassar said that he had visited the hospital which was specialised in open heart operation, urinary problems and ophthalmology. The hospital was located in Puttaparthi and it was a very great hospital. Sai Baba asked: where could the poor patient go when he needed to be treated? The poor people should have the right to education and medical treatment for free and that was what He was doing, Swami continued saying.

Then He said: "In order to be near God, you should be characterised by purity, patience and perseverance and you should seek union with God." Then He looked towards Mrs. Randa asking her whether she liked the robe like this, referring to the orange robe which He was wearing. She was astonished and did not answer Him. But Mrs. Laila replied quickly... "Yes, I like a robe." He smiled, went to another side room and returned with two robes, one for Mrs. Randa and the other for Mrs. Laila.

He asked them whether they were happy at that time. They answered in the affirmative. Both of them took the robe in their arms. He asked them to put the robe under their heads while sleeping in order to dream of Sai Baba.

Then he asked Mrs. Randa: "Where is your watch?" She was not wearing a watch in her left hand. She answered: "I forgot it in Egypt." At that time, we found a watch in her right hand. He ordered her to go to Him in order to put the watch on her left wrist while we were so astonished as well as so happy. He said that it was a new model and it fitted her. Mrs. Randa bowed before Him and kissed His hand. Then Sai Baba asked: "Who is going to travel next day?" Dr. Nassar answered Him that he and his family Nefertiti and Ani would travel next day. Then He looked to the rest of the group asking them the same question. All of them answered, after a week: Sai Baba smiled and said "Fine." We went out after thanking Sai Baba feeling so happy and comfortable because of what we heard from Him.

### **Spiritual Master with a Humanitarian Mission**

After my visit to Puttaparthi and meeting Sai Baba, I believed that He was a great Spiritual Master who had high spiritual potentialities and knew divine laws that helped Him to spread His humanitarian mission which called for divine love, peace,

*continued on page 37...*



## SWAMI ADDS A NEW DIMENSION TO THE SCIENCE OF PSYCHIATRY

Dr. Samuel H. Sandweiss

*I feel that we Sai scientists have a role in presenting evidence about Swami's infinite loving consciousness in a more unified and serious manner to our scientific communities and to make a concerted effort to establish in scientific literature that human limited consciousness can expand into the realm of cosmic divine consciousness and that Swami's loving declaration that we are divine – that we are love – is really the case.*

**H**OW FORTUNATE WE ARE that we spent some time in the presence of our Beloved Swami! His Divine Love gives strength and confidence to triumph over impermanence, birth, and death – and recognise that He is the Doer. I am thrilled that Swami has given all of us the opportunity to draw close to Him by expressing His love into our troubled communities in various service projects. Continuing closeness with Swami is maintained through service offered to Him.

From my first contact with Swami in 1972, I wanted to share the glorious news of His Presence with brothers and sisters all over the world. I began writing about Swami in 1972. Then I worked on a Dutch documentary film about Him in 1991. Thereafter, I began doing video interviewing for a local TV show about Swami in 2007, and later began to help

develop internet platforms to share Sai information in 2008.

### **Swami's Sanskrit Messages to a Western Lady**

One special event that I have wanted to describe in detail happened in my psychiatric practice in 1983, in the course of treating a young Western lady suffering from a pain disorder. One day, she reported to me that someone was visiting her in an inner dimension and speaking a strange language. She was able to write the language down phonetically (which turned out to be mostly Sanskrit) and translate it. She told me that it was Swami who was visiting her and that He identified Himself as Parabrahman. He also identified Himself as the creator, Trimurti, Brahma, Akshara, Anahata Sabda, Devi Prakriti, and as Sai Baba. Over a period of one-and-a-half months, she produced about 30 Sanskrit messages that told an intriguing story. I



recorded 12 ½ hours of video and put the material aside until after my retirement in 2006, when I had time to study it with the help of two Sanskrit experts.

### New Knowledge for Scientists

A good video editor helped me make a video presentation from the material and in the course of developing the story I proposed a showing of the video at the prestigious annual meeting of the American Psychiatric Association that was to take place in May 2013 in San Francisco, California, U.S.A. About 14,000 psychiatrists and mental health workers attended this convention and there were a few hundred presentations over a 4-day period. Knowledgeable friends told me that the video would not be accepted because the American Psychiatric Association would only want very scientific presentations that included graphs, studies and statistics, and preferably would be about medications.

Besides feeling close contact with Swami's love as I worked with the video, I felt His Doership strongly – especially when I was surprised to find an acceptance letter – and not only that – being asked by the promotional people of the conference if they could publicise our media workshop to the attendee psychiatrists and mental health workers.

Sections of the “daily bulletin” promotional write-up sent to the attendee psychiatrists read as follows:

Xenoglossy is defined as an instance of a person spontaneously demonstrating ability to speak, write, and / or understand

*How fortunate we are that we spent some time in the presence of our Beloved Swami! His Divine Love gives strength and confidence to triumph over impermanence, birth, and death – and recognise that He is the Doer. I am thrilled that Swami has given all of us the opportunity to draw close to Him by expressing His love into our troubled communities in various service projects. Continuing closeness with Swami is maintained through service offered to Him.*

a language entirely unknown to him. Thirty years ago, Samuel Sandweiss, M.D., had never even heard of the word, let alone an actual case of xenoglossy. That changed in the summer of 1983 when he observed and videotaped “a remarkable phenomena” in the course of treating a 32-year-old female patient who suffered from a severe headache disorder.

“In the video I show my patient – who dropped out of high school and had no prior knowledge of Sanskrit-speaking, writing, and understanding Sanskrit,” Dr. Sandweiss said. “The video also includes Sanskrit scholars attesting to the validity of the event and explaining why it is impossible for a young Western woman without a background in Sanskrit or Eastern traditions to not only speak Sanskrit, but to relate profound philosophic ideas that she would have no way of knowing.”





Dr. Sandweiss will chair a media workshop on Monday... “Our current scientific belief that consciousness arises solely out of the brain is, I believe, challenged by my patient’s awareness of knowledge that she could not have obtained from her life experience, as well as by findings in the field of quantum mechanics,” Dr. Sandweiss said.

Each presenter did well, and I was happy that Swami allowed me to present this “miracle” in such a prestigious scientific setting. I should note that two fellow presenters at this programme were Dr. Narendra Reddy and Prof. G Venkataraman. I am continuing to develop this video for presentation in other scientific circles.

I strongly feel that we Sai scientists have a role in presenting evidence about Swami’s infinite loving consciousness

*...continued from page 34*

good conduct, truth and non-violence. Now ... was it possible to deny the existence of Allah? The way to be near Him was love and peace.

I had seen the Spiritual Master who called for divine love and goodness without any discrimination of religion, sex or colour. He was the one who performed miracles not for seeking power but for convincing people that these were His visiting cards. I had seen the person who defended and took care of the poor, the person who believed that everyone should have the right to education, medical treatment and

in a more unified and serious manner to our scientific communities and to make a concerted effort to establish in scientific literature that human limited consciousness can expand into the realm of cosmic divine consciousness and that Swami’s loving declaration that we are divine – that we are love – is really the case. As we take to this task, it has been my profound experience that through the offering we more deeply experience His omnipresent love and amazing Doership.

May all the beings of all the worlds be happy!

– **Dr. Samuel Sandweiss is a psychiatrist by profession. He has written three books on Bhagavan Baba which include his landmark book “Sai Baba: The Holy Man and the Psychiatrist.”**

drinking water for free either in India or outside it. All human beings were equal for Him.

That is all about Sai Baba, the great Spiritual Master. Our journey was really “A Journey to Self-peace.”

– **The author, Dr. Abdelfattah M. Badawi, is Professor of Applied Chemistry, Egyptian Petroleum Research Institute, Egypt and representative at the Chemical Disarmament in Helsinki. He was one of the nominees for this year’s Nobel Peace Prize.**





## HANUMAN GRAND STATUE FOR IDEAL DEVOTEE

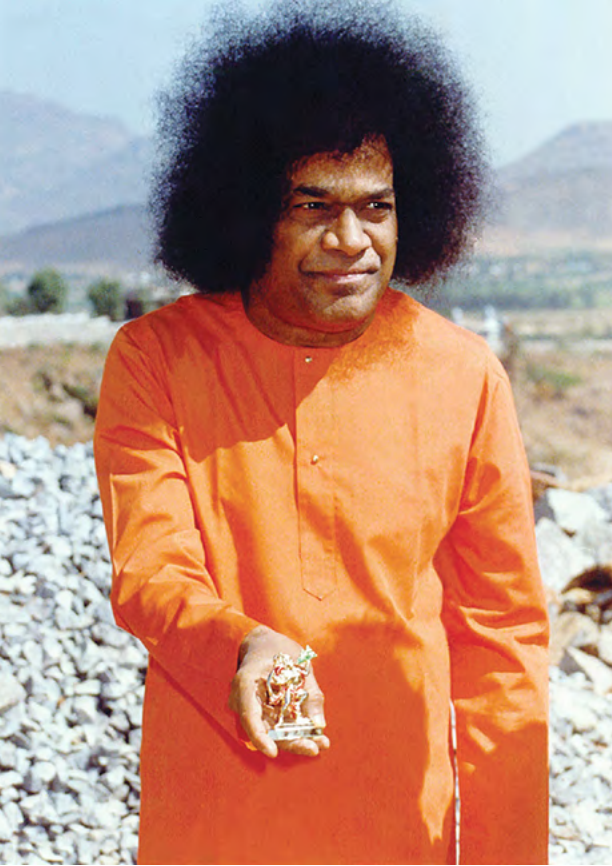
**B**HAGAVAN CONSIDERS Hanuman as the supreme exemplar of total surrender to the Lord. Therefore, He has erected an imposing statue of Hanuman on the hill overlooking Sri Sathya Sai Hill View Stadium in Puttaparthi. This giant statue is not only an artistic and engineering marvel but also a source of inspiration for devotees that selfless and dedicated service makes one dear to God.

In January 1990, Bhagavan expressed His resolve to install a 65-feet tall statue of Hanuman to be inaugurated on His 65th Birthday in November 1990. He Himself visited the hill and chose the spot for the installation of the statue and blessed a team of two engineers, Sri Jayakumar and Sri Thillainayagam and the sculptor Sri Subrahmanyam to work on the project under the leadership of Col. Joga Rao. Bhagavan visited the site many a time right from the initial stage

and provided many significant insights in the designing aspect. He blessed by His Divine Presence the ceremony of Bhumi Puja (consecration of land) which was performed on 19th February 1990. On this occasion, He materialised a gold idol of Hanuman of 3.5 inches height and handed it over to the sculptor Sri Subrahmanyam as a model and instructed him to construct the statue exactly like it. Though this was slightly different from what was approved earlier, it solved some intricate problems in the design of the statue. He blessed a few stones and bricks by touching them and placed them on a bed of cement, thus signalling the commencement of the construction work. He consecrated the whole area by moving around it, broke a few coconuts and sprinkled the coconut water all over the place.

On a subsequent visit to the site, Bhagavan made a significant change in the construction of the statue. Earlier a rock bed had been made ready after removing the weathered rock for erecting the statue on it. Bhagavan now suggested that the statue should be erected not on the rock bed but on a concrete pedestal, so that devotees could see the statue from the foot of the hill. When one of the engineers Sri Thillainayagam prayed to Bhagavan to indicate the height of the pedestal, Bhagavan said, "It can be of My height." This new insight provided by Bhagavan solved many problems. Construction of a pedestal for the statue would help in counterbalancing the overturning effect





*Gold idol of Hanuman materialised by Bhagavan served as the model of the statue.*

of the wind on the statue since the weight of the statue alone was not enough to do it. After meticulous calculations, the engineers came to the conclusion that the size of the pedestal should be 45 x 25 feet. The minimum height of the pedestal depended upon the weight which was required to withstand the pressure of the wind. When the calculations were made, it was found that the required height of the pedestal should be the same as mentioned by Bhagavan, i.e., five feet four inches. The construction of the huge pedestal weighing 375 tonnes also solved another problem of erecting the statue.

The huge girders forming the core of the legs could be anchored into the pedestal easily, otherwise wide and deep holes had to be drilled in the rock to anchor the legs of the statue. Initially, it was proposed to Bhagavan that the statue should be made hollow because the weight of the solid statue was considered too huge. Bhagavan dismissed the suggestion saying, "This statue is going to be there for hundreds of years. Therefore, there should not be any hollow or false work; make it solid and strong." The total weight of the solid statue with the pedestal was nearly 900 tonnes. The mace in the right hand of Hanuman alone weighed 20 tonnes.

The entire work of fabrication of steel structures and erection of the statue was done by the skilled engineers and technicians of the Engineering Construction Company, a division of Larsen and Toubro Limited under the directions of its General Manager, Sri A. Ramakrishna, an ardent devotee of Bhagavan. During the course of the construction of the statue, Bhagavan paid frequent visits to the site, brought bountiful sweets, snacks and fruits and distributed personally to the engineers and workers. Naturally, this provided great inspiration to all of them to work with speed and perfection. With the blessings of Bhagavan, the 65-feet tall statue of Hanuman was ready for consecration a few days ahead of Bhagavan's 65th Birthday. It was inaugurated by Bhagavan on 22nd November 1990.

– Source: Sathyam Sivam Sundaram - 6



## Correct Calculation

ONCE A BOY ASKED HIS grandfather, "Grandfather, how old are you?" The grandfather said to the boy, "My dear, I am two years old!" The boy then questioned his grandfather, "What is this, grandfather? Why do you say so?" "I say so because this is my real age," said the grandfather.

The boy then said to his grandfather, "You are an old man. Isn't it? But you think that you are a two-year-old child. Have you taken leave of your senses, grandfather?" The grandfather said to his grandson, "No, my dear! I say this because I have come to my senses. Though my body is 70 years old, I have started contemplating on God only for the last two years. The period of life spent in the contemplation of God is the only worthwhile period. Living for hundred years without remembering God is life

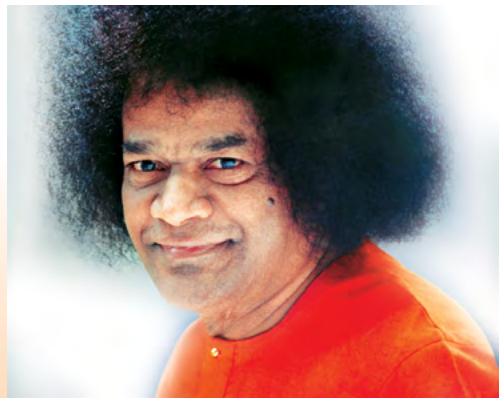
wasted. Therefore, the two years I have spent in the contemplation of God is my real age. That is why I said so."



*"The real age of man is the period spent in the contemplation of God," said the grandfather to his grandson.*

The time spent in the contemplation of God is the only blessed period of man's life. The rest is all waste.

**I** am the embodiment of Love;  
Love is My instrument. Those who  
have recognised My Love and  
experienced that Love can assert that  
they have glimpsed My Reality, for  
the path of Love is the royal road  
that leads mankind to Me.



- Baba



# Let us Make our Life Swami's Message

Fize Mohammed

**W**HEN I WAS FIRST TOLD AT the young age of seventeen years that God had taken a form and was on earth, I instantly replied... madness! Now at the ripe age of fifty-three, and having experienced this Divine madness for over thirty-six years, I can truly attest that all things are possible.

## **A Storehouse of Profound Truths**

Do I miss seeing, hearing and touching the magnificent Lord of Parthi? Honestly, it has been a very difficult journey since our Beloved Lord returned to His formless state. But now I no longer have to imagine what God looks like or question the ifs and whys of life. Celluloid has replaced clay and technology has replaced imagination. A storehouse of profound truths, which will lead us to oneness, is the gift our Beloved Swami has left for mankind.

Love all, serve all. Hands that help are holier than lips that pray. This Sai Directory, as I prefer to call it, gives guidance to every aspect of leading a meaningful life, regardless of religious persuasion. Ocean is one, rivers are many. Are we on this earth, having been blessed for eighty-five

years with the presence of the Divine, any nearer to understanding these truths?

Everyone has a unique part to play in Swami's Divine Mission. Swami has illumined our pathway. So, we must all hold hands and march towards that Divine Light. In the past, I would sometimes wonder, is this easier said than done, Lord? Personally, this road has not been an easy one. But when I reflect on the unconditional love that beautiful five-foot Form showered on devotees by giving Darshan twice daily, or when I remember

***It is imperative that we live our lives according to Swami's teachings so that we will blossom in human excellence. Such excellence will allow us to carry on His Mission as He would have expected of us. Therefore, we should channel our inner light so that when it reflects, the world will see its brilliance. Let our thoughts be so pure that when they are expressed, they only add value.***

Him sitting for hours in the Mandir after His hip surgery, spreading the fragrance of His ever-loving smile, I know that there is no greater sacrifice to show my immense gratitude to our Beloved Lord.

### **Transformation through Love**

My resolve is never to disembark the Sai Express, no matter how tempting the scenery. I pray each day for Him to strengthen this resolve and never allow my faith to waver. I have spent most of my adult life with Sai, imbibing the nectar of His divinity. No longer do I question the events of my pre-Sai days, events which brought sadness and pain to those I love. Sai has truly brought understanding and love to all relationships in my life. I now understand fully when He said that He has the love of a thousand mothers and would never forsake us.

Swami has allowed me to experience the heights of happiness and also the depths of despair. But I realise now that He never even once let go of my hand. His grace continues to be with me and my family. At times, I am awestruck and ask, why me, Lord? What have I done to deserve such grace? How then can I ignore His call to be part of His Mission?

Our transformation continues to be Swami's priority. His one supreme desire is to make us desireless. His weapon, Love. Forget the world, He says, and concentrate on yourself. We need to become worthy instruments of His, instruments to help create a better society so that all mankind can live in harmony. Are we willing to take up this challenge?

How do we obtain a ticket on the Sai Express? It's simple, love yourself... treat your body as the temple of God. Imbibe positiveness and in time it will transmute the negativities in us. The result? Our life will become His Message. Swami has left us with an abundance of literature, our own Sai Directory, with guidelines to help us attain this state. Let us not allow this opportunity to slip away. Reach out and grasp; hands will be there to guide you. The purpose of the Sai Organisation is to help us realise that we are divine.

### **An Ideal Role Model**

Since April 2011, I have been invited to share the love of Sai in many parts of the world through my talks. I have seen love in action. There is an increased eagerness amongst devotees to please Swami. Such love continues to inspire me. Let Swami's Divine Love act as a catalyst to accept differences and overcome prejudice.

Swami came as our ideal role model. His every act was a lesson for life. All that we had to do was to observe and understand His silent messages. In reflection, I thought that the experiences I had in His presence on my trips to Prasanthi Nilayam would never end. I thought Sai's presence would always greet me, whenever I chose to come to Prasanthi. I was like the spoilt child whose Mother had to cater to his every whim. So I thought it was with Sai for most of my early trips. And He did pamper me, in more ways than I can describe. This relationship which evolved over the years with my Lord, I consider truly unique. He



took a lump of raw clay-pounded, twisted and rolled it to make me into what I am today. And I say, without ego, I know my Lord is proud of me. I still stumble and slip but He never allows me to fall as I manage to always see His outstretched hand waiting to catch me. Each time I grasp it, I say, thank You Lord, please use me in whatever way You desire.

Relishing the divine nectar of His physical presence for eighty-five years is a monumental spiritual achievement for one and all. Let us become that hollow flute through which He can blow His divine breath into us. This should be our priority. Let us follow the guidelines contained in the enormous library of writings He has left us. We should share thoughts, ideas and opinions through our study circles and family Satsangs. Respect varying opinions, for each of us is on a different milestone of the same journey. Embrace differences and do not feel threatened by these. Hold firm to your values. Express them in the divine love that Swami demonstrates. Let our life be His Message.

Up to the age of seventeen, I had been in an insulator. The physical world held many attractions. Peer pressure existed then as it does today. I considered myself released from this encapsulated state by and through the grace of Sai. How fortunate are today's adults! Whilst many of us had to be transformed, young adults emphatically state today that they were either born in Sai families or were taken under His wings at a very tender age. Sai's

***Forget the world, He says, and concentrate on yourself. We need to become worthy instruments of His, instruments to help create a better society so that all mankind can live in harmony. Are we willing to take up this challenge?***

---

Bal Vikas, EHV and Educare programmes continue to positively impact our children and young adults. They understand and follow Sai ways. He is their ideal role model. The commitment of the Sai young adults worldwide is admirable. They continue to excel in all areas, both personal and professional.

Only recently in September 2013 in Trinidad and Tobago, two Sai young adults, Shivana Mohammed and Karishma Harrilal-Maharaj were awarded National Open Scholarships by the Government of Trinidad and Tobago for excellent academic achievement. There are many similar recipients of awards who continue to work ceaselessly in Sai's Mission. They continue to make their parents and elders proud. This is what Swami meant when He said: Head in the forest, hands in the society. Having worked with children and young adults for over thirty-five years, I can attest to the positive impact of Sai's education programme on young minds. The strategies for taking this programme into the traditional non-Sai school environment in Trinidad and Tobago has brought otherwise unforeseen uplift in thinking,



resulting in positive actions amongst these children.

On a personal note, both my daughters have been nurtured in Sai's Bal Vikas and EHV and are now at university. Due to the positive impact of these programmes, my daughters have been able to contribute in a meaningful way to school life through leadership and other avenues. So, make Bal Vikas fun for the children and a weekly family event and the rewards would be unimaginable. My wife and I are both extremely proud of our daughters, Amrita-Vani Khadija and Shivana Ameena. Swami said to us at our wedding interview in December 1991 that He would give us good children. Thank you Swami for your continued grace.

### **Come Aboard the Sai Express**

Swami has promised us if we do His work, He will look after us. This is why it is imperative that we live our lives according to Swami's teachings so that we will blossom in human excellence. Such excellence will allow us to carry on His Mission as He would have expected of us. Therefore, we should channel our inner light so that when it reflects, the world will see its brilliance. Let our thoughts be so pure that when they are expressed, they only add value. If all continue to make efforts in these directions, can one imagine its impact on creating change in the world? The world will definitely become a better

***Do I miss seeing, hearing and touching the magnificent Lord of Parthi? Honestly, it has been a very difficult journey since our Beloved Lord returned to His formless state. But now I no longer have to imagine what God looks like or question the ifs and whys of life. Celluloid has replaced clay and technology has replaced imagination. A storehouse of profound truths, which will lead us to oneness, is the gift our Beloved Swami has left for mankind.***

---

place. Swami's Mission will not fail as He repeatedly reminded us for He is Sathya (Truth). So, come aboard the Sai Express. This journey promises unimaginable bliss. Come, bask in the love of Sai where all universes become One

What gift can we give to Swami as we commemorate His Birthday? Let us reaffirm to continue in our spiritual quest as we seek to realise who we truly are. Let us leave the desire for rewards of our actions as we continue to serve His creation. Let us capture the essence of His all-pervasive spirit as we eat, breathe and live Sai.

**– The author, Sri Fize Mohammed, Financial Consultant by profession has been working with Bal Vikas children and Young Adults of Trinidad and Tobago for the last 35 years.**

*For faults and sins committed in ignorance, repent sincerely; try not to repeat the faults and sins again; pray to God to bless you with the strength and courage needed to stick to the right path .*

**- Baba**



# JOURNEYS TO SAI – JOURNEYS TO LOVE

Kirsten Pruzan

**I**T WAS 23 YEARS AGO THAT I had my first Darshan of Sathya Sai Baba. I am from Denmark, a small country in Northern Europe, and had never before heard about an Avatar. I was fascinated. For the next 13 years, together with my husband, Professor Emeritus Peter Pruzan, I came to India to see the Sai Avatar once or twice a year. The pull was irresistible. And since 2003, Peter and I have spent the winter in Prasanthi Nilayam each year. For the past ten years he has been teaching Research Methodology to M.Phil. and Ph.D. students at Sri Sathya Sai Institute of Higher Learning. He loves it. While he is busy with the university and his research, I write articles and books. I love it. As a former journalist and newspaper editor in Copenhagen, I have been flying on the wings of Garuda, feeling that the wind beneath my wings is the breath of Sai.

## **Love is Divine Energy**

Since 1990, Peter and I have travelled to India almost 40 times and spent a total of roughly six years in that amazing, wonderful, confusing and overwhelming Holy Land. Tropical India is totally different from cold Denmark where we live. In 1990, I shared my very first (accidental?) meeting

with Sathya Sai Baba with the readers of Berlingske Tidende, the major national newspaper I worked for. The article's title was: "He has miracles in His hand. A visit to the Indian Guru Sai Baba who is said to be able to perform miracles like Jesus."

My husband and I were interested in learning about the teachings of Sai Baba. Together with a number of other aspirants we took part in a compulsory Danish introduction course, which no longer exists. This happened during the first years of the 1990s under the strict guidance of the late Dr. Thorbjörn Meyer and his wife Marianne, who is now a member of the Prasanthi Council. Many evenings and weekends we studied Sai's discourses and books. Before we could be accepted as members of the Sai Organisation in Denmark, each student had to write an essay on one of Swami's five human values. I chose to write about love. I still clearly remember how surprised I was when I learned, and later discovered for myself, that love is not only a feeling but divine energy – and our very essence. This happened more than 20 years ago. Since then, Swami and His wonderful teachings and indescribable love have permeated my heart and profoundly changed the course of my life.

In the 1990's, my husband and I found it very enjoyable to translate Samuel Sandweiss' landmark book, "The Holy Man and the Psychiatrist" into Danish. It enabled us to reflect deeply on our own experiences with the Sai Avatar. This was followed by innumerable inspiring hours over a period of at least five years, when Peter and I discussed and translated a special version of the Bhagavadgita into Danish. This version included Sai Baba's comments to each verse and the Gita itself. It had been translated into English by the Sanskrit scholar Camille Svensson, who had been instructed by Sai Baba to compile the book in this manner. When in 2003, Peter presented our translation to Swami, He did something most surprising: He pointed to the Danish translation of the sub-title and said: Proofread! We had discussed two alternatives and chosen one. Sai Baba preferred the other, and in this way clearly demonstrated to us that as the Universal Teacher He had knowledge of Danish!

### **Sai in Denmark – and in Africa**

In 1995, I shared with the readers of my newspaper a story about a hospital unequalled in the world. The article was a two pages broadsheet spread

with many photos. Its title, translated into English, was: "Super Hospital for the Poor." It continued: In South India, you can find a high technology hospital, planned, designed, built and equipped within 12 months. ...

A couple of years later in Iceland, I interviewed professor of psychology, Erlendur Haraldsson. During many visits to Puttaparthi, he had performed research on the phenomena that is Sai Baba. The article that ensued was called "Science between Heaven and Earth. He goes beyond the laws of Nature." In early spring of this year, 2013, I met Professor Haraldsson again, this time in Puttaparthi. Here he finished his research after Sai Baba left His mortal coil. In a new book he concludes: "Sai Baba has put His stamp on the lives of millions of people, and given them new ideals.

And He left behind, particularly in India, a great legacy and large institutions which may serve its people for generations to come."

Once I wrote several newspaper articles based on my experiences with how Swami's teachings were being transformed into loving action in Africa. Peter and I started our visit to Africa in a poor suburb of the mining town Ndola in Zambia.

***Swami has taught me that the more I am able to tame my ego, the more I discover that it is possible to live in peace and harmony and love with myself and others, even if the world we live in appears to be filled with pain and conflict. Swami has taught me to live as a 'human being' and not only as a 'human doing'. He was the master of the transformation of my heart. A look from Him could fill you with love, and in a dramatic way He could change a life.***



Genoveva and the now late Victor Kanu were living examples of Swami's saying, "Hands that help are holier than lips that pray." In an article "The Miracle School," I wrote: *Youngsters destined to be social losers become winners at Sri Sathya Sai School in Ndola in Zambia, a model school for all of Africa. Local poor slum-dwellers, drop-outs from other schools, and other underprivileged children now graduate with the highest marks in the country. ...*

On that same trip to Africa, my husband and I visited a Danish couple who run an amazing children's home they created in Zimbabwe. In an article called "Danish Children's Home in the Bush," I wrote: *'Six years ago, Birthe and Bent Kristensen suddenly stood with the responsibility for three small African children in an area of*

*Zimbabwe which is hard hit by AIDS. This changed their life. Without any safety net, but with economic help from the local Sathya Sai Organisation, the national Danish aid organisation, the Red Cross, and private donors they have created a nursery for 108 local children and an orphanage for 22 orphans. The motto for Ethandweni White Water Sai Children's Home is 'Love All – Serve All. ...'*

Years later I interviewed Birthe Kristensen about the children's home which, by Swami's grace, has now 36 orphan children. The interview appears in the book, "Wisdom of Sai Women" in which 18 Sai Baba devotees share stories of their lives. The interviews were done by Dr. Sue Evans, an American, the artist Lynn Kriegler from New Zealand, and me. The book is sold through the Publications Division of Sri Sathya Sai Sadhana Trust. The same was the case with my first book about Sai Baba, "Journeys to Love. Twenty-one Danes Share their Experiences of Transformation after Meeting Sathya Sai Baba." In an interview, Swami had lovingly guided me in writing this book in Danish and then translating it into English.

### **Prasanthi Nilayam, our Indian Home**

I have never before experienced so much spiritual inspiration and intellectual stimulation combined with an unusual spirit of service as in Prasanthi Nilayam. The Ashram has become our second home. Here we meet all kinds of people from all over the world with diverse religious and cultural backgrounds. Like us they thrive in the special Sai atmosphere you find here. Now we

***When friends in Denmark ask me what knowing Sai Baba has meant to my life, I have no doubts: I have higher ideals than before I met the Sai Avatar. I have learned about the oneness of all and about Universal Love. I have also learned that in the fragmented world we as human beings have created, there are many different paths that all lead to the one omnipresent God. I have experienced that the material world loses its magic when you replace it with higher goals.***



understand what Swami meant when he told us on a number of occasions: "This is your home!"

For the past 15 years, Peter and I have been invited to give talks about Sai Baba in many countries. Each time, we meet the true spirit of Sai in the minds and hearts of His wonderful devotees, no matter where they live. A few months ago, in June, we spoke to Sai devotees and Peter spoke to business leaders as well, in Kiev in Ukraine, and in Moscow and Saint Petersburg in Russia. Everywhere, we were reminded about Sai Baba's Divinity and overwhelming Universal Love.

When friends in Denmark ask me what knowing Sai Baba has meant to my life, I have no doubts: I have higher ideals than before I met the Sai Avatar. I have learned about the oneness of all and about Universal Love. I have also learned that in the fragmented world we as human beings have created, there are many different paths that all lead to the one omnipresent God. I have experienced that the material world loses its magic when you replace it with higher goals. I have experienced that the basis for a good life is to always have consistency between one's thoughts, words and deeds. I have also learned that you cannot know beforehand whether whatever happens in your life will turn out to be good or bad. So, I try not to worry and to follow my inner guidance.

Swami showed me that life is a magical and amazing game, a cosmic drama in which each one of us has a role to play. And what has this taught me? That

everything we send out returns to us. Swami has taught me that the more I am able to tame my ego, the more I discover that it is possible to live in peace and harmony and love with myself and others, even if the world we live in appears to be filled with pain and conflict. Swami has taught me to live as a 'human being' and not only as a 'human doing.' He was the master of the transformation of my heart. A look from Him could fill you with love, and in a dramatic way He could change a life.

Through the years, Swami gave blissful interviews and even powerful visions, but I never felt as close to Him as when in 2010 I was asked to give a talk in front of Him on Christmas Day. Sai Kulwant Hall was beautifully decorated and filled to capacity. Our Beloved Swami sat in His yellow robe in a white chair, looking weak, but surrounded by an aura of sweetness and love. I felt very humble. It was overwhelming to feel how Love was not only a feeling, but energy, Swami's Divine Energy.

Four months later, our Sai left His physical body. He chose to leave us on Easter morning which is very significant for someone like me who was brought up in a Christian culture. I am forever grateful that I had the opportunity to look our Divine Master deeply into the eyes and say, Thank You, Swami! Knowing You has changed my life forever.

**– The author, a journalist by profession, has translated and written many books about Bhagavan Baba including "Journeys to Love."**





# CELEBRATIONS AT PRASANTHI NILAYAM

## PILGRIMAGE OF UTTAR PRADESH AND UTTARAKHAND DEVOTEES

**M**ORE THAN 500 DEVOTEES from the States of Uttar Pradesh and Uttarakhand came on a pilgrimage to Prasanthi Nilayam from 24th to 27th September 2013. As part of this pilgrimage, Sri Sathya Sai Organisation of these States organised a programme of flute recital in Sai Kulwant Hall on 25th September 2013. The flautist who presented this beautiful concert was Sri Rajendra Kumar Kasandhar, a faculty member of Department of Flute, Banaras Hindu University. Beginning his recital at 5.00 p.m., the flautist enthralled the audience for nearly 40 minutes with his steady, serene and scholarly recital. The flautist and his accompanying artiste who provided instrumental support to him on tabla were felicitated at the conclusion of this fine concert. Earlier, the State President of Uttar Pradesh and Uttarakhand addressed the gathering and described how the Sai Organisation of these States rendered timely help to the flood-affected people of Uttarakhand.

## ALL INDIA CONFERENCE OF DISTRICT PRESIDENTS AND STATE COORDINATORS

More than 500 delegates from all over India, from Kashmir to Kanyakumari and



*Delegates and guests attending the conference.*

from Kutch to Itanagar, assembled in Poornachandra Auditorium to participate in the All India Conference of District Presidents and State Coordinators organised at Prasanthi Nilayam on 28th and 29th September 2013 by Sri Sathya Sai Seva Organisation. The conference was inaugurated by lighting of the lamp amidst chanting of Vedic hymns on the morning of 28th September 2013. At the outset, Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations, outlined the theme and concept of the conference and introduced the speakers.

Speaking on this occasion, Sri K. Chakravarthi, Trustee, Sri Sathya Sai Central Trust, suggested to the District Presidents and other office bearers to have a more dynamic role in delivering the objectives of the Sai Mission with a balanced combination of wise and young. He emphasised the need for having more such meets at regional level to ensure that the Central Trust would have closer interaction with Sri Sathya Sai Seva Organisation. Addressing the delegates, Dr. G. Venkataraman, former

Vice Chancellor of Sri Sathya Sai Institute of Higher Learning fondly recalled the significance of Poornachandra Auditorium and its sanctity of being the venue for many divine programmes. He elaborated on the role of Radio Sai in spreading Sai Message in several languages reaching out to millions of people. Sri R.J. Rathnakar, Trustee, Sri Sathya Sai Central Trust, noted the significance of the district as the foundation of the Sai Organisation and suggested that every member of the Sai Organisation should practise qualities like humility, simplicity, nobility in thought, word and deed. He also acknowledged the role of Sri Sathya Sai Seva Dal in smooth conduct of every activity at Prasanthi Nilayam.

In his PowerPoint presentation, Sri V. Srinivasan gave comprehensive information about the Sai Organisation, its structure, manpower and its various projects and functions. He touched upon different wings of the Sai Organisation like Bal Vikas, education wing, service wing, spiritual wing and also the different projects like Sri Sathya Sai Village Integrated Programme. He gave a brief account of the initiatives of Bhagavan in the areas of health, education and public service like Sri Sathya Sai University, Sri Sathya Sai Schools, Super Speciality Hospitals, Drinking Water Projects, etc. Speaking about future projects envisioned to be taken up in coming years to commemorate Bhagavan's 90th Birthday and also Golden Jubilee of Sri Sathya Sai Seva

Organisations, the All India President gave the Organisation three National Projects:

- National Nutrition Programme to alleviate the problem of malnutrition.
- National Vocational Training Programme for rural youth.
- National Disaster Management Training to youngsters, particularly from villages.

Sri Nagarajan Ramani, All India Vice President, Sri Sathya Sai Seva Organisation, in his talk on "Qualifying Themselves and Preparing to Take up Responsibilities," gave very elaborate suggestions of wisdom combined with expertise and experience to office bearers of the Sai Organisation.

After lunch break, the delegates visited Sri Sathya Sai Institute of Higher Medical Sciences in Prasanthigram where all of them received information about the functioning of the hospital.

In the first session on 29th September 2013, Sri Nimish Pandya, All India Vice President, Sri Sathya Sai Seva Organisation, guided the office bearers on how 'way forward' could be treaded. He suggested to them to attain harmony at Samithi level by motivating devotees and improving Bhajans. He reminded the delegates of Bhagavan's solution for every or any kind of problem, that is Pure Love. Sri Satyajit, later informed the participants about Vidya Vahini Project blessed by Bhagavan. He explained the motto of Vidya Vahini as "education for all: by all", and the aim of the project to be integrating values in contemporary education.



In the afternoon, the participants visited Sri Sathya Sai Institute of Higher Learning, where they were apprised of the historic progress of SSSIHL and the research that was being carried out in the university in different departments.

In the evening session, the participants attended Bhajan in Sai Kulwant Hall and offered salutations at the Samadhi of Bhagavan. A memento of Bhagavan's Love was presented to all of them.

### 58TH ANNIVERSARY OF SRI SATHYA SAI GENERAL HOSPITAL

On the 58th anniversary of Sri Sathya Sai General Hospital, Prasanthi Nilayam, its staff members made a beautiful musical offering to Bhagavan "Sai Dhanvantareem Pranamamyaham" (salutations to Sai, the greatest doctor Dhanvantari) on 3rd October 2013. Interwoven with narration of stories of Bhagavan's loving grace and supported by the video clippings of Bhagavan's Darshan and visits to the hospital, the staff members presented a



*The staff of Sri Sathya Sai General Hospital, Prasanthi Nilayam offering their musical tribute to Bhagavan.*

programme of devotional songs to express their love and gratitude to Bhagavan Baba who taught them the sublime principle of service with love and devotion. Beginning with a composition dedicated to goddess Durga "Sri Jagadeeshwari Durga," it appropriately concluded with the evergreen song "Tu Pyar Ka Sagar Hai" (You are the ocean of love). This was followed by a brief session of Bhajans during which the staff members were felicitated and Prasadam was distributed to all.

### AVATAR DECLARATION DAY

An excellent programme was organised by the students and staff of Sri Sathya Sai Institute of Higher Learning in Sai Kulwant Hall on 20th October 2013 to commemorate the historic event of 20th October 1940 when young Sathya at the age of 14 years left school, renounced His family and declared that He was Sathya Sai Baba, a reincarnation of Shirdi Sai Baba, who had come to light the lamp of love in the heart of man and rebuild the ancient highway of truth and righteousness to redeem mankind. Through powerful dialogues, supported by audio and video clips of Bhagavan's Discourses and poems, the students portrayed the life, teachings and Divine Majesty of Bhagavan to the delight of devotees in Sai Kulwant Hall. This was followed by Bhajans which concluded with the Bhajan "Manasa Bhajare Guru Charanam," the very first Bhajan sung by Bhagavan after declaring His Avatarhood.





# NEWS FROM SAI CENTRES

## POLAND

**A**N ANNUAL SAI BOUNDLESS Service Camp, inaugurated in 2004 with 30 Sathya Sai volunteers, continues to offer medical, educational and community services to the poorest of the poor in Poland. The services rendered are carefully matched



*Service to cater to the needs of the local community.*

to the needs of the local community. In July 2013, about 60 Sathya Sai volunteers from Holland, Germany, Slovenia, Bosnia, Herzegovina and Lithuania offered their services for this project. The medical team of doctors and therapists saw more than 450 patients over a period of one week, and some elderly, physically challenged patients were visited at home.

## U. S. A.

On 20th May 2013, a devastating tornado of maximum force hit the town of Moore, Oklahoma, killing 24 people (including seven children), destroying almost 13,000 homes and significantly

affecting more than 33,000 people. Shortly thereafter, on Friday, 31st May, several other tornadoes hit Oklahoma City, killing another nine people, injuring hundreds more and creating additional damage and significant flooding in the area. While the U.S.A. is hit by more than 1,200 tornadoes each year, only 60 such ravaging, maximum-strength, class EF-5 tornadoes have been ever recorded in the U.S.A. since 1950. The second storm toppled cars, destroyed homes and brought heavy rain and hail, with flood waters topping over one metre in Oklahoma City.

All Sathya Sai Centres in the South-Central Region of the U.S.A. sprang immediately into action by providing food and basic supplies to the needy and travelling to the affected areas to render help and solace to the tornado victims. Dozens of Sathya Sai volunteers participated in the relief work in Oklahoma City, by helping to receive, organise and distribute relief supplies, aid in the clean-up efforts and assist the disaster victims in



*Distribution of relief material to victims of tornadoes.*





other ways. The Sathya Sai International Organisation of U.S.A. coordinated relief efforts from other parts of the country, and Sathya Sai devotees continued the clean-up and restoration efforts. Currently, the S.S.I.O. is working with a needy community of about 80 homes and 320 people who lack resources to rebuild their homes. The S.S.I.O. is helping to reconstruct houses, design a permanent water purification system and provide for a more robust electric supply to this community.

### KENYA

The Sathya Sai School at Kisaju, Kajiado district, Nairobi was opened in 2001 with Swami's blessings. It provides free education to poor and destitute children. At present, 125 boys reside in this boarding school, which recently completed the construction of a large, multi-purpose, ultramodern auditorium. In addition, the school has constructed seven concrete structures to house seven tanks of 10,000-litre capacity each for harvesting rain water. On 9th June 2013, parents, teachers, school officials, students from neighbouring schools and Sai Youth from the Nairobi Sathya Sai Centre gathered to witness the annual sports day of the school. On Sunday, 28th July 2013, the annual Teachers' Day was celebrated along with Guru Purnima by students, parents, guardians, community members and Sathya Sai devotees. Students presented a "values-based" drama, songs, hymns, quotations and traditional dances, and expressed their gratitude to Bhagavan



*Cultural programme by the students of Sathya Sai School.*

for providing them with a model school with excellent facilities for learning under the Sathya Sai Educare methodology. They also honoured all teachers who stay on the school campus, for imparting spiritual knowledge along with the regular academic curriculum. A Parenting Workshop on the human values was attended by 78 parents and guardians, who expressed gratitude to the school management for taking care of their children and educating them in human values.

### CANADA

The first Walk for Values was initiated by the Sathya Sai School, Canada in 2003 to encourage participants to pledge to the practice of a human value for the following year, and to spread awareness of human values to the public. The walk-a-thon has since spread to 10 cities across Canada and to four continents around the world, involving nearly 40 cities. A wonderful show of unity was displayed at the 11th Annual Walks for Values held during May and June 2013 in the Canadian cities of





*Participants in a Walk for Values in Canada.*

Cornwall, Ottawa, Toronto, Winnipeg, Saskatoon, Edmonton, Yellowknife and Vancouver. The venues prominently displayed banners and signs on human values.

In Toronto, a stage adorned with colourful flags of countries around the world displayed the unity of various cultures, faiths and ideologies. Several thousand people participated in this event, held in front of the city hall. Members from various faith groups attended the event. A Catholic priest paid homage to Sathya Sai Baba, Jesus, Buddha, Mohammed and other prophets and thanked everyone for bringing joy and happiness to the City of Toronto. Sri Jim Karygiannis, Member of Parliament, presented a Certificate from the Government of Canada, commending the Sathya Sai School Parent Council for hosting the Toronto Walk for Values.

The processions in Edmonton, Vancouver and Toronto featured mobile floats, attractively decorated, with the names of the five human values (Truth, Right Action, Love, Peace and Non-violence) prominently displayed. Edmonton's Walk

was held at McIntyre Park, a local hub of the city. In Winnipeg, participants marched in front of the Manitoba Legislative Building and along the beautiful Assiniboine River. In Yellowknife, Sathya Sai devotees joined the Canada Day Parade, carrying banners on human values and quotes from Bhagavan. Saskatoon's Walk for Values was inaugurated by City Councillor, Sri Randy Donaaur, who spoke about the importance of practising human values in daily life.

## SWEDEN

About 45 Sathya Sai devotees from Sweden, Norway, Denmark, Netherlands and Germany participated in a North European Satsang in Ödeshög, Sweden in Spring 2013 to reflect upon love and leadership. Ms. Petra von Kalinowski, Chair Zone 7 of the Sathya Sai International Organisation, spoke on Swami's Message about spiritual transformation through service, emphasising the importance of developing character and team spirit. Ms. Marianne Meyer, Member of the Prasanthi Council, spoke about the path to spiritual excellence, with exciting stories to illustrate the point. Sri Jan Floris from Netherlands spoke about love and leadership and gave examples from his own work experiences. A programme was held on Saturday evening on "Service of Gratitude to God, Mother Earth and the Five Elements," on an outdoor theatre stage. Devotional songs in different European languages were sung to express gratitude, and later the participants assembled inside to share



their personal experiences and interactions with Swami.

## GERMANY

About 60 Sathya Sai devotees from Germany attended the Sathya Sai Cultural Summer Festival in July 2013, a five-day event held in the city of Bad Neuenahr near the former capital, Bonn. Following the



*Sathya Sai Cultural Summer Festival in Germany.*

tradition set in the previous year to connect spirituality with culture, the event focused on “Everyday Culture and its Spiritual Aspects.” The festival began on 22nd July 2013, the holy day of Guru Purnima. The programme examined man’s relationship with Nature, animal, man and God, through a series of lectures, workshops, excursions and cultural programmes in the evenings. Several lectures dealt with the “Art of Communication” and how it has changed through the decades, in keeping with Swami’s teachings and the implications of using mobile phones in the present day.

– **Sathya Sai International Organisation**

## BHARAT

**Gujarat:** Sri Sathya Sai Seva Organisation, Gujarat organised Bheema Ratha Santhi function in an air-conditioned hall in Ahmedabad on 31st August and 1st September 2013. This was arranged for couples aged 75 and above. In all, 32 couples participated in this function from



*Bheema Ratha Santhi function in Ahmedabad.*

all over Gujarat. All the necessary articles for Puja, clothes, Mangal Sutas, etc., were given by the Sai Organisation of Ahmedabad. The ceremonies began after the procession of all the couples with their families and Samithi members along with band and Bhajans arrived at the venue on 1st September 2013. All the couples were assisted by youth volunteers for performing the rituals. The couples were made to sit on chairs and the same chairs and tables were given to them to be taken home. The rituals were carried out by five priests.

The couples’ family members were invited to attend this function. Around 600 people in all were present for this function.





The rituals ended with Arati by all couples followed by a delicious lunch.

**Maharashtra and Goa:** The Mulund Vikhroli Samithi of Sri Sathya Sai Seva Organisation, Mumbai carried out repair work for all cots and beds at Sarvodya Dharmashala at Ghatkopar. Outstation people affected by cancer, who are undergoing treatment at Mumbai, reside in this Dharmashala on a rental basis. The Samithi members do regular Narayana Seva here and were moved on seeing the dilapidated condition of the beds that were also invaded by bed bugs. When the intention of renewing the beds were known in the Samithi, many people came forward

with their entire might. About 50 new cots and beds were provided to the happy residents of the Dharmashala.

**Punjab:** Sri Sathya Sai Bal Vikas, Batala conducted a programme, "There is God – My Loving God – My Parents" on 12th May 2013 (Sunday). Beginning their programme with Veda chanting, the Bal Vikas students offered Puja to their parents, keeping alive the rich tradition of Indian culture which Bhagavan has propagated through His teachings. In Kali Yuga, it has become more important for all children to respect and love their parents and live with them in peace and harmony.

*...continued from page 18*



*Offering Bhagavan's Prasadam to villagers at their doorstep.*

Sri Sathya Sai Institute of Higher Learning, namely, Prasanthi Nilayam, Brindavan and Muddenahalli along with senior students of Sri Sathya Sai Higher Secondary School circumambulated the Bhajan Mandir while chanting Vedic Mantras, offered salutations at the Samadhi of Bhagavan and departed to designated villages in about 50 vehicles

loaded with food packets and clothes for distribution to villagers. They continued this stupendous distribution work from 6th to 13th October 2013 in a well-planned and systematic manner and conveyed Bhagavan's love to villagers in the form of Prasadam with great humility and love. The task of preparing food packets for distribution on all the days of Grama Seva was done by the students of Anantapur Campus along with senior students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam. On the sacred day of Vijaya Dasami, 14th October 2013, the work of distribution of Bhagavan's Prasadam was done in Prasanthi Nilayam by the students of Anantapur Campus of the Institute. A group of youth came specially from U.K. like many previous years to participate in the sacred task of service to villagers.





## COMMEMORATIVE STAMP OF BHAGAVAN

Department of Posts, Government of India is releasing commemorative stamp of Bhagavan Sri Sathya Sai Baba, 1st day covers, brochures and blow-ups on the occasion of Bhagavan's Birthday, 23rd November 2013. These will be sold till stocks last at the sales counters of Publications Division of Sri Sathya Sai Sadhana Trust in Prasanthi Nilayam 515134. Details are given below:

- i. Postal stamp Rs 5/- denomination.
- ii. First Day Cover (blank) @ 5/- each – limited quantity
- iii. Brochure @ 5/- each – limited quantity
- iv. Blow-up @ 4000/- (30" x 40") each – limited quantity
- v. Stamps Album (Deluxe) @ 300/- each – limited quantity

– Convener

## NEW ARRIVALS – BOOKS

Following new books are released. For your orders please contact Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam 515134 by post or email to [orders@sssbpt.org](mailto:orders@sssbpt.org) **Packing and postage extra.**

Code	Language	Title of book	Sale Price
12336	Telugu	Sri Sathya Sai Vachanamrutham 1992 Part 1	Rs 70.00
12337	Telugu	Sri Sathya Sai Vachanamrutham 1992 Part 2	Rs 70.00
12365	Telugu	Premamrutham	Rs 35.00
12369	Telugu	Bharatiya Samskriti Adhyatmikatallo Viswa Yuvataku Amsalu	Rs 10.00
12411	Telugu	Sri Sathya Sai Vachanamrutham 1989 Part 1	Rs 70.00
12412	Telugu	Sri Sathya Sai Vachanamrutham 1989 Part 2	Rs 70.00
12413	Telugu	Sri Sathya Sai Vachanamrutham 1989 Part 3	Rs 60.00
12353	English	1008 Names of Bhagavan Sri Sathya Sai Baba	Rs 15.00
12466	English	Vinayaka The Supreme Leader	Rs 25.00
12379	English	Life is an Opportunity... Seize it!	Rs 300.00
12430	English	Sai Meray Sai (Sai My Sai)	Rs 145.00
12493	English	Swamiji: A Prayer of Love	Rs 70.00
12367	English	Spirituality in Simplicity Part 1	Rs 40.00
12461	English	Message For The Day (daily messages – table top)	Rs 75.00
12491	English	God Waiting for the Call	Rs 30.00
12494	English	Memoirs of a Sai Student	Rs 45.00
12495	English	Nectar of Love	Rs 40.00

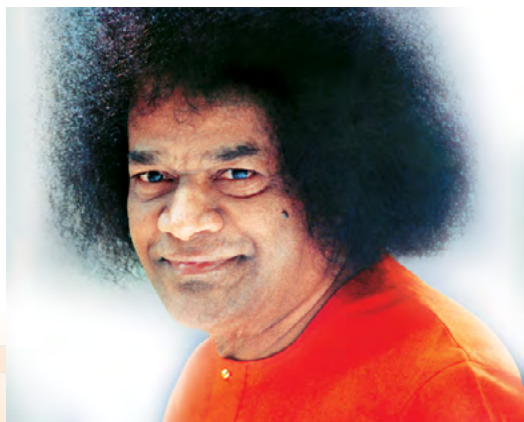
– Convener

## CALENDARS AND DIARY 2014

As there is heavy demand, please expedite your order for diaries and calendars 2014 and ensure your copies. For details refer our Aug. and Sept. 2013 issues.

– Convener

**To buy photographs of this issue, please click on the photograph**



Visit our Amazon Publisher Page

[www.amazon.com/author/sssstpd](http://www.amazon.com/author/sssstpd)

Visit our Smashwords Publisher Page

[www.smashwords.com/profile/view/sssstpd](http://www.smashwords.com/profile/view/sssstpd)

Visit us on Facebook at

[www.facebook.com/sssstpd](http://www.facebook.com/sssstpd)

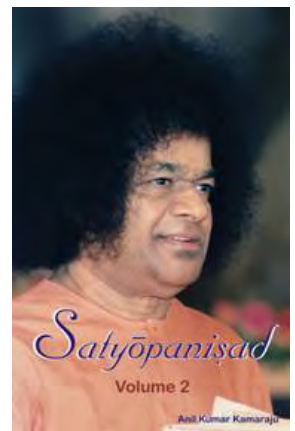
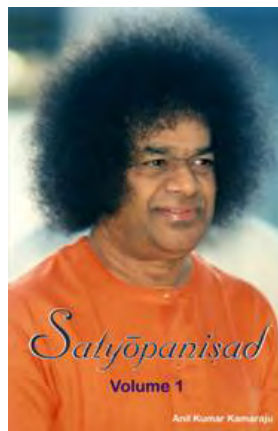
Follow us on

Twitter ([www.twitter.com/sssstpd](http://www.twitter.com/sssstpd)),

Shelfari ([www.shelfari.com/sssstpd](http://www.shelfari.com/sssstpd)),

Goodreads ([www.goodreads.com/sssstpd](http://www.goodreads.com/sssstpd)),

and Pinterest ([www.pinterest.com/sssstpd](http://www.pinterest.com/sssstpd)).



## Official Websites of Prasanthi Nilayam

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

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

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

Short Videos of Programmes held at Prasanthi Nilayam:

<http://vimeo.com/sssdarshan>

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

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

Bal Vikas Wing of Sri Sathya Sai Organisation, India: [www.sssbalvikas.org](http://www.sssbalvikas.org)

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

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

REGD. WITH REGISTRAR OF NEWSPAPERS R.NO.10774/1958 REGN.NO. HDP/002/2012-2014

Licensed to post without prepayment No. HDP/002/2012-2014



*Veda Purusha Saptaha Jnana Yajna.*



*Music programme by Muddenahalli Campus students.*



*Shehnai Ki Goonj, Sai Ke Naam: Shehnai Recital.*

Date of Publication: 5th November 2013

## *Advent of Sai Avatar*

Sai has come in order to achieve the supreme task of uniting as one family all mankind through the bond of brotherhood; of affirming and illumining the Atmic reality of each being in order to reveal the Divine, which is the basis on which the entire cosmos rests; and of instructing all to recognise the common divine heritage that binds man to man, so that man can rid himself of the animal and rise to the Divinity which is his goal.

– *Baba*

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.

Payment for print and electronic editions can be made online through our website: [www.sanathanasarathi.org](http://www.sanathanasarathi.org) or through conventional methods such as M.O. or D.D. or Personal Cheque to The Convener, Sri Sathya Sai Sadhana Trust, Publications Division, Prasanthi Nilayam - 515134. A.P., India.



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