



SEPTEMBER 2014

Sanathana Sarathi

Cover Story
**The Chitravathi
River**

Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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*"Try to enquire wherefrom you
have come. Realise your true Self
and reach the source of your origin.
This is what you are supposed to
know. To know this truth, divinity
should manifest in you. Not only
should you realise your divinity;
you should see divinity everywhere."*



CONTENTS

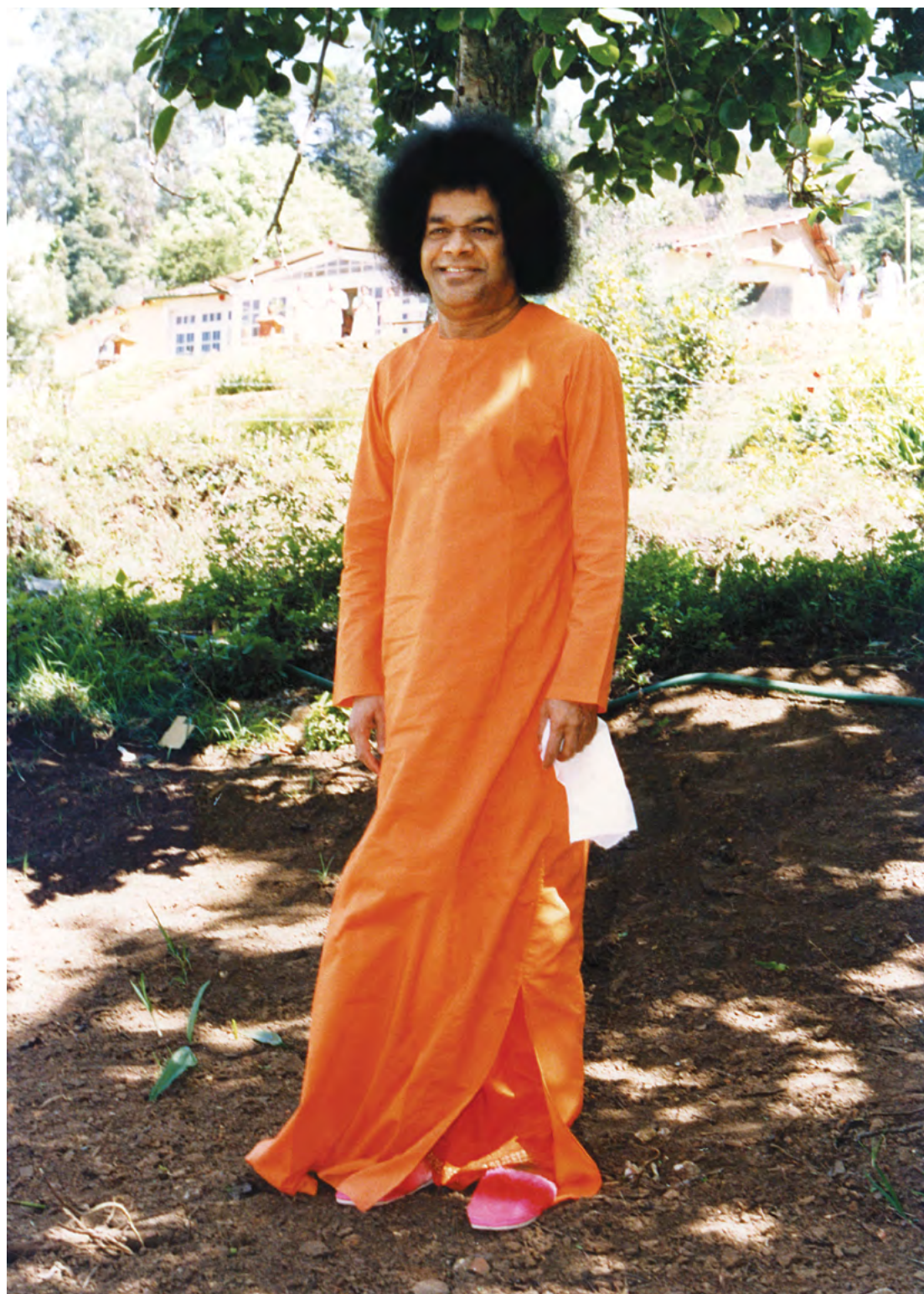
- 2 **Supreme Bliss Comes from Absolute Wisdom**
Bhagavan's Discourse: 1st September 1996
- 11 **Celebrations at Prasanthi Nilayam**
A Report
- 14 **Unfading Memories**
K.R. Prasad
- 17 **Recognise the Power of Love**
From our Archives
- 19 **The Chitravathi River**
Cover Story
- 22 **Sai Baba – The Great Saviour**
Maj. Gen. S.P. Mahadevan
- 25 **Learn to Practise Forbearance**
Effulgence of Divine Glory
- 26 **Mother and Motherland are Greater than Heaven**
Chinna Katha
- 27 **News from Sai Centres**



Forthcoming Festivals at Prasanthi Nilayam



- 27th September - 3rd October ... Veda Purusha Saptaha Jnana Yajna**
8th November 6 p.m.
to 9th November 6 p.m. Global Akhanda Bhajan
18th November Rathotsavam
19th November Ladies Day
22nd November 33rd Convocation of
Sri Sathya Sai Institute
of Higher Learning
23rd November 89th Birthday of
Bhagavan Sri Sathya Sai Baba
25th December Christmas



AMRITA DHARA

BHAGAVAN'S DISCOURSE:
1ST SEPTEMBER 1996

SUPREME BLISS COMES FROM ABSOLUTE WISDOM

Does onion give up its smell even if you sow it in the seed bed of camphor, add fragrant musk as manure and nourish it with scented water?

(Telugu Poem)

ANANDA IS THE PRINCIPLE OF BRAHMAN

Students!

*M*AN SHOULD FIRST OF ALL develop physical, mental and spiritual powers in order to sustain humanness and illumine his divinity. Human birth is not meant to enjoy physical, materialistic and worldly life. Birds, beasts and animals also enjoy the same type of physical happiness that you aspire for.

Man should Realise his Divinity

Then what is the speciality of human birth? *Jantunam Nara Janma Durlabham* (of all living beings, human birth is the rarest). What is it that makes human birth rare and unique? Animals also eat food like you and



develop relations with their kith and kin like you. They also have desires like you. If you also lead a life of animals and beasts, what for is all your education? What is the Vijnana (secular knowledge), Sujnana (spiritual knowledge) and Prajnana (constant integrated awareness) that you have acquired by your studies? Is all your education only meant to fill your belly? This is not the sign of humanness; this is not the goal of human life. Man should realise his true Self and the source from which he has come.

Karmanubandheeni Manushya Loke (Man in the world is bound by action). Even birds and animals also perform actions. So, man should perform actions which are associated with righteousness. All the Karma (action) that man performs should be associated with Dharma. Man should use his intelligence and power of discrimination and enter the field of action wholeheartedly. Before performing any task, he should enquire whether that particular action is befitting for a human being or an animal. Infinite and immeasurable divinity is immanent in man. Having such sacred and divine human birth, it is a shame to lead a life of birds and animals.

Brahman is all-pervasive. From this principle of Brahman, Akasa (ether) with sound as its attribute has emerged. Wind comes from Akasa, fire comes from wind, water comes from fire and earth comes from water. Crops grow on earth, food comes from crops and from food, man has originated. Human life is a journey

Students should consume only Sattwic food and develop physical and mental strength. When you develop physical and mental strength, your spiritual strength will also improve. When you follow the path of spirituality, you will be free from all doubts and delusions. It is the wrong food that gives rise to evil tendencies like anger, lust, tension, etc., and causes all problems. Therefore, it is necessary that you should always eat only Sattwic food.

from Anna (food) to Ananda (bliss). It begins with Anna and its ultimate goal is to attain Ananda. There is an intimate relationship between food, Brahman and Ananda. In fact, Ananda is the principle of Brahman. That is why Divinity is described as *Brahmanandam*, *Parama Sukhadam*, *Kevalam Jnanamurtim* (God is the embodiment of divine bliss, supreme happiness, wisdom absolute). What is the source of Brahmanandam? What is Brahmanandam like? It is the state of supreme happiness. Where does this supreme happiness come from? It comes from wisdom absolute. The Ananda that originates from wisdom is the basis of human life in this world. But man today is unable to realise what true Ananda is. He does not know what true happiness is. He considers material and worldly happiness as true happiness. How long does the



worldly happiness last? It is like passing clouds. Is this the happiness that you should aspire for? I have told this many times. Adi Sankara has also taught the same truth. Some of you may think Swami is repeating the same things again and again. I want to ask you a question. Why do you fill the same belly again and again? Is it not to fill the same belly that you eat three times a day? How many bags of rice you have consumed so far and how many more you will consume, you yourself do not know.

You struggle hard in life merely for the sake of filling your belly. You acquire many forms of knowledge from various fields. But you are not able to enjoy total bliss. So, take refuge in God and contemplate on Him. He will certainly show you the right path. (Telugu Poem)

You have consumed innumerable bags of rice. Still your belly is not full. Therefore, you should listen to the same teachings again and again, ingest their essence, put them into practice and experience bliss. Adi Sankara said:

*Ma Kuru Dhana Jana Yauvana Garvam,
Harathi Nimeshath Kalah Sarvam.*

(Do not be proud of your wealth, progeny and youth; the tide of time may destroy them in a moment.)

You spend your entire life in worldly pursuits. You study so many subjects, read so many books and acquire many degrees, but what is the use? How far have you put into practice the knowledge that you have acquired? Nothing at all. If

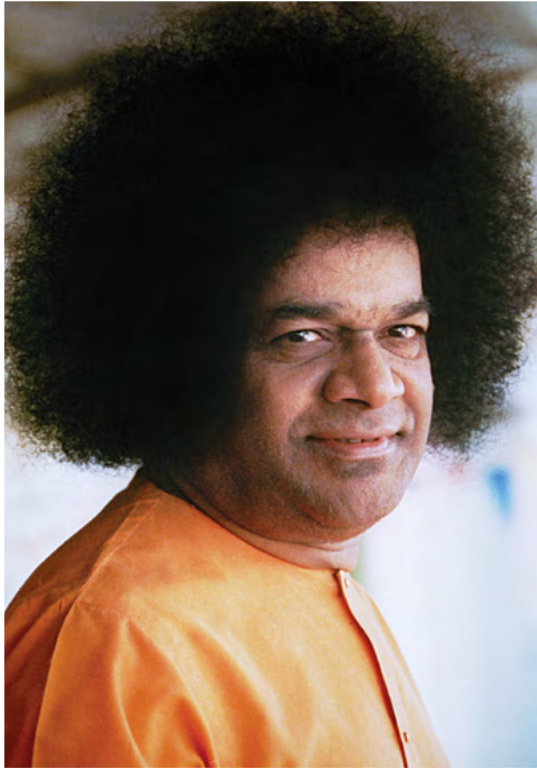
the food served in the plate has to reach your stomach, you have to put your hands and mouth to work. In the same manner, you have to put into practice at least a little of what you have studied and learnt to experience happiness. What is the use of that education which is not put into practice? Such people are a burden on earth. This is not how you should lead your life. You should serve society and put a check on the chaotic situation prevailing in society today. Man can acquire the capacity to do so only through education. Only students are capable of solving the problems of society. But they are becoming incapable because of their selfishness and self-interest. In fact, they are leading the life like animals. This is not the purpose of education. Having attained human birth, you should set an ideal to society. What sort of ideal? It is an ideal befitting for a human being.

What is the purpose of life? I mentioned this yesterday. Even a dead rabbit has some value but not the dead body of a human being. Even chappals are permitted in a house but not a dead body. Is this the value of man? No, no. Try to enquire wherefrom you have come. Realise your true Self and reach the source of your origin. This is what you are supposed to know. To know this truth, divinity should manifest in you. Not only should you realise your divinity; you should see divinity everywhere. In fact, the entire world is divine and full of bliss. There is no existence of sorrow at all. Such being the case, how is it that you experience sorrow and misery? How is it that you are



obsessed by petty worldly desires? Your body attachment is responsible for this. Man who is supposed to be a Atmabhimani (lover of Self) has become a Dehabhimani (lover of physical body) today.

The body is made up of five elements and is bound to perish sooner or later but the indweller has neither birth nor death. The indweller has no attachment



entertain noble thoughts and to join good company. This is what Gargi told Sage Yajnavalkya during a debate in the court of King Janaka.

Realisation of Oneness is True Knowledge

Once Janaka held a big congregation of scholars and sages in his court and

Today the world is in a state of utter chaos. Wherever you see, unrest and agitation are on the rise in all countries. Propagate the glory of Divine Name to drive away Asanthi (unrest) and bring in Prasanthi (supreme peace).

Every street and every inch of space should reverberate with the chanting of the Divine Name. Only then can there be peace and serenity in the world.

When you do Bhajans, the sacred vibrations are carried to all corners of the world by the sound waves. There is no room for doubt in this regard.



whatsoever and is the eternal witness. Truly speaking, the indweller who is in the form of the Atma, is verily God Himself. (Telugu Poem)

What for is the body given to man? The sacred human body has been given to man to put it on the path of righteousness,

conducted a debate as to what is eternal and what is ephemeral, what is Kshetra (field) and who is Kshetrajna (knower of field). This debate went on for 21 days. At the end, Yajnavalkya got up and said that he was prepared to answer any question that one might pose in the assembly. Gargi



got up and asked him, “What is meant by Jnana?” Yajnavalkya said, *Advaita Darshanam Jnanam* (experience of non-dualism is wisdom). Gargi said, “Yes, I accept what you said. A person who observes differences cannot be a Jnani. A true Jnani is one with *Ekatma Bhava* (feeling of oneness). Only such a person is a true scholar. *Pandita Samadarshina* (A Pandit is one who is equal-minded)”. Gargi was a great scholar and nobody could match her in knowledge. In fact, knowledge is the true ornament for man.

*Waves are the ornaments for an ocean,
Houses are the ornaments for a village,
Lotus is the ornament for a lake,
Moon is the ornament for the sky,
Knowledge is the ornament for man.*

(Telugu Poem)

On the 21st day when the debate concluded, someone from the assembly of scholars and sages had to be chosen to honour King Janaka. Janaka was known as Videha as he was totally devoid of body attachment. In view of her deep knowledge and supreme wisdom, Gargi was considered most deserving person to honour King Janaka. In such a great assembly of eminent scholars and sages, King Janaka decided to receive the honour from the hands of Gargi. Men and women are different only in form but knowledge is common to all. God is one and the same for everyone and so is the goal. There is no difference between men, women, children, youth and aged persons with respect to knowledge, nor is there any difference on

the basis of clan and various stages of life. Knowledge is one. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). Realisation of oneness is true knowledge. However, it is not easy to attain this realisation. Yet, you should make efforts to experience it. You will reach the goal when you proceed on the prescribed path. You can become a good singer by continuous practice. Even neem fruit tastes sweet when you keep chewing it. Sandalwood makes a groove on the sandstone when you keep on rubbing on it. The more you cut a diamond, the more will be its value.

Anything can be achieved by constant practice. Walking, reading, talking, eating, writing, all require practice. How much you need to practise if you want to ride a motorcycle! You may fall any number of times, but do you give up practising? Unfortunately, you give up your resolve at your first failure on the path of spirituality. In all other endeavours, in spite of all obstacles, you do not leave your effort. In fact, you should show the same resolve and much more on the path of spirituality. Why? Because spirituality leads you to the goal of your life. That is the purpose of human birth.

Divine Name Sanctifies the Atmosphere

Human birth becomes worthwhile only when you attain the goal of life. Having attained human birth, you should strive for its fulfilment and win the appreciation of all. You feel dejected when you face failures and feel elated when you meet with



success. Where is the need to become dejected in times of difficulties and elated in times of happiness? Happiness has no value if there are no difficulties.

People sow bitter seeds and expect sweet fruits later. As a result, when they have to eat the bitter fruits, they argue and blame Me for their suffering.

(Telugu Poem)

Is this humanness! This is against the laws of Nature. As is the seed, so is the fruit. If you want to enjoy sweet fruits, you should sow good seeds. People seek happiness in worldly life. Initially, it may look very pleasant, but the happiness diminishes with the passage of time. I have told the students many times. When a newly-married couple goes for a stroll in a public park and the husband notices a thorn in front of them, he at once pulls his wife aside saying, "Come back, there is a thorn"? At that time, he considers wife is life. After six months, if the same situation arises, the husband merely cautions his wife, "Be careful, there is a thorn". After another six months, if the same situation were to arise, he would shout at her, "Can't you see, there is a thorn"? Worldly love goes on decreasing in this manner day by day. It is only divine love that goes on increasing continuously.

One who is building a wall will go higher and higher as the wall rises, but one who is digging a well will go down lower and lower.

(Telugu Poem)

Going up and sliding down depends on one's actions. Some boys say, "What

to do when all the elders put pressure on me to get married"? This is a big stunt. If one is really not interested, what can the people in the house do? If someone forces you to drink poison, will you drink it? Your desires are responsible for your suffering. Your own thoughts are responsible for your happiness as well as sorrow. Your happiness is verily the heaven and your misery is the hell. Therefore, you should try to put a check on your thoughts. Develop only noble thoughts. Only then will humanness blossom and shine forth in you.

Today the world is in a state of utter chaos. Wherever you see, unrest and agitation are on the rise in all countries. Propagate the glory of Divine Name to drive away Asanthi (unrest) and bring in Prasanthi (supreme peace). Every street and every inch of space should reverberate with the chanting of the Divine Name. Only then can there be peace and serenity in the world. When you do Bhajans, the sacred vibrations are carried to all corners of the world by the sound waves. There is no room for doubt in this regard. When someone gives a talk on Delhi Radio Station, how are you able to listen to it in Prasanthi Nilayam? The sound is brought to us by the electromagnetic waves in the atmosphere. When the Divine Name is chanted, the sacred vibrations thus generated spread everywhere and drive away the evil and negative vibrations in the atmosphere. When you breathe in such sacred vibrations, you develop sacred feelings. If you pollute the atmosphere with



evil vibrations, you will have to breathe in only evil vibrations in turn. Whatever type of vibrations you breathe in, you develop similar thoughts. I have told this earlier: As is the fire, so is the smoke; as is the smoke, so is the cloud; as is the cloud, so is the rain; as is the rain, so is the crop; as is the crop, so is the food; as is the food, so is the head.

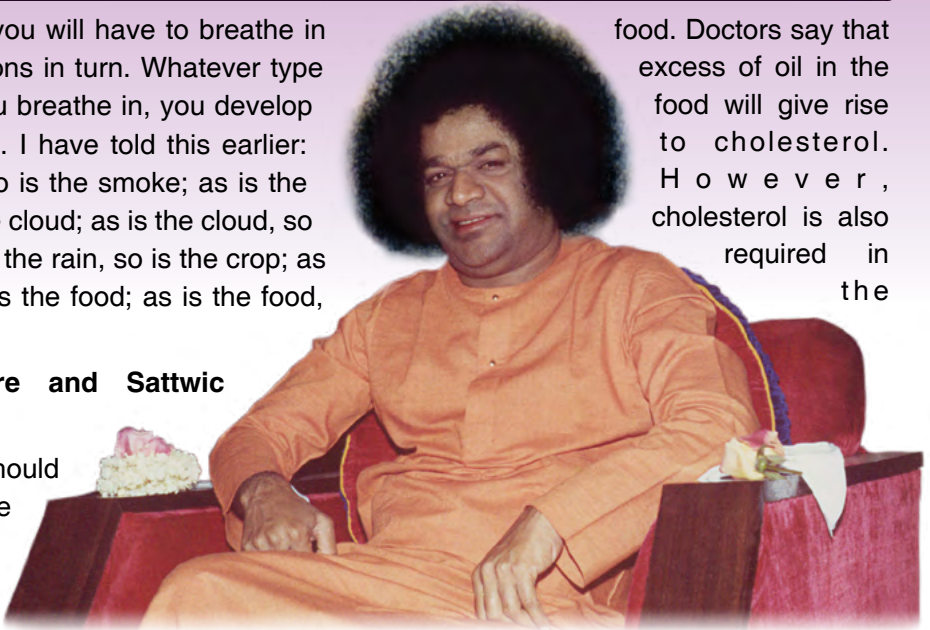
Eat only Pure and Sattwic Food

You should understand the relationship that exists between food, head and

God. In order to enjoy good health, you should eat only good food. Observe proper care with regard to your food habits. Do not eat anything and everything. People talk of Sattwic food. They say milk, fruits, vegetables constitute Sattwic food. Even these become Tamasic if you consume them in excess. First of all, if you want to develop Sattwic feelings, you should have your bath between five and six in the morning. This is termed as Daiva Snanam (divine bath) and that between six and seven is Manava Snanam (human bath) and that beyond seven is called Rakshasa Snanam (demonic bath). Your entire life will be sanctified if you purify your heart in Brahma Muhurtha by developing sacred feelings.

Eat only fresh food. Do not eat stale food which has been prepared on the previous day. Oil is necessary for preparing

food. Doctors say that excess of oil in the food will give rise to cholesterol. However, cholesterol is also required in the



body to some extent. Therefore, do not eat food which is totally devoid of oil. You should eat balanced food. What is meant by Sattwic food? If the food is tasty, people overeat. This type of overeating is very common when people attend feasts on occasions like marriages. This is not a Sattwic tendency. After eating food, you should be able to get up as light as you sat for eating food. This is Sattwic way of eating. When you sit for food, you are very active and agile, but after eating food, you find it difficult even to get up because of overloading of the stomach. That is Tamasic (slothful) tendency. You should stop eating when you feel you can still eat a little more.

Vegetables constitute Sattwic food. Green leaves are very good for health. Many new varieties of vegetables are coming in the market these days.



Vegetables that are grown using harmful chemicals and pesticides are responsible for many of the diseases that afflict man today. If I explain to you all this in detail, you may even develop aversion to vegetables. In olden days, chillies used to be quite small, yet one chilly was sufficient for five-six members of the family because it was very spicy. But today big size chillies are grown using chemical manures. Even if you eat the whole chilly, you do not find it spicy at all. You should also enquire where these vegetables are grown. In Bengaluru city, you find a variety of vegetables. Cauliflower is so big and so is cabbage. But how are they grown? They are grown using city drainage water. Many diseases are caused by eating such vegetables. The government should check these bad practices.

Many types of insecticides also are sprayed on the vegetables. People from towns and cities are aware of this and wash the vegetables before cutting and cooking them, but village people become victim of diseases as they don't wash the vegetables being unaware of the harmful chemicals sprayed on them. As a result, the insecticides meant to kill insects are actually killing people by causing deadly diseases like cancer and heart attack. Not only that, even the mind of man is getting polluted due to such polluted food. Man who is supposed to lead a very pure life is leading an unsacred life because of the wrong food he eats. He is developing negative feelings in his heart instead of good feelings. Milk is considered a Sattwic food. However, one

should not drink thick milk as it gives rise to Tamasic feelings. Anyway, nowadays thick milk is not available anywhere. Milk vendors themselves dilute it by mixing a lot of water in it. In that sense, they are doing something good to us. Thick milk gives you more fat and strength but it develops mental dullness also. You need to develop physical strength, for which balanced food is necessary. You can eat rice and chapati. You should develop mental strength to drive away negative thoughts. When you have mental strength, you can remain unperturbed in the face of difficulties and sorrows.

Reach Exalted Heights in Spirituality *Students!*

Do not take it otherwise when I say meat eating is very bad. When you eat animal flesh, you develop animal qualities and also develop many diseases. Not only this, smoking is a very harmful habit. It causes great harm to your lungs. With the help of oxygen, lungs purify the blood which heart supplies to all parts of the body. Both heart and lungs are very important parts of the human body. That is why when doctors perform heart surgery, they take the help of heart-lung machine. The veins that carry blood become hard due to smoking. As a result, heart is subjected to more pressure. You would have seen advertisements in papers about cigarettes. They put a big advertisement, but at the bottom they write in small letters, "Smoking is injurious to health". Unfortunately, government does not put a ban on smoking because it earns a lot of revenue by way of tax on cigarettes.



They are seeing only the income but not the loss of many lives that is caused by smoking. How can you understand the bad effects of smoking? Here is a small example. Put a white cloth near the mouth of the one who smokes. When he exhales, it creates a yellow patch on the white cloth. If a white cloth becomes dirty by the smoke, you can imagine how much damage will smoking cause to all parts of the body. Tobacco contains nicotine which is very dangerous to health.

Students should consume only Sattwic food and develop physical and mental strength. When you develop physical and mental strength, your spiritual strength will also improve. When you follow the path of spirituality, you will be free from all doubts and delusions. It is the wrong food that gives rise to evil tendencies like anger, lust, tension, etc., and causes all problems. Therefore, it is necessary that you should always eat only Sattwic food. In My view, you should attain the state of health wherein you require no medicines. This body is about to enter 71st year in another two months. Believe it or not, so far I have not taken a single pill. Yet I have no health problem at all. I can face any situation. I am not using any divine powers to maintain My body. From the physical point of view, My body is the same as yours. Then how am I able to maintain good health? It is only due to moderation in food and habits. Some students have some undesirable habits which ruin their health. They should totally get rid of them. If any bad feeling arises in you, remind yourself ten times, "I am not an animal, I am man".

Men and women are different only in form but knowledge is common to all. God is one and the same for everyone and so is the goal. There is no difference between men, women, children, youth and aged persons with respect to knowledge, nor is there any difference on the basis of clan and various stages of life. Knowledge is one. Realisation of oneness is true knowledge.

Say that you are a human being with full conviction. Then your animal thoughts will immediately vanish. This is an easy way of controlling your evil thoughts. You should reach exalted heights in spirituality and propagate the path of spirituality in the world. Only then will the unrest, fear and wickedness prevailing in the world be subdued.

Students!

Do not consider yourself as a mere human being. You are God, you are God. If someone asks you, where is Brahman, you should declare *Aham Brahmasmi* (I am Brahman). You should say, I am Brahman with courage and conviction. This is what the Vedas teach. When you constantly remind yourself, I am Brahman, you will certainly be rid of Bhrama (delusion).

(Bhagavan concluded His Discourse with the Bhajan, "*Govinda Gopala Prabhu Giridhari...*")

– From Bhagavan's Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 1st September 1996.

CELEBRATIONS AT PRASANTHI NILAYAM

BURRA KATHA ON THE LIFE OF MOTHER EASWARAMMA

THE ANCIENT FOLK ART FORM of Andhra Pradesh “Burra Katha” came alive at Prasanthi Nilayam when three postgraduate students of Prasanthi Nilayam campus of Sri Sathya Sai Institute of Higher Learning made a presentation in this art form on 27th July 2014. The presentation portrayed the illustrious life of Mother Easwaramma highlighting her qualities of simplicity, purity and compassion. Embellished with sweet lyrics and pithy dialogues, the presentation enthralled the devotees for nearly one hour. Bhajans continued after this which concluded with “Pibare Rama Rasam” sung by Bhagavan. The programme which began at 5.00 p.m. came to a close with Arati at 6.30 p.m.

DEVOTIONAL MUSIC BY U.K. DEVOTEES

A group of devotees including Bal Vikas students came from U.K. on a pilgrimage to Prasanthi Nilayam and made a devotional music presentation “Sai Samarpan – Our Way to Sai” on 1st August 2014. Beginning their programme at 5.00 p.m., the U.K. devotees rendered soul-stirring devotional songs in Hindi, English, Tamil and Telugu which included Carnatic music compositions, a Mira Bhajan and group



Devotional music offering by U.K. devotees.

songs, and concluded their 50-minute excellent presentation with the song “Jai Ma Sai Ma” offering their hearts full of devotion to Bhagavan. Felicitations of the participants, distribution of Prasadam and Bhajans followed this which concluded with Arati at 6.10 p.m.

PILGRIMAGE OF EUROPEAN DEVOTEES

As part of their pilgrimage to Prasanthi Nilayam from 1st to 8th August 2014, more than 100 devotees from Sathya Sai International Organisation’s Zone 7 countries, namely, Austria, Belgium, the Czech Republic, Denmark, Estonia, Finland, Germany, Greenland, Hungary, Iceland, Latvia, Lithuania, Luxembourg, the Netherlands, Norway, Poland, Slovakia and Sweden presented a programme of devotional songs “Gratitude” in Sai Kulwant Hall on 7th August 2014. Beginning their excellent presentation at 5.00 p.m. with “Ganapati Prarthana” (prayer to Lord





Devotional music programme “Gratitude” by European devotees.

Ganesh) in Sanskrit, the singers rendered 17 soul-stirring devotional songs in nine languages, singing the glory of Bhagavan with hearts full of devotion and gratitude for more than one hour and brought their programme to a close with the song “Sai Ma, Sai Ma”. This was followed by video screening of a short film showcasing the scenic beauty of these countries and service activities being undertaken by the Sai Organisation in them. Bhajans and distribution of Prasadam followed this. Meanwhile, the participants in the “Gratitude” programme were felicitated. The programme concluded with Arati at 6.30 p.m. after video screening of the Bhajan “Govinda Krishna Jai” sung by Bhagavan.

68TH INDEPENDENCE DAY OF INDIA

On the occasion of 68th Independence Day of India, the postgraduate students of Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning staged a drama entitled “Badlenge Hum, Badlega Vatan” (the nation will progress when



Patriotic drama by students on 68th Independence Day of India.

individuals are transformed) in Sai Kulwant Hall on 15th August 2014. Starting with a poem sung by Bhagavan on the glory of Bharat, the drama portrayed how the change in the attitude of a hospital doctor not only saved the life of a poor tea vendor’s son but brought about a change in the entire hospital set-up also, thus underlining the importance of individual transformation for the progress and prosperity of the country. A brief Bhajan session followed this. The programme which started at 4.30 p.m. with Veda chanting came to a close with Arati at 6.30 p.m.

SRI KRISHNA JANMASHTAMI

Deep devotional fervour marked the celebration of the holy festival of Sri Krishna Janmashtami at Prasanthi Nilayam on 18th August 2014. The programme in the morning began with auspicious notes of music which was followed by soulful presentation of devotional songs, Stotras (verses) and a colourful dance by the students of the Institute. As the students began their devotional music presentation, the procession of exquisitely decorated



cows from Sri Sathya Sai Gokulam entered Sai Kulwant Hall led by Veda chanting students. Senior administrators of the Ashram then fed the cows as also the birds, fawns and rabbits. Thereafter, Arati was offered to the cows and the procession returned to Gokulam. Meanwhile, the



Worship of cows on Sri Krishna Janmashtami.

students continued their devotional music presentation which included Pandurangashtakam, Madhurashtakam, a Carnatic number and a dance number on the life of Lord Krishna. They brought their excellent programme to a close with the Bhajan “Narayan Bhaja Narayan”. After a brief session of Krishna Bhajans, the programme which began with Veda chanting at 8.00 a.m. came to a close with Arati at 9.30 a.m.

The programme in the evening began at 4.30 p.m. with regular Veda chanting by students which was followed by an illuminating talk on the topic “Lord Krishna’s Assurance to Humanity” by Sri Prem Anosh, an alumnus of Sri Sathya Sai Institute of Higher Learning working in Radio Sai Global Harmony. Illustrating his talk by

quoting verses from the Bhagavadgita, the speaker underlined the assurance of Lord Krishna that total surrender to the Lord ensures man’s redemption and freedom from all sins. This talk was followed by video screening of an earlier Sri Krishna Janmashtami programme which depicted Bhagavan feeding Sai Geeta and cows and showering His blessings on devotees and students. There was a brief Bhajan session after this which concluded with the Bhajan “Narayan Bhaja Narayan” sung by Bhagavan.

Earlier on the eve of Sri Krishna Janmashtami, Dr. J. Suman Babu, a senior devotee of Bhagavan, delivered a scholarly talk on 17th August 2014. Illustrating his talk with citing various incidents depicting Bhagavan’s Divinity, the learned speaker said that Bhagavan Baba was none else but Lord Krishna Himself. This talk was followed by video screening of a Discourse of Bhagavan in which He narrated how Lord Krishna demonstrated His Divinity to Gopalas (cowherds) and saved them from all dangers. Bhagavan also narrated how a Russian mystic Wolf Messing was led by his intuition to Kamalapuram and was lost in ecstasy after having Bhagavan’s Darshan. Bhagavan brought His Discourse to a close with the Bhajan “Govinda Krishna Jai”. Bhagavan’s Discourse was followed by Bhajans. Meanwhile, Dr. Suman Babu was felicitated and honoured with a shawl. The evening programme came to a close with Arati at 6.25 p.m.



UNFADING MEMORIES

K.R. Prasad

I AM HARDLY KNOWN AMONG THE devotees of Bhagavan Baba, though, old timers still around may faintly recall my long association of a couple of decades with Bhagavan and what I may call my close association with Him. But for a fleeting visit last year to Prasanthi Nilayam, I have been away from the Ashram since the year 2000.

That eventful day in August 2000 is etched in my memory. Then I was prone to think that the circumstances bringing about my departure from the Ashram were engineered by others; but I soon realised that it was a step towards the culmination of a divine design. Swami has continued to be an inseparable part of my life since that wintry morning in the early 1970's, when He walked into our home at Manipal on the prayer of my wife whose family were His long-standing followers. Many have been our experiences, some mind-boggling and some totally uplifting with Him, over a period of 30 years. He has been the moving spirit behind every significant activity in our lives. It is He who prompts me to share with the readers of "Sanathana Sarathi" a few such experiences.

The Divine Grace of Darshan

The first of these is one in which many of the devotees would have participated and have been witness to, during those years when Bhagavan in His own inexplicable angelic way would glide at dawn, bestowing His Divine Darshan on eagerly awaiting thousands in Sai Kulwant Hall and round about it. That serene, solemn and sublime silence of the morning at daybreak would be enhanced in its appeal to our higher senses by the soft strains of soft music heralding that Swami was out. There, He emerged a tiny, red-robed figure floating forth with His feet hardly touching the ground along the Darshan lines with a thousand upturned faces in the hope and expectation of a word from His lips, a look of His ethereal eyes, and some ambitious souls even for more. It is hard to imagine anything more transcendently and divinely graceful, more compellingly transporting than that vision of a Being, on this earth but not of it. Not one among the thousands is unmoved. An ineffable fulfilment wells forth from every moist eye drinking in the heavenly sight; the thing of beauty which was a joy forever. Every eye riveted on the seraphic figure with bated breath waiting for a gesture, a touch of the hand, a pat,



a bewitching smile, a loving look, and who knows even a commanding gesture for a blissful interview in the room. Only those who have been a part of the experience can understand that spiritual elevation to a higher plane to which everyone was uplifted albeit for a few minutes as Swami proceeded to the verandah in front of the interview room. Oh! What we would not give to bathe again in the waves of love and warmth that flowed from Baba in those moments of sheer ecstasy!

Experience of Resurrection

In the mid 80's at Bangalore (now Bengaluru), I suffered two myocardial infarctions in quick succession, the second one almost fatal. This, in those days necessitated my proceeding to the U.S.A. to consider the option of a bypass surgery. It is hardly necessary to add that this was done after clearance from Swami and with His blessings. It was at the Community Hospital in Fort Myers, Florida, that I was operated on 9th October 1985. Cardiac science had not yet advanced as it has today. I think for quite some time after the surgery, the patient was heavily sedated. I narrate my recollection in that state when I was not conscious of anything else but that experience.

I was in a strange place with strange creatures who were standing by a subterranean vault. In walked Swami in His familiar red dress with His hands clasped at the back. After walking up and down a couple of times, He asked in a commanding voice, "Where is Prasad's

As I reached His feet and looked up, Swami had transported Himself into an incandescently luminous form and His entire being was lit up by a brilliant white light from head to toe almost blinding me for a few seconds. Only the faint outline of His transparent form bathed in brilliantly radiant light of a blazing sun could be seen. I could not drink Him in enough. Very soon He assumed His normal form and there was a mere raised eyebrow, asking me, "Choosindava"? (Have you seen?)



body?" The creatures submitted, "It is along with hundreds of bodies who have died and stocked there." Masterfully, Swami's voice boomed, "No! Prasad is not dead. Take out that body." Sheepishly, the strange creatures fished out my body, kept it before Him and then disappeared. The next moment, I regained consciousness and was in my ward fully alive though not kicking. Strange to say that during the entire period of recovery and thereafter till now, I have not experienced even the pain of an ant bite because of the surgery.

I came back to India on 19th November and on 22nd afternoon I was in His Holy Presence. Swami welcomed me with a hug and I participated in the Convocation function that evening in Hill View Stadium, to which late Justice Eradi was directed



to take me in his car. During my next visit to Puttaparthi a few days later, I narrated to Bhagavan the whole incident in the interview room. There was only the response of a beautiful smile from Him.

Vision of Luminous Form

The other incident took place much later some time in the mid 90's when Swami had shifted His living quarters to the premises at the back of Poornachandra Auditorium. There, He used to live on the first floor to which there was a lift and He used to come down to give Darshan. There was a room abutting the lift. From that room, there were one or two steps to be climbed down to come to the passage / verandah opening onto to the open space to proceed to the Darshan lines. Those of us who had the privilege of going in, normally used to wait in this passage where Swami sometimes used to recline on a sofa when He came down. It was early morning on that eventful day, round about half past six. I was all by myself in the passage awaiting the arrival of Swami when He hove into sight through the door at the top of the steps and stood there as I hurried to prostrate before Him. He tarried for a moment or two and I looked up. It was a sight for gods to see. The only way in which I can describe the vision that Swami was, on that morning is by recalling

the scene of my younger years when especially during Navaratri celebrations, Hindu homes displayed many a celluloid toys in the forms of various gods, animals, etc. Many a time, a celluloid toy in a human form became dazzling by suspending an electric lamp inside the anatomy of the toy so that the entire toy would be lit up from within.

As I reached His feet and looked up, Swami had transported Himself into an incandescently luminous form and His entire being was lit up by a brilliant white light from head to toe almost blinding me for a few seconds. Only the faint outline of His transparent form bathed in brilliantly radiant light of a blazing sun could be seen. I could not drink Him in enough. Very soon He assumed His normal form and there was a mere raised eyebrow, asking me, "Choosindava"? (Have you seen?) That vision has never left me till this day; I have narrated this benign grace to those close to me many a time. There can be no explanation for and there can be no understanding of that spectacle making me raise my hands in silent prayer to that Supreme Spirit far far beyond me.

– The author Sri K.R. Prasad is a senior advocate and an ardent devotee of Bhagavan from Bengaluru.

Young people do not realise the value of health and strength they enjoy during their years of youth. They should learn to lead purposeful, unselfish lives even while they have the benefits of youth and health, instead of dissipating all their energies and talents in the pursuit of sensuous objects and evil desires.

- Baba

From our Archives

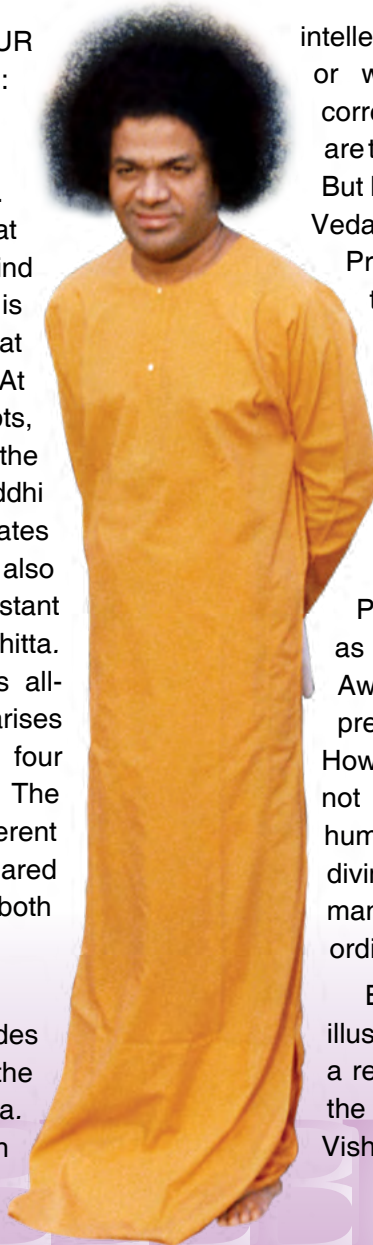
RECOGNISE THE POWER OF LOVE

BRAHMAN IS SUPREME CONSCIOUSNESS

THE MIND HAS FOUR levels of functioning: Manas, Buddhi, Chitta, Ahamkara (mind, intellect, mind-stuff, ego). Although it is the body that performs the actions, it is the mind that cognises and the Reality is the Atma. There is a power that encompasses all the three. At the levels of thoughts and doubts, the mind is said to function. At the level of discrimination, the Buddhi functions. The intellect indicates what is right and wrong. This is also an aspect of the mind. Constant thinking is the function of the Chitta. Then, there is the Atma. It is all-pervading. The ego – the 'I' arises from body attachment. All the four are different forms of the mind. The different terms indicate the different functions. Vedanta has declared that the mind is the cause of both bondage and liberation.

Prajnana is Brahman

There is a Master who presides over these four expressions of the mind. That is known as Prajna. Prajna is often equated with



intellect, intelligence, knowledge or wisdom. But this is not correct. These latter qualities are transient and impermanent. But Prajna is not impermanent. Vedanta has declared that Prajna shines in the body, the mind and the Atma. *Prajnanam Brahma* (Brahman is Supreme Consciousness), declare the Upanishads.

There is no difference between Prajnana and Brahman or Truth. Prajnana is described as Constant Integrated Awareness. This Prajnana is present in all human beings. How can a man who has not understood his own true human nature understand divinity? The first stage for man is to realise that he is no ordinary being.

Emperor Bali's life illustrates this truth. Kerala is a region which is hallowed by the advent of three Avatars of Vishnu – Narasimha, Vamana

and Parasurama. The Lord assumed the Vamana form to test the greatness of Bali. Vamana in the form of a young lad was received with due ceremony and asked what he wanted. Bali promised to give what he asked for. He asked for three steps of land to be measured by his feet. Bali asked him why he asked for such a trivial thing; he could have asked for greater things. At that time, Bali's Guru Sukracharya warned him that the young dwarf was none other than Vishnu and that if he did not go back on his promise, he would lose everything. But Bali did not heed his Guru's words. He was not prepared to go back on his promise, even if it meant the complete loss of his kingdom and life itself. Such was the greatness of Bali, because of whom Kerala enjoyed the bounties of Nature.

Practise the Ideals of Emperor Bali

Kerala, a small State, has achieved permanent greatness as the place associated with three Avatars. Hence, the heart of every person of Kerala should be filled with the consciousness of God. Today, because of political rivalries, moral values and spiritual pursuits have declined. However, it is heartening to note that despite this decline, Onam has been celebrated as a national festival by everyone in Kerala from the distant past to the present times.

Bali's example should inspire Keralites to adhere to truth and practise love of all human beings. Onam should be celebrated not by feasts and festivities but by practising the ideals exemplified by Emperor Bali.

Bali was a great person who renounced everything for God. But he had one weakness. He suffered from a slight sense of ego. Who is a great man? Is the one who sees the human even in Narayana (God) great? No, a great man is one who sees God even in man. It is, however, more important for people to be good rather than being great. Greatness signifies quantity. Goodness is an index of quality. Because of the undesirable quality of ego in Emperor Bali, Vamana incarnated to eradicate it. Bali was known for his love of his subjects. Poverty was unknown in his realm. He looked after the welfare of his people with love. He felt proud about his kingdom and his people. Vamana wanted to remove even this pride and redeem Bali.

Before leaving for the nether world Bali gave a promise to his people that he would come back to them every year on Onam Day and bless them.

Embodiments of Love!

Your foremost aim today should be to recognise the power of love. God dwells in everyone's heart as love incarnate. The goal of life is to recognise this truth and share your love with those around you.

Every human being should deem self-realisation as the main purpose of life and dedicate all his activities to the service of his fellow beings, with constant remembrance of God as the indweller in all. This is the way to redeem one's life.

– **Excerpted from Bhagavan's Onam Discourses.**





THE CHITRAVATHI RIVER

THE CHITRAVATHI IS AN interstate river of South India which rises in the Hari Hareshwar hills north of Nandi Durg, an ancient hill fortress near Bengaluru in the Chikkaballapur district of Karnataka State. It then majestically flows through Bagepalli Mandal in Chikkaballapur district before entering Anantapur district of Andhra Pradesh near Kodikonda village in Hindupur Mandal. It is near here that it receives its first tributary Kushavati. From here it flows north over rocky and hilly uplands of Penukonda Taluk and charts its course towards the pilgrim town of Puttaparthi, the abode of Bhagavan Sri Sathya Sai Baba and the spiritual hub of the world. Passing through countryside further on to Bukkapatnam, it widens in Dharmavaram Taluk near Gotluru running further east. It then flows towards Kadiri and falls into the Pennar river at Gandikota in Kadapa district of Andhra Pradesh. Among the Mandals that it drains in the States of Karnataka and Andhra Pradesh are Bagepalli, Hindupur, Penukonda, Bukkapatnam, Dharmavaram, Tadipatri and Kadiri. Its basin covers an area of about 6,000 square kilometres. It is a

seasonal river which comes alive after the monsoons.

The Chitravathi river acquired great sanctity and fame since Bhagavan Sri Sathya Sai Baba performed His Leelas (divine sports) on its sands. When Bhagavan started staying in Patha Mandir (Old Mandir) in 1944 due to ever-increasing number of devotees, His visits to Chitravathi river along with devotees became a daily routine. At 4.00 o'clock in the afternoon Swami would call everyone in the Patha Mandir and lead them to the Chitravathi river. Here are some eye witness accounts of two old-time devotees, Smt. Karunamba Ramamurthy and Smt. Vijaya Kumari, describing the divine sports of Swami on the sands of Chitravathi.

Sitting on expansive sands, Swami would sing and ask devotees also to sing. He would materialise from sand idols, photos, fruits, Vibhuti, sweets, savouries, etc., and distribute them to everyone present there. He would also talk about spiritual matters and fill the devotees with joy and wonder with numerous miracles. The articles Swami created from the sands of Chitravathi were all very wonderful. The unique idols of exquisite craftsmanship He materialised from the sands of Chitravathi of Lakshmi Narayana, Krishna, Rama, Shirdi Sai, Nataraja were made of sandal, ivory, wood, silver, clay, Panchaloha (an alloy of five metals), etc. Besides rosaries of pearls, corals or crystal beads, He materialised rosaries of many types of Rudraksha, sometimes encased in golden





strings. It is impossible for anyone to keep count of the rings, lockets and other articles Swami would produce from these sacred sands of Chitravathi. Perhaps the most precious materialisation of Swami from the sands of Chitravathi was Amrita (ambrosia) which He used to produce on the sacred day of Vaikuntha Ekadasi and distribute this heavenly nectar to fortunate devotees in earlier days.

Swami also made some very profound declarations which at that time appeared to be most improbable and unbelievable. Once when a group of devotees was sitting on the sands of Chitravathi, Swami drew a sketch of a building on the sand and said that this was the plan of the New Mandir which would be constructed soon. He further said that lakhs of devotees would come here not only from India but from all over the world. Though this looked totally impossible to happen in the remote and inaccessible village like Puttaparthi at that time, yet everyone saw this happen when lakhs of people belonging to all faiths and

nations came to Prasanthi Nilayam from all parts of the world to have just a glimpse of Swami.

It is impossible to describe the Divine Leelas Swami performed on the sands of Chitravathi because they are endless. But this sacred river is now in a state of neglect. Construction of a barrage across Chitravathi at Paragodu village near Bagepalli town has further depleted its flow so that even during monsoons, it appears like a shrivelled stream near Puttaparthi rather than a vibrant river which flowed majestically in earlier days. Unfortunately, due to the pressure of urbanisation, many types of wastes are finding their way into the river bed and it is getting more and more polluted day by day. Puttaparthi has now become an important pilgrimage centre and attracts pilgrims from all parts of the world. It is high time that the concerned authorities take immediate steps for the cleanliness and development of this sacred river and restore its pristine glory to maintain its sanctity.





THE GLORY OF PUTTAPARTHI

That is the place encircled by the sacred river Chitravathi which meanders its way in its pristine beauty.

That is the place around which there are beautiful mango groves symbolising auspiciousness.

Standing on guard on four sides are the deities Parvati and Parameswara protecting the place.

Firmly installed in the midst of this place is the effulgent Lord Vishnu in all his splendour.

Nearby is the town of Bukkapatnam which speaks of the glory of Bukkaraya.

There stands Puttapuram (Puttaparthi) in its divine majesty, spreading its grandeur and glory all over the world.

– English version of a Telugu poem composed by
Bhagavan Sri Sathya Sai Baba

SAI BABA THE GREAT SAVIOUR

Maj. Gen. S.P. Mahadevan

BHAGAVAN HAS BEEN SAVING me from dangers, difficulties, diseases, accidents and near-death situations, both in peace and war, in India and abroad.

Divine Protection in Dire Situations

In November 1972, when I took over as General Officer Commanding of a mountain division in the snow-covered area of Ladakh on the Indo-Tibetan border, within a few days, Pakistan army crossed the line of control and intruded in the area of Kargil and Dras, thinking that I was new to the command. Meanwhile, the Chinese intruded in the area of Karakoram Pass and Chushul. I prayed to Sai Ram to show me some sign. Lo and behold! Swami's Vibhuti appeared on His colour photograph I had kept in my snow-covered cottage in Leh (3,800 m above sea level). With that sign, I got the courage, confidence and capability to throw the Pakistan and Chinese armies back into their territory without many casualties to my side.

In September 1973, I went by an Alouette helicopter to visit my troops in Daulat Beg Oldi near Karakoram Pass.

While returning, my helicopter developed some trouble and my IAF pilot asked for my permission to crash-land. As it was snow everywhere, with difficulty he crash-landed on the rocky bed of river Indus. The helicopter was written off but the merciful God Sai saved me, my ADC and the two IAF pilots.

In February 1975, I went to visit Siachen Glacier in a Mi-8 helicopter. While coming back, I saw another IAF helicopter lying damaged in Shyok Valley. I gave my helicopter to evacuate the injured pilots to military hospital in Leh. As my helicopter did not return till night due to heavy snowfall, I decided to walk 18 km over Khardung La Pass (5,800 m above sea level). When I and my escort party were nearing the top of the Pass, a big avalanche took place, burying all of us with only our finger tips visible. I prayed to Sai Ram intensely to save our lives. Very shortly, a rescue party came and picked us all out of deep snow. Many of us got frost bite including myself, chilblains and snow blindness but were alive, thanks to Sai Ram.



Unbounded Grace

In June 1980, I informed Swami that I was going to retire from the Army service on 30th June 1980. Sai Ram just smiled and said, "Who said you are going to retire, I am going to re-tyre you." I thought Swami was just playing with words.

On 30th June 1980, after a big farewell parade in the Island Grounds, I went home in Madras (Chennai) for lunch, when the Chief Minister M.G. Ramachandran telephoned me to ask whether I would accept the appointment of Chairman of Public Service Commission. I asked for one day to think over and he said, "only one hour, otherwise the IAS Officers Association would go to court and get a stay order as I will be the only non-ICS and non-IAS officer to get this appointment." I gave a message to Sai Ram through Sri Kutumba Rao. Swami said "Accept".

In that capacity I had gone on 24th April 1986 to attend an All India Conference of Chairmen of Public Service Commission in Hyderabad presided over by Smt. Indira Gandhi. After the conference I went to my Air Force officer's son's house for lunch. After lunch I had a black out and fainted. My wife prayed and cried in front of Sai Ram's photograph to save my life. After a few minutes when I regained consciousness, I saw an IAF doctor and my son. The doctor said that I had a heart attack and must be admitted to the military hospital for treatment. I travelled 32 kilometres in an ambulance to reach the military hospital in Secunderabad.

I prayed to Sai Ram to show me some sign. Lo and behold! Swami's Vibhuti appeared on His colour photograph I had kept in my snow-covered cottage in Leh (3,800 m above sea level). With that sign, I got the courage, confidence and capability to throw the Pakistan and Chinese armies back into their territory without many casualties to my side.



At the hospital I was being treated in Intensive Care Unit, where I smelt only the fine fragrance of Swami's Vibhuti and not the phenyl or dettol. Sai Ram told in Puttaparthi to Sri Kutumba Rao and Swami Karunyananda, who were in His room, "General Mahadevan had a heart attack in Hyderabad just now at 2.10 p.m., I saved him." He then materialised Vibhuti and sent it to me with a lovely letter written in beautiful English, saying, "Why fear when I am near."

Sai Ram has declared, "If you take one step towards Me, I will take 100 steps towards you." True to His saying, one fine morning Swami came all the way to Chennai to my house in Defence Colony unannounced, without prior notice. As He entered my house, He placed His Divine hand on my chest and said, "I have come all the way to save you from having a second heart attack." After spending an hour or so in our house, He asked me to get into His car and go with Him to Sundaram Sai



Mandir where He made me sit on a chair next to Him and announced, "I came to bless General Mahadevan. You people are lucky to have this extra Darshan." Thereafter, He left.

You may wonder why Bhagavan has been so kind to save this soldier devotee

so many times. It is because I have surrendered my body, heart and soul at His Divine Lotus Feet fully and unconditionally. If you also do it, I am sure He will save you also.

–The author Maj. Gen. S.P. Mahadevan is an ardent devotee of Bhagavan from Bengaluru.

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EMPLOYMENT NOTIFICATION

Applications are invited for the post of:

Senior Resident / Junior Consultant / Consultant in the Department of Nuclear Medicine

Qualifications Required: Senior Resident (Post Graduate): MBBS + MD / DNB (Nuclear Medicine), Junior Consultant: MBBS + MD / DNB (Nuclear Medicine) + 3 years post specialisation experience, Consultant: MBBS + MD / DNB (Nuclear Medicine) + 6 years post specialisation experience.

Compensation: Senior Resident (Post Graduate): Pay band of Rs 15,600 - 39,100, Grade pay of Rs 6,600/- with a starting basic pay of Rs 25,350/-, with a gross salary of Rs 48,165/-.

Junior Consultant: Pay band of Rs 15,600 - 39,100, Grade pay of Rs 7,600/- with a starting basic pay of Rs 30,280/-, with a gross salary of Rs 71,915/-.

Consultant: Pay band of Rs 37,400 - 67,000, Grade pay of Rs 8,700/- with a starting basic pay of Rs 47,390, with a gross salary of Rs 1,12,552/-.

Depending on the qualification and experience of the candidate, any one position can be considered.

The interested candidates may apply along with their complete bio-data, copies of educational certificates and experience details, if any, on the above-given address superscribing the envelopes "Senior Resident / Junior Consultant / Consultant".

The candidates may arrange to send three reference letters directly to the Director in a sealed cover. Soft copy of the application may be sent to the email ID.

– Director

Effulgence of Divine Glory

LEARN TO PRACTISE FORBEARANCE

WAY BACK IN LATE 50's, WE were at Mysore. As a teenager, I had dreamt big about my future. My father had supported me well. I was physically and mentally getting ready to see the dream get realised but it did not happen as I imagined. I was shattered; my father was disappointed, too.

But I wanted to hold only Swami to be responsible for my disappointment. If God is responsible for everything that can happen to individuals, both good and bad, my grouse was why bad (negative) should happen only to me? In a fit of anger I held Swami alone responsible for my bad luck and my thought process was going on, on a fast track without any hold. But I had no courage to express my feelings – these very thoughts before my parents or siblings. So, I locked myself in my room and let go all my suppressed anger against Swami. After some time, I reconciled and came out of my room. I pretended as though nothing had happened and slowly got into my routine. In about two weeks, I got the intimation that I got a seat for doing B.Sc. Honours in Botany in Bangalore (now Bengaluru). So, I had to come away to Bengaluru and had to stay in my uncle's house for some time. My parents needed two months to wind up our house in Mysore. While at Bengaluru,

we learnt that Swami had come over to Sri Vasan's house in Kumara Park Extension. This was in 1958. I went to Sri Vasan's house one afternoon with my two aunts to have Swami's Darshan. I had forgotten about my outburst in Mysore altogether.

We were waiting for Swami to come out. Nobody was seen around. Slowly a door opened and out came Swami. It was unusual. He was not smiling. He walked straight to me, with a stern look. He asked me, "Have you finished or still have anything left over?" I blinked and looked at Him innocently. He said aloud, very sternly, "Why did you take it on Me? What did I do?" I was still not sure what He was referring to? I asked ignorantly, "What Swami?" He spoke very seriously, "Why did you accuse Me? What did I have to do with your outburst?" Then it dawned on me that He was referring to my outburst in Mysore two weeks earlier. I was under the impression, nobody knew about it. Swami was in Parthi and I was in my room in Mysore, all by myself. I had poured out all my anguish within the four walls of my room. Not a soul could possibly know. Now Swami spoke as though I spoke to Him. Friends, words fail to describe my plight, a

continued on page 26...

Mother and Motherland are Greater than Heaven

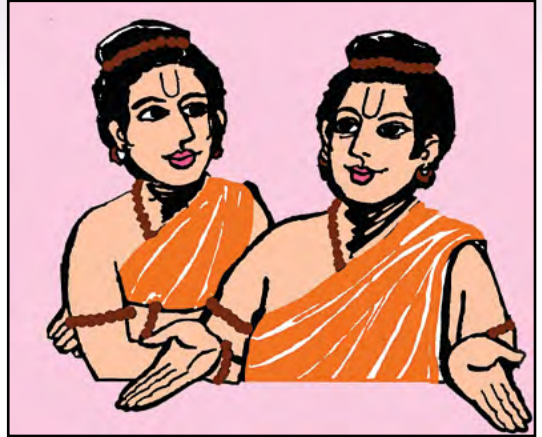


AFTER THE DEATH OF Ravana, Lakshmana suggested to his elder brother Rama, "Dear brother! Bharata is ruling over Ayodhya. The kingdom of Lanka is a glittering treasure house of wealth and riches. It is quite befitting that You should rule over this wealthy kingdom. Moreover, Your rule over this kingdom will benefit the demons living in it." Rama smiled and said to Lakshmana, "Lakshmana! Would you accept some other beautiful woman as your mother if your own mother is ugly? Our country may not be that beautiful and great as Lanka. But it is our motherland; it is our land of birth. I have great love for My motherland. May be Lanka is full of great riches and wealth, yet it is a foreign land.

...continued from page 25

deflated balloon I became. Tears ran down my cheeks. I could muster, "Thappaayindi Swami, Daya Chesi Kshaminchandi" (I made a mistake. Kindly forgive me, Swami).

Then He taught me a lesson, a golden lesson for that, with all love and affection. Swami looked straight into my eyes and said, "You have to practise patience. Avoid getting into anger mood. When you get into a fit of anger, you will lose control over your tongue. You will regret all your life for your own words. Look Bangaru, learn to practise forbearance. It will do you good." I fell at His feet and He, lovingly said,



Rama demonstrated His supreme love for His motherland by declaring it even greater than heaven.

Don't you know mother and motherland are greater than even heaven?" In this way, Rama demonstrated His love for His motherland.

"Get up, never again you should do this. Remember, I keep watching you always."

My God! I learnt two things that day from Sai Maa. Firstly, Swami is omnipresent and He is also omniscient. We can never ever dream of doing anything away from His eyes. Secondly, avoid getting angry in all earnestness and avoid voicing thoughts and giving freedom to tongue. My prayer to Him then, now and always, is: Swami, help us to grow up to the level expected of us by You.

– Excerpted from "Sri Sathya Sai Madhura Smrithi" by C. Sucharitha.

NEWS FROM SAI CENTRES

CAMBODIA

A

BOUT 35 SATHYA SAI volunteers from various countries served a low-income community of over 250 villagers in the Leangdoi Commune in Plong, Siem Reap, Cambodia, from 22nd to 26th April 2014. The services were rendered at a village school that provides free English classes and day care for needy children. The volunteers



Serving a low-income community in a school for needy children.

built a library, installed solar lighting in a classroom and library, refurbished a toilet, built a children's playground and served lunch daily to the villagers. Most of the supplies and materials were transported by Sathya Sai volunteers from their own countries. The Cambodian Sathya Sai Organisation arranged to conduct monthly briefings for parents and translated Education in Human Values material into the Khmer language for use in the school.

An opening ceremony was held on 26th April to hand over the renovated school facilities to the school principal and the village head.

DUBAI

More than 100 members of the Sathya Sai International Organisation of Dubai organised a blood donation camp in cooperation with the Dubai Blood Donation Centre on 21st March 2014. Eighty-three blood donations were recorded, and all donors and participants were served tea, snacks and fruits by Sathya Sai volunteers. The Dubai Blood Donation Centre is a major blood bank of the United Arab Emirates, collecting over 50 per cent of the blood donated in the country. It is the only blood supplier in Dubai that provides services to thalassemia (a genetic form of anaemia) patients, road accident and burn victims, maternity patients with complications and cancer patients or patients undergoing open-heart surgeries.

TANZANIA

Bhagavan's Maha Samadhi Day was observed by the Sai Organisation of Tanzania on 27th April 2014 with food distribution at the Uhuru Mchanganyiko primary school in Dar-es-Salaam, which educates differently-abled children. About 450 Sathya Sai devotees and guests, as well as 200 children, attended the event, where 800 kg maize, 800 kg rice,



800 kg sugar, 400 litres cooking oil and 400 each of mosquito nets, soap bars, dental hygiene kits and pairs of beach sandals were distributed.

U. K.

About 600 Sathya Sai devotees from the U.K. along with representatives from nine different faiths participated in a Sathya Sai National Human Values Day at the Watford



Celebration of Sathya Sai National Human Values Day.

Colosseum on 26th April 2014. The theme for the day was Bhagavan's exhortation, *God is Love, Live in Love*. The programme commenced with a multi-faith procession by 50 Sathya Sai students and teachers who carried flags bearing religious or human values symbols. The faith groups took turns expressing their love for God through prayer, music and scripture-recital, followed by a brief address by Councillor, George Derbyshire, Deputy Mayor of Watford. Musical programmes were offered, including instrumental Bhajans by the Sai Bandhan Group and a concert by the youth.

RUSSIA and Adjoining Countries

Eighty-five Sathya Sai Organisation members from Russia and four adjoining countries attended educational seminars conducted by the European Institute of



Participants in the educational seminar in St. Petersburg.

Sathya Sai Education from 27th April to 3rd May 2014 in St. Petersburg, Russia. Such seminars have been organised by teachers and trainers over the past 21 years to impart knowledge in basic aspects of Sathya Sai Education, leadership and self-awareness. Over the years, the Institute has trained over 150 trainers, of whom 13 have been awarded diplomas. The training inculcates self-confidence, responsibility, love and universal values. It also helps the teachers to refresh their knowledge, and to network and exchange experiences.

On 5th April 2014, about 380 people, including 180 Sathya Sai Organisation members, participated in meetings to discuss Bhagavan's teachings, service projects and Sathya Sai education in 27 cities in Russia, Azerbaijan, Belarus, Kazakhstan, Kyrgyzstan, Moldova, and Ukraine. Films were shown about



Bhagavan's life, Sathya Sai International Organisation service projects and Sai Spiritual Education for children. Many people from the public showed interest in participating in service projects and learning more about the Sathya Sai International Organisation and its activities.

NEPAL

In some remote parts of Nepal, people have to travel long distances for drinking water. The Sathya Sai International Organisation of Nepal has completed several community drinking water projects to alleviate this hardship. The foundation stone of one such project was laid on Avatar Declaration Day, 20th October 2013, and the facility was formally opened on 7th June 2014. Sathya Sai volunteers provided 1,214 days of labour for laying 12,000 metres of pipeline to bring water to 335 needy families in a sparsely populated hilly area. The local villagers also voluntarily took part in the project and started greeting everyone with "Sai Ram". About 20 local youth and adults learnt to sing Bhajans and participated in devotional singing since construction began in March 2014. As a sign of Bhagavan's blessing, streaks of Vibhuti (holy ash) appeared on one of His photos at the altar of the local Sai Centre.

U. S. A.

Sathya Sai volunteers in Southern California organised the annual Corona medical camp on 15th March 2014 for the benefit of local low-income, immigrant families. More than 600 medical

professionals and volunteers provided healthcare services to 607 needy patients, including blood tests, ECGs, PFTs, urinalysis, BMDs, mammogram and Pap-smear tests, as well as consultations in primary care, speciality medical areas and psychology. Dental services were rendered to 267 patients who also received dental care kits. Children under the age of five received consultations with representatives of the First 5 Riverside Agency, which offers childcare, healthcare and educational services for young



Healthcare services to immigrant families.

children. Vision tests were conducted, patients with glaucoma were treated and 400 pairs of spectacles were distributed. Psychiatrists and psychologists met with 20 patients.

Sathya Sai devotees from U.S.A. Regions 1 (North-east), 2 (Mid-Atlantic) and 3 (South-east) held annual retreats over the holiday weekend of 23rd to 26th May 2014. The retreats included inspiring talks, meditation, devotional singing, workshops and cultural programmes. The North-east region's 39th annual retreat took place at Russell Sage College in



Troy, New York. A medical camp was held in conjunction with the retreat, along with a visit to patients at a convalescent home. In the Mid-Atlantic region, more than 850 Sathya Sai devotees attended a four-day



A spiritual retreat in the Pocono Mountains, Pennsylvania.

retreat at Camp Westmont in the Pocono Mountains of Pennsylvania. A health screening camp and a blood donation drive were organised as part of the retreat. In the South-east region, more than 300 devotees from Alabama, North Carolina, South Carolina, Florida, Georgia and the U.S. Virgin Islands met at the YMCA Blue Ridge Assembly nestled in the beautiful Blue Ridge Mountains near Ashville, North Carolina. During the retreat, volunteers also visited a veteran's nursing home in the Black Mountain area to offer refreshments and entertain the patients.

AUSTRALIA

On 24th April 2014, 80 Sathya Sai devotees attended a programme organised by the youth in Adelaide, South Australia, to explore the impact of Swami's teachings on them in their daily lives. An informative talk about the Australian

Sathya Sai School in Queensland, and a video created by teenagers incorporating Swami's instructions on how to practise Light Meditation, were presented. The Sathya Sai International Organisation of Australia organised a blood donation drive by forming a group called Club Red; about 400 volunteers from all across Australia who were part of this group donated blood in grateful observance of Bhagavan's Maha Samadhi.

On 17th May 2014, to celebrate Easwaramma Day, about 700 people attended an event focused on Mother



An event focused on Mother Earth.

Earth, in Silverwater, New South Wales. A play entitled "Sai-topia" was presented by 40 Sathya Sai children, emphasising reverence for one's motherland, serving with faith, chanting God's name and developing inner happiness. Clothing, blankets and non-perishable food were donated to St. Brigid's Church at Marrickville for distribution to the needy.

– Sathya Sai International Organisation

BHARAT

Gujarat: Sri Sathya Sai Seva Organisation, Gujarat organised a State-level Youth



Conference on Sunday, 20th July 2014 at Rang Bhavan Auditorium, Surat. Explaining the theme of the conference “Sai Youth in Nation Building”, Sri Manohar Trikanad, State President, observed that it was Sai Youth who would bring a change in society through the values imbibed in them. The guest speaker, Sri Vivek Gupta spoke on how today’s youth should work with full devotion and faith in Swami. He explained in Swami’s words how one could give up bad habits, a major issue for today’s youth. Speaking on the topic “Purpose of Life”, the keynote speaker, Dr. Shashank Shah said that man should make the foundation of his life strong by using four values, i.e., Sathya, Dharma, Santhi and Prema. He said, according to Swami the best way to meditate was to shut the mouth and open the heart. Approximately, 700 youth from all over Gujarat attended this conference.

Haryana and Chandigarh: A five-day Summer Course in Indian Culture and Spirituality was held from 4th to 8th June 2014 at Maharana Pratap Bhawan, Karnal which was the 14th Summer Course of the State. Besides the students of 9th to 12th Classes from different districts of the State, Bal Vikas children, Bal Vikas Gurus and observers also attended the course. The total number of participants was 150, and the total number of talks delivered on different topics such as “Materialism and Spirituality”, “Man is the Maker of his own Destiny”, etc., was 19.

Jammu and Kashmir: The Sai Organisation has undertaken to conduct



Narayana Seva in a hospital.

Narayana Seva in the waiting hall of Government Medical College and Hospital, Jammu twice a week on every Thursday and Sunday by distributing hot tea and snacks in the morning and food in the evening to attendants of the patients coming from far off places for treatment in the hospital.

Maharashtra and Goa: A free diagnostic heart camp at Dharmakshetra, Mumbai,



Free diagnostic heart camp at Dharmakshetra, Mumbai.

aptly titled, ‘Dil without Bill’ was held on 3rd August 2014. The camp screened patients and scheduled free heart surgeries and procedures for them in Sri Sathya Sai Heart Hospital, Rajkot.



Sri Suresh Shetty, Health Minister of Maharashtra inaugurated the camp. Close to 1,300 persons from the remotest corners of Maharashtra were screened before and on the day of the camp. 120 patients were given confirmed dates for surgery.

Sri Sathya Sai Heart Hospital in Rajkot, where all the shortlisted patients would be operated, is a state-of-the-art facility for the economically challenged strata of society. In this hospital, all diagnosis, procedures, surgeries, post-operative care and medicines are provided absolutely free of cost to all patients irrespective of caste, creed or religion. And like all Sathya Sai Service Projects this one too has a deep spiritual core which effortlessly combines the Philosophy of Healing with the Science of Love.

Punjab: Sri Sathya Sai Seva Organisation, Punjab organised a State Conference on 31st May and 1st June 2014 at Devi Talab Mandir, Jalandhar. On 31st May, Bal Vikas students and Sai Youth of Punjab conducted workshops to motivate other children and youth of Punjab to join Bal Vikas. They also

organised cultural programmes, exhibitions and fruitful debates to popularise Bal Vikas. All the office bearers and a large number of devotees of Punjab attended the conference. All India Vice President, Sri Nimish Pandya said on this occasion, "The goal is one... to unite devotees under one banner and make them realise that the best way to experience Swami's presence is to perform Sai activities with greater sincerity and dedication, ultimately leading to transformation of those who serve and those being served." National Deputy Education Coordinator, Smt. Kamla Pandya also narrated her experiences regarding education in human values.

Sikkim: A Summer Course in Indian Culture and Spirituality for the Bal Vikas Alumni and Group 3 final year Bal Vikas students was held at Sri Sathya Sai Sarva Dharma Kendra, Daramding, Sikkim from 30th June 2014 to 5th July 2014. The main theme of the Summer Course was "Sai and I". Altogether 151 students (both boys and girls) from all the Samithis of the Sai Organisation participated in the Summer Course. Dr. Robin Sharma, an alumnus of Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam Campus was the main architect in planning the whole structure of the Summer Course based on the Divine Discourses of Bhagavan Baba delivered during the previous Summer Courses. The six-day course commenced on 30th June 2014 with Veda chanting followed by inaugural address by Sri Arjun Kumar Ghatani, Minister for Healthcare, Human



State Conference of Punjab.

Service and Family Welfare. The topics covered in the course included: "The Eternal Heritage," "Constant Integrated Awareness," "Sense Control is the Highest Sadhana," "God is only True Friend," "Near and Dear to God," "Exposition and Practice of Gayatri Mantra," "Educare – A Priceless Inheritance," "The Noblest Quality of Womanhood is Compassion."

Tamil Nadu: A mobile hospital to provide free quality healthcare to underprivileged sections of society was launched in Chennai by Sri Sathya Sai Seva Organisation of Tamil Nadu on 21st August 2014. In the first phase of this project, 12 slums and 30 villages within a radius of 50 km from the city will be covered, providing healthcare



*Inauguration of Sri Sathya Sai
Mobile Hospital.*

facilities to more than two lakh people at their doorstep. In a grand function held in Chennai, the Mayor of Chennai, Sri Saidai S. Duraisamy inaugurated the mobile hospital in the presence of a large number of people and a galaxy of dignitaries.

Sri Sathya Sai Airport (A Unit of Sri Sathya Sai Central Trust)

Puttaparthi, Andhra Pradesh

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1. Aerodrome Officer:

Retired personnel from Defence Services (Aviation) / Airlines / Airports Authority of India who are conversant with operation of equipment in Control Tower which includes operational functions of airport.

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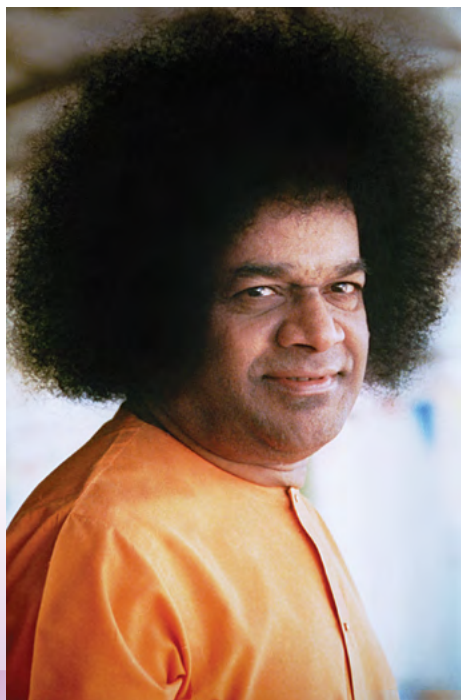
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Applicants should forward their resume to: The Secretary, Sri Sathya Sai Central Trust, Prasanthi Nilayam, Puttaparthi, Andhra Pradesh. Pin 515134.

Note: The selected officers will be appointed on an honorarium basis which will be fixed as per Sri Sathya Sai Central Trust norms and mutual negotiations.

– Director

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

The Publications Division (SSSSTPD) caters to:

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries, educational software etc for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagawan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-versions of the magazine are also released simultaneously and are available in PDF and EPUB formats on www.sanathanasarathi.org.
- 3) Maintaining a reporting channel, which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers'- for free distribution.
- 4) Organising and conducting seminars

and conferences on spirituality, religion, education, and human values.

- 5) Providing library and Reading room for visiting devotees, with a very large collection of various spiritual and religious books.

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5. Gurudev
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– *Baba*

