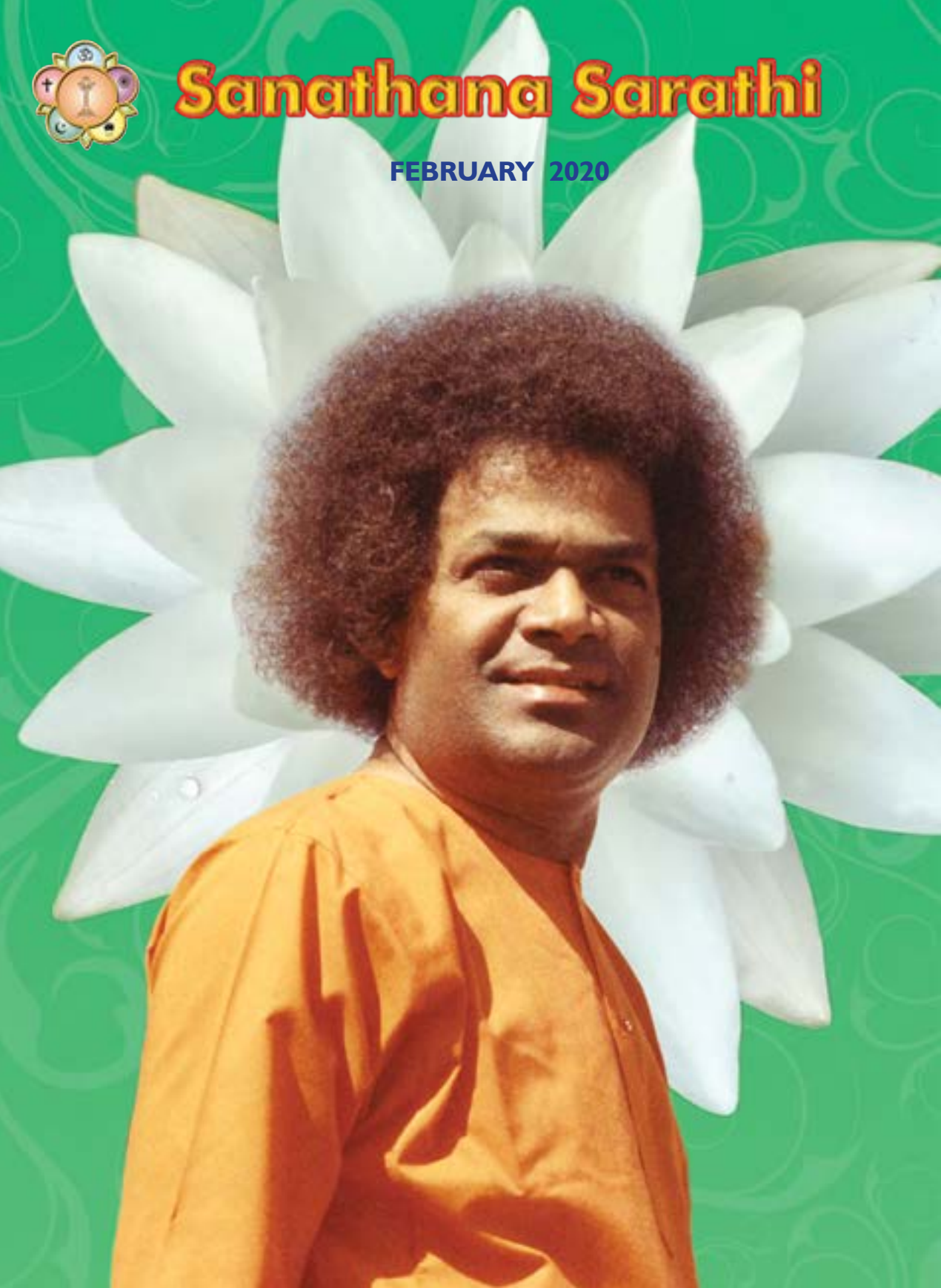




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*"If you want real happiness,
you should develop love for God.
You can attain oneness with
God only through love. Do not
have attachment with your body.
Develop attachment with God.
Then you will have no need to
search for happiness outside."*

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AVATAR VANI

DEVELOP ONE-POINTED LOVE FOR GOD*

ATTAIN THE VISION OF WISDOM

PEOPLE PRAY TO GOD FOR HIS grace and blessings. But first they should earn deservedness. Here is a small example. When people travel in a bus, the person who boards the bus first sits on the first seat and the one who boards the bus last sits on the last seat. But while getting down from the bus, the person on the last seat gets down first and the one on the first seat gets down last. In this way, the person who boards the bus first stays in

the bus for a longer period. Moreover, if he has a bag with some valuables in it, he gets time to gather it carefully. This is called Prapti (deservedness). A person with purity of mind has this deservedness. Hence, man should wash away dirty thoughts from his mind and fill it with sacred thoughts. Then only will he attain Jnana Drishti (vision of wisdom) which will enable him to see the universe as the shining cosmic form of God.

Treasure the Wealth of Divine Thoughts

Scientists say that everything in the universe is a conglomeration of atoms. Long ago, ancient sages of Bharat said, “*Sarvam Ramamayam*” (everything is filled with Rama principle). They declared that the entire universe is divine. So, there is difference only in name. While the sages call it the divine principle of Rama, the scientists say, the universe is made of atoms. The culture of Bharat is very sacred. Many divine principles and mysteries are enshrined in this great culture. These lofty principles should form the basis of everything in man’s life. But modern man



* Continued from the previous issue.

wants only worldly pleasures. He seeks pleasure in his business, his profession and everything he comes across in life. But this is not true happiness. That is what sage Thyagaraja said when he sang, "Oh mind! Tell me whether happiness lies in wealth or proximity to God". What is happiness? What is freedom? Only thinking of God can give true happiness. This is Paramanandam (supreme bliss). Nothing is more blissful than this. You envy others that they have enormous wealth and their life is full of pleasures. But they have both Bhoga (pleasure) and Roga (disease). You should feel happy that you are free from Roga. Moreover, you possess the wealth of divine thoughts. This should give you happiness and satisfaction in life. Treasure such divine thoughts in your mind. But people today are very much dissatisfied and follow the wrong path. What is the reason? The reason lies in their Vasanas (evil tendencies) from their past lives. Your mind will be purified if you remove these Vasanas.

Listen with full attention to what is being said. Do not follow others and do not act foolishly. Chant the Name of Sathya Sai. Listen to the good words He speaks. Why do you refuse to listen to His words? People nowadays are all attention to listen to bad things but they do not pay heed to anything good. Why has tongue been given to you? The tongue has been given to you to sing Bhajans and chant the Name of God. Why have eyes been given to you? Have eyes been given to you to see anything and everything? No, these have been given to you to see God. Do you know why God has given you legs? Have legs been given to you to roam about in lanes

and bylanes? No, these have been given to you to circumambulate the temples. Similarly, hands have been given to you to serve others. Offer all your limbs to God. Use your hands, legs, tongue, eyes, and ears for God's work.

Realise that you are God. Aham (I) is the first name of God. Inquire deeply, who am I? We say, I am Swami, I am a man, I am a woman, I am a Brahmin, etc. When I say, I am Swami, I comes first and Swami comes next. When you say, I am a woman, I comes first and woman comes next. When you ask someone his name, he may say, I am Krishnaiah or Ramdas. Here also I comes first and the name next. When once God appeared before a devotee in answer to his prayer, the devotee asked, "Who are You"? Then God replied, "Son, I am God whom you worship". So, even God says I first. Hence, I is always first. Know that I means Aham or Atma which conveys that the real nature of man is divine.

Ego and Attachment are the Cause of Man's Miseries

But people use I in worldly sense which denotes ego and attachment. This is the cause of man's unlimited miseries. When you say, my house, my car, my mother, you develop attachment with them. Suppose, you have a house and someone sticks a cinema poster on its wall, you immediately become angry and quarrel with him, saying this is my house. But after you sell your house, you are not worried even if a bomb falls on it. Similarly, if you sell your car, you do not worry if it meets with an accident. Why? You are not worried because the car now does not belong to you. So, you have no attachment with it. An industrialist used to get worried when there was a strike

in his factory. He would not move out of his house during the period of the strike lest someone should cause harm to him. He would also arrange police protection. After he sold away his factory, he did not bother what happened to it. Why? Because then the factory was not his. So, the cause of all your worries in life is your attachment. So long as you have the sense of I and mine, you will have attachment. When you think Mamah (mine), you have a lot of trouble. You have no trouble when you think Na Mamah (not mine). You say, Na Deham. In Telugu it means 'my body'. But 'Na' also means 'no'. Then Na Deham would mean "I am not the body". Similarly, man should realise that he is neither the body nor the mind nor the intellect nor the senses. When you leave attachment, you will not only be free from worries, you will get the realisation of your divinity. Have attachment with God only. Instead of saying such and such thing belongs to me, say, God belongs to me. Pray to God:

*Twameva Matacha Pita Twameva,
Twameva Bandhuscha Sakha
Twameva,*

*Twameva Vidya Dravinam Twameva,
Twameva Sarvam Mama Devadeva.*

(Sanskrit Verse)

(Oh Lord! You alone are my father and mother, friend and relation, wisdom and wealth. You are my everything).

If you want real happiness, you should develop love for God. You can attain oneness with God only through love. Do not have attachment with your body. Develop attachment with God. Then you will have no need to search for happiness outside. Happiness exists within you. You

You envy others that they have enormous wealth and their life is full of pleasures. But they have both Bhoga (pleasure) and Roga (disease). You should feel happy that you are free from Roga. Moreover, you possess the wealth of divine thoughts. This should give you happiness and satisfaction in life. Treasure such divine thoughts in your mind. But people today are very much dissatisfied and follow the wrong path. What is the reason? The reason lies in their Vasanas (evil tendencies) from their past lives. Your mind will be purified if you remove these Vasanas.

are the embodiment of all happiness. Your happiness does not depend on your wealth, beauty, youth or high position in life. All these are temporary. When old age overtakes you, you will lose all your beauty, youth and strength. Your face will be full of wrinkles. You will not be able to walk and see. Passers-by will make fun of you. The entire life of man is a puppet show. So, do not be proud of your youth, beauty and strength. Realise that this body has been gifted to you by God to perform sacred deeds. Use your body to walk on the right path. Then only will your duty be accomplished. Your duty is to realise truth. Your destiny is truth.

(Bhagavan brought His Discourse to a close with the *Bhajan* "Sathyam Jnanam Anantham Brahma ...")

– From Bhagavan's Discourse in Sai Sruthi, Kodaikanal on 18th April 1996.



ANNUAL SPORTS AND CULTURAL MEET OF SRI SATHYA SAI EDUCATIONAL INSTITUTIONS

SRI SATHYA SAI EDUCATIONAL institutions held their Annual Sports and Cultural Meet on 11th January 2020 at Sri Sathya Sai Hill View Stadium, Prasanthi Nilayam.

The event is the culmination of various sports, cultural and fine arts competitions held at all campuses of the University and other Sai educational institutions throughout the academic year. Sri Sathya Sai educational institutions include all the four campuses of Sri Sathya Sai Institute of Higher Learning, Sri Sathya Sai Primary and Higher Secondary School, Smt. Easwaramma High School and Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) College of Nursing and Allied Health Sciences. It showcases an array of physical and cultural presentations by over 3,000 students of the institutions spread across two sessions, morning and evening. Preparations, which began a month in advance, involved hundreds of practice hours by all students and teachers at each institution.

The Morning Session

The morning session of the 2020 Annual Sports and Cultural Meet commenced at 8 a.m. with the ceremonial procession of Bhagavan entering Sri Sathya Sai Hill View Stadium escorted by motorcycle squad and welcomed by the women's brass band of Anantapur Campus of Sri Sathya Sai Institute of Higher Learning (SSSIHL) and a flag salute by all the House and Institute Captains of the University, schools and allied institutions. This was followed by an

escort by the Slow March Squad, a special contingent that was led by the men's brass band of the Prasanthi Nilayam Campus.

Following the ceremonial welcome to Bhagavan, the Chancellor, SSSIHL along with senior members of the Sai educational institutions, and students representing each Sai educational institution offered salutations to Bhagavan.

The March Past that followed included each of the three thousand Sai students marching in unison towards the dais at Santhi Vedika offering their salutations to their Revered Founder Chancellor.



Impressive March Past display.

This was followed by the hoisting of the University flag, which truly represents unity, and the promise to uphold the honour and glory of Sri Sathya Sai's mission. Students then took the Sports Meet oath. This was followed by the unveiling of this year's mascot – the Celestial Lion. As the mascot flew into the main torch, it marked the commencement of the 2020 Annual Sports and Cultural Meet.

The Presentations

This year, the students of SSSIHL Men's Campuses – Prasanthi Nilayam, Brindavan and Muddenahalli and Sri Sathya Sai Higher Secondary School (boys) put together a combined performance of fifteen items.

The first presentation was a melodious drum music showcasing various rhythmic sounds which was followed by a modern dance which portrayed the various stages



A skater jumping through a ring of fire.

of man's evolution. A marvellous display of skating stunts followed next which showed the dexterity, balance and courage of the students.

No Sai educational institutions Sports Meet is complete without the signature



A ramp jump over a line of students.

item of motorbike stunt riding. Beautifully captured by the drone videos employed by the Radio Sai team, the students of Muddenahalli Campus seamlessly executed a number of stunts, from jumping over a line of students on the ground to criss-crosses to a slew of fire jumps, much to the delight of the thousands gathered on the stands.

The Kalari Commandos then performed Kalaripayattu, an ancient physical, cultural and military art form of Kerala aimed at



Display of Kalari martial art.

giving its practitioners perfect control over flexibility, stamina and body balance. The exposition involved combat sequences with sticks, maces, swords, urumis, daggers and hand movements.

The next item, Sumos, demonstrated several gymnastic feats, including somersaults and a game of kabaddi. They did justice to their name (Sumo) by their



A game of kabaddi with Sumos.

versatility, and creativity of the students was at full display during this presentation.

The next presentation highlighted the saga of Bhagavan Baba through an innovative mode of dance and storytelling followed by a gymnastic performance of



Gymnastic performance of dive rolls.

dive rolls, somersaults, obstacle jumps and display of Karate and martial arts.

There was then a display of juggling with three or more balls, hats, clubs and some other props. The performers also bundled in some juggling stunts on cycles and roller skates into their presentation.

They were closely followed by Acrophiles, an item where students exhibit their strength and skill by climbing and performing breathtaking movements on ropes, hung from a 45 feet high iron structure. The viewers were then transported to the American Old West where the legendary Cowboys charmed them with classic moves and tricks, along with an occasional stunt or two. Dressed in black with white gloves up to their elbows, the Hidden Hands channelled a street-dance style set of sequences, making different formations that echoed national sentiments such as the Indian Space Research Organisation (ISRO), Indian cricket team, the Charkha of Gandhiji, the Swachh Bharat movement and the like.



Grand final formation by all the students of the morning presentation.

A grand formation marking the 95th Birthday of Bhagavan brought all the students together to signal the end of the morning's presentation.

The Evening Session

The evening session of the Sports and Cultural Meet began at 4 p.m. with the ceremonial procession welcoming Bhagavan Baba into Sri Sathya Sai Hill View Stadium. The first presentation, with the theme of Atmanivedanam was by the students of Smt. Easwaramma High School. They began with the younger children performing the Maruni Dance, a popular traditional form of the intrepid Gorkhas of the snow-capped Himalayan regions. They were followed by an ode to Charlie Chaplin with a bunch of tiny Chaplins



Tiny tots dressed as Charlie Chaplins dancing to the tune of a lively song.



dancing to many a tune that harped on one of his famous sayings, 'You will never find a rainbow if you are looking down'. Fan Drill, a synchronised performance with fans followed next, which was focused on



Colourful Fan Drill by the girls students of Smt. Easwaramma High School.

rhythmic beats and an array of acrobatic moves. The girls then took the field. Their dance presentation was a dedication to the Lord within, who helps man transgress the dualities. They ended with a dance ballet celebrating Lord Hanuman, who, by example, gifted mankind with the greatest lessons of love and surrender.

SSSIHMS College of Nursing and Allied Health Sciences followed next with a presentation using a ball showcasing the importance of harmony between body,



Synchronised movement and coordination marked the presentations of SSSIHMS College and Allied Health Sciences.

mind and soul. They achieved this through a Basketball Drill (depicting the effort, elegance and hard work that present the dedicated effort to keep the mind in control with beauty and coordination) and Tai Chi, that highlighted controlled movements and breathing that generate internal energy, mindfulness and serenity within.

Students of Sri Sathya Sai Primary School and Sri Sathya Sai Higher Secondary School (girls) then put up the most colourful presentation of all. They took off with Sai Samarpan, an elegant dance that offered obeisance to the inner dweller and moved on to a dexterous gymnastic display that revealed the essence of life: Life is a Game, Play it! This was followed



Primary School boys in colourful costumes dancing merrily.

by a Pranams Dance (to Prakriti and Purusha) and Dandiya, that saw cherubic angels dance in supreme ecstasy and exuberance extolling life's benevolence. The Dance of Love, with Dandiya (a socio-religious folk dance originating from Indian State of Gujarat), Sai Symphony (that had the little tots hop, skip and fill every heart with delight) and a floor exercise item followed them. The final three items included Divine Raas Leela, an endearing dance, Divine Dexterity (where students



performed daring feats on suspended rods and Divine Awakening, where the higher secondary school girls expressed their devotion through a divine symphony of music of the soul that emanates the



Primary School girls in warrior outfit brandishing their swords.

awakening of the primordial Shakti, the power of Durga within.

Last, but never the least, were the students of Anantapur Campus, SSSIHL. They began with Aerials, a powerful and graceful performance of aerial acrobatics while hanging from suspended fabric folded to form loops. They then put on a show of Human Pyramids, an acrobatic



Aerial acrobatics by Anantapur Campus students.



Luminous display of graceful rhythmic drill.

formation displaying students' balance and athletic prowess. As daylight faded on Sri Sathya Sai Hill View Stadium, straddled hoppers and Sufi dancers with wings performed a graceful rhythmic drill. The grand finale was a luminous display on Bhagavan Baba's Advent and Mission through a series of LED light formations.

Arati offered to Bhagavan Baba brought an end to the Sports presentations for the 2020 Annual Sports and Cultural Meet.

MUSIC AND CULTURAL PRESENTATIONS

A variety of music programmes and dramas were presented by the students of Bhagavan's educational institutions as part of the Annual Sports and Cultural Meet 2020.

Duniya Ek Parivaar

The first presentation was made by the 12th Class students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam in the form of a very touching and engrossing drama entitled "Duniya Ek Parivaar" (world is a family) on 12th January 2020. Based on the teachings of Bhagavan that Dharma protects those who protect Dharma and service to mankind is service to God, the drama showcased how God Himself came to protect the protagonist Karthik in the form of an old man when his own dishonest





"Duniya Ek Parivar", a drama by Higher Secondary School students.

employees falsely implicated him in a court case. Elevating theme, excellent script, superb acting of the cast and brilliant direction made the drama an outstanding presentation.

At the end of the drama, prizes were awarded to the students of Sri Sathya Sai Higher Secondary School who secured 1st, 2nd and 3rd rank in the 10th and 12th Class examinations conducted by the Central Board of Secondary Education in 2019.

Sant Namdev

The illustrious life story of Sant Namdev was presented in the drama "Sant Namdev: A Story of Sakhya Bhakti" by the students of Brindavan Campus of the Institute on 13th January 2020. The main incidents of his life like how Lord Vithoba came to partake of the food offered by him as a child, his travels with his



The drama "Sant Namdev" showcased the life story of this great saint of India.

contemporary Sant Jnandev, the episode of Gora Kumbhar who declared him as half-baked and his realisation at the feet of his Guru who corrected his narrow vision were beautifully portrayed to bring alive the entire story of his life. Interspersed with meaningful Abhangs (verses), the drama was an impressive presentation on the life of this great saint of India.

Mine to Thine

The drama "Mine to Thine" presented by the students of Muddenahalli Campus of the Institute on 14th January 2020 poignantly depicted that sincere and earnest devotion to duty earned the grace of God who came to the rescue of such noble souls in the face of great predicaments of life. This



How sincere adherence to duty earns the grace of God was portrayed vividly by the students of Muddenahalli Campus.

theme was illustrated through the story of a talented and sincere architect Janardhan who did his best to make the temple ordered by the king a perfect piece of art but was hindered by his jealous assistants when they instigated his son to break the idol of the Lord on the eve of the inauguration. In a state of dejection when Janardhan prayed earnestly, the Lord Himself came out of the temple and showered His grace on the earnest seeker. Good story, excellent

acting of the cast and fabulous sets made the drama a successful presentation.

Sarvam Krishnamayam

The drama “Sarvam Krishnamayam” (everything is permeated by Krishna principle) performed by the students of Prasanthi Nilayam Campus of the Institute on 15th January 2020 was the final presentation of the Sports and Cultural Meet 2020. Based on the episodes from the epochal Mahabharata War between the Kauravas and Pandavas, the drama depicted that real victory was not achieved

was held on 15th January 2020, on the auspicious occasion of Makara Sankranti. The ceremony celebrated the excellent performance in sports, cultural and fine arts events during the academic year 2019 / 20 by students of Sai educational institutions.

The programme commenced shortly after 8.20 a.m. with a grand procession comprising the university brass band, Veda chanting group of students and a flag-bearing squad.

This was followed by a talk delivered by Dr. P.L. Rani, Associate Professor and Head, Department of English Language and Literature, SSSIHL who spoke about the Sports and Cultural Meet as the process of purification, synchronicity between intention and action. “When you have purity of purpose, God responds in the same spirit, and more,” she added.

A series of brief talks by students of Sri Sathya Sai Higher Secondary School and of all the four campuses of SSSIHL



“Sarvam Krishnamayam”, a drama by the Prasanthi Nilayam Campus students.

by winning over one’s adversaries in the battlefield. The real victory in man’s life was the victory over the feelings of hatred and enmity by the noble thoughts of forgiveness and tolerance. This was amply illustrated by the teachings of Bhishma and also by Draupadi who pleaded with Bhishma to forgive Aswatthama although he had committed the heinous act of killing five innocent children.

PRIZE DISTRIBUTION CEREMONY

The Prize Distribution Ceremony of the Annual Sports and Cultural Meet 2020 for Sri Sathya Sai educational institutions



Founder Chancellor’s Cups were awarded for the grand effort put in by each institution.

followed next. The talks centred around the deep significance the Sports and Cultural Meet had for all students from chiselling their personalities by growing their inner qualities to finding the real purpose behind everything they did. The Annual Sports and Cultural Meet is a grand journey of self-exploration, they stated.

Following the talks, the Founder Chancellor's Cups – symbolising the grand effort put in by each institution – were awarded by Sri K Chakravarthi, Chancellor, Sri Sathya Sai Institute of Higher Learning. The respective captains and vice captains of each Sai institution and campus received them.

After the Physical Directors of each Sai educational institution took Namaskar of Bhagavan Baba and submitted the prize lists to Him, members of the Sri Sathya Sai Central Trust and Vice Chancellor, SSSIHL awarded the trophies of the House and Individual championships of SSSHSS and each SSSIHL campus under various categories.

This was followed by the Divine Benediction of Bhagavan Sri Sathya Sai Baba, who said, "The one who can win over the mind can win over anything in the universe. There is no greater power than the mind. Mind is the primal cause responsible for bondage and liberation. Man is unable to control his mind today. If you control your mind, you will be able to control anything". He asked the students to dedicate all their words, thoughts and actions to God in perfect harmony and consider everything as an offering to God.

SRI SATHYA SAI NATIONAL CRICKET LEAGUE

Makara Sankranti evening witnessed the launch of a unique initiative by Sri Sathya Sai Seva Organisation, India, Sri Sathya Sai National Cricket League, a 20-20 series for the youngsters of India. Announcing this event, Sri Nimish Pandya, President, SSSSO India spoke of what



Sri Sathya Sai Unity Cup unveiled.

entails the initiative, aimed at youngsters with commitment towards service, boosting individual and national character. Set to play at Samithi, district and zonal levels, the final of the series would be played at Sri Sathya Sai Hill View Stadium on 23rd August 2020. Legendary Indian cricketer Sri V.V.S. Laxman along with Trust officials from Prasanthi Nilayam unveiled Sri Sathya Sai Unity Cup at the Samadhi of Bhagavan.

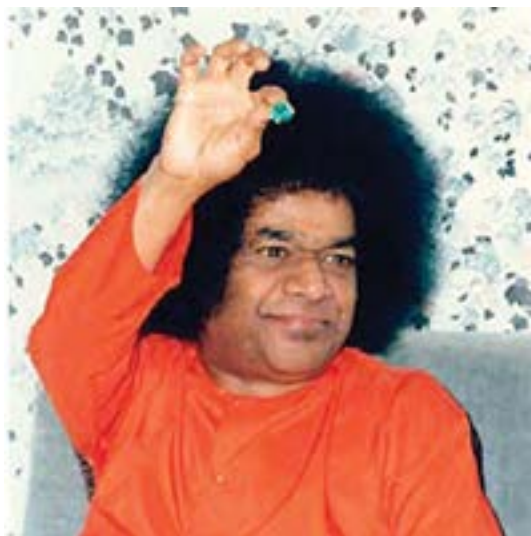
Speaking on this occasion, Sri V.V.S. Laxman recalled many blessed interactions he had with Bhagavan ahead of the 1997 Unity Cup. Through sports build your character, advised Bhagavan, recalled Sri Laxman, identifying Bhagavan's simple yet profound specific advice to follow two of His famous dictums, Love All Serve All, Help Ever Hurt Never.



SAI - THE GEO OF MY LIFE

N.T. Arun Kumar

AS PART OF MY JOB AS CHIEF Technology Officer in a reputed firm in U.S., I had to travel a lot all over the world. Swami's omnipresence – and His eternal promise to be always with us – was once again revealed to me that year when the airplane I was travelling on in Russia developed problems mid-air and could neither proceed to its destination in India nor return to Moscow. In the gloomy silence that followed within the aircraft, I clutched involuntarily with all my strength to the green diamond ring Swami had created for me a few years back and prayed.



The ring of Divine protection.

In Air or Fire – Always in Sai's Care

I do not remember how, but we landed safely back in Moscow. And then I had a gruelling 24-hour journey back home, and by the time the plane landed in India, I was

completely worn out. After reaching home, no sooner than I had done my prostrations to Swami's robe, the ring split into two! May be Swami had absorbed all the energy while averting the disaster through His 'visiting card', the ring, which is now in my altar.

Swami's grace has extended to my whole office too. In 2006, when we first expanded into new premises, disaster struck a week before our inauguration – while testing the fire extinguisher, the pressure valve gave way and the whole office got flooded. It meant losses of several lakhs of rupees and I was on the way to Sri Lanka on an urgent meeting.

We had no insurance yet to recover, and worse still, there was dispute as to whose mistake it was. Swami appeared in the dream of our manager who was handling the project (he was not a 'devotee' then), gave him an 'interview' and asked him why I did not come to see Him. Upon being told I was travelling to Sri Lanka, Swami said I could visit Him in Colombo as well!

That same day in Colombo, I got an email informing me the address of the Sai Centre there. I had been to Colombo several times but could never find time or means to visit Swami and this was completely out of the blue (orange, should I say!). I had a blissful time in "Sai Mandir" in Barnes Place, Colombo, and back in Chennai, all our vendors by themselves agreed to fix the damages and the builder paid for their losses! There was no debate



and no loss of time to inaugurate our global operations. In fact, Swami's students employed with us chanted Vedic hymns and did Homam as an expression of the entire company's gratitude to Him, instead of the typical MNC practice of calling VIP's to inaugurate.

U-Turns Devised by the Divine

In January 2007, one of our colleagues had a serious head injury while returning home late night after work. Doctors gave up completely as he was paralysed from top to toe. The next day, Swami was to visit Chennai for the Ati Rudra Maha Yajna. We all prayed to Him earnestly and sent an "emergency" fax. After a tense period, our colleague started recovering miraculously, and today, that is, a year after his accident, he is on his feet and at work – something that was completely ruled out then!

Another amazing experience I had in office was when a very tough and demanding client visited us for a project review. He was intractable on all issues and wanted us to do more work within the same contract. Our deadlines and costs kept extending, and despite all our hard and sincere work, the project didn't seem nearing completion. After gruelling meetings where we were forced to agree to all his terms, I persisted on our constraints and he and I had a private review again.

He came over to my office and upon seeing Swami's picture, suddenly exclaimed that his wife is an ardent devotee and they are doing a social service project based on Swami's principles near Bengaluru. From then on, the conversation suddenly turned warm with discussions of Swami more than work issues in hand, and at the end of the meeting, he not only agreed to proceed our way but also said

he will sanction extra budget to be paid to us!

"I will Bless your Career" – Swami

Swami, in every way, has been with us throughout the journey of our company. Last year, when the Chennai division was made an independent company, I was made the CEO. I was actually quite surprised since there was absolutely no debate or nominations going around at the level of the Board of Directors – it all happened as if I was destined to become the CEO. I then realised Swami's omniscience and omnipotence when in 2004 He had predicted this to me.



*Sri N.T. Arun Kumar with
the CEO of his heart.*

It was 26th March 2004, when our Beloved Swami hosted 11 of us from Polaris (a software company) and graciously allowed me to read to Him the contents of the folder we had prepared.

On the portico that day, when He called me, His first question was, "Arun from Polaris"?

I said, "Yes, Swami".

"CEO?"

"No, Swami."

"Oh, that is another Arun...", He said with the characteristic twinkle in His eyes!

Then much more of the drama and conversation followed, at the end of which



Swami materialised Vibhuti, and said, "I will bless your career". Well, I did not know what to make of it thinking, firstly, that Swami mistook me for another Arun who was the CEO; and secondly, the fact was that I was leaving the company at that time and was actually already in the notice period!

When I mentioned it to a few people that day, I heard a story involving Sri Deve Gowda who once was referred to by Swami as "our Prime Minister" in a speech, when he was only the Chief Minister of Karnataka, and quite unexpectedly, beating all odds, a few months later Sri Deve Gowda indeed became the PM of India! Given the difficult situation I was in, I could not imagine anything great from this story – I was only in bliss with Swami's blessings and gift.

Now, I definitely know that what has happened to me today in my company is hundred per cent because of what Swami said that day and nothing else; it is completely His grace and mercy. In the last six months, I have seen situations in the company turn 180 degrees by His omnipotence, and in the previous year, I felt Swami was literally carrying me in His arms through the chaotic times.

His Students, His 'Proper Ties'

I have been extraordinarily fortunate to work with many of Swami's students (MBA as well as M. Tech boys). The experience I have gained interacting with them has shaped my thoughts and attitude greatly towards being more balanced and in being better able to relate to Swami's teachings in the corporate context. The students I have worked with – and am working with – are shining examples of practice, perseverance and perfection!

In August 2000, I was travelling to the USA with a team member who happened

to be an MBA graduate from Swami's Institute. Not only did he become a close colleague but also a constant reminder of the fact that Swami was always with me at all times.

One night, after I lost my gold chain that was gifted to me by Swami, both he and I had separate dreams wherein Swami gave us interviews and lovingly talked for a long while on our work and life. The next day, when the two of us exchanged notes, it was simply amazing to realise that Swami had actually given us important messages pertaining to both our work and personal life.

Exactly a year later, while I was in Puttaparthi for a guest lecture at His Institute, Swami called me for an interview (real, not dream!) in Puttaparthi and recounted the entire incident, and more importantly, to assure me that He was really there, materialised again for me the same chain that I had lost! Swami's Omniscience and Omnipresence, though understood by me through vicarious experience, was for the first time revealed to me in all its glory and in the form of His Pure Love.

For someone like me, caught in the glamour of a high-profile globe-trotting job and the heady power of technology, this simple yet absolute act of Pure Love started an irrevocable transformation of the heart. It taught me that the most important contribution we make in life is not merely by our intellect but through our heart – a lesson that is apt to the world of technology!

Swami's Count is Always Right!

Swami's students also set a very high standard of performance and behaviour in the workplace, albeit in a quiet manner.



The Institute, its philosophy and the faculty members obviously shape this outcome. In an age where higher education has largely become a fashionable and unaffordable commercial venture, Sri Sathya Sai University stands out as a beacon of hope through its unique input, process and output!

In my previous assignment, I had about 15 students of Swami's Institute in my business unit, almost each one of whom had won some recognition or award from the company management and clients! To thank Swami for this, we all prayed to Him to visit Him together and we got the Divine opportunity in March 2004. Along with me were 12 students (3 could not make it owing to work related travel). On our very first day at Darshan, Swami enquired from me the details of every student's performance and patiently went through the citations of their awards!

His face was beaming like that of a proud mother and while materialising Vibhuti, He spoke omnisciently about the company and its management, with words

of comfort and blessings. The same day, Swami distributed His robes to all students and staff, and we were fortunate to receive one each too. But wonder of wonders happened when we returned to our room and counted the robes in our bags; there were three extra robes for the students who could not make it with us!

This extraordinary love and care can only come from the One in this world – our Creator, who is our very own breath! No wonder, Swami often says that even if we forget Him, He will never forget us! While we need our technological gadgets and calendars to remind ourselves of small things, the Master Divine Technologist just needs a spark of our love to reciprocate a million times over!

(Courtesy: **Radio Sai**)

– The author, **Sri N.T. Arun Kumar**, is the Chief Executive Officer in a U.S. based global organisation. He has been a guest faculty for M.B.A. and M. Tech classes in Sri Sathya Sai Institute of Higher Learning.



Of what avail is it if you simply worship My Name and Form, without attempting to cultivate Samatwa (equal love for all) that I have, My Santhi (peace), My Prema (love), My Sahana (patience and fortitude), My Ananda (bliss)?

– Baba



Effulgence of Divine Glory

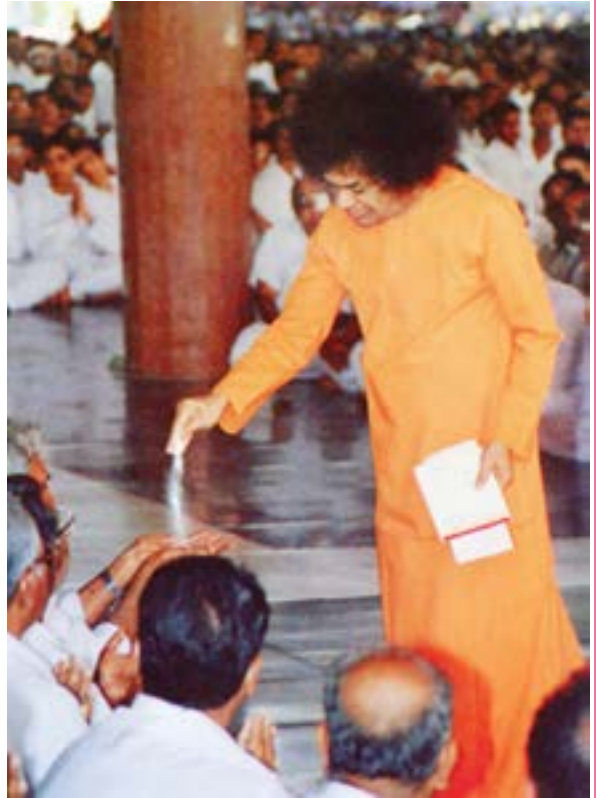
SWAMI GAVE ME BACK MY LIFE

Lidvin Virkesdal

I HAD NEVER HEARD ABOUT Sai Baba until some time in the fall of 1996. I was a very, very busy businessman who did not find time for anything else but my work, not ever for my family. In order to avoid the rush hours in the morning, I left for work extraordinarily early. To save time from getting caught in bumper-to bumper traffic on the motorway, I did not return home until around 9.30 in the evening. I did not win a prize for that. You can get ill from such a stressful life. And I got ill. But I continued attending to my work and my wife did not notice that I was feeling still worse. I just continued. I thought that I would be able to handle it myself.

I was dealing in sailboats and motorboats, as well as electronic equipment and provided services to these in Rungsted Harbour, a fashionable suburb north of Copenhagen. Typically, my customers came when they were off work, on weekends and holidays. If somebody had a birthday in our family, they could not count on me participating. I was going to work.

I got quite irritated that my wife did not notice that I lost weight and was feeling bad, but maybe I did not give her much of a chance to notice. I took time off for a consultation with a doctor who told me that I had cancer of the stomach. This was later confirmed at examinations at the



main national hospital, Rigshospitalet, in Copenhagen, and in a hospital in Bergen, Norway, where I was born and raised, and where I have relatives. At both hospitals, doctors estimated that I had half a year left to live.

I did not have much confidence in the world of medicine and was not especially interested in receiving treatment, although I did visit an alternative doctor who gave me some medicines; but aside from this I did not get any treatment. I confided in



a mutual acquaintance and told her that I had cancer. One day this woman asked my wife, 'Are you aware that Lidvin has cancer'? She was not. The woman who was clairvoyant, at that moment saw a form standing next to my wife. It was Sai Baba, saying that my wife and I should visit Him in India. 'That man can perform miracles,' she said.

Shortly after my wife told me, 'Lidvin, we are going to India, to Sai Baba!' I was not enthusiastic. First of all, India was the country which was at the very bottom of my wish list. I got hold of some literature about this Sai Baba and found it interesting, but I had absolutely no intention of going there. When she continued to try to persuade me, I finally gave in for the sake of domestic peace. The trip was to take place during Christmas 1996. At that time of the year, it is nice to be with your family in Denmark and not in the heat of the Orient, so I had an ulterior motive. I counted on being able to sell my ticket to one of my wife's 'new-age' girlfriends.

When the time to leave was approaching and it dawned upon me that this was serious, I tried to sell my ticket. It turned out to be more difficult than I had imagined. I offered it inexpensively to all my wife's girlfriends, but no one wanted to buy it. Then I tried to give it away. Finally, I not only offered it for free, but also offered to include spending money as well. All in vain. Now there was nothing left for me but to come along.

The day we gathered in the Copenhagen airport with rest of the travel group, I made it clear to everybody that they should not count on me on this trip, I was not here because of any wish of my own. We landed in Madras (now Chennai) of course,

without our luggage, which had remained in London. There we were wearing light winter clothes in a sweltering 35 degrees C, amidst the dirt of the city and holy cows. The hotel in which we were supposed to stay was over-booked, so we ended up in an awful place. On the spot I stated very clearly, 'When this group continues on to this Guru in Puttaparthi, I am going back home. I am only with you for the first few days on the beach; after that you won't see any more of me'!

In the group, there was another couple like us, where the man did not want to visit the Guru. The two of us talked quite a lot, but it all ended up with us going to Puttaparthi after all. We could walk around, take pictures and otherwise have a good time while the ladies were seeing this Guru.

In Puttaparthi, it is the norm that men wear white clothes. The other men in the group bought white clothes and the ladies bought long Indian dresses of the kind you wear when you go for Darshan to see Sai Baba. I did not buy any clothes as I had no intention to go beyond the gate to the Ashram. The days went by. The group went into the Ashram where Sai Baba lives but I never wanted to join them. One day I thought that since I had travelled this long way, after all, I had better see Him. I bought some cheap white clothes and went to Darshan, but it did not make any impression upon me. So, I was seated way in the back. Normally, you line up in a queue and draw numbers and hope to get a seat at the front; I had not done that, I walked right in just before Sai Baba was supposed to arrive.

On Christmas morning, Baba was giving a Discourse. That day, I came rather early as I wanted to hear what He had to say.

While speaking He materialised a mini-Bible out of the blue. You may object that it could be sleight of hand, but this time I was sitting so close that I could see that this could not be the case. On the cover of the small Bible, there was a cross. Before materialising the book, He said that it is Christmas Day for Christians; they read the Bible, Muslims read the Quran, Hindus read the Bhagavadgita. What is right? The Jews only recognise the Old Testament of the Bible, and the Christians cannot even agree as to the Bible, some sects only recognise the New Testament, etc., etc. It was very interesting. I was quite impressed, and I saw the book with my own eyes.

When we were leaving, I was most happy to get away from that place. It was warm and Sai Baba did not mean anything to me. I went directly to work where lots of mail was waiting for me along with a lot of work. My business associates simply could not understand how I could be gone for so long, three weeks, and then visiting someone as strange as an Indian Guru! It was difficult to explain. But I could not calm down. My illness had not improved; on the contrary, I was really skinny and marked by the stomach cancer.

A week after returning home, I got a clear and very strong feeling that I should return to India again. I tried to forget it as I was happy to be home again. Nevertheless, things developed in such a way that ten days after having happily left Puttaparthi I was once again sitting for Darshan!

For some odd reason, now I had a completely different attitude towards Sai Baba. I did not understand what had happened. My wife was thoroughly amazed that I wanted to go back. I could only say that now everything was different. I left Denmark alone with an open heart and an

open mind. I desired to go to India. I had to go. This time the group I was travelling with would also spend time at a beach in the beginning of the trip, but this they had to do without me; I was heading directly to Puttaparthi.

From the very first day, I queued up very early to get a chance to come as far forward as possible for Darshan. I was happy to be back and, unlike the first time, I did not feel like doing anything else. One afternoon I sat in the first row, hoping that Sai Baba would pass by me and take my letter. In the letter, I had written that I would make an attempt to become a better human being. I sat waiting, turning inward, thinking of many things. It was nice to sit there waiting.

That afternoon, I was sitting next to a friendly old Indian man who kept talking to me. He asked where I came from and told me that he was from Puttaparthi and that he had known Swami since their youth. He told me many interesting things of which I knew nothing. Sitting there, he took his silver ring off and said, 'This ring Swami has materialised for me, I want you to have it'. I answered that I certainly could not accept it; that would be very wrong. Besides, the ring would not fit me, as the man's fingers were as thin as pencils. I did not want it. But he insisted. He said that if he was supposed to have a ring, Swami would make him a new one. I reluctantly accepted the ring and put it in my breast pocket. When Swami appeared, I hoped that He would come to me and take my letter, but He passed by. Right away I thought, 'It's that ring! I should never have accepted that ring'. I felt it burning in my pocket.

Then something happened that very seldom happens: Sai Baba turned around.

He went back and came directly up to me. I sat frozen, He said in English, 'Give Me your hand'. I handed Him the letter with my left hand. 'No, the other hand,' He said. I was very confused and put forward my right hand. Then he materialised Vibhuti, a lot of it and He filled my right hand and said, 'Eat it!' I did not understand much of what was going on. My hand was moist and I did not know what to do with all the Vibhuti He had materialised directly into my hand. There I was. The letter had gone; I had not noticed that He had taken it. The tiny Indian man next to me by chance had a small piece of paper so that I could save some of the Vibhuti. I ate a little of the grey ash and put the paper with the rest of it in my breast pocket.

My emotions after this encounter were indescribable. Suddenly, I felt like a completely different man. Music is played when Baba walks around; when the music stopped, I remained seated and turned to the old Indian to thank him for the ring. He wasn't there, and none of the men sitting around us had seen him. I took out the ring and tried to put it on. It fit perfectly. It ought to have been completely impossible, as the fingers of the old Indian man were so thin. Everything was most confusing.

You may believe it or not, but today I think that the little Indian man in some way was Sai Baba Himself sitting there. As opposed to previously, I remained seated a long time after Darshan, pondering on what had happened, and then quietly walked back to the hotel. I was very, very happy and felt an amazing sense of blessing and inner peace. When I met the others in the group they asked, 'What happened to you?' and I told them.

I had brought with me quite a lot of medicine and needles supplied by the

alternative doctor I had visited in Denmark. Right away I disposed of all of it. I knew that from now on I would not need any of it. I phoned home and told about the incredible thing that had happened: Cancer cancelled!

You may object that it is very easy for me to tell such a story, but remember I was not alone. We were a group of 12 people; everyone knew what I looked like and how I felt before this day and everyone could now see what I looked like and how I felt after this experience. The others in the group were very happy on my behalf. They told me to change my work; just for fun, one said that I would make an outstanding tour leader for people who wanted to visit Sai Baba. This I knew I would definitely not do! Now that I was fit, I was going home to resume my work.

At home, I went to my regular doctor, happy, hale and hearty. He agreed that seemingly I had been cured in a miraculous way. But instead of giving me the clean bill of health that I asked for, he handed me a sickness certificate lasting for six months. This I did not understand at all, as I had planned to go back to work. 'If you return to your old lifestyle, you will have to find yourself a new doctor,' he stated.

It all ended with my winding up my firm. When you are on the wrong side of 50, it is not so easy to find a new profession, but after many considerations I actually began travelling as a guide with people who wanted to visit Sai Baba. I changed my life completely in all ways. I stopped smoking, and since I had had no problems in keeping vegetarian food in me in India, I also changed my diet and became a vegetarian. My former friends

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BHAGAVAN'S SIVARATHRI MESSAGE

TRUTH IS THE FOUNDATION OF MAN'S LIFE

It is in order to rid oneself of evil tendencies that sacred days like Sivarathri are observed. Nights follow days and days succeed nights. This is an everyday occurrence. What is the speciality of Sivarathri? As the night precedes the New Moon day, it will be pitch dark everywhere outside, the heart will be filled with bright effulgence on this sacred night. Light represents Mangalam (auspiciousness). That is why the day is observed as Sivarathri.

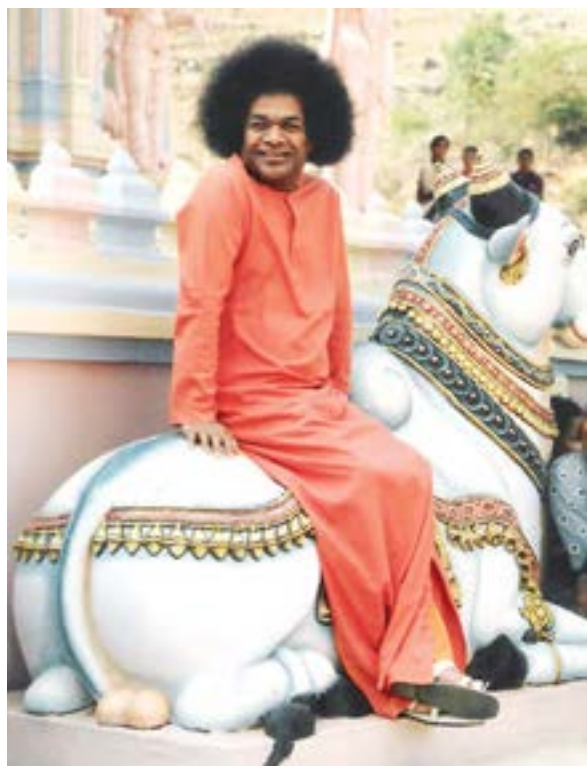
CONSTANTLY REPEAT THE DIVINE NAME

THERE CAN BE NO PEACE when mankind forgets Adhara (base) and concentrates on the Adheya (superstructure). Man is swayed by the delusion that life is meant only to enjoy; eat, drink and sleep. With this view, he acquires wealth and increases his possessions. He makes no attempt to understand the purpose for which he is born in this world. Though he attempts to pursue right action, he fails because of his greed, ambition, lust and other temptations.

Truth is the foundation on which the character of man is built. When truth is not respected, the mansion of life collapses like a building that has a weak foundation. Man does not realise this and pursues a life of sensuous pleasures, ignoring truth which is the life force that sustains his entire being.

Understand the True Meaning of Purusha

First of all, the term Purusha has to be properly understood. In common parlance,



it is applied to a male person. But Purusha refers to the Jiva, the Atma, Prana and Brahman. It is the Chaitanya (awareness

or consciousness) in every being, as distinct from Prakriti, which represents the body (and the phenomenal universe). Prakriti represents the feminine principle, while consciousness represents the male aspect. Purusha, however, applies to both man and woman. Among the Purusharthas, Dharma comes first.

Dharma is commonly understood as referring to activities like going on pilgrimages, offering charity and performing good acts. But these activities serve only to provide mental satisfaction. They do not lead to the Divine. Dharma is the very embodiment of Divinity. All efforts to achieve oneness with the Divine can alone be termed Dharma.

Artha is ordinarily understood as referring to wealth. But what is the wealth that one should really seek? It is the wealth of Jnana, the wealth of Brahma Jnana (divine wisdom). Pursuit of this knowledge is the real quest for wealth, not the pursuit of money and possessions. It is Jnana Aishwarya that one must seek. Only that knowledge will lead man to the goal of human life.

Kama is not mere fulfilment of worldly desires, which are transient and momentary. The desire should be for Moksha, which means liberation from attachment to all worldly objects and cultivating attachment to the Divine. Attachment to the worldly objects is Moha. The renunciation of these attachments, which is Kshaya, leads to Moha Kshaya or Moksha (liberation).

The Speciality of Sivarathri

It is in order to rid oneself of evil tendencies that sacred days like Sivarathri are observed. Nights follow days and days succeed nights. This is an everyday

occurrence. What is the speciality of Sivarathri? As the night precedes the New Moon day, it will be pitch dark everywhere outside, the heart will be filled with bright effulgence on this sacred night. Light represents Mangalam (auspiciousness). That is why the day is observed as Sivarathri. When Hanuman set the entire city ablaze, the darkness of the night gave place to brilliant light. But at the same time the heart of Ravana was full of darkness. The significance of Sivarathri is that though the entire world is dark outside, if one keeps his heart filled with divine thoughts, he will be filled with effulgence. Every year in the month of Maagha, the fourteenth day of the dark fortnight, when people concentrate on the Divine, they experience Divine feelings.

The Proper Way of Observing Sivarathri

The significance or keeping awake on this night is that it should be spent in the awareness of the Divine. It is necessary to keep awake the whole night with the name of the Divine on one's tongue without stop. But people tend to give more importance to the aspect of merely keeping awake throughout the night in some form or another. They spend the night in witnessing cinema shows or indulging in other unholy activities such as playing cards. This is not the proper way of observing Sivarathri. It is also customary to observe Upavasa (fasting) by giving up their usual food. The proper way to spend the night is by constant remembrance of Atma Tattwa (the inner Self) by chanting the Lord's Name.

– Excerpted from **Bhagavan's Sivarathri Discourse on 10th March 1994.**



CELEBRATIONS AT PRASANTHI NILAYAM

PILGRIMAGE OF DEVOTEES FROM RAJASTHAN

A CONTINGENT OF OVER 250 devotees came from Rajasthan on a three-day pilgrimage to Prasanthi Nilayam from 28th to 30th December 2019 and presented music and cultural programmes on 28th and 29th December 2019. A devotional music programme “Sai Spandan” was their first presentation which they offered on 28th December 2019. With their hearts full



A devotional music presentation by the devotees of Rajasthan.

of devotion and gratitude for Bhagavan, they rendered in all five devotional songs some of which were: “Raj Dharma Ki Dharti Se Ab Goonje Sai Ram Ki Dhun” (Sai melody reverberates the land of Rajasthan), “Maa Tujhe Koti Pranam” (Oh Mother! Crores of Salutations to You), “Tu Hi Ram Hai Tu Hi Rahim” (You are Rama as well as Allah). Their next programme was a drama entitled “Sai Baba Sangh Anubhuti Ke Pal” (some experiences with Sai Baba). The drama featured some main teachings of Bhagavan through pertinent questions

of three students and forthright answers of a faculty of Sri Sathya Sai Institute of Higher Learning duly illustrated by Bhagavan’s interactions with some senior devotees. Truly, the drama provided a great learning experience in a simple and straightforward way.

SAI PREMABANDHAM

A three-day Alumni Meet named Sai Premabandham (bond of love with Sai) was held at Prasanthi Nilayam from 30th December 2019 to 1st January 2020, wherein a large number of alumni of Sai educational institutions came from all parts of the world to express their love and gratitude for their Divine Mentor, Bhagavan Sri Sathya Sai Baba.

The first programme of the Alumni Meet was an elevating devotional music presentation “Swararchana” which was offered at the Lotus Feet of Bhagavan by the alumni of the Department of Music, Sri Sathya Sai Institute of Higher



“Swararchana”, an elevating devotional music presentation.

Learning. Beginning their offering with a Hindustani classical number, they went on to present a Mira Bhajan “Hari Mere Jivan Praan Adhaar” (Krishna is my life breath) and followed it with a song full of nostalgic memories of Bhagavan “Sai Teri Yaad Maha Sukhadaayi” (Oh Lord Sai, Your memories fill us with bliss). They then rendered an enrapturing Tillana and concluded their programme with a group song “Sai Terey Pyaar Se Bhara Ye Mera Dil” (my heart is filled with Your love, oh Sai). Bhajans followed next which were also led by the alumni.

The next presentation on Premabandham was made jointly by the alumni of Sri Sathya Sai Primary School and Sri Sathya Sai Higher Secondary School on 31st December 2019. The first item of the programme was a magnificent dance by the alumni of primary school followed by two melodious group songs “Mere Maula Karam Ho Karam” (Oh Lord! Have mercy on me) and “Brahmamokkate Para Brahmamokkate” (God is one). A spectacular bagpiper’s band display by primary school students followed next. An evergreen devotional number beseeching God’s grace “Jab Koi Baat Bigad Jaaye” (Oh Lord! Be with me when things go wrong) was another song rendered by the alumni. Finally, the alumni presented the drama “Love is My Form” to convey the message of Bhagavan that all Avatars are His Forms but His closest Avatic Form is Love. This was the revelation made by Lord Narayana in answer to the question of Sage Narada when the Lord said, “Don’t just love to live; live to love and live the love”. This divine message then resounded in the hall in the voice of Bhagavan. The drama concluded on



Love is the true form of God. This revelation of the Lord was made in the drama “Love is My Form”.

a nostalgic note as the alumni sang the evergreen song “Humko Tumse Pyaar Kitna” (Oh Lord! You know how much we love You).

The programme on the New Year day, 1st January 2020, began with a scintillating brass band display by the students of Sri Sathya Sai Institute of Higher Learning, who rendered a string of devotional numbers which included



A scintillating brass band display by Institute students.

“Sankara Siva Sankara”, “Why Fear When I am Here”, “Rakshagan” – an ode to the Jawans of Indian army.

To mark the sacred advent of the New Year, there was a mass recitation of Sri Sathya Sai Ashtottarashata Namavali (recitation of 108 Divine Names of Bhagavan) led by the Institute alumni in



which the entire assembly of devotees in Sai Kulwant Hall took part with great devotion, thus surcharging the entire milieu with divine vibrations.

A talk by one of the alumni of the Institute followed this, which was delivered by Sri Karthik Ramesh, M.B.A. 2005-2007 batch. Spelling out what true Premabandham was, the speaker narrated a number of his personal experiences stating how Bhagavan slowly developed the bond of love with him so that he could truly become a Sai student which, he said, was the greatest achievement of his life. A beautiful



A magnificent dance number by Prasanthi Dance Group.

A dance programme by the Prasanthi Dance Group entitled “Sai Nuthi Madhura Smriti” (adoration of Sai) followed next, wherein the dancers performed a variety of dance numbers which cast a spellbinding impact on the viewers.

After this, former band masters of the University presented a unique musical symphony entitled “Tattwamasi” (That



“Tattwamasi”, a unique musical symphony.

Thou Art), showcasing the various stages of man’s evolution leading ultimately to the final realisation of the truth of his oneness with the Divine. By all accounts, it was a masterly presentation by the talented former band masters on supremely elevating theme.

The grand finale of the programme was provided by an engrossing drama, “The Choice” which depicted that a seeker should make the right choice to overcome delusion and realise his divinity. This is



Bhagavan’s 95th Birthday Logo.

logo for 95th Birthday celebrations of Bhagavan was thereafter released.

The programme in the evening began with a grand palanquin procession, wherein a group of alumni ceremoniously brought Bhagavan’s palanquin in Sai Kulwant Hall. After this, a flag-bearing slow marching squad of alumni offered salutations to Bhagavan. A video film was then screened which gave a glimpse of the Seva activities being performed by the alumni across the globe.





The drama "The Choice" provided clarity to a seeker to choose the right path.

what the protagonist Adwait did in the drama by realising that his playmate cowherd Krishna and Krishna, the Lord of Mathura, were one and the same. The episodes of Gopikas' total surrender and Krishna's love for Sudama provided clarity to his choice. Excellent acting of the cast, good direction and appropriate costumes and make-up made the drama a successful presentation.

PILGRIMAGE OF DEVOTEES FROM SIKKIM

A lively programme comprising devotional songs and a dance drama was presented by the devotees of Sikkim on 2nd and 3rd January 2020 as part of their two-day Parthi Yatra (pilgrimage to



A dance number from the dance drama "Tihar".

Puttaparthi). The first presentation was a magnificent dance drama entitled "Tihar" also known as Deepavali, which is celebrated in Sikkim for five days. Presented by Sai Youth of Sikkim on 2nd January 2020, the drama showcased the culture of Sikkim through performance of their traditional rituals and worship and through captivating dances. Being a part of the celebrations, the story of emperor Bali and Lord Vamana was also beautifully depicted. Bhajans which followed at the conclusion of the drama were also led by Sikkim devotees.

The second presentation of the devotees of Sikkim was a devotional music programme, which they offered on 3rd January 2020. Beginning with a captivating flute recital, the Sai Youth of Sikkim rendered a string of devotional numbers which included "Sai Baba Bolo Sai Baba Bolo" (chant the Name of Sai), "Ram Bhajan Kar Mana" (Oh mind, worship Rama), "Sai Ram Krishna Rehman, Sai Gita, Veda, Quran". Bhajans followed next which were also led by the devotees of Sikkim.

PARTHI YATRA OF U.S.A. DEVOTEES

A group of devotees from the U.S.A. including Young Adults and office bearers of Prasanthi Trust, U.S.A. came on a three-day Parthi Yatra (pilgrimage to Puttaparthi) from 1st to 3rd January 2020 and presented a devotional music programme preceded by two talks.

The first talk was delivered by Dr. Ravi Dabir, Founder Secretary and Trustee, Prasanthi Trust. At the outset,



the eminent speaker expressed gratitude to his parents for bringing the entire family under the umbrella of Bhagavan's grace in early years and described how when they used to reach Puttaparthi after a daylong arduous journey from Bengaluru, Swami would be standing on the bank of Chitravathi to shower His love and blessings on them. Recounting one of his recent experiences how Swami saved him from a severe heart problem, Dr. Ravi stated that firm faith and total surrender were the main requisites for man to earn God's grace.

The second speaker was Sri Ramesh Wadhwani, CEO and Founder Trustee of the Prasanthi Trust, who narrated how this Trust was formed in 1992, solely by the grace and blessings of Bhagavan. Stating that the main objective of this Trust was service to mankind, he outlined the major projects undertaken by the Trust which included the extension of Sri Sathya Sai General Hospital at Prasanthi Nilayam and upgrading Sri Sathya Sai Super Speciality Hospitals at Puttaparthi and Whitefield (Bengaluru). Narrating an experience of Swami's divine grace when He cured his heart problem, the distinguished speaker observed that Swami leads the devotees on the path of service and sacrifice to raise their consciousness and remove their ego and attachment. After these two talks, a video film was shown on the LED screen depicting the Seva activities being performed by the Prasanthi Trust.

The last item of the programme was a devotional music presentation by Young Adults led by Sai Sisters, Sai Kiran and Sai Nivedita from U.S.A. Beginning with a prayer song to Lord Ganesh "Vandeham



Devotional music presentation by Young Adults from U.S.A.

Gananayakam" (I pray to Lord Ganesh, the master of Ganas), the talented musicians presented elevating devotional numbers which included "Allahu, Allahu, Allahu", "Jagajanani Bhavani" (goddess Bhavani, the Divine Mother), "Sai, You are my Heart and Soul" and instrumental Bhajans, viz., "Vaishnava Jana To Tene Kahiye Peera Parayi Jaane Re" (one who realises the pain of others is a true devotee), "Hari Bhajan Bina Sukha Santhi Nahin" (there is no peace and happiness without Divine Name).

INSTRUMENTAL DEVOTIONAL MUSIC BY U.S.A. DEVOTEES

A group of talented musicians from U.S.A. made an instrumental devotional music presentation entitled "Hridaya Pushpam – Sai Ko Arpan" (offering the flower of heart to Sai) on 6th January 2020. Beginning their programme at 5.00 p.m., the musicians enthralled the devotees for nearly one hour with devotional numbers which included popular Sai Bhajans and enrapturing musical ensembles. "Gurudeva Priya Deva Sai Deva Dayamaya" (Beloved Sai is compassionate Divine Guru), "Hari Bhajan Bina Sukha Santhi Nahin" (there can be no peace without Divine Name), "Govinda Krishna Jai Gopal Krishna Jai" (Hail Lord Krishna) were some of the Bhajans rendered by the musicians.



19TH ANNIVERSARY OF SSSIHMS, WHITEFIELD

The 19th Anniversary of Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Whitefield, Bengaluru was celebrated at Prasanthi Nilayam on 19th January 2020. The programme began with a talk by the Director of the Institute Dr. Shekhar Rao, who cited statistics to illustrate how the Institute had made all-round progress and dedicated itself to the service of the patients, seeing Sai in all. Dr. Shekhar Rao's talk was followed by a cultural presentation on the theme: "Sai the Way, Sai the Truth, Sai the Life". The presentation was a beautiful mix of



19th Anniversary celebration of SSSIHMS, Whitefield, Bengaluru.

thematic songs, impressive dialogues and a unique Bal Vikas class which highlighted the teachings of Bhagavan, emphasising the values of service, sacrifice and spirituality. The entire programme was well-conceived and well-rendered.

Bhagavan's Divine Discourse followed next. Explaining the meaning of SAI, Bhagavan stated that SAI meant Service, Adoration and Illumination which connoted Karma, Bhakti and Jnana (action, devotion and wisdom). He exhorted the devotees to follow these to redeem their life.

1ST ANNIVERSARY OF RADIO SAI BHAJANS CHANNEL

The power of Sai Nama Sankirtan and the glory of Sathya Sai Avatar came to the fore when a galaxy of Bhajan singers of Radio Sai and Prasanthi Bhajan Group presented an array of soul-stirring devotional songs in celebration



A devotional music presentation on the 1st Anniversary of the Bhajans Channel of Radio Sai.

of the 1st Anniversary of the Radio Sai Bhajans Channel on 20th January 2020. The devotional songs rendered by the singers included "Narayan Bhaja Narayan", "Maula Maula Maula Maula", "Taagara Sri Sai Namamrutham" (drink the nectar of Sai Name). The theme song of Bhagavan's 95th Birthday celebrations was also sung live by the singers to the delight of the audience.

An official Facebook page of Bhagavan Sri Sathya Sai Baba under the banner SBOI (Sai Baba of India) was next dedicated to Bhagavan by Sri Raman, a devotee from Denmark, which will be henceforth run by Sri Sathya Sai Central Trust. The page has a mammoth following of over 4.2 million subscribers.

Earlier, the Director of Radio Sai Global Harmony, Sri Sundar Swaminathan offered gratitude to Bhagavan for His grace and blessings, by virtue of which Radio Sai was growing by leaps and bounds.



ALL INDIA CONVENTION OF BAL VIKAS STUDENTS AND ALUMNI MEET

THE 10TH ALL INDIA BAL VIKAS Alumni Meet and 7th Annual Convention of Group 3 Bal Vikas students was held at Prasanthi Nilayam on 4th and 5th January 2020. The programme on 4th January 2020 began with auspicious invocatory notes provided by brass band of Sri Sathya Sai

Shambho Swayambho" (Siva, the self-born).

Sri Sathya Sai Achievement Awards for Excellence were then presented to Bal Vikas alumni by Justice V. Ramasubramanian, a judge of Supreme Court of India. Bhajans followed next and concluded with Arati.

The evening programme began with a band procession followed by short speeches by two Bal Vikas alumni on the topic, "Sri Sathya Sai Bal Vikas – 50 Years and More".

In his Welcome Address that followed, Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation stated that Bhagavan had shown to mankind the path of Bal Vikas which could answer all the problems of the world. Welcoming the Chief Guest of the programme, Justice V. Ramasubramanian, Judge, Supreme Court of India, Sri Pandya stated that on the momentous occasion of the Golden Jubilee of the Bal Vikas it was most appropriate that we had amongst us Justice Ramasubramanian who is the alumnus of the first batch of Bal Vikas.

Benediction ceremony of the Group 3 Bal Vikas students followed next. As the students stood up in the hall, customary oath was administered to them.

In his Benedictory Address, the Chief Guest, Justice V. Ramasubramanian stated that he was standing here not as a judge of Supreme Court but as an alumnus of Bal Vikas. Swami started Bal Vikas in 1969, when the education system



Invocatory notes by the brass band of Sri Sathya Sai Vidya Vihar, Visakhapatnam.

Vidya Vihar, Visakhapatnam. This was followed by the theme song "Bal Vikas Ka Yeh Uphaar" (this gift of Bal Vikas), which extolled the greatness of Bal Vikas movement.

Two inspiring speeches by Bal Vikas alumni and a Bharata Natyam dance followed next. The speakers narrated that Bal Vikas was a great movement, which transformed the students into spiritual seekers and led them to the path of service and sacrifice. The Bharata Natyam dance entitled "Sivopasana" (worship of Siva), was presented by the Bal Vikas alumni from Karnataka who began with a dance to the tune of a prayer song dedicated to Lord Ganesh and concluded with "Bho Shambho Siva





Benediction Ceremony of Bal Vikas Group 3 students.

started deviating from its objective of inculcating human values in students, he said. Education system, he added, should be delinked from money and employment and should aim at developing the

The next edition of award giving for excellence to Bal Vikas alumni followed this, after which Bal Vikas students of West Bengal presented the benediction drama “Leaf of Gratitude”, which was an expression of gratitude to a Bal Vikas Guru who developed the values of tolerance, forgiveness and sacrifice in the students and helped them to lead a noble life in the service of mankind.



Benedictory Address by Justice V. Ramasubramanian, Judge, Supreme Court of India.

character of the students. In conclusion, he said by earning degrees, one could become a doctor, an engineer or a high officer, but Bal Vikas education would make one a good human being which was the main aim of education.

The programme on 5th January 2020 comprised short speeches by two Bal Vikas alumni, group songs by Bal Vikas alumni from Maharashtra and two superb dances. The Bal Vikas alumni in their speeches expressed gratitude to Bhagavan for giving them the opportunity of receiving life-changing education of Bal Vikas and called this an epochal movement for peace and progress in the world. The Maharashtrian contingent then featured two group songs.

The grand finale of the programme were two scintillating dances which followed next. The first dance was performed by Bal Vikas alumni of Odisha. As the musicians provided the tunes and lyrics, six male dancers dressed as females performed this majestic folk dance of Odisha, called Gotipua Dance. The flawless dance was a perfect piece of art. The viewers then witnessed the Bhangra dance, a famous folk dance of Punjab, which was performed jointly by Bal Vikas alumni of Punjab and



Benediction drama “Leaf of Gratitude” by Bal Vikas students of West Bengal.



*Gotipua dance by Bal Vikas
alumni of Odisha.*



*Bhangra dance by Bal Vikas
alumni of Punjab and the students of Sathya
Sai Group of Institutions, Pathankot.*

the students of Sathya Sai Group of Institutions, Pathankot, Punjab. Like the Gotipua dance, the Bhangra dance was also a piece of perfection.

After this, there was another edition of award giving ceremony, wherein excellence awards were presented to Bal Vikas alumni.

...continued from page 22

and business associates were convinced that I had become religious or just plain nuts. But my wife and children and my nearest friends, who knew about it all, accepted my new life.

Five years after the cancer, I was once again thoroughly examined. All tests showed that there were no cancer cells left. I was cured. I was actually a bit ashamed to go through the examinations because I knew that Sai Baba had healed me. Since

then, all of my life has been influenced by Sai Baba's presence. I have been fortunate enough to be invited to interviews with Him a few times, and I have been fortunate enough to get Vibhuti from Him many times; I feel as if He is telling me, 'Here is some more for maintenance'.

– Excerpted from the article of Lidvin Virkesdal, a tour guide from Denmark, in the book "Journeys to Love" by Kirsten Pruzan Mikkelsen.

*Serve, whatever the obstacles, whatever the cynical ridicule you may attract.
Such reactions are inevitable when one is engaged in doing good. Take My
example. Praise and calumny have accompanied Me throughout the ages.
Opposition and obstacles only tend to highlight the good and strengthen resolve.*

– Baba



Sri Sathya Sai Central Trust (Medical Care Division)

Applications invited for Radiologists

Applications are invited from interested candidates for the post of Sr. Resident / Jr. Consultant / Consultant / Sr. Consultant in the Departments of Radiology in the below hospitals:

Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bengaluru

Website: <https://sssihms.org/radiology1/>

Email: hrrblr@sssihms.org.in Tel: 080-28004640/41

333-beds: Tertiary-care specialities in Cardiac and Neuro, Secondary-care specialities in Gen. Medicine, Gen. Surgery, ObGyn, Paediatrics, ENT, Ophthalmology, Orthopaedics, Endocrinology, Dermatology, Urology, Dentistry, Psychiatry), etc.

Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram, Andhra Pradesh

Website: <https://psg.sssihms.org.in/services/radiology>

Email: humanresourcespg@sssihms.org.in Tel: 08555-281708

300 beds: Tertiary-care specialities in Cardiology and CTVS, Urology, Orthopaedics, Ophthalmology and Plastic Surgery with referrals from the attached general hospital (having secondary-care specialities in OB/Gyn, Paediatrics, Gen. Medicine, Gen. Surgery, Medical Gastroenterology, Dentistry and Psychiatry)

Uniqueness and strengths of the institution:

- High imaging volume and rich clinical material: An annual workload of approximately 50,000 imaging studies in each of the hospitals. A wide spectrum of pathologies across specialities with patients from all over India and neighbouring countries.
- State-of-the-art Imaging Equipment: Fujifilm and Agfa CRs, Allengers DR, Siemens RF system, GE and Philips Ultrasound, 128-slice Dual Energy CT, 1.5 Tesla MRI, DXCRIS, Fujifilm PACS, GE and Siemens High-end workstations, Siemens Biplane cathlab.
- Quality DNB teaching and Fellowship (Cardiac and MR Imaging) programmes with daily interaction with subspeciality national and international expert faculty via advanced teleconferencing facility.
- B.Sc. (Medical Imaging Technology) course provides quality technologist services to harness the potential of the advanced imaging equipment.
- Opportunities for fellows and staff to present at international conferences like RSNA, ECR, NASCI (Institute facilitates sponsorship and travel grants if candidates have poster / oral presentations)
- Active research collaborations with reputed national and international academic institutions (such as: University of Pennsylvania) and industry (such as: GE Healthcare).
- Please visit the websites mentioned above for more information on the clinical specialities, patient load and infrastructure.

The candidate should possess MD/DNB Radiology degree. Salary will be as per the policy of the institutes. Interested candidates can e-mail their application along with resume to the respective hospital email IDs.

— Director



Sri Sathya Sai Institute of Higher Medical Sciences

EPIP Area, Whitefield, Bengaluru - 560066

Tel: 080-28004600 Extn.: 4640, 4641, 4441, Email: academicblr@sssihms.org.in

Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bengaluru is offering 4 years course leading to Bachelors degree in Nursing, Bachelors degree in Anaesthesia Technology, Cardiac Care Technology, Imaging Technology, Medical Laboratory Technology and Perfusion Technology under the aegis of Rajiv Gandhi University of Health Sciences, Bengaluru, Karnataka. All the courses are meant for only Girl Students and it is totally residential programme.

Applications are invited from candidates who fulfil the eligibility criteria as given below.

Age: Candidates should have completed minimum 17 years and maximum 25 years of age on or before 31st of December in the year of application for admission.

Qualification: 10+2, PUC or any other qualifying examination conducted by Boards / Councils / Intermediate Education established by State Governments / Central Government and recognised as equivalent to two year Pre-University examination by the Rajiv Gandhi University of Health Sciences / Association of Indian Universities (AIU).

Subjects in 10+2/ PUC: Candidates should have passed subjects of Physics, Chemistry, Biology and English (PCBE) individually and must have obtained a minimum of not less than 45% marks put together in all these subjects. For B.Sc. Imaging Technology, the candidate should also have passed with Mathematics, Biology, Physics, Chemistry and English with an aggregate of 45%.

Candidates desirous can apply by logging in to our website www.sssihms.org. Incomplete applications, applications in a different format and applications not meeting the eligibility criteria will be rejected. The applications will be entertained from 1st March 2020 to 25th May 2020. The calendar of events for the entrance exams will be put up on our website.

– Director

Sri Sathya Sai Central Trust

Prasanthi Nilayam, Anantapur District, Andhra Pradesh - 515134

Email: hrd@ssstct.org Ph.: 08555-287390, Extn.: 1708

Applications are invited for the following positions:

A. Project Coordinator: Degree / Diploma in Civil or Electrical Engineering with experience of working on construction projects involving project coordination.

B. Degree / Diploma Engineers in Civil or Electrical Engineering: Degree / Diploma with experience of working on construction projects and maintenance of buildings, water and sewage systems, etc.

C. Electricians, Welders and Plumbers: ITI is mandatory for Electricians and Welders.

Experience on Construction Projects and maintenance of buildings and sewage systems, etc.

Salary for positions in A & B would be negotiable. Wages for positions in C would be as per the Minimum Wages.

Interested candidates may apply with complete bio-data, copies of educational certificates, experience details, etc., super subscribing the envelope: "Application for the Post of -----" and send the same to Human Resources Consultant of the Trust. Those interested in sending by email may do so by sending soft copy to hrd@ssstct.org before 20th February 2020.

– Human Resources Consultant

About Sri Sathya Sai Sadhana Trust Publications Division

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 caters to:

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagavan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on www.sanathanasarathi.org.
- 3) Maintaining a reporting channel www.theprasanthireporter.org, which covers all the major activities taking place in Prasanthi Nilayam, and publishing an e-newsletter 'Sai Spiritual Showers'- for free distribution.
- 4) Providing library and Reading room for visiting devotees, with a very large collection of books written by Bhagavan Sri Sathya Sai Baba and books on Bhagavan besides various spiritual and religious books.

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On Sanathana Sarathi official website – www.sanathanasarathi.org – subscribe for paperback and e-versions. Single monthly editions are also downloadable in English and Telugu languages at <http://bit.ly/sarathienglish> and <http://bit.ly/sarathitelugu>.

Other Books By Sri Sathya Sai Sadhana Trust, Publications Division (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmara
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. Sevalad
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18. Atma
19. Do You Know
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21. Gratitude
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68. Love and Suffering, My
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69. Chinna Katha Book-1
70. Chinna Katha Book-2
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72. Living with God
73. Capturing Divinity
74. Full Flame 2 unconditional Love
75. Fragrance, A Tale of Love
76. Sai Nandana: 60th Birthday
77. Sai Nandana: 75th Birthday

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3. Dharma Vahini
4. Dhyana Vahini
5. Gnyana Vahini
6. Sandeha Nivaranani
7. Leela Kaivalya Vahini
8. Prasnottara Vahini
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Bagpipers band display by Primary School students.



Instrumental devotional music presentation by U.S.A. devotees.



A captivating dance by the Sai Youth of Sikkim.

Spiritual Endeavours Reveal My Reality

I am content only when spiritual endeavours and disciplines to elevate and purify man are progressing everywhere. It is only through these that My universal reality will be revealed. So, do not limit Me to the boundaries of any one name and form. Your aim should be to see the self-same God in all the forms that are worshipped, to picture Him in all the names, nay, to be conscious of His presence as the inner motivator of every living being, in every particle of matter.

– Baba

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