



# Sanathana Sarathi

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# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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*"There are three kinds of knowledge: bookish knowledge, discriminative knowledge and practical knowledge. Bookish knowledge is superficial. Discriminative knowledge enables us to know what is real and what is unreal. Practical knowledge is experiential knowledge. Practical knowledge starts with discriminative knowledge. A small amount of experiential knowledge is sufficient."*



## CONTENTS

- 4 **Pray to God only for Eternal Peace and Bliss**  
**Bhagavan's Discourse: 4th May 1997**
- 9 **Bhagavan Writes for Sanathana Sarathi**  
**(Leela Kaivalya Vahini)**
- 13 **Take Forward the Divine Mission of Bhagavan**  
**N. Chandrababu Naidu**  
**Chief Minister of Andhra Pradesh**
- 16 **Living Under the Benevolent**  
**Care of Swami (concluding part)**  
**Nidadavolu Suri Babu**
- 20 **Sankranti Signifies Inner Transformation**  
**Bhagavan's Sankranti Message**
- 22 **Holy Christmas Celebrations**  
**A Report**
- 25 **Just the Cure**  
**B.V. Ramana Rao**
- 27 **Good and Bad Lie in One's Own Feelings**  
**Chinna Katha**
- 28 **Celebrations at Prasanthi Nilayam**  
**A Report**
- 30 **News from Sai Centres**

*"Sanathana Sarathi" wishes  
devotees a holy and prosperous New Year*

AVATAR VANI

# PRAY TO GOD ONLY FOR ETERNAL PEACE AND BLISS

*All names and forms are the manifestations of the Supreme Being who is the embodiment of peace and auspiciousness. He is Existence, Knowledge, Bliss Absolute and non-dual. He is Sathyam, Sivam, Sundaram (Truth, Goodness, Beauty).*

(Sanskrit Verse)

EVERYTHING BECOMES AUSPICIOUS WHEN YOU THINK OF GOD

*Embodiments of Divine Love!*

**P**EACE IS ENSHRINED IN the heart of all beings. All are born in peace and aspire for peace. Man searches for peace in all his actions from dawn to dusk. He performs spiritual practices to seek peace.

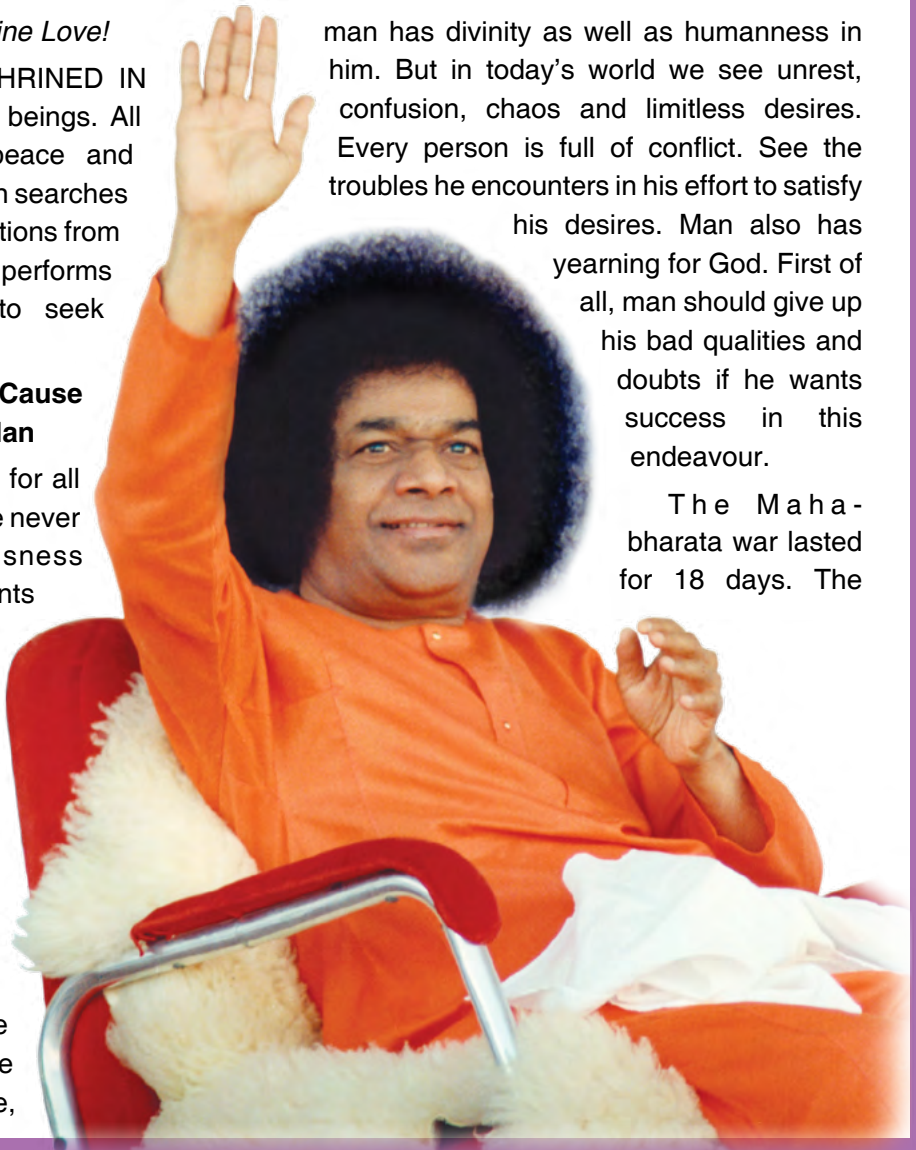
## **Worldly Desires Cause Restlessness in Man**

Everyone aspires for all that is auspicious. He never wants inauspiciousness at any time. He wants only auspiciousness because he is the very form of auspiciousness. Auspiciousness is there in him and all around him.

God is the cause for everything and the world is the effect. Man is the embodiment of cause and effect. Therefore,

man has divinity as well as humanness in him. But in today's world we see unrest, confusion, chaos and limitless desires. Every person is full of conflict. See the troubles he encounters in his effort to satisfy his desires. Man also has yearning for God. First of all, man should give up his bad qualities and doubts if he wants success in this endeavour.

The Mahabharata war lasted for 18 days. The





battle between Rama and Ravana lasted for 75 days. Wars did not cease during the ensuing 5,000 years. So far, 5,600 wars have been fought in the world. What is the victory achieved by man in these wars? There is constant war in the heart of man. Man undertakes many spiritual practices to get rid of his restlessness, but he is unable to attain peace. Instead he is distancing himself from peace day by day due to his wrong actions. Though peace is inherent in him, he is unable to experience it and derive Ananda from it due to his worldly desires and attachments. First and foremost, there should be mental transformation in man. Without mental transformation, all his Sadhana is a waste. We keep hearing the chanting of the Mantras and discourses daily. But we do not practise these in our life. Practice is very important. Mere bookish knowledge is not sufficient to bring about transformation in man. Practical knowledge and faith in God are necessary. Follow Dharma and do your duty. Man gets transformed only by his actions.

### **It is Wrong to Pray for Worldly Desires**

Once there was a rich man who prayed to God constantly. One day, his friend came to his house and asked, "You have plenty of wealth and great fame. You have no dearth of money. You have not only material wealth but good health and children also. Then, what are you praying for?" "O foolish fellow," the rich man replied, "prayer is done not for worldly wealth and prosperity. From a poor person to a rich person, each has the means and comforts which each deserves. Both the poor and the rich satisfy hunger with food only. The rich person cannot eat gold and diamonds. The poor man may eat cheap food. Food may be different but the hunger is the same. Both eat food only. Both the

***What is Bhakti? Is it meditation or Japa (chanting of God's Name) or Bhajans? They may be the means of Bhakti, but they are not Bhakti. We should develop love. Education without love is purposeless. We are the embodiment of limitless love. Life without love is useless. What is the use of living without love? Even though we may have all comforts and pleasures, life without love is like a desert.***

---

rich man and the poor man are born of their mother's womb. Both are born on earth and suffer the same hunger. We should realise the principle of unity in creation. There is one, one, one and only one. The Vedas say, there is one only, not two".

The rich man said, "I am not praying for property or wealth. Whether you aspire for these or not, you will get them if you are destined to get. They will come to you even if you are hiding in a forest. However well you may protect and take care of your body, it has to go some day or the other. Even if the doctor gives the best medicine, the body is bound to fall off. We will get what we are destined to receive wherever we are, in a city, a forest, a mountain or in the middle of sea. We will get what we deserve. It is wrong to pray to God for worldly desires. I am not praying to God for worldly possessions".

The friend asked, "Then what are you praying for, health?" "Do not be ridiculous," said the rich man. "This body, made of five elements is a bag of dirt, a basket of diseases, a cage of bones. Knowing this, I do not pray for health or long life. What is the use of these? I do not pray even for intelligence? I pray for that which is with

God and which I do not have. I do not have eternal peace. What I have is only temporary and fleeting peace. God is the embodiment of peace. So, I am praying for eternal peace, eternal love. My love is narrow and limited; it seeks selfish gain and its aim is always to receive. God is always ready to give. God's love is expansive and limitless. Why should I pray for that which I already have? I pray for something that I do not have. This is real Bhakti (devotion). I do not pray to God for my petty desires and worldly objects."

*When you have the Kalpavriksha (wish-fulfilling tree) right in front of you, why do you desire for trivial things?*

*When you have the Kamadhenu (wish-fulfilling cow) with you, where is the need to buy a cow?*

*When you have the glittering Meru mountain with you, why do you crave for paltry silver and gold?*

*Likewise, when you have the omnipotent Lord Krishna in you, with you and around you, why do you get panicky over such a trivial matter?* (Telugu Poem)

When God is ready to give strength, devotion and liberation, why should we desire worldly life and pray for worldly things? We should pray to God for love and peace which we do not have. God is the embodiment of love and ocean of peace. We should obtain a few drops of love from this Ocean of Love. We should offer our life to God and dedicate it totally to Him. He will look after us and protect us. We should hand over our responsibilities to God who is the only doer. God is everything.

### Acquire Experiential Knowledge

The Atmic principle is the same in everyone. We should do self-inquiry to attain this knowledge. There are three kinds of knowledge: bookish knowledge,

discriminative knowledge and practical knowledge. Bookish knowledge is superficial. Discriminative knowledge enables us to know what is real and what is unreal. Practical knowledge is experiential knowledge. Practical knowledge starts with discriminative knowledge. A small amount of experiential knowledge is sufficient. As long as we are dependent on the external world, we cannot have experiential knowledge.

Once a traveller was carrying a bundle of food on his head. He walked a short distance. As the bundle was a burden on him, he could not walk far. On the way, he came across a river. He sat down on its bank, opened his bundle and ate all the food. As long as the food was outside, it was a burden. Was it still a burden after it reached his stomach? No. As the food entered his body, he gained strength. Besides, he was relieved of his burden. External knowledge is superficial and burdensome; internal knowledge is experiential knowledge. What is the use of studying a lot without knowing who you are?

*Modern education leads only to argumentation, not to total wisdom. What is the use of acquiring education which cannot lead you to immortality? Acquire the knowledge that will make you immortal.* (Telugu Poem)

This is Divine Love. Divine Love has no death. Pursue that education which leads you to acquire this love.

*One may acquire a high academic qualification such as M.A. or B.A. and attain exalted position,*

*One may amass wealth, perform acts of charity and attain name and fame,*

*One may have physical strength and enjoy a long and healthy life,*



*One may be a great scholar studying  
and preaching the Vedas,  
But none can equal a true devotee of the  
Lord.* (Telugu Poem)

### Life without Love is Useless

We keep on repeating Bhakti, Bhakti. What is Bhakti? Is it meditation or Japa (chanting of God's Name) or Bhajans? They may be the means of Bhakti, but they are not Bhakti. We should develop love. Education without love is purposeless. We are the embodiment of limitless love. Life without love is useless. What is the use of living without love? Even though we may have all comforts and pleasures, life without love is like a desert. Develop at least a bit of love. Why possess a vast barren land? A small piece of fertile land is enough. Surrender your sacred heart with true love to God. That is enough. A spoonful of cow's milk is better than a barrel of donkey's milk. Of course, we need food to eat, clothes to wear and a place to rest. But our real need is to attain the grace of God.

How many people, after having been born, have transformed themselves into real human beings? How many have understood the relationship between Karma and Janma (birth)? Birth is common to man and a monkey. But, can they be equal? Can the horns of a buffalo be equal to the tusks of an elephant? Man should lead his life in order to transform himself into an ideal person. That is real devotion.

*Can you kill a snake merely by beating at  
the anthill? Can the craving for sensual  
pleasures be subdued by subjecting  
merely the body to penance? Can one  
become Atmajnani (knower of the Self)  
only by fasting? How can one realise  
the ultimate truth if one does not know  
oneself?* (Telugu Poem)

### True Devotion of Tulsidas

Residing on Chitrakuta mountain, Tulsidas always contemplated on Rama only. Everything appeared as Rama to him. He was writing the epic Ramayana. One day he heard an ethereal voice telling him, "Tulsidas! You are thinking of Rama only and composing the Ramayana. When you sing about Rama, an old person listening to your singing sheds tears. If you want to fulfil your aspiration, catch hold of his feet".

Next day, when Tulsidas sang the glory of Rama, he noticed an old man shedding copious tears. Tulsidas caught hold of his feet and said, "You are the source for fulfilling my dream. I will get the vision of Rama only through you". The old man replied, "I need not grant you the vision of Rama. You will have Rama's Darshan as your heart has matured. You are always thinking of Rama while doing His work". That old man was none other than Hanuman. Hanuman is always present at every place where Rama's glory is sung.

Tulsidas was always thinking, "When will I get Rama's Darshan"? One day, a small boy came to him and asked, "Grandfather, please give me some sandalwood paste". He took some and went away. As soon as the boy left, Tulsidas heard two birds talking to each other perched on the tree under which he was sitting, "How ignorant is Tulsidas? Rama came as a boy and took some sandalwood paste away. Tulsidas did not recognise Him"! You do not know in what form would God come to you. All forms are His. We should not think that God is limited to a particular form. All forms are divine. God may assume human form, yet Divinity pervades Him from top to toe. Thereafter, Tulsidas considered all whom he came across as Rama.

The next day, two small boys came to Tulsidas. One of them said, "Grandfather, you gave me sandalwood paste yesterday. Today, we are hungry. Give us some food to eat". Tulsidas thought, "They look like ordinary human beings. But, in reality, they are Rama and Lakshmana". He caught hold of Rama's feet. Rama tried to run away. Tulsidas did not leave Him. He pleaded, "I will not let You go away until You give me strength. O Rama! Hear my prayer. Be around me everywhere at all the times. Please grant me this prayer". Immediately, the two boys disappeared. Then Tulsidas realised that God is everywhere and everything is auspicious when you think of God.

You hear the sound Soham when you breathe. As long as there is breath in the body, it is Sivam (auspicious). When the breath goes out, it becomes Savam (corpse). When the life principle goes out from the body, no one can follow it. It is the Bhajan of Rama which keeps the light burning in the heart of man. So, sing Bhajans. Then, there will be light everywhere and you will get the Ananda of oneness with God.

### **Consider Everybody as God**

From where does Maya (illusion) come? It is the result of your deluded thinking. When God comes on earth in human form, we think He is just a human being. This is Maya. We should broaden our heart and consider everybody as God. The Gopikas could see God in everything. They thought of every plant and flower as God. "Did you see Krishna? Did you see?" enquired the Gopikas of every flower. "O jasmine flowers! Is anybody hiding behind you? Did any of you

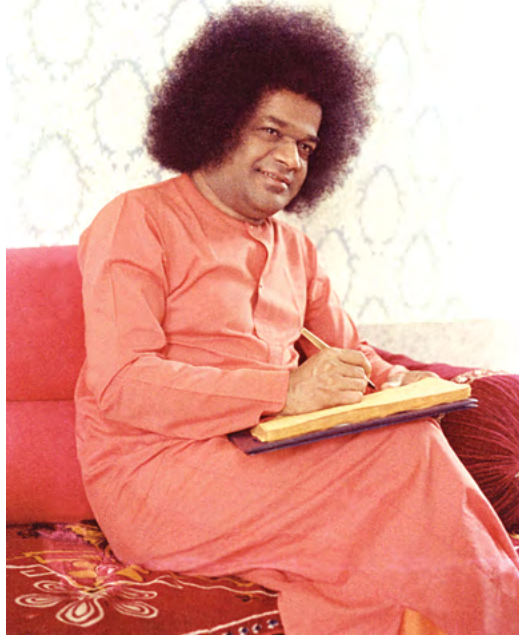
see the lotus-eyed one who always showers love"? The Gopikas had such broad heart which saw God everywhere. But we think that God is in the Puja room and sit there for a few minutes with closed eyes. But we forget Him soon after coming out of the Puja room. God is everywhere.

Thyagaraja said, "Rama, You are everywhere. There is no place where You are not present. Nobody can describe You. Even Brahma cannot describe You. I am waiting for Your grace. Please shower Your grace on me. You are beyond description. Nobody can describe You as their description would be insufficient as their vision is imperfect. All that we can do is to worship You and dedicate all our actions to You". God is the embodiment of bliss and love! He is the only one who has total love and bliss. So, God resides where there is love and bliss. Aspire for love and bliss when you sing Bhajans. At the end of the Bhajans, you say "Santhi, Santhi, Santhi" three times (Swami said Santhi thrice in a harsh tone, then said), "Say Santhi with peace. Do not say it with Asanthi (without peace)". When your mind is disturbed, you get angry and agitated easily. Then you should say "Santhi, Santhi, Santhi" peacefully to regain peace. Be full of love always. Even if you cannot oblige, speak always obligingly. This is the attribute of love and devotion. Do not pray for worldly things or for the satisfaction of your desires. Pray only for sacred love and peace. Swami desires that you should pray for eternal peace, union with God and divine love.

(Bhagavan brought His Discourse to a close with the Bhajan, "Hare Rama, Hare Rama".)

– **Bhagavan's Discourse at Sai Sruthi, Kodaikanal on 4th May 1997.**





## BHAGAVAN WRITES FOR SANATHANA SARATHI

**W**HEN BHAGAVAN SRI SATHYA SAI BABA STARTED SANATHANA SARATHI in February 1958, He also began writing an article for it every month from its very first issue and continued writing without any break up to October 1984. All these articles were written in perfect sequence as these were meant to be compiled in the form of books which were called Vahini series. To acquaint our readers how these articles were written by Bhagavan, we reproduce Bhagavan's handwritten articles along with their translation that formed the 16th and final book of Vahini series named "Leela Kaivalya Vahini" (Stream of Cosmic Consciousness Divine).

The article given in this issue forms the first part of the article which was published in May 1984 issue of Sanathana Sarathi. The subsequent issues of Sanathana Sarathi will also carry further articles of "Leela Kaivalya Vahini" in question-answer form (except the one published in June 1984 issue of Sanathana Sarathi since we could not find this handwritten article). Since Bhagavan Sri Sathya Sai Baba Himself is the Veda Purusha and the Vedas have emerged from Him, there can be no greater authority to propound the eternal values and invaluable teachings of the Vedas than Him. The seekers who want to grasp the authoritative and true import of the spiritual truths contained in these most ancient scriptures should read and reread these articles.



మద్రాసు కలెక్టరేట్

ಸಾ.ಭ. ವಿವಿ ತಾಂ. ಶಿ. ಶಿಕ್ಷಣ ಯೋಜನೆ !

ನೀವು ಅಭ್ಯಾಸ ಮಾಡುವ ಈ ಪದಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ, ಇಂಥ  
ಮಾಹಿತಿಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಕೆಲವು ಅಭ್ಯಾಸಗಳು

27. విశేషాలు లు గానవచ్చును.

[illegible]

ಸಾಧ್ಯ. ಗೋಕುಲ ಶಿಖರ ಒಳಗಡೆ ಇರುತ್ತಾಳೆ.

సామ. ఈ పుస్తకములు లోకేతిశాంతం లు అయిన కై నాంజులు కై నా  
మకాకుండా కై నలను కై నలులు పల్లె కై నెకం. తుల్య అయిన  
ద్రవ్యాల కై నలంకన అయిన వాని ముచ్చాత్త పులయ కై న  
కలు.

చూడండి. కృష్ణానది (కృష్ణానది) కృష్ణానది కృష్ణానది.

గ్రామ. పోతగునపల్లి నకల్దా మురై న పల్లి పులి 9-600 అడుగుల పశ్చిమం.

సాక్షి. ఆవరణకు నితర సమయం ఎలా?

సాగు క్రింద గ్రామం, క్రైలు, అర్జునం, సమిత్తం, అం,  
కందన్న, సార్జునం, ఆశిలం, 2 కుటుంబం.

[illegible][illegible][illegible]



# వీలాకైవల్య వాహిని

## (సాయి సాధకుల సంభాషణ)

**సాధకుడు :** బ్రహ్మకాండ అనగా ఏమిటి?

**సాయి :** యజ్ఞయాగాదులకు, ధర్మాచరణకు సంబంధించినది. ఇందులో ఎన్నియో విశేషములతో కూడిన ధర్మములు, యజ్ఞములు కలవు.

**సాధకుడు :** ఉపనిషత్తులనగా ఏమిటి?

**సాయి :** ఇవి విద్యావివేకాలచే సాధించగలిగినవి, సాధించతగినవి. ఇవి ధర్మార్థకామమోక్షములను నాలుగు పురుషార్థములతో కూడినవి. విద్యలలో కూడ పరవిద్య అని, అపరవిద్య అని రెండు గలవు. నాలుగు వేదములు అపరవిద్యలే. అందులో మూడు, అనగా, ధర్మ, అర్థ, కామములను పురుషార్థములు సాధించుకొనవచ్చును. ఉపనిషత్తులలో చెప్పిన పరవిద్యద్వారా నాలుగవదయిన మోక్షము సాధ్యము.

**సాధకుడు :** అయితే వేదాంతములనగా ఏమి?

**సాయి :** ఈ పుపనిషత్తులకే వేదాంతాలు అని పేరు. వేదాంతాలు తెలుసుకోకుండా కేవలము వేదములు వల్లెవేసినంత మాత్రమున ప్రయోజనముండదు. అంతియే కాదు, పరిపూర్ణ ఫలము కలుగదు.

**సాధకుడు :** వేదమును శ్రుతి అని అంటారే, ఎందుకోసం?

**సాయి :** వేదమునకు నవ విధములైన పేర్లు ఉన్నవి. అందులో శ్రుతి ఒకటి.

**సాధకుడు :** ఆ నవవిధములైన పేర్లు ఏవి?

**సాయి :** శ్రుతి, అనుశ్రవం, త్రయి, ఆమ్నాయం, సమామ్నాయం, ఛందస్సు, స్వాధ్యాయం, ఆగమం, నిగమం.

**సాధకుడు :** ఇవి అంతరార్థముతో కూడియుండునని తలంతును. దయచేసి వాటి అంతరార్థములు కూడా వివరించిన తెలుసుకోగోరుచున్నాను. వీటికి ఈ పేర్లు ఎట్లు కలిగినవో తెలుప వేడెద.

**సాయి :** గురువు పుచ్చరించుచున్నదానిని ఏకాగ్రచిత్తుడై విని, తిరిగి గురువు ఉచ్చరించినటులనే స్వరము తప్పక ఉచ్చరిస్తూ శిష్యుడు దానిని నేర్చుకుంటాడు. కనుక, విని, విన్నటుల ఉచ్చరించి నేర్చుకోవటం వలన దానికి 'శ్రుతి' అని పేరు వచ్చినది. దీనికే 'శ్రవం' అని కూడా పేరు.

ఇక, త్రయి. పూర్వము మూడు వేదములుగా విభజించి, అనగా ఋగ్వేదం, యజుర్వేదం, సామవేదం - ఈ మూడింటినే ప్రధానముగా పాటించుచుండెడివారు అగుటచేత దీనికి త్రయి అని పేరు వచ్చినది.

# LEELA KAIVALYA VAHINI

## Sai Speaks to Sadhaka

*Sadhaka:* Swami! I have heard the term “Brahma Kanda” being used for some texts. What does it relate to?

*Sai:* Those texts are concerned with sacrificial rites, as well as rules of right conduct. They deal with the special features of ceremonial rituals and special elaborations of moral codes.

*Sadhaka:* And Swami, what are Upanishads?

*Sai:* They can be mastered only by Vidya (deep study), accompanied by Viveka (intelligent discrimination). They deserve to be so mastered. Four goals are laid down for humans in the scriptures: Dharma (righteousness), Artha (prosperity), Kama (moral desire) and Moksha (liberation). Vidya or learning can be classified under two heads: The Apra (lower) and the Para (higher). While the four Vedas, the earlier portion of ancient scripture, deal with the Apra (the first three goals), the later portion of the same, the Upanishads, deal with the Para (the last among the goals).

*Sadhaka:* But, how did the word Vedanta arise?

*Sai:* These Upanishads themselves form the Vedanta. Memorising the Vedas is of no avail: Vedanta has to be understood and assimilated. Knowledge can never reach consummation, until Vedanta is mastered.

*Sadhaka:* Swami! The Vedas are often referred to as Shruti; why?

*Sai:* The Vedas have nine names, by which they are denoted. Shruti is only one of the nine.

*Sadhaka:* What are those nine?

*Sai:* Shruti, Anushrava, Trayee, Amnaya, Namamnaya, Chhandas, Swadhyaya, Agama, Nigamagama.

*Sadhaka:* Each of these names must be indicating some distinct feature. I desire to know how those names arose and what those features are. Please instruct me.

*Sai:* Of course, those names have inner meanings. Shruti means, “That, which has been heard”. The Guru chants the Vedic hymn, the pupil listens with one-pointed attention and reproduces it with the same voice modulations. This process is repeated, until the pupil masters each hymn. Hence, the name Shruti is relevant. The name Anushrava also means the same, “That, which has been heard serially”. Now, the word Trayee. It means “the Three”.



# TAKE FORWARD THE DIVINE MISSION OF BHAGAVAN

N. Chandrababu Naidu  
Chief Minister of Andhra Pradesh

**B**Y SEEING ALL OF YOU, I AM recollecting when I met Sri Sai Baba. Today I am very happy to note that the same dedication is continuing in this institution, the same enthusiasm and also the same energy levels. Physically, Sai Baba is not with us but He is always with us. Whenever you need guidance, you pray to Him and He will guide you. I have no doubt about it. Just now I had a detailed discussion with the Trustees of Sri Sathya Sai Central Trust. I am very happy with the amount of dedication in the Trustees. It is in fact amazing. I am having so much satisfaction.

I have come here after a little gap. But today is a very auspicious day, Baba's Birthday. I am here today means Baba has called me here to do better service and to work with all of you. His presence is eternal. Everybody has to understand that. If He is not guiding us, we cannot sit here. The amount of discipline, the amount of dedication, the amount of spirit, what I used to observe at that time when He was in physical form, the same spirit I am seeing even today, even at this moment. I went inside where Baba used to meet all of us, that small room. Even today I remember in that room what I discussed with Him and how He blessed me on so many occasions. I remember all that. When I sat there, the same experience I am getting even today. I am confident everybody is getting the same experience here.

## The Legacy of Bhagavan Baba

He left a very great legacy. I am very happy that even today in around 120 countries, not one or two countries, people are following Him. Some of them do not know Baba's history; they have never seen Baba. But you ask about Baba, they will say, yes, we believe in Him. That is His driving force experienced all over the world. So many new devotees are coming now. We all had physical experience with Him. But so many people who do not have His physical experience, they are also having His experiences in real time. That is the beauty of His Message. "Even when I am not here, I will guide you whenever you pray for any guidance from Me", He said. That is the message He has given.

He has followers in around 120 countries. They all belong to different walks of life. They are well learned, well established, some of them are billionaires. Some of them are having excellent profession. Profession may give you professional satisfaction, business may give monetary satisfaction, but real satisfaction only Baba is giving to all of us. What is human life? He has preached realities in life. Nobody can take money or profession with him. Only the service we do will be remembered forever. That is what He taught all of us. Even today in the 700 districts of the country, very staunch followers are there, and a very

strong Sathya Sai Organisation is there. There are so many organisations who are doing service. But everybody feels only one organisation, i.e., Sathya Sai Organisation with Sai Baba's guidance is going to do more productive work, and they will do wonders in their lifetime.

### **Bhagavan's Message of Unity of Mankind**

All of us have to rededicate to His Mission of service now. He left with us one of the best ideals, that is service. He taught us: "There is only one caste, the caste of humanity". This is the only spiritual centre where Hindus, Christians, Muslims, all are coming. That is what Baba taught us. Not only did He preach, He practised. That is the beauty of this place. There is no religion here, all religions are here. That is the greatest asset of Puttaparthi. That is what Baba has given us.

I quote Baba again. He said: "Love alone can reveal the divinity latent in all. Love is God. Live in Love. Love lives by giving and forgiving, self lives by getting and forgetting. Love is selflessness, self is lovelessness. Do not waste your life in pursuing the narrow interests of the self. Love, love and become truly what you are, the embodiments of love". He also said, Sathya Sai Organisation is established to enable man to rediscover the path of divinity.

On this auspicious day, I am reminding all of you that we have more responsibility now to take His legacy to eternity, to future generations, across the borders of the globe, for a better and happy world. You all have experience here of Baba's Divinity, I am having my own experience. This experience we have to share with others. Then they will also have their experience. Ultimately, all of



*Chief Minister of Andhra Pradesh Sri N. Chandrababu Naidu addressing the gathering in Sai Kulwant Hall.*

us have to take His Mission forward. This is what I want to request all of you. I am confident because Baba is there to guide us and drive us, to bless us, so that we take His Mission forward, not for individual benefit, but for the benefit of global community. He is going to guide us. We are only messengers. We have to carry this mission and message continuously. Then all people will benefit from His legacy.

### **Blissful Experience of Bhagavan's Divinity**

I used to see at that time that some people would come here with a problem. But when they came here, they totally forgot their problem. Not only that, if they stayed here for four or five days, they were totally recharged; they discovered solution to their problem. That is the great achievement here. If you are having any problem, you stay here for one or two days. To find a solution, you be here for one week. Then I assure you Baba will bless you and will give you a solution to your problem. Now it is up to you to find a solution to your problem. All of you will get a meaningful life if you follow Him.

I wish you all the best. I will come very often. From my side, I am assuring you

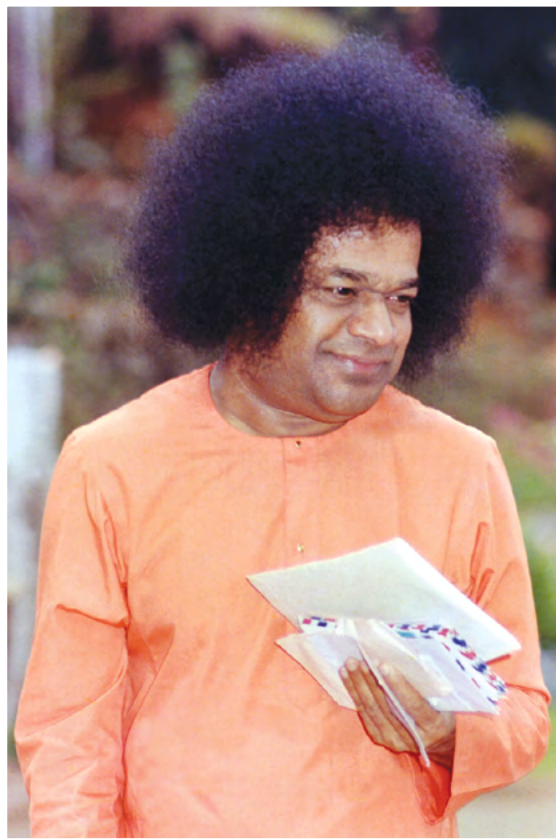
all support as Chief Minister of Andhra Pradesh.

Baba was born here as a human being, though He is an incarnation of God. He gave the message that as a human being one has to face problems. That is the message He has given very clearly. But ultimately, what all He wanted to establish He was able to establish.

I don't want to leave this place, that is the feeling I am having now. That is my experience. One should get happiness in life. Wherever you are, whatever you are doing, you want to be happy. But happiness will come only with spirituality. That is what Baba has revealed to us.

I am seeing this environment from end to end. Really, I am recollecting the olden days. I am getting so much energy, dedication and also happiness. Whenever I am having any problem, I will come here, and also whenever I am getting some fatigue, I will come here to charge myself and take divine blessings of Baba. I will come here very often to take the blessings to do good things to society. I am confident, all of us can collectively take His Mission forward.

**– From the talk of Sri N. Chandrababu Naidu, Chief Minister of Andhra Pradesh, delivered by him on 23rd November 2018 as Chief Guest of Bhagavan's 93rd Birthday celebrations at Prasanthi Nilayam.**



*At first, God stands at a distance watching your efforts like the teacher who stands aside while the student writes the answer to his questions. When you shed your attachment to the material world and turn to doing good, God comes encouragingly near. He is like the sun god who stands waiting outside the closed door, like a servant who keeps his place. He does not announce His presence or knock at the door. He simply waits. But when the master opens the door even a little, the sun rushes in at once and drives out the darkness. When you ask God for help, He is right beside you with hands held out to help you. All you need is the discrimination to pray to God, the wisdom to remember Him.*

– Baba



# LIVING UNDER THE BENEVOLENT CARE OF SWAMI

Nidadavolu Suri Babu

I WAS 11 YEARS OLD BY THEN. IN those days, on the evening of Vijaya Dasami festival, devotees would perform Swing Festival in which Swami sat on a decorated swing. On such occasions, my father would often perform Burra Katha. In the year 1969, my father composed and rendered the following song in Telugu:

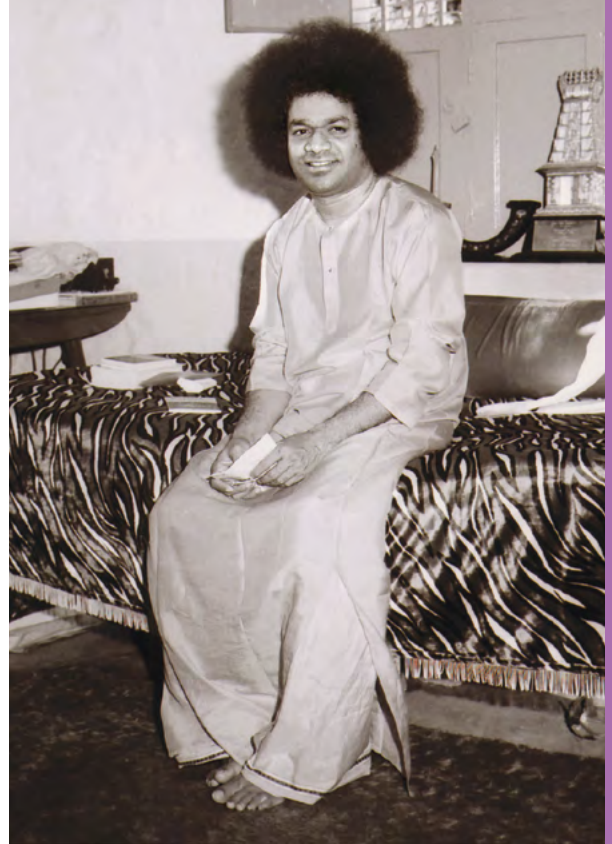
*Vuyyala Loogavayya Maa Baba Uyyala Loogavayya...*

*Veyyendla Tapah Phalamo Vayyaramulu Chooda*

(Swing Swami! Our dear Swami! Swing! As a result of our penance of a thousand years, we are bestowed to watch (Thy) graceful movements.)

## Swing Festival

Even while my father was singing this song, Swami got down from the swing and went into the inner room. My father stopped singing forthwith and walked behind Him. Swami looked at him and said, "Achyutha Ramaiah! I will be back in a while. You go and continue singing". My father held His hand and beseeched, "No, Swami! I composed this song so as to render before You. I am singing this for the first time. What is the point in my singing if You don't listen to it, Swami"? Acceding to his request, Swami returned to the stage and sat on the swing. I feel that this incident is the epitome of Swami's love towards my father. In those days, devotees from nearly 40 to 50 nearby villages used to come and witness



the Vuyyala Utsavam. Swami would say, "Achyutha Ramaiah! All these people are coming only to enjoy your Burra Katha", and my father would reply, "I am performing this with the wish that Swami would witness".

When it comes to the art of Burra Katha, my father had always been a strict disciplinarian. On the occasion of Silver Jubilee Celebrations of the Co-operative Central Bank at Rajamahendravaram, my father's programme was arranged. The Chief Minister was sitting on the stage.

\* Continued from the previous issue. This is the second and concluding part of the article.

My father proceeded with Burra Katha, without looking at him even once. He was all along looking at the audience only. When subsequently someone accused him, his reply was, "I always render for the sake of masses". When it comes to Swami, he would say, "Swami! I am rendering only for Thy sake and not for the sake of people". Whenever we recollect Swami's boundless love bestowed on our family, we are simply humbled and elated at our exceptional fortune. Our family had experienced many miracles as proof of Swami's omnipotence and omnipresence.

### **Swami will Never Leave or Forget you**

My father served as President of Thyagaraja Utsava Committee in Rajamahendravaram. Invariably, his performance was scheduled at the end of the festivities every year. Sri Mangalampalli Balamuralikrishna, Srirangam Gopalaratnam, Sri Nedunuri Krishnamurthy, Sri Nukala Chinna Sathyanarayana and such other celebrities used to participate in those festivities. These celebrations were conducted on a stage erected in front of the Siva Temple adjacent to Sri Nidamarthi Sathyam's house at the cross roads at Innispet in Rajamahendravaram. On the very first meeting with Swami, my father requested Him to visit Rajamahendravaram and bless the celebrations. After finishing His Divine Discourse, Swami asked my father, "Bangaru! How do you like My Discourse"? I heard these words from a little distance. I then understood that Swami comes down naturally to our level.

"Coming down means what? God's descent to earth and to the level of human beings out of love and compassion," says Bhagavan. He truly comes down to our level and acts like one among us. Thereafter,

for nearly ten more years, acceding to my father's request, Swami used to come to Rajamahendravaram and give His Divine Discourses during the Thyagaraja Commemorative Celebrations. In one of His letters to my father, Swami said, "Achyutha Ramaiah! I am very much pleased with the arrangements made for the sake of devotees. I am writing this letter in a hurried manner, as I am busy. I shall write again at a leisurely moment. What more I desire, other than the happiness of My devotees like you people! Swami will never leave or forget you". And the last line was underlined by Him. Indeed, Swami respected and followed worldly etiquettes, customs and norms far better than us, humans. Respecting our formalities, Swami comes to our house, provides solace and solves our problems. It could be the most harrowing moment in the life of a devotee when he forgot to think of Swami! Swami is watching us at every moment. He is with us at all times. What is the use of various ritualistic worships when we cease to look at Swami with love?

As we have continued with the Burra Katha even after the death of my father, people greatly relish hearing Swami's songs from us. Thus, there has been a strong bond between our family, Swami, the Sai devotional songs and society.

On one occasion, my father had been to Puttaparthi. My mother followed him along with her servant maid. Swami called the two ladies for interview. When my father tried to follow them into the interview room, Swami desisted him saying, "I have not called you; stay back". In the interview room, Swami asked the two ladies why they followed Achyutha Ramaiah without his knowledge. The servant maid boldly replied, "Swami! Sri Achyutha Ramaiah got eight children. He is

always engaged in singing Swami, Swami! He never cares to save money. He spends all that he earns without caring for the future of the family". Swami then called Achyutha Ramaiah into the room and told him smilingly in front of the two women, "Look! Even your servant-maid is worried about your family! You should not neglect your duty towards the family".

On his last day, before dawn, my father got up from bed to listen to Nagar Sankirtan, went back and breathed his last. The relation between God and His devotee is unique indeed.

A few months before his death, my father was as usual asked to give his performance in the coming Thyagaraja annual celebrations, when he told the organisers, "Not me this time. Now my children are fully equipped to perform the Burra Katha. Please give them a chance". It was on the fourteenth day after our father's demise that we rendered our maiden performance.

We reached Puttaparthi three days before the Vijaya Dasami festival in October 1970, with the conviction of Swami as our only refuge! On the first day, Swami looked at us while we were sitting in the Darshan line. Thereafter, for three days, He never looked at us. We became worried about our prospects of Burra Katha presentation in front of Swami. We had no money even for the return journey.

Having come to know that Swami was going to inaugurate a new building of General Hospital, we hurried to the place and positioned ourselves at a strategic place. While cutting the ribbon, Swami looked at us and blessed us with a sweet smile; whereby our sagging confidence was boosted.

On the same evening, Swami called some of the senior members of the Ashram and sought to know whether these young and novice children of Achyutha Ramaiah were capable of facing the huge crowd. None of those elders knew for sure about our abilities. However, Swami instructed them saying, "Let us start with their performance tomorrow".

Our team of Burra Katha comprised my sister as the main exponent, my brother as the politiciser-cum-interpreter, and me as the comical interrupter-cum-quizzer.

We rendered Srinivasa Kalyanam (auspicious marriage of Lord Venkateswara) in Poornachandra Auditorium on the next day. By Swami's grace, it went off well. Swami expressed happiness at my humour. Swami blessed us with the opportunity of rendering Burra Katha for the next six years consecutively.

### **My Abduction and Protection by Swami**

I wish to narrate a small incident as a token of Swami's compassion towards our family. My father had admitted me into sixth class in the Rajahmundry Training College. In order to avoid circling the compound wall to reach the school, some mischievous students made a hole in the wall at a strategic point. I too was entering the school through the hole. One day, while I was passing through the hole, suddenly somebody covered my head with a mask, whereby I became breathless and fell unconscious.

When I regained consciousness, I found myself in a train, which was at the moment running on the Godavari bridge. Looking at a person guarding the door, I was frightened to the hilt. I ran towards a man who was the only person sitting on the other side of the compartment. The gentleman comforted



me, and then hooted out the miscreant who ran away as soon as the train reached Kovvur station. The gentleman got details from me, and took me to my brother-in-law's house at Kovvur.

At that time, my elder brother was studying in Swami's Veda School at Puttaparthi. Swami called him and said, "This morning, your brother was abducted by miscreants. Swami saved and handed him over to your sister".

A similar thing happened during the next summer holidays. Our house was situated near the Siva temple on the bank of the Godavari. One day, I was playing near the river. I was again masked and was bundled into a gunny bag. After a while, I heard somebody saying, "I notice something is moving inside the bag". The other voice replied, "There are cocks and hens inside, sir"! The first voice demanded, "Open it"! It was the same old miscreant who abducted me earlier. A police constable then took me to the driver of a train and asked him to drop me at the Kovvur station. This time also Swami informed my brother, at the Veda school, about my abduction and protection.

On the day of our first performance in the Poornachandra Auditorium, my brother introduced me to Swami and said, "Swami! This is the boy who was abducted"! Swami then replied, "Not once but twice had Swami saved him, and took him home safely".

This incident was an example of Swami's omnipresence. Is there any point in our worrying when Swami is taking care of our every need at all times!

### Showers of Divine Grace

When my father died soon after fixing my sister's marriage, do you know what directions

Swami had given to the office bearers of the East Godavari Sai Organisation? He asked them to arrange everything pertaining to the marriage, and to ensure that our family did not spend a single rupee. The marriage was indeed performed by them in our own house in a grand manner. Swami had provided everything, including silk Saris, the sacred Mangal Sutra (a gold chain containing two gold disks), a gold chain, a silver plate for washing the feet of the groom, a silver jug, and many other things. After some time, it so happened that all these items were stolen; and surprisingly only the Mangal Sutra was recovered.

My younger sister gets up early in the morning and recites Sai Gayatri, everyday. She had been diagnosed with severe breast cancer. The doctors said that there was no use of any medication, as she was going to die very soon. It happened seven years ago. With Swami's grace and by the efficacy of Sai Gayatri recitation, she regained normal health. Dr. Raghuram, who performed an operation on her, says emphatically that it was the Sai Gayatri recitation which saved her from the clutches of cancer.

It is impossible to explain how Swami has been protecting our family in innumerable ways. I had all along been praying to Swami, "Let not the apple cart of our family be tumbled into misery. May we not be indebted to anybody at any time in our lives"! Swami had indeed fulfilled these wishes. This is how Swami infuses self-confidence in His devotees! Only Sri Sathya Sai can bestow this. There is no refuge other than Swami!

**– The author is an old-time devotee and Burra Katha exponent from Rajamahendravaram, Andhra Pradesh.**

## BHAGAVAN'S SANKRANTI MESSAGE

# SANKRANTI SIGNIFIES INNER TRANSFORMATION

*"Sankranti promotes mental transformation. It illumines the minds of people. It induces the unfoldment of inner feeling. It brings about the manifestation of the invisible Atma within everyone. Sankranti is pregnant with such immense significance. It influences not only the mind but also the powers of Nature. Nature is a projection of the mind. Mano Moolam Idam Jagat (mind is the basis of the entire world). When the mind is turned towards the heart and the heart is filled with the Divine, the mind will cease to be a source of trouble," said Bhagavan in His Sankranti Discourse on 15th January 1996.*

## ENSHRINE THE DIVINE IN YOUR HEART

*Embodiments of Love!*

**B**HARATIYA FESTIVALS ARE FULL of inner significance, imparting bliss, and not ostentatious shows. Every festival has a unique significance of its own.

**The Northward Journey of the Sun**

From Sankranti, the sun starts on its northward journey. What does the north signify? It is considered the direction leading to Moksha (liberation). The sun is said to move towards Himachala. Himachala is made up of two words: Hima + Achala. 'Hima' means that which is white as snow. 'Achala' is that which is firm and unshakable. What is the place to which this description applies? It is the region of the heart. In a heart that is pure and steady, the sun of Buddhi (intellect) enters. There is no need to undertake a journey in the external world. The Uttarayana (northward movement of the sun) means turning the intellect inward towards the heart. The bliss that is experienced within alone is true bliss for man. All other external and sensory



pleasures are ephemeral. Only the Atmic principle is pure, permanent and infinite. This has been termed the abode of Moksha (liberation). The journey to Moksha is called the quest for liberation. Sankramana is the

time when the inward journey towards a pure and unsullied heart is made. Just as the sun embarks on its northward journey, Sankranti is the day on which the intellect should be turned towards the Atma for Self-realisation.

The Veda has declared the Uttarayana as a sacred period. The great warrior Bhishma, lying on a bed of arrows, waited for 56 days for the advent of Uttarayana to end his life. The Puranas have stated that whoever passes away in Uttarayana will attain liberation.

### Inner Meaning of Festivals

In the movement of the sun from house to house in the Zodiac, the entry into Capricorn is most important. Capricorn is a sign of peace and contentment. According to the Gregorian calendar, Sankranti begins on January 13 or 14. This confers a kind of mental and physical peace.

In this period, farmers and others labouring on the soil enjoy a period of rest. The farmers are at ease enjoying the fruits of their labours. Their granaries are filled with grains of all kinds. Farmers have no other period of rest. During this month, farmers enjoy peace of mind and body. Few people understand the true significance of festivals like Sankranti. Man cannot secure enduring bliss through physical pleasures. He has to discover that the source of this bliss is within himself. Sankranti enables man to make this discovery, like a man who carrying his spectacles on his forehead searches for it everywhere and discovers to his joy that it has been with him all along.

The Divine is not anywhere else. It is enshrined in one's heart. Hence, the man who seeks the Divine within his heart redeems himself. He then attains

liberation. All external spiritual exercises are of temporary value. They should be internalised to experience lasting bliss. All mental exercises also leave the heart unaffected. In the nine paths of devotion, beginning with listening to sacred things and ending with Atmanivedanam (self-surrender), the last is the most important. After Atmanivedanam, there is no need for any other effort.

### Fill your Life with Holy Thoughts

Sankranti gives the call for this total surrender. Sankranti is related to the entire mankind. Whether people realise it or not, Sankranti promotes in one and all a feeling of happiness.

Sankranti promotes mental transformation. It illumines the minds of people. It induces the unfoldment of inner feelings. It brings about the manifestation of the invisible Atma within everyone. Sankranti is pregnant with such immense significance. It influences not only the mind but also the powers of Nature. Nature is a projection of the mind. The mind is the master of the senses. When the senses are controlled, the mind is under control. Only the master of the mind can attain Madhava (the Divine).

People today are plagued by a whole battery of troubles from birth to death. How can they hope for happiness amidst this sea of troubles? They have to change their vision, their thoughts, their words and their conduct. This is the meaning of Sankramana. Unless you purify yourself, what can any number of Sankrantis mean to you?

– Excerpted from Bhagavan's Sankranti Discourse on 15th January 1996.



# Holy Christmas Celebrations

THE FESTIVAL of Christmas was celebrated at Prasanthi Nilayam with great piety and festivity, in which a large number of devotees from overseas countries came to participate. A number of engrossing music and cultural programmes were held from 24th to 26th December 2018 to celebrate this holy festival. The theme of this year's Christmas celebrations was "Unite and Serve". The venue of the celebrations was Sai Kulwant Hall which was beautifully decorated with a variety of Christmas decorations which included Christmas trees, stars and banners and serial lights. Colourful lights on Sai Kulwant Hall, Yajur Mandir and other buildings presented an enchanting look at night. Besides the presentation of Christmas carols by the International Christmas Choir, International Children's Choir and the students of Sri Sathya Sai Institute of Higher Learning, there were insightful talks by eminent speakers, a Divine Discourse of Bhagavan Sri Sathya Sai Baba and an inspiring drama "The Life of Edmund Hillary".

## International Christmas Choir

Christmas celebrations at Prasanthi Nilayam had a grand start with soulful rendition of Christmas carols by the



*International Christmas Choir.*

International Christmas Choir on 24th December 2018, wherein 270 singers and musicians from 35 countries presented devotional songs and carols with their hearts full of devotion and surrender. It was a blissful singing of the glories of the Lord for nearly one hour consisting of 18 compositions, some of which were: "Where is the Line to see Jesus"?, "Angels' Carol", "What Child is this"?, "You are my Safest Place", "Jingle Bell Rocks", "Joy to the World", to mention a few.

The first programme on the holy Christmas morning, 25th December 2018,



*Carol singing on Christmas morning.*

was soulful singing of Christmas carols from 6.30 a.m. to 7.00 a.m. by a large number of devotees in beautifully decorated Sai Kulwant Hall. The carols led by the devotees from New Zealand consisted of seven selected numbers which included "Silent Night", "Mary Did you Know"?, "First Noel" and "We Three Kings".

### **Musical Presentation by Students**

The next programme began at 8.00 a.m. with Veda chanting followed by musical presentations by the students of Bhagavan's educational institutions. First, the students of Sri Sathya Sai Primary School presented devotional songs and Christmas carols



*Violin recital by the students of Sri Sathya Sai Primary School.*

on their violins which was followed by an enthralling band music presentation by the students of Sri Sathya Sai Institute of Higher Learning. The students of Sri Sathya



*Band music by the students of Sri Sathya Sai Institute of Higher Learning.*

Sai Institute of Higher Learning thereafter presented a number of Christmas carols interspersed with an insightful dialogue between two students showcasing the significance and glory of Christmas. As the students sang "Jingle Bells", a number of Santa Clauses went round the hall distributing chocolates and spreading joy. All the three programmes of the students on the holy Christmas morning, in fact, constituted a sumptuous feast of melody, music and merriment for one and all.

The evening programme began with a procession of children which entered Sai Kulwant Hall at about 5.00 p.m. This year a special Lucia procession was the theme. 56 children entered the Hall dressed in the period style of angels led by the Lucia Angel wearing a crown of candle lights. While singing a beautiful Gregorian chant, they made their way to the front of the Hall, honouring the baby Jesus Christ, who was laid to sleep at the base of the giant candle in front of Swami's Samadhi. The children then took their places and formed the Children's Choir.

This was followed by a very educative talk by Dr. Edelio Sanchez Perez from Miami, U.S.A. who spoke on the topic "Message of Jesus Christ and Sathya Sai". Quoting from the teachings of Jesus Christ and Bhagavan Baba, the learned speaker observed that both of them showed the path of love, compassion and sacrifice to mankind. He stressed that man should achieve the goal of liberation by putting into practice the universal teachings of Jesus and Bhagavan.

### **International Children's Choir**

True spirit of Christmas came to the fore when 56 children from 18 countries sang devotional songs and Christmas carols





*Christmas carols by the Children's Christmas Choir.*

in various languages from a number of countries, viz., Denmark, India, Canada, Australia, New Zealand, U.S.A., Africa, Israel, Europe and South America. Some of the songs presented by the Children's Christmas Choir were: "Mahamrityunjaya Mantra", "Huron Carol", "Heal the World", "Angels we have Heard on High", "My Sweet Lord".

### **Bhagavan's Divine Discourse**

Divine Discourse of Bhagavan Baba followed next, wherein Bhagavan narrated various incidents from the life of Jesus and said that though people called God by different names, God is one. Similarly, there may be different religions, but the path shown by all the religions was one only, He said. Bhagavan's Discourse concluded with the song "Love is My Form" in the golden voice of Bhagavan.

The programme on 26th December 2018 began with a short speech of Sri Tom Lahey, Chairman of the Christmas Committee, who expressed deep gratitude to Bhagavan Baba for the opportunity to celebrate Christmas in a very grand manner at Prasanthi Nilayam. He also thanked Sri Sathya Sai Central Trust and various Departments of the Ashram for their help and cooperation. He had a special word of thanks for the superb decorations

arranged by the devotees from New Zealand.

After this talk, Ms. Evelyn Kaneppi from Estonia spoke about her experience how she performed her wonderful journey to Sai and realised the power and glory of the Divine. The devotees had an exhilarating experience when she sang seven beautiful songs in her melodious voice after her talk.

### **The Life of Edmund Hillary: A Drama**

The last item of the programme was an inspiring and motivating drama on the life of Edmund Hillary, who was the first to



*A scene from the drama "The Life of Edmund Hillary".*

conquer Mount Everest along with Sherpa Tenzing Norgay. The drama performed by Sai Spiritual Education students from New Zealand beautifully highlighted how firm determination and will power could help man reach the highest summit of life. Excellent acting of the children, good dialogues and choreography, innovative props and good multimedia support on the screen made the drama a sterling presentation. Bhajans followed next and concluded with Arati bringing the Christmas celebrations to a happy end.



*Effulgence of Divine Glory*

# JUST THE CURE

B.V. Ramana Rao

*I*T WAS DASARA FESTIVAL OF 1974. On Vijaya Dasami Day, more than twenty-five thousand devotees had gathered inside Poornachandra Hall



with twice as many standing outside. Around twelve hundred of us, male and female Seva Dal volunteers, were busy in controlling the crowds. It was the concluding session of the seven-day Yajna culminating in Poornahuti, a ritual in which Baba would participate by materialising a handful of precious stones

and sprinkle into the sacred fire. Priests were chanting Mantras and performing Homam on the dais. All eyes were eagerly waiting for Baba to enter the hall in a procession of royal grandeur from Mandir to Poornachandra Hall with Sai Geeta in the front, followed by trumpets and students reciting Vedic hymns and singing Bhajans. Baba would be walking slowly, in the procession, towards the dais blessing with smile by waving His hand to the huge crowd of devotees on His way.

Just then about forty devotees tried to elbow the volunteers and occupy a part of the pathway kept clear for the procession. Ten of them encroached on that area and immediately I, along with other volunteers, sprang into action and pushed the crowd and bodily pulled them out. An eighteen year old boy protested and refused to be moved out saying that he had been sitting there for an hour and a half and was not one of these trespassers. By then, the procession had started from the Mandir. I became impatient with the adamant boy and pulled him and pushed him out giving rise to a new wave of stampede. I fell down with four or five people on top of me. My elbows and knees were badly bruised and my head was hurt. My fellow Seva Dal brethren rescued me and carried and laid me on a bench behind the dais and ran for the doctor. My head started spinning. The Vedic hymns and claps of devotees reached a crescendo indicating the presence of Baba on the dais. I felt

drowsy and vaguely remembered the arrival of doctor.

Baba's Discourse and Bhajan were over by the time I came to my senses. After Arati, as Baba was behind the curtain directing the boys to distribute Prasadham, Prof. Kasturi told Him about my being hurt and lying down there. Baba without looking at me said, "Good. That is what he deserved for ill-treating and driving away an innocent boy who had been sitting there calmly and patiently for nearly two hours".

Two days after Vijaya Dasami, Baba distributed Prasadham and gave His blessings to all the volunteers. I was able to get up only after four days with still a bandage on my right

hand. I wore my scarf and badge and sat in the front row for four days continuously. Baba did not look at me. I came back to Hyderabad, hurt and unconsolated.

Baba knows with how much devotion that boy had come and how upset he must have been when turned out. He evidently watches each of his thousands of devotees with as many eyes. Yet when I put on my scarf and badge of a volunteer, a sort of pride clouded my mind and deprived me of my patience and discretion. Baba knows the cure for this disease, not uncommon for the Seva Dal volunteers.

– Excerpted from "Love is My Form" by Sri B.V. Ramana Rao.

## Sri Sathya Sai Institute of Higher Medical Sciences

EPIP Area, Whitefield, Bengaluru - 560066

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



Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bengaluru is offering 4 years course leading to Bachelors degree in Nursing (for Girl Students only) and 3 ½ year courses leading to Bachelors degree in Anaesthesia Technology, Cardiac Care Technology, Imaging Technology, Medical Laboratory Technology and Perfusion Technology (for Girl Students only). Applications are invited from candidates who fulfil the eligibility criteria as given below.

- 1. 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.
- 2. 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).
- 3. 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](http://www.sssihms.org). The applications will be entertained from 1st March 2019 to 15th May 2019. The calendar of events for the entrance exams will be put up on our website.

– Director

# Good and Bad Lie in One's Own Feelings

ONCE SWAMI VIVEKANANDA went to a village to deliver a discourse. Next day, he left for his place on foot. On the way, he saw a person lying unconscious on the ground. Meanwhile, two thieves came there, saw this person, stopped for a few moments and started going their way. While going, they said to each other, "He is also a thief like us who spent the entire night in thieving and is now lying unconscious after drinking liquor".



*The thieves thought that the person lying unconscious was a thief like them who spent the whole night in thieving.*

Swami Vivekananda heard this and stood in a corner to know whatever transpired there.

Soon another person came there. Seeing this person lying on the ground, he remarked with great remorse, "Poor fellow! He also

suffers from fits like me, and has now fallen unconscious". Saying this, he went his way.

After some time, a renunciant came there. He looked intently at the face of the unconscious person and said with great joy, "Ah! How fortunate is this person who



*Looking at the person lying unconscious, the renunciant thought that he was experiencing the bliss of Samadhi.*

is experiencing indescribable bliss of Nirvikalpa Samadhi (supreme consciousness)! It is a rare good fortune to serve such a noble soul". Saying this, he started massaging his body.

Swami Vivekananda saw all this and heard the opinions of different people. From this experience, he drew the conclusion: good and bad lie in the feelings of people, not outside.

*Divinity has two aspects: Rudra (destroyer of evil) and Bhadra (beneficent). God fulfils those desires of yours, which will do you good. He will not fulfil those which are harmful to you.*

– Baba



# CELEBRATIONS AT PRASANTHI NILAYAM

## ANNUAL MEET OF VIDYA VAHINI

THE ANNUAL MEET OF SRI Sathya Sai Vidya Vahini was held at Prasanthi Nilayam on 1st December 2018. The programme began with an introductory talk by Smt. Karuna Munshi, Director, Sri Sathya Sai Vidya Vahini who outlined the basic tenets of the Vidya Vahini project and delineated how this project started by Bhagavan Himself in 2010 was empowering Vidya Vahini teachers through cutting-edge technology to provide insightful and enjoyable learning to students even in the remotest parts of India and improving the quality of education in the participating schools. This was followed by a felicitation ceremony, wherein companies providing technical support and educational institutions extending educational support were felicitated. Release of two books “Sai Vidya Sampurna Vidya” and “Lessons of Counselling” followed this. Thereafter, the students of Vidya Vahini schools presented a beautiful cultural programme comprising melodious devotional songs, thrilling dances and a dance drama entitled “Atmaviswasa” (self-confidence). Illustrated by the stories of some characters like Ekalavya and

Arjuna from the epics, the drama depicted how self-confidence could lead man to Self-realisation, the ultimate goal of human life. Embellished with beautiful dances of children, the drama turned out be an impressive presentation.

## PILGRIMAGE OF DEVOTEES FROM KADAPA

More than 2,000 devotees came from Kadapa district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam and presented music and cultural programmes on 20th December 2018 as part of their pilgrimage. In the morning, the singers of this district made an elevating offering of devotional songs in Telugu “Sangeeta Vibhavar” suffusing the entire milieu with devotional fervour. Some of the compositions rendered by them were: “Tallivee Neeve Tandrivee Neeve” (You are our mother and father), “Enta Bhagyamo Swami Divya Darshanam” (it is a great good fortune to get Swami’s Darshan) and “Deva Deva Sai Deva” (Sai is Supreme Divinity). In the evening, Bal Vikas children of this district performed a dance ballet “Sevakudu Nayakudu” (one who serves is the true leader). Based on the scriptural story of Garuda bringing the pot of nectar from heaven and dropping



*A scene from the drama “Atmaviswasa”.*



*Dance ballet “Sevakudu Nayakudu”.*

a few drops of it at Pushpagiri, the dance ballet linked it beautifully with the incident of child Sathya going to Pushpagiri in Kadapa district to perform Seva in the scout camp organised by His school. Thrilling dances of the children made the drama all the more engrossing.

### PILGRIMAGE OF DEVOTEES FROM WARANGAL

Devotees from Warangal district of Telangana came to Prasanthi Nilayam on a two-day Parthi Yatra on 15th and 16th December 2018 and presented music and cultural programmes on both the days. On 15th December 2018, Bal Vikas children of this district presented a cultural programme entitled “Warangal Zilla Vaibhavala Killa” (glory of Warangal) which showcased the splendour of its art and architecture, unique dance forms, poetry and music, fairs and festivals. Embellished with vibrant dances of the children set to thrilling music, the programme presented with excellent multimedia support depicted the rich cultural heritage of this district.

On 16th December 2018, Sai Youth of this district presented a dance drama “Bhakta

Potana” portraying the illustrious life story of this great devotee of Lord Rama who wrote the Bhagavatam in Telugu at the command of the Lord. Embellished with beautiful poems of Potana, the drama presented the main incidents of the life of this great poet who earned the grace of his master,



*The drama “Bhakta Potana” depicted the life story of the famous Telugu poet Potana.*

Lord Rama by his exemplary devotion, detachment and determination. Excellent make-up and costumes, good dialogue delivery, melodious lyrics, impressive acting of the cast and good multimedia support made the drama a realistic historical presentation of the life and times of this famous Telugu poet.

## Sri Sathya Sai General Hospital

Prasanthi Nilayam, Puttaparthi, Anantapur District, Andhra Pradesh - 515134

email: [hrmgh@sssihms.org.in](mailto:hrmgh@sssihms.org.in) Phone: 08555-287256, 289409

### Applications are invited for the following posts:

#### 1. Department of Paediatrics (Urgently required)

- a. Post: Senior Resident / Junior Consultant
- b. Qualification: M.D. / D.N.B. (Paed) / D.C.H.

#### 2. Department of Obstetrics & Gynaecology

Senior Consultant / Consultant / Junior Consultant

- a. Post: Senior Consultant / Consultant
- b. Qualification: M.D. / M.S. / D.N.B. (OB&GY) with relevant experience

#### 3. Accounts Assistant (Regular post)

Graduation and minimum 1 year experience in Accounts

– Medical Superintendent



# NEWS FROM SAI CENTRES

## KAZAKHSTAN

THE SAI ORGANISATION OF Kazakhstan organised its third international volunteer camp in Sairam district during late June and early July 2018. The motto of the camp was “Love Everyone, Serve Everyone”. More than 185 volunteers from 12 countries including doctors, medical specialists, interpreters, builders, teachers and psychologists rendered selfless service to the residents of the district. Medical services were provided to over 4,700 people, including about 2,500 women and 870 children. More than 950 pairs of eyeglasses were distributed to needy residents in the villages. Medical specialists from England, USA, Germany, Kazakhstan and Russia participated in an International Medical Conference organised as part of the camp for the first time. The conference aroused much interest among local medical professionals.

The volunteers distributed 250 grocery bags containing rice, buckwheat, peas, pasta, sugar, vegetable oil, black tea, biscuits and Halva to needy families in the villages.



*International Volunteer Camp in Kazakhstan.*

In addition, four wheelchairs and a laptop computer were distributed to people who had been severely injured in accidents. For six days, teachers in the group conducted a “School of Joy”, offering classes and creative workshops as well as competitions with a focus on human values for local children. The purpose of the competitions was to teach the children to love their native land, make them aware of ecology and help and encourage talented students with valuable prizes and memorable gifts.

## AUSTRALIA

About 300 Sathya Sai volunteers of Australia celebrated the national “Plant a Tree Day” on 29th July 2018 and planted more than 17,000 trees across the country. In the New South Wales region, volunteers including young adults and SSE children enthusiastically planted more than 15,000 trees in six locations. Fifteen volunteers joined the local Upper Mount Gravatt Environmental Group in Queensland to plant approximately 150 new trees. In Victoria, 60 volunteers planted more than 600 trees within a few hours, in brilliant sunshine. Young



*Sathya Sai volunteers participating in “Plant a Tree Day” in Australia.*



adults in Western Australia participated in a local Trillion Trees Challenge on the occasion of Guru Purnima. During the planting, the young adults dedicated each tree lovingly to a person, to encourage a heart-to-heart connection with their task.

## GREECE

Fifty young adults from 14 countries of Europe renewed their connection with Sathya Sai by attending the second European Sai Young Adults Camp at Sai Prema in Athens, Greece. The camp, held between 17th and 26th August 2018, had the theme, "Trust in your Heart". The camp programme included spiritual workshops and devotional singing, exercises and



*Second European Sai Young Adults Camp.*

excursions to the seaside. The workshops were led by George Bebedelis, Director of the ISSE of South Europe, and focused on the importance of spiritual practices. Workshops were also held on introspection and on our relationship with Mother Nature. Two speakers – Ms. Dana Gillespie, a renowned musician and devotee of Baba, and Sri Deviesh Tankaria, International Young Adults Coordinator – shared their personal experiences with Sri Sathya Sai Baba. Ms. Gillespie performed a blues concert with songs from her recent album,

"Trust in your Heart," similar to the camp theme. The programme included a trip to Athens to learn more about the ancient Greek philosophers and a trip to the temple of Poseidon at Sounion, on the coast.

## BHARAT

**Himachal Pradesh:** A 93 hours Akhanda Bhajan was conducted at Anand Vilas, Shimla from 28th September to 2nd October 2018 as part of 93rd Birthday celebrations of Bhagavan Sri Sathya Sai Baba. Devotees from all districts participated in the event.



*Akhanda Bhajan for 93 hours to celebrate 93rd Birthday of Bhagavan Baba at Shimla.*

Anand Vilas is Swami's abode which Bhagavan visited in April 2010. Melodious Bhajans and deliberations brought Ananda to one and all.

A youth conference was held at Nagrota Bagwan, district Kangra, in which about 500 youth participated. Beside human values, the main themes of the conference were: 'Staying away from Drugs' and 'Prevention from Dengue Fever'. A rally by the youth highlighted the theme. A similar conference was held at Hamirpur in which speakers of the Central University, Dharamshala deliberated.

**Kerala:** Sri Sathya Sai Seva Organisation and Sri Sathya Sai Trust,



*Sai Smriti, commemorating Bhagavan's visit to Srisailam.*

Kerala together organised the inaugural ceremony of Sai Smriti, a commemorative building constructed in remembrance of Bhagavan Sri Sathya Sai Baba's visit to Srisailam on 30th May 1976. The ceremony was held on 4th October 2018 at Sri Sathya Sai Vidyapeeth, Srisailam. Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation, inaugurated the building by cutting a tape. Installation of Swami's photo and consecration of Padukas was done by Sri R.J. Rathnakar, Trustee, Sri Sathya Sai Central Trust, Puttaparthi

Nimish Pandya, Sri Rathnakar, Sri G. Satheesh Nair, Prof. Mukundan and Sri Koteswara Rao. The chief architect of Sai Smriti, Sri Bijith and members of his team who helped in the construction of Sai Smriti were felicitated. The programme ended with Arati. A grand feast was offered to all the invitees gathered at Srisailam in the end.

**Odisha:** A seminar for doctors titled "Humanising Healthcare" was arranged at Sai Janani, Bhubaneswar on 17th September 2018 with the support of Indian Medical Association, Bhubaneswar.



*Seminar on Humanising Healthcare, Bhubaneswar, Odisha*



*Inauguration of Sai Smriti, Srisailam.*

in the presence of the State President of Kerala and other senior office bearers of the Sai Organisation of Kerala.

After the inauguration and consecration, the formal session was addressed by Sri

Around 150 doctors of different specialities attended the seminar. Dr. V Mohan, a renowned diabetologist and a Trustee of Sri Sathya Sai Central Trust, addressed the august gathering. Many of the doctors, inspired by Bhagavan's model of selfless service, volunteered to take part in the healthcare Seva activities

of the Sai Organisation. Doctors working in Sri Sathya Sai Telemedicine Centre, Bhubaneswar, which is completing 10 years of service to society, were felicitated on the occasion.

**SRI SATHYA SAI HIGHER SECONDARY SCHOOL****PRASANTHI NILAYAM – 515134, (A.P.)****ADMISSION NOTICE 2019-2020**

Phone no: 08555-289289, website: [www.ssshss.edu.in](http://www.ssshss.edu.in) E-mail: [ssshss@gmail.com](mailto:ssshss@gmail.com)

Admission to Class I (Boys & Girls) and Class XI (Boys & Girls) for academic year 2019-20 will take place in June 2019. The medium of instruction will be English and the school is wholly residential.

**Admission criteria for class I\*\***

Age Limit: 5 ½ years to 6 ½ years as on 30-09-2019. The Date of Birth should be between 30-03-2013 to 30-03-2014. \*\* Note: Admissions for class I will be under “RTE Act 2009” by Random method.

**Admission criteria for Class XI**

Only English Medium students are eligible to apply. Prospectus and Application forms can be downloaded from our website: [www.ssshss.edu.in](http://www.ssshss.edu.in). from 1st January 2019 till 31st January 2019 only. The downloaded filled in application should be sent along with Demand Draft, drawn in favour of “Principal Sri Sathya Sai Higher Secondary School” on State Bank of India, Puttaparthi Branch (code no: 02786)

Or payment can be done through online “SBI collect” for the value of ₹100/- with self-addressed, envelope with stamp ‘₹ 10/-’. The size of the cover shall be 15 cm x 24 cm.

The last date for submission of filled in application form will be 20-02-2019.

– Principal

**Sri Sathya Sai Gurukulam English Medium School**

Alcot Gardens, Rajamahendravaram – 533 101, East Godavari

(Affiliated to C.I.S.C.E., New Delhi)

**Admission Notice 2019-2020**

Sri Sathya Sai Gurukulam English Medium School is a unit of the Sri Sathya Sai Central Trust, Prasanthi Nilayam, Anantapur, A.P. It is a wholly residential boys school following I.C.S.E. syllabus and offering free education from Class I to Class X.

Admission to class I (Boys, Indian Nationals only) of the school will take place in June 2019.

Prospectus and Admission Forms may be obtained from the school from February 2019 by paying ₹ 100/- either by cash or through Demand Draft drawn from any Nationalised Bank in favour of ‘Correspondent, Sri Sathya Sai Gurukulam English Medium School’, payable at Rajamahendravaram. For obtaining the application by post, please send a Demand Draft and a self-addressed envelope (size 22 cm X 30 cm) with ₹ 20 stamps affixed.

Only students who completed LKG and UKG in English medium should apply.

Age limit for admission to Class I is between 5 years and 6 years as on 31st August 2019.

Mode of selection will be as per norms prescribed by the “RTE Act 2009”.

Important Dates: Last date for issuing the Application forms: 31st March 2019. Late date for receiving the filled in Application forms: On or before 10th April 2019.

Phone: 0883 2430989, 7995675040

– Correspondent





# SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING

(Deemed to be University)

## ADMISSIONS NOTICE

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### HOW TO APPLY

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Visit [sssihl.edu.in](http://sssihl.edu.in)

#### WALK-IN

Visit the Office of the Registrar, SSSIHL Administrative Building, Prasanthi Nilayam

#### POST

Apply via post. See [sssihl.edu.in](http://sssihl.edu.in) for further details.

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**application  
deadline**

**28 FEB 2019**

**submission  
deadline**

**10 MAR 2019**

**admissions tests  
& interviews**

**17-30 APR 2019**

## ADMISSIONS ELIGIBILITY

### UNDERGRADUATE PROGRAMMES

- Candidates should have completed 10 + 2 years of schooling and scored a minimum of 55% marks in General English, and a minimum of 60% marks (aggregate) in all subjects combined.

### POSTGRADUATE & PROFESSIONAL PROGRAMMES

- At the Bachelor's degree, candidates should have scored a minimum of 50% marks in General English, and a minimum of 60% marks (aggregate) in all subjects combined.

### NOTE

All programmes have additional requirements apart from the ones listed above. For complete details of Eligibility Criteria for each programme, kindly visit the Admissions section of [sssihl.edu.in](http://sssihl.edu.in)

## PROGRAMMES FOR WOMEN

### UNDERGRADUATE

B.A.  
B.Com. (Hons.)  
B.Sc. (Hons.) in Mathematics / Physics / Chemistry  
B.Sc. (Hons.) in Biosciences\* / Chemistry  
B.Sc. in Food & Nutritional Sciences\*

### POSTGRADUATE

M.A. in English Language & Literature  
M.Sc. in Biosciences  
M.Sc. in Food & Nutritional Sciences

### PROFESSIONAL

M.B.A.  
B.Ed.

\* leading to postgraduate programmes in respective subjects

## PROGRAMMES FOR MEN

### UNDERGRADUATE

B.A.  
B.Com. (Hons.)  
B.B.A.  
B.Sc. (Hons.) in Computer Science  
B.Sc. (Hons.) in Mathematics\* / Physics\* / Chemistry\*  
B.Sc. (Hons.) in Biosciences\* / Chemistry\*  
B.Sc. (Hons.) in Mathematics\* / Economics\* / Statistics  
B.Sc. (Hons.) in Mathematics\* / Computer Science / Statistics

Diploma in Music

Bachelor of Performing Arts (Music)

### POSTGRADUATE

M.A. in Economics  
M.Sc. in Mathematics  
M.Sc. in Chemistry  
M.Sc. in Physics  
M.Sc. in Biosciences

### PROFESSIONAL

M.B.A.  
M.Tech. in Computer Science  
M.Tech. in Optoelectronics & Communications

\* leading to postgraduate programmes in respective subjects

## CONTACT US

### EMAIL

[admissions@sssihl.edu.in](mailto:admissions@sssihl.edu.in)

**TELEPHONE** (9:30 am to 4:30 pm only)

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## About Sri Sathya Sai Sadhana Trust Publications Division (SSSSTPD)

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

### The Publications Division (SSSSTPD) caters to:

- 1) The publication and distribution of spiritual, religious, and educational Sai Literature and the production and distribution of audio and visual multimedia, photographs, calendars, and diaries for the benefit of visiting pilgrims and devotees all over the world. All the literature and publications are based on the teachings, philosophy, message, and values of Bhagawan Sri Sathya Sai Baba.
- 2) The publication and distribution of Bhagavan Baba's monthly spiritual journal - Sanathana Sarathi - in English and Telugu languages. Since 2011, e-version of the magazine is also released simultaneously and is available in the popular Interactive PDF format on [www.sanathanasarathi.org](http://www.sanathanasarathi.org).
- 3) Maintaining a reporting channel [www.theprasanthireporter.org](http://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.

## Get Sanathana Sarathi

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

### Other Books By SSSSTPD (In English)

1. Sai Sathya Sakha
2. Summer Showers In Brindavan, 1972
3. Satyopanisad I
4. Satyopanisad II
5. Gurudev
6. Namasmarana
7. Bhakthi And Health
8. Life Is Love, Enjoy It!
9. Life Is A Challenge, Meet It!
10. Life Is A Dream, Realize It!
11. Bhagawan And Bhakta
12. Body And Mind
13. My Dear Ones
14. Sevalal
15. Silence
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## *Manifest your Divinity from Within*

Man, unlike an animal, is endowed with mind, which confers on him the power to enquire into the how and why of things. Man, therefore, should undertake an enquiry into what is permanent and what is temporary, what is true and what is false, what is bad and what is good. Only when man transcends the animal tendencies can he become truly human. Then, his divinity will manifest itself in due course. This divinity is inherent in man. It is not got from outside from anyone. It has to manifest itself from within.

*– Baba*



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