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Sanathana Sarathi



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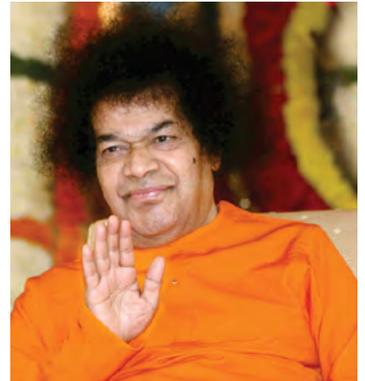
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"You do not know how easy it is to attain God. It may be a little difficult to crush the petal of a flower or press a ball of butter but attaining God is much more easy than this. However, you do not follow this easy path. The reason is your wrong notion. You think, God is very difficult to attain as He is somewhere far away and one has to perform intense penance and conduct spiritual enquiry to attain Him."



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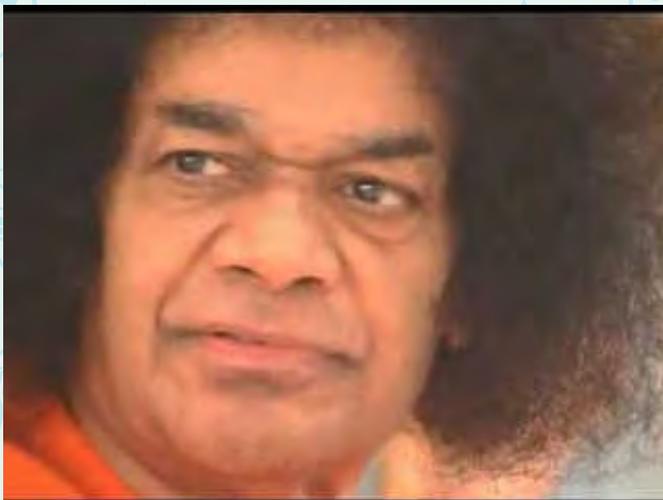
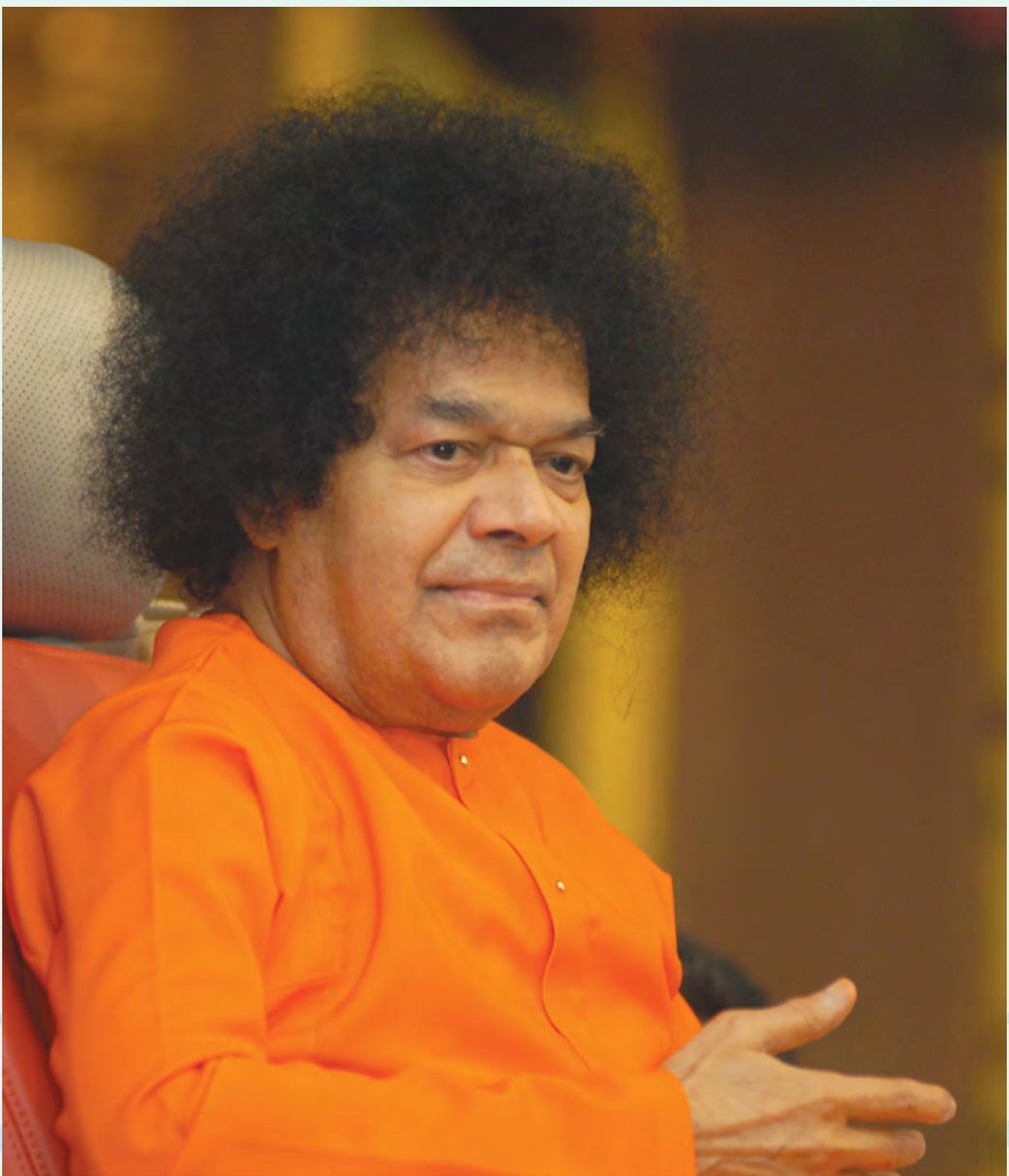
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LOVE IS THE GREATEST BINDING FORCE

What is the use of all spiritual practices without the control of senses? What is the use of doing Yoga without forbearance? What is the use of performing Japa without inner peace? All this is futile like ploughing a barren field.

(Telugu Poem)

CONSIDER ALL WORK AS GOD'S WORK

Students!



ANY TASK CAN BE accomplished in this world with proper effort. In order to achieve victory in any field of activity, one has to make necessary effort. Even a tiny ant can walk miles together if it makes effort. On the other hand, an eagle cannot move even a step forward if it does not make effort. Man cannot perform even a small task if he does not have the will to do or he does not make effort in the proper direction.

Make Love the Basis of all Spiritual Practices

With his strong will power, Dhruva attained the vision of God even at a tender age by performing intense penance, overcoming all difficulties and sufferings with courage and fortitude. It was because of his strong will power that he attained immortality and became shining pole star. In the same way, any person can achieve success when he performs actions with full confidence, no matter what his age, strength or capacity

is. You must have heard the life stories of many great sages who had to ultimately face frustration and disappointment in spite of performing intense penance for a number of years because they lacked forbearance.

Nothing in this world has more power than love. Love is more powerful than even an atom bomb, a hydrogen bomb or any other bomb. If you have only love, you can achieve everything. So many of you have gathered here. What is the reason? It is love. It is because of Swami's love for you and your love for Swami that so many of you have come here. Has anyone sent any invitation to you? No. Love is the greatest binding force. Therefore, develop love, talk to each other with love, perform all actions with love and always contemplate on the principle of love.



Viswamitra is an example in this regard who lost all his power of penance due to his lack of forbearance and sense control. He had to restart his penance from the very beginning.

Self-effort is most essential in every field of activity.

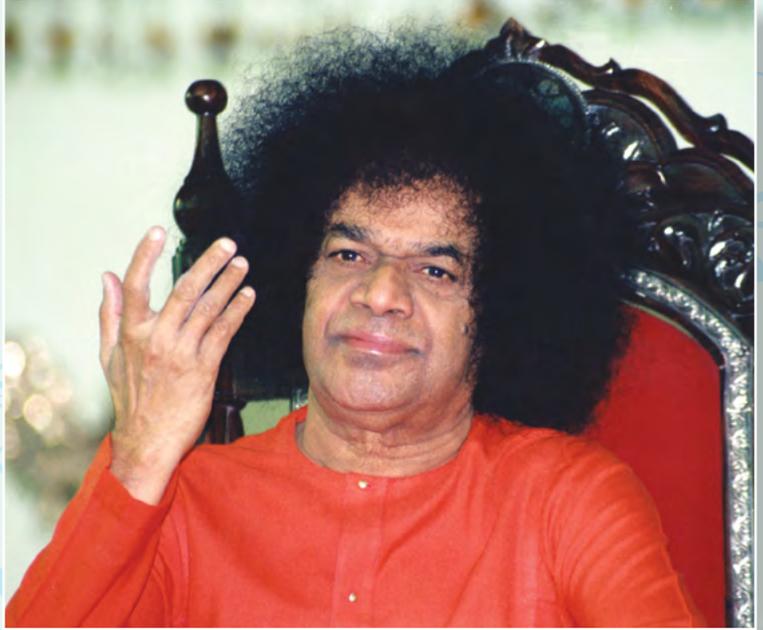
Your rendition of Raga becomes more and more melodious with more and more practice. Even a Neem fruit tastes sweeter if you keep on chewing it more and more.

(Telugu Poem)

It is because of their strenuous effort and intense practice that boys are able to sing Bhajans melodiously.

Though Sage Durvasa was one of great penance, he lacked self-restraint. He was full of anger and totally devoid of inner peace. That is why he could not attain any exalted status. Though he performed intense penance and attained great powers, he lost everything due to his lack of inner peace. Along with inner peace, one should have forbearance also. Forbearance is like the very eye of man.

Forbearance is truth, forbearance is righteousness, forbearance is the teaching of the Vedas, forbearance is non-violence, forbearance is sacrifice,



All that you see is the form of God. All heads that you see belong to the cosmic form of God. You see only the external names and forms and consider them as mere mortals. When you change your outlook, you will realise that all are divine. Defect lies in your vision and not in the creation. Whatever is the colour of your glasses, the world will appear to be of the same colour. If you see the world with hatred, you will find hatred everywhere. On the other hand, if you see the world with love, you will find love everywhere. Therefore, Yad Bhavam Tad Bhavathi (as are the feelings, so is the result).

forbearance confers happiness and heavenly bliss. In fact, it is everything in all the worlds.

(Telugu Poem)

Love is the very life of all spiritual practices. There can be no life without love. You have to make efforts to understand this principle of



love and make it a part of your life. The boy who spoke earlier said, "Life is love, enjoy it". "Life is a dream, realise it". What is a dream? The entire life of man is a dream. Now it is daytime and you are sitting here, listening to Swami's Discourse. You think, it is not a dream because you are seeing it with your eyes, hearing it with your ears, reflecting on it with your mind and experiencing it in your heart. You think, you are directly experiencing all this. But, how long will this experience last? At night when you go to sleep after your dinner, this experience will vanish. Similarly, you experience happiness and sorrow in your dream. But, how long does this experience of sorrow and happiness last? It lasts so long as the dream lasts. As soon as you are awake, all your dream experiences become untrue. Your night dreams do not exist during the day. Similarly, you don't remember your daytime experiences in your sleep. Hence, one is night dream and the other is day dream. Day dreams do not exist in the night dream and night dreams do not exist in the day dream. But you are present in both. Therefore, you are omnipresent. Since both your daytime and night-time experiences are just a dream, it is said, life is a dream. You have to realise it. That is true religion. Religion means to realise. Understanding the truth is true religion.

In everything, love is most important. Rishis do penance in dense forests where fierce beasts roam about freely. These Rishis don't have guns, swords or any other weapons with them. Yet these Rishis and fierce beasts live together in harmony in these forests. Neither are the Rishis afraid of the beasts nor are the beasts afraid of the Rishis. What is the reason? The reason is

You are not the body, you are not the mind, you are the master. Body, mind and senses are mere instruments. It is God in the form of Atmic consciousness who makes these instruments function. This consciousness is present in everyone. There is none in this world without consciousness. Hence, God is present in everyone in the form of consciousness. Isavasyam Idam Jagat (the entire world is permeated by God). The entire world is the manifestation of God.

that Rishis are full of love, due to the effect of which even the wild beasts are transformed into loving animals. Hence, whatever is the type of company you have, it will have the same type of effect on you. That is why it is said, "Tell me your company, I shall tell you what you are". When you associate with good company, you will imbibe good qualities. In everything, love is most important. Love is the form of God. Live in love.

Perform all Actions to Please God

There lived in Italy a great violinist named Antony, who earned a great name as the maker of violins. But he used to take one year to make one violin. His friends used to tell him, "Antony! You are a householder. If you make only one violin in a year, how much income will you get out of it? How will you meet the needs of your family? How can you lead a happy life"? Then Antony told his friends, "My friends! God is the embodiment of perfection. Therefore, even a small task that man performs should be perfect. Only



then can he please God. I am not making these violins merely for the sake of my family nor am I making these for my own pleasure. I am making these to please God who is the embodiment of perfection". Whatever work a man undertakes, he should do it to please God. *Sarva Karma Bhagavad Preetyartham* (do all actions to please God). There is no use doing any spiritual practice without inner peace. Similarly, if you lack forbearance, whatever yogic practices you undertake will be mere physical exercises and will not confer peace of mind on you. If you lack inner peace and contentment, the Japa that you do will become merely artificial and will not be pleasing to God. Everything that you do, you should do it to please God. Even a small task is enough if it pleases God. God sees quality, not quantity. Even a spoonful of cow's milk is better than a barrel of donkey's milk.

You think you are doing great Sadhana. You sit for meditation for one hour. But during this one hour of meditation, how long does your mind remain steady? When your mind is not steady even for a second, what is the use of wasting time in this manner? Whatever work you do, consider it as God's work. This is the most correct and easy path. Why do you subject yourself to so much hardship leaving this easy path? Even your household work is God's work. How can we say that? God is the indweller of your heart. It is only due to the presence of God within you that you are able to perform all actions. Your eyes can see and ears can hear only because of the power of God that is within you. In fact, all your sense organs are governed by divine power. Therefore, any work that you perform with any of your sense organs is in reality performed by God and for God. For whose

satisfaction do you perform a particular task? You may say that you are performing it for your own satisfaction. But, what does 'you' refer to? Are you the body? No. If you are the body, then how can you say, "This is my body"? If you think you are the mind, then how can you say, "This is my mind"? When you say, "my body, my mind", then whom does 'my' refer to? You are not the body, you are not the mind, you are the master. Body, mind and senses are mere instruments. It is God in the form of Atmic consciousness who makes these instruments function. This consciousness is present in everyone. There is none in this world without consciousness. Hence, God is present in everyone in the form of consciousness. *Isavasyam Idam Jagat* (the entire world is permeated by God). The entire world is the manifestation of God. *Easwara Sarva Bhutanam* (God is the indweller of all beings).

If you ask, "In whom does God reside"? the answer is, "He resides in all". Then why is He not visible? All of you may be aware that there are many types of rosaries such as Tulasi Mala, Rudraksha Mala and Sphatika Mala (rosaries made of basil seeds, Rudraksha and crystal beads). The thread is the same in all these rosaries but it can be seen only in Sphatika Mala, and not in Tulasi Mala and Rudraksha Mala. Similarly, God as Brahma Sutra (principle of Brahman) is present in all but He can be seen only in those hearts which are pure and transparent like Sphatika. Therefore, you should make your heart pure in order to see God. God can be realised only by those who have a pure heart.

Get Rid of Desire, Anger and Greed

Man performs many spiritual practices like Japa and Dhyana (chanting and meditation).



He also performs Yogasanas and physical exercises. But, what is the use of doing all this when you are not able to get rid of your evil qualities, wicked thoughts and mean mentality? The Ramayana, the Mahabharata and the Bhagavata are the main source of teaching for mankind. What do they teach? They teach that man should not harbour the wicked qualities of Kama, Krodha and Lobha (desire, anger and greed). Ravana's evil quality of Kama was the root cause for the story of the Ramayana. Similarly, Hiranyakasipu's anger was responsible for the Bhagavata and Duryodhana's greed was responsible for the Mahabharata. Due to his anger and hatred towards God, Hiranyakasipu became bereft of the power of discrimination and lost everything. Due to his greed, Duryodhana was not prepared to give to the Pandavas the land even equal to the point of a needle. What was their ultimate fate? What did Ravana get in the end? Though he was endowed with all types of powers, he lost his kingdom as well as his entire clan because he became the victim of Kama. Hiranyakasipu harboured anger against Hari, lost his power of discrimination



Rishis do penance in dense forests where fierce beasts roam about freely. These Rishis don't have guns, swords or any other weapons with them. Yet these Rishis and fierce beasts live together in harmony in these forests. Neither are the Rishis afraid of the beasts nor are the beasts afraid of the Rishis. What is the reason? The reason is that Rishis are full of love, due to the effect of which even the wild beasts are transformed into loving animals. Hence, whatever is the type of company you have, it will have the same type of effect on you. That is why it is said, "Tell me your company, I shall tell you what you are". When you associate with good company, you will imbibe good qualities.

and without even a trace of kindness and compassion subjected his own son to untold suffering. What happened to him ultimately? He was endowed with all powers and could



control even the five elements. In spite of that, he earned a bad name and ruined himself because of his anger. What was the use of his acquiring so many powers? In the end, he achieved nothing. Due to his greed, Duryodhana suffered a devastating defeat and lost all his brothers. He harboured hatred towards the Pandavas who were the very embodiments of Dharma. He pretended as though he had faith in Krishna but in fact he had no faith. He even developed hatred towards Krishna because He supported the righteous Pandavas. Ravana, Hiranyakasipu and Duryodhana bore hatred towards God. Those who harbour such evil qualities, the doors of liberation are always closed for them. Evil qualities are the greatest obstacle in the path of Moksha. What is Moksha? Is it attaining Kailasa or Vaikuntha or Swarga (heaven)? Moha Kshaya is Moksha, i.e., giving up of attachment is liberation. When you gradually reduce your attachment, that itself leads you to liberation.

Once upon a time, Narada asked Lord Vishnu, "I always come for Your Darshan wherever You are. But sometimes there is an emergency, and I want to meet You for an urgent work. Where is Your head office so that in such a situation I am able to come to You immediately and convey the message? Is it Vaikuntha, Kailasa or Swarga"? Vishnu replied, "Narada! Write down My address. *Mad Bhakta Yatra Gayanti Tatra Tishthami Narada* (I reside where My devotees sing My glories, Narada). Vaikuntha, Kailasa and Swarga are only My branch offices. But wherever My dear devotee sings My glory, I install Myself there permanently. That is My head office. In all other places, I am like a Utsava Vighraha (an idol meant for taking

out in a procession). They are My temporary dwelling places. But you find Me installed permanently wherever My devotees sing My glory". God is the resident of every heart. Therefore, do not be deluded to think that you are mere mortals. All are the embodiments of God. You think, you are mere mortals and observe differences on the basis of name and form due to your attachment to physical body which is made up of five elements. Forget all differences of names and forms and realise the truth. Contemplate on the eternal principle of divinity. Do not waste your life in the pursuit of mundane, physical and worldly endeavours.

Love is the Ornament of a Devotee

God is love personified. Everything is the manifestation of His love. One who has a form has attributes. But God has no form and hence no attributes. *Love is God, God is Love*. Love has no form. Love is love, that is all. The ocean has a limit, the sky has a limit, but love has no limit. There was a devotee by name Mallamma in Karnataka. In one of her compositions, she sang, "Oh Lord! Lotus is the ornament of a lake. Without a lotus in it, the lake has no beauty. Similarly, houses are the ornaments of a village. Moon is the ornament of the sky. Waves are the ornaments of the ocean. Likewise, love is the ornament of Your devotees. There is no greater ornament than Your love". Just as the ocean without waves, the sky without the moon and the lake without lotus have no beauty, likewise life bereft of love has no meaning. Love is the greatest ornament of man. *Love is God, Live in Love*. Love all. Even if the other person lacks love, share your love with him. As I told you earlier, love is like the needle of a mariner's compass.



Wherever you place it, the needle of a mariner's compass will always point towards the north only. Similarly, all that you think, all that you desire and all that you do should be directed towards God. Just as you earn money by doing business or undertaking a job, you should earn the wealth of love in each and every activity that you perform in your daily life. Love represents fullness.

*Poornamada Poornamidam, Poornat
Poornamudachyate,*

*Poornasya Poornamadaaya,
Poornamevavashishyate.*

(That is full, this is full. When the full is taken out of the full, what remains is again the full.)

Love always maintains this quality of fullness. It neither increases nor decreases. It is from the fullness of love that divinity manifests. Where there is total love, God will manifest then and there.

Follow the Easy Path of Love

You do not know how easy it is to attain God. It may be a little difficult to crush the petal of a flower or press a ball of butter but attaining God is much more easy than this. However, you do not follow this easy path. The reason is your wrong notion. You think, God is very difficult to attain as He is somewhere far away and one has to perform intense penance and conduct spiritual enquiry to attain Him. This wrong notion is the cause of your delusion. God is not far away from you. Wherever you see, God is there. *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Sruthimalloke Sarvamavruhya Tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). Where is the need to

search for someone who is everywhere? There is no such need. You see the world with your physical eyes. This world itself is the manifestation of God. *Pashyannapicha Na Pashyati Moodho* (he is a fool who sees, yet does not recognise the reality). All that you see is the form of God. All heads that you see belong to the cosmic form of God. You see only the external names and forms and consider them as mere mortals. When you change your outlook, you will realise that all are divine. Defect lies in your vision and not in the creation. Whatever is the colour of your glasses, the world will appear to be of the same colour. If you see the world with hatred, you will find hatred everywhere. On the other hand, if you see the world with love, you will find love everywhere. Therefore, *Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result). What you see outside is the reflection of your own feelings.

All are the embodiments of God. Develop this feeling of oneness. Nothing in this world has more power than love. Love is more powerful than even an atom bomb, a hydrogen bomb or any other bomb. If you have only love, you can achieve everything. So many of you have gathered here. What is the reason? It is love. It is because of Swami's love for you and your love for Swami that so many of you have come here. Has anyone sent any invitation to you? No. Love is the greatest binding force. Therefore, develop love, talk to each other with love, perform all actions with love and always contemplate on the principle of love. There is no easier path than this. Many people close their eyes, tell the beads of their rosary and think that they

Continued on page 84...



CELEBRATIONS AT PRASANTHI NILAYAM

DEVOTIONAL MUSIC PROGRAMME OF TWO COUNTRIES



COMBINED DEVOTIONAL music programme of two countries, viz., Czech Republic and New Zealand was held on 25th January 2011. The programme began with invocatory prayer to Lord Ganesh at 6.50 p.m. after Bhagavan's Darshan in Sai Kulwant Hall. This was followed by the music programme by the singers of Czech Republic, after which New Zealand singers presented their programme. Devotional songs were in the native languages of the two countries, besides English. There was a number in Hindi-Telugu mix also. The devotional songs were followed by Bhajans. At the conclusion of the

[Video of this Programme](#)



Devotees of Czech Republic and New Zealand presented a combined devotional music programme on 25th January 2011.

programme which lasted for half an hour, Bhagavan showered His blessings on the singers. He also gave Vibhuti Prasadam to some of them. The programme came to a close with Arati to Bhagavan at 7.30 p.m.

DISTRIBUTION OF IMPLEMENTS

In a simple and solemn function held in Sai Kulwant Hall on 12th February 2011, Bhagavan blessed the distribution



Various implements displayed in Sai Kulwant Hall for distribution to beneficiaries on 12th February 2011.

of various implements to more than 650 beneficiaries to provide means of employment to them and to make them self-reliant. The items included computers, sewing machines, wet grinders, telephone coin boxes, pesticide sprayers, electrician kits, bicycles, tricycles and hearing aids. The beneficiaries, both ladies and gents, were selected from various districts of Andhra Pradesh by Sri Sathya Sai Seva Organisation of Andhra Pradesh which organised this programme in the Divine Presence of Bhagavan.



From our Archives

LAUNCH A NEW MOVEMENT OF VILLAGE UPLIFT

REGARD SERVICE TO MAN AS SERVICE TO GOD



ODAY IS THE HOLY FESTIVAL of Ugadi (Telugu New Year). We bid farewell to the year gone by and welcome the new year. We hope that during this year, our time and activity will be meaningful. We pray that the new year should confer on all beings longevity, health and goodness. Pleasant experiences and unpleasant memories of the previous year that linger in the mind contain many good lessons. When one reviews the past year within oneself, one can realise how much time was spent selfishly and how much in service.

Man has achieved some progress physically and scientifically but morally he has fallen. What is the cause of this fall? Egoism, selfishness, ignorance and Avidya (absence of wisdom) are the only causes. It is selfishness that is now operating behind every thought, word and deed of man. Those who seek the joy of liberation should burn this selfishness in the fire of Jnana (spiritual wisdom). Otherwise, man has no future.

Do not misuse time which is precious. Time fleets fast. The span of life is like a porous pot. Not to realise this is the basic ignorance. Make good use of time by recognising what is permanent and true in human life.

Cultivate the Feeling of Oneness

There are 5,64,000 small villages in our country. Their condition is sad and pitiable. People living in towns must involve themselves in social service programmes and help their fellowmen. It is because of

I shall visit every village along with you and serve all villagers without any discrimination of caste, creed, race and class. I wish that Sathya Sai Organisations should, from this day onwards, undertake programmes of rural uplift, go to each village and provide educational and medical facilities. Meditation and penance are useful to one's own self only but the good of the world at large is achieved through sacrifice. The Upanishads refer to sacrifice as the only means of salvation – Thyagenaikē Amrutatthwamanasu (immortality is attained only by sacrifice). So, I wish that members of Sathya Sai Organisations should develop the spirit of sacrifice and provide basic necessities of life to the rural masses.



your selfishness that you become useless to others. You entertain all kinds of hopes and finally get deceived. People preach a million things but do not practise even one.

We say from platforms “Brothers and Sisters”. We feel that we are all brothers. But even real brothers wrangle over properties and go up to the Supreme Court in litigation. So, instead of thinking that we are brothers and sisters, we should cultivate the higher spiritual feeling of oneness. Fatherhood of God and Brotherhood of Man becomes meaningful only then. Today is the holy Ugadi day. It is not enough if we wear new clothes and enjoy feasts on this day. Launch a new movement to mark the new year. People in the villages have no medical and educational facilities. They have no drinking water, no sanitary arrangements. Many of them have no food to eat. Provide these facilities to them and thereby realise divinity. The need of the hour is the man of action, not the one who only talks. Our Bharata Bhumi (land of India) is Karma Bhumi (land of action). Karma is exertion, effort. This sacred land is also known for its love of God.



All of you should take a pledge on this New Year Day that you will serve the rural people to the best of your ability. You must do this as a sacred duty which goes beyond differences of politics, caste and creed. Such a feeling is strengthened by self-confidence and equanimity in joy and sorrow. We say, we are all children of Bharat. But, in what way are we sustaining the culture of Bharat? Culture cannot be sustained without proper faith. Faith and self-confidence are essential for spiritual progress. With the hope that you will regard service to villages as service to God, I confer My blessings on you.

Use your Money to Help People in Distress

Today our lives are tainted by desire for wealth. Wealth makes a man intoxicated and mad. Money is necessary but it must have a limit. Excessive money can be harmful. It is more difficult to spend money than to earn it. It is even more difficult to take care of money. This difficulty has an advantage – put the



money to good use by spending it for rural folk and people in distress. It is not *Dhana Moolam Idam Jagat* (money is the basis of the entire world) but *Dharma Moolam Idam Jagat* (righteousness is the basis of the entire world). If money grows, unrest also grows. Money brings sorrow with it. A rich man is harassed from three sides – the government, his relations and thieves. God alone knows the agony suffered by a rich man.

Those who amass wealth for the sake of their sons suffer privations themselves and ruin the life of their sons also. So, give away your money in charity and make it purposeful. Members of Sathya Sai Organisations must tour every village and improve the lot of the rural folk. This is a new challenge for the members of the organisation.

I shall visit every village along with you and serve all villagers without any discrimination of caste, creed, race and class. I wish that Sathya Sai Organisations should, from this day onwards, undertake programmes of rural uplift, go to each village and provide educational and medical facilities. Meditation and penance are useful to one's own self only but the good of the world at large is achieved through sacrifice. The Upanishads refer to sacrifice as the only means of salvation – *Thyagenaike Amrutatthwamanasu* (immortality is attained only by sacrifice). So, I wish that members of Sathya Sai Organisations should develop the spirit of sacrifice and provide basic necessities of life to the rural masses. It is in the villages that a certain amount of morality and honesty is still left. I

hope that all rich people will strive to improve the condition of the villages.

Does a festival mean only wearing new clothes and eating sweets? Get rid of old ideas and imbibe new ones. The bitter-sweet mix served on the Ugadi day implies that one should treat pleasure and pain equally.

Students must be trained to serve in rural areas. There are about 20 crore children in our country today. Forty per cent of them lack basic necessities of life. It is not good to keep quiet when there are such hardships in society around. We should give up Japa and Sadhana and uplift such people through service and sacrifice. We should realise that *Jana Seva is Janardhana Seva* and *Manava Seva is Madhava Seva* (service to people is service to God).

All of you should take a pledge on this New Year Day that you will serve the rural people to the best of your ability. You must do this as a sacred duty which goes beyond differences of politics, caste and creed. Such a feeling is strengthened by self-confidence and equanimity in joy and sorrow. We say, we are all children of Bharat. But, in what way are we sustaining the culture of Bharat? Culture cannot be sustained without proper faith. Faith and self-confidence are essential for spiritual progress. With the hope that you will regard service to villages as service to God, I confer My blessings on you.

– **From Bhagavan's Divine Discourse in Sivam, Hyderabad on 28th March 1979.**

Prompted by the urge to advance the progress of others, when a person dedicates his wealth, skill and intelligence, his position and status, he becomes truly great. Such a one is the purposeful seer for the world.

– *Baba*

Interview

THE MESSAGE OF UNITY AND UNIVERSALITY

"I gravitated to the universality of Bhagavan's Message. Here was a teacher who was saying, whatever religion you belong to, it does not matter, whatever form and name of God that is your deity, pray to that form and you will arrive at the goal. Very few teachers were saying this; most of them were preaching about one particular faith. Here was a universal teacher for the whole of humanity to keep it under one umbrella", said Sri Fize Mohammed of Trinidad and Tobago in an interview for Radio Sai Global Harmony.



AI RAM, SRI MOHAMMED. We are happy to welcome you in the studio of Radio Sai. It is, in fact, a

very special occasion for us because it is such a rarity that we have someone from Trinidad in our studio. There are Sai devotees in every corner of the world but perhaps this is the first time that we have a devotee from that small island in our studio. Before we begin our conversation, can you please tell a little bit about yourself by way of introducing yourself to our listeners?

Sure. I am very happy to be here in the studio of Radio

Sai and it is a great opportunity. My name is Fize Mohammed. I am a Muslim by birth. I am a Financial Consultant in private practice.

I have been a member of Sri Sathya Sai Organisation since 1981. With Bhagavan's grace, I have held many positions. The first one was the National Youth Coordinator for four years, and presently I am the National Spiritual Coordinator of Trinidad and Tobago.

One question which is inevitable and which perhaps every listener would also like to know is, "How did Swami come into your life"?

From my early age, I was always inclined

There are 52 Sai Baba Centres in the country and for a tiny island like Trinidad and Tobago, the amount of work done by the Sai Organisation is really amazing. Moreover, what the Sai Organisation has been able to achieve with Bhagavan Baba's grace is really stupendous. For example, we have two television stations that screen two one-hour programmes on National TV every week. Therefore, many homes in the country watch these programmes. So, all the beautiful DVDs of Swami's work we give to these stations and they screen Swami's programmes at least for two hours, one on Thursday, one on Sunday for one hour each.



towards spirituality and started reading books of Ramakrishna Paramahansa, Paramahansa Yogananda and Ramana Maharshi. Particularly, I read the Gospel of Ramakrishna and Yogananda's book "Autobiography of a Yogi". I was very much fascinated by the wonderful stories of these saints and whenever I read it, it would create a thrill in my heart to go deeper and deeper to fathom myself. I also studied Sufism and read about mystical men of Islam like Jalaluddin Rumi who transcended religion and were really living spirituality. At a young age, I developed a deep interest in real spirituality and started asking questions, why I took birth and what was the purpose of my life?

So, when did all this learning take place?

It happened at the age of 17 when I had just completed my Secondary School education. I did not know at that time what I wanted to do further in my studies. So, I decided to take a little time out and think about it. I used to frequently visit the mosque in my town and often spend hours there in prayer, doing the Namaz, reading and meditation. After some time, I met a gentleman who used to come to the mosque and later I found out that he was the son of the Imam who conducted daily prayers. On my very first meeting with him, he really opened my eyes. I realised that most of my Muslim friends and elders did not have an open mind towards other religions and faiths. They felt that Islam was the greatest religion and Prophet Mohammed was the last and final messenger. Often in the mosque, I would have debates along these lines because I could not agree with them. I would share my views with them that Islam was a great religion, but so was Hinduism and so was Christianity. In my opinion, God was

going to judge our conduct, our intentions and purity of heart regardless of religion. But this gentleman whom I met had a universal outlook. Like myself, he was also searching answers to many fundamental questions. He had read many books and studied great masters. So, I developed a kinship with him, and thereafter we had very long, beautiful spiritual discussions for many many days, sometimes lasting until the wee hours of the morning.

I was fortunate to meet him and he had a great impact on my spiritual development, being 10 years older than me and with so much wisdom. The more I conversed with him, the deeper truths I understood until one day, Sai Baba's name came up during discussion. I had not heard much about Sai Baba but I discussed this with him for a little while. Later, he bought a book and handed it over to me. The name of the book was "Sathyam Sivam Sundaram". I asked him, "Who is that person on the cover"? He said, "He is God in human form". I said, "You must be mad". He looked at me very seriously and said, "Fize, read it but read it with an open mind". So, I took his advice, went home and started reading the book the same day. I could not put it down and read every page of the book. It had such a tremendous impact on me! All that I had learnt previously from the great masters, all that I had studied in my own universal way of thinking, I found it in harmony with what Sai Baba was saying.

There were beautiful sayings of Sai Baba that really touched me and opened my eyes as to what His message really is. Those sayings were: "There is only one religion, the religion of love. There is only one caste, the caste of humanity. There is only one



language, the language of the heart. There is only one God and He is omnipresent". I felt that it was so beautiful, and then the other which I really liked was: "Let different faiths exist, let them flourish. Let the glory of God be sung in all the languages in a variety of tunes. Respect the differences between different faiths and recognise them as valid as long as they do not extinguish the flame of unity". He was telling the reality in a very loving and unified way. But the one saying that really caught my attention was when He said, "I have come not to disturb or destroy anyone's faith but to confirm each in his own so that a Muslim becomes a better Muslim, a Hindu becomes a better Hindu and a Christian becomes a better Christian". And then I said, "What wonderful teachings from such a great spiritual master"! It really inspired and encouraged me to go deeper and deeper into the philosophy, teachings and mission of Sri Sathya Sai Baba.

Thus, Swami captured your heart.

He surely did. But in the midst of that, there was a conflict that started to arise in me while reading. Sai Baba said, "I am God, all names and forms are Mine". It differed from the point of view that I had always held or had come to know as a Muslim that God is formless. And here Sai Baba was saying, He is God. So, there was a conflict. How do I reconcile the formless aspect of Allah with Sai Baba who is saying, "I am God"? But when I went deeper into His teachings, I realised that He has also said, "I am God but you are also God, the only difference is that I know, I am God but you do not". Still this conflict was so great and it was so strong in me that the confusion and frustration went on for many days, weeks and months and sometimes I had

sleepless nights. Many many times, I prayed to Almighty Allah to show me the truth so that I could resolve this conflict within myself. And then something happened to me, something came to me that said: If Allah is omniscient, omnipotent and omnipresent, if He is all powerful, can He not assume a human form? It reassured me and removed quite a bit of doubt from my mind. It was just a flash. As I was questioning, as I was searching amidst the conflict, I was praying to my dear Allah to guide and show me the real path. One day, it did remove a lot of doubt from my mind even though there was still some.

Because I gravitated a lot to Sai Baba's teachings, I decided to visit some Sai Baba Centres, and in Trinidad there are many. In Trinidad, we have about 1.2 million people and there are 52 Sai Centres in the country. So, I went to the one that was nearest to me and the very first Bhajan session I went to, it captivated my heart. I loved the singing, beautiful singing and I said, "Swami, this is real universality". Even though I was attracted to the teaching of Sai Baba, the conflict of the form against the formless still kept bothering me. So, I met Muslim devotees of Sai Baba and spent hours with them trying to see how they had reconciled this conflict and frustration, and it did help me a lot. I tried to find out how they were able to reconcile Sai Baba and Allah in their journey. But after some time, I prayed and I said to myself that I must see for myself. In 1981, a group of devotees from Trinidad and Tobago was attending the first overseas Bal Vikas Gurus training programme at Prasanthi Nilayam. I offered my name as a delegate and so with Bhagavan's Will and grace, I was able to spend one month in Puttaparthi. On this



trip, I saw Sai Baba, I saw Him materialising things, interacting with devotees, heard Him speak and felt His energy. I began to strongly believe in Him as somebody really great and spiritual, and at the end of that trip most of my doubts were removed. So, that is how I really came into contact with Swami, that is how I came to believe in Him.

It was His message first which really captured you and then when you saw Him, I think, everything was sorted out.

Yes, I gravitated to the universality of Bhagavan's message. Here was a teacher who was saying, whatever religion you belong to, it does not matter, whatever form and name of God that is your deity, pray to that form and you will arrive at the goal. Very few teachers were saying this; most of them were preaching about one particular faith. Here was a universal teacher for the whole of humanity to keep it under one umbrella.

So, you returned to Trinidad as a different man.

Totally different. When I came back from my trip to India, I really encountered many problems and challenges especially with people in the mosque. Being a young adult, I was the Vice President of the Muslim Youth Group. I also led Namaz and the call to daily prayers. Some of the members in the mosque knew that I had started believing in Sai Baba and that I had gone to India to meet Him. Another incident also happened at that time. In the holy month of Ramadan, which is designated for Muslims to fast for 30 days, there is one particular night when they are supposed to keep awake the whole night, engaging in the recitation of Quran, chanting the name of God and so on. I did

When the talk was given, I mentioned some of Swami's sayings: "Love All, Serve All", "Help Ever, Hurt Never", "Hands that help are holier than the lips that pray", and I quoted Swami's saying about unity of different religions: "There is only one religion, the religion of love". And all of that I said without mentioning Swami's name. People came up to me and said, "Brother Fize, we have heard these teachings for the first time. Where did you read it from"? Then I told them, "These are the teachings of the Divine Master who is walking on the face of the earth. So, now you know who Sai Baba is. He is transforming people through His universal teachings".

that and also to pass time in a spiritual way, I took one book of Sai Baba with me in the mosque. One of the members of Mosque Management Board saw the book that I was reading. It really upset him. Thereafter, they called a meeting in which they said that I was believing in a man as God. They had come to know about my visit to India and my belief in Sai Baba. They said that this could not be tolerated. "How can you pray to a man and call him God"? they asked. So, they asked the Mosque Management Board to remove me from the position of Vice President of the Youth Group and banned me from leading the daily prayers. They felt that I had become an outcaste and had converted to a different religion. So, their treatment became very hostile.

What did all this do to you?

I was very much hurt by this condemnation. I felt that I did not deserve to be treated this way. After this, whenever I went to the mosque, I was met with harsh and hostile treatment. Then I prayed to Sai Baba. Now that I had accepted Him as my Guru, as my Divine Master, I started practising His teachings. In my heart of heart, I was becoming a better Muslim. So, when I used to go to the mosque and receive this treatment, I prayed to Swami, "From now onwards, I will stay away because it is causing too much turmoil". So after a while, I stopped but my mother used to go there and I had to drop her and pick her up quite often.

But Swami works in miraculous ways. After a year or two, my mother organised what is called a Quranic Reading at our home where members of the mosque were invited to read and interpret the holy Quran and sing devotional songs of Islam. When we did that, my mother asked me to say a few words after everyone had spoken. I got up and said very lovingly, "Whether we call Him Rama, Krishna or Allah, it is the same God. Most important is not only belief in God but how that belief overflows into our conduct and behaviour because God looks at the purity of our heart and our intentions. Regardless of religion, purity of heart and conduct are most important". I also said, "No religion is greater than another because all belong to God and He has no favourites". The most amazing thing happened afterwards. The Imam of the mosque came up to me and said, "Brother Fize, what a good message you have given"! I was so shocked. I said, "Swami! These are the same people who literally discarded me from the mosque".

So, something happened to them.

Something happened. When I came back from my first trip to India, I started giving messages on Bhagavan's life and teachings throughout the country. I came to know that some Muslim brothers in the mosque had attended these meetings as they were invited by some Sai devotees. So, they had heard the message of Sai Baba and it was beginning to take root in their heart. And what an amazing thing happened then! There was an old gentleman in the mosque. He was celebrating his 70th birthday. I got a phone call one day that he had arranged a birthday prayer in the mosque and wanted me to address the gathering. I said to myself, Swami, what is happening now! When the talk was given, I mentioned some of Swami's sayings: "Love All, Serve All", "Help Ever, Hurt Never", "Hands that help are holier than the lips that pray", and I quoted Swami's saying about unity of different religions: "There is only one religion, the religion of love". And all of that I said without mentioning Swami's name. People came up to me and said, "Brother Fize, we have heard these teachings for the first time. Where did you read these from"? Then I told them, "These are the teachings of the Divine Master who is walking on the face of the earth. So, now you know who Sai Baba is. He is transforming people through His universal teachings".

So, what happened after that? After your first trip, did you make any more trips to Puttaparthi?

Well, by Bhagavan's grace, this is my 28th trip to Puttaparthi. My very first one was in 1981. I have made an average of about one trip per year, and through His Divine Will and grace I have been able to get eight



interviews. The first interview I had was in 1983. Prior to that in June of 1983, I met with a serious motor vehicle accident. 19th of June is a public holiday in Trinidad and Tobago. We had gone to attend a Bhajan on 18th June and because it was a holiday on 19th, we sang Bhajans throughout the night. While driving back home with two or three devotees, I do not know whether I fell asleep or lost control, but the car smashed into another one coming at a very high speed from the opposite direction. As the steering came up and hit me on the chest, I started coughing out blood and lost consciousness. When I woke up, I was in hospital and devotees were pouring Tulsi (basil) water in my mouth and chanting the Gayatri Mantra. The strange thing was that I felt absolutely no pain and after three days, I was discharged from the hospital. After that, I started chanting the Gayatri Mantra. Whenever I came to Swami, I used to chant it in my meditation also.

In October 1983, a group of 45 persons came to Puttaparthi from Trinidad and Swami granted an interview to the group. As soon as I sat in the interview room, He looked at me and said, "It was I who saved you from the accident". I said, "Bhagavan! I am so grateful". This was the very first thing He told me in the first interview in Puttaparthi, which is thousands of miles away from Trinidad. He added, "You drive too fast. Start early, drive slowly, reach safely". Then His hand started going in circular clockwise motion and out came a pendant. Thinking that He was giving it to the gentleman sitting behind me, I bowed my head. He looked at me and said, "No, no, you, you". So, I put my hand out and He gave the pendant with Sai on one side and Om at the back.

It is a long and beautiful journey. And how has it affected you in your personal and professional life?

At the time I came into contact with Swami, I was studying to be an Accountant. When I started working in an international firm, the boys would go for drinks and to socialise every Friday. I also used to drink off and on. When I came into contact with Swami, it affected my life in such a way that I gave up drinking and meat eating. I decided to imbibe Swami's teachings and transform myself.

I came from a broken home. My father was a chronic alcoholic, my brother was a drug addict, and my other brother was also alcoholic. Almost every day they used to quarrel and there were different types of hardships in the house. I felt very pained because I really wanted a family in which there was unity and harmony. Because meat used to be cooked in the house and alcohol was consumed, I told my parents that I wanted to build a separate room at the back of the house and so, I built a separate room and lived separately. There, I started reciting the Gayatri Mantra, doing Jyoti meditation and practising my reading. But every time there was a quarrel in the house, it really hurt me. It pained me to see father and brothers fighting. One day, I prayed to Bhagavan "Swami, I will give myself to service in Your organisation but You must promise me one thing; You must restore unity in my family". After that, one day, my brother who was a drug addict, came with scissors and asked to cut his long hair. Then my eldest brother who was a chronic alcoholic came and said that he had given up alcohol. Most important, my father gave up drinking. He started reading Swami's books and began taking



part in group discussions about Sri Sathya Sai Baba at our home. This helped many people to give up drinking. I said, Swami this is Your miracle. So, I began to see the hand of Swami in this great transformation. My mother has been to Puttaparthi three times and one of my brothers is also here; he is on his second trip. So, the transformation effect of Swami has overflowed into my family.

Swami's teachings had a great impact on my professional life also. When involved in the social events of my Company, I would never smoke or consume alcohol wherever I went. At first, people used to make comments, saying "Half of your life has gone waste. Why don't you live comfortably and then pray when you become old"? So, I used to get a lot of pressure but I stuck to my resolve very firmly. In the end, people started respecting me, saying, "Fize does not drink; he doesn't eat meat". I told them, "You can also have such a good life by not taking part in those things". So, in that way I strived to put Swami's teachings into practice. There is one teaching of Swami that goes like this: "Politics without principles, education without character, science without humanity, commerce without morality are not only useless but positively dangerous". I spoke on Swami's teachings. This had a great impact on the working of my Company.

Now coming back to your association with Sai Organisation, you are the National Spiritual Coordinator of Trinidad and Tobago. Can you please tell our listeners what are the different activities that this small island is engaged in, because not many people are aware of the wonderful things that go on in Trinidad and Tobago.

Firstly, Swami told one of the devotees, "There is a little island Trinidad which is

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the jewel of My eye". The population of this island is very diverse, it is basically 50% Africans and 50% Indians. There are 52 Sai Baba Centres in the country and for a tiny island like Trinidad and Tobago, the amount of work done by the Sai Organisation is really amazing. Moreover, what the Sai Organisation has been able to achieve with Bhagavan Baba's grace is really stupendous. For example, we have two television stations that screen two one-hour programmes on National TV every week. Therefore, many homes in the country watch these programmes. So, all the beautiful DVDs of Swami's work we give to these stations and they screen Swami's programmes at



least for two hours, one on Thursday, one on Sunday for one hour each. Mostly, they screen programmes on Baba's Mission. And then, we have many Indian radio stations. At least on two of them we have two one-hour programmes that disseminate the Message of Bhagavan, one hour per session, i.e., two hours a week.

Trinidad conducts medical camps on a regular basis. We had Grama Seva and just when I came to Puttaparthi, we identified 84 needy families to cater to their needs in commemoration of Swami's 84th Birthday. We also have public education programmes and Bal Vikas. We have many excellent teachers in Trinidad and Tobago who integrate human values with the curriculum. So, EHV is beginning to take root in the

country. On every single day in Trinidad, you can go to a Bhajan session in different centres throughout the country. We encourage multi faith Bhajan sessions so that people from different faiths can come together and sing the glories of God. Spiritual retreats are also organised from time to time where people from all faiths come together.

You have been blessed to be such a wonderful instrument of Swami and of course you speak so well. Thank you so much, sir, for your time. We are privileged to have you here and I am sure all the listeners would have enjoyed this session with you.

I am grateful for this great opportunity. Sai Ram.

– *Courtesy* : Radio Sai Global Harmony

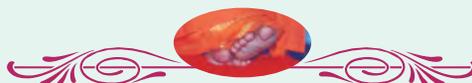
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are doing Japa. They hold the rosary in their hand but their mind wanders to the house of a washerman or a barber. They sit for meditation but their mind goes to the kitchen when they get the smell of an overfried curry. Can you call this Japa or Dhyana? What is the meaning of Japa? Real Japa is when you think that God is in you and you are God. Then, what is Dhyana? Thinking *Aham Brahmasmi*, *Aham Brahmasmi* (I am Brahman, I am Brahman) is real Dhyana. No Veda teaches any easier path than this. All the Vedas declare, *Aham Brahmasmi*, *Tattwamasi* (That Thou Art) and *Prajnanam Brahma* (Brahman is Supreme Consciousness) and *Ayam Atma Brahma* (This Self is Brahman). The consciousness present in

you is Brahman. Therefore, everything is in you. The Mahavakya (profound statement) *Ayam Atma Brahma* signifies I am Atma and Brahman. These words convey the truth. But the scholars create confusion in you and destroy your faith by misinterpreting these words. Do not give room to this confusion. Do not spoil your mind by the jugglery of words. Follow the path of love. The easiest, sweetest, most sublime and blissful path is love, love and love alone.

(Bhagavan concluded His Discourse with the Bhajan, "Prema Mudhita Manase Kaho...")

– **From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 5th July 1996.**



Effulgence of Divine Glory

INTA, WENTA, JANTA



SWAMI'S OMNIPRESENCE IS mind-boggling – He knows it all, we are open books to Him – the all-pervading Lord! In 1995, I had a horrible car accident. The car was smashed, it rolled over thrice into a low ditch. But I got away without a scratch! Someone out of the blue came to the car in that dark December night and pulled me out of the car, put me in a bus and sent me home. I never saw that man again. Was it Swami Himself? It had to be, because He knew my name!

Once when I went to Kathmandu (Nepal) in 1998 to attend a women's conference, I experienced a wonderful Leela of our Lord. After the conference was over, I was taken to a Sai devotee's house. That lady was brought back to life by our Lord! There I could feel His presence. So, I said to Him aloud, "Lord, show me that You are here". Lo and behold! A huge marigold flower flew at me from nowhere. I was ecstatic; there was another and another from three different directions. He was there and showing me His presence indeed – Inta, Wenta, Janta (with you, around you, in you). That is my Swami, my Beloved Swami, who is everywhere with me – always.

In 1997, we were with Swami in Kodaikanal, enjoying the Prakriti (Nature) and Purusha (our Lord). I was then suffering from hypothyroidism for five years. I never mentioned this to Swami. On the day we were leaving, He materialised a silver casket full of Vibhuti. Ever since I have been taking

the Vibhuti. In no time, my thyroid became normal; till today, I am not on any thyroid medication. Thyroid problems are usually lifelong and one has to be on medication continuously. This is proof of His omniscience, and also His care and compassion for an ordinary mortal. Take one step towards Him and He takes ten steps towards us.

Ever since I opened the door of my heart to our Beloved Lord, my life has been like a magic carpet! Everything happens at His Will. He has given me the inner strength to accept success and failure. He has given me the strength to accept the good and the bad. And above all, the ability to forgive those who harmed me.

In my experience of being a Sai devotee, this inner transformation is His biggest miracle. What I was and what I am today has been a tremendous personal journey for me, like taking a new birth in this very lifetime itself, all due to His grace.

Swami's teaching of love is His message. He is walking, talking love – love in action. All His life, He has been teaching and preaching love – pure unconditional expansion love which is the rarest commodity in today's world, the Age of Kali. Being in His fold has filled that void for me. My heart throbs with love for the Lord and for humanity because He fills it with His love. Let us offer Him our hearts filled with love. Isn't that what He wants?

– Excerpted from an article in "Tribute" by Dr. (Smt.) J. Geeta Reddy



PRAY EARNESTLY



AND WHEN THOU PRAYEST, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, they have their reward.

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

But when ye pray, use not vain repetitions, as the heathen *do*: for they think that they shall be heard for their much speaking.

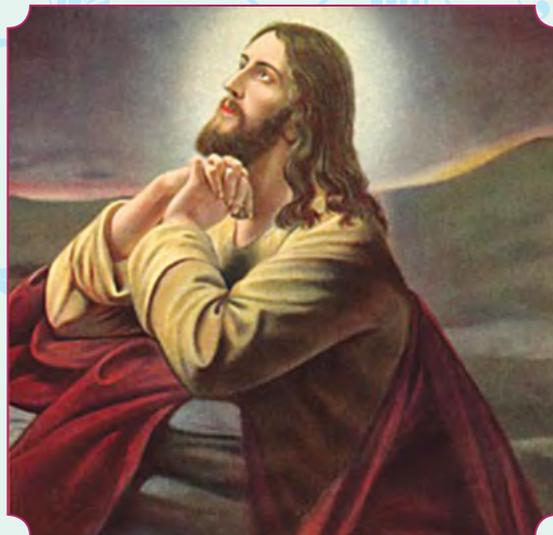
Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

After this manner therefore pray ye: Our Father which art in heaven, hallowed be thy name.

— *St. Matthew 6:5-9*

A person once told Dr. Johnson, the famous English thinker, that he could seldom get time to recite the Name of God, what with the hundreds of things he had to do from morning till nightfall and even far into the night. Dr. Johnson replied with another question. He asked how millions of people found space to live upon the face of the earth, which is two-thirds water and the rest is too full of mountains, deserts, forests, icy regions, river beds, marshes and similar inaccessible areas. The questioner said that man somehow struggled to find living space. So, too, said Dr. Johnson, man must somehow find a few minutes a day for prayer to the Lord.

— *Sathya Sai Speaks, Vol. 1*



Jesus Christ

Do not fritter away the time allotted to you; offer it to Keshava, who is Kalaswarupa (embodiment of time). Know that waking from sleep is but birth and going into sleep is death. On waking, pray every morning of your life, “Oh Lord, I am born now from the womb of sleep. I am determined to carry out all tasks this day as offerings to Thee, with Thee ever present before my mind’s eye. Make my thoughts, words and deeds sacred and pure; let me not inflict pain on anyone; let no one inflict pain on me; direct me, guide me, this day”. And when you enter the portals of sleep at night, pray, “Oh Lord! The tasks of this day, the burden of which I placed on You this morning, are over. It was You who made me walk and talk and think and act; I therefore place at Thy Feet all my thoughts, words and deeds. My task is done. Receive me, I am coming back to You”. Adopt these as your daily prayers.

— *Sathya Sai Speaks, Vol. 2*

Who is the True Guru?

Chinna Katha



BY WORKING VERY HARD, a businessman earned a lot of money and became rich. Safeguarding his accumulated money, he spent it very economically to meet his household needs and performed acts of charity to the extent possible. After a long wait, a son was born to him. He brought him up with great indulgence and fondness, and gave him whatever money he asked for. Due to the pampering of the father, the boy became a victim of bad habits. Seeing his pockets full of money, his friends took him to hotels and cinemas. With the passage of time, his bad thoughts and bad habits increased and he took to evil ways. Seeing this condition of his son, the father realised that his son would not listen to any good advice. Therefore, he put all his remaining money, gold and jewellery in a vessel and buried it at a place within the compound of

the house, thinking that it would be of use to his son some time in future. He disclosed this secret only to one of his closest friends.

Seeing the deplorable state of his son, the father became sad and sick. One day at midnight, his condition became very adverse. He underwent a lot of pain and suffering during the night. He thought, he would tell his son about the hidden money before death overtook him lest he should suffer for want of money after his death. He waited for the break of dawn to tell his son about the hidden money. But he did not survive till morning and died after midnight.

After spending whatever money he had with him, the son became a pauper. Having no knowledge of the hidden money, he started going from house to house with a beggar's bag and started begging for alms. When his father's friend noticed him begging,



The businessman put his money, gold and jewellery in a vessel and buried it in the compound of his house. He shared this secret with his closest friend.



"Why are you begging when you have a big treasure buried in the compound of your house?" asked the businessman's friend.

he asked, "My dear, what is this? What ill-fate has befallen you that you are begging in the streets"? The rich man's son replied, "I have spent all the money accumulated by my father. Now I don't have a single paisa with me". Then his father's friend said, "Your father might have forgotten to tell you something. Now I will tell you". He took him to his house at night and dug out the hidden vessel of money. Handing over the vessel of money to the rich man's son, he cautioned

him, "At least from now onwards, spend this money carefully and lead a decent life".

What is the moral of this story? The wealth of the Atmic principle is placed in the golden vessel of virtues and hidden in the physical body. This wealth belongs to the Jivatma (individual soul). But the Jivatma is not aware of his Atmic wealth. One who gives this knowledge of the Atmic principle to the ignorant Jivatma is the true Guru.

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

1. Age: Candidate should have completed 17 years on or before 31st of December in the year of admission. Maximum permissible age for application is 25 years in the year of 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: Candidate should have passed subjects of Physics, Chemistry, Biology and English (PCBE) individually and must have obtained a minimum of not less than 50% marks put together in all these subjects. For Imaging Technology, the candidate should have passed Mathematics along with the subjects mentioned above with an aggregate of 50%.

Candidates desirous of applying can download the application form from the website and send the same by post. Incomplete applications, applications in a different format and applications not meeting the eligibility criteria will be rejected.

Last date for receiving applications: 10th April 2011.

Entrance exam would be held in the **second week of May 2011.**

– Director

NEWS FROM SAI CENTRES



THE 85TH BIRTHDAY OF OUR Beloved Lord, Bhagavan Sri Sathya Sai Baba, was celebrated all over the world. His devotees, representing many races, countries and cultures assembled to pay homage to Him. They shared their love with their countrymen in the form of selfless service to the needy, medical care for the infirmed and public meetings that informed people of His Presence, His Work, and His Teachings.

SOUTH AMERICA

More than 70 Sathya Sai Centres and devotional groups in Brazil celebrated Bhagavan's 85th Birthday with Bhajans and service activities. In the Sathya Sai Centre of Ibirapuera (São Paulo), hot food was served to residents in a nursing home. The Sathya Sai devotional group of Vila Velha delivered hot meals to the homeless living in the streets during the night; and during the day, food and clothing were handed out to children and the elderly living in the Mother Teresa Home. In Maceió, a public meeting was held to spread the message of Bhagavan to the general public. In the city of Salvador, six Sathya Sai Centres joined together to celebrate the event with Bhajans and devotional singing.

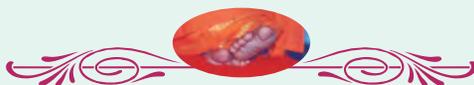
About 200 Sathya Sai devotees attended Bhagavan's Birthday celebrations in the capital city of Asunción, Paraguay on 29th November 2010. In Uruguay, a public meeting was organised as part of Bhagavan's 85th Birthday celebrations. The devotional group

in Punta Del Este, Uruguay gave food and toys to 140 destitute children and cleaned their neighbourhood. In Chile, Sathya Sai Centres held Bhajans on Bhagavan's Birthday.

In Argentina, Bhagavan's Birthday was celebrated by country's 43 Sai Centres and devotional groups, and more than 150 service projects were organised to serve the needy. The projects included medical and veterinary camps and free distribution of eye glasses and medicines. Some of Argentina's Sathya Sai schools also held special functions to celebrate 85th Birthday of their founder, Bhagavan Sri Sathya Sai Baba. The Sathya Sai Institute of Education in Human Values of Argentina celebrated Bhagavan's Birthday with a full week's programme at the Mahatma Gandhi Sathya Sai School in the city of Castelar in Buenos Aires province. On 23rd November, the students distributed



Bhagavan's 85th Birthday was celebrated by 43 Sai Centres and devotional groups in Argentina. The picture shows a function held in Buenos Aires.



toys and blankets to needy children along with loving greetings written for them by Sai students and parents.

The Uriarte Sathya Sai Centre, together with the San Telmo Sathya Sai Centre, celebrated Bhagavan's Birthday at the El Nacional Theatre in Buenos Aires. This theatre was filled to its capacity of 1,022 for the celebrations, which included devotional and cultural programmes organised by 180 Sai volunteers.

U. S. A.

With love and devotion, Bhagavan's 85th Birthday was celebrated at various places across the U.S.A. About 350 people from the Sathya Sai Centres of Bridgewater and East Brunswick in New Jersey celebrated Bhagavan's 85th Birthday on 21st November 2010, sharing stories of Bhagavan's life and service and plays by Sathya Sai youth and SSE children. The Sathya Sai Baba Centre of Edison, New Jersey celebrated Bhagavan's 85th Birthday on 23rd November 2010,



In U.S.A., Bhagavan's 85th Birthday was celebrated with love and devotion at various places. The picture shows a function held in New York to celebrate the event.

wherein 35 Sai volunteers served lunch and distributed blankets, clothing and toiletry kits to more than 300 needy people.

In Flushing, New York, 300 people attended Swami's Birthday celebration held on 21st November 2010, wherein winter coats were collected and delivered to residents of the Goldwater Memorial Hospital in Roosevelt Island, New York.

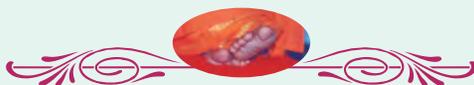
At the Sathya Sai Centre of Memphis, Tennessee, 146 gift bags were distributed to the residents of the Overton Park Healthcare Centre and Nursing Home following a special Bhajan session. On 18th December 2010, 230 devotees from the Sathya Sai Centre of Columbus, Ohio and 120 devotees from the Sathya Sai Centre of Des Moines, Iowa celebrated Bhagavan's 85th Birthday with special Bhajans, talks and presentations.

The Sathya Sai Centres of Colorado (Denver, Boulder, Colorado Springs and Northern Colorado) hosted a Regional Celebration with the theme "God Is." One hundred people, including many residents from the Nepalese community, attended the programme of SSE skits, a youth programme and Bhajans. In addition, backpacks, books, new clothing, jackets, shoes and toys were distributed to needy school children.

In New Mexico, a Birthday Bhajan session was held on 21st November 2010, following which hot meals were cooked and served to about 70 people at a homeless shelter.

SRI LANKA

Sai Centres throughout the country were beautifully decorated and special cultural shows and Bhajans were conducted to celebrate Swami's 85th Birthday. An



AUSTRALIA



Sai Centres throughout Sri Lanka conducted special cultural programmes and Bhajan sessions to celebrate Bhagavan's Birthday.

exhibition titled "Our Journey with Sai" was held from 18th to 21st November 2010 at the Colombo Mandir, with Bhagavan's teachings as the focus of the exhibits. Students and teachers from several schools, numbering over 900 in all, visited the exhibition and took home the message of Bhagavan. On 23rd November 2010, Bhajans were held by the Colombo Samithi in the morning, afternoon and evening at three different locations. About 2,500 people attended the evening programmes, which included talks by eminent speakers and a cultural programme. In Killinochchi district, medical services were provided to 750 patients and cataract surgeries conducted for 58 patients. Elsewhere, about 700 volunteers from the north-central region of Sri Lanka carried out service projects at refugee camps, where Saris, bicycles, food and other items were distributed. About 1,500 people participated in the celebrations at the Jaffna Centre, where the programme included Bhajans, a cultural presentation and food distribution.

Bhagavan's 85th Birthday was celebrated in many parts of Australia with service activities and 85 hours of devotional singing. As part of a Sai Envirocare project, about 1,500 saplings were planted, with each family planting 85 saplings. Sai Centres and devotional groups undertook a monthly collection of 85 items for distribution to charitable organisations. In Perth, food was prepared and served by Sathya Sai volunteers to 700 people on Bhagavan's Birthday. A play titled "God Is", written by Sai Youth and enacted by youth and children was enacted.

In New South Wales, Bhagavan's Birthday celebrations were held on 27th November 2010. About 250 people attended morning Suprabhatam. Evening programme included screening of Bhagavan's Birthday celebrations at Prasanthi Nilayam, devotional singing, western musical presentations



On the occasion of Bhagavan's 85th Birthday, 85-hour Bhajans and service activities were organised in many parts of Australia. Bags of food items were also distributed to needy people by Sai volunteers.



and a play based on human values. About 700 persons attended this programme, Sai volunteers provided 50 blood donations and about 225 non-perishable food baskets for distribution to the needy.

As part of a “Love All, Serve All” food van service project, Sathya Sai volunteers served a Birthday meal for the needy in Victoria. Bags emblazoned with “Love All, Serve All” and packed with food items were distributed to the needy. In Queensland, devotees from Gold Coast and Tweed sewed 108 toiletry bags and donated them to other charitable organisations for distribution to those in need.

LAOS

The Sathya Sai Foundation of Laos celebrated Bhagavan’s 85th Birthday on 27th November 2010 at four places – Wat Pho Sai Buddhist temple, Wat Non Kho Buddhist temple, Vientiane School for Blind Children, and the Sathya Sai Centre. About 150 people from Wat Pho Sai temple and 200 people from Wat Non Kho temple, including Buddhist monks, local villagers, SSEHV students and Sathya Sai devotees, attended the Birthday celebrations. Buddhist prayers were chanted in both the temples, and hot meals along with warm blankets and 10 kilograms of rice grains were lovingly given to about 85 poor families. Food was also distributed in a school for blind children.

RUSSIA

About 300 devotees from Sathya Sai Centres and devotional groups gathered to celebrate Bhagavan’s 85th Birthday on 23rd November 2010 at the “House of All Religions” in St. Petersburg. The programme began with chanting of Gayatri and Sai

Gayatri Mantras. A short introduction about Bhagavan was followed by presentations on the 85th Birthday celebrations at Prasanthi Nilayam, including Sri Sathya Sai University Convocation and the Ninth World Conference. A summary of the activities in 2010 of Sri Sathya Sai Organisation of Russia was presented, and a video was shown on the July 2010 Pilgrimage to Prasanthi Nilayam, including the cultural programme presented by Russian-speaking countries. Reviews of educare training programmes, service projects for the needy, and values-based programmes for children were also presented. In addition, SSE children and their teachers sang Bhajans and presented a play based on human values.

U. K.

Sai Centres and groups across the United Kingdom took up a variety of service projects and hosted celebrations to mark the 85th Birthday of Bhagavan. The date, 21st November 2010, was designated as the U.K. National Seva Day. Devotees arranged meals and outings for the elderly; children made cards and wrapped gifts for distribution, and a major drive was held centrally to collect toys and gifts for children in local hospitals. From 11th to 14th November, Veda chanting, repetition of Bhagavan’s Name and Bhajan singing continued for 85 hours at the Sai Mandir in Wimbledon, with participation by Sai students and devotees from across the U.K. In Harrow area, about 5,000 people from London and beyond participated in 85th Birthday celebrations at two different venues. The celebrations included musical performances at Kadwa Patidar Hall by Sri Anup Jalota, and at Byron Hall by Smt.



Kavita Krishnamurthy Subramaniam and Dr. Subramaniam. The celebrations also included a variety of programmes, prayers and Bhajans.

Harrow East Centre started its daylong celebrations with Suprabhatam, Mantra chanting and Bhajans and ended the day by providing lunch for 150 seniors from Agelink, Ashiana, the Brent Senior Association and the Fremantle Trust of Slough. Sai volunteers also prepared and served hot meals to about 250 needy people at the Mother Teresa Home.

Southall East Centre offered a variety of programmes, including performances by children from the Centre, singing by Sri Shahid Abbas Khan and inspirational talks. The event was attended by the local Mayor, dignitaries and a Member of Parliament.

For the seventh consecutive year, Milton Keynes Centre held a 24-hour multi-faith Akhanda Bhajan. The venue this time was the Peace Pagoda in the city, with its spectacular wooden Japanese Buddhist

Temple. Religious groups from major faiths sang for 30 to 60 minutes each, and the peace felt in the air all around the temple in its beautiful setting next to Willen Lake was tangible. Sai Centres elsewhere in the country celebrated Bhagavan's Birthday with talks on Bhagavan's life and teachings, group devotional singing and plays focusing on human values and major Indian epics.

BAHRAIN

For the 11th year in succession, Bhagavan's Birthday was celebrated for the same number of days as the number of years since Bhagavan's Advent. This year, the 85-day programme consisted of numerous spiritual and service activities.



Numerous spiritual and service activities for 85 days marked the celebration of 85th Birthday of Bhagavan in Bahrain.



A 24-hour multi-faith Akhanda Bhajan was held by Milton Keynes Centre for the seventh consecutive year on the occasion of Bhagavan's 85th Birthday.

Prasanthi Nilayam festivals and functions, including the ten-day Navaratri (Dasara) festival, Global Akhanda Bhajan and Ladies Day were celebrated. Other spiritual activities included special study circles, Laksharchana (chanting of God's Name 1,00,000 times), Sahasranamam (chanting of 1,000 Names of God) and Sri Sathya Sai Puja. Service activities included blood



donation and distribution of meals, grains, aerated water and bottled fruit-drinks to the needy. A workshop on service under the theme “Love All, Serve All”, a seminar titled “Swami’s Teachings on Sarva Dharma” (unity of faiths) and a training session for SSE Gurus were also organised. About 600 people attended the grand finale of the 85-day long programme on 23rd November. The event included devotional songs, a video of Bhagavan’s service projects, a choir of SSE children, and distribution of Prasadam.

Many other countries across the globe including Bosnia, Ghana, Dubai, Fiji, Kuwait and the Netherlands celebrated Bhagavan’s 85th Birthday in a grand manner with various spiritual and service activities.

– Sri Sathya Sai World Foundation

B H A R A T

Andhra Pradesh: In the book exhibition organised by the Hyderabad Exhibition Committee, the Book Stall displaying the exhibits of Sri Sathya Sai Seva activities, and particularly Sai Literature won the attention of all. The love shown by the volunteers and the explanation about the different exhibits won the appreciation of the visitors and at the end, the Exhibition Committee adjudged this Book Stall as the second best in the exhibition.

A defluoridation plant for providing pure drinking water to the villagers was installed in Boriville village, Mahaboobnagar district. This was the 19th such plant installed by the Sai Organisation to provide pure drinking water to villagers.

Nellore Samithi provided nutritious food packets and Amruta Kalasams (food provisions) to 306 boys and girls affected by

HIV. On the advice of the doctors, Samithi has decided to continue this service for one year.

In East Godavari district, Dangeru Samithi organised an eye camp in which 131 eye patients were examined. Of these, 30 patients were identified for cataract operation. The operations were performed in Kakinada Hospital.

Assam: Sri Sathya Sai Seva Samithi, Nagaon organised a very educative and illuminating two-day State-level programme on various aspects of Sri Sathya Sai Educare on 29th and 30th January 2011. Around 150 participants from various towns of Assam and Arunachal Pradesh attended the programme held in a specially erected Pandal at the Sri Sathya Sai Centre of Nagaon. Various speakers delivered interesting and in-depth analytical speeches which were very well received by a large interested audience. A local TV channel covered the function.

As part of the 85th Birthday celebrations of Bhagavan, Silchar Samithi organised a function, in which 30 retired educationists and 10 senior citizens drawn from diverse communities were felicitated. The recipients were visibly moved when woollen shawls were wrapped around them and other valuable presentations were made along with books on Swami. At the end of the function, they were lovingly offered a feast prepared at the Silchar Sai Centre.

Odisha: The 35th State Conference of Sri Sathya Sai Organisation, Odisha was held from 7th to 9th January 2011 at Kabi Samrat Upendra Bhanja Mahavidyalay Ground, Bhanjanagar. More than 2,000 delegates from all over the State actively participated in



the conference. The theme of the conference was: "Sri Sathya Sai Organisation – a Unique Gift to Mankind". The State President of SSSSO, Odisha, Sri P. Jagannath Prasad Rao, inaugurated the function and presided over the proceedings of the conference.

The LCD based presentation on success stories of Sai activities carried out throughout the State inspired the participants. A spiritual exhibition with exhibits on various activities of the State was organised which inspired one and all. A souvenir "Sai Spandan – 2011" comprising synopsis of all talks delivered in the conference, roles and responsibilities of office bearers, guidelines of various projects was released on the occasion. Seven other new publications and one audio CD on value songs for Bal Vikas were also released. Panel discussions were conducted to develop clear understanding of the roles and responsibilities of various district-level and Samithi-level office bearers. Besides panel discussions, group discussions were conducted at different venues on various topics. A symposium on "Journey with Sai to Golden Age" was organised in the open session. Besides that, brief talks were delivered on various topics which included Sai Seva Yoga – an Offering of Five Year

Plan, Spirituality – Undercurrent of all Sai Activities, Bal Vikas – Key to Manifest Love, Sadhana for Mahilas.

Ekadasa Rudra Parayana (chanting of Rudram eleven times) was conducted by 121 Sai devotees in eleven groups on 16th January 2011 in the serene atmosphere of Tirupati Tirumala Devasthanam, Jayadev Vihar, Bhubaneswar. Devotees from more than 15 districts of Odisha participated in



A programme of chanting of Rudram was conducted by Sai devotees in Bhubaneswar.

this sacred ceremony and basked in the ambience of the divine vibrations. This unique programme was conducted by the devotees of Odisha for the welfare of the world.

Vidya impels man to pour into the sacrificial fire one's narrow ego and foster in its place universal love, which is the foundational base for the superstructure of spiritual victory. Love which knows no limits purifies and sanctifies the mind. Let the thoughts centre around God, the feelings and emotions be holy and acts and activities be expression of selfless service. Let the mind, the heart and the hand be thus saturated in good. Vidya has to take this task of sublimation.

– Baba

NOTICE

SRI SATHYA SAI CENTRAL TRUST

With effect from 01/12/2010, the hospitals run by Sri Sathya Sai Medical Trust, viz., (i) Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram (ii) Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield (iii) Sri Sathya Sai General Hospital, Prasanthi Nilayam (iv) Sri Sathya Sai General Hospital, Whitefield and (v) Sri Sathya Sai Mobile Hospital are being run by Sri Sathya Sai Central Trust, consequent to the merger of Sri Sathya Sai Medical Trust with Sri Sathya Sai Central Trust. Further, Sri Sathya Sai Central Trust has been permitted by Government of India to receive donations towards the project (originally approved to be run by Sri Sathya Sai Medical Trust) titled “(i) Running and Maintenance of Sri Sathya Sai Institute of Higher Medical Sciences at Prasanthigram (Andhra Pradesh) and at Whitefield, Bangalore (Karnataka) (ii) Running and Maintenance of Sri Sathya Sai Mobile Hospital (iii) Building a Corpus Fund for the Trust” which qualifies for 100% deduction from income under Section 35AC/80GGA of the Income Tax Act 1961, from 01/12/2010 to 31/03/2013. Consequently, donations by Cheque/Demand Draft towards running of the above hospitals may be made in favour of “Sri Sathya Sai Central Trust”, accompanied by a covering letter mentioning that the donation is for 35AC Project. If the donation is intended towards the Corpus Fund of the Trust, the same may be specifically mentioned in the covering letter.

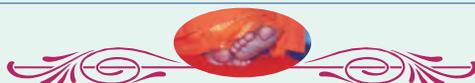
– Secretary
Sri Sathya Sai Central Trust

SRI SATHYA SAI EASWARAMMA WOMEN'S WELFARE TRUST

We are pleased to announce that with Bhagavan's blessings, Mother and Child Care Programme is expanded covering three more Mandals, i.e., Nallamada, Kothacheruvu and Bukkapatnam besides Puttaparthi Mandal, increasing the number of villages covered to 150 through central locations in each of these Mandals.

We wish to place on record our sincere thanks and appreciation to all the donors of Sri Sathya Sai Easwaramma Women's Welfare Trust. As a non-profit organisation, we are pleased to inform that we have started accepting donations in foreign currencies in the form of Cheques/Demand Drafts in favour of “Sri Sathya Sai Easwaramma Women's Welfare Trust” payable at Puttaparthi.

– Trustee
Sri Sathya Sai Easwaramma Women's Welfare Trust



**Statement of Ownership and other Particulars of the Newspaper
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I, K.S. Rajan, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 1-3-2011

(Sd) **K.S. RAJAN**
(Signature of Publisher)

Click on video to play, Right click to play full screen





Attaining Atmic Bliss

There are some people who engage themselves in Sadhana, study and listening to discourses for transient mental satisfaction or even entertainment. They feel that this is enough effort. But the task is not over with these. Food has to be cooked, it has to be consumed, and it has to be digested and assimilated. The body can develop strength only when these three steps are accomplished, one after the other. Similarly, what is heard has to be pondered over, what is pondered over has to be put into practice. It is only when all three are accomplished that Atmananda (Atmic Bliss), the bliss of the realisation of the Reality, can be attained.

- Baba

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