

W I N T E R 2 0 1 4

# The Canadian

## Sathya Sai Newsletter

Sri Sathya Sai Baba  
Organization in Canada  
[www.sathyasai.ca](http://www.sathyasai.ca)

The Sri Sathya Sai Baba Organization in Canada is part of a worldwide spiritual movement to awaken in all people the awareness of their inherent divinity and to encourage the practice of the universal principles of Truth, Right Action, Peace, Love and Non-Violence through personal example and selfless service.

Editor  
Prof. Siva Nadarajah  
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Now, I must tell you that, during this Sai *Avathar*, there is no place for even such 'drama' with scenes of failures and defeats! What I will, must take place; what I plan must succeed. I am Truth; and Truth has no need to hesitate, or fear, or bend.

'Willing' is superfluous for me. For my grace is ever available to devotees who have steady love and faith. Since I move freely among them, talking and singing, even intellectuals are unable to grasp my truth, my power, my glory, or my real task as *Avathar*. I can solve any problem however knotty. I am beyond the reach of the most intensive enquiry and the most meticulous measurement. Only those who have recognized my love and experienced that love can assert that they have glimpsed my reality. For the path of Love is the royal road that leads mankind to me.

Excerpt from Who is Sai?  
9 June 1974  
(*Sathya Sai Speaks IX*, 88-92)

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## Sharanaagathi

*Bhagawan Sri Sathya Sai Baba  
on Mahaashivaraathri,  
February 1955  
Prasanthi Nilayam*

I DO not give 'speeches'; My talks are more of the conversation type; I want that you should follow every word of what I say with reverent attention, for your *Aanandham* is My *Aahaaram*---your joy is My food. You can get *Aanandham* only by following the advice I give you and this is why I am particular that you should listen carefully and take to heart all that I say. This is not a mere lecture, where from you do not seek new lessons for life.

The Lord is a Mountain of *Prema* (Love); any number of ants carrying away particles of sweetness cannot exhaust His Plenty. He is an Ocean of Mercy without a limiting shore. *Bhakthi* (devotion) is the easiest way to win His Grace and also to realise that He pervades everything; in fact, is everything!

*Sharanaagathi* (total surrender), leaving everything to His Will, is the highest form of *Bhakthi* (devotion) Once a Brahmin was crossing a river-bed near which some men were washing clothes. Finding a nice new silk shawl on his shoulder, they fell upon him in a group, shouting that it belonged to the Palace and had been given to them to be washed, but had been stolen and had not been traced. The poor Brahmin yelled '*Naaraayana, Naaraayana,*' when the blows rained on him and so, *Naaraayana* rose from His Seat in *Vaikunththa*



and proceeded forward; but in a moment, He walked back and resumed His Seat much to the surprise of His Consort who asked Him the reason for the strange behaviour. *Naaraayana* said, "I wanted to help that poor Brahmin who has fallen into a den of scoundrels, but he has started beating them, blow for blow; My Help is no longer needed."

### Conquest of ego needed

When *Bhakthi* is just emerging as a sapling, a fence is needed to protect the tender plant; that fence is *Sanaathana Dharma* (Eternal Religion) and its rules, regulations and restrictions, directions and commands. When the fruit is

green, it will not fall even when the gale is furious; but when it is fully ripe, it drops to the ground even in the silence of the night. A small fire will go out in smoke even if a little green is placed on it, but the forest fire will reduce to ashes even the greenest tree which impedes its fierce march! What is needed is the conquest of the ego.

The bullock shouts '*ham hai*' '*ham hai*' (I am, I am), in its egoistic pride. And so, when it is just a few days old, you tie it to a post, apart from its mother; you work it to skin and bones; but yet, the animal does not learn the lesson of

which his songs have to be adjusted, it is the *shruthi* (musical note). But both the *shruthi* and *thaala* (marking of time) are for the purpose of heightening the effect of the song which issues from his mouth, the song of the glow of God.

### Three types of devotion

I remember telling a questioner in *Maharaashtra*, while in the previous Body, that there are three types of devotion: the *vihaṅga* method, where like a bird swooping down upon the ripe fruit on the tree, the devotee is too impatient and by the very impatience he exhibits, he loses the fruit, which falls from his

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*Bhakthi and shraddha (devotion and faith) are the two oars with which you can take the boat across the sea of samsaara.*

- *Bhagawan Shri Sathya Sai Baba*

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humility. Even its skin when drawn tightly across a drum resounds egoistically, '*Ham Ham Ham*'. And so, the skin has to be cut into slender strings and then when the strings are pulled, the bullock reveals that it has benefitted by all the punishment it has undergone; it murmurs *thum thum thum*, (you you you), and its ego is gone.

The *Haridhaasa* (mendicant) goes along the streets, singing the glories of the Lord. He has the sounding cymbals, two of them, the eternal duet of good-bad, joy-grief, pain-pleasure in his right hand and he twangs the thambura (stringed musical instrument) of *samsaara* with his left. *Samsaara* (worldly life) is the tune to

hold; the *markata* method where like a monkey which pulls towards it one fruit after another and by sheer unsteadiness is not able to decide which fruit it wants, the *bhaktha* too hesitates and changes his aim much too often and thus loses all chances of success; and the *pipeelika* method, where like the ant which slowly but steadily proceeds towards the sweetness, the devotee also moves direct, with undivided attention towards the Lord and wins His Grace!

*Bhakthi and shraddha (devotion and faith) are the two oars with which you can take the boat across the sea of samsaara. A child told its mother when it went to bed at night, "Mother!*

Wake me up when I get hungry." The mother answered, "There is no need, your hunger will itself wake you." So too, when the hunger for God comes, it will itself advise you and make you seek the food you need. God has endowed you with hunger and He supplies the food; He has endowed you with illness and He grows the specifics you need. Your duty is to see that you get the proper hunger and the right illness and use the appropriate food or drug!

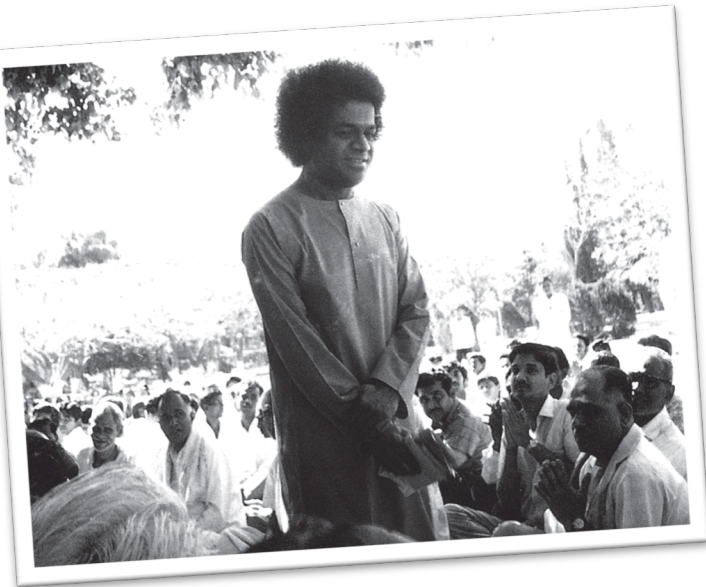
Man must be yoked to *samsaara* and broken; that is the training which will teach that the world is unreal; no amount of lectures will make you believe it is a snake unless you actually experience it. Touch fire and get the sensation of burning; there is nothing like it to teach you that fire is to be avoided. Unless you touch it, you will be aware only of its light. It is light and heat both; just as this world is both true and false, that is to say, unreal.

### Habit of judging others as atheists or theists

There is a widely prevalent habit now of judging others and labeling them as theists or atheists. What do you know, what can you know of the inner working of another's mind? There was once a queen who was a great devotee of *Raama*; she felt so sad that her husband, the *Raaja*, never even uttered the name of *Raama* and had no *bhakthi*. She had vowed that the first occasion on which she got evidence of his *bhakthi* or at least respect for *Raamanaama*, she would conduct *puuja* (ritualistic worship) in all the temples and feed the poor on a lavish scale. Then, one night, while fast asleep, the *Raaja* uttered the name of *Raama* thrice plaintively and prayerfully. She heard the *Naamasmarana* and was happy at the discovery of her husband's devotion to *Raama*; she ordered general rejoicing throughout the







kingdom and the feeding of the poor. The *Raaja* did not know the reason for the celebration for he was only told that it was an order of the *Raani*, which the officers carried out. Similarly, a husband may not be aware of the excellence of a wife's spiritual attainments.

There is the case of a couple who were proceeding through a thick jungle on pilgrimage to an inaccessible shrine. The husband saw on the footpath a precious stone, shining brilliantly when the sun's rays fell upon it from between the leaves. He hastily threw some sand over it with a movement of his foot so that his wife may not be tempted to pick it up and become a slave to the tinsel. The wife saw the gesture and chided the husband for still retaining in his mind a distinction between sand and diamond. For her, both were the same.

### **Keep the Name as constant as breathing**

The *Raaja* who spoke in his sleep the sacred name of *Raama* felt very sorry, according to the story, that he let *Raamanaama* out of his mouth, for he believed that no one should know of his 'love' for *Raama*. There are many

who will not shout about their Guru or their favourite Name and Form, but whether you declare them to others or not, keep them ever in your consciousness. *Raamanaama* or any other name must be as constant as breathing. For this, practice is essential.

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 impossible 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.

### **Example of the highest type of detachment**

*Bhakthi* and the attitude of surrender that is its final fruits will give you great courage to meet any emergency; such courage is what is called Renunciation. The story of *Mohajith* is a good example of this highest type of detachment.

Mohajith, the Prince, went to a Sage in the forest and sought guidance in the spiritual path. The sage asked him whether he had conquered attachment as his name indicated. The Prince said that not only he, but every one in his kingdom had! So the Sage started to test the truth of this claim.

The sage took the Prince's robes, soaked them in blood and hastened to the Palace Gate with



the gruesome story of the murder of the Prince by some ruffians in the jungle. The maid whom he met refused to hurry with the news to the Royal apartments because she said, "He was born, he died; what is the special urgency of this news that I should interrupt my regular routine and run to the King and Queen?"

When at last he got an audience and was able to communicate the sad news to the father, he sat unruffled, whispering to himself, "The bird flew off the tree on which it had alighted to take rest." The *Raani* too was unmoved. She told the sage that this Earth is a *caravanserai*, where men come and stay for the night and when dawn breaks, one by one, they tramp their different ways. Kith and kin are the words we use for the attachment to the travellers cultivated in the *caravanserai* during the short term of acquaintance.

The wife of the "dead" Prince was also unaffected; she said, "Husband and wife are

like two pieces of wood drifting down a flooded river; they float near each other for some time and when some current comes between, they are parted: each must move on to the sea at its own rate and in its own time. There is no need to grieve over the parting of the two; it is in the very nature of Nature that it should be so."

### **Grow with self-respect and dignity**

The sage was overjoyed to see this steady and sincere *Vairaagya* (dispassion) in the rulers and the ruled. He came back to the forest and told the Prince that while he was away, a hostile army had invaded his Kingdom and slain the entire royal family and captured his Kingdom and enslaved his subjects. He took the news calmly and said, "All this is bubble, impermanent, flimsy. Let it go the way of the bubble. Guide me to reach the Infinite, the Imperishable."

Such courage comes out of the Grace of the Lord; it needs generations of learning and struggle. Meanwhile, you must start with the first step, the cleansing of the mind and the cultivation of virtue. Even if you do not start with that step, at least do not laugh at those who do, and discourage them. Do at least this much! Then, do not depend upon others for doing your work, like attending to your personal wants. Do them yourself; that is real freedom. Again, never accept anything 'free' from others, pay it back, in service or work.

That will make you self-respecting individuals. Receiving a favour means getting bound to the giver. Grow with self-respect and dignity. That is the best service you can do to yourself.

## There is no seniority or juniority among devotees

'Uncle' Moon is 'uncle' to all the children of the world. So also, the Lord is every one's Father, in whose property every one can claim a share. But in order to get it, you must reach a certain age, a certain standard of intelligence and discrimination. The infirm and the idiotic, He will not consider fit to receive property. His property is Grace, *Prema*. But if you have Discrimination and Renunciation, you can claim your share, as of right.

Bring '*Bhakthi*' and lay it here and take from here spiritual strength! The more such business is done, the more pleased am I. Bring what you have, namely, your sorrows and griefs, worries and anxieties, and take from Me joy and peace, courage and confidence. In My view, there is no seniority or juniority among devotees. The mother spends more time tending the sickly child; she just asks the older children to look after themselves; she feeds with her own hand the infant. That does not mean that she has no love towards the grown-ups. So too, do not think that because I do not ostensibly pay more attention to one person, he is beyond the ken of my *Prema*.

Note this also. In this *Avathaar* (Divine Incarnation), the wicked will not be destroyed; they will be corrected and reformed and educated and led back to the path from which they have strayed. The white-ant infested tree will not be cut; it will be saved. Again this *Avathaar* will not select some place other than the place where the Nativity took place for the centre of Its *Leelas*, *Mahimas* and *Upadhesha* (divine sport, miracle power and divine

instruction). This tree shall not be transplanted; it will grow where it first rose from the earth. Another speciality is this: the *Avathaar* has no affinity or attachment in Its Career to members of the Family wherein it appeared. Unlike the appearances as *Raama*, Krishna, etc., where the Life was played out mostly among and for the family members, this *Avathaar* is for the *Bhakthas*, the *Saadhus* and the *Saadhakas* (devotees, noble souls and aspirants) only. It has no *japa* (recitation of holy name), *dhyana* (meditation) or yoga (practising union with God). It knows no worship; It will not pray to anything, for It is the Highest. It only teaches you to worship and pray.

To a worldly man, a God-intoxicated person will appear mad and he will laugh at him for it. But to the God-intoxicated man, the worldly appear insane, foolish misled, blind. Of all the insanities that harass man, God-madness is the least harmful, the most beneficial. The world has suffered untold damage due to its "mad" rulers and "mad" guides; but nothing but harmony, peace, brotherliness and love have come out of the 'God-madness' of man!





## The Five Mandates

**Talk by Dr. Narendranath Reddy  
Chair of Prasanthi Council  
on November 25, 2013  
Prasanthi Nilayam**

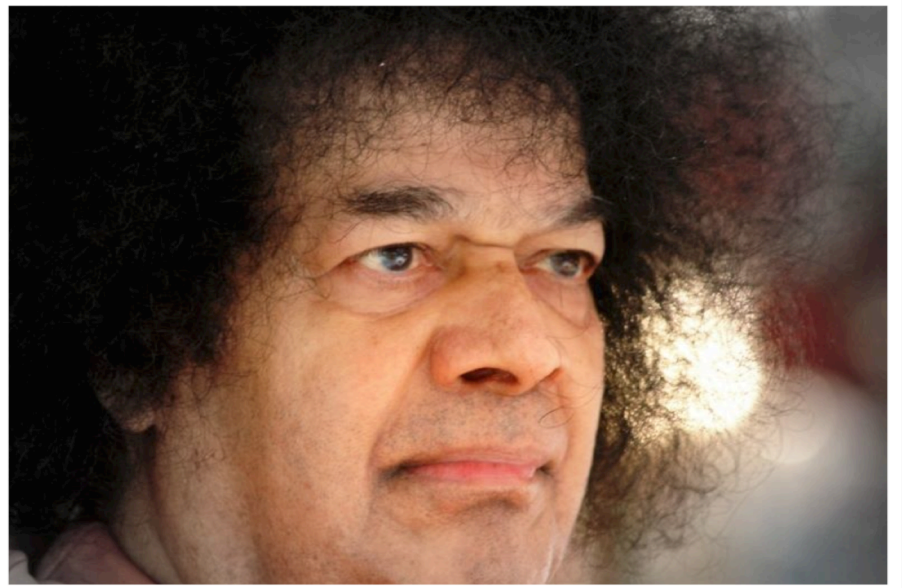
The web link for the video of the talk:  
[http://media.radiosai.org/journals/vol\\_11/01NOV13/88th-Birthday-Celebrations-at-Prasanth-Nilayam.htm](http://media.radiosai.org/journals/vol_11/01NOV13/88th-Birthday-Celebrations-at-Prasanth-Nilayam.htm)

*Sarva Roopa Dharam Shantam.  
Sarva Nama Dharam Shivam.  
Sat Chit Anandam Adwaitam  
Sathyam Shivam Sundaram*  
(Peace is the vesture of all forms, auspiciousness is the basis all names, the non-dual form is Truth, Awareness and Bliss, and this is Truth, Goodness and Beauty).

With love and reverence I offer myself at the divine lotus feet of our loving, omnipresent, omniscient and omnipotent Lord, Bhagawan Sri Sathya Sai Baba.

I thank Bhagawan and all of you for giving me this opportunity to share His love and message with you this evening. We should be grateful to Bhagawan for blessing us with this wonderful opportunity to be part of these joyous birthday celebrations for the Lord who has no birth, no death, no beginning and no end. Swami has repeatedly said, “God is beyond name, beyond form, beyond time, beyond space and beyond

change”. He is eternal. He was with us, He is with us, and He will be with us forever. We should never forget that He is our eternal companion. We should not limit Him to the human form. Lord Krishna said in the *Bhagavad Gita*, “*Avajananti mam mudha manusim tanum asritam parambhavam ajananto mama bhuta-mahesvaram*”. (These ignorant and foolish people think I am this embodied being; I am not this body. They do not realize that I



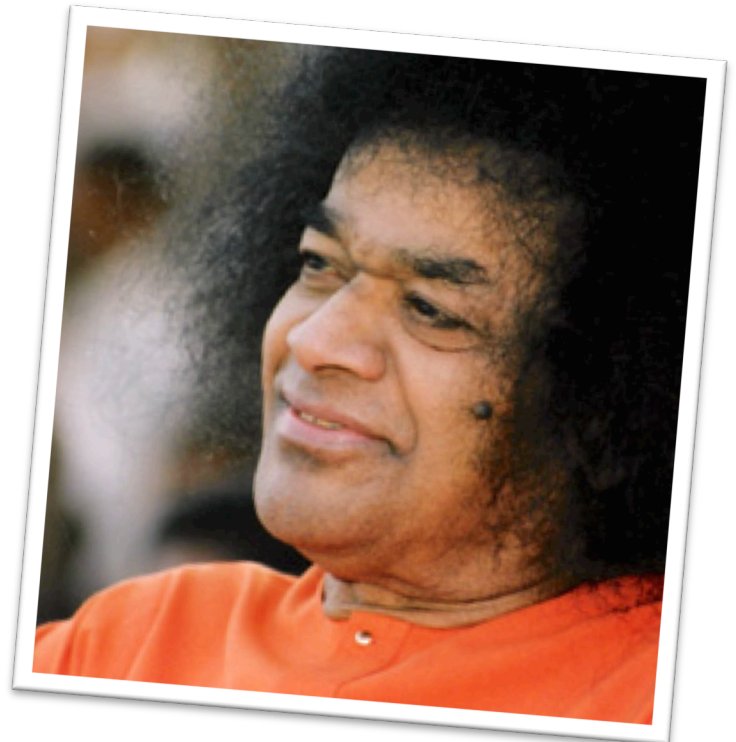
am the all-pervading supreme reality, the indweller of all beings.) But this *nirguna, niraakara* Brahman (formless, nameless reality) in His infinite compassion and love comes down in human form from age to age. This descent of God for the ascent of man is the purpose of the *Avatar*.

Whenever the Lord comes, whether it be as Rama, Krishna, Jesus, Buddha, Shirdi Sai, Sathya Sai—He grants us the following three divine gifts: *Nama* (name), *Roopa* (form) and

*Leela (divine play)*. He comes with a sweet, beautiful name like Sathya Sai. By chanting His name we can redeem our lives and be liberated from this cycle of birth and death. The second divine gift is an enchanting divine form. Though the Lord is *sanathana* (eternal), He is also *nityainutana* (ever-new). The more we see Swami the more we want to see him. By contemplating on the divine form our life becomes sanctified. The third beautiful gift of the Divine is His *leelas*, His divine play. As Sai devotees we lose track of time while talking of His *leelas*. We delight in stories of His divine sport and never get tired of hearing them. This is verily *Sai Bhagavatam*. The great King Parikshit attained self-realisation just by listening to the *leelas* of Lord Krishna.

We should always remember how blessed and fortunate we are to have been contemporaries of the loving Lord Sai. In the First World Conference on 17th May 1968 Swami revealed a great truth about His divinity. It was an inspiring discourse, which every devotee should read. Swami said, "In this human form every divine entity, every divine principle, that is to say, all the names and forms attributed by man to God are manifest. Never let any doubt distract you". We should always remember this profound declaration like a *mantra*. He is *Sarvadevataswaroopa*, the embodiment of all names and all forms. At the same time, Swami is *Sarvadevatatitaswaroopa*, that is to say, He is beyond all names, forms and attributes. "He is one in all, all in one, all in all and beyond all". He is the supreme *Parabrahman* who has come to release us from the cycle of birth and death.

One of my friends, a long-time devotee of Bhagawan, Mr. Robert Bozzani, from USA,



was recounting his experiences with Swami during his first trip to India. On his way to Puttaparthi he stopped in Kolkata to see Anandamayima, a holy saint. She asked him, "Where are you proceeding next"? He said, "I am going to Puttaparthi to see Bhagawan Sri Sathya Sai Baba". Immediately she went into a trance and said, "He is *Paripoorna Avatar*" (Incarnation of God with manifestation of all divine attributes). Only a diamond merchant knows the value of the diamond. Likewise, saints and sages know who Swami is.

About twenty years ago Swami called our family for an interview. Swami eats very little. As a physician, I know how many calories are required to maintain a certain body weight. From the viewpoint of modern medicine, the little that Swami ate was insufficient to maintain His weight and yet He was healthy and strong. In that interview twenty years ago my father expressed his concern, asking

Swami, “Swami you eat so little. How can you maintain this body?” Then my father mentioned that in the Himalayas, the saints derive their energy from the air. They synthesize nitrogen, hydrogen, oxygen—*vayubhakshana*—from the five elements. He asked, “Swami do you derive energy from these five elements?” Then came the answer, “The five elements derive energy from Me”. He is the controller and the source of all the five elements. We are truly blessed and fortunate to have proximity to the *Avatar* and to have seen Him (*darshan*), touched Him (*sparshan*) and heard His nectarine words (*sambhashan*).

During my travel around the world, I have met several devotees whose love for Swami touched me very much. I was in Russia in May this year and one of the devotees told me about an incident that happened during a service activity. An elderly lady in her eighties saw a picture of Swami while being served. She had never heard of Swami, nor had she ever seen Him. As soon as she saw the picture she started crying and repeating “He is God. He is God”. Jesus said, “Blessed are those who have seen Me and believe in Me. But more blessed are those who have not seen Me and believe in Me”. She is a blessed soul.

In September of this year while I was in Croatia, I met a wonderful devotee. She is an orthodox, Catholic Christian and a school teacher. She heard about Swami and wanted to visit Prasanthi Nilayam. But she did not want to share this with anybody because she thought she may lose her job in the Christian school. Also, she did not know how her family would react as they were orthodox Christians. She

was very close to her grandfather and told him, “I’m going to India”. She did not want to tell her grandfather that she was going to see Swami because she thought he may be disappointed. Surprisingly, her grandfather said, “If you go to India, you should go and see Sathya Sai Baba. He is the Christ of today”. She was amazed and pleasantly surprised to hear this from her grandfather, who had never gone to India and had never seen Swami. This is another example of how Swami’s glory and grandeur touches people all over the world. When this lady devotee came to Prasanthi Nilayam, she was sitting in the tenth row during *darshan*. She saw Swami from a distance but immediately felt that He is Christ come again, that He is the Supreme Lord. That experience brought tears of joy to her eyes and she could not stop crying for two hours. She said that she had the most blissful experience of her life and that she would do anything to have that experience again. Thus, Swami touches the hearts of people in every corner of the world.

After having experienced this pristine divine love, what is our duty? How can we express gratitude to Him? Swami says, “Man minus gratitude is equal to animal”. Therefore it is imperative that we express gratitude to Bhagawan.

In Islam they have five mandates. The first mandate is to regard Allah as the Supreme Creator and God. The second mandate is to pray five times a day. The third mandate is to fast during Ramadan. The fourth mandate is to give part of the income for charity. And finally, the fifth mandate is to make a pilgrimage to Mecca. Similarly, I would like to share five



mandates for Sai devotees.

### The first mandate

The first mandate is always to remember that Bhagawan Sri Sathya Sai Baba is our *guru*, God and saviour. In His first *bhajan*, “*Manasa Bhajaree Guru Charanam Dustara Bhava Saagara*



The *first mandate* is always to remember that Bhagawan Sri Sathya Sai Baba is our *guru*, God and saviour.

*Taranam*” Swami assured us that He will take us across the ocean of *samsara* if we hold on to His lotus feet. As Sai devotees we must hold onto His feet with unflinching faith until our last breath so that our lives are redeemed. Unfortunately nowadays some people are going to various *gurus* in various parts of the world. This is occurring in Netherlands, Nepal, India, and Australia. Swami says there are two types of *gurus*—*badha gurus* and *bodha gurus*. *Badha gurus* cause you pain. They are

not real *gurus*. They are like the blind leading the blind. They do not give you illumination. Rather they give you pain. They chant a *mantra* in the ear and collect money. Swami says “*Chevulo mantram, chethilo dabbu*”. It has become quite fashionable to go to a *guru* or to a transcendental meditation course which promises enlightenment in return for a hefty fee. In Prasanthi Nilayam there is no *hundi* (collection box). Swami says, “Where there is greed, God does not manifest”.

*Bodha guru* is the real teacher who shows the path of enlightenment. It is our good fortune we have Bhagawan Sri Sathya Sai Baba, who is the *guru* of *gurus*, *paramaguru*, *divyaguru* and *jagadguru*. He is the teacher of teachers, divine teacher, and universal teacher. We have to be steadfast and hold onto His feet.

### The second mandate

The second mandate is to implicitly follow Swami’s message and to practice His teachings. Because of His infinite compassion and love, Swami has given over fifteen-hundred discourses. Swami himself wrote the *Vahini* series, starting with *Prema Vahini* followed by *Gita Vahini*, *Bhagavata Vahini*, *Ramkatharasa Vahini*, *Jnana Vahini*, *Dharma Vahini*, *Prasanthi Vahini*, *Sathya Sai Vahini*, and others. These books contain pearls of wisdom. Never before has an *Avatar* written in this way for the benefit of humankind. Therefore it is our duty to study these teachings, contemplate them and, most importantly, put them into practice in our daily lives. It is said that the *Bhagavad Gita* is the essence of all *Upanishads*. Swami’s teachings are the quintessence of all the scriptures of all the religions of the world.



The *second mandate* is to implicitly follow Swami's message and to practice His teachings.

Swami's every word is a *mantra*. Swami's every sentence is a *sutra* or aphorism. Swami's every conversation is a *gita*. Swami's every discourse is a *veda*. So we need to dive deep into His teachings in order to be uplifted. Every word Swami says, although it may seem casual, has a divine message. I would like to share an anecdote told by late Professor Kasturi, the biographer of Swami. There was a wandering monk who was going to many holy places in quest of Truth. He came to Prasanthi Nilayam to see Swami and expected that Swami would call him for an interview. Swami ignored him

for two weeks. After two weeks this man became restless and during *darshan* he was trying to get up to get Swami's attention. Swami said one word "*Kurcho*" (sit down). After this the monk told Kasturi "I am leaving today". Professor Kasturi asked, "What happened? Are you disappointed?" The man replied "No, no. Swami gave me *mantropadesha*—"kurcho". That means "sit in one place and contemplate and do not wander here and there". That one word from Swami, *kurcho*, became a profound message for him. As spiritual seekers we need to study and contemplate and put into practice teachings given in His divine discourses and writings.

### The third mandate

The third mandate is to go for pilgrimage. Muslims go to Mecca. For us our *Punyabhumi* (holy land) is *Puttaparthi*. *Parthipavana punyabhumi gamanam prarabdha karma kshayam*. By coming to this holy land of Puttaparthi all of our *prarabdha karmas* (past *karmas*) will be washed away. Puttaparthi is the place where the Lord chose to take birth. This is the place where he walked amongst us, blessed us, talked



The *third mandate* is to go for pilgrimage.

with us, joked with us and sang with us. This is the holiest of holy places. Swami in one of His discourses said, “This place will be like a Shirdi or Tirupathi”. Every stone, dust particle, bush and tree in this holy land is saturated with Swami’s love and blessings.

Twenty-five years ago there were flights from Mumbai to Puttaparthi. As we were disembarking from the plane, a devotee from Denmark prostrated and rolled on the ground and exclaimed, “Hallelujah! I have come to the holy land”. I was moved to tears to see his love and adoration for this holy land. We should always keep a strong connection to this holy land of Puttaparthi. People might say, “Isn’t God omnipresent?” Yes He is omnipresent. He is there in Los Angeles, New York, St. Petersburg and everywhere. God is everywhere. But certain holy places like Jerusalem, Mecca, Gurudwara and Bodhagaya have special

divine vibrations. Sri Ramakrishna Paramahansa used to say, “Water is everywhere underneath the earth. Even in the desert you can get water if you dig deep. But if you go to the riverbed or to the seashore water is readily available and you don’t have to dig deep”. Similarly, it is easy to be in tune with God in a holy place like Puttaparthi where the *Avatar* walked amongst us.

### **The fourth mandate**

The fourth mandate is the divine legacy. Swami has established many institutions. He established educational institutions, which we call *vidyalayas*, temples of learning where Swami is providing education from kindergarten to post-graduation completely free of cost. In these educational institutions the emphasis is not only academic excellence but also character development and social service. God Himself was chancellor of this

The *fourth mandate* is the Divine Legacy.







university. When the International Sathya Sai Sports Centre was inaugurated by Swami in November 2006, then President, His Excellency Dr. Abdul Kalam made a wonderful statement. He said, “Millions of students graduate from thousands of universities from around the world. But these few-hundred students who graduate from Sathya Sai University are of highest character and beacons of light for humanity”. This is why Swami said “I spend three-fourths of my time with the students”. The students are the torchbearers and the future of humanity. They carry forth Swami’s message. There are educational institutions, Education in Human Values programs, and SSE programs all over the world based on this same principle. Outside of India there are twenty-eight educational institutions and forty schools in thirty-eight countries around the world. The Sathya Sai School in Canada was ranked number one among the two-thousand-seven-hundred schools, both public and private, in the province of Ontario.

Swami established medical institutions, the temples of healing. On 21st November 2013, a

beautiful presentation was made here in Sai Kulwant Hall about Swami’s hospitals, which provide primary-to-tertiary care, comprehensive health care and preventive health care, all completely free of cost. And most importantly, this

health care is delivered with love and compassion. On 19th January, 2001 the Super Speciality Hospital in Whitefield was inaugurated. The then-Prime Minister Honourable Atal Bihari Vajpayee, during his inaugural address, said, “I have seen many hospitals but this hospital is a temple where you get both *dava* (medicine) and *duva* (divine blessing)”. As His children it is our responsibility, whether in India or overseas, to support His institutions by giving our talent, time, energy and other resources. These are the institutions which Swami conceived; for which He laid the foundation stone; and which He inaugurated, visited and managed. This is the divine legacy which we inherited from our divine parent.

Swami gave His sacred name “Sathya Sai” to the Sathya Sai Organisation. To be part of His divine mission and to serve in the Sathya Sai Organisation is a sign of His grace. Mr. Charles Penn, a devotee in the USA, received a message from Swami that only those whom Swami has chosen can serve Him and that He has been preparing His devotees over many lifetimes to do His work and to be instruments

of His love. But we should be aware, the minute the ego descends, His work stops. We should always be careful (ABC of life). Swami clearly defined the purpose of the Sathya Sai Organisation in His historic divine discourses given during the first All India Conference in April, 1967, and at the First World Conference in May, 1968. “The purpose of the Sathya Sai Organisation is to make us realize our divine nature and that we are the *atmic* reality”. The main purpose of the organisation is to help us reach that goal.

### The fifth mandate

Swami has shown us that *premayoga*, the path of love, is the way to reach this goal. This is the fifth mandate. The first *vahini* Swami wrote was *Premavahini*. Swami said, “For this age of Kali the easiest and best path is the path of love. God is love. Live in love”. He also says, “Start the day with love. Fill the day with love. End the day with love. This is the way to God”. Swami has shown us how to live in love. To live in love we have to put love in action through service and sacrifice.

There are approximately two-thousand Sathya Sai Centres in 123 countries doing service in the fields of education, healthcare and community service. There are thousands of Sathya Sai volunteers and devotees all around the world who have been doing selfless service. The true translation for the word “*Swayamsevak*” is that service is for our own good. The English translation “volunteer” does not truly reflect the significance of this word “*Swayamsevak*”. Service helps Sathya Sai volunteers to achieve their own transformation. The mayor of Houston, Texas, USA declared



The *fifth mandate* is that Swami has shown us that *premayoga*, the path of love, is the way to reach this goal.

Swami’s *Mahasamadhi* Day, April 24, as Universal Love and Unity Day. The Ministry of Social Services has given an award of excellence to the Sathya Sai Organisation in Haiti for doing selfless service to needy children since the massive earthquake in January of 2010. They declared the Sathya Sai Organisation to be one of the five best service organisations that did service in Haiti after the massive earthquake in 2010.

Here I want to share a miracle that happened in Haiti. Six months ago the mayor of Port-au-Prince in Haiti visited our service centre where we supply food and water to needy people. He was impressed with the service and he volunteered to pay out of his personal

account one-thousand dollars per month towards the rent of the service centre. Then the volunteers at the service centre made a special request to the mayor to repair the road to the centre as it was in very bad shape. The mayor replied, “No the city does not have funds and it is not possible to do this”. But on November 15th, the person who is in charge of our service centre was invited by the mayor to attend the community hall meeting. When he went there, to his surprise, the mayor declared, “I am going to repair the road”. The devotee was dumbfounded because the same mayor had refused the request a few months prior. The mayor explained, “Your Sathya Sai Baba came in

my dream last night and was walking on that horrible road serving the needy people. So now my duty it is to repair the road”. The next day itself he sent the tractor and the road work began. He then requested Swami’s picture and *vibhuti*. This episode shows Swami’s omnipresence and how He touches people’s hearts and transforms their lives.

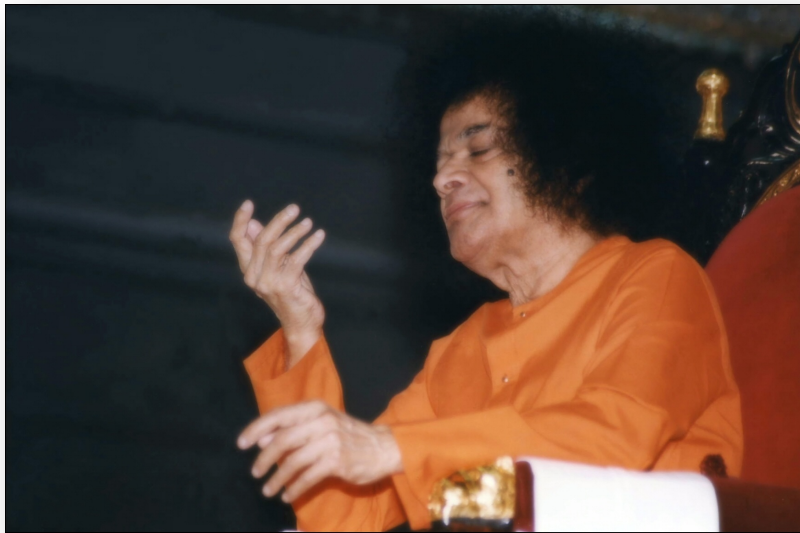
Another miracle happened just two days ago on November 23rd in Haiti, as devotees were celebrating Swami’s birthday. As a part of the birthday celebrations all over the world, our centres do service activities. The devotees in

Haiti wanted to give food to the needy people and prepared eighty-eight food packets. To their surprise more than three-hundred people showed up and they did not have enough food. They chanted 1008 Gayatris and 1008 Sai Gayatris throughout the night and in the morning they served not eighty-eight or three-hundred, but five-hundred people. The coordinator of this project, Mr. Shanti, went home after completion of the service and slept.

He got up in the morning and went to the altar to do his *pooja*. There he saw a shower of *vibhuti* on Swami’s picture. This again shows that Swami’s grace and blessings are present all over the world. There

is a beautiful song, *Tere mahima likhe na jaye, tere mahima kahi na jaye* (We cannot really comprehend His glory and cannot express it in words).

Swami says, “Love requires sacrifice”. Some of you might have heard the story of the Kannappa Nayanar, who sacrificed both of his eyes for Lord Shiva. He became one of the greatest Nayanar saints because of his sacrifice, though he was never educated and was from a tribal community. He did not know any *Vedas* or scriptures but he had pure love for God. I can share with you a similar story of the late



Mr. James Johnson, an African American from the state of Ohio, USA. He was living on a meagre income, enough for his food, clothing and shelter. He didn't even have a car. On 22nd November 1991 Swami inaugurated the Sathya Sai Super Speciality hospital in Puttaparthi. At that time they announced names of many patrons who donated large sums of money. One of the names announced was Mr. James Johnson, who donated one-hundred-thousand dollars. Devotees from Ohio, USA who were present at that time were surprised and could not believe how he could donate such a large sum, since he lived on a meagre income. When the devotees from Ohio went back to USA they said, "We heard that you gave one-hundred-thousand dollars to Swami's hospital project? Is this so?" He did not want anybody to know about his donation because he felt embarrassed and wished to remain anonymous. The devotees said, "No. No. Swami wants others to be inspired by your act of charity". This is an example of service with humility. As Jesus said, "Let not your left hand know what your right hand does". Swami used to joke, "People donate a ceiling fan for a temple and they want their name on every blade". But here is a man, an example of true sacrifice. He did not have any money. He gave one-hundred-thousand dollars. How did he get this much money? He was serving his sister who was dying of cancer. She did not have any children. So when she died, she bequeathed her estate of one-hundred-thousand dollars to James Johnson. At the same time Mr. Johnson heard Swami was building the hospital. He felt, "This is not my money. This is Swami's money. Swami gave it

to me. It should go back to Swami". This is true sacrifice. Most of us think, "OK, let me give fifty-percent to God and fifty-percent I can have". But this man gave the whole amount to God. That is real love. Love in action and love which involves sacrifice.

In summary, the five mandates are as follows:

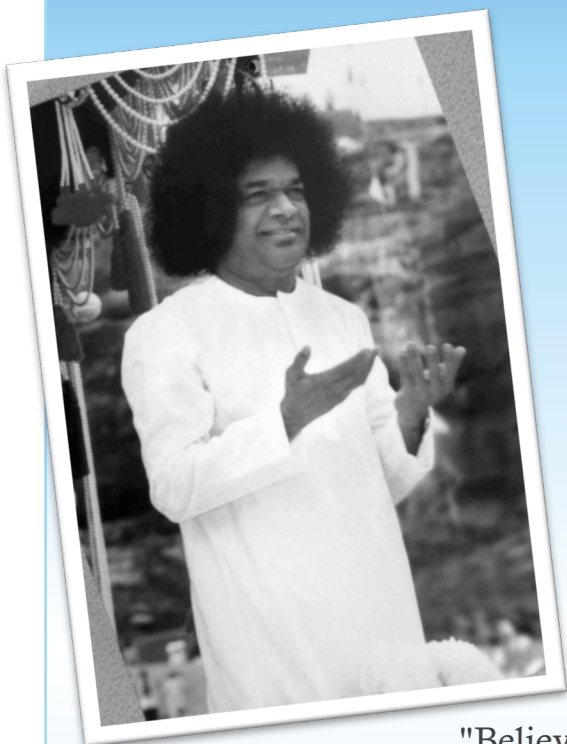
1. We should remember that Bhagawan Sri Sathya Sai Baba is our *guru*, God, and saviour.
2. We should study Swami's teachings, remember, contemplate and practice.
3. We should make a pilgrimage to the holy land of Puttaparthi (the *punyabhumi*).
4. We should participate in the divine legacy—Swami's educational institutes, medical institutes, social service projects and the Sathya Sai Organisation.
5. Most importantly, we should practice *premayoga*, the path of love.

If we fulfil these mandates our lives will be sanctified. We have experienced the pristine, divine love of Bhagawan Sri Sathya Sai Baba, who is the incarnation of love, the embodiment of love and love walking on two legs. Let us resolve to reach the *summum bonum* of life, the realisation of our divine nature in this very lifetime.

**If not now, when? If not us, who?**



the 2014  
Canadian Christmas  
Pilgrimage to Prasanthi



*All are One!  
All are Love! All are Sai!*

"Believe that all hearts are motivated by the One and Only God; that all faiths glorify the One and Only God; that all Names in all languages and all forms man can conceive denote the One and Only God. Cultivate the attitude of Oneness between people of all creeds, all countries and all continents. This is the message of love I bring. That is the message I wish you take to heart."

—Sathya Sai Baba



**Pilgrimage Dates**  
**December 23<sup>rd</sup> to 28<sup>th</sup>, 2014**

# the 2014 Canadian Christmas Pilgrimage to Prasanthi



The Christmas celebration this year at Prasanthi Nilayam will be held in December 2014. Bhagawan Sri Sathya Sai Baba has showered His divine blessings on His children from Canada, inviting them to lead and organize the Christmas Celebrations at Prasanthi Nilayam in Puttaparthi. This is a privilege and honour bestowed on the Sai family in Canada through His everlasting sacred presence to fulfil our divine lives. Moreover, this pilgrimage is a great opportunity to soak up the grace and blessings of Bhagawan, and a wonderful occasion to convey to our Divine Mother Sai that we will always be grateful to Her; and that Mother Sai continues to hold that very special place in our hearts. This is the second pilgrimage subsequent to embarking on the first one at the National level in 2010. However, this time we are further blessed to organize the Christmas Celebrations at Prasanthi

Nilayam. Let us all enthusiastically and actively engage and join together to make this forthcoming pilgrimage to Prasanthi Nilayam a memorable one.

There are some devotees who may query as to the purpose of going on a second pilgrimage. A few of them could be interpreted as "Why should we go to Prasanthi Nilayam?", "What is the benefit we gain in the absence of Swami's Physical presence?". "For whose benefit

are we decorating the Prasanthi Nilayam and Bhagawan's residence or performing cultural programmes?" The answers to these questions are very simple. It is like asking why do devotees go to Tirupati on pilgrimages when the Preserver of the Hindu Trinity Lord Venkateswara is omnipresent. Moreover, the same question can be asked about going to Kasi, or presently known as Benares. This is a city on the banks of the sacred river Ganges or Ganga, which has spiritual significance. The basic element of water is imperative to the survival of life and is available universally. However, the purifying waters of the Ganges will always be called Ganges, and is not the same water found elsewhere on this planet. It is unique in the annals of Hindu civilization and a place visited by Adi Shankara, a place where people from other religious denominations also congregate daily to do penance. It is also a place where saints and sages spend their lives.



the 2014

# Canadian Christmas Pilgrimage to Prasanthi

Why do we go to the church, mosque, or temple when God is Omnipresent? What do we find there in Bethlehem and Jerusalem when the love and teachings of Jesus are universal? That is the place associated with the life of Lord Jesus Christ, the Lord of compassion. Christ is the only one who gave His life for the sake of humanity.

As Sai Devotees, our holy place is Prasanthi Nilayam where our beloved Bhagawan now resides

timeless, and in doing service in its holy precincts cleansing our beings of all past karmas. This is the place where Bhagawan walked amongst us, blessed us, talked with us, joked with us and sang with us. This is profoundly the holiest of all holy places. Bhagawan in one of His discourses said, "This place will be like a Shirdi or Tirupathi. Every stone, dust particle, bush and tree in this holy land is saturated with Bhagawan's love and blessings".

*All are One!*  
*All are Love! All are Sai!*

permanently. Prasanthi Nilayam is the place where the Lord chose to take birth, and also where Bhagawan began His Avataric Mission of transforming 'Man into Divine'. His Divine Call drew millions of pilgrims and seekers like us from across the globe to this sacred land of Puttaparthi for many decades. At this holy place, all the devotees found great joy and fulfilment, and returned with greater strength spiritually to progress in their life's pilgrimage. Bhagawan continues to bless the multitudes of devotees from His Mahasamadhi even to this day as they gather in Prasanthi Nilayam to seek solace, strength and inspiration to experience profound inner joy and peace or to express their sincere gratitude. By visiting this holy place of Prasanthi Nilayam, we are re-affirming our allegiance to our Guru, confirming that our relationship with Sai is

To put it simply and more vividly, all of us use mobile phones that have to be charged to function properly and efficiently. On the contrary, if it is not charged, it does not serve the purpose and is considered to be worthless. Similarly, our 'charging centre' is the Prasanthi Nilayam Samadhi! The Divine Samadhi, is charged with dynamic powerhouse of spiritual energy that fills each and every cell in our human mind. This undoubtedly means that we all need a charger to progress in our spiritual life. This life needs a 'living charger' and that charger is Sathya Sai Samadhi.

The National theme for 2014 is, "All ARE ONE, ALL ARE LOVE, ALL ARE SAI". This particular pilgrimage also serves the significance of harmonising our thoughts, words and deeds. It intensely engages us to be in perfect harmony with

# the 2014 Canadian Christmas Pilgrimage to Prasanthi

our Divine Lord Sai, and experience the Bliss of our true nature. Furthermore, it is also a great opportunity to fulfil our lives and express our love and gratitude to our Divine Master.

The objective of the Canadians devotees during the 2014 pilgrimage is to transform the Sai Kulwant Hall and entrance to Swami's residence and balconies with a Canadian Christmas theme, which reflects the natural beauty of Canada and spirit of love and giving. Canadian devotees have been given the task to initiate and lead the Christmas Carols on Christmas morning, and subsequently stage a musical performance during the holy festival. The Sathya Sai School children will also present a play, and throughout the pilgrimage, devotees will have several opportunities to participate in service and devotional activities.

Kindly note the following dates:

- **Christmas Carols led by the Canadian Devotees** - Thursday, 25th Morning, December 2014.
- **Play by the Sathya Sai School of Canada** – Thursday, 25th evening, December 2014.
- **Musical Performance by SSE/Youth/Sathya Sai school** – Saturday, 27th evening, December 2014.

The Christmas decorations are required to be set up on the 22nd of December, 2014. The removal of the decorations usually commences on the 29th of December, and will continue accordingly until everything is taken down by the 2nd of January.

Therefore, devotees will have several opportunities to join and participate in decoration activities from December 10th to January 2nd.

The registration form to participate in this memorable pilgrimage is now available. Kindly register at your centre or devotional group early as possible.

We welcome everyone to join in this Pilgrimage to offer ourselves to Him and experience the bliss of Oneness.

With Love and Sairam

Dr. T. Thayaparan,  
Chair.

Preeti Mathur,  
Vice-Chair.

Central Council of Canada,  
Sri Sathya Sai Baba Organisation in Canada.

## Sai Family News

### *“A SAI Home for ALL”*

*Jayanthi Ram  
Sathya Sai Baba Centre of  
Vancouver*

Anyone in North America, who hears the term, ‘Open House’, would identify it to a ‘viewing’ of a residential property that is placed in the market for a limited time for sale. The Sri Sathya Sai Center, Vancouver, adopted the term, Open House, in 1995, with a different intention--to open the doors wide enough to welcome men and women of all backgrounds who were eager to learn about Sathya Sai Baba and His teachings.

In the initial years of the Open House concept, for a few hours every Saturday morning, newcomers interacted with long-time devotees of Swami who shared the same spiritual yearnings. Many visitors, when asked by the volunteers as what brought them to the center, narrated as how they were guided to the Sai Center in a vision. From a swelling collection of Sai literature in the library, the attendees were encouraged to borrow books, DVDs, CDs, many of which donated by Sai devotees. The volunteers picked out videos about Swami’s life, His teachings, His work and His Mission for the visitors. Sathya Sai Open House became the heart of Vancouver Sai Center communal activities for new devotees and hub for spiritual discussion, and the source



*The Vancouver Sathya Sai  
Community Center*

for many a topic for the Study circle. A story-sharing session that reflects Swami’s teachings was shared by a devotee every week. The visitors usually left with Swami’s picture and vibhuti.

Soon, Sri Sathya Sai Community Center, Vancouver, was seen as a spiritual haven by spiritual seekers from different races and religions.

It has been 18 years. And, the vision with which the Open House was started has not dimmed. Even today, each Saturday morning, a small group of Sai devotees from different faiths, volunteer their time to share their knowledge and information about Swami with visitors. These volunteers, who were ‘visitors’ once at the Open House, have mastered the art of organizing a knowledge fair for the benefit of the visitors who come very eager to know about Baba. The Open House has become the





*Inauguration of the Sathya Sai  
Community Center*

first stop-over in the spiritual journey of those who wish to connect with the divinity of Swami.

Open House concept has acted like a spring fountain for many activities that have

continued for the past several years. A Chinese language fellowship and a Japanese language fellowship have sprung forth from the open house who wanted to learn and sing Sai bhajans in their own language. The Chinese group has more than 50 members and the Japanese group has fifteen members. The volunteers assisting with the open house help these groups with a large collection of Sai literature, both audio and visual in Chinese and Japanese languages from the center's library.

Non-Indians, many of them long time devotees of Baba have this to say about what brought them to the Open House-

“Shortly after I learned of Baba, in the fall of 1997, I was told about the Vancouver Sai Centre and the Open House on Saturdays. I began to attend the Open House on a fairly regular basis to borrow books and videos. It was a warm, welcoming atmosphere and one in which I was able to ask questions and talk with long time devotees in a relaxed setting. All of the volunteers there were very open and helpful. Some time later, I also decided to volunteer at the Open House and did so for a few years. I enjoyed spending time with other devotees and it was also my way of giving back.”

I wish to attribute the success of the Vancouver Sai Center to the Study Circles, wherein a person could learn more about Baba's teachings through a question and answer



*Volunteers during a Saturday  
'Open House' Session*

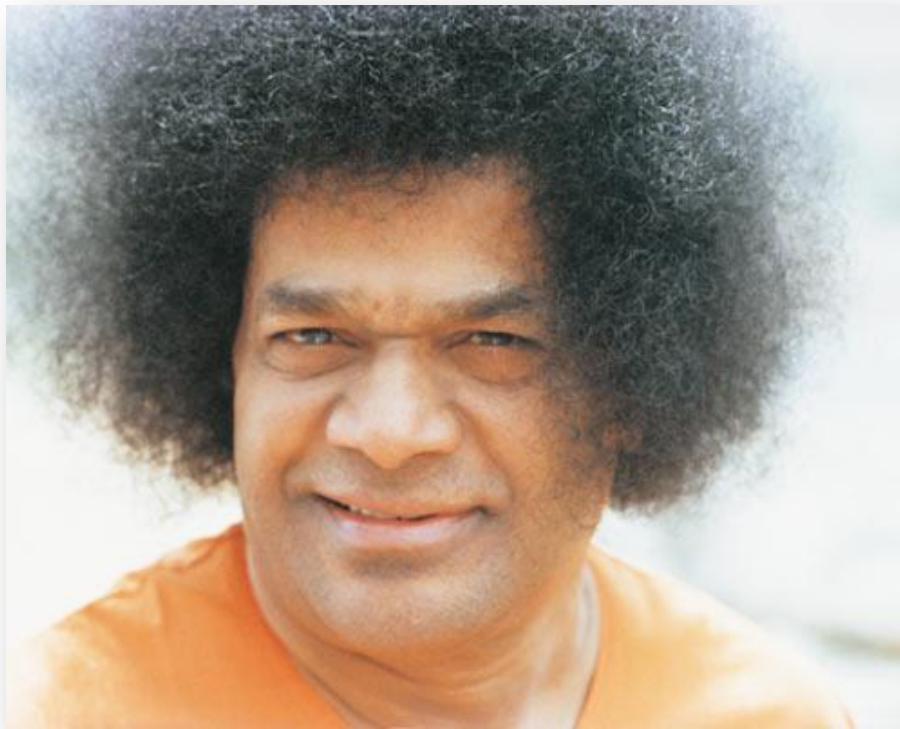
session. She says, she found study circles conducted by a former student of the Sri Sathya Sai Institute of Higher Learning, very inspiring. “The Open House is one of the best things that the Vancouver Sai Centre does. Whenever I meet someone who expresses an interest in Sai Baba, I tell them about the Open House. Being able to borrow books, in a variety of languages, and videos or DVD’s is so helpful to someone who is new to Baba. And being able to talk to someone and ask questions in such a relaxed setting is a great service to offer. Having volunteers from various cultures at the Open House also shows our unity in diversity along with the symbols of the major

religions on the walls. Spiritual retreats organized by the Vancouver Sai Center, where guest speakers share their insights into Baba’s teachings and their own experiences with Baba are something to look forward to. In my opinion, all of the above events that facilitated interaction with devotees from all faiths and languages have contributed to the success of the Vancouver Sai Baba Centre and I am grateful to have such a wonderful centre to attend.”

Another long time devotee says, “Vancouver Sai Centre with its Open House has been instrumental for my spiritual awakening and in finding my spiritual master in Sathya Sai Baba. Baba’s teachings are beyond religions. He teaches the essence that all religions strive for—Love, peace, unity, forgiveness, the realization of our true self. Coming to the Open House gave me a feeling of belonging to a group of people who do their best in practicing selfless love that seeks no rewards. Positive vibrations permeate the entire building that houses the Sai Center. I am witnessing the ongoing transformation of individuals, including myself. We are all more loving, becoming more open and smiling more. I’m blessed being allowed to work at the Open House in our new Sathya Sai Community Centre along

*“.....the Sai Centre was functioning as a community centre in the truest sense of the term when he saw the foot-prints of people from different faiths on a multi-hued tapestry.....”*





with Sai brothers and sisters and practice what our beloved Baba has taught us to do- outreach and service to the community.”

Divine grace manifested itself in the form a three-level building and the Vancouver Sai Center, moved to its new and permanent home that could accommodate a larger number of devotees. The building was indeed a great blessing. Now, the duty to secure this blessing sat on the shoulders of Sai devotees and they were called to the test. The building was not ready to be moved into and was in a great need for repairs. When put to the test, the Sai family members, from different cultures, became willing participants and they showed their love and unity in building a community center, in the truest sense of the term, by donating generously. Some donated their time and their skills lovingly. All other rigmaroles and legalities fell into place without obstacles

and difficulties. The solicitor who handled the legal property transfer papers worked pro bono.

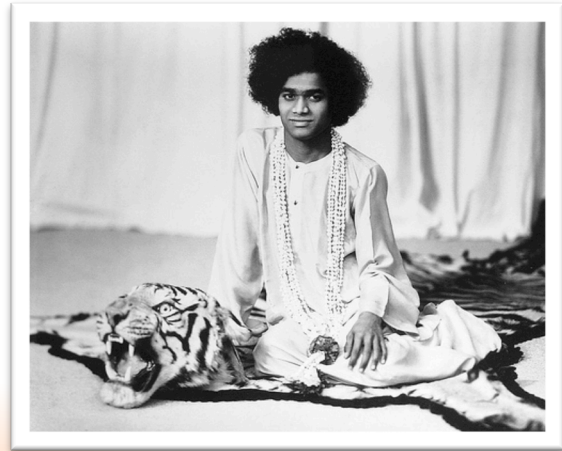
Dr. G. Venkataraman, who heads Radio Sai in Prashanti Nilayam, inaugurated the Sri Sathya Sai Community Centre in June 2013. He was happy to see that the Sai Centre was functioning as a community centre in the truest sense of the term when he saw the foot-prints of people from different faiths on a multi- hued tapestry that covers a good part of the Sai Centre, woven 18 years ago. Swami’s messages of Love, Service, Unity and Oneness are not merely posters that adorn the walls of the Sathya Sai Centre in Vancouver, but have become the bedrock and undercurrent that drives all its activities.



# Reflections from SSE

## “A Commitment Letter to Swami”

**By: Namrata Das, Group 3  
Sathya Sai Baba Centre of  
Saskatoon**



Dear Swami,

Today, the sweet songs of the birds do not ring out. The beauty of the flowers does not warm us. The trees remain disregarded. The water – wasted. The animals killed. People – murdered and depressed.

Today, disasters sweep across our land. Daily I hear news of crimes. Murder, daily I feel the negative aura of people. We live in the beautiful world gifted to us by you; mother, but infected and desensitized to the horrors that take place today. There is one reason behind this; the lack of consideration, the ability to forgive, and the presence of love. There are few souls that shine through all this darkness, and light a fire to remove the darkness of these infections, these impurities. Man has polluted your world. The peace, happiness, and strength that used to reside in all have disappeared. Each has to work hard to retain this. Everyone should take responsibility and take it upon themselves to keep a clean

*I commit myself  
to understand these words, and  
hope others will too because then,  
one by one, we will make the  
difference in our world.*

atmosphere of love.

To you I promise my commitment, mother. I want to be able to cleanse myself to be able to be a role model for other. Firstly, I commit my hands. I promise that my hands will not hurt.

They will work only to help others. I give you my words so I do not use them as a weapon. I want to give up my insensitivity. This one will be difficult because the words of others can really hurt me and I also do not want to speak hurtful words to and of others. I give you my mind to be purified of all bad thoughts and lastly, I promise to work at hacking through my rock piles of ego.

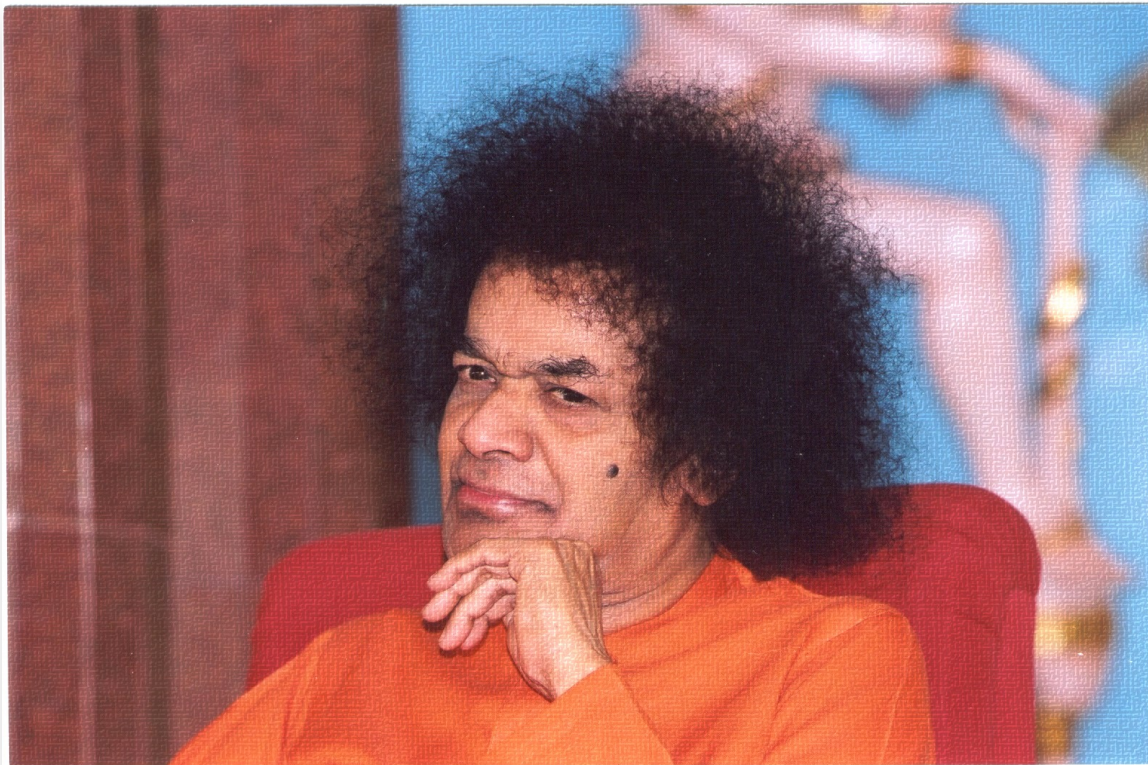
I will start working towards these goals with my family and hope that I will be able to regard all with respect and live your words to the fullest. Mother, you have said these words: “Do not be misled by what you see around you, or be influenced by what you see. You

live in a world, which is a playground of illusion, full of false paths, false values and false ideals. But you are not part of that world.”

I commit myself to understand these words, and hope others will too because then, one by one, we will make the difference in our world. I will try to not be wrapped up in my own world, but next time, hear the chirping of the birds, and smell the sweet scent of your flowers.

Mother thank –you for forgiving. Thank- you for keep these birds singing for us all to hear and the beauty of the flowers untouched by impurities.

One of your many children,  
Namrata





## ***“Unity in Diversity”***

***By: Namrata Das, Group 3  
Sathya Sai Baba Centre of  
Saskatoon***

*Once upon a time, there were four different villages. Each village was dependent on the other three, for the four villages were homes to different kinds of people having unique talents. The residents of each village were in search of a human value. The people of the first village make an effort to practice truth. The indwellers of the second village tried their best to act right. If one traveled farther, one would come across the villagers that attempted to prevent violence in their village, and beyond that was the village that was absolutely quiet.*

*One day, an explorer hears about these four villages and decides to visit each village and observe how the villagers were progressing in their search. Now he is nearing the first village. Let's see what he finds out.*



**Traveler:** So this is the village that tries their best to be honest. I have heard in every house of this village they speak truth. What is more wonderful than a world without lies? I have travelled far and how lucky I am that I have first come upon this village. This village is in charge of cultivating the crops for all four villages. Perhaps someone will spare some food for me to eat.”

*Desperate for food, the traveler approaches a mansion, hoping that the occupants will provide him some food to eat after his long journey. (Traveler knocks on a door. Woman opens the door.)*

**Traveler:** Ma'am, I have come from far away. Please, may I have some food to fill my empty stomach?

**Woman:** I have prepared food for my husband, and it is waiting for him on the table for when he returns from work. It is not for you. Get away from here! Go away you ugly, filthy wretch!



**Traveler:** Please spare a morsel for me from your beautiful garden.

**Woman:** Follow me.

*Woman: leads the traveler to her garden, when plenty of fruits and vegetables are growing. For the traveler, she picks out a stick of dry celery. The traveler was shocked by this.*

*(Woman goes back into the house.)*

**Traveler:** Indeed, these people are blatantly honest but selfish, and unkind too. There inside her house, the table was piled with food, but all she has given me, a poor, hungry traveler, is this stick of celery! They say that this village practices honesty, but one can't use it as a weapon!

*(Traveler walks off stage and re-enters)*

*Next, the traveler decides to investigate the second village, the village that tried to act right. He attempts to test the people.*

**Traveler:** This is the village in search of right conduct. They are a hardworking lot. This village is in charge of making clothing for all four villages.

*The traveler knocks on a door of a beautiful house painted in blue, and enters when he is welcomed by a young man.*

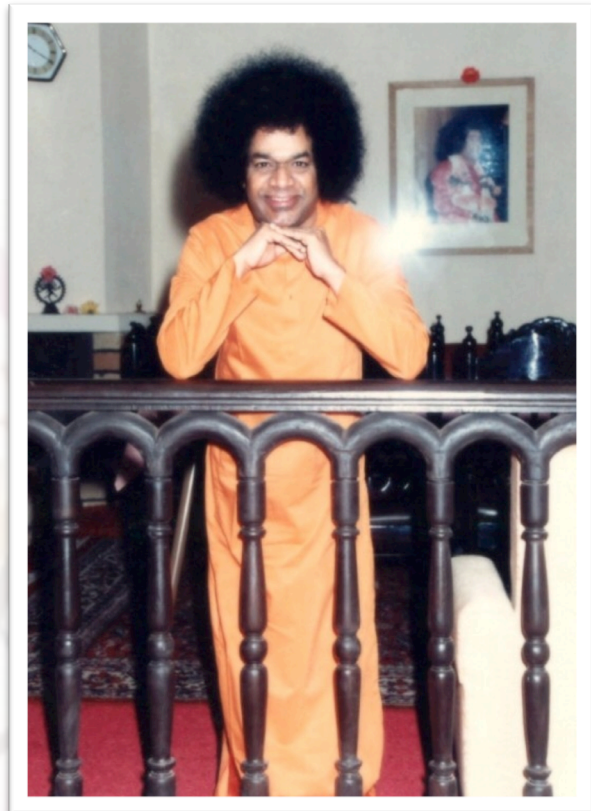
**Man:** Sir, your clothes are in tatters. Have this dress. It is one of my best works. Just look at all the intricate patterns and designs.

**Traveler:** It is okay. I have not come for a new dress, but I would be very grateful if you could give me a glass of water.

**Man:** Certainly sir! But here, have this dress. I have made it myself with my own skills.

*(Man gives him water, and traveler accepts the gift given to him by the man. The traveler then exits the house.)*

**Traveler:** He has readily given me this dress without hesitation or asking for money. He also gave me water when I asked for a drink, but his actions are not true and righteous.



They are driven by his ego.

*Now the traveler is approaching the village that did not have any violence. This village has been given the primary duty of manufacturing machinery for the other villages. He wonders as to what flaws he would find there...(Traveler knocks on a door. A woman opens the door.)*

**Woman:** Oh sir, please come in and join us for tea.

*(Traveler enters the house and sits down as the woman hands him a cup of tea.)*

**Traveler:** Thank-you ma'am. This tea is wonderful.

**Woman:** Shall I get you some more?

*(Woman takes the cup and walks off stage. There is a child lying on the ground, sketching. The traveler approaches the child.)*

**Traveler:** Child, what are you drawing?

**Child:** These are blueprints for the machine I have designed. See, it is a machine that will automatically help me find non-violence.

**Traveler:** Child, your search for non-violence will never end in a success.

**Child:** This machine is sure to work .... Once I have made it.

**Traveler:** If that is so, show me your creation.

**Child:** I would've gladly shown you, but the building requires nuts, bolts, hammers and other dangerous tools.

**Traveler:** How do you create machinery if you cannot even hold a hammer?

*The child takes the traveler to a room. In the room the traveler sees.....*

**Traveler:** Paper! Piles and piles of paper! Worry is not the way to seek non-violence? Not only have you not reached your goal of attaining non-violence, but you have allowed worry to get the best of you and are neglecting your duty to serve the other





four villages!

*(Disappointed, the traveler exits the house/stage.) Finally the traveler reaches the last village. It is absolutely silent. (Traveler looks around the deserted village.)*

**Traveler:** Here, it is very quiet and peaceful, but mainly because all the people are busy sleeping. Laziness is not the path towards peace!

*(Traveler exits the stage and re-enters.)*

**Traveler:** Oh! What has become of these villagers? They have not truly attained their goals and they have let bad qualities become an obstacle in their search. I know how to solve this!

*The next day, the traveler calls the people from all villages.*

**Traveler:** Each one of you seeks to attain truth, right conduct, non-violence, or peace, but your methods are all wrong. I have an idea – how about if all the four villages untie your boundaries and become one? In this village, all of you must make every effort to be loving, caring & shall share your duties and goals, and learn to work in unity. Where there is unity, there will be purity in your thought, word and action. Hence, automatically there would be divinity in such a place.

*Many years pass by; the village established by the traveler expands and becomes very successful. All of the villagers have now completed their search. Do you know what this one village was called? It was called the "Village of Love". All along, the key to happiness and prosperity had been love. By practicing love, the villagers were able to attain their respective goals. After all, Love is selflessness,*

**Love as Thought is Truth.**

**Love as Action is Righteous Conduct.**

**Love as Feeling Peace.**

**Love as Understanding is Non-violence.**

**- (Sathya Sai Speaks., vol. 5. "Well or ill," Chapter 38)**

By Namrata Das SSE Student (Group III)



## ***“What I learned about Prayers?”***

***By: Heni Lad, Group 3  
Sathya Sai Baba Centre of  
Winnipeg***

**What is a prayer?** A prayer is something you say like a mantra. A prayer is a conversation you are having with God.

**How do you know that God is listening to you?** Well, if you get what you ask for, then you know that he has heard you!

**What do you pray for?** I pray for the 5 needs- clothes, water, food, pure air and shelter!

**What do you ask for when you pray?** I ask God to make my friends be nice to me! I ask God to help the homeless, the hungry, the poor and the sick. I think it is important to pray for others besides you!

**Sometimes you say a prayer before your meal. What are you praying for then?** You are thanking God for the food you are about to eat! Saying thanks to God is an important part of your prayers. When you offer a prayer before your meal you are saying to God that “You are the food, You are the enjoyer of the food, You are the giver of food. Therefore, I offer all that I consume.”

**What do you thank God for?** I thank God for my parents because they take care of me. I thank God for the trees, the animals, the flowers, the Sun, the Moon and this beautiful World!

**Why are the prayers important to you?** Because, that’s how I find out what God wants me to do?



**Let us name the 10 things God would want us to do!**

1. Go to school.
2. Listen to our parents and teachers.
3. Be kind to others.
4. Do not waste food, water, energy and time.
5. Do our homework.
6. Be nice to our friends.
7. Help to clean up the Environment.
8. Say our prayers.
9. Help as much as I can.
10. Do not hurt anyone.

**What do you think is the best prayer?** “Some people have favorite prayers and that is their best prayer. Like Gayatri mantra, The Lord’s Prayer, Sarva Dharma Prayer or a Guru Prayer. A prayer you say from your heart is the best prayer because a prayer that comes from the heart is honest and sincere & God always listen to such prayers.”

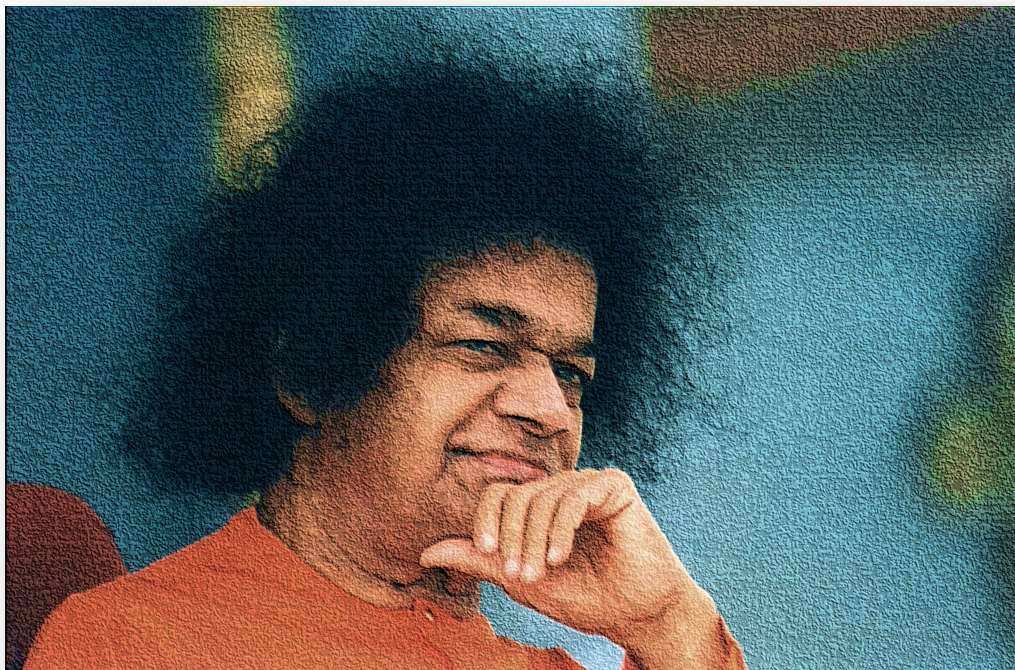
**What do you think Baba will tell you the best prayer is?** “A prayer that asks for wisdom and strength is the best prayer.”

**Why would that be the best prayer?**

“Because, wisdom will help me to know what is right and strength will help me do the right thing. When our prayer comes from the heart and we ask for the right things, God is very pleased with us.

**My best prayers:-**

**O God! Give me the wisdom to  
See no evil, see only what is good  
Hear no evil, hear what is good  
Talk no evil, talk what is good  
Think no evil, think what is good  
Do no evil, do what is good  
And give me the strength to do all of these things always!**





***Morning Prayer***

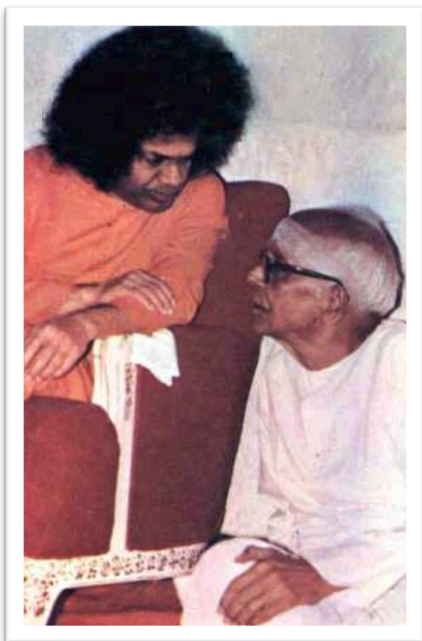
*Oh Lord, I am born from the womb of sleep.  
I am determined to carry out all tasks this day  
as offering to Thee ever present before my mind's eye.  
Make my words, thoughts and deeds sacred and pure;  
let me not inflict pain on anyone;  
let no one inflict pain on me;  
direct me, guide me this day.*

**Sri Sathya Sai Baba, SSS, 2 p. 71**

***Evening Prayer***

*Oh Lord, the tasks of this day, whose burden  
I placed on you, are over.  
It was you, who made me walk, talk, think and act.  
I therefore place on Thy Lotus Feet, all my words, thoughts and deeds.  
My task is done. Receive me.  
I am coming back to you.*

**Sri Sathya Sai Baba, SSS, 2 p. 71**



***Thus I am Born***

Baba says to Rise every day, sit on the bed, and say this prayer before starting the day. Then remember this pledge throughout the day:

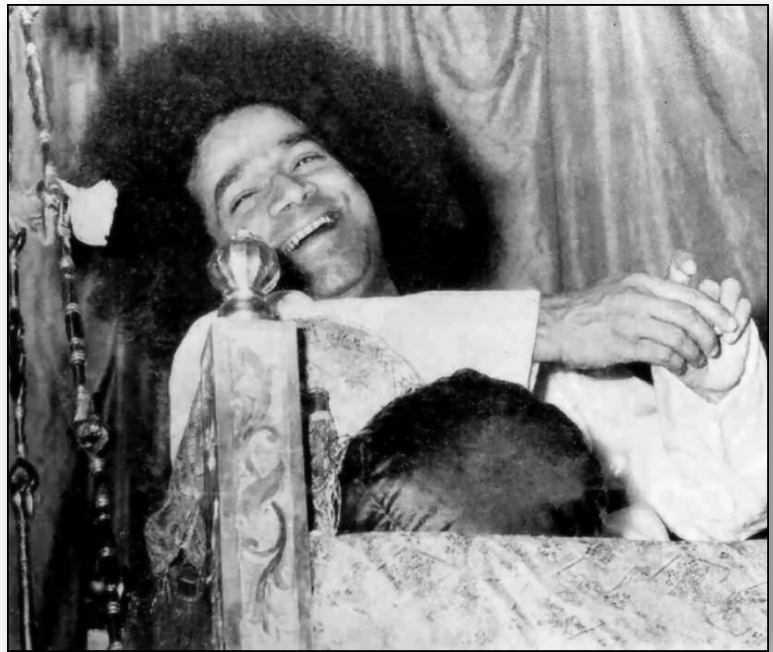
*“Thus I am born  
Make me speak soft, sweet words;  
Make me behave comfotingly to all;  
Let me do deeds that shower happiness on all,  
And form ideas in my mind that are beneficial to all.  
May this day be made worthwhile by thy service. “*

**Prayer written by Sri Sathya Sai Baba  
and given to Prof. Kasturi, November 23, 1962**



**“Sai Word Search”**

**By: Manisha Gurukumar,  
Group 2  
Sathya Sai Baba  
Centre of Winnipeg**



T	U	R	I	G	H	T	C	O	N	D	U	C	T	H
P	E	A	C	E	L	V	S	D	S	K	S	L	V	O
N	P	U	T	H	O	P	E	S	N	R	K	O	S	N
B	U	N	E	R	E	S	P	E	C	T	T	V	O	E
V	R	I	R	A	R	V	O	E	U	P	E	E	F	S
S	I	T	C	S	H	E	L	P	I	N	G	G	V	T
F	T	Y	A	P	B	S	C	H	G	N	R	A	R	Y
J	Y	Q	R	M	N	R	S	S	H	A	A	R	K	E
G	P	O	I	N	O	D	H	E	U	Y	C	U	V	N
N	T	O	N	U	N	S	L	K	N	V	E	O	T	E
I	P	T	G	E	M	P	J	O	Y	D	R	C	J	L
R	K	J	I	R	F	M	P	I	O	Y	N	I	I	B
A	O	R	J	U	T	R	U	T	H	H	C	I	P	O
H	F	I	L	C	L	H	E	L	P	F	U	L	O	N
S	P	T	D	E	V	B	L	I	S	S	T	O	P	I

**Down:** Caring, Love, Honesty, Unity, Grace, Purity.

**Up:** Courage, Sharing, Noble

**Across:** Peace, Joy, Bliss, Truth, Right Conduct, Respect, Hope, Helpful, Helping

## Sai Q&A

**Anil Kumar:** Swami! Today's atmosphere is, indeed, nightmarish. There seems to be no end to injustice, disorder, unrighteousness, and falsehood. Forgive me, Swami, if my question is not proper. Kindly clarify my doubt. How much justice did prevail in the Age of the Mahabharata? Besides serving poisoned food to the Pandavas, setting fire to the house of lac, and attempting to murder them in other ways, the Kauravas denied them their rightful share of the kingdom, not even five villages, not so much space as the point of a needle. How much of the moral code or the law of the time had the Kauravas followed? How little peace was ever there in that yuga?

**Bhagavan Sri Sathya Sai Baba:** The distinctive dharma of the Dvaparayuga is not fully found in that yuga. The beginnings of Kali, its mode and behavioural style, are already noticeable. For the wicked conduct of the Kauravas ; Sakuni is largely responsible. Heeding his advice and egged on by him, they behaved in the way they did. Undoubtedly, launching themselves on unrighteous paths is the fault of the Kauravas. Remember, all this took place in the kingdom of Dhritarashtra, the blind king. Blindness is but the failure to recognise Satya, Dharma, Santi, and Prema. Walking along the main streets one day, Dharmaraja saw a farmer transporting bags of paddy in carts. He asked the farmer, " Sir! Why are you carrying paddy in bags? You can as well leave it in the fields, can't you?" The farmer replied, " O King! A few days ago, our paddy was stolen from the fields. That is why we are pouring it into bags and moving it into our homes. " Dharmaraja noticed there the signs of the approaching Kaliyuga. On another occasion, he noticed a woman walking brazenly in the main street and conversing with a man uninhibitedly, without in the least feeling shy. He thought, " Oh! The Kaliyuga is at hand. " Another day he observed the citizens hanging iron lumps at the entrance to their homes. He asked them, " What is this?" The people replied, " O King! Now that so many thefts are taking place, there is no security for our belongings, our ornaments, and our food grains. That is why we are using these lumps called locks. " Thus, even in the Dvaparayuga, the symptoms of Kali were in evidence.

*Satyopanishad, Part 1, Chapter X*

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**Sadhaka:** What is the main lesson that the Rig Veda teaches?

**Bhagavan Sri Sathya Sai Baba:** The Rig Veda teaches Unity. It exhorts all men to pursue the same holy desires. All hearts must be charged with the same good urge. All thoughts must be directed by good motives towards good ends. All men must tread the one Path of Truth for all are but manifestations of the One.

People believe today that the lesson of the unity of mankind is quite new and that the idea of progressing towards it, is very praiseworthy. But the concept of human unity is not at all new.

In Rig Vedic times, the concept has been proclaimed much more clearly and emphatically than now. It is the preeminent ideal of the Rig Veda.

All are parts of God, His Power, His Energy. The *Atma* that is the Reality in everyone is, in truth, the One manifesting as the Many. The Veda demands that difference and distinction should not be imposed. This universal inclusive outlook is absent among men today. They have multiplied differences and conflicts and their lives have become narrow and restricted. The Rig Veda, in the ancient past, pulled down restrictive barriers and narrow feelings and proclaimed Unity.

*Leela Kaivalya Vahini, pg. 14-15*

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**Hislop:** Is not praying to God the same as begging?

**Bhagavan Sri Sathya Sai Baba:** To beg from an equal puts you down and him up. But to ask God, you rise up to His level. You must ask God. To ask God is perfectly all right. It is not begging.

**Hislop:** But I had thought that since God knows each problem, that if it was appropriate to remedy the trouble God would do so without being asked.

**Bhagavan Sri Sathya Sai Baba:** Important answer! No. It is your duty to ask God. Words must be spoken, and the words must correspond to the thought. The thought must be put into sincere speech. It is correct that Divinity is Omniscient. But He requires that sincere words be spoken. The mother may know the child requires food to maintain life, but milk is given when the child asks for it.

**Hislop:** It is not clear when one should ask God and when one should not. For example, there is a headache that doctors seem unable to cure. I do not ask Swami to cure the headache; I do not pray for a cure. However, in a letter, Swami wrote; 'How is your health? Do not worry about that. Your God is always with you, in you, around you'.

**Bhagavan Sri Sathya Sai Baba:** That is right. What Baba said is enough. For you, body identification is weakening. You have a headache today, a stomach pain tomorrow. Let it go. Don't worry about it. You are not the body. Once Baba has told you not to worry, there is no need to ask Him about it. Don't identify.

**Hislop:** Does Swami mean that for those persons still fully identified with the body, a continuous headache might be a proper subject for prayer?

**Bhagavan Sri Sathya Sai Baba:** Yes, but why bother Swami about a mere headache. You may tell others the same.

*Conversations with Sai, Part 13*



## What's New on Radio Sai



### Growth, Stability, and Order in Human Society

In this article, Prof. Venkataraman addresses the students of the Sri Sathya Sai Institute of Higher Learning on the importance of Swami's message in the present age through a revisitation of Swami's Vivekananda's Teachings and Mahatma Gandhi's life.

### Paramam Pavitram Baba Vibhutim

This beautiful article walks us through the power of Vibhuthi and explains how Vibhuthi is currently made in Prasanthi Nilayam. It is filled with divine pictures of Swami's helpers silently working for the Lord, filling his grace into small *Likhita Japam* printed packets.



### Alluring Shivaratri Spectacle of Yesteryears

In this article, Ms. Janet Bicker recounts her experience at MahaShivaratri celebrations, watching our Dear Swami materialize lingams during *Lingodbhava*. Her loving account touches on the significance of *Lingodbhava* and how the experience transformed her life.



### **Sathya Sai School of Canada Ranked Among Top Six Schools in Toronto**

The Sathya Sai School is proudly featured on Radio Sai as Canada's Crown Jewel. This honour is only possible due to the hardwork of the educators and students and most importantly Bhagawan's EDUCARE Education Philosophy.

### **A Remarkable Devotee Mergers in Her Master Divine**

She might have been a renowned actress who filled her fans with joy for several decades. But for the Sai family she was a simple, sincere devotee ever ready to serve our beloved Bhagawan. This article is a tribute to the life of a legendary devotee.



### **A study circle on why Swami hailed Hanuman as the ideal for His students and devotees**

On His 65th Birthday Swami unveiled the gigantic 65-ft statue of Hanuman in the Hill View Stadium. On the day of His Birthday the Lord chose to install the statue of not any of His forms but the image of His devotee. This four-part article chronicles Hanuman's role as a true devotee.

# Guidelines for Contributions

The objective of this Newsletter is to encourage Sai devotees and their families to understand Bhagavan Sri Sathya Sai Baba's teachings and His emphasis on transformation. Through your participation, we can share in the process of putting His teachings into practice and realise not only our inner divinity, but the divinity in our fellow beings and the Oneness of all.

Thus, we become Swami's instruments in living the message of Truth, Righteousness, Peace, Love and Non-violence where ever we are. Articles may include, personal experiences, reports on Sai retreats, workshops, special events such as guest speakers, book reviews, service activities, children's stories and most importantly, stories of transformation. Devotees skilled in art work, photography and graphic design may also contribute. Cartoons are an excellent way of delivering Swami's message visually.

**General guidelines:** Please communicate by e-mail your own story ideas, or thoughts about what would make this Digital newsletter more interesting for you and all our Sai Brothers and Sisters everywhere. Articles should not exceed 2-1/2 typewritten pages or 900 words. Please include your name, age (for children), gender, email address, phone # and references for all quotes. An MS Word file, emailed to the editor, is preferred. Send relevant high-resolution pictures in jpeg format. EDITOR RESERVES THE RIGHT TO SELECT & EDIT THE MATERIAL FOR PUBLICATION.

**Deadline for Spring Issue May 14, 2014**

