



Canadian Sathya Sai Newsletter



Maha Sivarathri Issue

March 2012

Vol: 25 Issue: 1

Sri Sathya Sai Baba

Organization of Canada

www.sathyasai.ca

Central Co-ordinator

Dr. V.P. Singh

The Sri Sathya Sai Baba Organization of 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.

Canadian Sathya Sai Newsletter

30930 Polar Avenue
Abbotsford, BC V4X 1Y8

Editor

Dr. S. V. Evani

<sainewsletter@shaw.ca>

Graphic Design

Prem Sai Ramani

Published under the auspices of the Sri Sathya Sai Baba Spiritual Council of Canada, a registered charitable trust.



The "Ati Rudra Maha Yajna" was performed in the Sai Kulwant Hall from August 9, 2006, to August 20, 2006, for twelve days, in the Divine Presence of Bhagavan Sri Sathya Sai Baba for the benefit of humanity.

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Is Yagna a waste of valuable resources?

A good act can only lead to good result just like a mango seed can grow only into a mango tree as Swami often says. There are some who question the various oblations made to the fire during the Yagna, the grains, the ghee, etc. Is it not ludicrous to submit all these edible articles to fire when thousands do not have food to eat?

To this Bhagavan gave a beautiful reply in His discourse on the 16th of August. He said,

“Today a farmer sows five bags of paddy in a field. When they sprout, he transplants them in the entire field and waters them. Can anyone say that he is throwing valuable paddy into mud and water? Ultimately, he reaps a harvest of fifty bags.

Similarly, the rituals being performed by the Ritwiks (priests) confer great benefit on humanity; they are never a waste. Whatever is offered to God today is like this paddy and ghee; they all confer great benefit to humanity at a later date. Just as a bag of paddy sown in a field multiplies itself into fifty bags, similarly all the materials that are offered to Agnihotra (the fire-god) multiply themselves several times.... Whatever is offered to God, comes back to us a thousand fold.”

–Sri Sathya Sai Baba
H2H, September, 2006

Athi Rudra Maha Yagna in Prasanthi Nilayam



“The land of Bharat is like a teacher to all the countries in the world. Where else would Lord Siva incarnate, except in such a sacred land as Bharat?... This Yagna is being conducted for the welfare of the world. There is a very important aspect of this Yagna. The Athi Rudra Maha Yagna

protects and fosters the divine nature in the human beings, while rejecting and diminishing the demonic qualities. Thus, it works for the welfare of humanity.”

This is what Swami emphatically declared to the large concourse of devotees who had assembled for what was to be an unprecedented and supremely exalting spiritual experience, the Athi Rudra Maha Yagnam (the Supreme Sacrifice to Lord Siva) on the 9th of August 2006.

The Head priest of the Yagnam, Veda Brahma Sri B.S. Nanjunda Dixit said these words:

“The Athi Rudra Maha Yagna is the highest form of worship of Lord Siva. At present the same Athi Rudra is being performed in the presence of Rudra Himself...it is a unique opportunity for everyone to enjoy the blessings of Bhagavan, as this yagna is for the spiritual progress of humanity as a whole. At the same time it is the duty of each one of us to express our gratitude for our existence and also to spread the message of love and peace.”

“It Was Priceless, Heavenly, Revitalising...” – A Youth from Canada

“When I contemplate back on the Athi Rudra Maha Yagna, words like priceless, heavenly, revitalizing and auspicious come to mind. The hours spent in lines to sit in the Sai Kulwant hall and the early mornings were all worth it. As I sat amongst devotees from all nooks and corners of the world, I was overcome by a unique sensation. I felt at peace during the chanting of the Vedas. The Vedas seem to have an exceptional cleansing and energizing property contained within them. Although, in all honesty, I had little idea of what was being chanted, the hairs on my arms seem to stand and chills ran down my spine at times. Perhaps it was the ancient hymns (whose origin is that of mysticism); or perhaps it was the fact that the Maha Yagna, in praise of Lord Rudra, was being performed in the midst of Rudra himself? The series of Bhagavan’s divine discourses only made the experience sweeter. It was the cherry on the cake. Swami reminded us that we are verily God – that we are sparks of divinity. All we have to do is realize it.”

A Great Spiritual Symphony

The Yagnam was a great spiritual symphony in perfect harmony which merged the whole congregation into one entity reaching out to the divine. Recalling his unforgettable experience, Matthew, a youth from England, says, “While watching the 132 priests offering oblations into the fire and moving in



perfect synchronicity; and hearing their chanting, all uttered in unison, creating a symphony of divine mantras, I felt transported beyond my ordinary self.

The flames aglow from the eleven altars, the beautiful robes of the priests, and their wonderful voices, the entire

scene was so electrifying, I was lost in bliss. Above all, when the Lord Himself was presiding, I was overcome with divine vibrations, so much so that I felt filled to overflowing; surely this was a taste of heaven.”

It may be asked that though the Veda Purusha Saptaha Jnana Yagna has been performed right from 1961 during Dasara celebrations, what was the necessity for Swami to perform another Yagnam on such a grand scale at this point in time? Swami clarified this on the final day of Yagnam when He said, “*The Yagnam done during Dasara is Gyana Yagnam, while this is an Adhyatma Yagnam*”, meaning, this Yagnam is for the spiritual health of the whole world and much wider in scope and purpose than the Yagnam performed during Dasara which is related only to the “mental principle”.

Sri Rudram – A Potent Prayer

This brings us to a question. What is this good fortune? How is this Athi Rudra Maha Yagnam significant? What is it in the Rudram that makes it so powerful? Let us turn to the ancient scriptures to understand the beauty and majesty of this timeless hymn, Rudram.

Sri Rudram, also known as Rudraprasna, is a hymn devoted to Lord Siva. It is part of the Krishna Yajur Veda and one of the greatest of the Vedic hymns for all round benefits and to remove all maladies and obstacles. Sri Rudram is in two parts. The first part, is known as Namakam because of the repeated use of the word "Namo" in it. In this sacred hymn the devotee repeatedly salutes the Lord who pervades the animate and the inanimate, tangible and intangible, visible and invisible aspects of creation. The devotee prays to Lord Siva thus:

“O Lord of Mount Kailash of the Vedas! We pray to attain you by our auspicious words. We ask that for all our days, this entire world will be free from ills and discord, and that we may live in amity and concord.”

“Salutations to Him who was before all things and who is foremost. Salutations to Him who pervades all and moves swiftly.”

“Salutations to Him who is the source of happiness here and hereafter. Salutations to Him who is inherently of the nature of conferring happiness directly in this world and the world hereafter. Salutations to Him the auspicious one, who is more auspicious than all others.”

These are just a few of the myriad expressions of the Namakam through which the Lord is propitiated. The Namakam concludes with the most potent
Mrutyunjaya Maha Mantra.

*Tryambakam yajamahe sugandhim pushtivardhanam
Urvarukamiva bandhananmrityormukshiya maamritath*



The second part of the Rudram, is known as Chamakam because of the repeated use of the words "Cha me". The devotee prays to the Lord for blessings and benefits both in this world and beyond.

“Let Lord Siva grant us happiness in both worlds on (earth and heaven). All the materials dearer and attractive and worthy of possession in heaven and endearing relations.”

“Grant me, Lord, the capacity to discriminate what to hear and what not to hear. May my mind be lit up with clarity to understand things properly.”

“May I be blessed with the capacity to protect and retain what I have already earned. May I be granted courage and determination to face tough situations in life. May I win goodwill, respect and honour in this world.”

Benefits of Chanting Sri Rudram

It is said that Sri Rudra is a great purifier which when repeatedly chanted with devotion can expiate the worst of the sins and in the words of the head Priest, “One can attain Bhukthi or all material benefits for enjoyment of life on earth and Mukthi, which is freedom from the ills of the world.” But an important aspect to note is what Dr. Kashyap, Director of the Sri Aurobindo Kapalishastri Institute of Vedic Culture, conveyed when he said, “*The mantras we chant are*

potent and full of power. But it manifests only if we chant it with full of faith.”

- ★If one Rudra [that is, eleven times the eleven stanzas of Namakam chanted along with one stanza of Chamakam every time by a single person] is chanted, it can free one from all childhood diseases.
- ★3 Rudras can destroy imminent difficulties which with one is faced.
- ★5 Rudras can free one from the evil effects of certain planets occupying unfavourable positions.
- ★7 Rudras can dissolve one’s greatest fear.
- ★9 Rudras can confer the fruit of one Vajapeya sacrifice (which is believed to bring in bountiful crop and plentiful water) and also attainment of peace of mind.
- ★11 Rudras can bestow one with great wealth and the favour of the high and mighty.
- ★33 Rudras can fulfill all material desires and bless one to be free of enemies.

Now just imagine the benefits that this hymn can confer when chanted over a thousand times! During the Athi Rudra Maha Yagnam the Rudram was chanted the prescribed 14,641 times accompanied by the Vedic fire ritual or Homam.

To read the full article go to

<http://media.radiosai.org/journals/Vol_04/01SEP06/CoverStory_Army.htm>

~ Excerpts from the cover story, Heart2Heart, September 2006

Prema Sai Baba



Shirdi Sai Baba

Sathya Sai Baba says that He is the second of a triple incarnation. The first was Shirdi Sai Baba and the third will be Prema Sai Baba. Below, we give the information that is known about Prema Sai Baba, with references to the sources.

The first mention of Prema Sai by Sathya Sai Baba appears to be in the discourse [Siva Shakti](#), July, 6 1963, In a conversation between Siva, [Shakti](#), and Bharadwaja after Bharadwaja performed a ritual, Siva said that they would take human form and be born in the Bharadwaja lineage, thrice: Siva alone as Shirdi Sai Baba, Siva and

Shakti together at Puttaparthi as Sathya Sai Baba, and Shakti alone as Prema Sai, later.

More information about Prema Sai

Sathya Sai Baba said in this discourse of 9 September 60 (Chapter 31 of *Sathya Sai Speaks* volume 1):

“I will be in this mortal human form for 59 more years [Editor: we now think that Swami meant lunar years] more and I shall certainly achieve the purpose of this avatar; do not doubt it. I will take My own time to carry out My Plan so far as you are concerned. I cannot hurry because you are hurrying.

I may sometimes wait until I can achieve ten things at one stroke; just as an engine is not used to haul one coach, but awaits until sufficient haulage in proportion to its capacity is ready. But My Word will never fail; it must happen, as I will.”

Various Sai devotees, in their



Sathya Sai Baba

writings, have mentioned Prema Sai, describing what was said in interviews and so on. Some are given below. However, some of the information appears to conflict. We suggest that, after reading these, we don't try to figure out which one is right and wrong but simply wait to see what happens. Events will unfold when they are supposed to, and in the way they are supposed to. Let us wait and see, and while waiting, delight in Swami's uncertainty!

We have heard often that Prema Sai will be born eight years after the passing of Sathya Sai Baba, which will

take place when Sathya Sai Baba is 96. In "The Sai Trinity", by Dr. S.P. Ruhela (Taring paperbacks, Vikas Publishing House Pvt Ltd, New Delhi, 1997), the author states that Sathya Sai Baba has been disclosing small amounts of information to close devotees from time to time and states that Sai Baba has predicted that Prema Sai will be born in Karnataka about 8 years after He leaves this body.

Howard Murphet, in his book Sai Baba: Invitation to Glory (Chapter 4), says that, "Finally, Sathya Sai states, there will be Prema Sai who, one year after the passing of the Sathya Sai form, will be born in Karnataka (the old Mysore State), at a place between Bangalore and the city of Mysore."

On page 16 of the book Living Divinity author Shakuntala Balu writes, "Sri Sathya Sai Baba has said that there will be one more Sai Avatar called Prema Sai. The third Sai will be born in Gunaparathi, a village in the Mandya district of Karnataka. Thus, Sri Sathya



Sai Baba refers not only to his past, but also to the future form he will assume as Prema Sai.”

In *Sathya Sai Baba, The Embodiment of Love*, by Peggy Mason and Ron Laing, the authors write about a discussion they had about Prema Sai. We wondered if the next descent as Prema Sai, to come very quickly after the present form is vacated at the age of ninety-six [Editor: now considered to be lunar years], would be female. Baba replied, "No, male, in Mysore, Karnataka." (Since 1972, the state of Mysore is called Karnataka.)

In *Glimpses of the Divine: Working with the Teachings of Sai Baba* (1993), author Brigitte

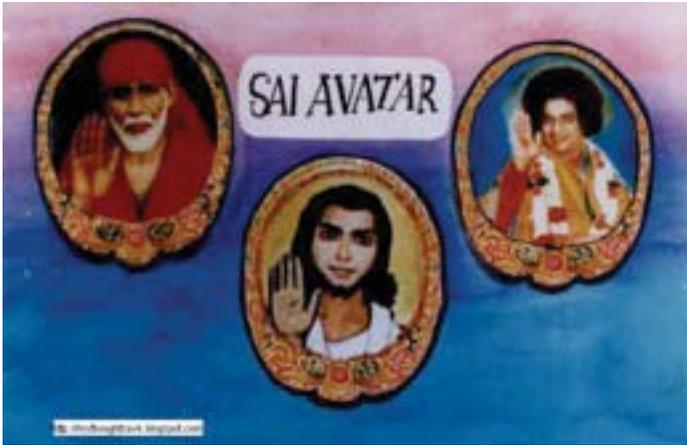
Rodriguez writes, “In a more private talk to students in recent years, Baba told them that the father of His next incarnation, as Prema Sai, had been born in the southern Indian state of Karnataka. He also said that the body of Prema Sai was in the process of being formed.”

The missions of the triple incarnations

In *Spirit and the Mind*, by Sam Sandweiss, the author recounts an extended interview given by Sathya Sai Baba to the Senior Editor, Mr. R.K. Karanjia, of *Blitz* new magazine in September 1976.

Question: **Why had this task to be divided into three separate incarnations of the Shirdi, Sathya, and Prema Sai Baba?**

Baba: They are not separate. I have already mentioned the complete oneness of the three in the final objective of the mission. Their tasks and powers requisite to them differ according to the time, the situation, and the environment. But they belong



to, and derive from, the same divine body (Dharma Swarup).

The previous Avatar, Shirdi Sai Baba, laid the base for secular integration and gave mankind the message of duty as work. The mission of the present Avatar is to make everybody realize that the same God or divinity resides in everyone. People should respect, love, and help each other irrespective of color or creed. Thus, all work can become a way of worship. Finally, Prema Sai Baba, the third Avatar, will promote the evangel news that not only does God reside in everybody, but also everybody is God. That will be the final wisdom that will enable every man and woman to go to

God. The three Avatars carry the triple message of work, worship, and wisdom.

Hislop's changing ring

In John Hislop's *My Baba and I*, page 55–56, Hislop writes about Swami materializing a ring for Hislop with Prema Sai on it. The image of Prema Sai on the ring actually changed its position over the years. Hislop writes, “The stone was a cameo of Prema Sai, the loving Lord of Creation, destined to appear on Earth a few years after the death of the Sathya Sai Body. It was a brownish stone, highly glazed, and sculptured in profile, the bridge and length of the nose visible with a suggestion of the arch of the left eye. It was a noble head with shoulder-length hair, moustache, and beard; the head resting on, or emerging from, a lotus flower. His countenance was tranquil, peaceful, and majestic.”

Baba said, "He is only now in the process of birth, so I cannot show



more of him. This is the first time he is shown to the world."

Wherever I go, devotees ask to see the ring. In a year or so, those devotees who had seen the ring sometime earlier said something surprising on seeing it again. They said, "It is turning. The whole nose can be seen now."

My reply was always, in truth, that I could see no change. But they said, "You see it every day and do not notice."

One day, [in 1980], at a devotee meeting, I was showing the ring, and I looked at it carefully. It struck me, "It is different! It is changing!

Now the entire nose is there and visible, whereas at first the entire nose was not visible or better to say the nose merged into the edge of the stone and did not appear to be fully visible. But now there is a space between the nose and the edge of the stone. Moreover, a portion of the left eye can be seen and also a portion of the left cheek.

(From the International Sathya Sai Website)

Realise the Principle of Unity

“Creation emerges from Truth and merges into Truth.

Is there a place in the Cosmos where Truth does not exist?

Visualise this pure and unsullied Truth.”

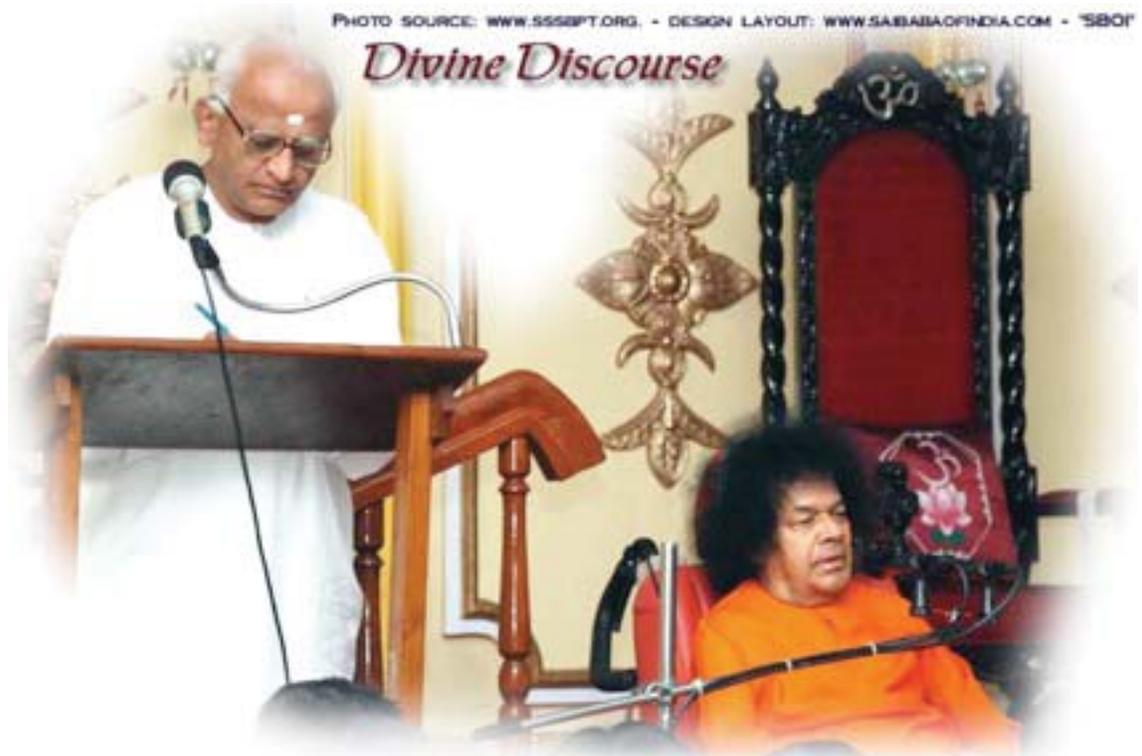
WHEN YOU LOSE FAITH, YOU LOSE GOD

Everyone desires peace and happiness. Nobody wants sorrows and difficulties. In his speech, Popat has said that all are the embodiments of God. God is

one. There is no second entity. When you think there is a second entity, then it is untruth. Therefore, there is nothing like a second entity.

All are One

Right from small ants, mosquitoes, and birds to mighty elephants, every being is the



manifestation of God. Even the trees, hills, and mountains are manifestations of God. Such being the case, how can there be a second entity? A second entity is just your imagination and illusion. It is of your own making. Just think where your body has come from. You say that it

has come from your parents. No. You have not come from your parents. You have come from yourself. There is only one entity. Where is the existence of the second?

But people today put their faith in diversity and not in unity. What does unity mean? It is not the combination of many; it is the realisation of oneness. When you have mirrors all around you, you see your many forms. These are all your different forms. But this is not the truth. The one who asks the question and the one who gives the reply, both are one and the same. All are one. Daivam manusha rupena (God is in the form of a human being). The same person appears in many forms. To consider these forms as different from each other is a mistake.

When I am speaking in the microphone, you are listening to My voice. The speaker is only one but the same voice is heard by many ears. Ekoham sarva bhutanam (I am the only Reality in all beings), Ekam sath viprah bahudha vadanti (truth is one, but the

wise refer to it by various names). There is only one Sun in the sky. But we see its reflection in many rivers, tanks, and vessels. Sun is only one. But wherever there is water, you see its reflection. Pour water in a plate, and you can see the reflection of the Sun even in that water. Does it mean that the Sun is there in this water? No. It is only the reflection of the Sun. In the same way, Atma is only one. The mind, the intellect, the subconscious mind, and the ego sense are like different vessels. Therefore, divinity is one.

God can be seen in A pure heart

Everything is God. If you think otherwise, it is only your delusion, i.e. maya. When the Sun is shining above, you can see its reflections in all tanks. Even where the water is dirty, you can see its reflection. But when the water is totally dirty, then, of course, you cannot see its reflection. In the same way, when your heart is pure and clear, you can see the direct manifestation of God in it. But your heart is impure. When you thoroughly

clean your heart, you can very well see God.

God is immanent in everyone.

Right from a newborn baby to a grown-up and old person, He is present in everyone. A small baby grows up and ultimately becomes old. The baby, the woman, and the old lady are the same person. Because of their thinking, people see many different forms.

But God does not have different forms. In fact, He has no form. However, He has many names. Even though He has many names, they all correspond to the many reflections of the same divinity. You can see the reflection of the sun in flowing water and also in stagnant water. In the flowing water, the reflection appears to be wavering, but in steady water, the reflection is also steady. Your mind develops attachment to the world because of your delusion. Everything in this world is just a projection of maya.

Develop the vision to see unity.

Though there is total unity in creation, we look at it from the angle of diversity. We say, “He is my father, he is my mother, she is my elder sister, she is my younger sister.” We develop relationships on the basis of forms. Where have these relationships come from? Nothing can exist without the principle of unity.

Here is an example.

A dog entered a room fitted with mirrors and saw many dogs in the mirrors. It was afraid to see so many dogs in the room, considering them as danger to its life. In order to escape from the situation, it jumped upon one of the mirrors, considering its own reflection in it to be another dog. As it did that, it saw that the dog in the mirror also jumped upon it. In the process, the mirror broke. Then, it felt that there was no other dog at the place and escaped from the room. It felt greatly relieved that it could save itself from so many other dogs. But where were so many dogs? It saw its own reflection in so many mirrors.

The same is the case with people today. If one sees all other forms as his own reflection in the mirror of the world, one will realise the principle of unity. So, there are no such separate entities like father, mother, brothers, and sisters. But one develops worldly relationships due to one's delusion and says, "She is my sister, he is my brother, he is my father, she is my mother." These are all only physical relationships and not the relationships based on your divine reality. Try to understand that the same Atma is present in all. But you develop worldly relationships, forgetting the principle of the Atma.

You say, "She is my wife" but prior to the marriage, she is separate and you are separate. Only after the marriage do you say, "My wife, my wife." How you have developed this relationship of husband and wife? It is due only to your delusion. It is because of delusion that one makes many mistakes and indulges in many undesirable activities.

Wherever you see, there is God and God is one. All names are His.

People say, "He is Rama, He is Krishna, He is Siva, He is Vishnu." What does it mean? Does it mean that Vishnu, Siva, Rama, and Krishna are separate entities? These are the different names of the same God. God appears before you in a particular form based on your own imagination. When you contemplate on the form of Krishna as portrayed by artists like Ravi Varma, God will manifest before you in the form of Krishna. In the same way, God will appear before you in the form of Rama. But God is neither Rama nor Krishna. Both Rama and Krishna are in you only. The forms of Rama and Krishna are nothing but your own reflections. When you say, "I want Rama", God manifests before you in the form of Rama. Similarly, when you say, "I want Krishna", He appears before you in the form of Krishna. All these forms are nothing but your own reflections.

Reduce the burden of your desires

Both sorrow and happiness are in this world. When you are in difficulty, you say, “Alas! Why has God given me this difficulty? What sin have I committed?” On the other hand, when you earn wealth and are happy, you say, “It is my good fortune.” Neither this is your good fortune nor that is bad. When you have good thoughts, you will have good results. On the other hand, if you have bad thoughts, you will have bad results. Good and bad do not come from outside.

Everything is God.

When people see a scorpion, they are afraid that it might bite them. But, in fact, there is God even in that scorpion. There is no being in whom God is not immanent. However, you have to get rid of your delusion.

People have too many desires. These too many desires are the cause of delusion. Therefore, people should reduce their desires.

How should one reduce desires?

People are full of desires, and

the cause of all the desires is the mind. Therefore, first and foremost, control the mind. If you do so, you will not have even a single desire. Therefore, it is said, Less luggage more comfort makes travel a pleasure. God will be pleased with you only when you reduce the luggage of your desires. More desires become great burden on life. With less luggage, you will be more happy.

When one is unmarried, one thinks, “Whatever I have, I can manage with it. I am not bothered even if I have to starve sometimes.” But when one is married and has children, one is burdened with so many worries. Where have the wife and children come from? They have come from the same source as you have come. You think someone is your wife because you develop attachment to her. Can you call every woman your wife? No. When you say so, you will be beaten. You cannot talk like this. The relationship of wife and husband is only a ‘body to body’ relationship. This physical relationship

is the cause of many troubles.

A person with money is called a rich man. But the same person will be called a beggar when they lose his money. When you are wealthy, you are considered bigger; when you are poor, you are treated like a beggar.

Therefore, the same person is bigger as well as beggar.

Develop equal-mindedness, and everything will become good for you. Even if somebody beats you, you should think, *“The person who is beating me is none other than God. God has beaten me because there is some defect in me. This body has committed a mistake. Therefore, it has to receive punishment.”*

Whatever we do, it will come back to us as reaction, reflection, and resound.

All that we experience is the result of our own actions. It is not given by God. God does not give anything to people except ananda (Bliss). Having experienced ananda, do

not criticise the One who has provided it to you. Both happiness and sorrow are the reflection of your own actions.

God has no attributes.

God has no such evil qualities like anger, hatred, jealousy, and hypocrisy, nor are these evil qualities given to you by God. These are all of your own making. Therefore, get rid of your delusion. If you develop unnecessary worries, thinking, “I don’t have this, I don’t have that”, you will deceive yourself. Reduce your desires. Then you will not have to carry too much luggage. Only then can you be happy.

Know the Atmic Principle

If you have real love for God, always contemplate on Him. If you have liking for Rama, contemplate on Rama. Similarly, if Krishna is your chosen deity, contemplate on Him. But always remember that Rama and Krishna are not outside; Rama is in your heart, Krishna is in your heart. Whatever form you consider as Rama, contemplate on that form with your

eyes closed. You will certainly visualise that form. Ultimately, you will realise, *“It is out of my delusion that I considered Rama and Krishna separate from Me. In fact, I am Rama, I am Krishna.”*

Everyone can call God by any name of their choice, like Rama, Krishna, Govinda, etc., and contemplate on a particular name and form. There is no mistake in that. I don't ask you to give up this practice. But you should have firm conviction, *“I am God. My Atma is God.”*

The Atma has no form. It has only a name. The Atma shines in everyone like the Sun. It can be seen only in a heart that is pure. In the heart that is impure, you cannot see it.

Many Avatars came to propagate this truth. Divine incarnations come not for their own sake but to impart the knowledge of truth to everyone. Follow their teachings and understand the principle of the Atma.

The Vedanta proclaims that the Atma is the only reality.

Waves are formed out of water. There can be no waves when there is no water. In the same way, there can be no form without the Atma. You should contemplate on the Atma and chant the mantra:

“Om Namō Narayanaya, Om Namō Narayanaya, Om Namō Narayanaya”.

If you are unable to chant the entire mantra, it is enough to recite “Om”, because everything is immanent in Om. The word Om denotes pranava (primordial sound). The Upanishads describe it as the Atma.

The Taittiriyaopaniṣad deals extensively with the principle of the Atma.

The Ramayana, the Bhagavata, and the Mahabharata reveal the same truth through the stories of the Avatars. Everything is within you. Nothing is outside. The entire creation is one. Get rid of your delusion and try to understand the truth behind names

and forms.

Name and form are inseparable.

You chant, “Sai Ram, Sai Ram, Sai Ram ...” The name “Sai Ram” has been given to Me. I am not born with this name. Similarly, the names Rama and Krishna were given to them by their parents. They were not born with these names. Did Rama come and say, “I am Rama?” No. He was the son of Dasaratha and was given the name Rama.

It is the mind that controls the body and the senses.

The body and the senses are temporary. Even the mind is also subject to annihilation. We say, “mind, mind, mind.” Where is the mind? What is the form of the mind? It has no form. Mind itself is an illusion. Enquire on these lines and realise that God is one. This is the only truth. Everything else is delusion. In a cinema, you see many scenes on the screen. You see Sita getting married to Rama, Ravana abducting Sita, Rama waging a war against Ravana, and many friends of

Rama taking part in the war. But all these are mere pictures. They are not happening in reality.

There are not many people. All are one. When you follow sathya (truth), dharma (right action) will emerge from it. When sathya and dharma come together, santhi (peace) will manifest. Where there is peace, there is bliss. Light is produced when negative and positive charges come together. Love emerges from peace. One who lacks peace cannot have love. When love manifests in us, we consider everyone as our own. All are our own forms. All are one. Be alike to everyone. Make efforts to realise this truth.

When the wind blows, the dry leaves are blown away, but not the green leaves. They remain with the branches. Your humanness should not be like a dry leaf, which is blown away by the wind.

Develop steady devotion

Do not allow your mind to become like a dog, which is deluded

by its own reflection.

Do not observe any differences such as “He is an outsider, he is a rich person, he is a beggar.” All are one. See unity in all. Only then will you have steady and true devotion. Otherwise, you will have bumps and jumps. Your devotion will waver from moment to moment.

Many people consider themselves as devotees. As long as they have faith in God, their devotion remains steady. When their devotion wavers, their mind also wavers. Real faith does not waver under any circumstances. Come what may, your devotion should not waver, even if you are cut into pieces. That is steady, unwavering, and unsullied devotion. Develop such steady and selfless devotion.

Never give up your faith. Hold on to it firmly. Then you will certainly realise your true identity. Man is born to establish humanness and not to destroy it. Develop human qualities of sathya, dharma, santhi, prema (love) and ahimsa (nonviolence). When

sathya combines with dharma, santhi and prema are born there. It is love that unites all. Will you kill your son in a fit of anger? No. You will scold him, but you will not harm him. **Likewise, when you have love, you will treat everyone as your own. Treat all women as your mothers and sisters.**

Develop such sacred feelings toward all women. When you marry a woman, only then do you call her your wife. Otherwise, all women are like your mothers and sisters. Similarly, all men are like your brothers.

The names like Rama and Krishna are given by us. In fact, all names are given by us. Everybody is born from God. God is one, not two. Right from today, make efforts to do away with all differences. When you love God, worship and follow Him. This is the main goal and true purpose of your life.

(Excerpts from Bhagavan’s Discourse in Kodaikanal, on 29 April 2009.)

Sivarathri 2007



It was the start of a new era catching us by surprise.

It started with Sivarathri 2007 when Baba produced no lingam but became clear Sunday night, the day after, when the college boys held Baba captive for almost two hours with their love as expressed through bhajans.

Earlier Baba came out in the car as usual, entered the veranda as usual, got out of the car in his wheelchair and spoke with some people on the

verandah as usual. But this is where it all changes. Baba in his wheelchair entered the women's side heading toward his residence but made a right turn proceeding down the white line through the men's section. Baba proceeded in front of the verandah to re-enter from the

women's side.

Baba kept going to the men's side on the verandah but didn't stop as he proceeded through the men's section toward the women's side. But as he entered their section, Baba turned right going into the women's side along the center driveway. After a few moments, Baba reversed directions. At the white line Baba headed toward the residence but turned left going almost all the way to the other entrance.



Lord Siva

After re-entering the verandah, Baba proceeded into the mandir where he exited from the women's entrance. In the back, Baba turned left going behind the mandir coming around on the men's side to re-enter the verandah proceeding to the center. This unusual darshan was long, exciting and wonderful.

As Baba says "Love My Uncertainty".

We didn't know what was going to happen next. Plus, there was no physical barrier between Baba and his devotees. Baba smiled and blessed

everyone as he proceeded at a slow calm pace.

It was incredible.

All this time, the boys were leading bhajans which continued for two hours. It was the love generated by the boys that fueled him.

"Love is my Food".

Baba stirred up everyone, energizing all with his intense love. It was so powerful that entities from other dimensions came to enjoy the singing as well as the outpouring of love penetrated every level of existence.

Baba was the center of the universe.

All were worshipping him. Ready for his command. It was the beginning of a new era, where more than ever Baba is captive to the love of His devotees. Baba's actions will continue to be governed by his helping humanity but more by the intensity of love pulling him. If it is strong enough, Baba must respond. If you want Baba in your neighborhood, be a Baba, practice his values, do seva and love everyone. If hundreds of students can



bind Baba, what can thousands or millions of people do.

Yes, the new age is here. We tasted it this weekend.

It is one where all entities including humans praise God with their every movement, with their every word and with their every breath. The taste on the tongue was wonderful. When it is here full blast, the world will be different. It will be harmonious, peaceful and joyous, while wrapped in pure love. We have entered it. Now to experience it as it gets stronger. **Baba as light and love will come to every neighborhood, house and person.**

- *Prepare your hearts for a new era.
- *Prepare your mind for a new era
- *Prepare your soul for a new era.

The lord has come to save us, to bring us to the promise land. Baba is our shepherd.

We are his flock. In reality we are One. We will soon realize that oneness with Baba, the universe and everything in existence.

- *Maya is about to be vanished.
- *Love is about to manifest.

~Gerald Dominic, California, USA/
Puttaparthi, India

Conscious, Conscience, Consciousness



Swami was talking with the Ph.D. students. We have six students working on their Doctoral program in the Department of Management, and Swami was talking to them. Suddenly He asked one student, “What is ‘conscious’?”

The student said, “I don’t know.”

“Hmm! You are a Ph.D. student. Don’t you know what ‘conscious’ is?”

“Well, I don’t know, Swami.”

“Hmm!”

He asked a professor, “What is ‘conscience’?”

“Swami, conscience is inner voice.”

“No, no, you are wrong!”

Then He asked another senior student, a Ph.D. student, “What is ‘consciousness’?” “Swami, I don’t know.”

Swami explained:

Conscious

- Conscious is our mind.
- It is the mind that thinks.
- It is the mind that feels.
- It is the mind that reacts, responds, pulsates, and vibrates.

Conscience

- Conscience is the intellect.
- Conscience is very close to the spirit, very close to the soul, very close to the Atma.
- Spirit, soul or Atma are one and the same.
- So, intellect is very close to Atma.
- This intellect is symbolized, conveyed or expressed by this word ‘conscience’.

Consciousness

- ‘Consciousness’ is the soul, the Atma, which is all-pervading, which is encased within the body, yet present

everywhere.

☑ It is within the body and yet also present everywhere.

Example: Air is present within a balloon. Air is present within a bicycle tire. Air is present within a car tire. Yet also, air is present all around.

Similarly, the spirit or Atma is present within everybody and is also present everywhere.”

So these three words indicate three levels of awareness, three levels of consciousness, three levels of experience, three levels of comprehension, three levels of understanding, which we reach along the path of intensive sadhana or spiritual pursuit.

We should not stop at a particular level. ‘Conscious’ being the mind.

☑ If we stop at the level of the mind, we are only emotional; we are only passionate; we are bestial; we are more animal minded.

☑ If we stop at the level of the ‘conscience’ or intellect, we are rather intelligent, self-introspective, self-

evaluating, and self-assessing.

☑ In other words, we stop at the level of self-inquiry.

☑ We should still proceed further to reach the state of ‘consciousness’, the ultimate, the reality, the Atma, the soul or the spirit, the real Self, the cosmic Self, which is the Universal Self.

~Prof. Anilkumar Kamaraju

Pearls of wisdom

“Karma is responsible for the birth, existence and death of human beings. It holds sway over all stages of human life as the very diety of human existence. It is responsible for the joy and sorrow of mankind.”

~Baba

Dasara Discourse, 2008

From Nuclear Physicist to Renowned Musician



A brilliant Indian student by the name of Vemu Mukunda had taken science courses at universities in India. Then he left his motherland to conduct post graduate research in Scotland. He took a job in England working in the field of nuclear science.

Although outwardly he seemed to have successfully established himself in his chosen field, yet he was not happy. He had left his family, friends, and culture behind and now found himself living in an environment where the advancements in technology were

considered the highest goal and his only social life consisted of attending endless rounds of cocktail parties.

He felt his life was empty and without purpose and this feeling came to a crisis point when his brother and sister both died back in India. Furthermore the negative use of nuclear science to build weapons of mass destruction weighed on his conscience and made him question his choice of career. He began to sink into a state of chronic depression which was only briefly relieved by the release he felt when he made music on the Indian stringed Veena that he had played since childhood.

It was during that period of black despair that a series of strange incidents occurred to bring a new influence into his life. By coincidence, a mutual friend in London had a veena that was badly damaged and when he heard of Vemu's skill with the instrument he



Vemu Mukunda

invited him to his home to see if he might be able to repair the instrument.

Vemu went to his home along with some friends and indeed found the instrument so badly damaged that he was completely unable to get any pleasant sounds out of it at all. However he agreed to take the instrument back to his home and see if he could repair it.

On the way home, the friends who had brought him wanted to stop at a house where they knew the residents were conducting Sai Baba bhajan sessions (sacred singing). Though Vemu had no special interest in doing so, since he was riding with them

he went along with the plan. When they arrived at the house and went in, he saw a picture of Sathya Sai Baba on the wall and immediately had the thought: "Oh, no not him". His parents had been followers of Shirdi Sai Baba and they felt that Sathya Sai Baba, who claimed to be the reincarnation of Shirdi Sai Baba, was an impostor and so Vemu had also taken on this attitude.

Vemu had no interest in the bhajans and so he sat behind the other singers and took no part in

the singing. However during a lull in the bhajans the hostess put a veena in his hands and asked him to play something. In an abstracted mood he began to strum the instrument and presently a tune came into his head and he began to play. The others very much enjoyed his playing and when the song ended they asked him to play another song. He agreed, playing the first tune that came to mind. At the end of the second song, he suddenly realized that the two songs he had just played had been composed by two different Indian Saints but the titles of the songs had the same meaning in the respective languages of the composers: "*No One is Equal to You*".

Now Vemu looked down at the veena he had been playing and realized that it was the same badly damaged one he had been taking home to repair. But mysteriously, every note he had played on it had been completely harmonious. Now

he tried to play it consciously and not a single harmonious note would come out of it. He began to feel as if something miraculous had occurred and he felt the hair on his head standing on end.

After this incident Vemu began to get invitations to play professionally. He accepted whenever it fit into his schedule and strangely, wherever he played he would run into someone who would talk about Sathya Sai Baba. At home his friends in London kept pressing him to attend Sai Baba bhajan sessions. He began to feel that he was being pursued by Sai Baba!

Vemu had been schooled on the principles of science and so his confidence was more on the field of matter than that of the spirit. He felt that the realm of spirit was only a way by which some people escaped from harsh reality. And yet some part of him wanted to proceed into the spiritual realm while the other part wanted nothing to do with it. His mental torment increased and

he felt himself being torn in two different directions. He continued to resist the spiritual impulse and yet, the world of physics and materialism had lost its charm for him.

Finally in a state of complete desperation he sat down and addressed a letter to Sathya Sai Baba at his residence. Although he had heard that Sai Baba does not answer directly by writing back, it was said that he would provide the answer in some more direct form. He poured out his heart's dilemma asking Sai Baba if he should continue in his chosen profession of nuclear engineering, quit and become a full time musician, or renounce the world and become a religious devotee (Sannyasi).

As he boarded a flight to Paris for a Veena concert, he wondered how and in what form he might receive a response to his letter but nothing unusual happened on the trip. On his return to London, he began to feel an inexplicable urge

to visit the same home where he had played the damaged veena during the bhajan session. This was curious to him since he didn't even want to go there the first time. He ignored the urge for a while but finally gave in. Approaching the house, he noticed the "Om Sai" written on the front of the house. The owner of the house, Mrs Sitabai, greeted him at the door and told him she was very glad he had come because she had something for him. They went to the shrine room and she handed him a photograph telling him an unknown visitor had attended the last bhajan session and had asked that the picture be given to Vemu as soon as possible. He looked at the photograph and saw that it was a picture of Sathya Sai Baba playing the veena!

He was immediately overcome with emotion and surrendered to Sai Baba by prostrating before the large photo of him on the wall. Tears of emotion ran down his cheeks. He knew now that he had his answer.

He soon quit his job and became a full time musician. His reputation as a skilled veena musician spread and he began to get calls from all over Europe, including as far away as Russia. He felt that somehow his sudden success was due in part to the guiding hand of Sathya Sai Baba and he began to feel that he wanted to return to India and visit him. At about this time his mother and father were also asking him to return to India to see them and so he began to think seriously about making the trip home. But at the back of his mind was a fear that all the events were just coincidences and the result of his own imagination and that Sai Baba might refuse to see him. It would be a great disappointment to him if Sai Baba ignored him.

He decided to write to a friend and have him ask if he should come to visit Sai Baba. Soon afterwards he had a vivid dream in which Sai Baba came to him and rubbed his sacred ash (vibhuti) on his left shoulder

beneath his shirt and said to him: "Come to India". When he awoke the dream seemed very real but he still felt that it might have been created out of his wish to go to India to see the great teacher. After several days of struggle he made up his mind to go so he canceled all his performance reservations and took a plane to India.

When he arrived at Swami's (i.e. Sai Baba's) residence he took his place on the grounds at the end of a line of men. One of the devotees told him that he had arrived just in time for Darshan, in which Sai Baba circulates among his devotees giving sight of a holy person.

Vemu sat quietly enjoying the feeling of peace that emanated from the place and waited patiently. Soon there was a stir at the other end of the lines and he caught sight of the orange colored robe of Sai Baba as he circulated slowly, gracefully among the devotees, stopping briefly to talk to some, to create vibhuti for some lucky ones, or to

take letters from others. As Sai Baba got closer, Vemu felt his excitement and anxiety increase.

As he saw the robe and delicate feet approach him he could not bear to look directly into his face, encircled with a halo of hair and so he cast his glance downward onto the ground. His heart was in his mouth and his body became rigid as he noticed the feet approach ever closer. Vemu had written a letter to give to Sai Baba but he had completely lost his wits and did not even think to hand it to him. He felt Baba take the letter from his hand and then he raised him up and he heard him say in a quiet voice: **"Go inside and wait"**.

Vemu went inside and when at last he faced Sai Baba alone in the interview room, Sai Baba created vibhuti for him and rubbed it on his left shoulder under his shirt just as he had done in the dream. Then Sai Baba began to discuss the obstacles in

his life showing complete familiarity with his career struggle, his desire to play the veena, his depression, and other details of his daily life. As the talk ended, Baba circled his hand and produced out of air a five faced rudraksha bead in a gold setting at the end of a gold chain. He gave it to Vemu to wear constantly and told him that he would have great success both in his new career and in his spiritual progress. He then invited Vemu to play the veena at a musical concert to be held at the Sathya Sai College in Brindavan.

When the time of the concert came, Vemu brought along his eighty year old father who had been a close devotee of Shirdi Sai Baba. His father told the son he would just sit outside on the outer grounds and wait. But when Sai Baba learned the father was present he immediately called him inside and in Vemu's words: "For a whole hour Swami talked to my father like a loving mother to her child. After that my father was a changed man." Now the entire family, Vemu's father,

mother, brother and all the other members of the family are followers of Sathya Sai Baba.

(From a story in Sai Baba, Avatar by Howard Murphet. Birth Day Publishing. San Diego, CA. This book contains a whole collection of devotee's stories as well as the personal experiences of the author with Sai Baba)

Nirvana Ashtakam

**Mano budhyahankara chithaa ninaham,
Na cha srothra jihwe na cha graana nethrer,
Na cha vyoma bhoomir na thejo na vayu,
Chidananada Roopa Shivoam, Shivoam.**

Neither am I mind, nor intelligence,
Nor ego, nor thought,
Nor am I ears or the tongue or the nose or the eyes,
Nor am I earth or sky or air or the light,
I am Shiva, I am Shiva, of nature, knowledge and bliss

Click to listen to this great composition on Atma by Sri Adi Sankaracharya
<<http://www.youtube.com/watch?v=Zvf-EQGpagc>>

Valentine's day Celebration at a Local Women's Shelter

This is the 5th year we, the young adults from our Toronto–York Centre, have hosted and celebrated Valentine's Day with our friends at the local women's shelter.

20 mothers and 36 children signed up to join in the evening's festivities. Here's some feedback from our volunteers:

"During our visit to the women's shelter, before dinner was served, we played, coloured, laughed and shared gifts with the children. It was such a pleasure to see their eyes light up as they received each token. The rest of the girls spent time chatting with the mothers and guided them through a meditation exercise



which really touched them. Dinner was an elaborate feast; we served lasagna, pasta, garlic bread, mixed greens with caramelized almonds

and tangerines, cupcakes, cookies and ice-cream sundaes. Everyone present had a great time sharing each other's company. It was definitely a

humbling experience for all of us."

"I enjoyed serving and talking to the ladies. They were moved by the service and said "We have had people donate money to us, but this is the first time someone is serving us food with their hands. It feels like home."

Their 2 biggest concerns were:

- *Finding a roof*
- *Finding work*

“I had the chance to speak to one child at length, who mentioned that she was a straight A student and her aspiration is to be a lawyer to make her mother proud. This was touching for me, and I hope that in a few years, we see her name in the graduate list.” “My experience was definitely a memorable and worthwhile one! It was remarkable to see how loving, and caring these women were, especially after the hardship they have faced in their lives.”

“Preparing games and other activities for the children made me realize how innocent the kids were; it made me feel immensely content to simply put a smile on their faces! I feel that this dinner was an incredible way to open our hearts and share the love that we have!”

“It is amazing to see how much we can do when we all come together. Although the wonderful home cooked meal was enjoyed by all it was the company and care that I believe that they appreciated the most. From the numerous games we prepared for the children to relaxing breathing exercises that was enjoyed by the women to the token gifts presented to both the children and mothers, the appreciation they displayed was indescribable. This experience really made me appreciate everything that I am blessed with and allowed us to share all the love that we have.”

Source: Toronto–York Center
Newsletter, March/April 2011

I encourage the Centers to send similar articles to share their Seva experiences with the rest of Canadian Sai community. Thanks.

~Editor

The Milk Bag Project



While researching and appraising SEVA projects, The Mahila Wing of the Toronto East Sathya Sai Centre (TESSC) considered the Milk Bag project. This project was initiated by the North Burlington Baptist Church, Ontario, as a viable and worthy cause. Milk bags made of plastic were usually discarded in the land fill sites. The church was recycling plastic bags by crocheting into mats for Haiti. This was a perfect opportunity to participate in a seva project. To complete one mat, 300 bags are crocheted. Only one mahila member knew the art of crocheting

and as soon as the project was announced at the TESSC, many more mahila members came forward to learn the art. Today, we have twenty mahilas crocheting. Milk bags have to be cut to the required size which is done by many more mahila members, with some adult men pitching in. All together sixteen

mats have been completed within six months and delivered to Salvation Army officials on the Auspicious day of Makara Sankranthi (January 15, 2012). These mats will be sent to Haiti and given to people who have no shelter to live. The Mahila wing also collected twenty boxes of empty medicine vials and delivered them to the Salvation Army on the same day. With Swami's grace the crocheting is continuing in ardent favor to serve the Lord.

~Submitted by Toronto East Sai Center

Edmonton Sai Centre's Speech Arts Festival in May 2011.

Discussion topic:

“People today believe that they are the body, the senses, etc. and crave for objective pleasures. They convince themselves that this pleasure is wanted by them and under this mistaken notion, they seek to fulfill their cravings. They delude themselves that they can secure bliss by catering to the body and the senses.”

What a misconception! Today's man is pursuing their unrestrained cravings more than ever! Driven only by the senses, these pursuits drag man's mind straight into the gutter. Through the influence of media such as movies, magazines, internet, and music, mixed with the general society in which we live in, young minds are excited and corrupted by these indulgences at an early age. In order to uncover our true identity, we must be able to dislodge ourselves from the cravings of our senses and focus only on what we really truly need. We need to empty our minds of our desire for worldly goods. Only then will the path to divinity be clear.

But currently, we are stuck in the never-ending cycle of wanting, buying,

wanting some more, and consequently, buying some more. Swami says “Desire is like the shadow caused by the morning sun; it gets longer when you run to catch; it makes you a fool.” We think that we can secure bliss and happiness by tending to our desires. If this were true, life would be easy. How many of us have actually been 100% satisfied and content with our life after catering to our sense-driven desires? Probably not v many. As human beings, we always want more. We want to take the next step in every scenario. Take iPods for example. Do you remember the very first generation of iPod's that came out about ten years ago? Yeah, those massive things that only came in white or black? They were a huge hit... until

the iPod nano came along, slimmer and sleeker and in five new colors! Everyone jumped on the new bandwagon. It became the “new, cool” thing to have! Just when you thought you couldn’t be any happier with your new “cool” iPod, they introduced the iPod touch. Everyone just HAD to have it. It was touch screen for crying out loud! You may think you’re satisfied now, but don’t kid yourself. If you haven’t already invested in the new iPad, chances are, you’re considering this upgrade in the apple line.

This chain of events applies to all forms of media and products, not just iPods! If we don’t curb our cravings, we will just continue down this rotten path of wanting more and more. We will never be satisfied; therefore the cycle will never end. But what does it mean to clear our minds? How can we exclude ourselves from this continuous cycle? There are no definite answers, but at least we can take a step in the right direction. Firstly, we should try and find pleasure in serving

others. Swami always says that “The joy one gets while promoting another’s joy is incomparable.” This is **true** pleasure. There are very few pleasures in the world that can compare to the feeling we get when we see the impact our seva has on others around us.

We can use the Bhagavad Gita as an example. The story of Kurukshethra was the battle between two ferocious armies: The virtuous Pandavas, and the evil Kauravas. But it is also a story of a grieved Arjuna who almost gave up his Dharma only to surrender to evil. However, he took refuge in the Lord Krishna. With his firm faith in the Divine Lord, he reined in the horses and took his battle to the rightful finish. It was a story of good over evil. What lesson can we learn from this? Imagine that Lord Krishna resides in us – he is our true self. Arjuna, representing our mind, is puzzled and perplexed on the battle ground. The chariot depicts our body which is driven by the five senses: touch, smell,

taste, sight, and hearing. Unless we use our power of discrimination to influence our thought process, the chariot goes in the direction of destruction. In the never ending chain of fulfilling our desires, we have to use our discrimination to come to the right course of action so that we too, can avoid the harsh consequences.

In order to avoid this consequence and enrich our true self, we should lead a value-based life serving others as opposed to catering to our own desires. If we continue to succumb to the cravings of our senses, we will never find true happiness or be satisfied with our way of life.

Personally, I have been fortunate to have attended Bal Vikas since a very early age. Coming here weekly has taught me about Swami's teaching of Ceiling on Desires. Though I know I still have a lot of work to do, I can truly say that I have made a huge improvement. I am able to use my discrimination to re-think my decisions when it comes to my senses.

I try to involve myself in seva activities whenever I have a chance to. This has helped me to realize that only pleasure is attained from tending to my senses. While pleasure is temporary, happiness is permanent. And true happiness can only be found by following Swami's teachings. In the words of our dear Swami, "The life ahead can only be glorious if you learn to live in total harmony with the Lord."

~Neesha Bhat,
SSE Group 4 student
Edmonton, AB

Mahasamadhi Day Celebration in Canada

First and foremost, we thank you for your invaluable suggestions on how we should mark the first anniversary of Swami's Mahasamadhi Day on Tuesday April 24, 2012 and the subsequent weekend Sunday April 29, 2012. A lot of love has been put into the thoughts you have generated. Secondly, our heartfelt gratitude to all devotees for coming together in the spirit of oneness to observe the Canada-wide event on both these days.



All events at the centre and national level are intended to remember our dearest Bhagavan and promote the divine love among His children. These are not just events; these are the opportunities given to us devotees to remember or chant the name of our Lord as many times as we wish, while also integrating our Sadhana and Seva during these days.

Canada-wide event Tuesday April 24, 2012:

This is the official day that is declared by Prasanthi Nilayam as the Mahasamadhi day.

7:30 pm – 9.00 pm: 108 Gayatri Mantra chanting followed by Bhajans.

All centers are requested to adhere to this program in order to create a seamless flow of our positive energy and divine vibrations across our land.

Canada-wide event Sunday April 29, 2012:

10:00 am – 12:00 pm or during your regular Sunday Satsang

The council requests all centres to spend at least these two hours of this day in remembering Swami by picking **one or more activities** from the following suggested list **followed by Bhajans**. Other suggested programs during the day:

- ❖Talk/Experience sharing by Guest speaker or members
- ❖108 Sai Gayatri
- ❖Movie/Video about Swami's life, His Darshan, Discourses and humanitarian projects.
- ❖Exhibition on Swami's life, message, and works.
- ❖Youth and/or SSE performance
- ❖Extended devotional singing and Bhajans
- ❖Extended Gayatri or Sai Gayatri
- ❖Vedic Chanting

In order to express our love and gratitude to our beloved Swami, who gave hope and succour to millions and millions of people across the globe and inspired them to tread the path of love and service by making His life His message, it is important that we recollect and reminisce Swami's life, His message, and humanitarian projects during these days. As Swami pointed out so many times, it is imperative to remember the sole objective of this Avatar, which is always in the direction towards the Goal of personal transformation to elevate the human into Divine. It is our duty now to carry on this Legacy, continue our own spiritual journey of personal transformation. Let us all join together in unison to offer our most humble and heartfelt gratitude to Swami for always guiding us and showering His choicest blessings on us.

~Sarojini Naidu

National Spiritual Coordinator

Sri Sathya Sai World Foundation and Prasanthi Council

With the Divine Blessings and Guidance of Bhagavan Sri Sathya Sai Baba, the Sri Sathya Sai World Foundation was established at California, USA in March 2006. The mission of the Sri Sathya Sai World Foundation is aimed towards the spiritual upliftment of mankind. The foundation works together with the Prasanthi Council which administers the activities of Sathya Sai Organisations (Overseas) in about 135 countries.

Effective 23 November 2011 i.e. 86th Birthday of Sri Sathya Sai Baba, Dr. Michael Goldstein was given the charge as the Chairman of the Sri Sathya Sai World Foundation and Dr. Narendranath Reddy was given the charge as the Chairman of Prasanthi Council.



Dr. Michael Goldstein

Dr. Michael Goldstein did his premedical studies at UCLA – the University of California at Los Angeles, and received the degree of Doctor of Medicine from the George Washington University Medical School. Dr. Goldstein practiced family medicine in Southern California for 30 years.

He has been:

- ☒ Medical Director of Ananda Medical Group, a multi-specialty medical clinic;
- ☒ Medical Director of an association of primary care physicians in Southern California;
- ☒ Physician Adviser to four Southern California Hospitals for Case Management, Utilisation Management, and Quality Improvement.

Currently, Dr. Goldstein is Medical Director of the Medical Education Corporation that provides medical education and professional credentialing for health care providers in California and Nevada.



Dr. Narendranath Reddy

Dr. Narendranath Reddy graduated with distinction from SV Medical College, Tirupati, India. He received his training in internal medicine at the New Jersey College of Medicine and Dentistry and did his sub-specialisation in Endocrinology and Metabolism at Mount Sinai School of Medicine, New York. He has been a practicing internist-endocrinologist in Southern California for over 30 years. He is a Fellow of the American College of Physicians and the American College of Endocrinologists and is on the teaching faculty at the Keck School of Medicine, University of Southern California.

He also chairs the Sri Sathya Sai International Medical Committee.

The mission of the World foundation is to ensure:

- ❖ *the authenticity of all programmes engaged in by the International Sathya Sai Organisations(Overseas);*
- ❖ *that all programmes, publications, interactions with other legal entities are conducted in a manner that is compatible with the principles Truth, Righteousness, Peace, Selfless Love and Non-violence;*
- ❖ *that the actions of the International Organisations bearing the name of Sri Sathya Sai Baba are conducted according to His express guidance and the teachings that He has expounded during His lifetime.*

The Foundation is responsible for:

1. All Educare, Medicare, Sociocare and Agricare and also any other humanitarian programmes that will be initiated by the International Sri Sathya Sai Organisations.
2. All publications, films, photographs and audio/visual materials distributed by the International Sri Sathya Sai Organisations.

Accepting international responsibility, the World Foundation assumes the role of the supreme administrative body of all International Sri Sathya Sai Organisations and Institutions while the Prasanthi Council assumes the role of ensuring execution of the decisions/ instructions of the World Foundation. The structure and relationship between the World Foundation and Prasanthi Council would enable the directors and members to bring all elements of the Sathya Sai Organisations and Institutions (Overseas) together in a concerted effort towards the spiritual transformation of mankind.

The various committees constituted by the World Foundation, at present, are:

1. Sri Sathya Sai Education Committee.
2. Sri Sathya Sai Health Care Committee.
3. Sri Sathya Sai Publication Committee
4. Sri Sathya Sai Cultural Committee
5. Sri Sathya Sai Humanitarian Project Committee
6. Sri Sathya Sai Youth Committee

Each committee has members from various walks of life from all over the world.

The current Directors of the SSSWF are:

1. Dr. Michael Goldstein (Chairman),USA
2. Dr. Narendranath Reddy, USA
3. Dr. A Ramakrishna, India

4. Sri H J Dora, India

5. Mr. Gary Belz ,USA

The current Members of the Prasanthi Council are:

1. Dr. Narendranath Reddy (Chairman), USA

2. Dr. Michael Goldstein, USA

3. Mr. Leonardo Gutter, Argentina

4. Dr. William Harvey, USA

5. Mrs. Marianne Meyer, Denmark

6. Sri Kalyan Ray, India

From the day of inception, the SSSWF has conducted a number of international conferences across the world. In addition, the SSSWF released several books and audio visuals on Sri Sathya Sai's Teachings, His Work and Programmes on Education and Healthcare. Many exhibitions have been organised displaying the posters and audio-visuals on the community service activities, Sathya Sai Educare, Sathya Sai Ideal Healthcare, humanitarian projects and disaster relief work in many countries.

Sri Sathya Sai Baba is always remembered for His contributions, particularly in providing drinking water, education and healthcare to the needy and the poor. All these three areas are divine assistance and His Blessings. I pray to the almighty for His continued Divine service to the mankind.

Dr. A.P.J. Abdul Kalam

Past President of the Republic of India.

Guidelines for Contributors

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 Nonviolence 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 for contributors: 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 Guru Poornima Issue
June 1, 2012**