



Canadian Sathya Sai Newsletter



Maha Sivarathri Issue

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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

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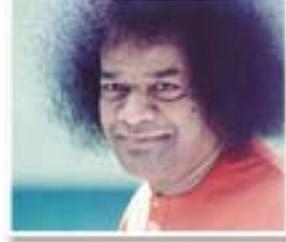


“Remember that there is nothing in this world as powerful as the Lord's name to protect it. It is not arms and bombs that will save the world. Only God's grace should protect this world. It is man's foremost duty to pray for God's grace. Prayer is of supreme importance.”

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TRUE TRANSFORMATION



True transformation doesn't make you feel elated by praise, or depressed by blame, nor affected by profit or loss. Instead, you maintain equanimity says, Prof Anil Kumar, Bhagavan's longtime translator and author of reputedly elucidating on the topic. Extracted from one of Anil Kumar's talks...

Prime minister Indira Gandhi once requested Mr. Brahmanand Panda to run for election, to become a Member of Parliament. Do you know what Mr. Panda said? "Madam, to be a Sai devotee is far...far greater than being a Member of Parliament." This is transformation!

In another example, a former Chief Justice of the Andhra Pradesh High Court, Justice Parthasarathy, was invited to give a talk. Do you know what he said? "People introduce me as the Chief Justice of the Andhra Pradesh High Court. I am sorry, but I have not come here in that capacity. On the day when Swami told me that I would be the President of the Sathya Sai Organisation, I was more joyful than when I was nominated as Chief Justice of Andhra Pradesh High Court." That is transformation!

As long as we crave for power, name, and fame and such, it is not transformation. When my head is full of information, it is not transformation. The spiritual journey confers an experience that leads to a phenomenal inner change without our knowledge.

So, what is true transformation? True transformation is egolessness, absence of jealousy, absence of pride, not craving for power, and no arrogance.

Maha Sivarathri Discourse 1959

There are many different stories given in the Shastras to explain the origin of the Sivarathri (The Night of the Emergence of Linga form of Siva) Festival. Some of them were related now by the persons who spoke to you. Another story is that this is the day on which Siva danced the Thandava (cosmic dance) in His Ecstasy, with all the Gods and Sages taking part in the Cosmic Event.



Vibhuti Abhishekam

When He consumed the Halaahala poison that emanated from the ocean of Milk, in response to the prayer of the Worlds, which it threatened to destroy, the heat of the fumes was well nigh unbearable, even for Him. So, it is said, Ganga was poured uninterruptedly on His matted locks; this is the explanation for the Abhisheka (ceremony of pouring consecrated water, milk, etc., on the idol) which is offered in all Siva temples for hours on end, and in some places, continuously. But Siva was only partly relieved. So, the cool Moon was placed on His head; that gave some relief. Then, Ganga was placed on the matted locks. That was of great help. After this, Siva danced with all the Gods, the Thandava dance. That is the story. But all this did not happen on a particular day and so Sivarathri cannot be said to commemorate that day.

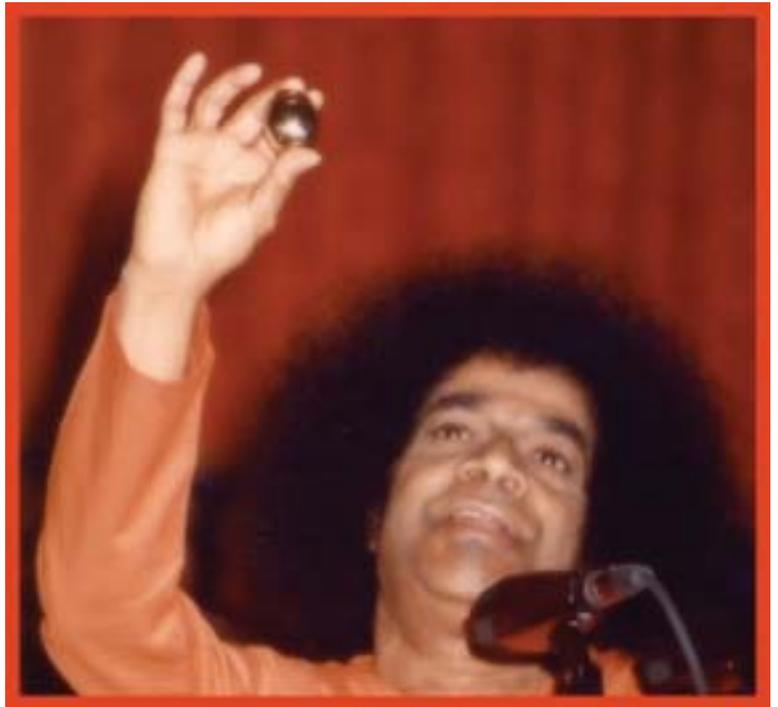
The story that a hunter sat on a Bilva tree on the look-out for animals to kill and without intending any worship, unknowingly, dropped the leaves of that tree, which happened to be a Bilva, upon a Lingam beneath, and so attained salvation, explains only the importance of this day; it does not explain the origin!

We have not only Maha Sivarathri, but have every month a Sivarathri, dedicated to Siva worship. Again, what is the significance of the

Rathri (the Night)? The close affinity between mind and the Moon. Well, the night is dominated by the Moon. The moon has 16 kalas or fractions; and each day when it wanes a fraction is reduced, until it is annihilated on New Moon night. After that, each day a fraction is added, until it completes itself on Full Moon night.

The Moon is the presiding deity of the Mind; Chandramaa manaso jaathah---"Out of the mind of the Purusha (Godhead), the Moon was born." There is a close affinity between the mind and the Moon; both are subject to decline and progress. The waning of the Moon is the symbol for the waning of the mind; for the mind has to be controlled, reduced and finally destroyed. All sadhana is directed towards this end. Mind has to be subdued to reveal the underlying true reality.

Every day during the dark half of the month, the Moon, and symbolically its counterpart in man, the mind, wanes, and a fraction is diminished; its power declines and finally, on the 14th night, Chaturdasi, there is just a wee bit left, that is all. If a little extra effort is made on that day by the Sadhaka, even that bit can be wiped off and Mano-nigraha (mastery of the mind) completed. **The**





Chathurdasi of the dark half is therefore called Sivarathri, for that night should be spent in the japa and dhyaana of Siva, without any other thought either of food or sleep. Then success is assured. And, once a year, on Maha Sivarathri Night, a special spurt of spiritual activity is recommended, so that what is shavam (corpse) can become Sivam (God) by the removal of this dross called manas.

This is the purpose of Sivarathri and so it is foolish and even harmful deceit to imagine that "keeping awake" is the essential thing in its observance. People try to escape sleep on this night by playing cards, attending non-stop cinema shows or watching plays or dramas. That is not the sadhana which should be intensified on Sivarathri. That is a travesty of the vow of 'sleeplessness.' It vulgarises you and encourages evil and sloth, wickedness and hypocrisy.

On Sivarathri, the mind must become laya (reduced into nothing). Lingam means that in which this Jagath attains laya (leeyathe); that into which this Jagath goes (gamyathe). Examine the Linga; the three gunas (primordial qualities) are represented by the three-tiered Peetha (platform); the Lingam above symbolises the goal of life. Lingam means "a symbol", the symbol of creation, the result of the activity of the three gunas and of the Brahman (Supreme Reality) which permeates and gives it meaning and value. When you worship the Lingam, you should do so with faith in this symbolic significance.

Every word, every Form used in the Shastras has a symbolic meaning, which gives it value. The word "prapancha" which you use so freely to indicate this "created world" means, "that which is composed of the five elements of earth, fire, water, wind and ether." Take the word 'Hrudayam' used for "the heart". It means Hrudi (in the heart) ayam (He). That is to say, it means not the organ that pumps blood to all parts of the body, but the seat of God, the altar where Siva is installed, the niche where the lamp of jnana is lit. Again, Siva does not ride on an animal called in human language, a "bull!" **The bull is only a symbol of Dharma**



standing on the four legs of Sathya, Dharma, Shanti and Prema.

Lingam is the symbolic form of the Godhead. The three eyes of Siva are the eyes which reveal the Past, Present and the Future. Siva alone has all three. The elephant skin which forms His cloak is just a symbol for the elemental bestial primitive traits which His Grace destroys; He makes them powerless and harmless; in fact, he tears them to pieces, skins them so to say, and makes them ineffective.

His four Faces symbolise Shantam, Rudram, Mangalam and Utsaham (Peace, Fierceness, Auspiciousness, Determination). In this way, realise while worshipping the Lingam, the inner sense of the many attributes of Siva. Meditate thus on Siva this day, so that you may get rid of the last lingering vestiges of delusion.

Just as Om is the verbal symbol of God, the Lingam is the symbolic form of the Godhead. It is just a form. Everything is maya (delusion) and to grasp it, you must deal with maya. Otherwise you cannot realise the Maya Shakti (Deluding Power).

God is as immanent in the Universe as life is immanent in the egg. The chicken is in every part of the egg; so too, God is in every part of the world. I prefer the description Sarvan-thar-yaami (inner ruler of all) to the description, Innermost soul of all beings. All are in this Hall, each one has no Hall in him, is it not? In the same way, all are in Him; which is better than saying, He is in all. It is Maya which binds and limits man; all sadhana is to conquer maya. A bit of iron will sink in water but if beaten and made hollow, it will float. So beat the mind and make it hollow. Then it will float on the sea of samsara (worldly life). Above all, have viveka and do not be led into taking any false step.

Grow not only physically but also spiritually. You need not waste time in trying to discover Me and My Nature. Understand what I teach, not who is the teacher, for I am beyond your intellect and your shakti. You will understand Me

only through My work. That is why sometimes in order to reveal who I am, I myself show you my 'visiting card', something that you call a miracle. Know the marma (the mystery) and carry out the karma (the duty) I assign to you.

In the next fifteen years, a number of young people now growing up will shine as devoted aspirants in the spiritual field; they know that each of them is nityam, sathyam and pavithram (eternal, truth and pure) and that they are amrita-putras (children of Immortality). They are growing in viveka and vairaagya and they are purifying themselves by

Namasmarana. But the elders are laughing at such boys because they have taken to the godly path. Perhaps they will be happy if their children loiter in the streets in groups, smoking and swearing, and staring at posters.

The elders should be elated that their children are on the royal road to real joy and contentment and that they will be serving themselves and the world much better. You do not know how to make an ornament out of gold; so you give it to a goldsmith. Why worry if he melts it and beats it and pierces it and pulls it into wire and twists it and cuts it? Let Him, who knows the art, shape the child into an ornament of society; do not worry.

You must grow day by day, not only physically but in the spiritual life also. How long are you staying on in the primary school, writing down the letters of the alphabet? Get up, demand an examination, pass, and move forward to the higher class! The Jeevi must master the inner world first. You are now sitting on the ground floor of the Hall; seek the means to see the top floors too.

Progress! Come forward! Then Sivarathri becomes a Mangala-rathri (auspicious night) for you. Otherwise it is just another rathri wasted. Many might discourage you and say that meditation and worship can be taken up after you reach a ripe old age, as if they are the prerogatives of or special punishments for the aged. Enjoy the world while you can and then think of the next, to be their attitude.

The child takes its first few steps in the comparative safety of the home: it

toddles about inside, until its steps become firm, until its balance is perfected, and until it can run about unaccompanied and without fear. Then only does it venture out into the streets and the wide world beyond. So too, the individual must master the inner world first; become impervious to temptations, it should learn not to fall when the senses trip its steps; it should learn the balance of mind which will not make it lean more to one side than to the other; and then, after mastering this viveka (discriminatory wisdom), it can confidently move out into the outer world, without fear of accidents to its personality. That is why there is this insistence on vigilance or 'sleeplessness'.

You cannot claim to be educated or grown-up unless you have mastered the science of self-control and destroyed the root cause of delusion. It is not this night alone that you should spend in the thought of Siva; your whole life should be lived in the constant presence of the Lord.

Man's basic nature seeks inward contentment. Do not tell me that you do not care for that Bliss, that you are satisfied with the delusion and are not willing to undergo the rigours of sleeplessness. Your basic nature, believe Me, abhors this dull, dreary routine of eating, drinking, and sleeping. It seeks something which it knows it has lost, inward contentment. It seeks liberation from bondage to the trivial and the temporary. Every one craves for it in his heart of hearts. And it is available only in one shop, **Contemplation of the Highest Self**, the basis of all this appearance.

However high a bird may soar, it has sooner or later to perch on a tree top, to enjoy quiet. So too, a day will come when even the most haughty, the most willful, the most unbelieving and even those who assert that there is no joy or peace in the Contemplation of the Highest Self will have to pray, "God, grant me peace, grant me strength and joy."

~Baba

Maha Sivarathri discourse, Feb. 7, 1959

<<http://www.youtube.com/watch?v=GyJXQqtBtII>>



A Heavenly Tour

we do not take rest even at night. However many angels we employ, we seem to be understaffed. The human world constantly bombards us with prayer requests...”

The seeker walked on, not wanting to be a burden on the already taxed department in Heaven. He walked into another area where work seemed to be going on at a more frantic pace. Curiosity got the better of him and he walked up to a person sitting at one of the counters. He was struggling to have a quick bite between his work.

“Excuse me sir. Could I please speak for a minute with you?”

“Speak fast my fellow. How can I help you?”

“Could you tell me what is going on here?”

“Ah! This is the “Prayer Requests” receiving section of Heaven. And we are receiving and segregating the various prayers for health, wealth, fame, intelligence, peace and happiness.”

“Do you not take a proper break for lunch at least?”

“No my dear man! We cannot. In fact,

The person went about his work, barely acknowledging the presence of our seeker. It became evident that the working angel there had no time even to answer. He looked up at a board which announced, ‘Prayers Fulfillment’, and understood what was going on. The angels here were processing everything that arrived from the ‘Prayer Requests’ section and fulfilling them at various ‘time intervals’. The guiding philosophy of the section was also prominently displayed on a giant

wall via a statement –

“Remember – When you receive a prayer for fulfillment, answer it in one of the following three ways:

1. Say “Yes” and fulfill the request immediately.
2. Say “No” and give the seeker something better.
3. Say “Wait” and give the seeker the best in due course of time.

Marveling at the wisdom, he moved on to the third department in Heaven. Surprisingly, the whole place seemed deserted. There was just a single angel there and he welcomed the seeker with open arms.

“Are you planning to shut down this section? What is this part of Heaven for?”

“Ah!” replied the angel, “All our staff have been sent to assist the ‘Requests’ and ‘Fulfillment’ sections. We barely have any work here.”

“What is this section anyway?”

“This is the ‘Acknowledgement’ section where we receive gratitude for the fulfilled prayers” the angel said even as he smiled and walked away to his desk.

The seeker followed him and decided to ask one final question...

The concept of Gratitude Programme

Hearing this story (I know I haven’t completed it yet) brings to mind a doha (couplet) of the saint, Kabirdas (1440–1518), which states, *Dukh Mein Sumiran Sab Karein, Sukh Mein Karein Na Koi, Jo Sukh Mein Sumiran Karein, Dukh Kahe Ko Hoi?* This translates into,

“Everyone remembers God in times of sorrow, but nobody does so in times of joy. Those that remember God in times of joy will never seem to know sorrow.”

And that speaks volumes about the power of gratitude. For, it is only one with gratitude that one remembers God in times of joy. And if we are to believe the experience and wisdom of this mystic poet and saint from India, such people with gratitude will always be happy. The simple act of genuine gratitude seems to attract more of the objects and experiences that one is grateful for.

It appears as if all the wise

people realize this powerful truth and intuitively transform their prayer requests into prayers of gratitude. A disclaimer here though – expressing gratitude with the intent of attracting objects and experiences of one’s desire makes the overall prayer into a request rather than an expression of gratitude!

But genuine gratitude is always fulfilling and rewarding. And that brings me to a beautiful programme that I witnessed on the 17th of February, 2013 in the Sai Kulwant Hall at Puttaparthi, the abode of Bhagavan Sri Sathya Sai Baba. It was the “**gratitude programme**” put up by the passing out batch of students from the Sri Sathya Sai Higher Secondary School. Every year, the students of the passing-out batch of the school communicate with their Lord and Master, Friend and Guide, Bhagavan Baba (whom they address as their beloved ‘Swami’), via this ‘gratitude programme’. The programme is composed of skits, dances, songs and speeches which convey their profound gratitude to Him. Like every other year, this year too, the programme was

filled with experiences and insights galore.

My ears perked up to listen to a tiny voice speak about an experience which occurred about 12 years back. As a child of 4, he had gotten into the habit of offering everything that he received to Swami’s picture at the home altar. Whether it was a chocolate, his kindergarten report card or his sad tears, they would be offered to Swami. The family members of his extended family (other than his parents) made fun of him about this.

One day, he received a remote-controlled car as a gift and immediately he removed the packaging and placed the car in the altar. This seemed to be the limit and everyone mocked him. He felt bad and shed a few tears – what else can a child of 4 do? That night, everyone at home was drawn to the altar where the car seemed to be moving on its own accord, flashing lights! The batteries were not inside and still some divine remote seemed to be controlling it. On closer examination, the mocking members of the family found a small idol of Baba in the driver’s seat,

‘driving’ the car in acceptance of the offering!

“From that day dear Bhagavan, I have always felt you in the driving seat of the car of my life. You are my Sanathana Sarathi (Eternal Charioteer)”, he finished to a rousing applause.

The stories then began to flow in rapid succession.

Shanmukha got up and revealed the toughest time in his childhood – when he was diagnosed to be hemoglobin deficient during the medical examination before admission into the school. The doctors told his parents that he would need at least 6 months of intensive care before his hemoglobin levels could reach the desired levels. This definitely meant a wasted year as far as joining Swami’s school was concerned. The faith that he and his parents nurtured in Swami made them decide to abandon all medicines and simply resort to Vibhuti (the holy ash). Within a few weeks, all was well and Shanmukha indeed joined the primary school in 1st grade.

More such miracles were revealed. Raghuram relived the days

when he was suffering from a severe throat infection when he was in the hostel studying his 6th grade. Swami had visited the grounds one of the days and He saw Raghuram from His car for a few moments. Though it was a fleeting glance, it was enough to rid him of all difficulty and throat pain!

Similar was the story of the miraculous escape that Sudhanva’s father had in Nigeria, in the year 2000. He was caught in a cross gunfire. Sliding between the seat of his car, he could hear the whizzing bullets all around. One even hit him, or so he thought. Returning home, he realized that he was totally safe and the ‘hit’ had been taken by a picture of Baba in his wallet!

The programme went on with skits and dances peppering up the narratives. I shall not go into those details for I did not pay attention. I was so lost in the various experiences that had been narrated.

As I listened to the experiences, one thing struck me. In none of them had the ‘student/devotee’ ever sought or prayed for help. It had been given on its own! The students were now

merely expressing their gratitude for all the love, assistance, guidance and strength received. And as stated in the programme, for every experience narrated, there were a dozen that weren't for want of time! The conclusion of the programme seemed to be: "Swami! We have nothing to seek from you but the blessing that we love you with all our being. There is nothing that we offer to you but our heartfelt gratitude."

Ah! If only all the 'prayer requests' in the world would become 'gratitude programmes', maybe the world would be a happier and fulfilling place to live in. **Gratitude is definitely a magnet for happiness.**

And if you want proof for this, remember that the proof of the pudding is in eating it. Start today by expressing gratitude sincerely, feeling the various blessings in your life. And experience your life growing more and more beautiful and bountiful.

The conclusion of the story: Yes! I haven't forgotten. The seeker followed the angel and decided to ask one final question... "To which section does God visit the most?"

"Ah dear man! Why do you ask?"

"I ask because I wish to see Him and thank Him for so many beautiful things in life. Sometimes, I felt that my prayers were not answered. Today, when I look back, I realize that I have received much more than I asked for. I want to thank God for His wisdom and love; for His delays and apparent denials. Maybe, I shall be one to give you some work finally."

A smile came over the angel's face. "I have received your 'thanks' my child for I am God! While I assign my angels to take care of the other two sections, I personally oversee this particular section. It is not because the other sections are unimportant but because I already have done everything that is the best for my children. And it is only those that realize this truth that actually give some work to this section. I love to do that myself."

~Aravind Balasubramanya
(Hub pages)



COSMIC CONSCIOUSNESS

The Truth that the scriptures teach is, that God is everywhere, near and far, above and below, inside and outside. God is One, Indivisible and Omnipresent.

In order to awaken to this truth, one has to attain higher levels of wakefulness. Vedanta reveals four categories of wakefulness: The fully awake, the wakefulness of mind only, as while dreaming, the wakefulness of the self alone, as in deep sleep, and the illumination of the self awakening into the Over-self.

These are named Sthoola, Sookshma, Karana and Maha karana (The Gross, the Subtle, the Causal and the Super-cause).

★*The gross body that is activated in the waking stage is the composite of many items; the five*



senses of perception, the five senses of action, the five inner instruments, the five elements in creation, the five vital airs and the self, 26 in all. This is the Jagrath stage, wakefulness.

★*The subtle body that dreams has only five vital airs, the five senses of perception, and five fundamental elements, fifteen items in all as the Sookshma (the subtle), the vehicle which according to Vedanta, carries the consequences of good deeds and bad.*

★*Karana (Causal) body is the third. It possesses only one nature, namely, Prajna (consciousness), pure and unmixed with the subjective and objective worlds.*

Since the Sthoola (gross) body is fully invoked with the objective world, it is called Viswa; the Sookshma body or the dream body is illumined by the mind and inner light and so it is called Tejas; the body in the deep sleep stage, when it is latent in the cause, subsumed in the Consciousness, is called Prajna.

The truth, namely, Brahman, eludes all these three bodies. They are all invoked in bhrama (illusion), not in Brahman, the Absolute. What appears true in the dream is falsified when one awakens; what one experiences while awake is distorted and devalued by Maya.

The Maha Karana, the Cosmic Consciousness, is often denoted as "Param" (beyond), in Vedanta; since the concept is obviously contentless, it does not arise and fade; nor does it originate and disappear. It has no name and form, for it cannot be defined or limited or identified as separate. It is understood as Brahman; the unmoving, immovable Totality (Poorna), the Eternal, the True,

the Pure, and the Attributeless.

Just as the unmoving road enables the car to move along it, the Brahma principle is the basis for the existence and activities of Jivi. In fact, there is only One. The One appears to the split vision as two. **Look outward! You see multiplicity and diversity. If Jivi looks inward, it is God.** The outer vision makes you forget; the inner makes you remember the true self.

When man seeks to rise to the divinity, which is his reality, he is remembering, struggling to know and experience. When he grovels in the lower levels of consciousness and is entangled in disease, he is caught in the coils of forgetfulness.

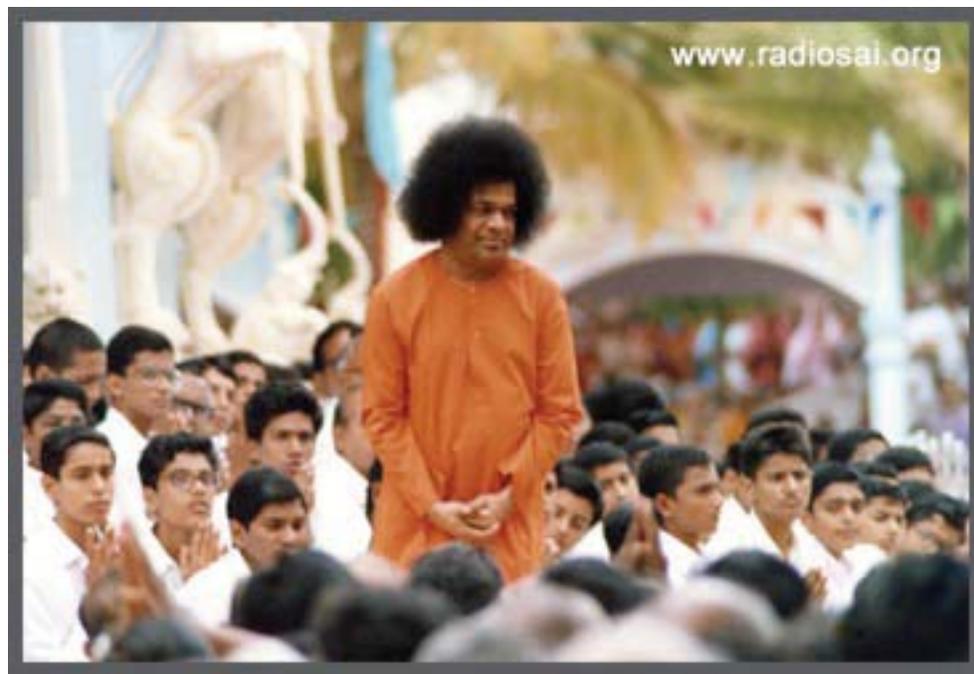
Removing selfish desires and expanding one's urge to love and serve are the most effective means to succeed in merging with Supreme Consciousness, the Primal Cause, the Cosmic Thought, the Maha Karana.

~Baba

Discourse on March 22, 1985.

SAI BABA ON ADVAITA

Please read this Q & A session with Swami over and over again. Swami sheds light on His core teachings with remarkable clarity and insight



Devotee: Swami, what is the best way to relate to the world?

Sai Baba: Do not think about the world. Do not spend time thinking about the world or about your relationships to individuals. These are all impermanent. They will not last. Pay attention to that which lasts, to that which is permanent. All things involving the world and human relationships have to do only with the body. The body is like a water bubble. The mind is like a mad monkey. So do not follow the body or the mind. Follow the voice of God. It is the voice of unchanging

truth inside you. It will direct you toward your highest good. If doubts come, do not follow them. Jesus had some doubts on the cross when the soldiers were tormenting him. Then he heard the voice of God telling him, *"All are one, my dear son. Be alike to everyone."* At that point the last doubt dropped away and Jesus declared, *"I and my Father are one."* He realised the truth of the oneness

of Self and God. This is the state of Advaita, of complete Non-Dualism, where there is only unity. If you listen to the voice of God inside you, it will tell you that there is no difference between you and God. There never was a difference. It was your imagination only. The sense of difference was only in your mind. There is no separate I or God which has to become one. There never was any other. Always there was just the one, without a second. To reach this highest truth, do not think that you and God are separate. Think always *"God is with me. He is inside*

me. He is around me. He is above me. All there is is God. I, myself, am God. I am the infinite. I am the eternal. I am not two. I am one, only one. There is no one else besides me. I and God are one and the same." That is called self-confidence; it is the confidence that you are atma, the one Self. You develop self-confidence by thinking all the time "*God is doing everything, without God I cannot be.*" When you realise that God is not outside of you and separate from you, then you gain self-confidence. Then there is love, there is peace, there is truth and there is God. So first there must be self-confidence and love of God. What are you thinking about now? You are thinking about the body, but the body is just a water bubble. *The body is just a dress, only a dress.*

Devotee: Swami, you say that everything is God, but isn't the body also God? If everything is God, then the body must also be God?

Sai Baba: You are asking about the body. You are thinking about the body, not of God. If you only think of God, then, for you, there will be only God. But now you are thinking of the body. The body is an

instrument; it is made of matter; and matter is always changing. The world also is always changing, but God is never changing. God is the one unchanging spirit.

Devotee: Is Swami's body also just an instrument?

Sai Baba: Swami's body is like all bodies. All bodies are just instruments. All bodies are only temporary. They have birth. They have death. The indweller of the body is permanent. That is the atma, the one Self. That is you. That is the real you. You are the immortal Self, not the body.

Devotee: Swami, how do we rise up to that highest level? How do we become perfect?

Sai Baba: Through love, only through love. Develop divine love or Prema. Divine love is completely selfless. Human love is mostly selfish. All the time it thinks only of this little 'I'. This little 'I' is the ego. Ego is a bad quality. It sees everything as separate. It sees everything as dual. Remove this ego and you will see only unity. Where there is duality, divinity will not be present. Think only of the basis of everything. Think only of God. Now for you at present there is only desire, desire,

desire: I want this! I want that! Desires are just passing clouds. They come and they go. One moment they give pleasure and the next moment they give pain. They cannot give permanent joy. Desires make up the mind. The mind is nothing but a bundle of desires. Every thought in the mind comes from desire. Don't follow the mind. Don't follow those passing clouds. Desire comes, desire goes, but morality comes and grows. Morality is very important. Follow morality; practise it.

Devotee: Swami, should we think of God as being both father and mother?

Sai Baba: Your physical mother is only with you for some years. She is your temporary mother. Your physical father is also only temporary. The real relationship is different. Truth is the real father. Truth is permanent. Truth has no birth; it has no death. Prema, Divine love, is the real mother. Devotion is the real brother. Wisdom is the real son. Peace is the real daughter. For all of these relationships there is no change; there is no birth, there is no death. They make up your permanent relationship, your relationship with God.

Devotee: Swami, if Divinity is my

permanent relationship and all these others are only temporary relationships, then do I still have to take care of my family at home?

Sai Baba (very firmly): You must! That is your duty. Do your duty. Take care of your family.

Devotee: Even if it takes me away from God?

Sai Baba: No! No! No! No! Do not abandon your family. You must take care of your husband and your children. Do your duty. Duty is God. Work is worship. Do not forsake your duty.

Devotee: But Swami, not even when God calls?

Sai Baba (laughingly): God is in you. He is with you. He is above you. He is below you. He is around you. He is not calling or sending for you. He is always with you. He is you. You, yourself, are God. Always think like that. *"I am God. I am God. I am atma. I am everything."* Think like that and do your duty at home. God is not sending for you or asking you to come from somewhere. You are God. He is always with you.

Devotee: Swami, is everything

predetermined? Is the time we take to merge already mapped out? When we finally merge and get realisation, is that moment already written on our foreheads?

Sai Baba: For atma there is no time and there is no space. It is beyond time and beyond form. In this Self all are one. Remember that unity. Live in that unity. Make that your goal. All are one. Be alike to everyone.

Devotee: Then Swami, what is the relationship between the Self and the individual?

Sai Baba: Where is Self? It is everywhere. How do you know? You do not know. You have no experience of it. So do some sadhana, some spiritual practice. Experience it. Practise it. Live it. Realise it.

Devotee: But Swami, what I wanted to ask is "Do I have an individual higher Self? Is there an individual higher Self that is specifically related to me?"

Sai Baba: The individual exists only in your imagination, in your mind. It is just an illusion. It is not real. When the one Self is everywhere, when it is one without a second, then where is the individual? It is only in your imagination. The Self alone

is real. Realise it.

Devotee: Swami, is there really no higher being related uniquely to this body, judging me or guiding me?

Sai Baba: You are still in one hundred percent body consciousness. Do not stay with this body consciousness. Remove it. Take it away. What will remain will be God consciousness. Then there will be no anger, no hatred, no envy, no jealousy, no desire, no ego, only pure joy, only complete bliss, only bliss, bliss, bliss.

Devotee: But then what is reborn? When we reincarnate, what is born?

Sai Baba: The body is born. Birth and death only have to do with the body. Ego relates only to the body. Reincarnation relates only to the body. Do not think of the body, think of the atma. It is one. It is unchanging. For that one Self there is no incarnation; there is no reincarnation.

Devotee: Swami, do I, as an individual, exist at all?

Sai Baba: !! !! !! Always this "I". First you must ask "Who is this I? Who am I?"

Devotee (persisting): But Swami is there no individual anything?

Sai Baba: When you realise the Self, then

there is no separate individual. You can think of individuals as different light bulbs. There will be differences in wattage. There will be differences in age, in colour, in form, in name. One is a tube light and another is a bulb light. There

is who you are.

Devotee: Swami, is there any difference between God and me?

Sai Baba: You are God. You are not the ego. You are God! You are God!

Devotee (incredulously): I am God???

Sai Baba: Yes! Yes! You are atma, the one Self. You are permanent. The physical body is not permanent. The physical is not the Self, but you are the Self, not the physical. You are God. Think like this always. Do not think about the body. Think about God. The body comes and goes. For the body there is birth and death, but you are not the body. The body is just rust and dust.

Devotee: Swami, I do healing and I wanted to ask.....

Sai Baba (interrupting): Healing comes from God. Think of God. God is everything. He will always do what is needed. Think only of surrendering to God. You may say, "I am healing others", but this is just your ego speaking. Healing cannot come through the ego. Thinking that you are doing healing is very harmful. You are not the one who is doing the healing. You are only the instrument. God does everything. Think

“Although there are infinite powers in a human being they are not revealed. These are known as Transcendental Powers (Ateeta Shaktis). These are psychic in nature.

Human being is thus a repository of enormous energy of various kinds, viz. light energy, electric energy, radiation energy and above all the Atmic Shakti or Energy of the Self.

But for this energy, human beings cannot eat, drink move, laugh or do anything.”

will be differences in shape, but everywhere the current that powers them is the same. That current is you. You are not a bulb that appears different from any other bulb. You are the current, the one current that is found in all the bulbs. That

only of Him. Love Him.

Devotee: Swami, how can we love something we don't understand?

Sai Baba: Develop self-confidence, then love will follow. It will come naturally, from within. In that way the love will be pure. Your journey starts with self-confidence and ends with the realisation of the Self. That Self is you; it is God. This is who



you really are. Self-confidence is unwavering love for the divinity within. What will help you to develop this confidence? Be equal-minded. Be satisfied with what you have. Don't hanker for anything outside. Be happy! *The secret of happiness lies not in doing what you like but in liking what you have to do. That is a great truth.* Always have complete faith in God, Who takes care of everything. True greatness can only come from faith. Now there is no confidence in you. Without confidence your faith will be shaking and wavering. Then where is there room for grace to come in? Where is the room for the Divinity to come inside?

If you shut the door, how can the spirit be revealed?

Devotee: Lord, I want to merge with you. What do I have to do? I am ready.

Sai Baba: *Through love, only through love. Love is everything. Love is God. Live in love. Start the day with love, spend the day with love, fill the day with love and end the day with love. That is the way to God.*

Devotee: Swami, how do we develop this selfless love?

Sai Baba: Only through God's Grace. Prema, divine selfless love, comes only through God's Grace. Without Grace you cannot do anything. First do your duty and think about God all day, from morning until evening. See everything as God and be happy. Think to yourself "O' Lord, you are my everything. You are my goal. You are my breath." Do not think that this is mine or that is mine or that this is not mine. Instead, think, "All is you, Lord. All is yours." Think, "I am beyond the body. Mind is just a mad

monkey. I am the Self. I and God are one." Think like this. *"Before this body was formed, I was there. After this body goes, I will still be there. I am omnipresent. I am the all."* To reach this truth you have to do some spiritual practice.

You have to inquire: *What is God? Who is God? Who am I?* The first step in self-realisation is to always think of God and after some years you will know that you are one with God. Jesus spent twelve years in the desert before he realised this fact. In the beginning you can think that this whole world is just like a stage and you are only an actor. God is the director. All of Humanity are actors. God is directing everything. But do not stop there. Move on and identify only with God. Think God. Be God.

Devotee: Swami, shall we go out and tell these things to other people?

Sai Baba: Do not talk so much. Do some spiritual practice. First do. Then be. Then you can talk, but only a little. Do some meditation. Do everything with love. Be good, see good and do good. After you develop self-confidence and love for God, you can share with others, but it is a good rule not to talk too much. Talk very little, even about God.

In spiritual practice there will always be internal talk with God. You will give up all attachments and attach only to God. For this, purity of the heart is very important. Where there is no purity, there is no unity. Without unity, you cannot attain divinity. Then your whole life is just a waste. First purity, next unity. Then you realise divinity.

Devotee: And purity comes from service, Swami?

Sai Baba: Yes, purity comes from selfless love, from doing selfless service. All are one family, so serve all, not just the Sai family, but the whole world family. All are brothers and sisters. All are one. Be alike to everyone. That is unity, the brotherhood of man and the fatherhood of God.

Devotee: Swami, even in a country like Germany, where there is not much spiritual feeling?

Sai Baba: Germany, Japan, America, Italy, France... the countries are all different but the heart is the same. God is everywhere. Everywhere you can do service and develop your love. Wherever you are, do everything with devotion and love. You have Swami's blessing. Know that, always.



Step by Step Guide to Install the Program called "LOVE"

Customer: I can do that. I'm not very technical, but I think I am ready to install now. What do I do first?

Tech Support: The first step is to open the folder called your HEART. Have you located your HEART ma'am?

Customer: Yes I have, but there are several programs running right now. Is it okay to install while they are running?

Tech Support: What programs are running ma'am?

Customer: Let me see... I have PASTHURT.EXE, LOWESTEEM.EXE, GRUDGE.EXE, and RESENTMENT.COM running right now.

Tech Support: No problem. LOVE will automatically erase PASTHURT.EXE from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. LOVE will eventually overwrite LOWESTEEM.EXE with a module of its own called HIGHESTEEM.EXE. However, you have to completely turn off GRUDGE.EXE and RESENTMENT.COM. Those programs

prevent LOVE from being properly installed. Can you turn those off ma'am?

Customer: I don't know how to turn them off. Can you tell me how?

Tech Support: My pleasure. Go to your Start menu and invoke FORGIVENESS.EXE. Do this as many times as necessary until GRUDGE.EXE and RESENTMENT.COM have been completely erased.

Customer: Okay, I'm done. LOVE has started installing itself automatically. Is that normal?

Tech Support: Yes it is. You should receive a message that says it will reinstall for the life of your HEART. Do you see that message?

Customer: Yes I do. Is it completely installed?

Tech Support: Yes, but remember that you have only the base program. You need to begin connecting to other HEARTS in order to get the upgrades.

Customer: Oops...I have an error message already. What should I do?



Tech Support: What does the message say?

Customer: It says "ERROR 412 – PROGRAM NOT RUN ON INTERNAL COMPONENTS". What does that mean?

Tech Support: Don't worry ma'am, that's a common problem. It means that the LOVE program is set up to run on external HEARTS but has not yet been run on your HEART. It is one of those complicated programming things, but in non-technical terms it means – "you have to 'LOVE' your own machine before it can "LOVE" others."

Customer: So what should I do?

Tech Support: Can you find the directory called "SELF-ACCEPTANCE"?

Customer: Yes, I have it.

Tech Support: Excellent, you are getting good at this.

Customer: Thank you.

Tech Support : You're welcome. Click on the following files and then copy them to the "MYHEART" directory:
FORGIVESELF.DOC, SELFESTEEM.TXT,
REALIZEWORTH.TXT, and
GOODNESS.DOC. The system will

overwrite any conflicting files and begin patching any faulty programming. Also, you need to delete SELFCRITIC.EXE from all directories, and then empty your recycle bin afterwards to make sure it is completely gone and never comes back.

Customer: Got it. Hey! My HEART is filling up with really neat files. SMILE.MPG is playing on my monitor right now and it shows that WARMTH.COM, PEACE.EXE, and CONTENTMENT.COM are copying themselves all over my HEART!

Tech Support: Then LOVE is installed and running. You should be able to handle it from here. One more thing before I go

Customer: Yes?

Tech Support: LOVE is freeware. Be sure to give it and its various modules to everybody you meet. They will in turn share it with other people and they will return some really neat modules back to you.

Customer: I will. Thank you for your help

FROM THE INTERNET, AUTHOR UNKNOWN

(Reprinted from Radio Sai)



PRAYER IS GOOD MEDICINE



Inspired by a visit to a hospital in India run by Sri Sathya Sai Baba and his followers, two Duke University researchers are investigating the effects prayer and other non-medical practices can have on a patient's recovery after angioplasty.

Cardiologist Mitchell W. Krucoff and nurse practitioner Suzanne Crater were amazed by the upbeat reaction of patients and staff at the Institute for Higher Medical Sciences in Puttaparthi following the daily visits of Sai Baba, whose followers worship him as an avatar, an incarnation of divinity.

In contrast to the lethargy and depression common in many hospitals, the euphoric atmosphere at the Institute was overwhelming, Krucoff says. Patients and staff were beaming throughout the researchers' visit. "God

came every day and made rounds and touched them," Krucoff says. "That kind of atmosphere has got to have physiological impact."

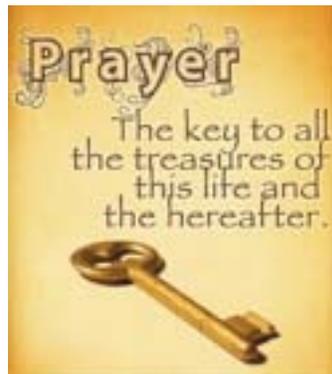
After their visit, the two researchers wanted to test the idea that spiritual influences could have a physiologically measurable impact. But how do you measure the religious influence that they had witnessed? As Krucoff says, "We couldn't scatter Sai Baba clones or Mother Teresa clones all over the United States."

Instead, Krucoff and Crater wondered what would happen if prayer and other forms of non-medical treatment were offered to patients undergoing stressful heart procedures. Would patients who were prayed for or taught to relax benefit more than patients who were not? Their musings led them to begin the MANTRA study (Monitor and Actualization of Noetic TRainings) at the Durham, North Carolina, Veterans Affairs Medical Center. Besides a group of patients who had prayers said for them, three

other groups were exposed to touch, guided visualization, or stress relaxation. A fifth group served as a control group and did not receive any prayers or treatments.

The most unusual part of the study—and apparently the most effective—involved the healing use of prayer. The study found that angioplasty patients with acute coronary syndromes who were prayed for did 50 to 100 percent better (in terms of heart rate, blood pressure, and EKG results) than did patients in the control group. Patients who received guided imagery, touch, or stress relaxation assistance also benefited, showing a 30 to 50 percent trend toward improved outcomes.

Prayers were offered by seven different religious groups. Each group received the same data: the name of a male patient who was undergoing a catheter procedure, a stressful operation which involves threading a tube into the heart while the patient is awake. The prayers went out from Buddhist monasteries in Nepal and



France, from Moravians in North Carolina, and from Carmelite nuns in Baltimore who prayed during evening vespers. In Jerusalem, prayers were inserted in the city's Western Wall by a Jewish group. Fundamentalist Christians, Baptists, and Unitarians prayed as well.

The prayers proved effective even though the MANTRA patients didn't know they were being prayed for, unlike the beaming patients in India who saw Sri Sathya Sai Baba at their bedside.

A larger trial of 1,500 patients is now under way at hospitals in North Carolina, San Diego, Washington, D.C., and Oklahoma City. The larger study will test whether the results can be repeated, and may influence doctors in the future to include spirituality in their prescriptions.

~From Yoga journal

Two researchers find merit to the idea that spiritual influences can have a beneficial, physiologically measurable impact. By Larry Sokoloff

A Letter from Prasanthi Council

Dear brothers and sisters, Bhagavan Sri Sathya Sai Baba, the Lord of the universe, has pure, selfless, and unconditional love and compassion that transcends all limitations. He has spread the joyous experience of love and compassion to all beings. He has shown us how to love and how to live in love. Millions of devotees around the world have experienced His divine presence and pristine love. There are no physical limitations for Baba, and He manifests anywhere according to His will. The Lord who has no birth, no death, no beginning or end and who is beyond name and form assumed an enchanting and beautiful form with the sweet, nectarine name of Sathya Sai Baba to remind us that our true nature is divine. Every year on 24th April during the Mahasamadhi day celebrations (**Sri Sathya Sai Aradhana Mahotsavam**—holy and grand festival of adoration and homage) let us rededicate our lives to love Him with all our heart, mind, soul and strength. Let us practice His universal message of love and sanctify our lives by serving in His Divine mission.

Let us express our heartfelt gratitude to Bhagavan by celebrating the Mahasamadhi day on 24th April by having some or all of the following events in our Sathya Sai Centers and also extending the activities to the regional and national levels:

- Sharing of experiences by devotees on the glory and mission of Sathya Sai Baba.
- Devotional singing and bhajans.
- Cultural programs.
- Youth and SSE performances.
- Service projects
- Audio visual presentations of His darshan, discourses and humanitarian projects.

I urge all devotees to participate with enthusiasm and love in the center, regional and national events on this auspicious occasion of the Mahasamadhi day and share their joy and love with others.

With loving regards,

Narendranath Reddy M.D.

Feb. 10, 2013

Sri Sathya Sai Baba Centre of Toronto–York Swami's 87th Birthday Celebration



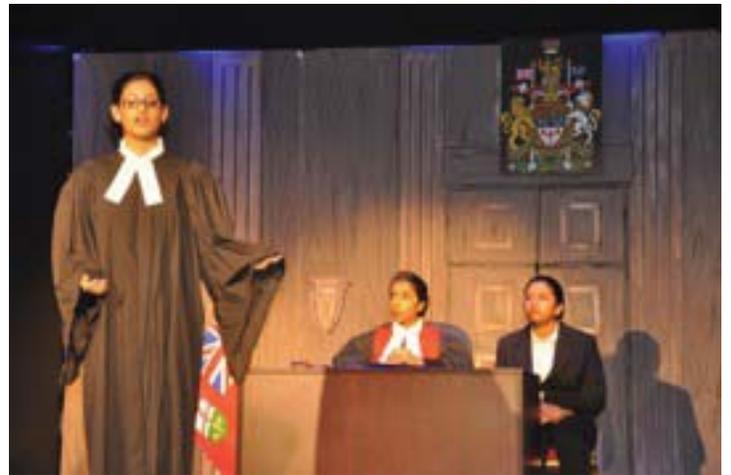
The Sathya Sai Baba Centre of Toronto–York celebrated Swami's 87th Birthday with traditional gaiety, devotion and festivities. A number of community service projects were also planned culminating into His birthday celebration. Following are the highlights of various activities:

On November 18, 2012: 250 children from the SSE program expressed their devotion and gratitude to Bhagavan by presenting a cultural program on a multi-faith theme.

The cultural program included veda chanting, devotional and value songs as well as a feature presentation titled '**There is Only One Religion– Religion of**

Love"

The play revolved around a fictional courtroom scene where a trial was underway to decide the fate of the different religions and their practices. The prosecution argued to convince the



jury that religion is the cause of numerous problems in the world and that they should not have a place in the society. On the other hand, the defense by using various stories from different religions showed that although there are problems in the world, the common thread that binds all religions is **LOVE**. The solution to all the problems is **love and sacrifice**.



The play showed the lives of saints from Islam, Christianity, Hinduism and Buddhism and elaborated on the traditions followed by Judaism and Zoroastrianism. The play was interspersed with dances and songs to enhance the presentation.

In all, about 1000 devotees enjoyed the program thoroughly and took home



Swami's message of " **There is Only One Religion- Religion of Love**".

On November 23rd, a full day devotional program began at 6.00 am with Suprabhatam followed by Nagarsankirtan and Lakshaarchanam. The remainder of the day was filled with inspirational and interactive sessions by guest speaker, Dr. Sunder Iyer, who in his unique style filled the devotees with the nectar of Swami`s teachings and his personal experiences. The day ended with enchanting devotional singing which filled the prayer hall with positive vibrations and hearts of about 800 devotees with joy, love and His grace.

Service Projects: The ceiling on desire initiative "Feel the Pain, Fill the Plate" project was aimed to understand what it means to go without food and to experience the effects of hunger first hand. The centre members, young and old, pledged their support by sacrificing their meals or snacks and used the savings generated to purchase food items for the food bank. Approximately 1000 lbs of food was collected over the period of two weeks leading up to Swami's Birthday.



Approximately 30 boxes of used clothing were also collected for the needy and given to the shelters. The devotees made 87 loaves of sandwiches filled with love and distributed to the homeless people in the Greater Toronto Area.



OBITUARY



Dr. Amarnath Safaya, the former director of Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Prasanthigram, passed away in Delhi on January 10, 2013.

Dr. Safaya was born on October 2, 1932 in Srinagar, Kashmir. He did his MBBS from Agra University and took his MD degree from the University of Kashmir in 1964. Dr. Safaya had served as the Medical Superintendent of the All India Institute of Medical Sciences, New Delhi for 16 years and had been the founder president of the Association of Hospital Administration.

He was chosen as the first director of SSSIHMS, Prasanthigram by Baba himself in 1991 and had served in that position for two decades. He also served as the director of SSSIHMS, Whitefield, Bangalore in its initial years. During Dr. Safaya's tenure SSSIHMS, Prasanthigram saw an all-round development and established itself as an institution par excellence. Four specialities viz Cardiology, Urology, Ophthalmology and Orthopaedics were started during his able directorship. He was also instrumental in organising three international Cardiac Conferences and three international Orthopaedic Conferences in the hospital.

Dr. Safaya had resigned from the post of Director of the hospital owing to health reasons in October 2011 and had settled down with his family in Delhi. He will be greatly missed by the Sai family in India and the world.

Shirdi Sai Baba

(Excerpt from on-line book, Man of miracles by Howard Murphet)



Mystery surrounds the birth and parentage of Sai Baba. All that is known are a few remarks dropped by Baba himself (many details of His birth and early life were revealed by Sathya Sai Baba, the next incarnation of Shirdi Sai Baba).

However, it does seem that his birth took place about the middle of last century in the Nizam of Hyderabad's State, probably in the village of Patri. Details of early life were not documented.

Sai Baba (after leaving His Guru) went westward and eventually came to the village of Shirdi, in the Bombay presidency (as it was then). Arriving at a Hindu temple on the outskirts, he was attracted by its solitary calm and wanted to live in it. But the priest in charge took him for a Moslem and would not let him put a foot inside the temple.

So Baba took up temporary residence at the foot of a margosa tree. He left Shirdi and returned several times; then eventually in the year 1872 settled down permanently in the village. A dilapidated Moslem mosque of Shirdi became his home. Here he kept a fire burning constantly, and oil lamps lit the interior of the mosque throughout the night. This was according to the view common to both Hindus and Moslems that places of worship should be lit up at night.

A few people recognised Sai Baba's divine qualities and came to pay him homage, (among the first was the priest who had driven him away from the Hindu temple) but most of the villagers regarded him as a mad fakir. In the tradition of holy men of India, he depended on charity for food and other material needs. These were few, but he did need oil for his earthen lamps. One evening, the shopkeeper who supplied Baba with oil, gratis, told him untruthfully that he had no supplies. Perhaps this was a joke to amuse

the village loiterers. Anyway, a group of them, together with the oil-merchant, followed the mad young fakir back to his mosque to see what he would do without his religious light – and maybe to have a good laugh at his expense.

Water jars are kept in mosques for people to wash their feet before entering the sacred precincts. At dusk the villagers saw Baba take water from the jars and pour it into his lamps. Then he lit the lamps and they burned. They continued to burn, and the watchers realised that the fakir had turned the water into oil. In consternation they fell at his feet, and prayed that he would not put a curse on them for the way they had treated him. But Baba was not what they thought. He was not a sorcerer resenting their contempt, and ready to seize an advantage. His nature was pure love. He forgave them and began to teach them.

This was the first miracle Sai Baba performed before the public, and it was the match that lit the fire, which became a beacon drawing thousands of men to him from afar. Many became his devotees. He used his miraculous powers to cure their ailments, to help them in their day-to-day problems, to protect them from danger wherever they happened to be, and to draw them towards a spiritual way of life.

Loving care of his devotees was the ruling motive of all Baba's actions, and many of them have stated that in his presence they always felt a spiritual exaltation. They forgot their pains, their cares and their anxieties. They felt completely safe and the hours passed unnoticed in blissful happiness.

From On-line book, Man of Miracles by Howard Murphet.

This book is available for on line reading or free download at this link:

<<http://ebookbrowse.com/sai-baba-man-of-miracles-pdf-d38352739>>



New appointees to Sathya Sai Council of Canada

Effective March 1, 2013, Brother **Kajen Kajenthira** will serve as the new National Web Coordinator. He has served as website administrator, Treasurer, Vice President and Youth Coordinator of the Sathya Sai Baba Centre of Scarborough. He was the website administrator for Toronto Sathya Sai Baba Book Centre for a few years since the initial set-up of its website. Brother Siva Ramanathan who is stepping down as the Web Coordinator, was the architect of the National Website. He has diligently and with dedication rendered his services over the past 5 years.

Effective February 15, 2013, Sister **Chamundi Eswari Selvaraj**, is the new Regional Coordinator for Manitoba/Saskatchewan. Sister Eswari was the past President of the Sri Sathya Sai Baba Centre of Saskatoon for two terms, from 2004 to 2006 and from 2008 to 2010. Sister Sushila Mistry, who has stepped down from the position as Regional Coordinator for Manitoba/Saskatchewan, has taken on the much needed leadership role in assisting the Youth Wing and Education wing of the Sri Sathya Sai Baba Centre of Winnipeg.

Effective February 1, 2013, Sister **Sarada Yogeswaran**, is the new Secretary of the Sathya Sai Organization in Canada. Sister Sarada has served as the past President of the Sri Sathya Sai Baba Centre of Scarborough and as the Region-2 Spiritual Coordinator. Sister Aphrodite Miniotis, who has stepped down from the position of Secretary of the Sathya Sai Organization in Canada, is a dedicated, well-disciplined, caring and selfless servant of Swami for many years, and continues to serve the Sai Organization in her own loving way.

Effective January 1, 2013, Sister **Chandra Gopie**, the past President of the Sri Sathya Sai Baba Centre of Toronto – York, is the new Regional Coordinator of Ontario Region-1. Brother Gopal Chidambaram – Regional Coordinator of Ontario Region-1, who has been an example of a true servant of God has stepped down from his position.

Effective December 1, 2012, Sister **Preeti Mathur**, the current Assistant National SSE Coordinator, from Edmonton, Alberta, is the new Vice-Chair of the Sai council of Canada. Brother Mayur Pandya has stepped down from the position of Vice Chair of the Council due to the current demands of his personal and professional responsibilities. He looks forward to participate in the activities of the Sai Organization when his responsibilities ease up.

After 25 years of service, Brother **Subbarao Evani** has stepped down as National Publications Coordinator and Editor of Canadian Sathya Sai Newsletter. He will continue as the Editor of the Canadian Sathya Sai Newsletter for 2013. If any one is interested to take over the Newsletter, please contact brother Thayaparan.

Thank you and with loving Sai Ram,
Sarada Yogeswaran,
On behalf of Brother Thayaparan,
Chair, Sai Council of Canada.



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.

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, 2013**