

S P R I N G - S U M M E R 2 0 1 4

The Canadian

Sathya Sai Newsletter

Sri Sathya Sai Baba
Organization in Canada
www.sathyasai.ca

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

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Prof. Siva Nadarajah
Montreal, Canada

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Life is a long garland of blossoms, fair and faded, fragrant and futile. They are, so to say, the good and bad of life. Man recognises only the blossoms, happy over some, unhappy over most; he does not see the string on which they are bound together, the Brahmasuuthra, the lasting fadeless Brahma-principle that gives stability to the short-lived flowers. Just as sparrows during a storm fly towards a warm shelter. Man too must take shelter in the Divine Principle to escape from the storms of life. He will be welcomed by the Divine, only when, as Jesus said, he becomes a child. Allow the children to come to me, he said. Children have no strong wishes to run after; they have no overpowering passion of hate or greed; so they are embodiments of Peace.

*Excerpt from Vedha Vyaasa,
23 May 1965
(Sathya Sai Speaks Vol 7, Chapter 22)*

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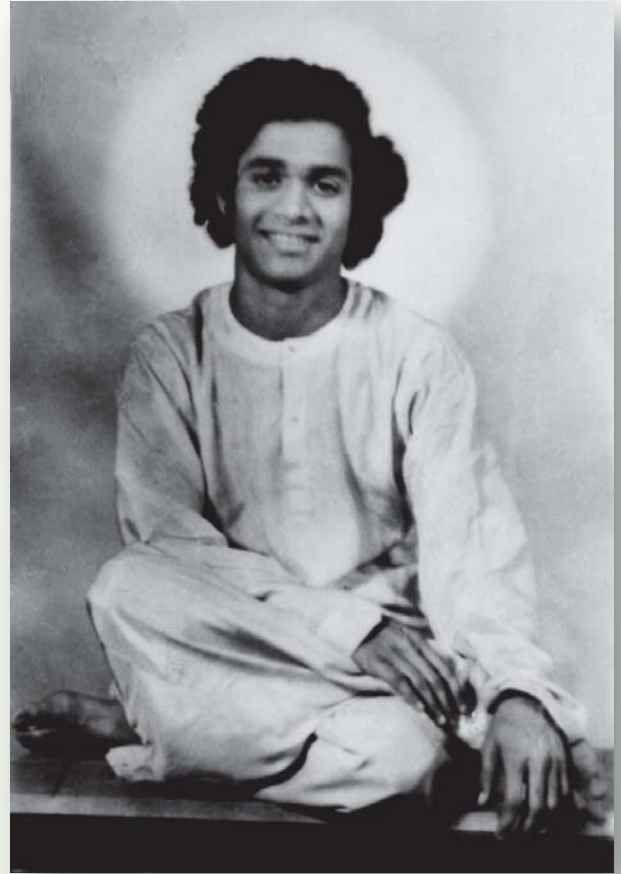
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The Inner Prompting

*Bhagawan Sri Sathya Sai Baba
on Guru Poornima,
July 1962
Prasanthi Nilayam*

THE day is *Vyaasa Pournami* and it is also celebrated throughout India as *Guru Poornima*. The importance of the day has been explained now by the Lawyer from Repalle in Telugu, by Vineetha Raamachandra Rao in Kannada and by the Editor of *Sanaathana Saarathi* in English. Well, I shall also speak now. Whatever My language, I speak not to inform but more to heal. I administer medicine for your minds, not food for your brains, or rather it is both; like honey, it is both food and drug.

There is nothing specially related to Sage Vyaasa which makes this day attached to his name. He was not born on this day nor did he 'leave' on this day; it is just dedicated to his memory and to the worship of all *Gurus*. For *Vyaasa* is the *Aadiguru*, the *Muulaguru* (the first and the source of all spiritual teachers). He recognised and declared the Truth in a variety of ways and helped in opening the inner eye of man. He described in beautiful simple, clear terms the Glory of the Lord and of the means of attaining Him. He saw that unless the Mind is negated or destroyed, the Lord will not be manifest. He prescribed the paths by which this could be done. So he is the *Lokaguru* (world teacher), the *Paramaguru* (greatest teacher). He collected the hymns, collated them and put them into the Four *Vedhas*; he assembled the



later Vedhic literature and composed the *Brahma Suuthras* (aphorisms on Supreme Reality) to expound the philosophy that was inherent in it. He wrote the *Mahaabhaaratha*, which includes the universal specific, the *Bhagavad Geetha*. Then, when he was sunk in sadness, in spite of all this knowledge and scholarship and teaching, Naaradha advised him to sing the glory of the personalised aspect of Godhead, to waken the emotions and guide them Godward through *bhakthi*. That gave him and the world great joy and peace, for Vyaasa then wrote the *Bhaagavatha*.

Discover that happiness is an inner gift

Now, whether it is *Vyaasa* or the *Guru* whom you honour today, the more important thing is the *Pournami* (Full Moon) that happens today; that is the one thing certain about it; the rest of the story is conjecture. The *Guru* is needed when you have the *guri* ('Goal' or 'Aim' in *Thelugu*). If you do not have that urge, what can the teacher do? On sand or rock, if seeds are strewn, it is a sheer waste of precious stuff. Inner prompting to see the light must send the aspirant to the teacher or must draw the teacher to wherever he is. You must inquire and discriminate: Do objects grant happiness? Is any one happy? How can one be happy through the multiplication of desire and the frantic effort to feed the raging fire? At last, you

material Moon waxes and wanes but the mind should be trained to stand up against modifications and moods. The internal Moon has no marks on it; it is ever full, it is always Full Moon for the victorious spiritual aspirant.

Man is possessed by the ghost of Maayaa

The mind spins a cocoon for the *jeevi* (individual soul) to be imprisoned in. *Karma*, which is the activity of *Maayaa* (ignorance), encloses the individual in its grip; it is the husk that makes the paddy seed grow and yield more paddy plants and more grains of paddy. Remove the husk and there is no more sprouting. The husk, *karma*, makes the *jeevi* sprout and undergo the penance of *vaasanas*

Practise the attitude of offering every act at the Feet of God as a flower is offered in puuja. Make every breath an offering to Him. Do not be upset by calamities; take them as acts of Grace. If a man loses his hand in an accident, he must believe that it was the Lord's Grace that saved his life. When you know that nothing happens without His sankalpa (resolve), everything that happens has a value added to it.

- Bhagawan Sri Sathya Sai Baba

will by your own experience, discover that happiness is an inner gift, a spiritual treasure that can be won by equanimity.

The Moon is the presiding deity of the mind; it must shine cool and comforting, eternally, in fullness, in the *Hrudhaya-aakaasha* (the inner firmament of the heart). The external

(going through the pleasure and pain produced by the impressions unconsciously left on the mind by past good or bad actions) and *samskaaras* (performance of purificatory rites and sacred ceremonies), You reward and punish yourself as the result of your own activities; you are here because you wished to come here; you gravitate to the level to which



your deeds drag or lift you. You make your own future by your thoughts and desires and deeds.

Maayaa is like the ghost of a tribal woman, which once possessed a great *Pandith* in a Himaalayan hermitage. The unfortunate *Pandith* sang and danced like any tribal damsel; he swore and cursed in the *Paisachi* (ghost) dialect and every one in the hermitage became ashamed of his company. At last, when the ghost was exorcised and the *Pandith* was freed, he became his original self; he remembered nothing of his pranks and blabberings. Man is similarly possessed by the ghost of *Maayaa*. The ghost has to be driven out.

The mode of exorcism of this ghost is taught by the *Guru* or the Geetha. Do not despair; it can be driven out. Confidence adds the required courage and strength. Do not doubt or give vent to despair. It must happen whether you welcome it or not, whether you strive for it or not; that is your reason for taking birth, the goal you have to reach. You have not come to be a tool in the hands of a ghost. The ant moves steadily and slowly towards its goal, climbing over everything that comes in its way. Let yours be the same *Pipeelika maarga* (path of the ant). Follow the path of *Naamasmarana* steadily, climbing over all obstacles like sloth, pride, haste, doubt, etc.

The *Guru* can help you to a certain, extent only, but be grateful to him for that little. He is like a skilled gardener. who tends the plants and waters them intelligently; cutting the tree into proper shape, applying the correct manure to supplement the soil and keeping it free from drought and pests. Give the *Guru* the gratitude for all this service; but reserve *Sharanaagathi* (seeking refuge for portection) for the Lord. Do not offer the *Guru* more than his due. Do not also change your allegiance.

Do saadhana in unbroken disciplined way

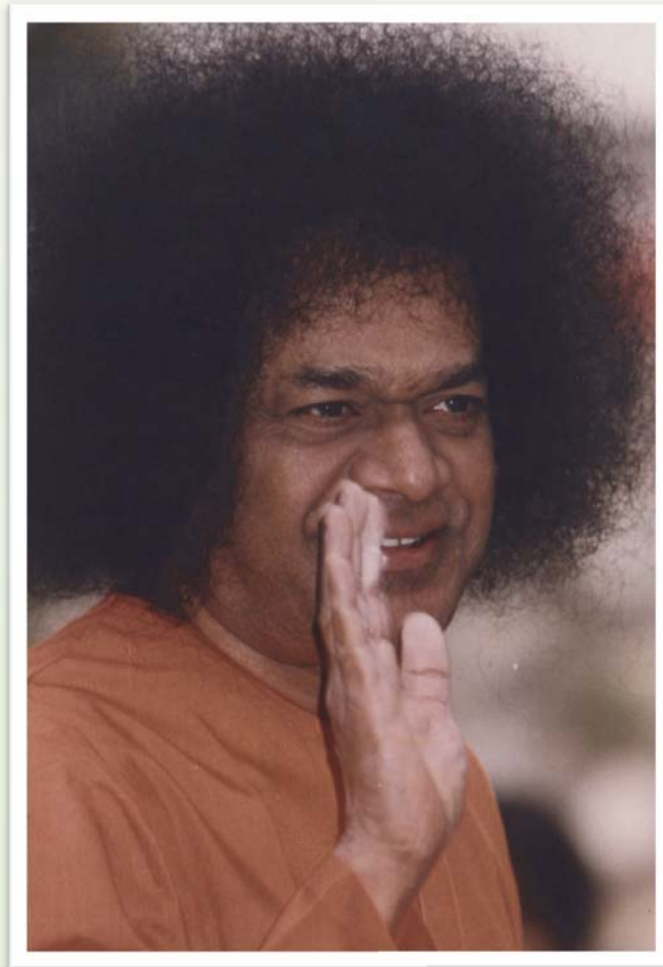
You cannot sell your house to some one and later, mortgage it to another, and rent it out to a third party after some further interval. Shri Raamakrishna had to cut asunder even the form of Kaali when it came across his path towards the realisation of the *Nirguna* (formless) aspect of God. Do not do spiritual

practice off and on; do it in an unbroken disciplined way. Otherwise, it will be like watering a plant for some time and leaving it to go dry before you start again.

The *Bhru-madhya* (centre point between the eyebrows) on which you are asked to concentrate is not the point where your eyebrows meet in the centre of your forehead; it is a point in your inner awareness, the *hrudhaya* (heart). Like the celestial damsels that were sent by Indhra to break the penance of sages, you will be getting during meditation nine varieties of music, but you should not be elated by that and suspend your saadhana.

Guru Pournami here is distinct from the festival in other places. Between you and Me, it is not the relationship between *Guru* and *sishya* (teacher and disciple) that prevails, or that of the Guide and the Pilgrim. The external *Guru* should not be equated with the *Sarvantharyaami* (inner most soul in all the hearts). Even Garuda cannot reach the Goal if it does not spread its wings and leap into the sky. So, make a move, put a step forward. That is the immediate task; your resolve on this day should be that start with a sincere desire to succeed. Light will be shed by the Grace of the Lord. The Lord has come to help you.

Prashaanthi Nilayam, 17-71962

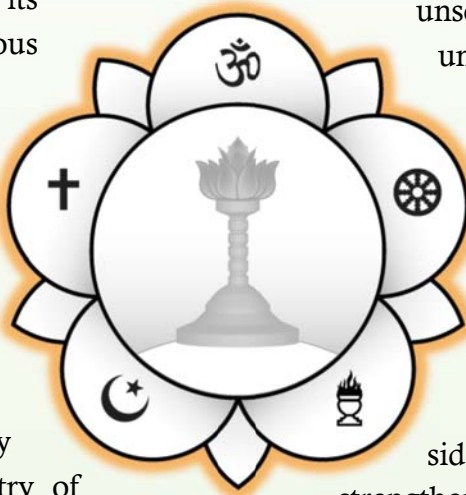


Sai Family News

“Interfaith Concert in Edmonton”

*Sathya Sai Baba
Center of Edmonton,
Prepared by Sathya Naidu
19 February 2014*

Canada as a country with its evolving societies and multifarious ethos is in an enviable position among the League of Nations, as the flag-bearer for democratic principles, just laws and peace and harmony. Adherents of almost every faith on this planet have made Canada their home. This on the surface may appear to be a beautiful tapestry of diverse and colorful traditions, knitted together, but the challenge lies in its preservation and long term viability. As



minority numbers increase, there is a propensity on the part of religious and faith groups to assert themselves for a much more visible space on the Canadian Mosaic. This has led to, rather inadvertently, for these groups to seek political clout as a means to push for greater recognition. When politics converge with religion there always is the possibility of unscrupulous politicians stirring up unnecessary tension and sowing the seeds of disharmony in society. In every area of conflict it has been noticed that the perpetrators are in minority and yet they are able to create so much turmoil, because the well intentioned majority sits on the sidelines as passive spectators. To strengthen the seams that hold this wonderful fabric together is the responsibility of not only the various multi-faith organizations in the country, but in a larger sense the responsibility of every peace loving citizen, who see themselves not confined and straight jacketed to narrow and self-serving ideologies. History is replete with demagogues



exploiting the masses into volatile emotional frenzies that have consumed millions of lives and numerous native cultures over the millennia. History has a way of repeating itself if hard lessons learned in the past are not heeded.

Swami has left us with perhaps his greatest legacy in the form of the

Sai Organization. An organization which has its intent and purpose clearly defined and its genesis lies in its salient creed “Unity in Diversity “. Sai Centers have the potential to unleash a global awareness that the survival of mother earth with all her off-springs including humans is only possible through peaceful co-existence. If Swami’s life is his message then the burden of propagating it must be borne by every Sai devotee. The letter and spirit of his message must reverberate through our lives.



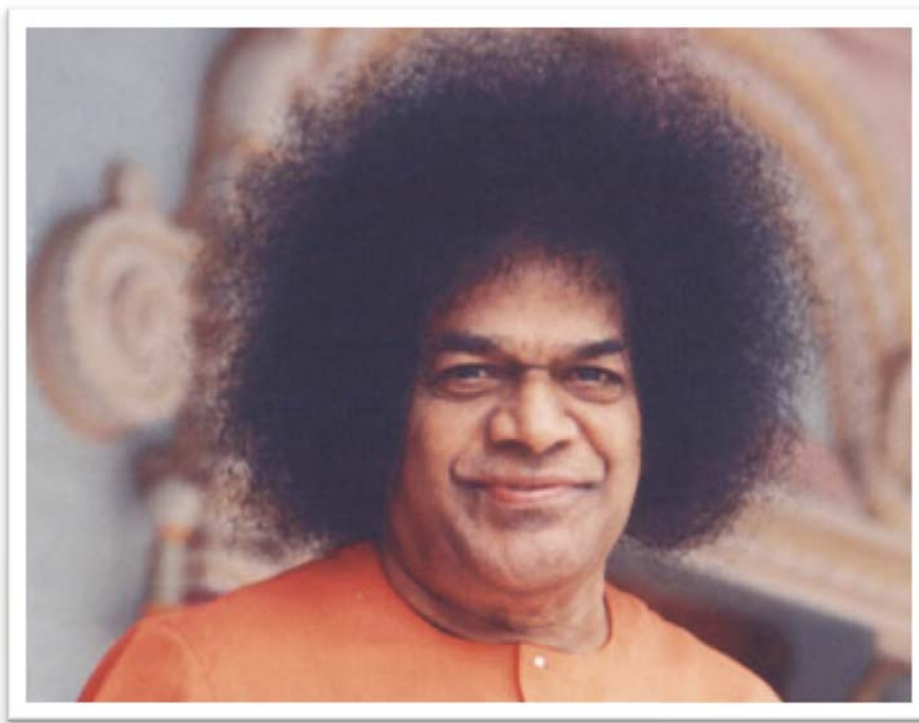
shared values of truth, righteousness, peace, love and non-violence. And to find suitable medium for the dissemination of these values to the public at large.

Under the auspices of the Inter-Faith Societies of Alberta, a significant event of prayers and devotional singing was organized with many faith communities in Edmonton. The Sai Baba Centre of Edmonton was invited to participate in an Inter Faith Concert titled “Building Bridges among Faith Traditions” held on Feb

To strengthen the seams that hold this wonderful fabric together is the responsibility of not only the various multi-faith organizations in the country, but in a larger sense the responsibility of every peace loving citizen.....

In keeping with this theme the Sai Baba Center of Edmonton has been actively seeking the cooperation of like-minded organizations in creating a common platform to promote the

9th, 2014 from 3pm at the Royal Alberta Museum.



It was an afternoon of inspirational music, prayers and chants from various faith groups including representatives from Sufi Eckankar, a Gospel group, the poetry of Rumi; Buddhists, Sikhism, Hinduism and Aboriginal chants.

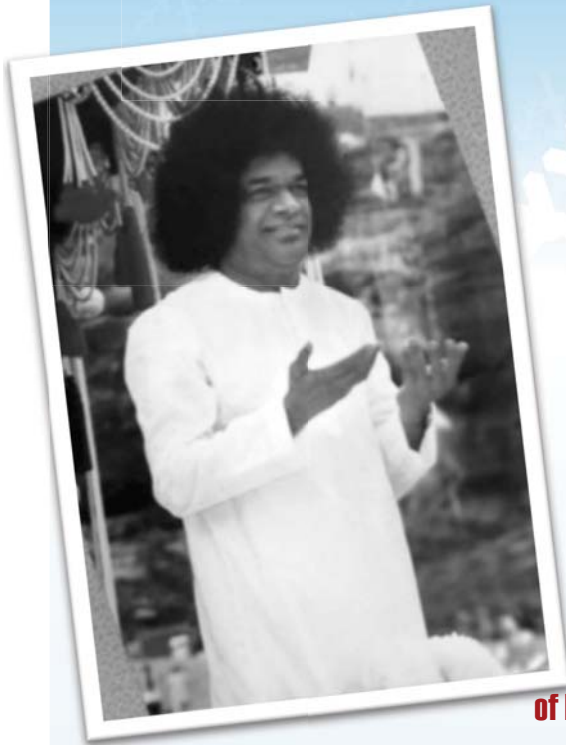
Our intention was to present to the audience a glimpse of the Centre's spiritual activities. The most prominent being the singing of bhajans, as it also serves to introduce new-comers to the world of Sai. In the twenty minutes that we were allocated, we presented multi-denominational bhajans both in English and Hindi. Our singers rose up to the occasion and with mellifluous singing captivated the three hundred or so strong audience. Our segment was well received and we had some appreciative remarks from members of different groups. We were invited to participate in future Inter-Faith events.

With the talent and skill pool that most of the

Sai Centers possess, we must take the initiative of organizing similar events ourselves than to be mere invitees. The themes could be many and with appropriate platforms Swami's message of love and service could ring out in unimaginable places. In Edmonton, this is one of the most important goals we sincerely wish to pursue and in the coming days and months, we will set in motion plans to achieve this goal.

*Sathya Sai Baba Center of Edmonton,
Prepared by Sathya Naidu*

the 2014
Canadian Christmas Pilgrimage
July Update



I
have
come to
light the
lamp of Love
in your
hearts, **to see**
that it shines day by day
with added *luster.*

Love as Thought is Truth.
Love as Action is Right Conduct.
Love as Understanding
is Peace. **Love** as Feeling
is Non-violence. I have **come**
not to DISTURB OR **DESTROY ANY** faith,
but to confirm each in **HIS OWN** faith.

You are in the **Light**, **then the**
Light is in you, You are the **Light**.
You have come from God, you are a spark
of **His Glory**; you are a wave of that **Ocean of Bliss**;
you will get **peace** only when you again *merge*
in Him. Watch your **Words**,
Action, Thoughts, Character *and Heart.*

Where there is **Faith**, there is Love; Where
there is Love, there is **Peace**; Where there is Peace,
there is **Truth**; Where there is Truth, there is God; Where there
is God, there is Bliss. Come just one step forward, I shall
take a hundred *towards you.* True love **expands the**
self; attachment *contracts it.* **God is Love,**
LIVE IN Love. The end of wisdom is freedom;
The end of **culture is** perfection; **The end** of knowledge
is love; **The end of education is** **character.** Love must express
itself as **Service.** **God is in you,** around you, **behind you,**
above you, **beside you.** Help Ever Hurt Never. **LOVE ALL** Serve All.

All are Sai
All are One.
All are Love.



the 2014
Canadian Christmas Pilgrimage
All are One, All are Love, All are Sai

At the Lotus feet of Bhagwan Sri Sathya Sai Baba we present an Update on the 2014 Canadian Pilgrimage to Prasanthi Nilayam

Frequently Asked Questions on the Pilgrimage

Where/ When can I Register for the Pilgrimage?

The registration deadline has been moved to September 30th 2014. Please speak to your Sai Centre President as soon as possible.

How can I participate in this Pilgrimage?

Pilgrims can participate in any one of these areas:

1. **Decorations:** 250 volunteers are sought to assist in the decorations committee.
2. **Service:** The service committee is looking for individuals who are interested in participating in the *New Born Baby Layette Project*
3. **Musical and Carol Programs:** Download the musical and carol programs and practice with fellow pilgrims at your Sai Center.
4. **Devotional Program:** Begin your spiritual exercises (listed further in this document)

When are the Canadian pilgrims going to decorate Prasanthi Nilayam?

Decorating Prasanthi Nilayam will be accomplished through three phases. In the first phase (Dec 10 to 15), titled SORT, volunteers will sort both new and existing decorations from the sheds. The second phase (Dec 15 to 22), marks the peak activity, where volunteers will DECORATE Prasanthi Nilayam. In the final third phase (Dec 28 to 31), volunteers will REMOVE, sort, catalog the decorations for future use.

What is the current design to decorate Prasanthi Nilayam?

Please visit <http://www.sathyasai.ca/media/PrasanthiDesignPresentation.pdf> and click on the link beside 'Designs for Decorating Prasanthi Nilayam for Christmas'

the 2014 Canadian Christmas Pilgrimage

All are One, All are Love, All are Sai

Registration

The registration deadline has been moved to September 30th 2014. Currently approximately 350 devotees have registered for the 2014 Canadian Christmas Pilgrimage. Ashram accommodation is highly encouraged and is only guaranteed for those who register before September 30.

Please note, it is mandatory to be present in Prasanthi Nilayam from December 23rd to 28th [Inclusive of both days].

Decorations

The Pilgrimage Decorations Committee submitted a beautiful design inspired by our dearest Bhagawan to the Prasanthi Council in early July. We are pleased to inform you that the designs for decorating the Mandir, Sai Kulwant and Poornachandra halls, as well as Prasanthi Nilayam in general were accepted by the council. The details designs are attached to this report.

Please visit <http://www.sathyasai.ca/media/PrasanthiDesignPresentation.pdf>

Three representatives from the Pilgrimage committee visited Prasanthi Nilayam and Bangalore to gather vital information on the halls, structures, manner in which to construct and install the framework needed for the decorations, and the availability of various suppliers for the material.

How can you help?

Volunteers are still sought to arrive earlier at Prasanthi Nilayam to help in the decorations.

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Carol and Musical Programs

The Pilgrimage Musical and Carol Committee submitted a proposal for the carol and musical programs to the Prasanthi council in early July. The programs have been approved. The following is a summary of the programs:

the 2014
Canadian Christmas Pilgrimage
All are One, All are Love, All are Sai

Musical Program on Dec 27th, 2014 - 50 minutes in total

- Will be presented by SSE (Bal Vikas) /Youth combined - SSE 15mins and Youth 35 mins.
- With Bhagwan's Grace we will start the program with the multi faith chants and songs by SSE. The final list is subject to change based on the feedback and comfort level. The chants and the songs will be in the following order - Hinduism, Christianity, Judaism, Zoarashtrianism, Buddhism and Islam - approx 15 minutes
- Combined youth musical performance - all the songs will be group performances (no individual leads), the theme of the songs will be "All is Love, All is Sai". Most of the songs will be original compositions of Canadian youth with a Canadian flavour. Two English songs, one French song and the rest will be in other Indian languages. Youth are still working on the compositions. Approximately 7 to 8 songs for 35 minute.

Christmas Carols (Dec 25th morning) – 30 mins

- Will be sung by adults, youth and SSE (who are not participating in musical presentation on 27th) supported by youth on instrument
- The following are the tentative list of songs:
Silent night - (regular version or sai version?)
The first Noel
O little town of bethlehem
O come all ye faithful (regular or Sai version)
Halleluja
Joy to the World
O holy Night
Away in Puttaparthi (tune from Away in a manger)
Hark the Herald Angels sing
The Huron Carol - (Canadian carol taught to the Huron first nation by a jesuit priest long ago)
Feliz Navidad
Il est ne le divin enfant - Quebecois carol that is easy to learn
God rest Ye Merry Gentlemen
Angels we have heard on high
The little Drummer Boy
The holly and the Ivy
Carol of the bells - (universal carol with english lyrics known to ukrainians and russians)
O when the saints come marching
- Electronic mp3 files will be made available by the end of the summer to all pilgrims.

Transportation to Prasanthi

Please visit <http://www.sathyasai.ca/content/view/173/61/lang,en/> for information on a new Bus service from Chennai/Bangalore to Puttaparthi that runs daily.

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Sathya Sai School Play Program

The children's play by the Sathya Sai school was submitted and approved by the Prasanthi Council in early July. The following is the final synopsis of the play.

Childrens' Program by the children of the Sathya Sai School during the week of Dec 23rd, 2014 - 45 minutes in total

- Title: *Eight Flowers of Devotion*
- Number of Actors: 19
- The following is a synopsis of the play and the complete script is attached after.

Synopsis

It is Christmas as well as the Winter Solstice and a First Nations' chief, Ailen, is seeking the perfect offering for the Great Spirit, Kitchi-Manitou. Ailen asks an elder, Grandmother Soyala, for advice on what they should offer, and the elder responds with the creation story of Turtle Island, depicted through a skit. She recommends that they offer the Great Spirit the gift of **non-violence**, living in harmony with their fellow humans and animals. Having explained her perspective, she suggests that they ask other religious leaders in Canada for their counsel.

One by one, 6 religious leaders/groups arrive and share their insight with the chief. Throughout their conversations, they hear Christmas carols in the distance, filling them with a sense of mystery and awe. First, a Zoroastrian priest arrives and is asked what might make a good offering for the Great Spirit. The priest suggests **peace** and tells them the story of how the Parsi population first settled in Gujarat, as sugar in milk. She tells them that as the First Nations continue to welcome other people into their home, they offer peace and honour their Great Spirit.

Next to arrive is a Buddhist monk, who builds on to the idea of peace by suggesting **meditation**. The chief asks for a demonstration, and the assembly is led in a chant of Om Mani Padme Hum as dancers perform graceful movements on stage.

As they finish, a group of Muslim Qawali singers arrive. They too, have an idea: **sense-control**. They set themselves up on the log benches and perform a Qawali with a message about controlling the senses, as Muslims do during the month of Ramadan.

The next person to arrive is a Hindu priest, who suggests that the best offering to God is **penance**, as Hanuman offered Lord Rama. Through a dance celebrating Hanuman's devotion, we see how Hanuman demonstrated penance and earned God's friendship.

The Jewish rabbi who arrives next suggests the offering of **truth** through the recounting of the story of Hanukkah, when the Jews fought to defend their truth and integrity.

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All are One, All are Love, All are Sai

Devotional Program

As you know the logistical preparations for the Prasanthi Pilgrimage have already begun. So too, our own spiritual preparations must begin as well. When we work to elevate our spiritual consciousness, we take the steps towards Swami that he is waiting for. To this end we are suggesting the following devotional activities to be a part of your lives in the following months leading up to the Pilgrimage. We strongly suggest that each pilgrim chose one or all of the following spiritual exercises on a daily basis to help us with our spiritual reflection and discipline.

1. **Namasmarana/Likitha Japam** - Swami says that in this Kali Yuga one can attain liberation by remembering the name of the Lord. Use a Likitha Jap book for daily writing and these will be presented to Swami in Prasanthi.
2. **Following the Nine Point Code of Conduct.** One can start with focusing on one point at a time to see if we are really embracing and practicing that point.
3. **Love in Thought, Word, and Deed:** Swami says that "Love is God, God is Love, Live in Love" - Are we living our lives as embodiments of Love? Keep a daily journal/diary to reflect on this theme.
4. **Monthly Meeting at Sai Centre.** Pilgrims are advised to meet once a month to discuss the pilgrimage and their experiences through the observation of the devotional activities.

Up-date on Sarees / Shalwars / Kurta Pyjama

Sarees

The design has been sent to a manufacturer in Gujrat and the committee is currently awaiting confirmation if the sarees can be manufactured using the recommended design. A total of 4 sarees in 2 different colours (red and white with gold colour scheme) and 2 different designs have been provided. Total cost of sarees is not to exceed \$30 CAD.

Shalwar Kameez and Kurta Pyjama

Emails have been sent to regional coordinators to get the measurements for the SSE girls. Cost \$5.50. Recommend that each child order a minimum of 2 sets. The committee is currently exploring options to acquire Kurta pyjama for the SSE boys.

Scarves

Scarves are available cost to be finalized.

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Service Program

New Born Baby Layette Project

The Pilgrimage Service committee has introduced a service project across Canada which benefits women who deliver their babies at the Sri Sathya Sai General Hospital. The project comprises of preparing a baby layette made up of cloth diapers, a hooded receiving blanket and a kimono-type jacket with tie ups, all made from 100% cotton fabric (see picture).

The newborn baby layette service project was initially undertaken by the Edmonton Sai Centre's Ladies Wing in July 2013. The new mothers invariably have very little so as they were discharged, the Hospital staff would distribute small care packages for the newborn baby. The Pilgrimage Service committee will communicate specific instructions to all regions and Sathya Sai centres on the specifics of the service activity.



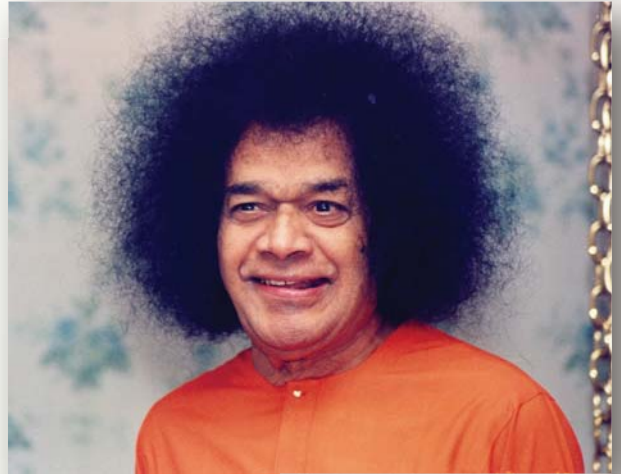
Decorations

Volunteers are sought for a number of activities. The decorations committee is looking for individuals to help transport equipment and decorate the various venues. Help is also needed in the western canteen to help cook and serve in the kitchen. 100 to 150 volunteers are required for the various positions.

Divine Poems

God's Presence

Every minute every second, god is always here.
Through the pains and struggles He is always there.
He is the one who watches over you day by day.
As He is the medicine for everyone every day.
If you are one who is divine to God and mankind.
Only good results will arrive.
He or she who commits self-service to mankind.
Are the ones who get much closer to God.
It is God who then decides who He wants to help.
If you are the chosen one, only good will come.
God is destroyer of all obstacles in your path.
And if you follow His simple task, He will help you clear the path.
God may not be physically with you, but His presence is forever with you

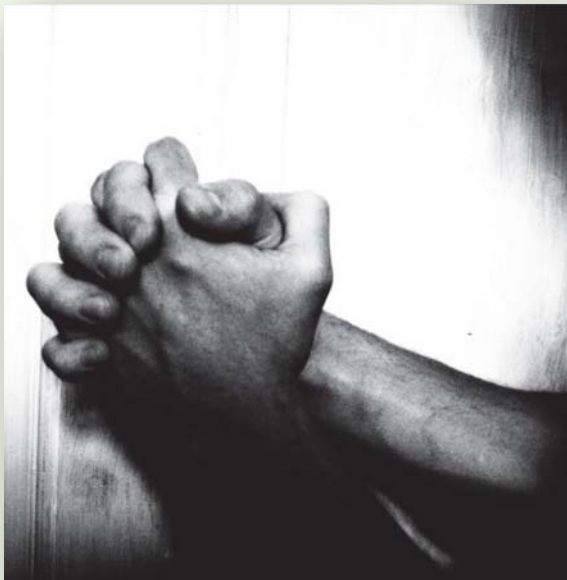


Jaiyanth Thayabaran, Group IV

Sathya Sai Center of Cooksville, Ontario Region 1

Words Won't Be Enough

Baba, you gave me all that I have
There are many ways I can say thank you
But that won't be enough
Lord! I will always love you the same way you love me
Please guide me and always show me the right path
Stay with me at all times and correct me when I go wrong
Bless me that I can help this world become more peaceful
With you by my side, I can face any obstacles
Baba, with my clasp hands, I ask for Your Blessings
You make my life shine bright like shooting stars
But the only thing I can offer you is my loving heart
Please accept my true love
Thank you Baba,



Kenisha Arora

Sathya Sai Center of Mississauga, Ontario Region 1

Love

Love is the most powerful gift given to us by the lord
Hence it is the strongest in the entire world
Love is like a spice
You don't want too less
Loving is caring and caring is sharing
Therefore we should love all serve all

*Heta Mistry, Group III
Sathya Sai Center of Mississauga,
Ontario Region 1*

Pure Love

Caring Love, Sharing Love Selfless
Love- Straight from the Heart
Do you know the Source of Pure
Love Let me tell you where it comes from.

Undying Love- Pure Love
unconditional, comes only from my
mommy's Heart.

Temple of Love- Ocean of Love-
she is my Love My sweet Mom.
Love is like a Butterfly.....

*Krish Patel, Group II
Sathya Sai Center of Mississauga,
Ontario Region 1*



Wonderful Baba

Baba, you are so wonderful
Wonderful indeed you are
You bring me so much joy
More and more each day
Lord, I will never forget you
Not even for a single day
How beautifully you reside
In my heart and in my eyes
Lord! You remind me with every breath
Never to lose hope
But to smile through all hardships
Baba how can I thank you for all the blessings
You shower on me
This may be the end of my poem to honour you
But it will never cease to play in my heart
For you and only you
I love you Baba

*Aaron Khan, Group II
Sathya Sai Center of Mississauga, Ontario Region 1*

Baba is Everything To Me

Bhagawan Sri Sathya Sai Baba,
You are peace.
With You my family will cease
To worry about me,
For You will constantly protect me.

You are peace.
All Your devotees see,
If around You we swarm,
We will come to no harm.

You are peace.
Bringing happiness and cheer
With no room for fear,
Only sounds of joyous celebrations far and near.

You are peace.
Always presiding over us.
Bringing us to our knees
Whenever You appear before us.

You are love.
As calming as a dove
Encompassing the whole planet
Our dream fulfilled after You, we have met.

In Your flowing saffron robe,
You affectionately watch over my every need.
From a pat on the cheek to a nudge on the ear lobe,
You show that You care for me.

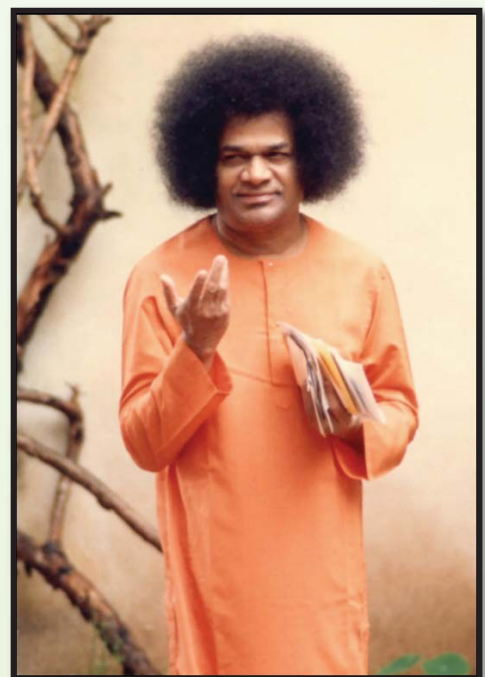
You always captivate us with Your serene face.
Seeing right through us, such is Your gaze.
You gently made me see,
That You are everything to me.

*Aneesh Sridhar, Group III
Sathya Sai Center of Mississauga, Ontario Region 1*

The Voice

You can hear his voice,
It's not hard to recognize!
It's loud and clear,
Yet humble in its approach.
Where does it come from?
The depths of your heart, of course!
It will calm you down,
It will make you jump,
It will bring you joy,
But sorrow is just ahead.
When you surrender to this voice,
It will take you on a ride,
Through jagged turns and sudden
drops,
You'd wish everything will just STOP!
When will it stop?
When you have no more baggage
left...

*Kuncharan Sunthararajah, Group IV
Sathya Sai Center of Toronto-York,
Ontario Region 1*



Reflections from SSE

*“Matru devo bhava,
Pithru devo bhava”*

*By: Sawmmiya Kirupaharan, Group III,
Sathya Sai Baba Centre of Brampton*

Devoted to fulfilling the wishes of his aged parents, Shraavan Kumar, a vital character in the Hindu epic, the Ramayana, took on immense challenges. Most noteworthy was Shraavan Kumar's response to his parents' desire to go on a pilgrimage. At the time there were no means of transportation that Shraavan Kumar could afford. An additional obstacle was that his parents were both blind and disabled; thus, they could not walk to their destination. Determined to make his parents' wishes a reality, Shraavan Kumar decided to place his parents in baskets that were tied on either end of a sturdy bamboo stick. He carried the stick with his parents on his shoulders and departed for the pilgrimage. During the trip, Shraavan Kumar's parents felt thirsty and asked him to



fetch them some water. While getting water, Shraavan Kumar was mistaken for a boar and was shot with an arrow by King Dasaratha. Though in pain, when King Dasaratha approached Shraavan Kumar, he requested the King to deliver the water to his parents. When King Dasaratha returned, Shraavan Kumar recounted his story, but unfortunately as the pain worsened, Shraavan Kumar succumbed to his wounds. Shraavan Kumar's actions speak a million words and help us, in the Kali Yuga, understand the depth of love one should have for his/her parents.

On the eve of Sankranti in 2004, Sri Sathya Sai Baba mentioned in his discourse, “You must respect your parents, whoever they may be and in whatever condition they may be. You must respect their words and obey their commands, without any reservation.” Though his parents were not in any condition to travel, Shraavan Kumar did not disregard his parent's desire. He respected their wishes and attempted to repay them for their sacrifices and love by carrying them to their desired destination. Even during the moments of excruciating pain, instead of asking King Dasaratha to help save his own life, Shraavan

Kumar sent King Dasaratha to deliver the water to his parents. Selflessly, Shravan Kumar thought that quenching the thirst of his parents was higher than his own needs, proving his great devotion and respect for his parents.

During a discourse given in Prashaanthi Nilayam on the 24th of November 1972, Sai Baba had said, “The mother who bore you, the father who fostered you and the teacher who opened your eye to the mystery of Nature in and around you, have all to be revered. However high you may rise in social status, however huge may be your bank account, if your parents are neglected in distress; your life has been a tragic waste.” Baba’s teachings have taught me that although there are many duties and responsibilities I may have as a student and citizen of this world, the most important is the responsibilities I have towards my parents for all their sacrifices and love, which have made me the person I am today. Materialistic goods are not needed to prove love and dedication towards parents. Money is not required to fill the hearts of parents with joy. Simple acts of love, being obedient and having a good character will bring parents immense happiness. In order to repay the sacrifices of parents, children must be able to serve them wholeheartedly and earn them a good reputation through simple acts of service and good character.

*Sawmmiya Kirupaharan, Group III,
Sathya Sai Baba Centre of Brampton*

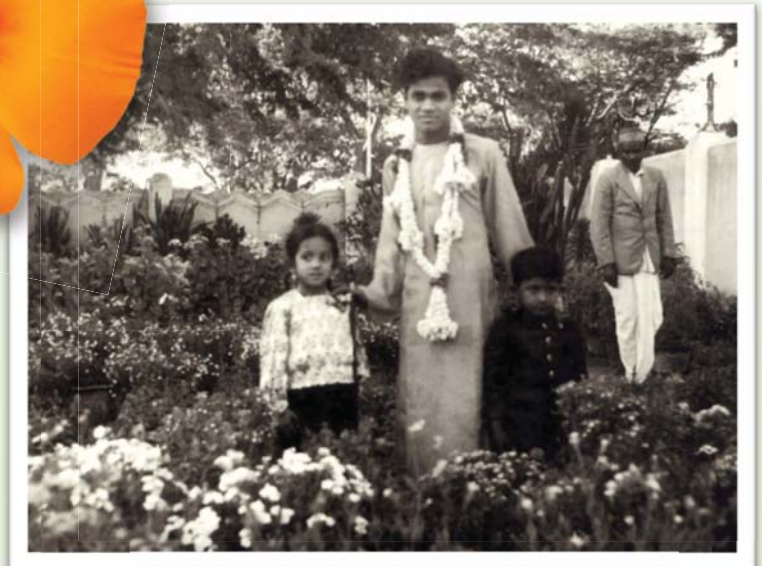
“Flower Buds in Swami’s Garden”

*By: Athmi Parthipan, Group IV
Sathya Sai Baba Centre of Cooksville*

From the day I was born, right up till now, I was in a play. This play is filled with so many characters, each unique and distinct, and the plot is my life. But who could direct such a play. It is none other than the divine works of Swami.

How do I know I am one in Swami’s play? This is solely because of Sathya Sai Spiritual Education, also known as SSE. Out of the millions of children on this earth, why was I chosen to be guided in life with SSE? So many questions, yet so little answers didn’t help at first but I know one day, I will ultimately reach that point, but for now, SSE has been a huge impact and made me to be the person everyone sees today.

Each and every child that participates in SSE is different in their own way but as children, we convey the messages of Swami to the



world. As life goes on, there are decisions we have to make in our life, and although most can distinguish right from wrong, I learnt to take in and apply the right choice and ignore the wrong through SSE. By choosing the wrong path, we only realize the negative effects in a long term. In SSE classes, we always practice good thought, words and deed which gradually become instilled in your daily life.

If there's one thing I learnt most about in SSE, it's that God's love is infinite. At times, I find that I am doubting His presence but I also know that if He wasn't, I wouldn't be where I am today. As Swami watches me from above, He guides me in overcoming life's hurdles and blesses me with power to have courage and have faith in what I do. Part of life is also the curve balls that Swami throws at us, but I use these curve balls to learn to cope with it and it only builds my courage and confidence. With God's guidance, we have the ability to ignore the Maya around us. I know that I can be myself and rest will come naturally.

During SSE, we do many Seva activities and volunteer for different services. This has helped me to take initiative and serve those around me. Just the simple act as carrying groceries for someone brings warmth in our hearts. Knowing that I have done something good builds on my faith for me to do more service later on.

At this point, I know my flower bud in Swami's garden has a lot more to bloom. I will continue to serve, do my duty and practice Swami's teachings to the best of my ability and I know that eventually the path to God will unfold for me to reach God.

*Athmi Parthipan, Group IV
Sathya Sai Baba Centre of Cooksville*

“A Journey to Remember”

*By: Shalin Becharbhai, Group IV,
Sathya Sai Baba Centre of Cooksville*

As stated on the Sri Sathya Sai Baba Organization in Canada's website, Sai Spiritual Education's (SSE) objectives include raising a generation of children with a clean and clear conscience, guiding children to live a simple and moral life, helping them to Love All and Serve All and helping them grow to be worthy citizens and a torch bearer for Sai ideals. I truly believe that SSE has proven to do all of these things for me. This is my fourteenth year in the Sai Spiritual Education program and after having been through it all I can finally look back and realize what an impact SSE has had on me.

Fourteen years of SSE classes translates into hundreds of Bhagavan's lessons taught to me through my inspiring gurus. All of these lessons and teachings have somehow, some way proven to be true. If it weren't for His simple teachings I can't picture myself being

*His teachings have helped me face
and conquer the obstacles that
have been thrown at me in my life*

the person I am today. Swami's teachings have helped me become a more disciplined and pure person through reading Sai literature, daily prayers and bhajans. His teachings have helped

me face and conquer the obstacles that have been thrown at me in my life; obstacles such as which university to choose and others involving peer pressure. When ever faced with a difficult situation I try my hardest to do what would please Swami.

Two years ago I started doing the Gayatri Mantra before every test and exam and it was clear that my marks went up. From being an 80% average student, my average went in to the 90's. This is a perfect example of how Swami has helped me face obstacles in my life.

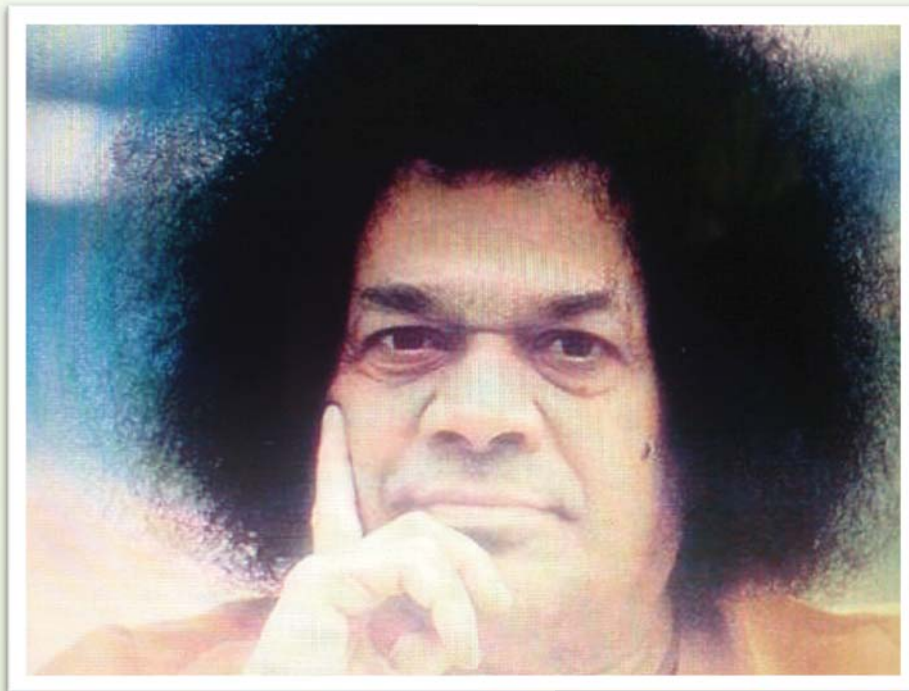
I can still remember sitting in my Pre-SSE classroom colouring in pictures of Gods and Goddesses while crying to my parents because I didn't want to be there. Then moving in to group one where we were forced to memorize Gananam Tva. Going on to group two, things started to turn around and I started to realize the benefits of SSE. But it was only until I reached group four where I really began to learn how to apply all that I had learned in

the past eleven years to everyday life.

Like most teenagers in today's society we are caught up in wanting name brand clothes, the most popular cell phone and all the latest fads. I am not stating that I am no different than the average Canadian teenager however being a part of the Sai fold I have started to realize that everything is temporary. This is just one example of the many lessons Swami has taught me through experiences that I have been faced with.

Swami and His teachings have been a part of my life since the day I was born and I don't know where I would be or what type of person I would be like, if I hadn't been brought up in the Sai fold. I can't thank Him enough for all that He has given me and I can truly say that with Swami's grace I am a torch bearer for Sai ideals.

*Shalin Becharbhai, Group IV
Sathya Sai Baba Centre of Cooksville*



“Scales of the Embodiment of Love”

*By: Meera Mahadeo, Group III,
Sathya Sai Baba Centre of Mississauga*

Sai ram. Swami is omnipresent; He is everything. We can often feel His presence, whether it's when He's holding our hand in a time of need, or giving us a delicate sign to guide us in the right direction. But, in my opinion, the way that I feel that Swami is with me, *the most*, is when I **sing**, and participate in **bhajans**. A lot of people connect with Swami through bhajans. Why is that?

There's something unique about music in spirituality, and how they somehow go hand in hand. Something that fascinates me about spiritual music is how the meaning of a bhajan, and the melody are two complete different things, yet somehow they can't really work without the other. Lyrics: it's what we feel for God, and comprises of what WE as a devotee are trying to express to the deity. To me, the melody is something more than just notes and sounds on a page. It gives the tone of how we're feeling, and what we're trying to say, and sometimes, even why. These two things go hand in hand as the lyrics of a bhajan essentially tell WHY we are singing in a sad or happy tone. And the tone helps convey the words we're trying to say to God. People express their faith

by using music as an outlet in different ways: singing and playing. When you sing, play (an instrument), or simply just listen to the concerto of devotion, it's like you're in a special place; It's you and God. How you get there is up to you; for example, playing an instrument, might be more effective in getting you there.

Speaking as a person who plays the harmonium, you may feel that connection of oneness can only be achieved by doing something that's exclusive to only you, as everyone presents differently, sings differently, and plays differently. For instance, when I play the harmonium in my practice room, and there's no one there, I feel that Swami is truly sitting in the chair I set up, eating the almonds I left for Him. To me, it's different from singing, because it's what gets me to “that place”. When we make a sincere effort to even try, it doesn't matter if we sound good or not... the Sai within us takes care of that.

Music is a special outlet to express love and



faith for God, in the sense that it connects you directly to God; no ticket or prerequisite required. All you need is love... swami tells us so many times that he can't help but gravitate towards us when we sing with love. When you do what you love (singing, playing, or clapping), and add people who also want to get "that place", you are ultimately creating the perfect journey for yourself. When we sing, we're at the same level, aiming for the same thing. When we clap, we're a part of the beat that carries the vibration. When we chorus, we help hold the melody of the song. And the harmonium supports the feelings accumulated by singing. In essence, we're a symphony of delicate beginnings and soulful endings. The exceptional thing about this is that this symphony brings people together, and suddenly the world is at peace for even just a moment, as everyone stops to listen to the splendour. When all people from different castes and ethnicities come together and praise the many forms of God, who knows what can happen. God (divinity) is the state we're trying to get to. Swami's the conductor of the symphony, and the audience; the only thing that set's this all apart, is how we choose to bring out the conductor (Swami) within us. Jai Sai Ram!

*Meera Mahadeo, Group III,
Sathya Sai Baba Centre of Mississauga*

"Olympic Human Values"

***By: Prianka Murthy, Group III
Sathya Sai Baba Centre of Toronto-York***

There are many people in this world who practice human values without knowing it. There are so many examples of small acts of love in the news. Our human values are not only portrayed in Sai devotees, but in every single person in this world.

For example, in the 2014 Olympics, a Canadian speed skater showed a little love and right action. In the qualifying round for speed skating, Canadians Gilmore Junio and Denny Morrison competed to qualify for the next round. Denny Morrison, the more experienced of the two, fell and could not qualify. Gilmore Junio did qualify, but gave up his spot to Morrison, knowing it was in the best interest of the team and Morrison would do a lot better than him. Although he wanted to compete himself, he knew the right thing to do was to give his spot to Morrison. His act was rewarded when Morrison went on to win a silver medal for Canada in the finals.

I believe Gilmore Junio wanted to continue to the next round in the competition, but he followed his conscience and did the right thing. This is what SSE challenges students to do, to follow their conscience. In the SSE classes, we are taught the five human values, Truth, Right Action, Peace, Love, and Non-Violence. Swami always says. "Love in Action is Right Conduct". We can clearly see that reflected in this Olympic story.

Although this story is just one example where an athlete showed good sportsmanship,

these qualities are definitely not limited to athletes. There are many such stories in the news about people who show acts of love. It is easy to overlook such incidents when the majority of the news covered is negative in nature. Looking at Junio's story, one may think that it is unfair that Morrison was allowed to compete when he actually did not qualify. However, I appreciated the fact that Junio made the selfless choice that he knew was right, not the selfish choice he could have made.

Swami has said, "When you dive deep into a problem and enquire whether what you should do is in the interest of your friends and society in general, your conscience will give you the right answer. You should not be guided by intellectual reasoning which has a

selfish element in it. You should be guided by a concern for the collective interests of society at large. That alone is the true voice of conscience. This kind of broad social conscience should be developed through education." (Sathya Sai Speaks Volume 25-03)

Swami says, "Follow the Master". In this context, the Master is our conscience. If each and every person followed their conscience, the world would be a much better place.

*Prianka Murthy, Group III
Sathya Sai Baba Centre of Toronto-York*



Sai Q&A

Jnana and Yoga

Question: You have been saying that Jnana is essential; well, what exactly is the function of Jnana? **Bhagavan Sri Sathya Sai Baba:** Jnana makes you realise the Atma-swarupa, that is to say, your own Reality.

Question: And Yoga? If a person has no Yoga, what happens? **Bhagavan Sri Sathya Sai Baba:** He is like a lame man.

Question: And, if a person has no Jnana? **Bhagavan Sri Sathya Sai Baba:** He is like a blind man.

Question: They say that Yoga destroys all blemishes, removes all faults. How does that happen? **Bhagavan Sri Sathya Sai Baba:** Can rice become eatable unless it is boiled over a fire? By Yoga and other disciplines, the Chiththa becomes soft. It is called Thapas, heat; it becomes Thaptha, hot. Moreover, Yoga and Jnana are like oil and flame. The oil is Yoga and Jnana is the illumining flame of the lamp.

Question: Swami! Pardon me for asking this. There are so many teaching Vedantha, now; have they all realised truth, experienced this Reality? **Bhagavan Sri Sathya Sai Baba:** How can this be said? You can yourselves judge them. See if they have purity of heart, purity of thought, purity of mind, knowledge of the inherent and immanent Paramatma; only such have the right to teach Vedantha, for they alone can experience the Vedantha.

Question: The teaching by those who have no such qualities, will it benefit to a certain extent at least? **Bhagavan Sri Sathya Sai Baba:** Fine descriptions of the various delicacies and tasty dishes will not satisfy the hungry man. The Vedantha which stops with words is like that. It has to be experienced in order to satisfy. Again, listening without eagerness to learn, is also ineffective. Unless the teacher has detachment from sense-objects, his teaching is but parrot talk. Those who come to listen, without desire to learn and benefit, are only engaged in showy demonstrations.

Question: Baba! You say that purity of heart, purity of mind and knowledge of the immanent and transcendent Paramatma are essential. Then, of what use is Sadhana done through the body, composed of the Five Elements? Is it not enough if one acquires the Jnana of Swaswarupa? **Bhagavan Sri Sathya Sai Baba:** Wonderful fellow! Simply because the rudder is essential, can you take it that the boat is unnecessary? How can you cross the river with the rudder alone? Believe that the Lord has conferred upon you the body as a boat to cross the sea of Samsara, and Chiththa as the main thing in it. That is the first step in Vedantha. Swaswaarupajnana is the rudder really. But that alone is not sufficient; physical habits and

disciplines have also to be attended to. To attain the ethereal eternal stage, the disciplined body is important.

Question: Another doubt afflicts me, Swami. Talking of physical disciplines, may I know whether Brahmaildya makes any distinction between male and female? **Bhagavan Sri Sathya Sai Baba:** Well, my boy! This boat has no such distinction. Brahmaildya and Chithasudhi do not depend on sex at all. All who are ill have the right to the drug that cures, is it not? So too, all who have the illness of Bhava (birth and death) have the right to Brahmaildya, the specific that will cure it. It may be that not all can afford to have access to that wonder drug; but you cannot argue that some have no right to it.

Question: Why, Swami, some Vedantha scholars themselves say that women have no authority to learn or practise Brahmaildya! The boats are not of the same nature, it seems. **Bhagavan Sri Sathya Sai Baba:** My child! As I said, both have equal right to the specific. But both have to follow a regimen in order that the drug might act upon the system. Brahma-bhavana or the contemplation of the essential basis of oneself, is the drug; along with it the regimen of Jnana and Vairagya has to be rigorously followed. Women may not be able to observe this disciplinary regimen as rigorously as men, since they are weaker. Perhaps, the reason for those people denying women the right of this drug is this weakness. But all, whether men or women, who can observe the restrictions and regulations, have an equal right to benefit by the drug of Brahmaildya. That is my verdict.

Prasnottara Vahini, Jnana and Yoga

Hislop: We do not perceive life with absolute clarity, and yet we are acting all the time, and unclear action makes for a confused life. We are unhappy about that confusion, and in an effort to remove it we accumulate ideas of Truth, God and Reality. But those imaginings do not remove the confusion. Life is still confused. So, the question is: what is the big factor that prevents us from seeing the Truth of life clearly?

Bhagavan Sri Sathya Sai Baba: You say that Truth, God and Reality are imagination. Why do you think they are imagination? They are not. Time, work, reason and experience; these four in harmony together, that is Truth. When the four are found to be out of harmony, then you feel it is untruth. An example: yesterday you came to Bangalore and from there to Puttaparti by car. Travel is work. It took you four hours to come from Bangalore. That is time. You came here to see Swami. That is the reason. Having seen Him you felt happy. This is the result. On the other hand, last night you dreamed you were in America and were shopping. In this, the four factors were not involved. There was no work, there was no time expended, and where is the result? This is untruth. That experience was imagination, only mind work. This is the difference between truth and imagination.

Hislop: But truth, that is, in terms of work, time, reason and result – you look around the world and you see those things in operation; and the world is in a mess. So, there must be more to it than that?

Bhagavan Sri Sathya Sai Baba: When you don't have absolute faith in the result, then doubt arises. An example: now it is daylight and the objects in the room are seen very clearly, and there is no doubt in regard to them. At night when it is fully dark and you have to grope around and do not see any of the objects, there is no doubt about that situation. But at dusk, when it is half light and half dark, doubt can arise and you may see a rope and imagine it to be a snake and be frightened. Light is not full and vision is not clear. Full light is wisdom, and full darkness is ignorance. Doubt arises when there is half darkness and half light. The half light is wisdom and the half darkness is ignorance. When you have partial ignorance and partial wisdom then you have doubts. Now you are in the middle stage when you have this little bit of wisdom and also some ignorance, where ignorance and wisdom are mixed. You are not fully experienced. When you have proper experience, the doubt will vanish. Because you are not fully experienced you are having this doubt.

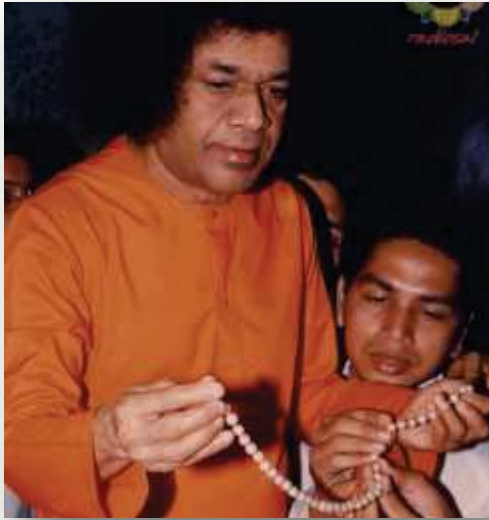
Conversations with Sai, Part 1, 1968

Prof. Anil Kumar: Swami! How should we adore You? How should we serve You? Kindly show us the way?

Bhagavan Sri Sathya Sai Baba: God does not need your service. He does not require your worship. God desires from you only one thing, and that is love. This love is not your property either. It is not your ancestral property. This love is not gifted to you by anyone. It is not a commodity to be manufactured by any company. It is not to be acquired from a guru. You are born with love. It is the gift of God. Therefore, it must be given to Him. It is His and so you should return it to Him by loving Him incessantly. Take a small example. On occasions like a wedding ceremony, many people are invited. So, in order to prepare food on a large scale you need very big utensils. You hire them for a day or two and return them after use. But they should be returned safe, cleaned and in perfect condition without any damage. Is it not so? Similarly, the human heart is a vessel filled with love, gifted by God, and has got to be returned intact to Him. This is the true form of worship. How to love God? The best way to love God is to love all and serve all. When everything is His, and He being the giver of all that you need, what is it that He wants from you other than love? A pure heart is the temple of God. Then, where is it? I always tell the students that there should be perfect harmony between thought, word, and deed. Today, we find selfishness at all levels. In whatever is said and done, there is an underlying selfishness. But true worship is a selfless act of service with love. Do your duty sincerely. Service to man is service to God. You don't need to worship God with flowers that fade and decay. Pluck the flowers of virtue, character, and love from the garden of your heart and worship God with flowers of value.

Satyopanishad, Part 1, Chapter 21

What's New on Radio Sai



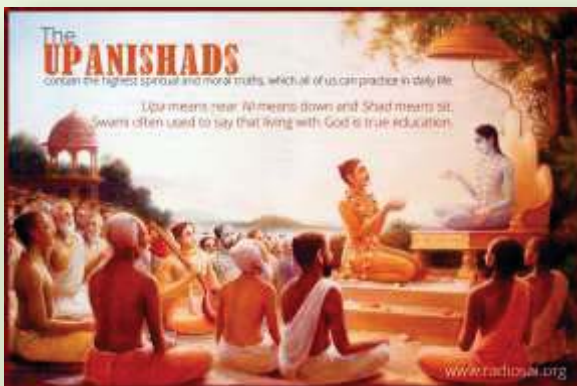
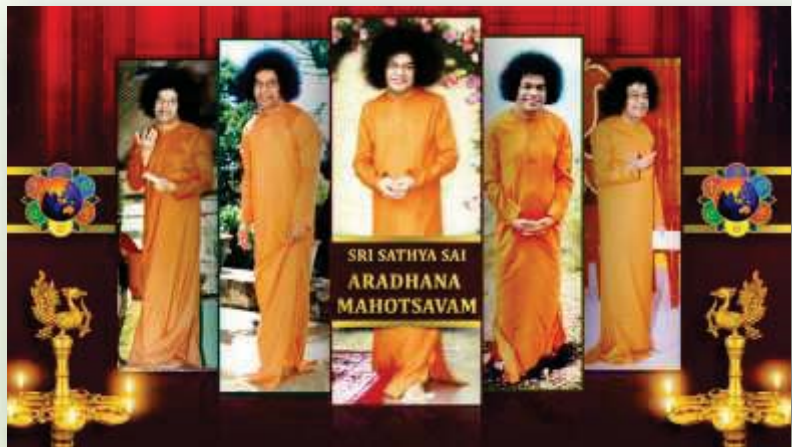
Golden Vignettes from the Rama Era

The Radio Sai team have put together a wonderful photo album of divine materialisations of items from Sri Rama's Days.

Appropriately titled as, "Reliving Sri Rama through Sai Rama", the album displays the jewels of Sri Rama and Mother Sita.

How Do I Now Connect with My Swami

This website was published on the 2014 Aradhana Day depicting hundreds of personal commentaries on how devotees throughout the worlds continue to connect with our Dearest Bhagavan. The individual reflections demonstrate Bhagavan's everlasting presences in the lives of His devotees.



Lessons from Life from the Upanishads

Dr. N. Siva Kumar an Associate Professor at the Department of Commerce, Brindavan Campus, explains in this article, the essences of the Upanishads based on Bhagavan's discourses. It is a beautiful introduction to the Upanishads and written for any earnest beginner.



The State of Great Happiness

In this article, the Radio Sai Team relates a beautiful *Jataka* story from The Buddha about the state of happiness. And further expand on the story by relating it to Swami's definition of two categories of happiness in the world.

Invaluable Advice to Bal Vikas Gurus and Students

On the occasion of the 2014 Easwaramma Day celebrations, the Radio Sai team an article containing a series of discourses from Bhagavan on the goal of the Bal Vikas movement, the role of a Bal Vikas Guru, and the importance of building a strong character.



Living Scripture on Ideal Womanhood

Two distinguished devotees from yesteryears, Mrs. Ratanlal and Mr. Ramana Rao, reminisce the sacred memories of The Mother as they saw her. The article, is filled with wonderful stories of the relationship between the chosen Mother and her Son.

Guidelines for Contributions

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

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

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

Deadline for Summer-Fall Issue September 30, 2014

