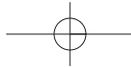


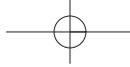
Canadian
Sathya Sai Newsletter
SUMMER 2010

**CANADIAN PILGRIMAGE TO PRASANTHI
DETAILS INSIDE.....**



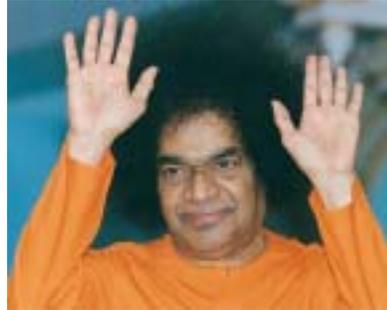
GURU POORNIMA ISSUE





**Sri Sathya Sai Baba
Organization
of Canada**
www.sathyasai.ca

Central Coordinator
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 divini-
ty and to encourage the practice
of the universal principles of
Truth, Right Action, Peace, Love
and Non-violence through person-
al example and selfless service.*

**Canadian Sathya
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**See inside back cover for
subscriptions and guidelines
for editorial contribution.**

GURU POORNIMA 2010

People ascribe different names and forms to God. In fact, God is only one. He is beyond all names and forms. He takes on a name and form according to the wishes and aspirations of a particular devotee.

God permeates the entire universe. He is present in every human being, nay in every living being. That is why human values are considered to be so sacred and important. It is not enough to simply say you have a human body. In keeping with the human form, one should also cultivate the human values of Sathya (Truth), Dharma (Righteousness), Santhi (Peace), Prema (Love) and Ahimsa (Nonviolence).

~Baba

(From Discourse: December 25, 2009)



CANADIAN

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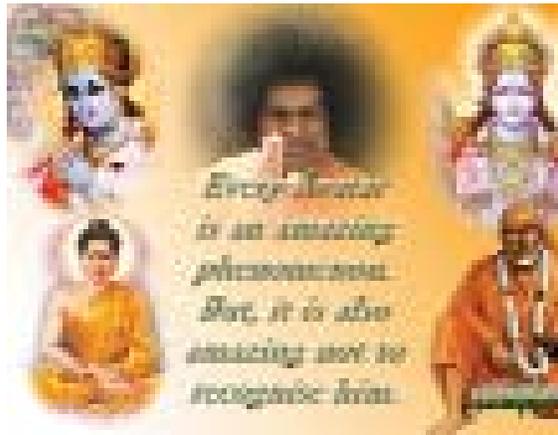
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“All living beings are actors on this stage. They take their exit when their part is over. On that stage, one may play the part of a thief; another may be cast as a king; a third may be a clown and another a beggar. For all these characters in the play, there is ONE who gives the cue! Here, some points have to be understood clearly. The prompter will not come upon the stage and give the cue, in full view of all. If He does so, the drama will lose interest. Therefore, standing behind the scene at the back of the stage, He gives the cue to all the actors, irrespective of the role; be it dialogue, speech or song, just when each is in most need of help. In the same way, the Lord is behind the screen on the stage of Prakriti, giving the cue to all the actors for their various parts. So every actor must be conscious of His Presence behind the Maya screen.

~Baba

Advent of Sai Avatar



For the protection of the virtuous, for the destruction of evil-doers and for establishing righteousness on a firm footing, I incarnate from age to age. Whenever disharmony (asanthi) overwhelms the world, the Lord will incarnate in human form to establish the modes of earning peace (prasanthi) and to reeducate the human community in the paths of peace.

At the present time, strife and discord have robbed peace and unity from the family, the school, the society, the religions, the cities, and the state. The arrival of the Lord is also anxiously awaited by saints and sages. Spiritual aspirants (sadhus) prayed and I have come.

My main tasks are fostering of the Vedas and fostering of the devotees. Your virtue, your self-control, your detachment, your faith, your steadfastness: these are the signs by which people read of my glory. You can lay claim to be a devotee only when you have placed yourself in my hands

fully and completely with no trace of ego. You can enjoy the bliss through the experience the Avatar confers. The Avatar behaves in a human way so that mankind can feel kinship, but rises into his super-human heights so that mankind can aspire to reach the heights, and through that aspiration actually reach him.

Avatars like Rama and Krishna had to kill one or more individuals who could be identified as enemies of the righteous (dharmic) way of life, and thus restore the practice of virtue. But now there is no one fully good, so who deserves the protection of God? All are tainted by wickedness, so who will survive if the Avatar decides to uproot? Therefore, I have come to correct the intelligence, by various means. I have to counsel, help, command, condemn and stand by as a friend and well-wisher to all, so that they may give up evil propensities and, recognizing the straight mark, tread it and reach the goal. I have to reveal to the people the worth of the Vedas, the Sastras and the spiritual texts which lay down the norms. If you will accept me and say "Yes," I too will respond and say, "Yes, yes, yes." If you deny and say "No," I also echo "No." *Come, examine, experience, have faith. This is the method of utilizing me.*

I do not mention Sai Baba in any of my discourses, but I bear the name as Avatar of Sai Baba. I do not appreciate in the least the distinction between the various appearances of God: Sai, Rama, Krishna, etc. I do not proclaim that this is more important or that is less important. Continue your worship of your chosen God along lines

already familiar to you, then you will find that you are coming nearer to me. For all names are mine, and all forms are mine. There is no need to change your chosen God and adopt a new one when you have seen me and heard me.

Every step in the career of the Avatar is predetermined. Rama came to feed the roots of truth and righteousness. Krishna came to foster peace, and love. Now all these four are in danger of being dried up. That is why the present Avatar has come. The righteousness that has fled to the forests has to be brought back into the villages and towns. The anti-righteousness that is ruining the villages and towns must be driven back into the jungle.

I have come to give you the key to the treasure of Bliss (Ananda), to teach you how to tap that spring, for you have forgotten the way to blessedness. If you waste this time of saving yourselves, it is just your fate. You have come to get from me tinsel and trash, the petty little cures and promotions, worldly joys and comforts. Very few of you desire to get from me the thing that I have come to give you: namely, liberation itself. Even among these few, those who stick to the path of spiritual practice and succeed are a handful.

Bring something into your daily practice as evidence of your having known the secret of the higher life from me. Show that you have greater brotherliness. Speak with more sweetness and self-control. Bear defeat as well as victory with calm resignation, I am always aware of the future and the past as well as the present of every one of you, so I am not so moved by mercy. Since I know the past, the background, the reaction is different. It is your consequence of evil deliberately done in the previous birth, so I allow your suffering to continue, often modified by some little compensation. I do not cause either joy or grief. You are the designer of both these chains that bind you. I am the embodiment of Bliss (Anandaswarupa). Come, take Bliss (Ananda) from me, dwell on that Bliss, and be full of Peace.

Cultivate nearness with me in the heart and it will be rewarded. Then you too will acquire a fraction of that supreme love. This is a great chance. Be confident that you will all be liberated. Let me assure you that this divine body has not come in vain. It will succeed in averting the crisis that has come upon humanity.

~Baba

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~Baba

Pilgrimage-Editorial

August 16-26, 2010

Pilgrimage is also called Yatra in Sanskrit. Yatra literally means a journey. Thirtha-Yatra refers to a spiritual journey to a holy place. For some faiths, such as Islam it is mandatory to make a Pilgrimage to Mecca atleast once in their lifetime. For other faiths it is not obligatory, but desirable. Eg: Vatican for Catholics, Jerusalem for all Christians, Kasi for Hindus and so on.

Tirtha-Yatra or spiritual pilgrimage, before the advent of modern transportation would take months to make the entire journey, most of it on foot. Pilgrims faced many obstacles on the way in the form of wild animals, thieves, dacoits and disease. The time and the fear factor gave them time to focus on the purpose of the journey and spend all their time on reciting God's name, prayers and rituals on the way.

Invite from the Lord

Our pilgrimage to Prasanthi Nilayam is very special. Because, the Lord himself has invited us to come and spend 10 days with Him at the Ashram. This is indeed a precious gift to every Sai devotee. Be assured that everyone of us on this trip is chosen by the Lord.

For some of us this may be the only chance of having the Darshan of the Lord in the flesh. Swami will be on this earth for only twelve more years until age 96. So what is our obligation and our conduct on this special Journey! Please allow me to outline my thoughts for the benefit of all Canadian pilgrims.

Not a sight seeing trip:

Please keep in mind this is not a sight seeing trip, but a Thirtha-Yatra, a spiritual journey. Even-though our journey today is a lot more comfortable than 200-300 years ago, this journey still has its own challenges. Today instead of the wild animals we have to face security checks, customs officials and line up for every thing. Keeping Swami's name and form in your mind at every step of the way makes this journey a lot more safer and enjoyable.

Health

Check with your local travel clinic/family doctor and get all the recommended vaccinations to protect yourself. Fill out your personal medical information form and keep it with you along with passport and other travel documents at all times. In case of Emergency during your travel or during the stay in Prasanthi Nilayam, personal medical information document expedites your medical care. Be sure to give your emergency contact # to your group leader. Also, prepare a personal medical kit, including all your usual prescription medications and over the counter medications for headaches, nausea, diarrhea, cough & cold and anti histamines for seasonal/dust allergies. If you or your child has Peanut allergy or any other serious allergy please let your Group leader and RC be aware of it.

If you fall sick in the Ashram, please let your group leader know who in turn will contact appropriate medical personnel.

Canadian doctors on the pilgrimage are

not allowed to treat you, but can advise and facilitate transfer to a hospital in Prasanthi.

Patience

Patience is virtue in Prasanthi. There will be line-ups everywhere be it for Darshan, canteen or shops. Use the time to contemplate rather than complain.

Dining

Food inside the Ashram is blessed, clean, safe and affordable. There are South Indian Canteen, North Indian Canteen and Western Canteen to satisfy every palate. The mealtime is very restricted, so be there on time. To stay healthy, avoid eating outside the Ashram. Ashram Bakery makes a variety of baked breads, pizzas etc. and everyone including children love Ashram Pizza.

Bottled water is available at various stalls. Stay hydrated. For those who like Coconut water, it is available all day. Coconut water is clean, refreshing and wholesome.

Darshan

Darshan timings are posted. Check with your group leader about your meeting time and place. Be prepared to be in the Sai Kulwant hall several hours before Swami arrives. Use the time for mental Japa, contemplation and meditation. Do not waste time socializing.

Let us pray that we all get close Darshan of Swami. However, Swami knows every one of us and our inner most thoughts no matter where we sit.

Seva Dal

Seva dal volunteers are everywhere giving instructions at every step of the way. That is their job given by Swami. Most volunteers are kind and courteous. Some are not so courteous. Do not be angry with them. Use the occasion to test your own

self control.

Prasanthi Guidelines

Follow the Prasanthi rules in the room as well as outside, within the Ashram. Loitering, loud conversations, socializing are discouraged. Dress modestly even after the Darshan.

Spiritual Talks

Daily spiritual talks are given @ 10am by well-known Sai devotees and eminent scholars. Do not miss these wonderful informative and highly inspirational talks.

Holy places in Puttaparthi

There are several holy places to visit in Puttaparthi. These include, Siva temple @ Swami's birth place, Meditation tree, Kalpa vriksha (Wish-fulfilling tree), Gokulam, Chaitanya Jyothi museum and huge Statues of many dieties of all faiths, Sathya Sai Institute of Higher Medical Sciences to mention a few. Within the Ashram grounds there are several temples, each dedicated to Ganesha, Gayathri, Mahalakshmi, Subhramanya, Dhanvantri etc. Plan your free time so that you can visit as many places as possible.

Conclusion:

Swami gave us this unique opportunity to travel together and be with Him for ten days. Let us take full advantage of this precious gift from our beloved Lord. Let us focus on Swami from the moment we leave our home in Canada until we get back. Be immersed in His name and His glory. Our chief goal of this trip is to project our Love and deepest gratitude to Swami and take back His abundant Grace and Blessings as Prasad. I wish you all a holy and safe trip to Prasanthi, the abode of our dear Lord. Om Sri Sairam.

~Editor

Canada Sai Pilgrimage 2010

This year is the 85th year of the advent of Kali yuga Avatar, Bhagavan Sri Sathya Sai Baba. Sri Sathya Sai World Foundation had announced that this year will be celebrated with Pre World Conferences in different zones culminating in a World Conference at Prasanthi Nilayam prior to Swami's Birthday. We were also advised that we could undertake a Pilgrimage to the Heavenly Abode of our Dear Lord.

The Canadian Organization had decided in October 2009 that we the devotees will undertake this Holy Pilgrimage with the goal of having His Darshan and our spiritual transformation. It is our good fortune that we could undertake this Pilgrimage. Swami says: "No one can come to Me without My calling him, even if a hundred people persuade, drag, or push him. It is My Will that has brought every single one of you here to Me..."

As you all know that our planned duration for the Pilgrimage is 16th August to 26th August 2010. We should all be united as one Canadian family. It is a journey from I to WE to HE.

We had decided to undertake spiritual sadhana of Likhitha Japam, Meditation and Gayathri Chanting starting January 2010 and continue throughout the year. These are required to purify ourselves and remember Swami always. Swami says: "I do not accept from you flowers that fade, fruits that rot, or wealth that is transient. Offer me the lotus that blooms in your manasarovara, the clear pellucid waters of lake of your inner consciousness; give me the fruits of purity and steady

discipline."

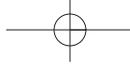
As the day of our Pilgrimage comes closer, we should increase our spiritual practices. It is customary to gain a good habit or drop a bad one as a part of any Holy Pilgrimage. In some case, Pilgrims undergo penance before they undertake the Pilgrimage. Therefore, it is important to focus on our spiritual activities.

We also have adopted Ceiling on Desires as a Seva sadhana for our Pilgrimage. The money saved will sent to the respective Regional Coordinators and then to our Central Coordinator for donating to The Central Trust at Prasanthi Nilayam.

We have also prepared a Cultural Program "A Life of Sai Ideals" by SSSE Children from all across Canada. A Musical Program has been prepared by our Youth from all over Canada with the support of some adult instrumentalists. With Swami's Grace, we hope to get permission from our Dear Lord to present these at His Divine Lotus feet. On behalf of Canadian Sai Council, I would like to thank all those volunteers, parents, youth and children who have worked with dedication and love for the production of these programs.

Now, how do we behave when we are in the Ashram? We should follow the Guidelines of Prasanthi Nilayam and obey and cooperate with the seva dals. We should practice the teachings of our Lord and be good examples, because Swami Says: "Your Life is My Message."

"Be about My work, My beloved



Bhakthas. Your breath will carry the scent of blossoms of Heaven. Your examples will be that of Angels. Your joy will be My joy.”

I pray to Swami to shower His Motherly

Love and Grace on all of us and guide us in the Pilgrimage and always.

~ Manick Sivaperumal

Lead, Pilgrimage, Eastern Canada

Power of Darshan

“Never take lightly the transformation that is taking place as I walk among you. All that My eyes fall on will be transformed. Always find a quiet corner after My Darshan, where you may enter the stillness and receive the completion of My Blessings. My Energy goes from Me as I pass you. If you proceed to talk with others, immediately the precious energy is dissipated and returns to Me unused.



Rest assured that whatever My Eyes see become vitalised and sent transmuted. You are being changed day by day. Never underestimate what is being accomplished by this act of Darshan. My walking among you is a Gift, yearned for by the Gods of Highest Heaven, and you are receiving this Grace. Be Grateful. These Blessings you receive will express themselves in due time. But also remember that to whom much is given, from him much will be demanded.”

~Baba

“I have come to instruct all in the essence of the Vedas, to shower on all this precious gift, to protect the ancient wisdom (sanathana dharma) and preserve it.” ~Baba



Prasanthi Guidelines

Registration and cost (Costs for rooms to be re-confirmed)

The travel and accommodation group will arrive in Puttaparthi approximately two days ahead of time to make all arrangements for registration and accommodation. Upon your arrival at the Ashram the accommodation team will already be there to greet you and direct you to your room. If the ashram is very crowded, you may be asked to share a room with others and you may also have to sleep in dormitories (Sheds).

Devotees who are donors of rooms will need to submit their I.D. card number. Please be aware that the cost for accommodation is 60 rupees per day for donors and 120 rupees per day for non-donors. It is essential to provide the accommodation team with the following particulars by April 30th 2010:

- 2 passport size photographs
- A copy of your passport biodata
- Donors are required to submit their ID card number
- (India) Visa Expiry date

Currency

Traveller's Cheques are safer than cash; however you can take some cash with you. You can exchange Dollars to Rupees (Indian currency) at the bank in the Ashram, or at the airport in their port of arrival. Do not exchange large amounts of money at any given time.

A money belt is recommended whilst traveling, to carry all valuable documents. Note: Ensure travelers cheque numbers are kept separate from

traveller's cheques. Convenient banking facilities are available in the Ashram. You are required to present your passport each time you cash traveller's cheques or change money.

What you may require?

Nowadays virtually everything can be bought at Puttaparthi, most of it at shops inside the Ashram. However a few things may be worth taking such as: Air freshener spray, insect repellent, wet wipes, sun cream, talcum powder, toothbrush, toothpaste, shaving set, makeup and shampoo and toilet paper, food storage plastic containers, sealed water container, water bottle, tin opener, notebook writing paper and envelopes, pens, scotch tape, Ziploc bag, string, clothes pegs, coat hangers, plastic bags, tissues, nail clippers, sharp knife, matches/lighter, flash light (essential).

Take a Combination/Digital lock so that if several people sharing a room can get in, or take a padlock with at least three keys. It is advisable to take at least one pair of sheets/pillow cases; you can buy these in Puttaparthi shops outside the ashram. **(ALL SHARP OBJECTS, LIQUIDS AND GELS HAVE TO BE PACKED IN THE CHECKED BAGGAGE)**

Bedding

Most rooms (not the sheds) are furnished with beddings but we must bring our own bed sheets and pillow covers. You can also purchase a cheap flock mattresses, cushions and pillows @Puttaparthi to sleep on, but many devotees take a sleeping bag and/or inflatable mattresses. Metal frame beds can be purchased/rented in the

Puttaparthi village.

Shopping

The shopping complex has the following departments: bakery, cool drinks, ice-cream, fruits and vegetables, groceries, bank, book store with CDs & DVDs, clothes and sari store and other sundry items. Do not bargain in the Ashram shops. All items are priced at cost.

We have to be patient, humble and respectful. These facilities are staffed by volunteers and are there to serve many devotees.

Shops are open for very limited time and the shopping for women and men are at different timings.

Women: 9:30am to 11:00am

Men: 6:00pm to 7:30pm

(Timing are subject to change. please re-confirm timings)

If anyone has to leave the ashram for any emergent medical need, the individual should inform the Group Leader and have another companion accompany them.

Laundry

Dhobis (registered laundry men and women) are allocated to different residential areas in the Ashram. Clothes collected in the morning are returned, washed and ironed the next morning. Charges are fixed. Rs 2/- per large item and Rs 1/- per small item.

Sri Sathya Sai Book and Publication Trust

Book Store:

There is a large selection of books in several languages available at the book store. Subscriptions to Sanathana Sarathi are also available @ the Trust Office. Open daily from 8:30am to 11:30am and from 3:30pm to 7:00pm.

Bank

A branch of The State Bank of India is

located in the Ashram. Foreigners require their passports for banking transactions.

General Hospital (please re-confirm timings)

Equipped with 100 beds, it is located to the South of the Mandir. Normal Medical facilities for investigation, treatment, hospitalization, etc. are available. An out-patient department operates on all working days (except Sundays and Holidays) from 8:30 - 10:30am and 3:00pm - 6:00pm for routine cases, however, the Out Patient Department is open

continued on....page 20

Some Ashram Rules

1. Remember that room lights must be switched off at 9pm.
2. Sleep early and have sufficient rest to stay focussed on the day's events.
3. Be respectful of others sharing your room and neighbours and keep noise level to a minimum.
4. Do not speak loudly and do not play loud music.
5. Keep your room tidy and clean at all times.
6. Switch off the electricity and water supply whenever you leave the room.
7. Lock all doors and keep valuables safely locked away.
8. Men and women are strictly not allowed to visit each other's rooms.
9. Do not hang your under garments in the public area or along the corridor for drying.

Health Guidelines

Please use the following checklist. By late July 2010, all of these items must have been checked off.

Medical History (to be carried with you)

- It should be only a page long and listed in point form. (Use the template provided. Check with your RC or email <sainewsletter@shaw.ca> for a copy.)
- Include current conditions (eg. diabetes, heart disease, etc...) and relevant past history (eg. history of stroke, cancer, kidney stones etc...).
- List only major surgery performed (removal of appendix, pacemaker insertion, etc...).
- List all current medications with doses and make a note of any allergies including food allergies

Prescription Medication

- Obtain prescription medication sufficient for the entire trip and a few days extra in case there are delays in travel
- Retain drugs in their original containers
- Carry medication with you in your carry-on baggage in case the checked baggage does not arrive on time

Vaccinations (important for adults and children)

- Your physician or a travel clinic can help you with this:
- Check with your physician that your tetanus status is up to date. (It is valid for ten years from the

date of the vaccination)

- Typhoid vaccine, Hepatitis A and B vaccines, vaccine for traveler's diarrhea (it is called Dukoral) and malaria prevention are all recommended
- People aged 65 and over must receive Pneumovax (pneumococcal pneumonia vaccine) if they have not had one already
- Young adults should receive vaccination against meningitis (Menactra) if possible
- Maintain a record of all vaccines administered and side effects if any as this will be valuable for future travel.

Over the Counter Medications to take with you (suggestion only)

Tylenol - for fever and pain relief, especially in children, Advil - for fever and aches, Gravol - for nausea and vomiting, Imodium - for diarrhea (Kaopectate for children), Antacids (Tums or Peptobismol), Benadryl - or other allergy medication, Calamine lotion - which is very effective for itching from bites, mosquito or other, Polysporin or other antibiotic ointment, Cough and Cold Remedy (Robitussin or Benylin brands are effective)

First Aid

- Alcohol swabs, Band Aids and a couple of rolls of bandages

Insect repellents

- Repellents bought here are not very effective in

“If you give your all and surrender to the Lord, He will guard and guide you. The Lord has come for just this task.” ~Baba

India. Bring a small supply to tide you over until local resources are available

On the Flight to India

Drink plenty of fluids on the flight to ease jet lag. Move around frequently to avoid leg swelling or blood clots. Try not to use new footwear that may cause discomfort

In India

Obtain bottled water from reputable sources.

Try to maintain local time for waking and sleeping to get over jetlag quickly.

In Prasanthi Nilayam, the medical committee members will be available for any medical guidance that may be required. Your group leader however will be your first contact to facilitate help.

~ Dr. Nithya Ramani

On the Way & Means of Love Divine

It's midsummer in Canada: the time of the greatest light, the shortest night. What an ideal moment to reflect upon the collective Divinization that our Blissful Avatar Sri Sathya Sai Baba, who is Love Divine Incarnate, wills for us all.

This month, as our vast, glorious country remembers its historic birth "from Sea to shining Sea", Lord Sai urges us to get on with our own divine birth, challenging us to "become the shining Sea, the shining ones who see". In what way can we do this? Love is the way. How to understand this? When Canada was a pristine wilderness, it was the bodies of water which provided inroads to its energy stores. Later a railroad was forged to link Canada's great expanses. Present day air travel has greatly sped up our interactions although it still represents a snail's crawl compared to the rarefied speed of light energy. Much faster than the speed of light, is thought. But Love, the basis of our True Atmic Nature, is even faster than thought. It is instantaneous because it simply "Is". It is this great "Sea of Divine Consciousness" that is the energy link which we are currently, collectively charged

with forging.

To help us in our vital quest, our Beloved Lord has recently offered us a riddle which has come as three "Maha Vakyas" (profound aphorisms) presented at the pre-world conference at Orlando, Florida. "GOD IS", "I AM I" and "LOVE ALL, SERVE ALL". What is the "key" to tying them all together? Let us reason it out. We know that God is Love so let us judiciously substitute "Love" within the three aphorisms to solve the riddle. "LOVE IS, I AM LOVE, LOVE ALL SERVE ALL" Ah! Now the precious kernel, the hidden meaning, becomes crystal clear! "If only Love exists," each can say to her/himself, "then I am also Love. And what, as Love, can I do, but Love all and serve all? All is simply God loving God.

"So Love is the way but by what means can I become Divine?" one might ask, adding, "In this incarnation I am caught up in a very busy life, full of daily demands and challenges!" Conscious acceleration is the means and the order of the day. As the man-made imbalances upon our breathing planet become increasingly dire, we must become



co-creators with our Divine Source by orchestrating ideal lives for ourselves in this very lifetime. Each thought, word and deed must now become saturated with our Soul reality. We must now see that each of our lifetimes is but “an eye blink” within our imperishable infinitude. We must carry the conviction that we are here but to shine light and exude love to all creation and have as our only remaining desire to blissfully live out our reality as “God loving God”.

Swami describes Sahaja yoga as a gradual, inevitable process of Divinization in the course of human evolution. Lord Sai tells us of four births which can occur within any given human incarnation: physical birth, mantric initiation which a guru bestows as physical maturation begins, the anchoring of the intellect’s conscious awareness of the Divine potential within and the crowning fourth birth of one’s experiential Self realization. I believe that the collective consciousness of the global Sai family lies somewhere between these two final births.

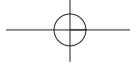
Our Precious Sai Avatar is ever seeing to the quickening for our enlightenment. During the Shivaratri discourse of 1999, Our Lord by His grace, revealed great universal mysteries, stating that every human being is actually androgynous, both “Male” and “Female”. How is one to understand this? Swami redefined these two concepts. He revealed that the “Female Principle” whether in a male or female form, is that which takes birth and must perish. The “Male Principle” is the Eternal within.” It becomes activated within a human body once purification has occurred, life challenges have been met and yearning for the Divine has gained

ascendancy. A spiritual maturation now ensues by which the powerful life force within begins its natural ascent to the crown, activating our capacity for Cosmic consciousness. How utterly thrilling!

Now let us turn our attention to the great test that comes as a sacred invitation, the imminent Canadian Pilgrimage of August 2010. Swami ever tells us, “Test is to My taste”. Why is that? By testing us, our Sacred Source may glean our progress along our home stretch to Om. How can we successfully complete this sweet testing time? All must simply remember well the three great aphorisms given. By remembering, those numerous beings who will not be taking this specific journey within life’s great Journey, will stay in Soul awareness and not give rise to expectations and attachment. By remembering, those thirteen hundred beings who will be going on this sacred journey, will know themselves as embodiments of Divine Love come only to radiate that very Love in every thought, word and deed and not to give rise to expectations and attachments of how all is to unfold. The play Canada has collectively prepared is called “A Life Of Sai Ideals”. Hopefully there will not arise any comic counterpoint between the play within the Play that the pilgrimage group may be called upon to present and the Divine Play on the cosmic screen in which we all take part. If we meet the challenge behind Our Beloved Sai’s gracious invitation, surely the one Divine Goal of each life can not be far behind. Lord Sai has told us that the means, way and Goal are one. One what? One Love.

~Ananda
Edmonton





New World

Still have to attain.

*They dream with God on every breath,
Worshipping the Light
That ever streams within them
Throughout each blessed night.*

*They're one with all pervasive God
Who heals through their pure
glance.
Forever they are locked within
Profound Divine romance.*



*A wave of Love exudes from them
Wherever they may walk.*

*'Tis not a vision out of time
From ancient space gone by.*

*All eyes upon them fill with tears.
Children to them flock.*

*This new world's being ushered in
By Lord Sri Sathya Sai.*

*They often stop and sit transfixed
Communing on a plane
Which mortals bound yet by desire,*

~Ananda

Daily Activities@Prasanthi Nilayam

Swami has laid down the daily schedule to be followed in the Ashram. Every activity of the ashram routine is suffused with deep spiritual significance.



Ashram schedule (subject to change)

5:20am. *Omkar and Suprabhatam*

5:40am. *Veda Chanting and Nagar Sankeertan*

Around 7:00am. *Morning Darshan, but Swami has been coming out around 9AM lately*

9:00am. *Bhajans*

9:30am. *Arati*

10:00 to 11:00am. *Spiritual Talk*

Around 3:00pm. *Evening Darshan*

5:00pm. *Bhajans*

5:30pm. *Arati*

After evening Arati: *Meditation for Overseas Devotees*

7:45pm. *Video Show*



Sadhana @ Prasanthi

We have been diligent with our Likhita japam, Namasmarana, daily prayer & meditation, C.O.D program, service activities, veda chanting and study circles as part of our sadhana preparing for our pilgrimage. What happens once we reach Prasanthi? What sadhana should we do during our 10-day stay in Prasanthi Nilayam? Let me share some of my thoughts.

Discipline:

We should continue to be gentle, kind and cooperative in our dealings with the volunteers, Seva dal and various support workers, such as Dhobis, porters etc. Follow all the posted rules in the Ashram.

Daily Prayer and Meditation

Continue your normal daily prayers and meditate whenever you are alone. We will have a lot of time to meditate while waiting in Darshan lines and waiting for Darshan in Sai Kulwant hall. Continue Likhita Japam.

Darshan

Darshan of Swami's form is very special and very powerful. The anticipation and waiting gives us an opportunity to delve into our love for Swami. Swami knows and feels our heart. He knows our past, present and future. He knows all our life's challenges and He only responds to Love and total surrender. His Aura of Love envelops the entire hall, no, the entire Prasanthi Nilayam as far as one can see. Keep your hearts open to receive His Love and Grace. A mere glance of His Divine Form wipes away all the sins accumulated over many lives. While waiting, do not socialize. Fill

your heart with His name and form. Continue Namasmarana or Mantra Japa in the Darshan hall.

Volunteering & Service

We will have a great opportunity to participate in seva activities in the Ashram. The Canadian Sai organization will have their hands full with registration & accommodation on arrival, daily meetings, play practice, music practice and props leading up to the actual presentation. Be of help wherever help is needed. Western Canteen usually needs volunteers to help in the kitchen. Check with your group leader regarding Seva opportunities.

Donations

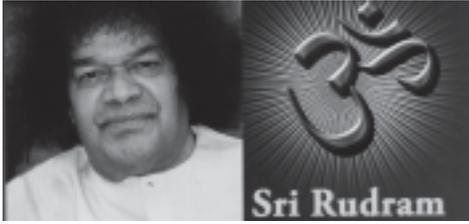
Swami does not solicit donations from devotees. No institution or individual other than the following are authorised to receive any donation inside the Ashram on any account: Sri Sathya Sai Central Trust, Sri Sathya Sai Medical Trust, Sri Sathya Sai University, Sri Sathya Sai Sadhana Trust, Easwaramma Women's Welfare Trust. Do not give money to unauthorised persons.

Prasanthi Nilayam is self sufficient. It has everything we need. So do not wander outside the Asharam unless it is absolutely necessary. Inform your group leader and always go out with another devotee.

Take advantage of this "once in a lifetime opportunity", a pilgrimage of a life time for some of us. Many wonderful and spiritual experiences await us. This Canadian pilgrimage will enrich every one of us spiritually and we will usher in the golden age.

~ **Editor**

Sri Rudram-Significance



Sri Rudram, also called “Rudraprasnah” is a prayer to Rudra or to the God Shiva. It prays to the auspicious, kind forms of Shiva, but also to the terrible, destructive form that occurs during the dissolution of the universe and the destruction of sins. It is considered as the only hymn of its kind in the religious literature of the entire world that focuses on God being not only pleasant and good, but also dreadful and destructive.

Rudram is found in the Taittreya Samhita in the 24th chapter of the Krishna Yajur Veda. It is considered as one of the 108 Upanishads and is a very powerful hymn to recite.

Rudram is chanted in two parts, the Namakam and the Chamakam. While reciting Namakam one surrenders everything to God. The reason it is called Namakam is because the word “Nama” is recited during this part. “Nama” means “not mine,” therefore, we are saying, “this is not mine, it is God’s.”

Namakam is broken into 11 Anuvakas, all of which pray to a certain aspect of Rudra. For example, the 1st Anuvaka asks Rudra to turn away His fierce appearance and to remove the sins of the person chanting.

Chamakam is recited right after Namakam.

After identifying and praying to Rudra, the person then asks Rudra to grant him everything (347 things to be exact). The name Chamakam comes from the repeated word “cha me” which means “and me.”

Rudram is a very powerful prayer, but it can be of most benefit when recited correctly. For those who are learning Rudram, there are three things to remember in order to gain maximum benefit:

1. Correct pronunciation of the syllables
2. The right duration of each syllable
3. The proper intonation and tone for each syllable

With the Sanskrit language, mispronunciation of syllables or different tones can change the meaning of the prayer itself.

While chanting Rudram, there are specific practices that one must follow:

- Rudram should not be recited in a sing song fashion
- Rudram should be chanted at a tempo in which the pronunciation and intonation is not lost
- One should sit straight and concentrate while chanting
- Rudram should not be read but should be memorized by listening
- One should know the meaning of what they are chanting
- Rudram should be chanted succinctly

The power of Rudram can protect an entire place from disease, drought, thefts and other misfortunes.

~ **Prem Sai Ramani**



Daily schedule of Prasanthi Nilayam for all Canadian Divisions

Time	Activity	Responsibility
4 am	Meetings through Temple and line up	All except young kids and elderly/Group Leaders
4:45	Supper/dinner	As above
5:40	Wages/Announcements	As above
6:30 am	Line up near Church Temple	All Group Leaders
7:00 to 9:15 am	Seated for Darshan/ Bhajans. Maintain silence while seated for Darshan except when bhajans are sung and Vedas chanted) and pray	As above
9:40 am	Disperse quietly after all others have left: Darshan	As above
10:00 to 11:40	Dance Lessons/ Individual sadhana Practice for Programs	All Group Leaders Participants and Volunteers
11:30 to 12:40 pm	Lunch and relaxation	
1 pm	Line up near Church Temple	All Group Leaders
1:30 pm to 5:00 pm	Seated for Darshan/ Bhajans. Maintain silence while seated for Darshan (except when bhajans are sung and Vedas chanted) and pray	As above
5:30 pm	Disperse quietly after all others have left	As above
6 pm	Dinner and rest/ Practice for the program	
7 pm to	Announcements	
7:30 pm	Family time/ Individual sadhana	
9:00	Lights off	



Sathya Sai Medical Relief in Haiti



On January 12th, 2010 at 16.53 local time (GMT 21:53) an earthquake measuring 7.0 on the Richter scale struck Haiti. Approximately over 250,000 have been reported killed, rendering about 1.5 million homeless. Conditions in this area remain hazardous including extensive damage to roads, airport, harbor and other infrastructure.

Our beloved Lord Sri Sathya Sai Baba, in His infinite compassion and grace gave permission to the International Medical Committee to assist with the humanitarian relief in Haiti. My feelings took over me and I was determined to help out in any way for the people of Haiti. Since all domestic flights to Haiti were closed off, the only way to reach Haiti is to go via Santo Domingo airport in Dominican Republic. Against heavy odds, with Swami's help I reached the destination.

The president of the Sai Center in Santo Domingo came to pick me up. Being late to join my team he assured me that everything would be taken care and not to worry. We were put on a bus next day. It took 3.5 hours to get to the Haiti border. Another 2 hours from there to Haiti. I had no problems at the border and within 0.5 hr we were all

cleared through the customs.

I arrived late in the evening Monday night Feb7th. Right at the entrance of this beautiful house, I heard the sweet loving notes Sai bhajans and beat of the tablas. I knew I made it and finally be with my Team. The driver who was also a Sai Devotee introduced me to Rodney, President of Sai Center of Haiti. He then introduced me to the rest of Team, all of them from USA. My team consisted of 14 people. There were 6 doctors, 2 nurses, 1 EMT, 1 Med Lab, and 4 non-medicals. I was the only Canadian on the team.

Next morning after Satsang, team leader gave us our assignments as to who goes where. Apparently they scouted 3 locations of SEVA. The surgeons were going to the Main Hospital. 2 of the doctors going to a small church and the rest of us going to the "Big Church". That's how they identified the areas of Seva.

At the big church there were literally hundreds of people lined up out side of the gates to enter the inner sanctum of the church. My primary



responsibility was crowd control; get all the victims of the earthquake registered i.e. their name, their age and their Blood pressure reading prior to seeing the doctor. Set up all tables and chairs for the doctors, assist in getting all the medicines out of the suit cases and set up a portable Pharmacy and provide-efficient movement of all the patients for the doctor to examine them. I also assisted in writing up reports of the doctors finding to speed up the process.

Between 3 doctors they managed to go through 210 patients a day. They were from adults to children to babies. The common illness was diarrhea due to lack of water and hygiene, to scabies, high blood pressure on majority of them, to STD (sexually transmitted disease, aids, cancer of breast, high fever due to malaria and dengue. I had a few with earthquake wounds to be cleaned and bandaged to prevent further infecting the tissues. I also had the opportunity to practice my Hypnotherapy on one elderly lady who had very high blood pressure totally devastated with the loss of her entire family. She was distraught and suicidal. It was a quite a challenge since I have never done a Hypnotherapy using interpreter as my go between.

Haiti apparently has 3 languages beside English. They speak French, Spanish and Creole a local dialect. The therapy went well; her blood pressure substantially reduced and became calm. She felt very good about herself and I believe she was able to cope her loss in a positive way. I also had the opportunity to distribute over 150 t-shirts and other clothes to the elderly patients.

On the last day of our tour of duty we had the opportunity to do a clinic of over 200 people, with no tents no food no water. Most of the victims of the earthquake were living on a cement floor parking lot. The only shelter they had over their

heads was a few pieces of cloth hanged by strings from one pole to the other. The conditions of the victims were in dire need of vital supplies. The devotees from Santo Domingo found this site and brought a truckload of soya beans, rice, cooking oil, and clothes. They were well organized and just a wonderful highly dedicated group of Sai Devotees doing selfless work.

On the 14th February we said good-bye to all the Haiti devotees, drivers, cooks and interpreters. These devotees, we were informed, had lost their houses and all their belongings. So the entire team left all their sleeping bags, food, clothes and any other material for them. They were so humble in accepting our gratuity for their dedication in making our stay as comfortable as they could.

In closing, I would say the experience you get in doing this kind of Seva is beyond anything you can possess. To see Swami's omnipresence, you have to serve the people who are really in distress; add lot of Love and you feel the energy. In my case I always get uncontrollable tears flowing from my eyes. The energy is very powerful.

Thank you Bhagavan for giving me this incredible opportunity to serve you. I trust you will give me more guidance when I see you in the human form during the Canada Pilgrimage.

~Gautam

FESTIVALS 2010

July 25	Guru Poornima
Sept. 2	Krishna Janmashtami
Sept. 11	Ganesh Chaturthi
Oct. 17	Vijaya Dasami
Nov 13-14	Akhanda Bhajan
Nov 23	Bhagavan's 85th Birthday
Dec 25	Christmas

SAI FAMILY NEWS

Sai Pilgrimage

The International Sai Organisation has taken up an unique initiative to help devotees from around the world to have Bhagavan's Darshan in Prasanthi Nilayam during the 85th year of Bhagavan's Advent. The First batch of international devotees' came from the United State of America and they had thier presentation on the evening of the 29th of June in Bhagavan's presence at Sai Kulwant Hall in Prasanthi Nilayam.

Coming with the backdrop of this yearlong preparations, the group also had a successful USA pre-world conference held in Orlando, Florida. The conference had the unique themes of Sai Ideal, "God Is!", "I Am I!", "Love All, Serve All!", developed from nine selected Divine Discourses. A Canadian pre-world conference was held in Toronto & Edmonton this year.

Approximately 1300 Canadian devotees will be participating in the Pilgrimage to Prasanthi Nilayam from August 16 to 26th, 2010.

~Editor

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at all times for emergencies.

Sri Sathya Sai Institute of Higher Medical Sciences (Super Specialty Hospital)

Situated 6 kms away from the Ashram, on the main road, this hospital provides highly specialized diagnostic services, treatment and hospitalization for diseases related to Heart, Kidney and Eye at this moment of time. All treatment is completely free of charge.

Canteens (Dining Halls) (Please re-confirm timings)

Devotees are expected to partake of the sacred food served in the Ashram canteens and only cash in Indian currency is accepted.

There are different canteens catering to South Indians, North Indians and Westerners @ separate locations within the Ashram. Men and women are not permitted to eat together in the can-

teens. They are served in different locations within the same building. Ashram canteens only serve satvic vegetarian food.

Observe that the Seva Dal Volunteers who participate in cooking and serving are not motivated by the needs of livelihood or greed, but by the lofty spirit of love and service.

The Canteens are open for Breakfast at 6:30am to 8:30am, for lunch at 11:30am to 1:00pm, for tea 3:00pm to 4:30pm and dinner at 6:30pm to 8:00pm. North Indian Canteen is only open for Lunch and dinner. The food supplied in these canteens is blessed by Bhagavan Baba daily.

Bakery

Brown/white bread, cake, sweet/salty buns, puff rolls, cookies, pizzas are available at the posted timings.