

The cover features a dark blue background with a yellow horizontal band. At the top left, the word "Canadian" is written in a white, elegant script font. In the top right corner, there is a circular emblem containing various religious symbols: a cross, a crescent moon, a star, a Khanda, a Yin-Yang symbol, a Taijitu, a Star of David, and a Om symbol. Below this emblem, the text "Summer 2009" is printed in a white sans-serif font. The main title "Sathya Sai Newsletter" is written in a large, bold, white sans-serif font across the yellow band. In the center, a silhouette of a person in a meditative lotus position is shown against a glowing yellow halo, sitting atop a dark mountain silhouette. To the right of the meditator is a large, detailed image of a full moon. Overlaid on the moon in yellow capital letters are the words: "LOVE", "RIGHT CONDUCT", "NON VIOLENCE", "PEACE", and "TRUTH". At the bottom center, the text "GURU POORNIMA ISSUE" is written in a bold, yellow sans-serif font. A single red maple leaf is positioned in the bottom right corner.





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*The Sri Sathya Sai Baba  
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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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# Guru Poornima

## July 7, 2009

“The true meaning of *Guru* is “one who dispels the darkness of ignorance.” Another meaning of the word is “one who is beyond attributes and forms, namely the Supreme Self.” When *That Self* is, in you, where is the need to search for someone to teach.”

~ BABA

(Discourse, July 30, 1996)





CANADIAN

# Sathya Sai Newsletter



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**“Men are born to serve, not to dominate. Seva is that which brings out all that is great in mankind. It broadens the heart and widens one’s vision. Everyone in the world is a servant and not a master.”**

**~Baba**



# Service for Unity & Divinity

First and foremost, man should respect others and share his love with others wholeheartedly. This is the primary duty of man. Man is not merely an individual, he is a part and parcel of the society. Man has to travel from the level of individual to the level of society.

What is the path prescribed for this? Firstly, man has to recognise the common principle of *Jeevana Jyoti* (light of life) that is present in all. The principle of equality can be experienced and practised only when man understands the principle of unity.

Once man realises that God is all-pervasive, he will be free from suffering. In order to get rid of suffering, man has to practise the principle of unity in society. The service activities that we undertake are meant to experience unity in society.

Every individual is endowed with a physical body. The body which is made up of five elements is weak and is bound to disintegrate. Though hundred years of life-span is prescribed, one cannot take it for granted. One may leave his mortal coil at any time, be it in childhood, youth or old age. Death is certain. Hence, before the body perishes, man should make efforts to know his true nature. It is foolish to

waste your time and energy in worldly pursuits. If you know your true Self, you would have known everything else.

**All that you see in the external world, from microcosm to macrocosm, is present in you. The mountains, oceans, cities, villages, etc., are present in your heart. All beings are in you. You are the basis of everything. Such being the case, what is it that you want to see in the external world? How foolish it is on your part to get carried away by the reflection outside, ignoring the reality within!**



Once man purifies his heart, he will find purity everywhere. The world outside is just a reflection of your heart. If you fill your heart with love, you will experience love everywhere. If there is hatred in your heart, the same is reflected outside. Whatever you see, hear and experience outside is only the reflection, reaction and resound of your inner being. So, do not point an accusing finger at others. The whole world depends on man's behaviour. If your feelings are demonic, you will find the same all around you. If your feelings are divine, you will find divinity everywhere.



# Experience the Divine

Interview with James Sinclair

*We have the pleasure of having in our studio Mr. James Sinclair. He is a devotee who is seen very often but is heard hardly ever. That is because he is by disposition and choice a very silent person. The depth of his silence is the measure of his devotion to Bhagavan Sri Sathya Sai Baba. Welcome sir, before we get on to what I say deep spirituality, may I begin by requesting you to tell us something about how you came to Bhagavan?*

Now how Sai found me, it is quite simple. As a Christian young man of 20, I drove down the West Side Drive, New York to go to the offices as a market maker, as a person who actually created the market and securities for 35 different companies. I used to pray on my rosary beads but felt very cheated that Christ lived 2,000 years ago and here I felt lost: I don't know where You are. I can't find You. So, You better find me. And, in fact, my prayers were answered.

In the late 50's, there were many experiences, the most dramatic of all was actually seeing Swami in my home in Connecticut. You have to understand, if you have never seen Swami before, and if you are a Westerner without a great deal of knowledge of eastern philosophy and culture, then it would be a

shock when you first saw Swami in your home. After having seen Swami a second time in my meditation room, as I did meditate, and this time Swami allowed me to touch Him, and He was as close as I see you now sitting across the table. He made a motion for me to touch His Feet, and I did. Then began the campaign of trying to find out who He was. That campaign led me to a store in New York which at that time was the centre of all texts dealing with spiritual matters and probably with texts dealing with unusual matters. So, I asked the attendant of the store by describing how this person looked like. He said, "one moment", walked back and came with a book, "The Holy Man and the Psychiatrist by Samuel Sandweiss" with a bag of Vibhuti and told me that he was a devotee of Sri Sathya Sai Baba.

That was the beginning and eventually I found my way to India, not really having the courage to come because I had not travelled in this area. I was on business with a partner in London when I became overcome with the desire to go to India. I left my partner and my wife as I was going to return from the trip, waved goodbye and told them that I was on my way to India. And the end result was that I showed up over here in my stylish American dress with all my jew-



ellery on. I wore a winter blue blazer with a pink shirt, polka-dot tie, grey slacks and winter shoes. That was 1985. And that was the beginning because what I have learnt here is not anything intellectual but quietude. What I have learnt is not from Swami's discourses, although there is much to be learnt, but from the glances from His eyes, from simply breathing the same air, being in His proximity and finding out that His Life is, in fact, His Message, knowing without a doubt that the business of life and the business of business, the business of family and the business of time are all the same.

***You say that you learnt a lot just by observing. There are millions who are here more often than you are. And, in fact, I live here. We see Him. How come we missed it! You must tell us the trick.***

I don't know the trick. All I know is that in most things in the human experience, people can be too close to the object of observation to really observe. When He looks into your eyes, this process begins, when He touches you physically, when He speaks to you, when He takes a letter from you, when He walks close to you, something begins to happen.

***Can I say that unless the individual is properly prepared, he will miss this***

***experience?***

But Swami gives very simple instructions for that preparation. "Watch" and "Be happy". In fact, it is so simple that it must be divine because humans make things complex. When Swami says "watch", I take it literally. If the word is not contained in the dictionary of the language He is speaking in, He will define that word so that you will understand. So, He gives the instruction, "WATCH". That is why many times He gives the gift of a watch. Because it is a living instruction of observation to stand back and simply watch – words, actions, thoughts, character, heart; all aspects of humanity. Then he says, "Be Happy." But He defines one word in all that, 'Happy' – unity with Divinity. Now we look up the meaning in a dictionary



and see what the word 'be' means; it simply means 'isness'. So, if one would simply watch, then something would occur which would result in unity with Divinity.

***I want to ask you a practical question. You are a man of business. Now business has its ups and downs. What happens when there is a problem or even failure? How is one to be happy?***

The message is extraordinarily simple. Yes, I am very much involved





in business, but I firmly believe that success in the business environment is not a product of what you do, but a product of what you are. And the product of what you are is a product of “Watch” and “Be happy”. So, I see a great simplicity, and I also firmly believe that every single event in my life is a gift. I don’t have the ability to define for you what that gift means. Some of it hurts terribly, some of it pleases, but every single event in my life to this point, and I find some shocking events, has done nothing to me but has done something for me. So, why should I change? I believe in treating my employees like family. But even a father loving his family has a duty at times to be stern, to make decisions, to make corrections. So, if one were to reward production and punish non-production, wouldn’t he be a good father?

The business of business and the business of life are one. Success has nothing to do with how we strategise. Success is like air, it is abundant. You can breath it in. I don’t believe in recessions or depressions, because if you approach life in the manner of instruction you receive here in absolute simplicity, then I firmly believe that every listener here would reach the highest possible destiny that he can.

Supposing an unforeseen tragic event befalls a devotee, at that time his faith is shaken. But sometimes people cry, “Why did Swami do this to me? What wrong did I do?” And things like

that. That person has an opportunity that he can either succeed or fail, and the opportunity is to recognise that Divinity knows better than humanity. Divinity never hurts. Those who believe that Swami is hard, don’t realise that Swami drives you here when you most need it and carries you through every single event, be it a tragedy or a success, because the greatest tragedy on earth can be success if you become lost in the effect of success. So, we judge, what a tragedy is. I have not had a tragedy in my life, but I had events which people might consider to be tragic. I know that Divinity knows a lot better than what I know. So, I don’t judge events.

I have experienced what some people may call a tragedy even recently, and let me tell you, it is all good. Now the body will falter because we all carry this human aspect of what we are. Tears will come to the eyes and the body will be shaking, but there is a quiet deep down inside. If you can hold on to it, even the worst of times will become the best of times. It will be an opportunity to grow, an opportunity in strength. Inside you, grows a silence that becomes a partner, that will in every single event rise to the circumstances as long as you cease stopping it from happening.

Watch, don’t participate in the thought. Be in the now, don’t fool around with the past. We heard that in Swami’s discourse two days ago, “Past is past, future is not our business. Our business is now and in the now, only





watch.” That is the gift which is here, that is the gift you can live with. Don’t try and intellectualise. Don’t take it in parts, in little bits and pieces. Feel it, know it, marry it, be it, worship it, but don’t try and understand it, because understanding is what blocks and stops acceptance.

A gift is being handed to you, don’t argue with the gift, don’t try and make Swami teach some Mantra, prayer or exercise or whatever. Just keep quiet. This is a place of pilgrimage for many, for myself. When I come here, I don’t have any questions because who am I to speak to Him?

If you have the opportunity of an interview, the opportunity to hand over a letter, the simple opportunity of eye contact or simply seeing Him, just be open. I don’t come here for socialising although there are wonderful people here. I come here because my best friend is here and if I cannot understand anything else about Swami, I do know He is my best friend who has my interest at heart and He knows what my interest is. In gratitude to that, why not simply follow the instructions given? Swami’s Discourses and teachings are extraordinarily simple and practical.

***You started off by talking about your strong faith in Jesus Christ. Do you feel there is any difficulty in your being a good Christian and yet having perfect faith in Swami?***

No, I don’t find any difficulty in that at all because if one were to look at

the teachings of Jesus Christ and compare them with the teachings of Swami, it is easy to recognize that there are many religions but they all lead to the same destination. How can there be any contradiction when the message is Love. So, I find no problem whatsoever, but if you ask me whether I am a religious man, I tell you that I seek to be totally open, totally silent, able to listen and I don’t find that in any ritual or practice. Then let us say, I am the one with the deepest possible respect for those who practise rituals because that is what got me here. In fact, Swami says rituals are a stepping stone to a higher realisation. When rituals fall apart, wither away and you are left alone with your consciousness and face to face with God, you become a witness. A lot of silence that develops within an individual, if he does not resist it, opens and may, in fact, be the way. That is what I find here. That is why I make the pilgrimage. If I have the ability to hear Swami’s words, then I assure you, definitely I will do nothing else. Swami does not speak in abstruse language although many of us look into the deeper and more complex meanings. He is absolutely simple, absolutely straightforward.

All that Swami does is to prevent pain and suffering. Even if they do occur, as they do in everyone’s life, accept even if you have no idea, mentally, intellectually or otherwise. Tell the people you love that you love them. Not by words necessarily, although that is







nice; by thoughts and actions, because you may not get a second chance. Treat people equally, and treat all people as if they were your family. If you have a contract, don't look at it as the beginning of a war, but as an agreement of honour. And if that agreement of honour costs you money, pay the money. Don't resort to law, resort to talking it out. Make an agreement with your partner that benefits your partner. The secret of my success is that I made everybody else richer than myself. I had reversals in business with people. But even with the greatest reversals I ever had, I remember the good times I had with that person.

Some years ago, Swami was in Bangalore, and He visited a Sai Centre and gave a Discourse. I was present there, fortunate to be present because He revealed a great secret. He said, "God does not need anything because everything is already His. God incarnates so that people start remembering God, otherwise they forget God. I come in order to give opportunities to you to become a better person and redeem your life. That is the only reason."

He comes and gives us everything we need until we get to the point of openness to accept what He has come to give us.

***What is the last thing you would like to say to our listeners before we sign off?***

Everything that can be conceptualised lies within the human experience. And therefore less words, more silence; less looking, more acceptance. Silence

of the mind. Silence of the mind can start with silence of the mouth.

Do what you can do. Simply start by watching your words. Start some work. Start wherever you are and let the rest take care of itself. In business, in life, in what you might call religion, what you might call spirituality, don't waste the whole lot of time seeking to change yourself. I am 63 years old, I have been trying to change myself for the longest period of time. I am exactly the same person.

Recognise that something here which is the treasure. Recognise that you don't have to be here to receive it. But it is wonderful to be here. Recognise that this is the place of pilgrimage that you come to and you leave; and when you leave, you are going to leave it better.

If you come here loving Jesus Christ, you can leave loving him more. And all religions and all persuasions, that is the gift of Swami. But even more than that, the answer is here. But it is not intellectual. If you are seeking an answer, then I strongly recommend that you come here and seek silence.

**Courtesy : Radio Sai Global Harmony**

***" Silence of the mind  
can start with Silence  
of the mouth."***



*Contd..from page 3*



Buddha renounced all the palatial comforts and took to Sanyasa (renunciation). He wandered in the forests, listened to the teachings of noble souls and studied holy texts. But none of these could give him satisfaction. Ultimately, he realised that his heart is the true holy text given by God and God is his true friend. He discarded all books and stopped visiting noble souls. He turned inward and enquired into the truth. Ignoring the holy text (heart) and forgetting the true friend (God), man is going hither and thither in search of peace.

The youth of today are the future emancipators of the country. So, they should develop steadiness of mind and self-confidence.

***Where there is Confidence, there is Love;  
Where there is Love, there is Truth;  
Where there is Truth, there is Peace;  
Where there is Peace, there is Bliss;  
Where there is Bliss, there is God.***

Without confidence, you can never attain Divinity. Your confidence is your God. So, develop unwavering confidence in the Self. Self-confidence and self-respect will lead to Atmic bliss and the vision of the Self. Once you have self-confidence as a foundation, you can raise the walls of self-satisfaction over which you can lay

the roof of self-sacrifice and lead a life of self-realisation. Hence, lay the foundation of self-confidence, strong and sturdy.

The whole world is like a mansion and various countries are like different rooms in it. So, do not divide humanity based on nationality. It is because of such division that humanness is on the decline. Sai devotees should not entertain any such differences. All should stand united. Names, forms and complexions may be different but humanity is one race. God is one. All human beings belong to one family.

***Cows are many, but milk is one.  
Beings are many, but indweller is one.  
Castes are many, but humanity is one.  
Flowers are many, but worship is one.  
Paths are many, but God is one.***

The country will prosper only when the youth develop sound character. Human life is based on character. Today there are many who are heroes in precept and zeroes in practice. Your actions should be in harmony with your words. Develop sacred feelings. Only then can you perform sacred activities. Devotion does not mean merely performing rituals like worship. Any work done with pure and selfless love is devotion.

***Embodiments of Love!*** Right from this day, let your lives be suffused with love. Let your hands undertake deeds that are beneficial to society at large. Let your thoughts be centered on the principle of love. You should rise from the level of individual to society and ultimately merge in God.

***(Divine Discourse, July 21, 2002)***

## Swami is My Guru

Swami introduced Himself to me in the 1980's, after which I initially ran in the other direction, searching out all the gurus and saviors of the world in western North America. The earth was tilted towards the Pacific Coast and they all ended up gathered here. During this time, I attended countless workshops and meditation courses and visited a whole bunch of psychics. No matter how much promise they held out, they all ended up with feet of clay.

Swami in the meantime was keeping His light under a bushel and letting me run out my leash in searching. He is so marvelous; He cuts the cloth to perfectly fit the psyche. I had to investigate all! That is my nature so He gave me all of them to experience. I did this with somewhere between very little and no money. I had previously gone bankrupt, but I was being taken care of, (as I was beginning to suspect) and the most wonderful situations would bring me money just when I needed it.

This was also a time for me to learn some discretion and I began to see things that I would have missed in my earlier "Pollyanna" phase. I learned to look more closely at these "gurus" and analyze their attitude towards money and their treatment of the less fortunate. I asked myself if they really wanted to disseminate wonderful wisdom to the masses or were they just hiding a money making scheme behind a spiritual smoke screen. I also learned to look to their morals and found some who used their forums as a "chick magnet". Many foundered on

this one as personalities clashed and jealousies surfaced. I saw that none of these things were bad in themselves -- they are just life -- but I had no interest in spiritual leaders whose deeds did not match their stated claims.

All this searching left me empty. I ended up back in Vancouver driving a stretch limousine. This is where Swami grabbed me by the scruff of the neck in the guise of an Indian taxi driver. I was waiting for a fare in the Vancouver Airport, in the depths of despondency, when this little man walked up, looked me in the eye and said, "Remember, all is God!" He turned on His heel, walked away and evaporated. My first interview!

From then on, I took Swami as my Guru and many months spent in India at the Lotus Feet, have only confirmed the truth for me. He is the Guru of all Gurus, the Boss Guru! Now, I get personal guidance without going anywhere except within or observing circumstances that surround me. After all, my Guru is around me and in me like water surrounds and permeates a fish in the ocean and to me this is a palpable manifestation of God. What more do I need except Satsang in order to share my blessings, and share in other's experiences, with Swami omnipresent as the Unseen Guest? Besides, in our Vancouver Sai Centre, He pitches flowers off of the pictures with abandon. To me this illustrates the Joy of God in His devotees.

Since returning in from my most recent trip to India, I have moved mountains that impeded



my understanding. The bottom line for me is that my Guru is bringing forward the lessons appropriate for me with such meticulous timing and I am energetically pursuing these lessons as they appear. As to that earlier phase, I can see that those other “gurus” do get people thinking about God. Each meeting, I had with my Guru, was custom designed to tweak the “Awareness of God” switch.

Swami has the whole world in His Hands. It is His Show. Everything is part of “The Plan” that the whole world will soon be aware of His Grace. So while it sometimes seems that there is nothing but strife and dissension on the planet, I choose to simply trust that it is all perfect and we will all end up

contained in Brahman ready to do it all again. However, I am going to opt for door number TWO and go for the gusto at the last bell . . .

*“They, who are dwelling in this Wisdom, are united with Me, are neither born when the Universe is recreated at the beginning of every Cosmic cycle, nor are they affected when it is dissolved.”*

(Bhagavad Gita)

**(Late Arthur Moloney, Vancouver, BC)**

## Love is God, Live in Love

People think there are many troubles, difficulties, and sorrows in this world, and thereby they are filled with anxiety and worries. But in fact there is nothing like this; it is bliss everywhere.

***Brahmanandam, Parama Sukhadam,  
Kevalam Jnanamurtim, Dwandwateetam,  
Gagana Sadrisham, Tattwamasyadi Lakshyam,  
Ekam, Nityam, Vimalam, Achalam,  
Sarvadhee Sakshibhutam,  
Bhavateetam, Trigunarahitam***

(Man is the embodiment of divine bliss, wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the aphorism "You are That (Thath Twam Asi)", one without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three gunas (attributes), of sath-



wa,

rajas and thamas.

The world is the creation of God. Right from man, all living beings including animals, birds, and even insects are the creation of God. Since they are the creation of God, all of them have their origin in bliss. All these difficulties and troubles are only the imagination of man.

Pleasure is an interval between two pains.





There cannot be happiness without difficulties. These difficulties are meant to give you happiness, and not to make you miserable with more sorrows. Hence, whatever comes to us, we should consider it as God's gift and be happy. We should not consider that it has been given to us to make us suffer.

There are millions of living beings in this world. All of them have originated from God. Therefore, the same God is present in all of them. People give many names to God as Rama, Allah, Jesus, etc., but God is only one. Atma is another name of God; it is the same in everyone. The real name of Atma is love. Love is only one, but it is present everywhere and can alleviate all sufferings. One who is endowed with love is free from all sufferings.

I and you are one. God and you are one. God is not anywhere separate from you. You should develop the feeling that you yourself are God. When you say, "I", it represents unity. You cannot estimate the bliss that is derived from unity. All are one. It is the fickle mind that is unsteady and wanders arbitrarily.

Only one thing is steady. That is love. Love is God. Live in love. This is what we have to learn today. The same love is present in everyone. Mother loves her children due to this feeling of love. All are the children of God. Therefore, God loves all. God has no hatred. God is not the cause for your pain and suffering. God is not separate from you. Wherever you may be, God is present there. God does not forsake you. There is no place where there is no God. Wherever you see, God is present there.

Where is God? You should develop the feeling that you are God. You may perform any number of spiritual practices like bhajans (devo-

tional songs), japa (prayer), and tapas (penance, austerities), but love should form the undercurrent of all these practices. In fact, if you have love, there is no need to perform any spiritual practices. There is no use performing all spiritual practices if you do not have love.

Fill your mind with love. "Prema Mudita Manase Kaho Ram Ram Ram" (recite the Name of Rama with your heart full of love). Hence, give highest importance to love. Love is important. This is the spiritual practice that we have to undertake.

There can be changes in the body and the mind. But love is changeless. It is permanent. Everything has birth and death, but there is no birth or death for love. The birthless and deathless love is only one. It comes from truth. Truth is one. Truth is God. This God, in the form of love, is present everywhere, wherever you see.

God is present in man in his breath. When you breathe, where does the breath come from? It comes from within. The breath itself is your God. What is its form? It is present in man in the form of Soham, which reveals your divine identity. "So" means "that", "Ham" means "I". Therefore "Soham", means "that I am". "That" refers to God, who is present in man in the form of love. Therefore, man should treasure love in his heart safely.

Other thoughts come and go like passing clouds. Only love is permanent and eternal. You should perform every task with love. Even if you come across your enemy, you should love and greet him saying, "Hello, Hello." Then he will also respond, saying "Hello, Hello" to you. This is the reaction, reflection, resound of your feelings.

Whatever good or bad you experience is





the result of your own actions. Everything comes from within you. Hence, always remain immersed in love. If you have love, you can achieve anything and perform any task. It is love that is responsible for the entire creation and its functioning in this world. There is no greater God than love. Love is God. Whatever you do without love is a futile exercise. Hence treasure love in your heart. Every body will be attracted towards this love. It bestows everything on you. It is love that creates, sustains, and destroys.

People call God by many names such as Rama, Krishna, Jesus, Allah etc. But all names refer to the same God. If you call Him Allah, He responds. Similarly, if you call Him Jesus, or Zoroastra, or Rama, He will respond. All these names were given by man. God is not born with these names. Original name of God is only Love. You may refer to any dictionary; Love is only one and not two.

But love remains the same. With such love you may chant any name such as Rama, Krishna, Govinda, Narayana, Jesus, and Allah. All these names refer to the same divinity. You may grind rice and prepare various dishes such as dosa, idli, etc. You may mix rice with sugar and prepare payasam (sweet pudding). But rice is the same in all these dishes. In the same way, only one God is present in the entire creation, and that is love. Perform each and every task with love.

People today observe individual differences. There are three aspects of an individual. **(1) The one you think you are. (2) The one others think you are. (3) The one you really are.**

At the physical level you may be identified with your name, form, and village. But in reality,

you are only one. This is what you should realise. Recognise the unity of entire creation. Your worldly relations will also have some value when you recognise this unity.

You may append any number of 0's to 1, the value will go on increasing. If you remove one, there is no value. In the same manner, you may chant any name realising the oneness of God.

Do not hate anybody. Help Ever, Hurt Never. This is what the devotees are supposed to do (loud applause). You have come from different countries, and you have different names and forms. But having come here, you are all one (loud applause). From today onward, may you always remain in bliss for ever and ever.

***(Bhagavan sang the bhajan "Hari Bhajan Bina Sukh Santhi Nahin" and continued His Discourse.)***

Consider bhajan as your bhojan (food) that satiates your spiritual hunger. Partake the food of bhajan every moment, day in and day out. Right from the morning till night, constantly do bhajan in your entire waking time. This is Swami's teaching to you. Perform all your tasks, while contemplating on the name of God within you. God is within you, without you, beyond you, below you and behind you. Very happy.

**(Excerpts from Bhagavan's Discourse on November 15, 2007.)**



## Unbelievable Experience

I have been involved with the London, Ontario Sai Centre since I was a young girl. My family and I attended weekly Sathsang and I attended Balvikas class. It's here where I learned many of Baba's invaluable lessons. One particular saying stuck with me and has become a great pillar in my life. That being, "The hands that serve are holier than the lips that pray". It stuck with me as it seemed very pragmatic and was a practical means for me to practice my devotion. When I heard about the Intercordia program I felt that it would be a great opportunity for me to serve others.

Intercordia Canada is a university-accredited educational experience that promotes cross-cultural understanding and moral responsiveness by supporting students to build relationships with people who are marginalized.

I left in May 2008 and lived with a family in Lviv, Ukraine. I volunteered in a variety of community-based projects such as orphanages, medical clinics and workshops for people with disabilities.

Living and volunteering in Ukraine for three months proved to have been an incredible experience in countless ways. It has been inspiring and rewarding, if also at times frustrating and maddening. But it has never, ever been dull! As I reflect on my work in volunteerism, I realize that devotion to this field brings with it a world view that is quite special, particularly within a Western culture so focused on economic gain.

In the city of Lviv there are four Faith and

Light workshops that employ 70 people with disabilities and 17 assistants. This is where I volunteered. These workshops have been operating for 8 years. From 9:30 am until 1:30 pm Monday through Friday, those adults functioning at a higher level produce crafts including candles, icons, weaving, stationery and beadwork. At two of the programs there is an additional program from 1:30 pm to 5:30 pm Monday through Thursday for those with more profound disabilities. They are run in the same spirit as the workshops but adjust their programs to respond to the therapeutic needs of the core members. They engage in music, art, therapy, games, drama, sensory stimulation, personal care skills, fellowship, and training in very basic self-help and alternative communication skills development. Transportation by rented minibuses is provided for the more profoundly disabled participants of the afternoon program.

The Faith and Light workshops are more than a place of work they are places of celebration, sharing and prayer. People are asked to make choices about how they want to spend their day. There is an emphasis on giving each core member (person with a disability) the opportunity to create their day and use their gifts for the building of the workshop life. Core members can choose among the various craft activities. This is followed by aerobics, music and exercise. Exercise is followed by more work followed by "tea time" which is the opportunity to celebrate feast days, birthdays,





Holy days and the day to day accomplishments of the workshop participants.

Each week begins with a sharing about the weekend. Several times a month there is a “Culinary Day” which gives the opportunity for the core members to bring a special food and help prepare the communal meal. There are outings into the community for shopping, sports activities, walks in the park, picnics, theatre, church on Holy Days and visits to the hospital to support friends and family. There are also overnight trips.

All of these activities are meant to foster a strong sense of being part of a community of people committed to proclaiming the gift of the person with a disability.

The core members at the workshops all came from loving homes and were valued by those around them. The situation however is not the same for all people living with disabilities. The orphanage on the outskirts of Ternopil (city neighboring Lviv) is another main work placement for Intercordia students. The “Internat” is home to about 55 young girls aged 5-21 who have either been abandoned by family or placed by the government. This particular orphanage had only disabled girls. The centre provides the minimal amount of basic care. The staff are all Ukrainian women who have little “modern” training or sensibilities about how to be with or care for the girls. The lack of structure and guidance from the staff was rather surprising.

Apart from going to the workshops, we made a point of visiting other institutions and getting involved with various social movements. We joined a church group, led by university students to

deliver water and sandwiches to homeless people. They each had a story to tell and were very receptive and welcoming. Along with visiting the “Internat” in Ternopil we visited an orphanage in Lviv. It was run by a nun who had raised funds overseas. The orphanage catered to children aged 3-7 without disabilities. The place was warm, friendly and very inviting. Each child had a curriculum, their own personal possessions and they all seemed to be in high spirits. The key to the orphanages success was that the caregivers were very loving and gave the children lots of attention.

My time at the workshop went by quickly. Each day was a new adventure filled with laughter. The core members at the workshop taught me what true happiness is. To read about the issues and to actually live the issues are two completely different things. I was able to learn more from my time abroad than in any of my classes. I hope to continue travelling to learn more about international development. The Intercordia program proved to be a journey of self-discovery where I was able to build meaningful relationships. It was more than just an opportunity to help others. This experience fostered a greater understanding in me and in turn I hope to contribute to a global climate of mutual understanding and cooperation.

Now, that I have returned home to London I have maintained my ties with L'arche by volunteering at the homes here in London. Like our Sai Centres that embody the same spirit wherever you go, so do the L'arche homes. Both are places of love, laughter and fellowship.

**- Krutika Patil**

Youth from London , ON





## Light (Jyothi) Meditation

Since Swami features meditation in Point Number One of the *Nine-Point Code of Conduct*, we may assume He considers it to be an important aspect of our spiritual practice.

But what is mediation? Swami tells us that, “Real meditation is getting absorbed in God as the only thought, the only goal. Meditation is constant inner inquiry as to ‘Who am I?’

Swami says “To rise above the source of thought into the realm of experience. It is experience that gives the possibility of transformation.” And it is only through experience that we learn to practice meditation. “Can anyone train another in meditation? Or claim to train? It may be possible to teach a person the posture, the pose, the position of the legs, feet or hands, neck, head or back, the style of breathing or its speed. But meditation is a function of the inner man; it involves deep subjective quiet, the emptying of the mind and filling oneself with the light that emerges from the divine spark within. This is a discipline that no textbook can teach and no class can communicate.”

Swami further says, “To enjoy the sweetness of Divine Love, you must attempt to get it directly. By means of meditation you can realize that I am the resident in all hearts, the urge, the motive, the guide, the

goal. Yearn for that vision, that awareness, and make it your priceless possession.”

“The Atma [soul] is everywhere,” Swami tells us, “but for the purpose of sitting in meditation, the life principle can be considered as being 10 inches above the navel and at the center of the chest, between the 9th and 12th vertebrae.

“To sit straight is important. If the body is in a straight position, as if it were wound around a straight pole, the life force may rise up through the straight body and give the quality of intense concentration to the mind. Meditation for its proper practice should be at the same place, at the same time. In that way, it surely will be successful.”

Swami tells us that in meditation three things come into play, 1) the *Mediator*, 2) *Chosen Form* of the practice (God form, light, breath, etc.) and 3) the *Process* of Mediation itself. Meditation, He says, falls into three stages,

- 1) **Concentration:** Using discipline to focus the mind and intention beneath the senses and desires.
- 2) **Contemplation:** An in-between state, when focus deepens and the body is forgotten and
- 3) **Meditation:** Above the senses, you are not aware that you are meditating. This cannot be forced, but happens naturally when contemplation is deep enough. “When all





the senses and desires fall away, there is only God,” says Swami.

Although there are many “chosen forms” of meditation, Swami recommends that everyone begin with the Jyothi (Light) Meditation. He says, “Light is formless, eternal, divine. It is the safe way and the sure way. What comes about in meditation is not the thinking of the light, but the forgetting of the body and thereby the direct experience that the body is not oneself. To expand beyond self and see that your light is the light of the universe is liberation.”

In *Conversations with Bhagavan Sri Sathya Sai Baba*, Swami explained the process of Jyothi Meditation to Dr. John Hislop as follows . . .



The only light in this world which does not get extinguished is the light of the Self.

~ BABA

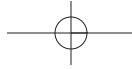
(DISCOURSES ON BHAGAVAD GITA)

of the lotus open out, one by one, bathing every thought, feeling and emotion in the light and so removing darkness from them.

- Let it pervade your limbs; now those limbs can never deal in dark suspicious wicked activities. They have become instruments of Light and Love.
- Let the light reach up to the tongue; falsehood vanishes from it.
- Let it rise up to the eyes and the ears and destroy all the dark desires that infest them leading you into perverse sights and puerile conversation.
- Let your head be surcharged with Light and all wicked thoughts flee therefrom.
- Imagine that the Light is in you more and more intensely; let it shine all around you in ever widening circles,
- Taking in your loved ones, your kith and kin your friends and companions – nay, your enemies and rivals – strangers, all men and women, whoever they are,
- All living beings, animals, birds, trees, the earth, the entire world.
- If you are adoring God in any form now, visualize that form in the all pervasive Light deep in your heart; recite the name.

- Have a lamp with an open flame, steady and straight, or a candle before you. Sit in the lotus posture or any other comfortable posture, in front of the candle. Gaze straight ahead at the flame.
- Look on the flame, steadily, for some time and closing your eyes, try to visualise the flame inside you, between your eyebrows.
- Let it slide down into the lotus of your heart, illuminating the path. When it enters the heart, imagine that the petals





- Draw the light back inside the heart and come back to waking consciousness, the light in the heart with you always.”

“Light is God. God is Light,” Swami says.

“By experiencing the oneness within yourself and all others, you are able to see and

experience the oneness of all beings. Meditation on light is real meditation.”

*(compiled by Julia Hall)*

(Reproduced from CSSN Summer 2003)



## Japam & Dhyanam

*Japam*, means repetition of God’s Name as many times as possible. The main advantage of Japam is that the mind is free from other thoughts of the world. By repeating God’s Name, the mind is emptied. Due to the constant flow of thoughts in the mind, there is a tension. The thoughts relating to the future and the past are the source of anxiety and worry. Therefore, the mind has to be emptied now and then; just as in the computer cleaning process, the entire backlog must be emptied and cleaned, or else it leads to virus.

The mind is full of thoughts of the past and thoughts of the future. It is jam-packed or ‘traffic jammed’ with thoughts. This process of cleansing the mind is called *Japam*, recycling and repeating God’s Name as many times as possible.

**Japam Helps to control Senses:** For *Japam*, there is no time regulation. There is no separate place or a separate procedure. Your willingness and your love to repeat, that’s enough. Then once the thought process is brought under check as we repeat God’s

Name, the senses cannot be drawn outward.

The eye cannot see whatever it likes. The ear cannot hear whatever it relishes because you are repeating God’s Name with your eyes closed. In other words, the advantage of *Japam* is the control of the senses. That is why *Japam* (repetition of God’s Name) is there in every faith, in every religion. Some people also have got certain self-imposed regulations. “I repeat 1000 times.” “I do it 1008 times.” People have their own regulations.

So, controlling the senses is an advantage of *Japam*. Another advantage of *Japam* is that the mind gets controlled automatically because it is set free. You are repeating God’s Name; so the thought process is controlled. When the

thought process is controlled, the mind is totally nullified. It is null and void, made inactive, made passive, inert, dull, and action-less. That’s all. It just remains static. That is the way to empty our mind of all the thoughts. When the mind is emptied of all thoughts, it is vibrant with joy. It is charged with



bliss. Who are the people who are happy? Happy are those whose mind is emptied now and then. It doesn't matter whether young or old. There are old people who are very happy, while there are youngsters and teenagers who are miserable. Why? It is all due to the mind. Therefore, mind-control and sense-control are the two advantages of *Japam* or repeating God's Name.

**Meditation is connecting inward:** The next aspect is *dhyanam* or meditation. Meditation is the process where you will be connecting yourself to the inside.

It is something like this: first, you will connect to the telephone; thereafter, you will be connecting to the Internet. So first, one must be connect to the telephone line, and only then connect to the Internet. Similarly, one should connect to the telephone line of *Japam*; only then one can connect to the Internet or *dhyanam*. So, *dhyanam* (meditation) is connecting inward. Connect inward and then you will get all the messages. The password is the dearest Name of your God, which is different from person to person. You understand? Therefore the moment we establish ourselves within, that process of turning inward is called meditation.

**Meditation steadies the Mind:** Why should we turn inward? To establish connection with your Self. After connecting to the telephone, one should connect to 'Internet Explorer'. Likewise, after silencing the mind, one should connect to the heart. This process is called meditation.

So long as we are connected to the mind, we are frightened. We are afraid to face life. We

are afraid to face the challenges of life. We want to run away from the problems of life in the name of religion. We are afraid of competition. This fear is because of mind indulgence or mind involvement. When once the mind is made inactive by *Japam*, when you are connected to your heart, then you will be very strong as the heart is the centre of fearlessness. Heart is the centre of Love; heart is the centre of sacrifice. Jewels are there in the heart. Connect yourself to the inner jewel of the heart, not to the fish market of the mind. At the most, it may take

you to a psychiatrist. That's all. Whereas once we are connected to the heart, we can enjoy equanimity. That process is called meditation. So, meditation has two steps: the first step is repeating God's Name, what we call *Japam*. The second step is connecting to one's own Self in the heart by the process of meditation, which will make one blissful, steady, calm, equanimous, balanced and poised, and fearless.

**Nothing should happen during meditation:** Now, in the process of mediation, what is going to happen? "In meditation, God appears!" from Where? From clouds! No, my friends, in meditation *nothing* happens. Bhagavan Buddha referred to that state of nothingness as '*sarvam shoonyam*', meaning 'everything is empty'. That emptiness, that void, that abyss is the Divine experience. That which is seen has an estimate. One boy is tall. "Yes, he is tall, but the other is taller." Or, "he is short, but the other is shorter." So, the theory of relativity operates in the external world: Once I close my eyes, there is nothing whatsoever! Everything is uniform and





nothing happens.

**Reflection, Resound & Realisation:** Why does nothing happen? *Wherever 'I' am involved, something happens.* if you talk to me nicely, I am happy. If you do not talk to me, I am unhappy. If you offer me a cup of coffee, I am right on the top of the mountain! So, where this 'I'-ness is involved, there is a reaction. There is a resound. There is a reflection. Once you close your eyes, there is no need to act and nothing to react to. If I see you, I will think, 'Yes, he is my friend', or 'He is not my friend.' 'He is a stranger', or 'He is familiar.' 'He is acquainted', or 'He is not acquainted.' 'He is man of intelligence', or 'He seems to be a dunce.' These things happen when the 'I'-ness is there, when the mind is there. In other words, the mind judges, estimates and measures. This is 'I'-ness of the mind: "You know, but I know that too!" Or, "You know that, but I knew *before* you." This is all the 'I'-ness of the ego.

**A Meditating man is always Happy:** But once this 'I'-ness is gone, once the mind is gone, once this mind is withdrawn into the abyss, into the valley of silence, there is no comparison. No one is superior to anybody. No one is inferior to anybody. Nothing is happening because the mind is *missing*. Therefore, after meditation you find people feeling extremely happy. A meditative man is always happy. "Sir, I have a neighbour who is extremely unhappy; but he always meditates." Useless fellow! That is *not* meditation at all. He may be doing something else. So, a man of meditation will always be happy, cheerful, blissful and full of smiles. If he is unhappy, then the meditation that he claims is a farce, hypocritical and meaningless. Why? In true meditation, when

you enjoy equal-mindedness and steadiness, there is no reason to be unhappy.

Therefore in meditation, that stillness of silence, that profound silence (*shoonyam*) is nothing but bliss. Happiness can be expressed and joy can be shared; but bliss is *totally personal*. I can share my joy; you can make me happy. But I cannot manufacture bliss; I cannot transport bliss.

**Meditation distances the mind from the self:** let me just draw your attention to one important aspect. Being a student of science, I would like to tell you this. The more and more the mind distances itself from the ego-self, you are meditating. I repeat the sentence once again. In other words, meditation distances the mind from the ego-self. But when mind is away (as during meditation, when the ego-self is silent), when the *real* Self takes charge, mind is just, after all, an instrument in Self's hands.

**Make the Self the Master:** So, meditation is there to create a wider jump, a wider distance, so that the mind will be able to know what it really is. Mind is a mad monkey. It is playing all sorts of dirty tricks with me. I am not able to be as happy as I want to be because my mind is making me like that. Then there is the real Self, which is the Master of the mind. Therefore my friends, to make this Self the Master, to be in touch with the Self, *be the Self*. You are the Self. Therefore, we must develop methods on how to be happy. Unhappiness is my own making. *Happiness is that, with which I am born.* I am born with happiness, but I became unhappy because of my mind's bad habits. *Meditation will help us reconnect to our own innate happiness.*

~Anilkumar Kamaraju (Talks)  
September 5th, 2004



## My Trip to Kodai

Recently I found myself in Prasanthi, for the 6<sup>th</sup> time in 8 years. I went to Swami, but as I am discovering, there is no separating Swami from India. It is His Land. I arrived Easter Sunday and two days later found myself helping out at the Western canteen. It has recently opened for gents to do Seva. Since I love kitchen work, I found myself there for 7 hours each day. It made me feel more connected to the ashram as a whole and Swami knows I love to sweat in His name. 11 days later, I was utterly exhausted and lo! Swami left for Kodai Canal.

Kodai is a gorgeous hill station in Tamil Nadu close to Madurai. It has a man-made lake shaped like a big star and the climate is beautiful. Darshan there is very different. Since the Darshan gathering is small, wherever we sit, we are physically close to Swami. Every Darshan was Beauty Itself. Hard to describe, but there you have it. A week of this was heaven.

Next, I made my way to Bangalore thinking perhaps Swami's next move was to Brindavan. I love the Sai Ramesh Hall and joined the Bhajans

there on Sunday calling for Swami's Presence. Swami actually went straight back to Prasanthi, so I followed.

Back in Prasanthi, the canteen was closed. So, with 5 days left to go before returning to Canada it was simply Darshan and enjoying the ashram. On my way home, my flight was cancelled out of Bombay. So, Swami gave me an extra day to stay in India.

I think this was the day He was waiting for. An experience He gave me made me really look, at all, He has shown me in India and during Darshan. I felt all 6 trips coming together as a single lesson, with Swami and India, as the Teacher. On this final and extra day, He put me into a deeper place than all the previous Darshan. I left India with a deep feeling of commitment and support from Him. But that is what India does. The experience changed me. I am learning that Swami and India are one and the same for me.

**~By Hamilton Laudan  
Vancouver, BC**

**“The Lord is watching with a thousand eyes, the least activity of man, to discover the slightest trace of selfless Love, sweetening it.”**

**~Baba**

## Value of Going Green & C. O. D

*What is good for the wallet is good for our planet!*

Why is the Walk for Values GOING GREEN this year? Simply because we Canadians are contributing to climate change and global warming at an alarming rate.

The figures speak for themselves. The average Canadian produces about four times the global average level of emissions at 23.6 tonnes per person per year. As a country, we also produce about 700 mega-tonnes of greenhouse gases annually; much from wasteful energy use. This is about 2% of total global emissions, coming from a country with about half of one percent of the world's population.

We can't count always on the government to take the first steps. It is time we took action as individuals to conserve energy. The focus for the Walk for Values this year is to do just that; to create awareness of the imperative to GO GREEN and putting a Ceiling on our desires (C. O. D.) by taking the first steps ourselves to avert the greatest threat facing the planet today.

Increasingly, scientists are providing statistics that show this threat is stark real. They have documented major changes to natural systems around the planet in the Intergovernmental Panel on Climate Change (IPCC) Report of 2007. Even as we witness climate change impacts, CO2 emissions are increasing faster than anyone expected. In the 1990's, CO2 emissions increased at a rate of about 1.3% per year. From 2000-2006, they grew at 3.3% per year. These dangerous gases, CO2, methane, nitrous oxide, hydrofluorocarbons (HFCS), and

perfluorocarbons (PFCs) and sulphur hexafluoride (SF6) form layers around the earth that trap the heat around the globe. It is evident from these figures that climate change is indeed a man made problem with unfortunate and painful consequences for animals, plants and nature.

As the greatest living environmentalist, Sri Sathya Sai Baba over the past 5 decades or more had forewarned us never to waste our physical, mental and spiritual energies. To solve this global problem, Sri Sathya Sai Baba says, we have to understand the relationship between man, nature and God. In the February 1993 issue of Sanathana Sarathi, He says: *"Because of the advance of the technology, several factories have sprung up, causing emissions of several gases in the atmosphere and resulting in the ozone layer becoming thinner. If this goes on unchecked, it may have disastrous consequences. Scientists are trying to stop the break up of the ozone layer but are unable to find a remedy. The cause of this situation is that more carbon dioxide is being let out into the atmosphere. Normally, plants and trees absorb and assimilate the carbon dioxide and supply oxygen by the natural process of photosynthesis. But, because there is deforestation to an alarming extent, the amount of carbon dioxide in the atmosphere has considerably increased. The remedy for this situation is intensive forestation, growing more trees everywhere, and protecting the existing trees without destroying them for other purposes. The relationship of man, nature and God is*





*very intimate, which scientists may not be able to realize.”*

Sathya Sai Baba reminds us that humanity is living on this planet with limited resources and reduction of pollution will only begin with the reduction of human desires through practicing human values. In other words, we must develop an awareness of spiritual consciousness that is integrated with science, culture and social movements.

A clear demonstration of this awareness at this 2009 Walk for Values will be to pledge to take positive actions at individual, family and corporate levels to reduce emissions and preserve Mother Earth. As a first step, we must accept the responsibility for the damage we are causing, demonstrate our leadership in the world community and promote innovation and energy efficiency among our own industries.

The theme of Ontario’s 2008 Energy Conversation Annual Report is “Be the change to a

culture of conservation,” and it further has a sound advice: “The key element in creating a conservation culture is individuals taking action. This means embracing the values of the culture and incorporating them into our lifestyles each day. And in so doing – leading by example – others will follow and collectively, we will be the change.” The opening page of this 2008 Report also has a quote by Mahatma Gandhi, which the Walk for Values has been using on its brochure since 2003, “*You must be the change you wish to see in the world.*”

The Walk for Values is one such event to take a pledge to practice values in our daily lives to bring the change. In today’s economic slowdown, practicing Ceiling on our Desires (C.O.D.) as Sai Baba suggests, will be good for both our wallet and the planet.

~**Surinder Sharma**  
**Toronto, ON.**  
 (From Values Today)

**‘Walk for Values’ has been taking place for seven years in Toronto  
 and is the founding city for this event.**

**Now all the major cities in Canada and many countries around the  
 world are participating in this unique ‘Walk’ to raise the awareness  
 and the importance of practising universal human values of Truth,  
 Right Conduct, Peace, Love & Non-violence in every community.**





# National Seva Project

When are we all going to cash in, on this Golden Opportunity of SEVA! What are we waiting for? We need to start playing the game. **Service is the winning ticket.** Service should not be a weekly or monthly opportunity. It should be a way of life. Start by, everyday doing one good deed, whether helping someone; parents, friends, family etc. Individual Seva is very important for spiritual growth. Group Seva is very beneficial. But the way we live our Western lives, group seva does not happen enough.

Baba said, “Do not believe that you can, by means of service, reform or reshape the world. You may or may not; that does not matter. The real value of service, its most visible result, is that it reforms you, reshapes you. Do service as a spiritual discipline; then you will be humble and happy.”

Sai Centres of British Columbia have been lately thinking “Back to Basics” when it comes to Seva opportunities. We focus on monthly Seva events such as:

**Sandwich Making for the less fortunate.**

**Hot Meals for the Mentally ill.**

**Blood Donation**

**Food Bank**

**Sing Alongs with the elderly.**

This year’s National SEVA Project is Blood Donation. Sai Baba refers to Blood Donation as “The Gift of Liquid Love”. The BC Region has been a member of the Canadian Blood Services

since 2006. We are registered as “**Sathya Sai Baba BC**” (ID# SATH002691). What this means is that any resident of British Columbia can donate blood in Sai Baba’s name. This kind of Seva is the greatest because you are using your life to save another. Please make it a habit to donate and if you cannot donate, please get your kids, family and friends to come and participate in this wonderful Seva opportunity.

**Who Needs Blood?** Approximately every minute of every day, someone in Canada needs blood. In fact, according to a recent poll, 52 per cent of Canadians say they, or a family member, have needed blood or blood products for surgery or for medical treatment. **The good news is that one blood donation - in just one hour - can save up to three lives.**

For more information on registration please go to: [www.blood.ca/partnersforlife](http://www.blood.ca/partnersforlife) or call 1 888 2 DONATE.

**Note:** Blood is a living tissue. Blood cannot be manufactured and it has to come from a human being. Blood is essential for life.

**Myth:** Donating blood can be painful.

**FACT:** Not true! A localised painkiller is applied on the arm for a completely painless experience.

**Myth:** I won’t have enough blood to spare.

**Fact:** The average adult has 4 to 5 litres of blood.





At every donation, only 300 to 430 ml of blood is drawn. This is only 8 % of your total blood volume. This volume will be replaced in 72 hours.

**Myth:** I may catch diseases while donating blood.

**Fact:** The needles used are new, clean, sterile and are disposed off after each use. These instruments will not come into contact with any other donor. It would be impossible for you to contract any diseases from blood donation.

**Myth:** Donating blood will take up my entire day.

**Fact:** The complete donation process would not take more than an hour. You can even have the

Canadian Blood Service come to you as a mobile clinic. The Mobile Clinic frequently visit places of work, places of worships, community clubs and schools.

**Age:** Between 17 and 71 birthday (regular donor), or between 17 and 61 birthday (first-time donor). To continue donating after the 71st birthday, regular donors should contact Canadian Blood Services prior to donation for further eligibility information.

~Paresh Dass

BC Regional Seva Coordinator

## Canadian Sathya Sai Newsletter goes Online in 2011

*Due to escalating printing and mailing costs coupled with declining subscribers, it is impossible to continue to produce the Canadian Sathya Sai Newsletter in its present format. At the recent Council meeting in Edmonton, Council has recommended a change to an online format starting in 2011. Until then, we will continue with the present Print format and have the online edition also available to the subscribers through the Canadian Sai website. I request all the subscribers to update their e-mail addresses by sending them to <sainewsletter@shaw.ca> .*

*I thank all the Canadian Sai Family members for their loving support and encouragement in the last 23 years of this publication. It has been a privilege and a joy to serve at His Lotus Feet through this humble offering. Thank you Swami for this opportunity to serve you.*

~Editor



# Chinna Katha (Stories)

## Brahman is All Pervading

In the Upanishads, we have the story of one individual, a very learned man, who was himself a guru. His name is Uddalaka. He had a son by the name Swetaketu. This son made several attempts to get his education at the feet of his own father Uddalaka. But the father did not agree to such a procedure. The reason for this is, for a son who moves freely with his father, it is rather difficult for both himself and the father to deal with and abide by the right disciple-and-guru relationship.

The son will always have the idea that the teacher is his father and the concept of father and son will persist. This is because of the affection that exists between the father and son. Here you will also have the justification for calling the son a 'Kama Putra', a son who was born out of affection. Where there is attachment, where there is affection and where there is a feeling of belonging to, then there will be lenience and it is not possible to impart education in its fullest measure and with the right discipline. Because Uddalaka understood and realized the situation, that education cannot be complete and proper when there is a relationship of attachment, so he sent his son Swetaketu to another guru and desired that his son be taught and given proper education.

Looking at this situation, Swetaketu being

young and inexperienced, mistook and interpreted it to himself wrongly and got the feeling that perhaps his father is not quite learned and hence has no competence to teach him and so he was sent to another guru for studies. For some years Swetaketu stayed in the guru's house and completed his education and came back to his father's house with some conceit of high learning. Noticing this, the father asked the son, "What is it that you have learnt? What are the various systems that you have learnt? Have you learnt about Brahman? Have you learnt that particular branch of education which, if one has learnt, one need not have to learn anything else and will be knowing all?"

Such were the questions by the father. While the father was asking these questions, the son was behaving in a rather strange and funny way. He was still showing conceit as if he was far more educated and learned than his father and that the latter would not understand at all if he started telling what he had learnt over those few years. The father could easily understand the false vanity and the immature state of his son. The son was trying to show off; replying to his father that God is like this, God is like that, and so on.

Uddalata felt that his son would not be able to grasp anything at all if he tried to tell him the truth about Brahman in words. He thought it better to teach the truth by example. So he brought a pot



filled with water. He brought also some sugar in his hand and he showed the sugar to his son. After showing him the sugar, he put all that sugar into the water in the pot. Then he stirred the sugar till it was completely dissolved in the water and then looked at the son and asked him; "I brought the sugar with me and you have seen the sugar yourself, I have put it into the vessel. Can you tell me where in this vessel does that sugar lie now?" The son looked into the vessel and of course did not find any sugar remaining as such in the vessel. The father put a few drops of the contents of the vessel from the bottom on the tongue of the son and asked, "how do you find the taste? You can take a drop from anywhere within the vessel and taste it." The son had to agree that the sugar was there now in every drop of the contents of the vessel and that it was present everywhere in that vessel.

Then the father explained saying: "Just as you have now seen this sugar being present everywhere, so also Brahman assumes the form of a 'saguna' or One who has the attributes and comes into the world and resides in every being, in everything that you see around you in this world. It is not possible to see Him separately with your eyes; it is not possible to get hold of Him separately with your hands, but it is only possible to cognize Him by experiencing Him in the state of the world. You cannot do anything more with your gross body than to experience Brahman who is omnipresent and all pervading".

It is only after you have attained this rich experience that you will be in a position to talk of Adwaita and give expressions to the nature of God and His omnipresence etc. It is only after such an experience will you have any claim, right and authority to talk about the omnipresence of God.

Otherwise, with more book-knowledge, prattling like a parrot about God and His omnipresence, as if you truly know all, is all untruth. Only after the non-dual experience of divinity can you talk of Adwaita or nondualism.



### Arjuna's Pride

Krishna humbled Arjuna's pride during the war in an interesting manner. About the end of the war, one evening, Arjuna felt proud that Krishna was his charioteer and his 'servant'. He felt that as master, he should get down from the chariot after Krishna and not before Him. So, that day he insisted that Krishna should get down first. But, Krishna was adamant: Arjuna must come down first, He said. After wasting a long time, pleading and protesting and praying, Arjuna got down, very unwillingly, swallowing his pride.

Krishna then came down, and immediately the chariot went up in flames! Krishna explained the reason. The incendiary arrows and missiles that had struck the chariot were powerless so long as He was on it; but, when His presence was no longer there, they set the chariot on fire. Thus, Krishna showed that every act and word of the Lord had significance and a purpose, which mortals cannot gauge. Egoism is a tough enemy and it requires constant vigilance to conquer it.

~Baba





# Sai Family News

## Spiritual Retreat ~ Ontario Region 1 ~

## Festivals ~ 2009

### Annual Spiritual Retreat

Hosted by Sri Sathya Sai Baba Centres  
of London and Windsor.

**SATURDAY ~ AUGUST 15TH, 2009**  
8:00 am to 6:00 pm

**LOCATION:**

**Komoka Community Centre**  
(near London, Ontario)

**THEME:**

### LOVE AND CARE FOR OUR MOTHER EARTH

Interactive Sessions for Adults, Youths &  
Children. Bhajans, Study Circle, Meditation,  
outdoor Sports & Much, Much More.

No Fees, however pre-registration is required.  
Please note that discipline and dress code are to be  
observed as per Prasanthi Nilayam guidelines as in the  
past retreats (i.e. No Shorts or Jeans). Centre/SDG  
Presidents are requested to inform Mr. Kailash Nath Dhir the  
number of devotees attending by July 31, '09.

**FOR FURTHER DETAILS, PLEASE CONTACT:**

Kailash Nath Dhir,  
President,  
Sri Sathya Sai Baba Centre of London  
55 Deer Valley Crescent,  
London, Ontario, N6J 4K6

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<kdhi7836@rogers.com>

- Mar 27 Ugadi
- April 3 Sri Rama Navami
- May 6 Easwaramma Day
- July 7 Guru Poonima
- Aug 14 Krishna Janmashtami
- Aug 23 Ganesh Chaturthi
- Sept 28 Vijaya Dasami
- Nov 14-15 Akhanda Bhajan
- Nov 23 Bhagavan's 84th Birthday
- Dec 25 Christmas

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