



Canadian Sathya Sai Newsletter



Guru Poornima

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Sri Sathya Sai Baba

Organization of Canada
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Central Co-ordinator

Dr. V.P. Singh

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

**Canadian Sathya Sai
Newsletter**

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"The desires that cling to the mind are the blemishes that tarnish one's inner consciousness. Control the senses; do not yield to their insistent demands for satisfaction. When a corpse is placed on a pyre, and the fire is lit, both the corpse and the pyre are reduced to ashes. So too, when the senses are negated, the mind too disappears. When the mind disappears, delusion dies and liberation is achieved. Faith in God is the best reinforcement for spiritual victory. The Spirit can only be awakened and realized through individual discipline, and the Grace of God. These two can be won through love, purity and service to others."

~Baba

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Recommended Video links:

Scenes from Sathya Sai Schools around the World

<<http://yt.cl.nr/tygmV4DBzSk>>



On 25 May 1947, at the age of 20, in response to a letter from his brother who was concerned with what he was doing, Sri Sathya Sai Baba wrote the following letter. This letter disclosed his mission. Dr. Gokak's essay, *An Historic Letter of Baba* (in *Golden Age, Kingdom of Sathya Sai, Brindavan, India, 1979*), gives particulars surrounding this letter, and this letter was typed from that essay.

My dear One!

I received the communication that you wrote and sent; I found in it the surging floods of your devotion and affection, with the undercurrents of doubts and anxiety. Let me tell you that it is impossible to plumb the hearts and discover the nature of jnanis, yogis, ascetics, saints, sages, and the like. People are endowed with a variety of characteristics and mental attitudes, so each one judges according to his own angle, talks and argues in the light of his own nature. But we have to stick to our own right path, our own wisdom, our own resolution without getting affected by popular appraisal. As the proverb says, it is only the fruit-laden tree that

receives the shower of stones from passers-by. The good always provoke the bad into calumny; the bad always provoke the good into derision. That is the nature of this world. One must be surprised if such things do not happen.

The people have to be pitied, rather than condemned. They do not know. They have no patience to judge aright. They are too full of lust, anger, and conceit to see clearly and know fully. So, they write all manner of things. If they only knew, they would not talk or write like that. We, too, should not attach any value to such comments and take them to heart, as you seem to do. Truth will certainly triumph someday. Untruth can never

win. Untruth might appear to overpower Truth, but its victory will fade away and Truth will establish itself.

It is not the way of the great to swell when people offer worship and to shrink when people scoff. As a matter of fact, no sacred text lays down rules to regulate the lives of the great, prescribing habits and attitudes that they must adopt. They themselves know the path they must tread; their wisdom regulates and makes their acts holy. Self-reliance, beneficial activity-- these two are their special marks. They may also be engaged in the promotion of the welfare of devotees and in allotting them the fruits of their actions. Why should you be affected by tangle and worry, as long as I am

adhering to these two? After all, praise and blame of the populace do not touch the Atma, the reality; they can touch only the outer physical frame.

I have a "Task": To foster all mankind and ensure for all of them lives full of bliss (ananda). I have a "Vow": To lead all who stray away from the straight path again into goodness and save them. I am attached to a "work" that I love: To remove the sufferings of the poor and grant them what they lack. I have a "reason to be proud", for I rescue all who worship and adore me, aright. I have my definition of the "devotion" I expect: Those devoted to me have to treat joy and grief,

gain and loss, with equal fortitude. This means that I will never give up those who attach themselves to me. When I am thus engaged in my

beneficial task, how can my name be tarnished, as you apprehend? I would advise you not to heed such absurd talk.

Mahatmas do not acquire greatness through someone calling them so; they do not become small when someone calls them small. Only those low ones who revel in opium and marijuana but claim to be unexcelled yogis, only those who quote scriptural texts to

justify their gourmandry and pride, only those who are dry-as-dust scholars exulting in their casuistry and argumentative skill--only those

will be moved by praise or blame.

“I do not belong to any place; I am not attached to any name. I have no “mine” or “thine”. I answer whatever the name you use.”

You must have read life stories of saints and divine personages; in those books, you must have read of

even worse falsehoods and more heinous imputations cast against them. This is the lot of mahatmas everywhere, at all times. Why then do you take these things so much to heart? Have you not heard of dogs

that howl at the stars? How long can they go on? Authenticity will win.

I will not give up my mission, nor my determination. I know I will carry them out. I treat the honor and dishonor, the fame and blame that may be the consequence, with equal equanimity. Internally, I am unconcerned. I act but in the outer world; I talk and move about for the sake of the outer world and for announcing my coming to the people; else, I have no concern even with these.

I do not belong to any place; I am not attached to any name. I have no "mine" or "thine". I answer whatever the name you use. I go wherever I am taken. This is my very first vow. I have not disclosed this

to anyone so far. For me, the world is something afar, apart. I act and move only for the sake of mankind. No one can comprehend my glory, whoever he is, whatever his method of enquiry, however long his attempt.

You can yourself see the full glory in the coming years. Devotees must have patience and forbearance.

I am not concerned, nor am I anxious, that these facts should be known. I have no need to write these words; I wrote them because I felt you would be pained if I do not reply.

Thus, your Baba

{From International Sai website}

FROM FORM to FORMLESS



Bhagavan once narrated a beautiful story of Mother Radha and Krishna. Once Krishna returns to Brindavan after the Kurukshetra war and he goes to the banks of Yamuna in search of Radha and He sees that she is seated under a tree lost in her thoughts. So Krishna thought that He would surprise her; He slowly walks around the tree and suddenly jumps in front of Mother Radha, expecting that she would jump

in joy and surprise. But to His utter dismay Mother Radha looked at Him and gave a smile.

Krishna said, “Radhe! I am your Krishna, I have come back for you.” Mother Radha’s face had a question mark; she said, “Come back for me?” She held Krishna’s hand and ran towards River Yamuna and picked up a palm full of water and showed it to Krishna and said, **“Krishna, see in every drop of Yamuna is it not You who is**

there?”

She caught His hand again and ran back to the tree under which she was sitting and very carefully bent a branch and showed Him the leaves and said, “Look Krishna, in every leaf of this tree are You not the one who is there? In every blade of grass, are You not the One who is there? When You were always with me and all around me when did You leave that You are saying You have come back for me?”

Krishna immediately was overwhelmed by such unconditional love of Radha; He said, “Radhe, I am the Lord of the Universe. Ask, ask for anything and I will give it to you readily.”

And Radha said, “I don’t want anything from you.” He said, “Don’t you want even My love?” And then Radha said, “**I know that I love you, I know that You are mine and You will always be mine, You are eternally mine. It doesn’t**

matter if You love me or not.”

At this point, Bhagavan says (it is a grand secret dear brothers and sisters) the Avatar for the first time fell on His knees, held Mother Radha’s hand and said, “Radhe, it is for the first time in My entire creation that I have received something from My devotee – unconditional love.” Bhagavan says this unconditional love is what will help us connect to Him.

How do we move from the Form to the Formless? What is the message in this story? When Bhagavan said 'Don’t run around this physical body' He wanted us to understand that the physical body is made of five elements and by His own divine design these five elements have to merge back into their source. But His form, His most beautiful Form, is not to be given up, it is to be enshrined by every devotee in their heart and the reflection of this is to be seen in the mind’s eye. And, His most sacred and powerful name is to be integrated in our every breath, in our every

activity till our very last moment. To move from Form to Formless is to enshrine His beautiful Form in our hearts.

Bhagavan says that all Forms are mine. Once revealing His true identity, Bhagavan said, “You know who I am? Sarva Roopa Dharam Shantam – I assume all the Forms yet I am Shantam.” What is Shanti? It is not the tranquility or peace that is determined by the amount of sugar in my cup of coffee, or that which fluctuates with whether I get recognition for my work or not. It is not that peace which goes up and down with the stock market. Bhagavan says: “Shanti is equanimity, to be equanimous in the face of duality and in the outcomes of duality in pain and pleasure, joy and sorrow, success and failure – this is true Shanthi.”

“The yard stick to measure devotion of a devotee,” Swami says, “is to see the shanthi of a devotee.” Only that will determine how much devotion a devotee has.” So the measurement of how much devotion we have for the Lord, or how much

love we have for Bhagavan, is determined by how equanimous we can be in the face of duality.

“Sarva Naama Dharam Shivam – All Names are mine. You can call Me by whatever Name and I will come running to you.”

Here I would like to narrate an extraordinary incident which happened last December. There was a gentleman who came from Indonesia. He is a devout Muslim. His guru Radeen Saheed was a Sufi saint who lived in the 15th century. He used to practice the teachings of his guru and the name that resounded in his heart and mind was ‘Allah ho Akbar’

When he came to Prasanthi Nilayam as part of a team which was here to study the wonderful education system which Bhagavan has designed, he had an extraordinary experience. He was seated in the moral class which happens every Thursday in the University. And after this presentation during which a distinguished elderly devotee had spoken on the nature of the Avatar, our beloved Bhagavan, he comes to me and says, “So does Sai Baba often come to you and give

messages like this?" I said, "What are you saying?"

He said, "Does Sai Baba often come to you and give such beautiful benedictions?" I said, "Did you see Sai Baba?"

Brothers and sisters, this gentleman has never come to Prasanthi Nilayam earlier and before he reached here he did not know anything about Swami. And then he continued, **"Yes, when the talk was going on, in the huge chair which you have kept on the stage, I saw Him come and sit there. And after the talk was over He got up, came in front and stood with His hand raised in blessing like granting abhayahasta. He stood like this and spoke to us. He then said 'move from every body to every soul. Move from every soul to one soul, and move from one soul to God.'"**

An extraordinary experience this gentleman from Indonesia had, but what a profound message Bhagavan was giving us, 'Call Me by any name I will be there for you'.

Mr. Sai Giridhar spoke on the

concluding day of Sri Sathya Sai Aradhana Mahotsavam at Prasanthi Nilayam, April 25, 2012.

To read the entire speech go to:
<http://media.radiosai.org/journals/vol_10/01MAY12/03_Giridhar.htm>



SANT KABIR DAS

Be attached only to the ideal that is the sign of the sage. Kabir was weaving a pitambara for the Lord, for his Rama. He had to work the loom alone, by hand. He recited Rama Rama Rama Rama and went on weaving ceaselessly. The cloth had become twenty yards long, but Kabir did not stop; his tapas continued unabated; the pitambara was becoming longer.

SATHYA SAI BABA SPEAKS ON KABIR :

Mysterious are the ways of the Divine. It is difficult to comprehend how the Divine grace works. There are innumerable instances of God coming to the rescue of His devotees in times of need. Saint Kabir was a weaver by profession. One day he fell seriously ill and was unable to attend to his duties. The all-merciful Lord, in the form of Kabir, wove yarn and thus came to his rescue.

The ananda of the craft, devotion to his Lord, was enough food and drink for his sustenance. When he gave it to the temple priest for clothing the idol of Rama, the pitambara was just the length and breadth, not a fingerbreadth more! Such men are the mainsprings of the joy that spiritual persons fill themselves with in India.

If you are master of your feelings and impulses, you can be anywhere, engaged in any profession. You will have peace.

Someone visited Kabir in his home and asked him whether the householder's life promoted spiritual development. Kabir did not answer. He called out to his wife and asked her to bring a lamp so that he may fix a broken piece of yarn. It was about midday and the room was well lit. The wife did not question or doubt or disobey. She brought the lamp well lit, and held it for Kabir to repair the yarn. Then, he asked her to leave. Kabir then turned his questioner and said, "When you have a wife like this woman, adhering strictly to her Dharma, the householder's life will be the best training ground for spiritual development."

Sri Sathya Sai Baba
Divine Discourse, 23 Nov 99

SANT KABIR (1398 – 1518)

Kabir Das (Kabir in Arabic means "great" and Das or Dasa in Sanskrit means servant) was born in India in the year 1398 AD, about 71 years

before Guru Nanak.

A weaver by profession, Kabir lived in Benares for 120 years and is said to have relinquished his body in 1518. Kabir ranks among the world's greatest poets, especially in India, where he is perhaps the most quoted author.

Kabir was one of the medieval Indian saints of the Bhakti and Sufi movement and an important influence on the Hindus and Muslims (then called Mohammedans) of his time and also a profound influence on Nanak Shah, the founder of the Sikh religion.

Many poems of Sant Kabir can be found in the sacred scriptures, the Guru Granth Sahib. The Sikh community in particular and others, who follow the Holy Granth, hold Kabir in the same reverence as the other ten Gurus.

Miraculous legends surround the birth of Kabir. His mother was said to be a virgin widow who conceived through a blessing given by the great teacher of South India, Ramanand, on a visit to the spiritual guide. Ramanand, while blessing her, offered

her the usual wish that she might conceive a son, not knowing her state of widowhood.

The sequel is variously reported. While one version states that the mother abandoned the child to escape disgrace, another relates that

Ramanand contrived that the child should be miraculously born from his mother's hand. Nevertheless, all stories agree that the child was brought up by a weaver named Niru and his wife Nima.

As a young boy Kabir showed great spiritual abilities but he yearned to make the famous Guru Ramanand his master. For a Muslim to get initiation from a Hindu was out of the question so he took recourse to a trick. He lay down on the steps of the bathing ghat where Ramanand was in the habit of going down for his predawn ritual ablutions. In the dark he stepped on the young boy and aghast that he had trampled underfoot a human being he uttered the Divine Name, "Rama!

Rama!"

An elated Kabir let the entire city know that the great Ramanand had initiated him. It was a terrific scandal and a bewildered guru called this impossible lad to enquire why he was making their lives difficult.

The hallmark of Kabir's poetry is that he conveys in his two line poems (Doha), what others may not be able to do in many pages.

Whereupon Kabir launched the first of his devastatingly unanswerable questions. Do you teach anything higher than God's name? I have learnt that from you, what else makes a disciple?

Ramanand was not made of ordinary clay either and he was enchanted by this perception of the life spiritual. He began teaching the Muslim boy and so fierce was his erudition and reputation that all protestors against this sacrilege and fled from his wrath.

The most important theological position that he taught Kabir was the Impersonal Aspect of God (Nirguna), which was Kabir's real objection to idol worship later in life, not because he

was a Muslim.

The details of Kabir's life are mixed with legends some say he married one Loi and brought up two adopted children Kamal and Kamali.

Throughout his life Kabir preached and worked as a weaver near Benares. Owing to his teachings he was an object of dislike both to Hindus and to Mohammedans.

Kabir strove for the One Truth. He described himself as the son of both Ram and Allah. The basic religious principles he espoused were simple. According to him, all life is an interplay of two spiritual principles: *One is the personal soul (Jivatma) and the other is God (Paramatma). It was Kabir's view that salvation is the process of bringing into union these two divine principles.*

The social and practical manifestation of Kabir's philosophy has rung through the ages. It represented a synthesis of Hindu and Muslim concepts. From Hinduism he accepts the concept of reincarnation and the law of Karma. From Islam he takes the affirmation of the single god

and the rejection of caste system and idolatry. Not only did Kabir influence the Muslims and Hindus but he is one of the major inspirations behind Sikhism as well.

Kabir says: *"No act of devotion can equal truth; no crime is as heinous as falsehood; in the heart where truth abides there is God's abode."*

The hallmark of Kabir's poetry is that he conveys in his two line poems (Doha), what others may not be able to do in many pages. Another beauty of Kabir's poetry is that he picked up situations that surround our daily lives. Thus, even today, Kabir's poetry is relevant and helpful in guiding and regulating our lives, in both social and spiritual context.

It is estimated that Kabir wrote approximately two thousand songs and fifteen hundred couplets.

Kabir died at Maghar near Gorakhpur. When he died, a dispute at once arose as to the disposal of his remains, which were claimed, by both Hindus and Mohammedans, the former desiring to cremate and the latter to

bury them. While they wrangled, Kabir himself appeared and bade them raise the cloth, which covered the corpse.

When this was done, it was found that the body had vanished, but a heap of flowers occupied its place. Half of these were burnt after the Hindu custom at a spot now known as Kabir Chaura in Benares, and the rest were buried at Maghar, which became the headquarters of the Mohammedan portion of the sect that still follows Kabir. They are named Kabirpanthis, a religious community that recognizes him as its founder and is one of the Sant Mat sects. Its members are estimated to be around 9,600,000. They are spread over north and central India, as well as dispersed with the Indian diaspora across the world, up from 843,171 in the 1901 census. His writings include Bijak, Sakhi Granth, Kabir Granthawali and Anurag Sagar.

Source:

<http://www.indiadvine.org/audarya/hinduism-forum/229729-story-sant-kabir.html>>

ARE YOU LOOKING FOR ME?

Are you looking for me? I am in the next seat.

My shoulder is against yours. you will not find me in the stupas, not in Indian shrine rooms, nor in synagogues, nor in cathedrals: not in masses, nor kirtans, not in legs winding around your own neck, nor in eating nothing but vegetables. When you really look for me, you will see me instantly you will find me in the tiniest house of time.

Kabir says: Student, tell me, what is God?

He is the breath inside the breath.

Sant Kabir Das

PRECIOUS MEMORIES

This Easter Sunday, April 24th, 2011 marked the end of a glorious chapter in human history. For, it was on this auspicious day early in the morning at 7.40 a.m. that Bhagavan Sri Sathya Sai Baba, God-incarnate for this Kali age gave up His physical form and merged back into Divine Enlightenment, engulfing the entire manifest world into inconsolable grief.

Every time I sat there looking at the Divine body my mind kept going back to the late thirties seeing in front of me a tender school boy, in a poor village, who had only one pair of shirt and shorts which he washed every evening to be worn again next morning for the school. If the shirt needed a stitch it was done by putting in place a longish thorn across threads. A few years later the same school boy was on the stage performing a marvelous dance with no one in the overjoyed audience suspecting that it was not the young girl dancer who was invited to put up the performance. Since the noted dancer failed to show up little Sathya agreed to be the substitute.

The tenderly built Sathyanarayana Raju grew up to declare at the young age of 14, that He was God Incarnate, Avatar of this Kali Yuga who had assumed human form to spread the message of Love across the world by undertaking incredible tasks which were completed with perfection in all aspects. He taught humanity that it must rise from religion to spirituality, the common bottom line for all faiths.

Spirituality itself was declared to be nothing other than pure love in action to serve humanity. For every human being had God as the indweller. There are three outstanding examples He has set for us all, whether involved in governments in power, master minding business houses, working for social organizations or anything else. Above all, these are for common individuals from all walks of life. Being the all powerful God, He could have merely willed things to happen and there these would be. But, to set these as examples of what human endeavor can accomplish He toiled hard at the human level investing His time,

physical effort, meticulous planning, proper anticipation and above all, His unlimited wealth of Love in every venture He undertook. His divine effort went in several directions. The meticulous way Swami took care of all details, howsoever trivial these may have appeared to us, was to be witnessed to be believed.

The third thought that came to me about the young school boy relates to that historic date October 20, 1940, when at the tender age of 14, He threw away His books and left the home declaring that He had come on a great mission for the welfare of humanity and His devotees were waiting for Him. What happened over the seven decades step by step, systematically and with incredible determination is now history and universally known. Yet, it is tempting to recall some of the developments.

Health Care: The first of these has been healthcare which started as early as 1954 when Swami was merely 28 years old. It was in that year that He, as a first priority, laid the foundation stone for a general hospital in

Puttaparthi. The only facility that existed then by way of health care was a tiny poorly equipped government dispensary at Bukkapatnam. The general hospital started functioning in 1957 and is today taking care of over 500 patients belonging to the nearly villages everyday. In particular over the recent years the hospital has saved lakhs of lives of young women and newborn children by providing timely and appropriate natal care. Everything is totally free – complicated tests, medicines, providing life saving drips, food and all that. Unlike anywhere else there is no billing department.

This initial venture serving the poor villagers without any restriction totally free has now grown into a massive system which includes two super specialty hospitals two general hospitals have become the last resort for poor people from all parts of India and many from abroad. These facilities are equipped with the latest devices and with competent doctors capable of dealing with incredibly difficult problems. On top of all this is the perfectly equipped mobile hospitals for villagers who do not even

have the time and resources to come over to Puttaparthi.

Education: The set of colleges inaugurated in the late sixties onwards have now grown into a small but impressive university, with four campuses. Wedded to a system of education which gives the highest priority to the cultivation of human values this university has become a model for universal replication. The fact that highest quality of academic pursuits have gone hand in hand with imbibing the commitment of service to society has earned it the highest rating from the UGC and its evaluation agency NAAC.

Personal Experiences: At the personal level, three recent experiences have frequently and repeatedly flashed in my mind. First, relates to March 23, in Yajur Mandir when Bhagavan was about to retire after dinner. All devotees had an excellent darshan that evening. Since this happened to be a day of special significance to me, I very much wished to have a word with Swami. Moreover, since I was invited to a meeting of the

Research Advisory Committee of the Madras School of Economics on Saturday, 26th March I wanted to have Swami's blessing and permission to attend before I confirmed my travel plans. I was thus motivated to proceed towards Bhagavan who was about to be taken into the elevator. Somehow, I was able only to pray for permission to proceed to Chennai. While He appeared to approve my plan, I had a feeling that it did not register properly. In any case, as I was about to move back, as Swami gestured to me to stay where I was and signaled the boys to bring the bowl containing Vibhuti packets. I was overjoyed to be blessed with a few packets and moved back. But that was not all. Everyone present in the room was called one by one and blessed with a few packets of Vibhuti. As they later tried to convey their thanks to me for praying to Swami for Vibhuti Prasadam I had to clarify that it had come to all of us including myself as a special blessing, without my having requested for it. Little did we realize that at the physical mortal level this was His last divine gift to all of us.

The second experience I recall is what occurred on Friday, March 25th. At the end of a marvelous Darshan we all had that day we walked with Bhagavan back to Yajur Mandir. When Swami was retiring I thoughts of once again praying for His permission to proceed to Chennai the next morning. As I stood close to Him in front of the elevator I mentioned that I had to go to Chennai for a night for an official meeting. He listened and enquired about the meeting and about my return. He even held my hand with a good grip and I was able to kiss the Divine Hands. He conveyed his blessings for the trip unlike what had happened two days earlier. Since Swami did not come down at all for the next two days, it is my feeling that my interaction with Him on 25th March would have been the last with any 'devotee' leaving aside His personal attendants.

Final Moments: The third experience relates to Monday, March 28th. I was home trying to sort out some papers when there seemed to be some commotion along the road close

to our room. My wife stepped out and hurried back to say that an ambulance van had moved into Yajur Mandir. Hearing this I got ready quickly and called Prof. Venkataraman to say that Swami was likely to be taken to the Super Speciality Hospital. Meanwhile as I stepped out I saw the ambulance moving out of this area. Luckily, Prof. Venkataraman arrived shortly and both of us drove in his car towards the SSSIHMS by the special western gate. Since we could move fast and the ambulance was to move slow, we were able to catch up with it fairly quickly and be there when Bhagavan was being taken out of the ambulance, still on the wheelchair. I was fairly close and in front when He was being taken out. As He looked up I, and presumably some others with me, were blessed with a beautiful smile which will remain a treasured memory in my heart for ever.

~Vishwanath Pandit

(Courtesy H2H magazine)

PROJECT LOVE

Many years ago, when I was working in Edmonton, someone told me a technique which is very powerful. They said if you encounter a person who is angry or upset, to just send them thoughts of love. At the time, I was working as a Medical Lab Assistant at the Royal Alex Hospital. There was a patient who was very grumpy, for understandable reasons, and no one wanted to take his blood because of his attitude. I decided it would be a good opportunity to try out this new technique, so I volunteered.

True enough, the man was very grumpy when I arrived. Other than giving him information about needing to take his blood and instructions, all I did was think "I love you, I love you, I love you". By the time I was finished, the man had really changed; he was talking and much friendlier and didn't want me to leave. That really

impressed me with the powerful impact of this method.

Sometimes, if I remember to do it when someone is tailgating me, the other driver will back off or turn down another street. On the other hand, if I forget and just get frustrated and annoyed, they usually keep tailgating.

Recently, I also tried this out with a woman who lives in my complex.

A few days previously, another person had said to me when we passed this lady "Does she even talk?" When I saw her coming from the other direction, I started sending her thoughts of love. When we met, I said hi and we stopped and talked with each other for between 5 and 10 minutes. She told me all about her little dog, that it was blind in one eye and countless other details. I was again reminded of the power of sending love, and I thought (inspired by Baba, I believe), that this would be a



great project for all of the Sai Centres to undertake. We can do it as individuals as well as a group or Sai Centre activity or project.

Life will offer us countless opportunities on a daily basis to send love. I think it is 'A Course in Miracles' which says everyone is either expressing love or some form of fear, or something similar. Another quote I've heard is that the person who is the hardest to love is the one who needs it the most. This is a kind of seva that doesn't require money or special preparation, other than mentally reminding ourselves to do it. Below are some situations where we could send love. You will, no doubt, think of many others as well.

On individual level:

- Send love to a person you have problems/unresolved issues with
- Send love (I love you, I love you, I love you) to a driver who is tailgating you
- Send love to random people you see during the day who look unhappy or angry

- While waiting at a bus stop, in a grocery line up or to passengers on a bus
- To cashiers or employees especially those who look stressed out
- To people you are going to interact with or meet such as an Interviewer for a job
- To potential clients or customers
- To barking dogs
- At staff meetings or in business situations when emotions are running high

As a Sai Group Activity:

- During the Walk for Values, send love to the spectators
- For a set amount of time, send love to people in your neighbourhood, city, the world
- To everyone who is grieving, in pain (physical, emotional), depressed, angry, etc.
- To a person you have a problem/conflict/misunderstanding with
- To all world leaders, especially those who seem to be lacking love or abusing others
- To people in disaster areas such as earthquakes, tsunami's and so on

The centres could take a few minutes each week to have devotees share their experiences of what happened when they practiced doing this. That way, other people would be inspired and motivated to try it out, if they haven't already. And, I'm sure there would be other ways we could implement sending love that would come from other devotees.

Years ago, I heard about an experiment where a large number of people went to a certain city in the USA to practice TM/Transcendental Meditation for a set period of time. During that time frame, the crime rate dropped dramatically. After the "experiment" stopped, the crime rate rose again. Wouldn't it be great if our sending love, on a regular basis, had a similar effect on our immediate environment and the world? And, if all Sai Centres and devotees did this on an ongoing basis, we wouldn't need to stop, as the TM group did. If we did this as a Sai seva project, I feel hopeful that we can help to transform not only ourselves, but also the world.

~Linda Mackintosh
Coquitlam, BC

SAI FAMILY NEWS

An Offering from the Heart

SSSE Edmonton, Maha Samadhi Day Celebration April 22nd 2012

Gurus and Students of Sri Sathya Sai Spiritual Education of Edmonton offer to Swami their hearts full of love through bhajans and personal words of gratitude and devotion. Selected excerpts are presented.

"Today, I resolve to educate, guide, and help the students to become future leaders that radiate your teachings and values with courage and self-confidence. So we can all then witness the benefits of this important spiritual journey that sets the foundation for life-long values and habits in our children."

~Preeti Mathur– Guru SSSE

*"With you holding my hand,
dearest Baba, I feel I have the
energy of an elephant.*

*With you, my Sai, I know my
body / mind will be healthy to
do your work for a long time
to come.*

*With you walking side by side,
I can serve more and more of
your children.*

With you is all there is."

~Nalina Kumar – Guru SSSE

*"Your teachings are exemplar,
and the ones I've learned so far
have changed the person I am.
I will continue to learn about
your teachings and make this
world a better place. You will
always be present in my mind.
Thank you for bringing me to*

*this world and leading me
through my life."*

~Siddhartha Vemula – Group 3

*"I am, extremely happy that I
could see YOU in real life for
ONCE. It was my dream come
true as it was my greatest
wish to see YOU. Swami, you
have fulfilled my wish, and I
am thankful to YOU FOR
EVER."*

~Amog Rama – Group 2

*"Thanks for making me a
better person. Swami, I am
grateful to you for teaching me
tolerance. You taught me that
I wasn't the only person in the
world, and you helped me to
respect the differences."*

~Rohan Aananth – Group 3

"You have touched the lives of so many people around the world, myself included, and I am forever grateful to have experienced your love, and divinity firsthand. The lessons I have learned through your teachings and principles have shaped me into a more loving, thoughtful and spiritual person. When I see the world around me and how some people suffer so much, I am always grateful to you for how blessed I am. Thank you Baba, for showering me with your love and teaching me how to pass it on to others."

~Monica Baradi – Group 4

*"Your eyes are endless pools of kindness,
And your words are*

*harmonious with love.
Your lessons are filled with
priceless divinity,
And your hands are rays of
light from above."*

~Sai Vemula – Group 4

"Also I am grateful to you for the wonderful family you have given me, and for all the privileges that I have today. Along with that, I am grateful that I got to visit you in Prasanthi Nilayam twice. Baba, I LOVE YOU. I know you will always stay by my side and guide me through the years to come."

~Navya Baradi – Group 2

*"I will always be an
instrument who will work for
thee."*

~Pranidhi Baddam – Group 4

“I am grateful for the prime example that you set for everybody with your countless seva projects, examples that have changed the WORLD with their benevolent help; they have definitely inspired me to try and become a better person.”

~Kavya Anchuri – Group 4

**MEDITATION TREE TURNS 53
IN PRASANTHI NILAYAM**

The spiritually Potent Meditation Tree, planted by the Divine Hands on 29th June 1959 is turning 53 this year.

In April of 1959, while talking one evening on the sands of the Chitravathi River to a gathering of devotees, Baba spoke of Buddha and the Bodhi tree, the “Tree of Wisdom,” and of

the Sadhakas (spiritual aspirants) seeking some specially favorable spots for their austerities. Even as He was speaking thus, He “took” out from the sands a thick copper plate about fifteen inches by ten inches in size which contained mystic markings and letters of many known and unknown alphabets! He said that such mystic plates, cryptograms written on copper or stone, are planted under trees where aspirants engage in austerities so



that they may be helped to develop concentration of mind and control of the senses. He announced that He would be placing the copper plate under a Banyan tree that He proposed to plant in the grove. This was

actually done on the twenty-ninth of June, 1959, and Sai Baba declared that Yogis who have reached a certain stage of spiritual progress will automatically come to know of this tree and this mystic plate, and they will be drawn by the mysterious force of these toward the meditation grove which will then fully justify its name!

Commemorating this occasion, a function was held atop the Hill, in the Meditation Grove on June 29, 2012, attended by Senior Trust Members, officials, students and devotees. As students chanted Vedas, “Vruksha Puja was conducted followed by Sai Ashtothram and Aarathi to the tree.

WALK FOR VALUES CELEBRATES 10TH ANNIVERSARY

This year, the “Walk for Values” annual event has reached a milestone as it marks the 10th anniversary since its inception by

the Sathya Sai School, in 2003. It is an occasion that has inspired and motivated people of all ages from multi ethnic, cultural and religious backgrounds worldwide, inducing a positive message to mankind. This significant event is practiced nationally in cities as far as Vancouver, Saskatoon, Winnipeg, and Edmonton to Toronto, Ottawa, Kingston, Surrey, and Abbotsford, etc, and also spread globally in countries such as Australia, USA, India, New Zealand, Malaysia, South Africa and others.

The “Walk for Values” event gives us the opportunity to contemplate seriously about the true meaning of the value chosen by each of us, how it can help us to make decisions to enrich our life as well as the lives of others, spiritually. After having completed the walk, one can pause and reflect on these values, which will considerably help to better express one’s own



reflections.

Subsequently, everyone will return to their homes not only practicing these values over the next year, but also monitoring how the practice of the chosen value affects their own lives as well as the lives of those with whom they interact. The “Walk for Values” event gives us the opportunity to contemplate seriously about the true meaning of the value chosen by each of us, how it can help us to make decisions to enrich our life as well as the lives of others, spiritually.

After having completed the walk, one can pause and reflect on these values, which will considerably help to better express one’s own reflections. Subsequently, everyone will return to their homes not only practicing these values over the next year, but also monitoring how the practice of the chosen value affects their own lives as well as the lives of those with

whom they interact. In this way, it is a “Walk of Love” aimed at making our nation richer, one Canadian at a time, by our commitment to values

and self-empowerment, as a first step towards raising our social conscience.

The priority today is to remember the sole objective of this “Walk for Values”, which is always in the direction towards the Goal of Transformation, personal transformation, that is, practicing the human values in every aspect of our day-to-day life. When we strive to practice at least one or more of the values, we inspire others to do the same, eventually making our communities and Canada a place of greater harmony and happiness.

With Love and Sairam
~Mayur and Thayaparan

Guidelines for Contributors

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

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

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

**Deadline for Birthday Issue
October 31, 2012**