

S U M M E R - F A L L 2 0 1 4

The Canadian

Sathya Sai Newsletter

For this Sai has come in order to achieve the supreme task of uniting the entire mankind, as one family through the bond of brotherhood, of affirming and illumining the Atmic reality of each being in order to reveal the Divine that is the basis on which the entire cosmos rests, and of instructing all to recognize the common divine heritage that binds man to man, so that man can rid himself of the animal, and rise into the Divine, which is His goal.

- Bhagawan Sri Sathya Sai Baba, SSS, IX, 88-92



The Canadian

Sathya Sai Newsletter

Sathya Sai
International
Organization (SSIO)
Canada
www.sathyasai.ca

The Sathya Sai
International
Organization (SSIO)
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.

Editor
Prof. Siva Nadarajah
Montreal, Canada

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2010 Convocation Discourse

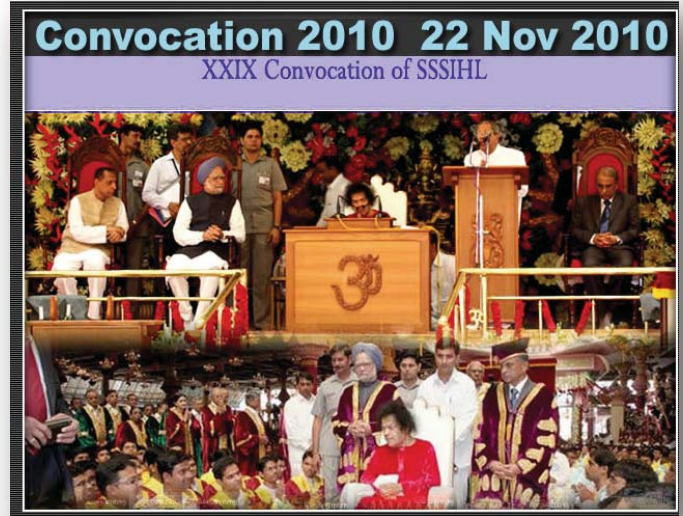
*Bhagawan Sri Sathya Sai Baba
on 2010 Sathya Sai Institute of
Higher Learning Convocation,
Nov 2010
Prasanthi Nilayam*

Students, Embodiments of Love!

All of you want Swami to say at least a few words. You feel, "How nice it would be if Swami speaks for a few minutes"! However, I don't want to say anything about the present system of education.

This land of Bharat has given birth to many noble women like Savitri, who brought her dead husband back to life; Chandramati, who extinguished wild fire with the power of truth; Sita, who proved her chastity by coming out of blazing fire unscathed; and Damayanti, who reduced an evil-minded hunter to ashes with the power of her chastity. (Telugu Poem)

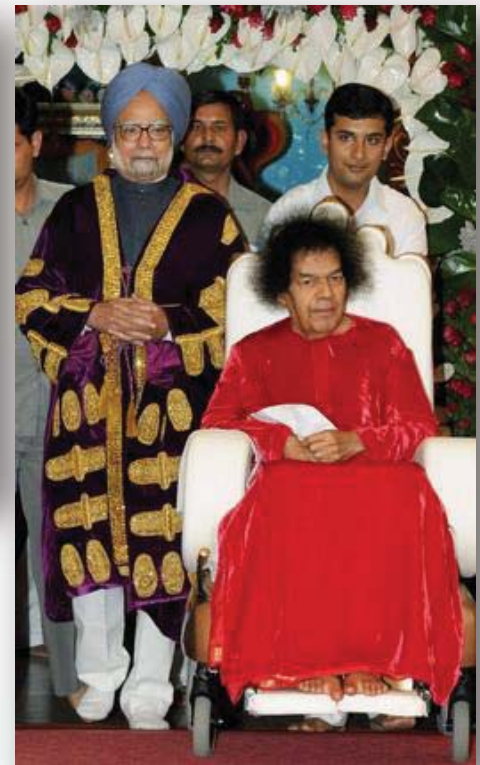
At first, Chandramati was fear-stricken by the raging forest fire. She along with her husband and son was surrounded by flames of wild fire. Nobody could say how they were all of a sudden surrounded by the raging flames. This, in fact, was a divine play. Ultimately, when Chandramati utilised her power of truth and chastity the fire was extinguished in a trice. As Chandramati prayed, there was a heavy downpour. On one side there was a raging fire and on the other side started a heavy rain, and ultimately the fire was completely extinguished.



Savitri was also endowed with great power of penance and chastity. She could even stop Yama (Lord of Death) from taking her husband's life. She argued with Yama and told him, "The life of wife depends upon her husband and that of the husband on his wife. One cannot live without the other. So, if you want to take my husband's life, take my life also. Or else, spare his life. We are not separate from each other. It is my primary duty to safeguard my husband's life." Ultimately, Lord Yama had to revive Savitri's husband. Is there any country or region in this world where one can find a woman like Savitri who could bring her dead husband back to life?

Such divine power is latent in every human being. Man should draw this power from within himself, which he can utilise not only for himself but for others also.

During those times, wife considered her husband as her very life and vice-versa. But,



unfortunately, the situation is not the same today. This sacred land of Bharat is surrounded by the seven seas. In this land, many women like Damayanti and Savitri performed intense penance. They are all women of great chastity. But today we do not find such women of great chastity.

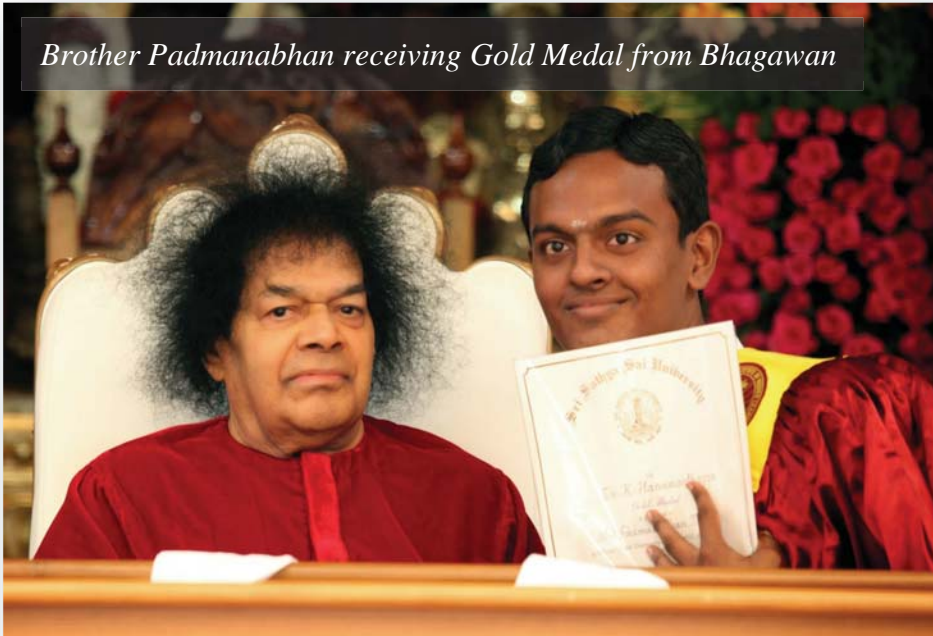
A Pativrata (chaste woman) is one who considers her Pati (husband) as her very life and depends entirely on him. A Pativrata is one who does not talk back to her husband. There will not be even a little defect in her. She does not have any selfish desires. All that she does is for the sake of her husband. She would not even look at any male other than her husband. Only such a woman can be called a true Pativrata. But modern ladies do not follow their husbands. They do not listen to what their husbands say. When the wife follows her husband and the husband follows the wife and both lead a life of harmony, then the entire country will attain peace and prosperity. It is due to the differences between the husband and wife and disunity in the family that the country is subjected to one trouble after the other. Both husband and wife should understand each

other and adjust with each other.

A Pativrata who strictly obeys the command of her husband can do anything. If she prepares food for her husband with saline water of the ocean, it will be changed into sweet water. When the wife obeys the command of her husband and the husband fulfils the desires of his wife, then the future of the family will be safe and secure. If they act contrary to this, the family will be subjected to great suffering. Both husband and wife may conduct themselves in a decent manner when they are in their house. But as soon as they step out of the house, they indulge in all sorts of evils. If there is no unity and harmony between wife and husband, there is no use of undertaking spiritual practices like japa, dhyana (chanting, meditation), etc.

When the wife follows her husband and the

Brother Padmanabhan receiving Gold Medal from Bhagawan



husband follows his wife, there is great happiness in the family. Strive to achieve such unity and harmony in your family. Then, your entire life will become happy and peaceful without any worries whatsoever. All your worries are of your own making. They are not given by God. God is not at a distant place. He is immanent in man. You should have unwavering faith in this truth. Then there will be happiness not only in the individual but also in society. Pure heart is the temple of God. Therefore, develop love in your heart. You will attain everything in life.

There will be peace and happiness in the family when both husband and wife share the same views. A Pativrata is one who has no other thought of anybody or anything except that of her husband. A woman who leads her life with such unflinching faith in her husband can achieve everything in her life. When both follow different paths, then there can be no peace and happiness in the family. You should not allow your mind to waver this way and

that way. You should totally focus it on God. Contemplation of God is the basis to achieve unity and harmony in the family. When the wife prays to God, the husband will become a good person.

Chaste woman of yore like Sita and Damayanti had single-minded devotion towards their husbands. Sita was held captive in Lanka for ten

months. But never even once did she look at the face of a male person. She spent all her time in the contemplation of Rama, sitting under a tree in Ashoka forest. She did not move out at all. As she was such a great chaste woman, she could prove her purity through agni pariksha (test of fire).

God is only one, not two. He is the indweller of your heart. If you constantly contemplate on Him, you will also become God. Whomsoever you come across, consider them as the embodiments of divinity. That is the principle of divinity. On the other hand, if you follow the vagaries of your mind and move about arbitrarily here and there, how can you become God? When you go to your college, why should you look here and there and indulge in vain gossip? Focus your mind on the purpose for which you have come. Do your work without developing unnecessary contacts. Look after your family. There is nothing wrong in this. Nobody tells you to give up performing your worldly duties. Live in the world and



Administrative office of Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam

perform your duties. But always have divine feelings.

Many people go to places of pilgrimage like Badrinath, Amarnath, Kedarnath, Bhadrachalam, and Tirupati in search of God. They think that they can find God at such places. Oh foolish man! God is not somewhere else. In fact, you yourself are God. God is present in all. God is only one and He is present wherever you look for Him. He is in you, with you, above you, below you. God is beyond birth and death and indwells every being in the form of Atma. He is present in all human beings right from a child to an old man. The same God is present in an ant, a mosquito and in all birds, beasts and animals. Therefore, do not go in search of God here and there and

trouble yourself.

Wherever you see, God is present there. Whomsoever you see, there is God in him. God has no different form. All forms are His. That is why the Veda declared, Sahasra Seersha Purusha Sahasraksha Sahasra Pad (The Cosmic Being has thousands of heads, eyes and feet).

When you sit for meditation, your mind wanders here and there. You should not allow the mind to waver and keep it always steady. When you go to a seashore, you will hear the waves making the sound of Om! When you concentrate on that sound, you will forget everything.

Since you are all young, I wish to emphasise this point. Do not develop opposition or differences among you. Controversies give rise to many troubles. These days some people marry not once, not twice, not thrice, but even four times. This is not a good practice. Be single-minded. Even if somebody makes you angry, do not fight with him. Understand that by fighting with others, you actually harm yourself. Control your thoughts. This is the quality of a truly educated person. This is called educare. Along with education, you should also have educare. When you have educare, you will have everything -- health, happiness, peace and prosperity. This is what I want you to understand. Everything will become good to you if you make your heart pure. At least from today onward, take to the

Students should live with unity in all matters. But today unity has disappeared altogether. On the other hand, enmity is on the rise. When one student in the class secures high marks, other students start feeling jealous of him. This should not be there. Because jealousy gives rise to hatred. There will be further divisions if politics enter the educational institutions. Therefore, all students should live with unity and solidarity.

When Ravana was taking Sita away to Lanka, she dropped all her ornaments in a bundle which fell a mountain. Rama and Lakshmana, while going in search of Sita, were shown this bundle by Sugriva. Rama asked Lakshmana to see the ornaments and identify if they belonged to Sita. Then Lakshmana replied, "Brother! I

You should achieve unity. There is no unity in the youth today. First and foremost, the youth should come forward to help each other. The end of education is character. If your character is good, then you can achieve anything in life. You may think you have won gold medals, acquired high degrees and achieved name and fame. But if you lack character, these degrees are merely a piece of paper. It is most essential for you to safeguard your character. Only such a person is a truly learned one.

- Bhagawan Sri Sathya Sai Baba

right path. If somebody tries to put you on the wrong path, do not pay any heed to him. Even if such a person comes to you and tries to start a conversation with you, do not even look at his face. Just ignore him and go away from him.

never looked at the face of Sita and therefore I do not know whether these ornaments belong to her or not. I can recognise only the anklets, as I have seen them while offering my obeisances to her feet everyday."

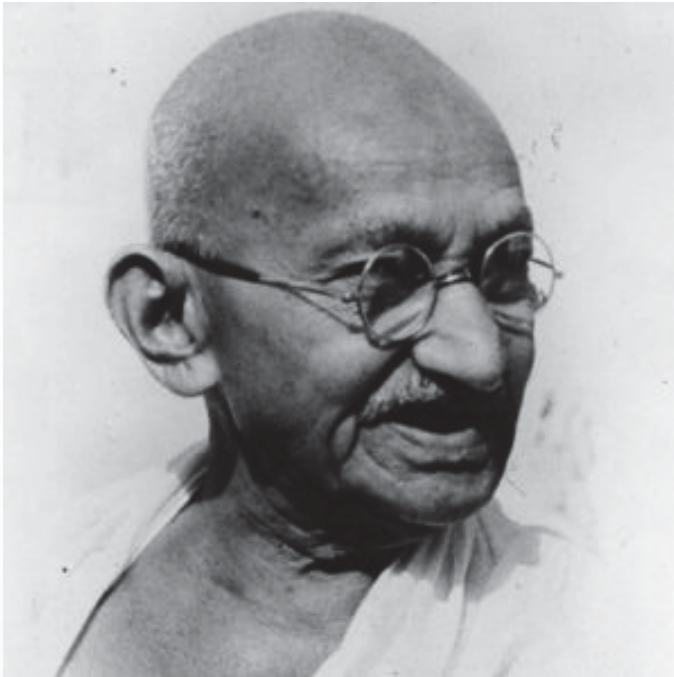
Sita, Rama, and Lakshmana lived together in the forest for almost fourteen years. But not even once did Lakshmana look at the face of Sita. What a pure-hearted person Lakshmana was! Whenever he had to talk to Sita, he talked to her with his head bent down. As he was such a noble person, he could enjoy the wealth of proximity of Rama. When Lakshmana fell unconscious in the battlefield, Rama said, "If I search, I may get a wife like Sita but not a brother like Lakshmana. I can bear the separation from Sita, but not from Lakshmana." Such was the strong bond of love between Rama and Lakshmana.

Students also should develop such unity considering all their brothers and sisters. All are human beings. All are the children of God. Therefore, you should live with unity without giving room to any differences. This is My message for you today.



SURRENDER AT HIS LOTUS FEET

Swami on Mahatma Gandhi: Early Years



A young lad by name Mohandas Karamchand attended the drama of Harishchandra, whereby he learnt the importance of truth. He went back to his mother and told her that he would stick to truth in his later life, and by sticking to truth, Mohandas Karamchand evolved into being known as Mahatma Gandhi. Even in those days, there were teachers who wanted to put Gandhi on the wrong path. When the teacher tried to put him on the wrong path, Gandhiji did not yield. He stuck to the truth, and because of this, he ultimately succeeded even though it meant disobeying his teachers.

Summer Roses on the Blue Mountains, 1976, pg. 23

Pictures and people do leave indelible impressions and exercise considerable influence on the minds of men. Once Mohandas Karamchand Gandhi went along with his mother to witness a play on the life of Harischandra. The portrayal of Harischandra

as the peerless practitioner of truth so influenced the young Mohandas Karamchand that even as he was returning home, he had resolved to stand by truth all his life. This ideal stood as the beacon for him throughout the rest of his life and by his steadfast adherence to truth, he came to be acknowledged as a *mahatma*.

Summer Showers In Brindavan 1979, pg. 124

If Gandhi, who was an ordinary person, was able to achieve greatness and world renown, it was because of the lessons in good behaviour which he learnt from his mother. The mother used to observe a vow: she would take her food only after the cuckoo sang in the morning. Once when Gandhi was a boy, the mother was waiting for a long time to hear the call of the cuckoo. Observing this, Gandhi went out of the house, imitated the call of the cuckoo and came in and told his mother that the cuckoo had sung and that she could take her food. The mother, who saw through her son's trickery, slapped him on the cheek and said, "You wicked fellow; what sin must I have committed to bear a son like you?" She felt sad that such a child should have been born to her. Her grief touched the heart of Gandhi. From that moment Gandhi took a firm resolve never to utter a lie again.

In his childhood, Gandhi used to be full of fear. There was a maid in his home called Rambha. Gandhi disclosed to her how he was always afraid. Rambha told him: "Child, always recite the name of Rama. By chanting Rama's name, your fear will go away." From



that time Gandhi was always chanting the name of Rama. The habit of reciting Rama's name, which began in his boyhood, continued right up to the moment of his passing. Nor was that all. By adhering to the chanting of Rama's name, Gandhiji was able to achieve his aim of winning the country's freedom by non-violent means. For such a life of purity and virtue, the parents were primarily responsible.

Sathya Sai Speaks, Vol. 25, Chapter 11.

When Mahaathma Gandhi wanted to go abroad to England for higher studies, his mother did not like it. Gandhi understood his mother's fears about his maintaining sobriety and purity of conduct. So he made promises that he would not drink, would not smoke, and

would have no contacts with women. He kept up all the three promises and returned with his principles of morality preserved intact.

Sathya Sai Speaks, Vol. 30, Chapter 16.

Sai Family News

“SAI Sports”

Sathya Sai Baba Centre of Vancouver Brother Venkat Rao

Life is a Game, Play it- Bhagawan Sri Sathya Sai Baba.

Devotees of Swami around the World have heard this very endearing quote, but, what is the message embedded in this quote?

Let us take this beautiful message of Swami and apply it to the world of sports. What would a football or a soccer player’s spiritual insight be, after (s)he contemplated on it. (S)he would probably say--- one needs to be like the football in a game of soccer—To be of service to others and surrender yourself at the feet of the players (life’s situations). Regardless where you are kicked around, never lose sight of your goal, and with firm determination, roll over to the other side amidst cheers and jubilation. At the end, be unaffected by who has won or lost and be a silent witness, because, you were never the Doer, anyways.

This could be just one person’s spiritual insight, there would be many more. The truth



(Top) Cottonwood Soccer club from Coquitlam; Winners of the 2014 Sathya Sai Baba Unity Cup



is, spiritual wisdom is whispered in our ears in every waking moment of our lives. If we want to play and succeed in the game of life, we must listen closely. Like Swami says, whenever and wherever you put yourself in touch with God that is the state of meditation.

So, how does one apply spirituality to the world of sports? We carry three attributes- Tamas, Rajas and Sathwa and our goal should be to move from Tamas to Sathwa, which is from darkness or ignorance to light or wisdom. If done as a spiritual practice, even physical activities like sports can help one in progressing from Tamas to Sathwa. Baba has always encouraged His students to participate in sports and in fact, several sports events were conducted in His presence. Puttaparthi is home for the Sri Sathya Sai International Center for Sports.



Copyright Vikas Lama

(Top) Canadian Youth in action at Sathya Sai Unity Cup; (Bottom Left) parents join youth to celebrate; (Bottom Right) A day to remember for all Love.



Drawing inspiration from Swami, the Sathya Sai Baba Unity Soccer cup is held every summer in Richmond, BC. In its 5th year, this annual event is much awaited by the participating teams. A highly enthused team, including youth, across different cultures and countries gets busy with planning this event. The team members come from Bhutan, Nepal, China, Mauritius, HongKong, Fiji and India.

A small portion of this team (20%) are Sai devotees, but the remaining 80% have become aware of Bhagawan Sri Sathya Sai Baba and frequently refer to Swami in their conversations.

To a turnout of about 200 people, City Councilors serve as Guest of Honor to give away the prizes.

This event is conducted by the Richmond Sai Center. Several teams have participated over the years, but a consistent presence on the field is from the Chinese, Bhutanese and Nepali communities as well as the local Sathya Sai centres. The past two tournaments were won by Cottonwood United, a team from the local Bhutanese refugee community.

However, the winning and losing of the tournament is secondary to the objective of providing an avenue for the various teams to participate in friendly competition, especially as more regular sports like club and age-group soccer take a summer break from their regular seasons.

Taking a cue from Swami's own emphasis on sports for developing the body and mind, the Richmond Sai Group saw the tournament as an avenue for the various participants to form friendships, learn good values, such as good health, team spirit and sportsmanship, and for mutual learning by the various communities from each other.

A Sai devotee of the Coquitlam Sai Center and the coach of the Bhutanese team had this to say about the event, "Our team has always looked forward to this tournament. It is an enjoyable tournament played in a very friendly spirit and is not overly competitive. We also participate in an annual regional soccer tournament among the Bhutanese-Nepali

community every summer and the Sathya Sai Unity Cup serves not only as a preparatory tournament, but is a great day out, usually ending in 2 or 3 games played over the duration of the day".

Every year we have new youth who form the nucleus of the teams as every team wants to win the cup. Special announcements have to be made to tell the youth to decrease the intensity and play for the joy of playing.

Nelson Cheung of the SouthArm Football Club says, "Sathya Sai Unity Soccer cup is a fun and exciting experience for us. We improve our soccer skills and play as a team and also meet different soccer players."

Clive Lloyd, the legendary West Indian captain of the cricket team, mentioned in the Hill view Stadium in Prasanti Nilayam on the occasion of the World Cricket Unity Cup match, that sports teaches discipline, sports provides challenges as well as opportunities, sports transcends borders and often provides the foundation for wholesome human development.

The Sathya Sai Baba Unity Soccer Cup has provided a forum for the youth to display their skills and from a small beginning that has grown into a much awaited event in Richmond. The enthusiasm of the youth is contagious and has continued for the last five years. When it comes to the sport, the game strategy is planned diligently with an aspiration to win the cup. The Himalayan Soccer club (HIMSOC) is already planning to field two teams every year.



*Bhagawan Sri Sathya Sai Baba
with student Basketball Team on Sports Day, undated*

Mr. Chak Au, a City Council member from the City of Richmond, while congratulating the Canadian Sathya Sai Organization for organizing Sathya Sai Baba Unity Soccer Cup, said, "As we live in a multi-cultural city, it is important that we work together to promote understanding and cooperation among people who may have very different cultural backgrounds. For the past 5 years, the annual soccer game is a meaningful event that exemplifies the community spirit in a fun-filled way. Each year, we see more young adults coming forward to play and promote unity."



City of Richmond

www.richmond.ca

Chak Au 區澤光
City Councillor

Tel: 604-276-4134
Fax: 604-278-5139
mayorandcouncillors@richmond.ca

6911 No 3 Road
Richmond, BC V6Y 2C1

September 22, 2014

To the Canadian Sathya Sai Organisation:

I am please to take this opportunity to congratulate the Canadian Sathya Sai Organization for hosting another successful Sathya Sai Baba Soccer Cup Game. The volunteers of the Organization have organized this meaningful event consecutively for five years and they have exemplified the community spirit that has made our city better in every way.

As we live in a multicultural society, it is important that we work together to promote understanding and cooperation among people who may have very different cultural backgrounds. The annual soccer game has well served this purpose in a friendly and fun-filled way.

I am particularly delighted to have associated with this game from the first year. Every year we have seen more young people coming forward to play and promote unity.

The City of Richmond will continue to support this meaningful event.

Sincerely,

A handwritten signature in black ink, appearing to be 'Chak Au'.

Chak Au
Councillor, City of Richmond

The participants of the 2014 Sathya Sai Baba Unity Cup



“Edmonton’s Annual Speech Arts Festival Adds Sparkle to the SSE Program”

*Sathya Sai Baba Centre of
Edmonton
Sister Nalina Kumar and
Brother T.R. Pillay*

May 6th is celebrated as Easwamma Day, commemorating the anniversary of the passing away of Mother Easwamma who was blessed to be mother of the Avatar, Sri Sathya Sai Baba. This day is not only a celebration of the ideal of Motherhood but also a celebration of Bal Vikas (SSE) because Mother Easwamma was very fond of children and was one of the pioneers of the Bal Vikas movement. In India, part of the celebrations included cultural programs presented by Bal Vikas students in the Divine Presence. Following this tradition, the SSE gurus of Edmonton thought it fitting to organize an annual Speech Arts Festival in honor of the saintly Mother.

Beginning in 1995, this Speech Arts Festival has become one of the high points of Edmonton’s SSE calendar and serves important purposes. It showcases the extent to which students are imbibing and practicing Swami’s teachings while providing students an opportunity to develop confidence in addressing the public, a communication skill indispensable for their development as future citizens and leaders.

Gurus take great pains to compose topics that



Group 3 student delivering his speech in the presence of the Divine Lord.

require reflection, introspection, research, understanding and evidence of practice. Part of the high quality of the speeches we have heard over the years is due to these well thought out topics. (See next page for topics from the year 2013.)

Judging criteria are equally demanding. They are as follows: Eye contact (5 pts.): making an effort to make eye contact with the audience; making an effort to engage and talk directly to

Group 1 Speech Arts Topics (1- 2 mins).

1. Pick one of Swami's sayings and describe how you practice it;
 - a. Love all serve all.
 - b. Help Ever Hurt Never
 - c. Be Good, Do Good, See Good
2. This year you and your parents set goals to help you improve. Describe these goals and the steps you are taking to become better.



The Festival has also pleasing unintended consequences. This year we engaged reputable people from outside the Sai community as judges. As a result, one judge took the Guru's

(Left and Bottom) Students receiving their certificates.

the audience. Content (25 pts.): on topic; written in own words; use of appropriate quotes from Swami's discourses; use of appropriate examples and illustrations; identification of sources used. Overall impression (20 pts.): delivery; style; diction; voice projection and expression; conviction; audibility; self-confidence; power of persuasion (Total 50). An average of the points awarded by the judges is calculated and Gold, Silver and Bronze medals are awarded.



High participation rates indicate that students are daunted neither by the challenging topics nor by the high expectations of the judges. Generally we have had about 60 to 70 students who participate each year. This is close to 85% participation. Even pre-SSE students go up on stage and sing a song. In 2013, over 50% of our students received Gold, and 40% Silver. In 2014, 40% received Gold and 50% received Silver.

training workshop and is keen to contribute. Another judge enrolled all of his 3 children in SSSE. The caliber of our students is being noticed outside in the community and this draws enrolment in SSSE from erstwhile non-Sai devotees.

The Speech Arts Festival is by far one of the highlights of Edmonton's SSSE program. Students, parents, and Centre members eagerly look forward to the event. Every year audiences are awed by the growing confidence and conviction of the students. One cannot help but be touched by the insightful and articulate expression of their hopes and dreams; their open and honest disclosure of their human failings as they struggle to internalize Swami's teachings; and their

Group 2 Speech Arts Topics: (3-4 mins.)

2. We love and adore Sai. How has S.A.I (Service, Adoration and Illumination) through the SSSSE played a role in your life and brought about a spiritual transformation at home, school and within you?
3. One night you had a dream. In this dream you have been selected to be the next POPE. Everywhere you go followers are asking you for a better world. What are 3 changes you would make to ensure a better world
4. "Show me your friends and I will tell you who you are - Swami's saying. What does Swami mean by this and how can it impact your CHARACTER if you were to take it to HEART.

Group 3 Speech Arts Topics: (4-5 mins.)

1. What does SAI stand for? How would you lead your life based on the acronym SAI in order for you to have a spiritually fulfilling and happy life? Give examples.
2. "Work is workshop, Duty is God"- Baba. What does Baba mean by this statement? How would you put it into practice? Give examples from your own life and experiences.
3. "The Inner Path is more important than the Outward Path. In today's world INNERNET is more important than the INTERNET". What is the inner net we are born with? What are the tools Baba has given us to operate our "inner net". Give examples.
1. How would you make " your life His message"? Give examples.

Group 4 Speech Arts Topics : (5- 6 mins)

1. What is market society vs. market economy? Is one better than the other? Why? Why not? How can Swami's teachings (COD, 3HV, 5HV and S.A.I.) create a balance in a market society? Swami says there are certain fundamental things that should not become a market commodity. What are they and why?
2. What is the difference between mindfulness (dharana) and meditation (dhyana)? How does regular practice of meditation help you in your daily life? What does Swami say about Dharana and Dhyana? Meditation is being recognized more and more as a health benefit. Bring some scientific effects of meditation on mind health.
3. What is selfless service? Is there such a thing? How does it differ from selfish service? Provide examples of selfish and selfless service. Bring role models who depicted selfless service and selfish service.
4. "The Lord of the worlds is engaged in spreading Ananda in the world. You too should be engaged in this noble task of spreading Ananda in the world. As a Sai youth you have a tremendous responsibility. Swami has many times said, "Your Life is My Message". What is your plan to spread Ananda in the world?

“Esawamma Day Presentation”

Sathya Sai Baba Centre of Saskatoon Mrs. Meenakshi Mani

Forward about the Author: By Eswari Selvaraj

Mrs. Meenakshi Mani is 85 years old, came from India 9 years back to Canada after her husband passed away and has been staying with her son and daughter-in-law in Saskatoon. In the last 9 years she has been very active at the Center. Rain or shine she has been very regular in attending prayer and singing bhajans every week. Her devotion to Swami is truly very touching. Auntie has studied up to High School in India and her command of English in both speaking and writing is commendable.

She is a voracious reader very knowledgeable in Ramayana, Mahabharata and Bhagavatham. She has rendered lectures both at the Sai Center and at the Hindu Temple. Her simplicity and humility and total surrender to Swami is a beauty to her personality. She has also taken SSE classes for children and has given a very condensed version of Ramayana in the form interesting stories to the SSE children. She is also a very active participant during study circles at the Center. She has been a role model to all of us and very lovingly called as “Amma” by all of us.

By the grace of Bhagawan Sri Sathya Sai Baba, our beloved Swami, we are gathered here to reminisce about the fortunate lady who was blessed to be called His mother in this era. Who is mother and why is she to be revered? To quote in part from Swami’s boon of prayer



that he offered in response to a devotee’s request:

“Mother Sai! We are children within thy womb. As the mother lovingly bears the hammerings of the fetus, thou too in thy supreme patience and compassion do put up with the painful knocks we give thee by our misdeeds. Thou art the mother cheerfully doing everything for our sake!”

Yes, we are all sculpted to become what we are by our earliest experiences in childhood.



Mother Sai! We are children within thy womb. As the mother lovingly bears the hammerings of the fetus, thou too in thy supreme patience and compassion do put up with the painful knocks we give thee by our misdeeds. Thou art the mother cheerfully doing everything for our sake!

“There may be a bad son but never a bad mother’ – the saying goes. Our karma from the previous births plays a part also, but an incarnation of the divine chooses the parents. In this Kaliyuga, a simple innocent rustic woman aptly named, EASWARAMMA, was chosen to this exalted part. So, we start the day remembering her and her son by chanting,

“ Easwamma Sutha Sriman Purva Sandhya Pravrthathe...”

The lady to whom divinity chose to be born was inherently blessed with the values He preached, ‘Love and Sacrifice eschewing Selfishness’. This Krishna baby of modern

Gokulam of Puttaparthi captivated one and all and Easwamma gladly had to play the part of Devaki to accept His fondness and preference for Yasodha their neighbor, Subamma. At times when Eswamma was agitated about her son, Sathya, getting into difficulties whenever He strayed to fondle the wandering cows, or stood up to criticize the misconduct of elders in the village or confronted an erring Englishman or made fun of social snobbishness of others, it was to Subamma that mother Eswamma would run to gain confidence and composure by her assurances that Sathya was an unusual divine boy and that no one can harm him.



It was in a joint family of middle class in which Eswaramma had to bring up her children. She had many hard chores to do. This unique boy would adamantly give away his food and clothings to anyone he came across who was in need. This angered others; but, her love stood firm when she saw that he asked nothing for himself nor complained about any discomfort that he had to undergo while away from home. She was distressed to find that he had to walk a long distance to school. When her son turned 14 years of age, she accepted his leaving the family but requested that he should not leave Puttaparthi, his native place. Her extraordinary son promised it and remained within her sight. He drew the world to this insignificant hamlet and adorned it with beautiful Prasanthi Nilayam, the abode of

eternal peace. He also developed exemplary schools and colleges that taught students right from grade 1 to getting advance doctoral degrees as well as world class hospitals to fulfill His mother's wishes. Swami took his mother along with his devotees to sacred places like Kasi, Rishikesh, Badrinath and Rameswaram. During her visit to Chennai, she was thrilled at her first glimpse of the sea and exclaimed, 'Oh! this is the sea Hanuman crossed to reach Lanka', and sprinkled the water on her head.

Her trips to many places along with her son widened her horizon. She could then identify from which part of India devotees come to have a glimpse of her son by the dresses they were wearing and the languages they spoke. Despite all this, she also worried and concerned that her son who consorted with learned Pundits, Scholars and powerful Socialites might harm Him out of jealousy. On His decision to visit Africa, she was quite alarmed when she was jokingly told that there lived many tribes who ate human flesh. She let Him go abroad only when He promised that He would keep in touch with her by phoning her everyday. As days went by, slowly, her affection turned to admiration for Him. Later on, when she witnessed the reverence that He commanded from His devotees when the world converged to do his bidding for selfless service, her admiration blossomed to adoration and she also began to call him, SWAMI.

Yet her motherliness insisted that she remain with Him when he took his food to supervise that he took enough and the right kind, though she had to be content with seeing others cook for Him and serve Him. On a visit to



Zamnagar Zamin, she invaded the Royal kitchen to prepare a typical Andhra 'Char' to please His palate in the midst of many varieties of dishes, halwas and pedas. Her dutiful Son sitting at the Central table of dignitaries sought her out sitting in the crowd on the floor and rewarded her action by acknowledging that He partook the 'Char' and relished it very much. He would descend to her level and make playful remarks and pranks to the amusement of surrounding devotees. She would be sitting in the midst of children telling stories with dramatic actions and expressions. At other times, she would be sitting amongst devotees who have come to hear from her about His early days or she would be giving consolation to prayerful who needed comforting words of "don't worry, you have come to Swami. All will be well now." Swami passing by would jokingly remark, 'there you sit in your Simhasana holding court.'

She had her travails of domestic responsibilities. Her daughters were widowed in middle age and there was a deaf and mute grandchild and an younger son of indifferent health. She struggled on till her husband's

death. Then, she requested Swami to give her a room to stay near Him in Prasanthi Nilayam.

It was the summer course in Bangalore. She sat through all the lectures of Swami and the learned Scholars. Her daughter along with a few relatives were also with her. She was having health problems. One day she told a senior devotee, "I think Swami is really the Lord." The devotee gave an amused smile at this remark. "Why are you smiling?", she asked plaintively, not noticing that it took her so long to realize it. The previous night Swami came to her bedside to see her before she went to sleep. For a moment she saw Him as Lord Rama with the bow in His hand and crown on His head with a blue body. Then, He patted her on the head and said that all will be well. The next day, in the morning after taking a cup of coffee, she was sitting on the floor with relatives. Swami was taking bath. She suddenly called out "Swami Swami", and left her mortal coil.

Later, in one of his lectures on her birthday, Swami said, "At her last moment, she called out Swami, Swami, even though her daughter was near about. I was in the bathroom responding, " I am coming, coming." It is considered only the fortunate ones who have no birth anymore remember God at their last moment while leaving the body.

May we be sanctified by the remembrance of this worthy lady. JAI SAI RAM

Delivered May 2014, Saskatoon.

“We Care We Share Service”

Sathya Sai Baba Centre of Ottawa

WE CARE WE SHARE “Mobile Food Service” is rendered to less fortunate across Ottawa, Canada. The Van, for this purpose, was inaugurated on April 24th, 2014. This “Mobile Fresh Vegetarian Food Service”, known as WE CARE WE SHARE, is offered at the Lotus Feet of our Bhagawan Sri Sathya Sai Baba to be able to serve Food prepared at Sri Sathya Sai Baba Centre of Ottawa-Carleton, to all who are in Need. The We Care We Share program was started over a year back as an all year round seva activity. During this period, the Mobile Van was purchased and prepared for this service. Following the Van’s inauguration on April 24th 2014, the solemn occasion of Swami's Maha Samadhi day, a five day service was carried out to serve the homeless from April 24 to 28, 2014.

The Mobile Van has a Sarva dharma logo, “Love All Serve All”, “Help

Ever Hurt Never” which in turn also spreads Swami's message around the city of Ottawa. Food is prepared at the Ottawa Sai Centre with great care and love. It is then transported in the mobile van to be distributed to

less fortunate people in Ottawa’s downtown area.

Devotees of Ottawa Sai Center volunteer to carry out this service all year on a monthly basis. True to the name of the service, namely “We Care We Share”, Sai Families are here to spread Swami’s message of “Love All, Serve All” and “Help Ever Hurt Never”. Approximately, “Mobile Food Service” has served 10,000 less fortunate people so far.



(Top) Ottawa Sai Devotees serving home made food to homeless from The Van, inaugurated on April 24th; (Below left) Happy Sai Chefs; (Below right) Groups of Ottawa residents lining up for a fresh meal served with Love.



Field Trip to Roadside Chapel

Sathya Sai Baba Centre of York

The trip to Roadside Chapel was one of the best field trips the SSE children have taken to date. Excitement was in the early morning air as 53 children boarded the school bus with a welcoming driver, none other than our very own Auntie Kanchan. A seat was reserved for Bhagawan and children were eagerly booking to sit beside Him during the ride to the Chapel.

Being the first day of summer, we did not know what to expect in terms of the weather. As Bhagawan ordained, however, the sun was shining in its full glory and seemed like it was welcoming us with love. The ride was fun for the children who sang bhajan medleys all

through the journey. When we arrived at our destination, Father Tony and Father Lucas along with members of their congregation welcomed us with open arms and hearts full of love. This was evident in the lavish spread of breakfast items from fruits to pies and other home baked goodies that they prepared from recipes they had carefully researched to make sure everything was vegetarian. Very nutritious and tasty! The altar was beautifully setup with a picture of Bhagawan. After breakfast, Father Tony and Father Lucas gave a powerful sermon on the unity of all faiths. Father Tony also shared his personal experiences with Swami and vivid visions of the divine. The children were fully engaged as they listened attentively and asked some very relevant questions. Father was very impressed with their thirsting queries. After the discussion, our lively hosts led the children in enthusiastic singing of a variety of beautiful faithful songs.



(Below) Father Tony describing the Roadside Chapel and sharing his personal experiences; (Left) A native Shaman explaining the significance of the rituals as he offered prayers for health and prosperity of all.



The children then visited the Chapel by the Roadside. The chapel was built with love in a circular structure, and inside had pictures and teachings of a number of saints from different religions displayed around the room. The priests shared with the children that they placed an image of Swami beneath the foundation of the chapel prior to constructing it with their own hands. This act of placing the picture of Sai was done to seek His blessings and also because they don't take any action before first praying to Sai for guidance.

Children and adults were led into the chapel in small groups, where Father Tony lovingly explained the significance of the religious figures and answered questions. The inside walls had seating available to do meditation. It was indeed very peaceful inside. The outside dome was constructed using several tiers which represented deep spiritual principles.

After the visit to the Chapel the children congregated outside and offered multifaith prayer chants and songs. Children thoroughly enjoyed this offering in the serene atmosphere of the chapel surroundings. Later we all walked to a beautiful area on the large property where our group witnessed the Summer Solstice, celebrating the longest day of the year, with prayers conducted by a Native Shaman. Explaining the significance of the rituals he offered prayers for health and prosperity of all. He also anointed all with the touch of the Eagle feather, a symbol of healing. He then led everyone to the Medicine wheel, explaining the true meaning of the Medicine wheel and encouraging all to participate in a ritual to connect with nature involving meditatively placing a small rock on a chosen larger existing

rock within the medicine wheel, whilst praying. Many children were witnessing this for the first time and were impressed and overjoyed with the power of the Native traditions.

Children just did not want to leave the peaceful and serene surrounding. In order to keep to our schedule, we returned to the prayer hall and chanted the closing prayers. Although they had already hosted us so generously throughout the day, before we boarded the bus Father Tony and Father Lucas along with their congregation members personally handed each member of our group a take-home bag full of snacks. On the outside of each bag they had lovingly inscribed the different values. It was an amazing learning for the children. Considering they had left home early, none of them felt tired after this full-day's program. In fact they were doubly energized with the visit. The roadside chapel is the first of its kind in Simcoe County, but with Bhagawan's grace it will certainly not be the last. This little gem of a place is open to any one of any faith so that he or she may come and have a place to pray and meditate; a person is not required to belong to any faith group to use or visit the chapel. We thank Bhagawan for having given us this Divine opportunity to visit the Roadside Chapel in Midland, Ontario and we pray that others may be similarly blessed with this wonderful experience.

The Canadian Youth Conference

***Brother Pradeep Mahalingam,
(National Youth Coordinator);
Brother Sayendan
(National Assistance Youth
Coordinator)***

On August 22-24, 2014, the Canadian Sai Youth held their first ever National Youth Conference in Val-Morin, Quebec. This conference had over 230+ youth attend from across Canada, representing over 4 time zones! The conference's theme was:

FOCUS (Faith, Openness, Consciousness, Unity, Spirituality). The Conference took place over 3 days, with youth assembling in Val-Morin on Friday afternoon, and concluding Sunday afternoon.

The objectives of the conference was three-fold. First, inspire and Sai-motivate the youth across Canada to stay involved in the Organization. Second, develop working relationships amongst Sai Youth across Canada. Third, introduce/Re-Introduce Swami into the daily lives of Canadian Sai Youths.

The planning teams of this Conference involved youth across the country, utilizing talents across Canada resulted in a wide variety of experiences shared, and new working relationships being formed. The CYC created a feeling of solidarity, and oneness amongst the Canadian Youth as we march together towards a common goal.

On the first day of the conference, the



Prof. Anil Kumar at the Canadian Youth Conference

Conference started with an energetic parade, where youths across Canada carried flags representing their regions and provinces of Canada. The procession went around the beautiful main hall, leading up to the grand altar of our Beloved *Swami*. The welcome speech by National Youth Coordinator, Pradeep Mahalingam was followed by an introduction to our special guest speakers for the conference, Prof. and Mrs. Anil Kumar. Following this short introduction, the youth launched into a powerful bhajan session, followed by [a warm and informal talk by Prof. Anil Kumar to a group of youth. The evening continued with inspiring activities, that included icebreakers, and a campfire with *bhajan* games.

The morning of the second day of the conference started with a beautiful rendition of *Suprabatham*, followed by *Nagasankirthan* and another powerful rendition of *bhajans*, a



(Top Left and Right) Prof. Anil Kumar visiting with the Canadian Youth; (Left) A group picture of all youth at the First Canadian Youth Conference

welcome address by Dr. Thayaparan (President ,National Council of Canada), and an official greeting for the guest speakers. Soon after, Prof. Anil Kumar gave his first talk of the Conference. Workshops took place where Youths could discuss and interact with each other on various topics, which included, Leadership, Meditation, Everyday Spirituality, and How to Cope with Social Media. Saturday's programme concluded with another bhajan session, followed by a cultural program put on by Youth across Canada.

On Sunday, both Dr. Phil Gosselin (Zone 1 Coordinator), and Satheeshan Siva (US National Youth Coordinator) spoke, followed by a continuation of Workshops. A game show energized the youth for the evening's outdoor activities and sports. Sunday came to a wind with another session of talks by Prof. Anil Kumar, where he also answered many of the doubts and questions youths had coming into the conference. At the end, the CYC had made an impact on each of the 230+ youth attendees. The youth came away from this conference with a strong connection to Swami, and friendships that were forged forever.

Reflections from SSE

FOOD WITH LOVE

SSE Students of Sathya Sai Baba Centre of Kingston



We are the children from the Sri Sathya Sai Baba Center of Kingston. We would like to share with you one of our service activities that we all Love very much. We love this activity, and we hope that you will love it too. Bhagavan Sri Sathya Sai Baba says, “Love all, Serve All”. Food is an enjoyment that everyone should partake in on a daily basis, and when food is served and eaten with love, so much happiness appears in the person receiving and giving. As such, we decided to take the making of sandwiches for a shelter as our service project.

The Sri Sathya Sai Baba Center of Kingston started our “Sandwich Seva” in the year of 2009. We started it simple and concise, and over time it has evolved into an efficient performance of service. This service is something that we have grown with and it has grown on us. When we started this service activity, we found that it was a fun thing to do, but as we grew older we realized that it is fun as well as an important selfless service. Most SSE students started when they were in SSE1 and some of those children are now in SSE4. When we were in level 1 all we wanted to do was eat the sandwiches, but as we grew older we learned that it is important to share what

we have with others.

The week before we have our service, we make a commitment and decide who will contribute by bringing in each ingredient to make the sandwiches. On the day of the service, we group the students into partners, usually pairing an older SSE student, with a younger. We then wash our hands thoroughly to make sure the sandwiches are made with clean hands. Following this, we divide the SSE students in two groups, one for cheese sandwiches and one for peanut butter and jam sandwiches. We assign individual roles within each group, and all of this helps to contribute toward the preparation of these sandwiches.

Over the years we have encountered obstacles, but we have always found ways to regain our footing with the help of Lord Ganesha, and through our experiences from each year. As mentioned above, one of the obstacles was eating the sandwiches that we made rather than giving it all to the shelter. This is due to our urge to eat the tasty sandwiches that we saw in front of us. As we matured, we realized we already had breakfast prior to SSE so there was no need to wanting more. Another obstacle we had was being organized in how



(Top and Above) Sumptuous food prepared with Love by SSE Children of Kingston

we make the sandwiches. When we first began this service we didn't know how many loaves of bread or jars of jam to bring. As time passed and the number of times we conducted this service increased, we learned from our mistakes and now we plan ahead in deciding who brings what. And this way we know exactly how much of each ingredient we have.

When we make the sandwiches, we feel happy and thankful that we can help people and nourish them. It makes us sad when we think that some people don't have a constant source of food. When we learned that the sandwiches that we make are being given to people who can't afford them, we feel thankful for what we have and this service helps us to not be greedy, and helps us place a ceiling on our desires.

Also, this service has been helping us gain the

skills to be great leaders. For example, it has helped one of our youngest SSE students to enhance his focus on the task at hand, and to follow the instructions of our Gurus. He also thanks Swami that he can do this service with his friends. Other students say that doing this service makes them appreciate the food that they have, and not waste it because it is God, and another says it helps her know that things are not all about her, but mostly for others. Making food is sharing love.

This service is not just a SSE project, it is also one that includes our parents as well. We involve them by going shopping with them for our ingredient for the sandwiches. We have learned that when we are making and giving these sandwiches to the shelter, we are, in fact, making a difference in society. We have gotten feedback that the sandwiches we make give our recipients joy, and we hope that we are making someone's day by giving them a nutritious sandwich. When a person is hungry, food will give them strength. We are thankful to Swami for giving us good food, but even more thankful to be given the opportunity to help others. This service is for helping others and also a way to teach us characteristics of love, discipline, organization, respect, and appreciation.

Aum Sri Sai Ram.

Contributions by :

Nishaan Naran, Dhruv Malhotra, Siya Kumar, Jaimal Naran, Nevin Nadarajah, Anita Nadarajah, Suchi Patel, Shreeya Purohit, Shivam Purohit, Riya Kapuria

ARMY OF VIRTUES

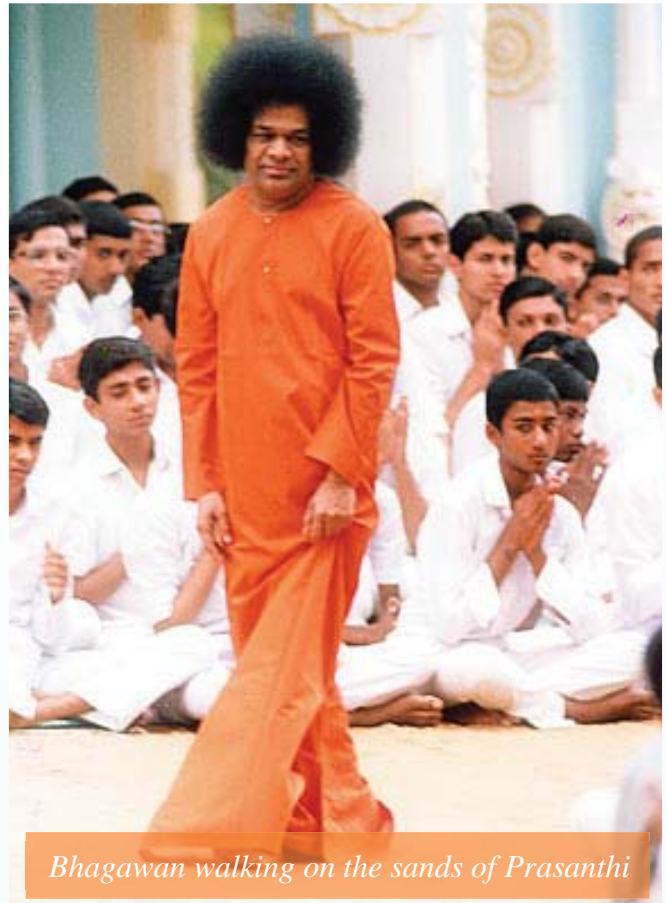
Vinodh Sundararajah (Group 1)
Sathya Sai Baba Centre of Edmonton

My humble pranams at the lotus feet of my beloved BABA. Sai Ram Gurus, parents, respected elders, brothers and sisters. The topic I chose today is on LOVE. I know that Baba is my Guru but not having met him in person, I can always feel his love and know how very much he loves me through the love I feel from my parents, grandparents and elders around me (*including my brother, most of the time*). I feel Baba's love, guiding me always and giving me confidence as I know that I am able to do my best at anything I set my mind to.

Here is how I practice love most of the time in my little world:

- I show my love for God by trying to practice his message and in trying to be a good example to the world.
- I show love to my parents and elders by listening, respecting, doing my chores at home and getting good grades at school and trying to earn a good name as a citizen.
- I practice love at school by listening to my teachers, doing my schoolwork on time, helping others and being a positive role-model to my classmates & friends.
- I practice love in the sports that I do by listening to my instructor, following instructions, being a team player and playing fairly.

In conclusion, I may not always say, do or



Bhagawan walking on the sands of Prasanthi

*I show my love for God by
trying to practice his message
and in trying to be a good
example to the world.*

-Vinodh Sundararajah

choose the right path the very first time but I know that with Baba's love and guidance towards me, I am able to show love and compassion towards everyone around me.

LIFE WITHOUT SWAMI

Akil Rashiq (Group 2)
Sathya Sai Baba Centre of Edmonton

Sai Ram, My name is Akil. Today I will be discussing what my life would be like without Swami. It is a very broad topic, I could do a lot with it, but I have decided to make a fictional story that will capture my life without Him.

I am biking home from school on a steaming hot summer day, I hear the yelling of kids from the park and the happy jingle of the ice cream truck in the background. I unlock my bike and

but thankfully a nurse has all the answers to our questions. I note a few things down: Both Mom and Dad are alive and well; Dad has a minor rib fracture; Mom has a little bruising. I am so relieved, a few hours later my dad comes out with crutches in both hands, I see small bruises on his neck but otherwise he looks fine. I jump to my feet and I am about to hug him before I remember that he just cracked his rib. I do not hug him but I show him my huge smile. Minutes later my Mom comes through the door, no crutches. I still do not hug her just in case. The nurse gets my siblings and I up to date, my parents are handed each two blue pieces of paper, probably Do's And Don'ts for

“Love All, Serve All” I try to implement this into my everyday life, it helps me control my anger and I try my best to help others when they need help

stuff the lock into my backpack. I am half way home and I hear the familiar jingle of my phone, I pull over and answer the call. It is my brother, he sounds shocked and his frightened tone worries me. He tells me that Mom and Dad were in a bad car crash. They are now in the emergency room, he instructs me to get home so he can drive me to the hospital to see them. I head home at full speed. Pulling up on the driveway I don't even bother to lock my bike, I just throw it in the yard and sprint towards the car. My brother, sister and I all sit in the car our hands trembling as we drive towards the hospital. We burst through the doors of the hospital while nurses and doctors dart through the halls. The front desk asks my brother a few questions and then a nurse escorts us to emergency room number eight. We are not allowed to see behind the blinds,

after the accident. Salmaan (my brother) drives us home, Dad lets me read his sheet. It says around four to six weeks to recover for my Dad, my Mom would recover in only five days.

That concludes my story, if I had been following Swami's teachings during the event, I would have prayed as soon as I got the call, packed some vibhuti in my pocket before we left for the hospital, and said my thank you prayers when I saw Mum and Dad in good health. Before I end my essay I would like to quote one of Swami's sayings: “Love All, Serve All” This means a lot to me and I am sure it means a lot to the rest of you, I try to implement this into my everyday life, it helps me control my anger and I try my best to help others when they need help.

THREE EASY WAYS TO PRACTISE LOVE

Neethan Siva (Group 2)
Sathya Sai Baba Centre of Edmonton

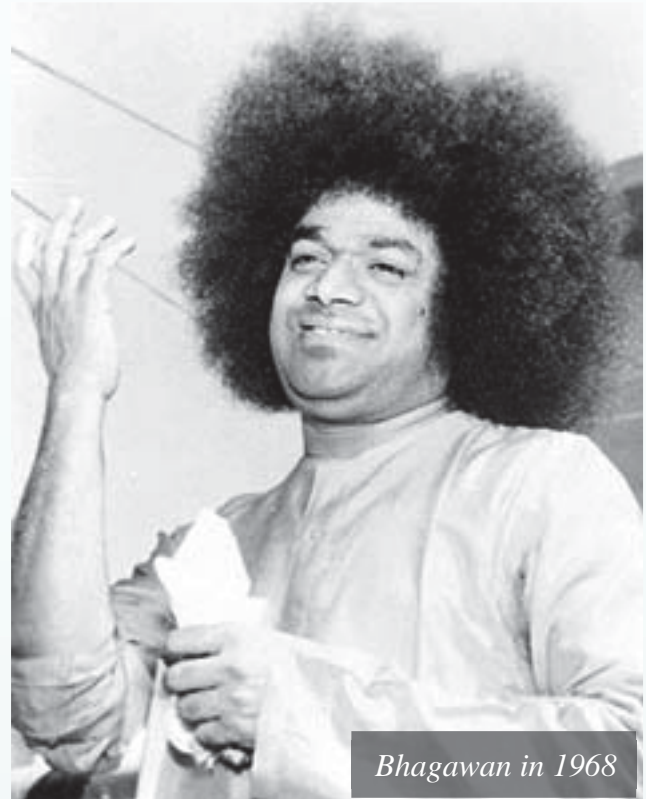
Most children when they come into this world are blessed with the strongest form of love a mother's love. Tamil classical poet Avvaiyar leads the children's poem *Kontrai Venthana* with the first verse, "Annaiyum Pithavum Munnari Theivam," which means, mother and father are the first form of God we come across in the world. At the time of birth, parents, who represent God, shower the child with love, which is a foundation for learning to live in love.

I have been fortunate to be born in a family that follows our beloved Swami's teachings and the five human values: Love, Truth, Right Conduct, Peace and Non-violence. I expect these values to guide me through my day-to-day life. Swami's education reminds us that all human values are tied together by the first human value of love... Love in speech is Truth, Love in action is Right Conduct, Love in thought is Peace, and Love in understanding is Non-violence.

Swami said "Start the Day with Love; Spend the Day with Love; Fill the Day with Love; End the Day with Love; this is the way to God." So, how do I practice love in my day-to-day life? My parents and gurus have guided me in a path of love by teaching me 21 sub-values that relate to love and expect me to follow them each and every day. I would like

1. FORGIVENESS

Forgiveness brings back love even when someone acts in a way that does not show love. If someone did something that I don't like, even if they hurt me, I will forgive, try to forget and continue to show love towards them. Similarly, if I do something wrong, once I recognize my mistake, I will ask for forgiveness from my teachers, friends and family members, so that I can be loved once again.



to talk about three of the sub-values to illustrate how love is practiced in my day-to-day life:

2. KINDNESS

Being kind is a way of showing love. I always try to be as kind as I possibly can because I believe that if I'm kind to someone they will be kind to me in return and love will grow. I am kind towards my family, including my little brother and at school with my peers. I am also kind towards other things, including animals, plants and mother earth.

3. PATIENCE

Patience is showing restraint when someone does something you don't like. I truly believe it is important to be patient towards others; if you are not patient, you may react in a way that does not show love. This is especially true at home, with my little brother when he tries to test my patience. I also practice the same at school.

I would like to close the speech with the following quote from Swami: "A man who has no love in him is as barren as a cloud with no moisture, a tree with no fruits or a cow yielding no milk; he is ever far from God and can never earn His Grace."

*"God is Love,
live in Love"*

APPLYING THE 5Ds DAILY

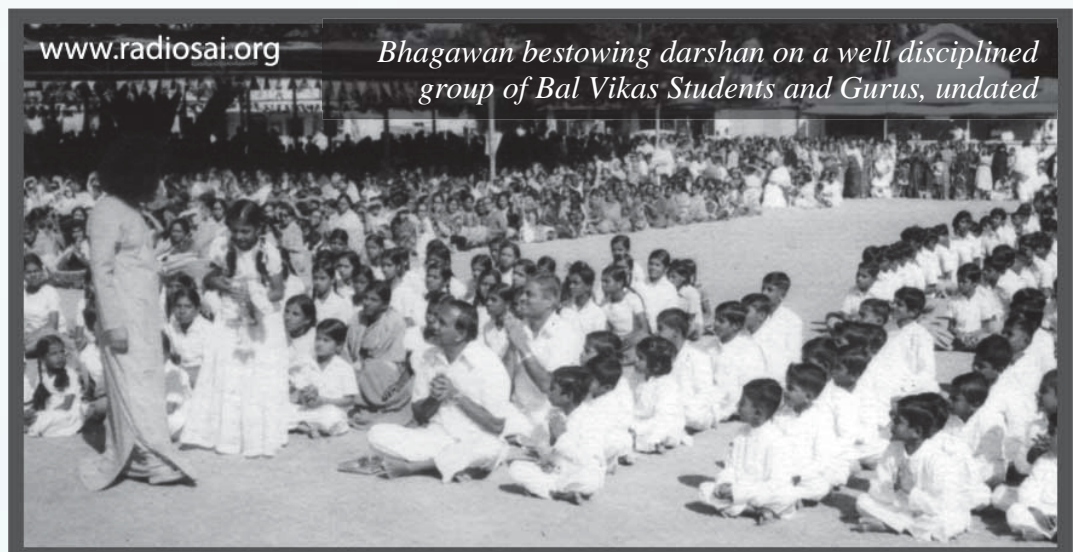
Aryan Pherwani (Group 2)
Sathya Sai Baba Centre of Edmonton

My humble pranaams at the Lotus Feet of Bhagawan Sri Sathya Sai Baba.

First let me explain to you all what the 5D's are. They are Duty, Devotion, Discipline, Determination, and Discrimination.

Duty is showing responsibility by doing what you are supposed to do. For me this is my schoolwork, homework, and chores. Devotion includes praying, meditating, and singing bhajans. Discipline is being obedient to my elders, practicing ceiling on desires and doing my work. Determination is not giving up on something even though it is too hard and very challenging. Discrimination sounds hard but in fact it is not. It means choosing between good and bad and it is based entirely on your daily decisions/choices.

I practice devotion in my life by singing bhajans at the Sai center, praying daily and singing bhajans once a week with my family.



www.radiosai.org

Bhagawan bestowing darshan on a well disciplined group of Bal Vikas Students and Gurus, undated

There is also another way to practice devotion that does not even have to do with praying and God. It is putting your mind and undivided attention into anything you do or any task you undertake. Baba says “Devotion has to be intermittent, uninterrupted, like the flow of oil from one vessel to another.” Devotion can be devotion to God or devotion to work. For example when I study for a test I make sure that I put in all my effort in studying for that subject. The next day I can do the test easily and came back home with an excellent mark.

I practice determination in my life by never giving up on any task that I have to accomplish. Once I put my mind to something I don't stop until I finish it successfully.

- Aryan Pherwani

I practice duty in my life by: cleaning my room every day, exercising daily, finishing my homework on time etc. I also complete the chores that I do not want to do and that are boring. Baba says duty without love deprives, duty with love is desirable, and love without duty is divine. It is my duty to show up for SSSE classes each week with all my materials so I do not have to stay after class to copy something down. That would waste my time because I could have been sitting for bhajans downstairs and it also will waste the gurus time because they could have been downstairs in the hall participating in bhajans.

I practice discrimination in my life by: choosing the right path when I'm faced with problems. Whenever, I have to make a decision, I always choose the right one. The better you do in this life, the happier you will be in the afterlife, and the happier God will be with you. Being good will allow you to gain God's love, and you will essentially be living in love.

I practice discipline in my life by eating healthy, listening to elders, and always being nice to all my friends; family and teachers .Baba says discipline is the mark of intelligent living. I also practice ceiling on desires. One time I went to the mall to buy a new video game. When I was in the store I realized that there are so many poor people in this world that could really need this money. So I thought of donating that money to a charity instead of buying that game which I would definitely get bored within a month. This made me feel even happier since I am helping those who need this help and support. This allows people to live in love as they are now happy and will spread the love to others around them.

I practice determination in my life by never giving up on any task that I have to accomplish. Once I put my mind to something I don't stop until I finish it successfully. One incident where I showed determination is in my soccer tournament last May. In this tournament there were over 100 teams participating. Because my team and I put in our best efforts we won bronze in the city finals tournament. I wish to end with a quote from Bhagawan Sri Sathya Sai Baba, “Devotion is not a uniform to be worn on certain days and then to be put aside”.

ACHIEVING SUCCESS IN LIFE

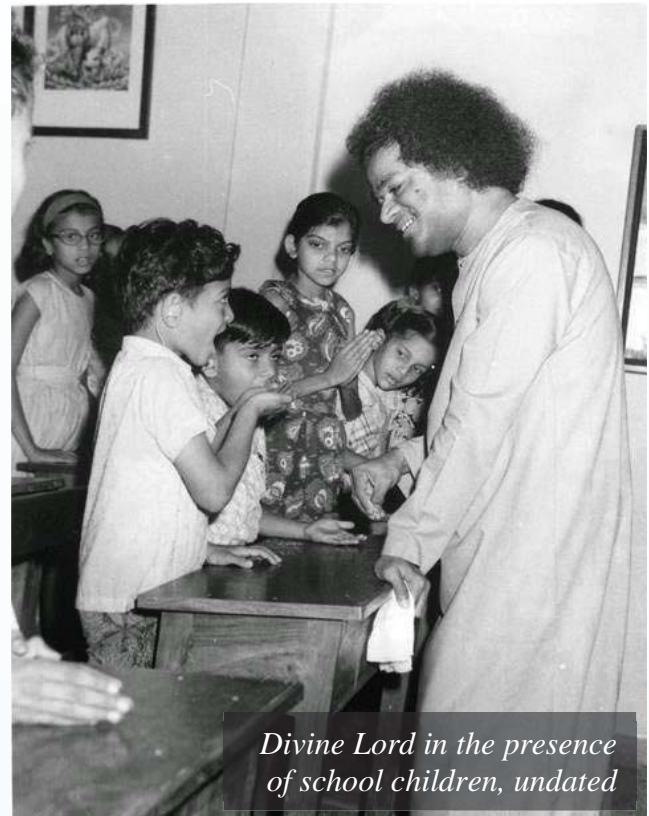
Samina Rashiq (Group 3)
Sathya Sai Baba Centre of Edmonton

My humble pranams at the lotus feet of
Bhagawan Sri Sathya Sai Baba

We all have goals. In one way or another, deep down we all can think of ways to improve ourselves. Every day, we are motivated to do more. These targets allow us to track our progress over time, and motivate us to become better versions of ourselves.

So, why is it so difficult to achieve these goals? Personally, I have trouble with making progress towards achieving them. At the beginning of this year, I decided to write a list of New Year's resolutions. I sat down, and scribbled out a long list of every way I could make myself an improved individual. The next day, I found my old list of resolutions from 2013. They were exactly the same as the goals I made at the beginning of this year. I realized that since the start of last year, I had achieved nothing on my list! Go outside more often: no. Read a new book every week: no. Eat healthier foods; no, once again! Why had nothing changed?

The problem is, in life, there are certain obstacles that you will have to conquer to reach success. So, how can we overcome our weaknesses and be successful in our life? The answer lies in the difficulty of our goals. If we aim to achieve 40 different tasks in one day, chances are, we will probably end up sitting on the couch and achieve nothing. However, if we



*Divine Lord in the presence
of school children, undated*

aim to complete 5 tasks in a day, there is a much higher chance of completing everything on your list.

Recently, I was buried in a gigantic mountain of homework. I told myself that I needed to catch up, and wanted to complete all of it in one day. Some of my biggest weaknesses are procrastination, sleep deprivation, and downright laziness. That day I didn't finish a single page of schoolwork. I stressed myself out, and as a result, was totally counterproductive. Then my dad told me about my elephant. He asked "Samina, how does one eat an elephant?" He then answered his own question by saying "you cut it into pieces." In this case, my homework was the elephant. I learned that it is nearly impossible to eat an elephant whole. You need to divide it into smaller, manageable pieces.



The next day, I did a small part of my homework, and another small part the next day. After a few days, I was caught up, and back to my daily routine. Dividing the workload made it possible to complete. This is a simple tool that I use to overcome my weaknesses and achieve success when creating goals.

coming up tomorrow, but you haven't prepared for it at all. Your peer to your left offers to help you cheat on the test, and will help you get an A+ for sure. But, your friend on your right says that they can help you study, and you might get a B-. Which friend do you choose? This is an example why we are susceptible to bad company. At times, it seems

The goal of man is to realise the divinity that is in him.

- Bhagawan Sri Sathya Sai Baba, SSS, Vol 18, Chapter 6

Another aspect of reaching success is surrounding yourself with people who better you. The people who you spend time with will directly affect your character. Swami said "It is important to be in the midst of good company, always. Do good actions. Leave bad company behind. Good company is important because it helps to cultivate good qualities"

Who is a bad person? Someone who sees evil in good. If you join bad company, you will lose good qualities. We must try to befriend those who see the good in others. Remember, "Do good, see good, be good. This is the way to God"

In truth, sometimes it can be difficult to do the right thing. Imagine this. You have a big exam

like the wrong way is the best way. Whatever the case may be, remember to take the noble path, and keep your heart pure.

If you can take any points from my speech today, here they are:

Make small goals that you can manage, and don't let your weaknesses stop you from achieving whatever you want in life. Surround yourself with those who make you a better person, and avoid bad company. Never forget, success is like a ladder. Take it one step at a time, and never look back. Sometimes, you may feel like climbing down, but if you can make it to the top, you'll find a prize at the end. Sai Ram



LIVING IN LOVE

Nima Mangru (Group 3)
Sathya Sai Baba Centre of Edmonton

My humble pranams at the lotus feet of my beloved Swami. Sai Ram to all the parents, gurus and my fellow students. My name is Nima Mangru and I have chosen the topic: God is love, live in love.

What is love? Love is patient. Love is kind. Love is rejoicing in the truth. Love thinks no evil. Love is forgiving. Swami himself calls us embodiments of love. He says, “Your names and forms are different. But the principle of love is the same in all of you. That is why I

address you as the embodiments of love.” {Sri Sathya Sai Baba, Divine Discourse delivered on Vishu Festival on 13-04-2005}.

So how can we live in love? A life filled with peace and love is something we all want. And yet, we can’t quite achieve it because peace and love are the results of good living. They are not things that we can force to appear in our lives. How can we get to a state in our lives where love becomes natural? How do we sustain love? I believe that constant contemplation and remembrance of God can help us. So we must basically, live in God.

Often we are told to look at Sai’s teaching and apply them to our life. Swami has given us the 5 human values to use as a tool to transform

both our view and way of life. In my life, the values, Sathya, Dharma, Shanti, Prema, and Ahimsa are reflected in the way I treat the people around me.

It is also evident that our own feelings get reflected in others. When you show hatred to someone, it is likely that they will respond with hatred. When you show love, they also extend their love to you. Love is reciprocated by love. Swami often points out the simple analogy of a

*Start the day with love,
Fill the day with love,
Spend the day with love, and
End the day with love.*

*- Bhagawan Sri Sathya Sai Baba, SSS, Vol 18,
Chapter 6*

person looking in the mirror. If the person puts on an angry face, the reflection is also the same. If one smiles, the reflection also smiles.

A quote from Swami that we can apply to our lives is, "Start the day with love, fill the day with love, spend the day with love and end the day with love." {Sri Sathya Sai Baba's New Year's Day Divine Discourse in 1994 which appeared in the Sanathana Sarathi Feb. 1994 pg 53}. As I go out into the world every day, I come into contact with various personalities. Some whom I am very fond of and others that I don't have a lot in common with.

Have you noticed that we react differently to different people? We feel happy to see and talk to the ones we like, and we tend to avoid the ones we don't like. If we are going to make a conscious effort to live in love then we should strive to express love to everyone. Swami says that we have no enemies; it is the mind that creates the separation.

Mediation can help our minds become calm and conditioned in order to accept the events as they come. It also helps us to develop tolerance, which in turn removes anger and hatred. Then love resumes its place in our minds.

When we go to bed at night maybe we could spend just a few minutes to evaluate ourselves and consider the actions of our day. Have we strayed from the path of love at any time during the day?

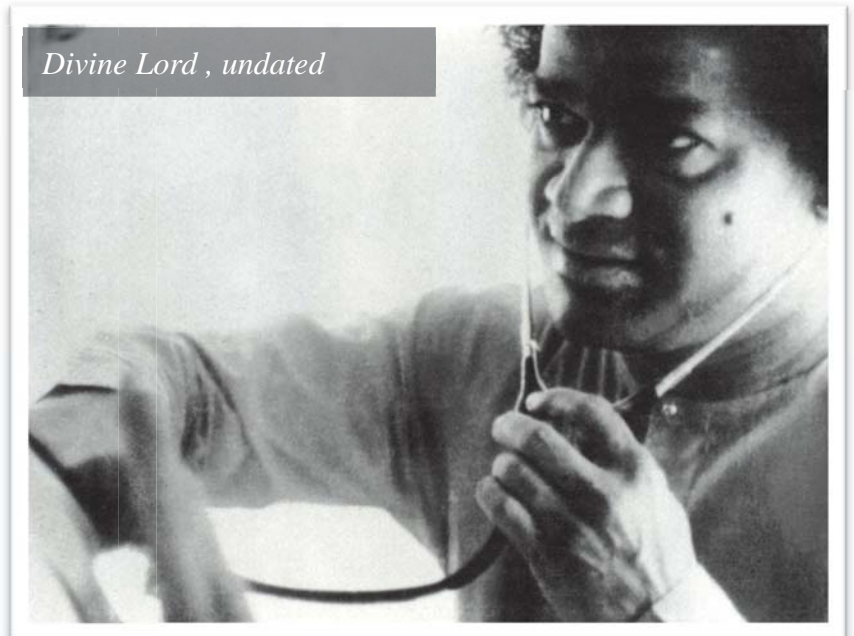
Looking outwards into society today, we see many examples of where Swami's teachings are practiced. We do find great gestures of love even though the media tends to focus mostly on the negative. Nevertheless, people do respond to media to make a change. For example, when there are natural disasters happening in different parts of the world, there is a global out pouring of love and help for the victims. It is a clear situation of living in love. Even right here in our own province, many organizations and individuals helped to clean up the city and homes in Calgary after the flood last year.

Another example of where I see God in my society is at my school. I attend a Catholic school that promotes people living in harmony and sends students on trips such as Wee Day to listen to others' experiences with overcoming bullying. Also, at the church, the Priest council's students on the teaching of Jesus Christ and gives examples of how his life was led by love. Francis Chan, the author of Crazy Love, Overwhelmed by a Relentless God states, "God's definition of what matters is pretty straight forward. He measures our lives by how we love." End of quote.

Even here in our centre in SSE classes, we demonstrate our understanding of God is love, live in love, by participating in the walk for values, sponsoring 2 children in an orphanage in India and donating food to the food bank. We as students collectively combine and share what we have for the benefit of someone else.

It is also shown in my household with the simple gesture of leaving the last piece of cake for another family member.

I was told a story of a 21 year old track and field athlete, named Cameron Lyle who had his mouth swabbed and was added to the National Bone Marrow Registry. One day he received an unexpected phone call from the Bone Marrow Registry informing him that he was a rare match for a 28 year old man with leukemia, who had less than 6 months to live. The donation procedure, however, would



mean several weeks of recovery. This would mean that Lyle would have to forfeit his chance to compete at the American East championships coming up for which he had trained 8 years for. Lyle said yes right away. He began the procedure in the hospital on Wednesday April 24, 2013.

Here, Lyle demonstrates Swami's teaching of, "Love is selflessness and self is lovelessness" end of quote. He sacrificed what he wanted most, for another man's life. Pure love is followed up by positive actions.

I would like to end with another quote from Francis Chan, "Do you know that nothing you do in this life will ever matter unless it is about loving God and loving the people he has made?"

Sai Ram

CEILING ON DESIRES

Manish Thiyagarajah (Group 3)
Sathya Sai Baba Centre of
St. Hubert, Montreal

“Ceiling on Desires” means keeping our desires under control. Knowing and balancing our needs and wants are the basics for Ceiling on Desires. ‘Needs’ are those things that provide for our daily existence – food, water, shelter, human love and companionship, while ‘wants’ are most likely those things that give us pleasure and fulfillment. It is unrealistic to live without any desires. Desires fuel our creativity, energize us, give us fulfillment, and push us to reach our goals. The problem arises when our desires become our needs and we become a desperate person. Therefore, it is very important to find the balance between our ‘needs’ and our ‘wants’.

We need to find ways to implement 3 Rs of the environment which are Reduce, Reuse, and Recycle in your daily activities. There are lots of ways to do this. We should eat only what we need to eat, don’t take more than what we can eat and don’t waste the rest.

While shopping use our money wisely for good purposes. Do not waste or misuse money. We should purchase only things which are really necessary whether it be food, clothing, electronic items, toys for kids, household items, etc. Instead of buying something we are not going to use very often, see if we can borrow it from someone we know.

Reduce our water consumption by taking

shorter showers or baths. Consume water moderately to wash household items. Find ways to reuse the gray water onto the plants in the garden.

Pay attention to the energy consumption in and around our houses. For example, check whether we have turned off the electrical items when we have finished using them, whether we really do need to heat or cool rooms in the house which are not in use and whether we need to fill the kettle to boil the water for 1 or 2 cups of coffee.

Time should be spent in a useful manner. Everything depends on time. Time is the main factor in our growth. If we waste time, our

Teachings of Bhagawan Sri Sathya Sai Baba
Volume 1



Ceiling on Desires
.....
Eight Flowers of Worship

Publication by Sri Sathya Sai World Foundation

lives will be wasted. Therefore, do not spend time in unnecessary matters, thoughts and acts. Instead, make use of time in an efficient way.

Ceiling on Desires is very important in our lives. The right amount and quality of food makes us healthy, kind, compassionate, patient, and loving. Excess and bad food creates bad qualities in ourself such as anger and hatred. Also, the surplus food can feed another stomach in need. Excess food could also harm the environment by producing waste. By wasting money and food, we might not have enough money, in case of financial difficulties. If we waste water and energy, then our society will run out of natural resources. Therefore, Ceiling on desires could save you, your family, your society and the world you live in.



Sai Q&A

Satyopanishad

Question: Swami! Why are we not the recipients of Divine grace?

Bhagawan: It is not proper to feel so. You are wrong if you think so. God's grace is equally available to all of you. He makes no distinctions of caste, creed, sex, nationality, and so on. You should know that the defect is in you. You have to cleanse the tumbler of your heart. For example, it is raining heavily now. If you want to collect water in a vessel, what you do is to keep it straight. However, if you turn it downwards or put it upside down, is it possible to collect water? The downpour of rain will be of no help at all. Therefore, we have to keep our hearts always pure and ready to receive the rain of grace. We have to turn it towards the rain of God's Love in order to collect it. Is it not so?

Question: Swami! Our fortune is immeasurable, how many people get this opportunity! This is all your grace. But, how are we to preserve this?

Bhagawan: Look! Out of the millions of devotees how many are able to be here? Is this proximity possible for everyone? Merit from several past lives had made you fortunate enough to be here. Out of a few thousand in our institutions, how many students are lucky enough to be here? Only a few of you could follow me to this place, Kodaikanal. This you will have to preserve and sustain carefully.

A small example. Here is a roll of thread, which is the product of much rotating and winding. A time consuming job, really! If they take up this process in haste, and drop it in the middle out of neglect or carelessness, all the thread will lie scattered on the ground. Similarly, your fortune is like this roll of thread carefully and laboriously wound like the merit of the good deeds you had done in your past lives. If you neglect this fortune and lose it by any mischance, you can't get it back. All the effort you have put in will go waste. The thick pad at the centre of this roll is like your faith round which your meritorious deeds are wound. So, never neglect this good luck, nor take it for granted, nor view it as simple and ordinary. Negligence and carelessness are harmful to spiritual aspirants.

Question: Swami! How does your Grace affect our destiny and our prarabdha, past karma?

Bhagawan: God's grace and God's will can change anything. God is love. His infinite compassion makes Him change your, pra rabdhakarma or the karmic effects of your past lives. A devotee can arrest God in the jail of his heart. In this world, there is nothing that you can't achieve with devotion. God's grace can cancel all your karmic effects or the evil effects of your past life. Nothing untoward can happen to you.

A small example. You see many medicines kept for sale in a medical shop. On each of the

medicines you find the date of manufacture and of expiry. The medicine will not act with efficiency beyond the date of expiry. It becomes just useless. What God does is exactly the same thing. He simply stamps on the medicine bottle the date of expiry cancelling your prarabdhakarma the suffering you are going through in this life. Right then your suffering ends. This is how Swami, out of His sheer grace and compassion, gives you relief.

Question: Swami! Can we be sure of God's grace if we do sadhana regularly?

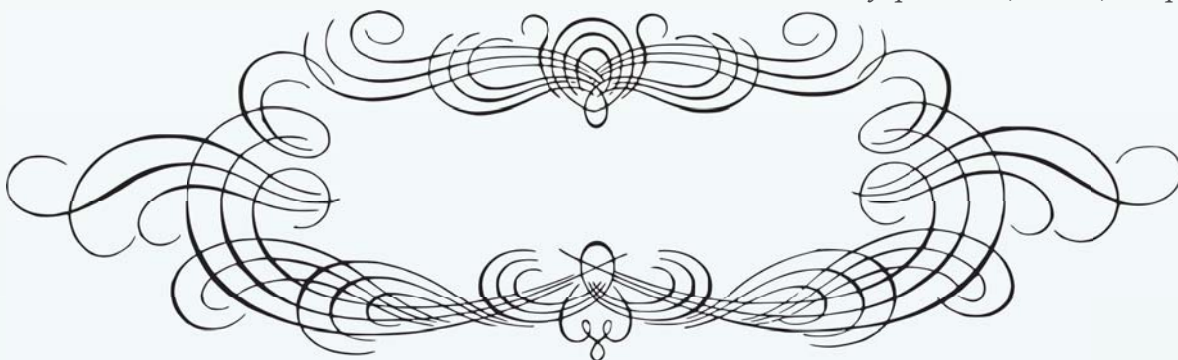
Bhagawan: Certainly! As sure as anything! Why do you doubt? For example, you have a pet dog. You feed it every day and you will notice that it will get habituated to come to you exactly at the same time every day to be fed. Is this not true? When regularity makes a dog respond, why not God? You will definitely receive His grace.

Question: Swami! We are here in your presence because of your infinite grace and mercy. Your blessings have brought us all here. We bask in the sunshine of bliss bestowed on us by your Divine dars' an , spars'an and sambhas an. Do we still need merit from past lives and the samskaras ?

Bhagawan: The present state of bliss and the merit from past lives are both essential and they should go together. They are closely interrelated. Take this example. Here the soil is sandy. When there are heavy rains, water sinks into the soil or gets absorbed in the soil. The same is the situation with you at present. Therefore, devotion doesn't remain steady. But, suppose there is a flow of river water, what happens when it rains? Water will flow with greater vigour than before. Similarly, your present blessed opportunity of being with me is like rainwater. If you have good samska ras from your past life like the water flow of a river, the blissful state you are experiencing now will continue with more vigour.

God's grace is like a shower of rain. Your merit from the past will enable you to contain it. So, I tell you often to retain the good luck, the opportunity, and the privilege given to you. You draw water out of the well in a bucket. But you have to pick up the bucket full of water yourself. On the other hand, if you drop it in the middle, what happens? You can't collect water, can you? However, there is one important thing. If you love God intensely, you can achieve anything. As human effort increases, God's grace also lends strength and intensity to the effort, which ultimately leads man to success.

Satyopanishad, Part 1, Chapter 1



What's New on Radio Sai



Respect Nature and Purify Thought, Word and Deed

The Devi Navaratri or the Sharad Navaratri is one of the most important festivals observed in the Bharatiya tradition. The article contains excerpts from Swami's discourses on significance of Navaratri.

Natural Calamities: Who's Responsible?

“Despite our technological and scientific breakthroughs, why does humanity appear so helpless in face of the punitive damages that Nature's fury is hitting us with?” is the opening question in this article. Two Sai University professors, Prof. Gangadhara Sastry (GS) of the Department of Political Science and Dr. Deepak Anand (DA) of the Department of Management Studies provide a six part discussion by combining both current scientific observations and Bhagawan's words on man's role on climate change.



Offer to God What He is Fond of

This endearing reflection of Bhagawan's fondness of the Ganesha form of the Supreme Lord both reminds us of Lord Ganesha's eternal attraction and His importance in Bharatiya tradition.

The Launch of Sathya Sai Universe



Dear Brothers and Sisters,

Om Sri Sai Ram. Welcome to **Sathya Sai Universe**. On behalf of Sathya Sai International Organisation, it is my pleasure to introduce a tool that gives us a glimpse of how Bhagawan's love and message is touching the lives of millions around the world in 126 countries. Swami once told us that He belongs to the entire universe, not just this world. Therefore this website is named **Sathya Sai Universe**.

This website tells the beautiful stories of spiritual, educational, and service activities rendered by Sathya Sai volunteers around the world. It will have articles, pictures and videos. It will be updated continuously with feedback from all countries where the Sathya Sai organisation is active.

This website has been created and is maintained with the support of Media Coordinators from all countries, Officers of the Sathya Sai Organisation, and our Media and IT Committees. It is a symbol of our joint effort to unite the world with love and service to express gratitude to our beloved Bhagawan.

Please remember that these are your stories. The more information we receive, the more we can share these uplifting stories and news from Sathya Sai centres. It is really wonderful and heart-warming to know of all the loving service being rendered in so many different ways! This website will help us see all the activities in one place, and remind us of the infinite grace and love of Bhagawan Sri Sathya Sai Baba for all. Thank you for visiting Sathya Sai Universe. Please read, share, and enjoy!
JAI SAI RAM!

*Dr. Narendranath Reddy,
Chairman, Prasanthi Council*

Guidelines for Contributions

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

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

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

Deadline for Winter Issue February 15, 2015

