



Canadian Sathya Sai Newsletter



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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.

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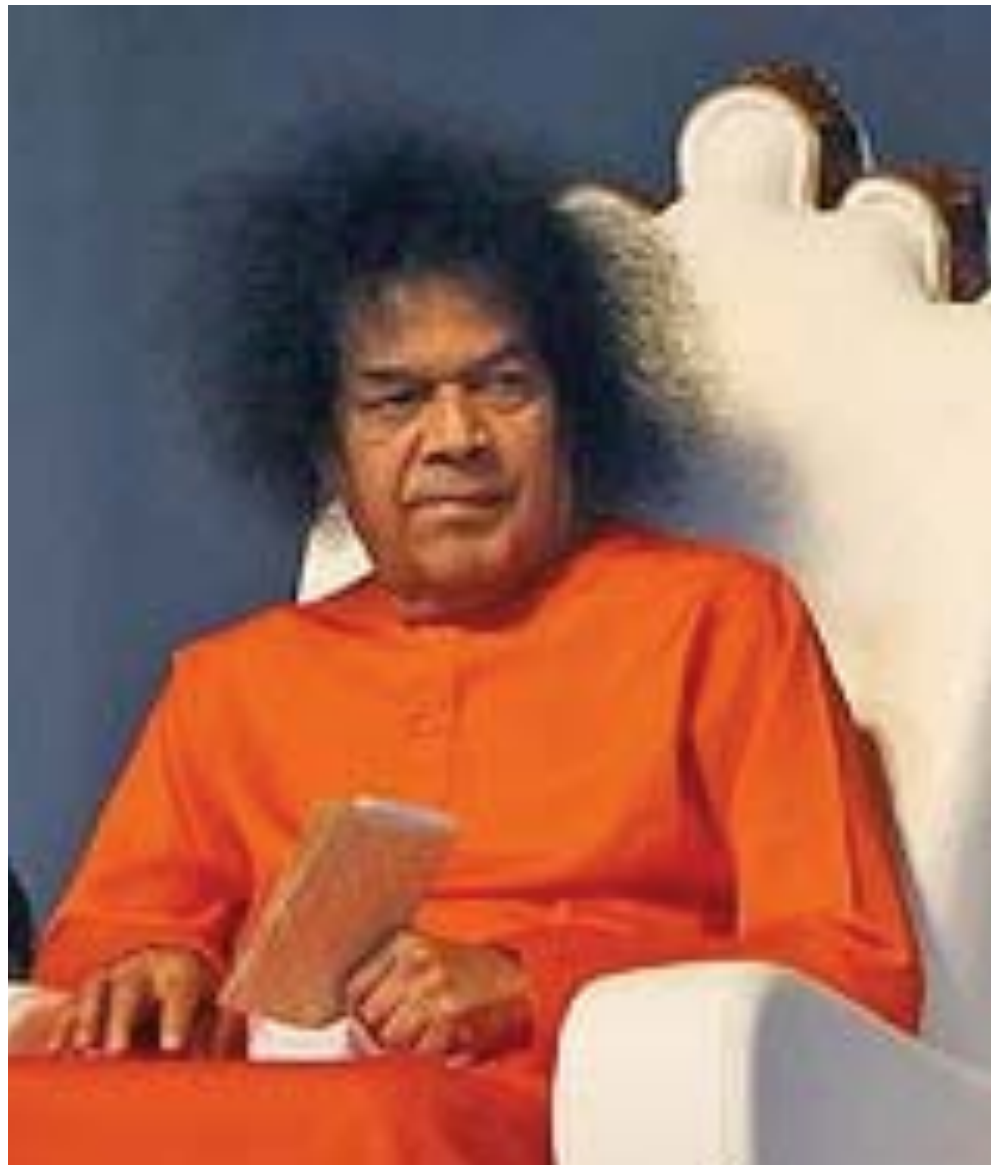
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“A Guru is necessary to make you understand the formless and attributeless Divinity. Since it is difficult to get such Gurus, consider God as your Guru.”

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Recommended Links:

Path of Transformation: <<http://www.pathoftransformation.org>>

Radio Sai <<http://media.radiosai.org/www/>>

For nutritious vegetarian recipes: <<http://soulofspice.wordpress.com>>

THE SATHYA SAI STORY



November 23, 1926, is a red-lettered day in the history of mankind. On that day was born in the (then) obscure village of Puttaparthi, a charming baby boy in the Ratnakara family. None realised then, and indeed for a long time thereafter, that Divinity had incarnated in human form as Ratnakara Venkata Satyanarayana Raju, grandson of Mr. Kondama Raju, and

son of Pedda Venkama Raju and Easwaramma.

The birth of ordinary mortals is the direct consequence of earlier lives. The karma or the track-record of earlier births, i.e., the nature of deeds performed, both good and bad, determine the future births. In short, human birth is a karma janma (birth that is the consequence of earlier births). However, when the Lord comes down in human form, it is a different story altogether. He incarnates as a part of His unfathomable Cosmic Drama, to play as it were, a cameo role. He decides the time and the place of His incarnation, the parents, and also how His life would unfold. Thus, the Lord's birth as a human is a part of His Divine Sport or Leela.

In the Sathya Sai Incarnation, the Lord chose the Ratnakara family on account of the purity, piety, and the

devotion of its members. Prior to the incarnation, Pedda Venkama Raju and Easwamma had been blessed with one son and two daughters, Seshama Raju, Venkamma, and Parvathamma, in that order.

Some years passed and Mother Easwamma longed for another son. She observed all the prescribed austerities, and soon her prayers were answered. She was to become a mother again. Even before its birth, Easwamma knew that the child to be born would be unusual. There was a definite reason for such a belief.

Sometime prior to the birth of this new boy, Lakshamma, the mother-in-law was engaged in the worship of Lord Sathyanarayana. The Lord then appeared in her dream and blessed her, indicating that He would be born in her family. Promptly, Lakshamma alerted Easwamma that the latter might have strange experiences, but ought not to worry

about them. Shortly thereafter, Easwamma had precisely one such experience.



One day as she was drawing water from the well, Easwamma was startled by the sight of a big blue ball of light. The ball came directly towards her and entered her. Easwamma fainted and fell. The Lord had entered her womb for the mandatory stay prior to physical birth as Sathyanarayana Raju. Thus, the Lord was not begotten, but immaculately conceived.

Sathya was born in the early hours of November 23, 1926. There were any number of unusual incidents accompanying His birth, as also in His

childhood (as in the case of Lord Krishna). Though they all gave strong hints of His Divinity, few realised until much later that Sathya was the Lord Himself. But, all unfailingly recognised that Sathya was most unusual, extraordinarily intelligent, precocious, and above all, always full of Love and compassion.

In Primary School, Sathya helped His classmates in diverse ways. Though from a poor family, He did not hesitate to give away His clothes to needy classmates. More importantly, He never lost an opportunity to turn the minds of His friends towards God. Among other things, He formed a bhajan group for this purpose, which later became very popular.

It was time to move on to Higher Secondary School, but such a school was available only in Bukkapatnam, several kilometers to the north of Puttaparthi.

Young Sathya now had to trudge back and forth every day, no matter what the weather, the muddy path

through fields, walking on bunds, and wading through water, as required. In the Bukkapatnam School too, He was a model student, ever helpful to others.

Making students God-conscious remained His prime occupation, and to hold the attention of His mates, He would often materialise gifts, much to their amazement.

Sathya was an automatic choice for the class-leader (monitor), but this brought its share of problems. Once, His teacher asked Sathya to slap all the boys in the class for an infringement of discipline. Instead of slapping hard as he was expected to, Sathya merely patted the cheeks of the errant pupils. This greatly angered the teacher, who then directed all his wrath on the class-leader. Sathya bore the punishment in stoic silence; for Him, it was all a part of the Drama scripted by Him, and this particular scene was being enacted to impart some lessons to humanity.

On another occasion, the teacher handling a particular class noticed that

Sathya was not writing down what was being dictated, while all other students did. When questioned, Sathya replied that He was not taking down because He already knew the lesson.

Interpreting this response as gross impertinence, the teacher asked Sathya to stand up on the bench, a form of punishment popular in those days.

Sathya obediently did.

After a while the School bell rang, signalling the end of the period in progress, and the commencement of a new class. It was time for the teacher to leave the room and make way for another one who was to handle the next class. Mr. Mahboob Khan, this other teacher, entered the classroom and to his utter surprise saw Sathya standing upon the bench. Khan loved Sathya very much, and to him it was inconceivable that Sathya would have done anything to deserve a punishment. He also noticed that the teacher who had handled the previous period was not vacating the chair. To



his astonishment he then discovered that this teacher was not getting up from the chair because he was stuck or glued to it. Whenever the teacher tried to get up, the chair also lifted! In a flash, Khan understood the problem. He asked Sathya to get down from the bench and the stuck teacher promptly got his release!

Years later Swami disclosed that this drama was staged not to inflict humiliation on the teacher concerned but to make people conscious of His Divine powers.



Around this time, Mr. Seshama Raju, Sathya's older brother, went to Kamalapuram to stay with his in-laws, and also qualify there as a teacher. Kamalapuram boasted of a good school and Seshama Raju thought that this was the school where Sathya ought to study. The entire family pinned its hope on Sathya, and dreamt that one day He would go to college and eventually end up as a big officer in the Government. And so, to Kamalapuram, Sathya went.

Seshma Raju's in-laws, being relatively well heeled, looked down upon Sathya since He was quite poor. As a result, He was not only ill-treated but also called upon to perform

arduous household duties. He had, for example, to fetch drinking water everyday from a far-off well. Such chores left scars, which remain to this day.

In the Kamalapuram School, Sathya was a great favourite of the Drill Master who doubled also as the Scout Master. Once, there was to be a grand General Fair and Cattle Show in the neighbouring village of Pushpagiri.

The Scout Master wanted his troop to go Pushpagiri and render service of the type scouts were expected to. A subscription of ten rupees was collected from each boy for meeting the various expenses connected with the trip, including the bus fare.

Not having the required amount, Sathya excused Himself from joining the group but assured the Scout Master that He would somehow or the other be in Pushpagiri at the appointed time for duty. While His friends went

by bus, Sathya walked the entire distance, with little to eat on the way.

When He finally reached Pushpagiri, He was very tired but did not flinch from discharging His duties. Just before returning, He thoughtfully bought a few small gifts for folks back home. When He returned, what greeted Him was not appreciation for the gifts but a severe punishment because His absence had created problems with the supply of drinking water.

Despite the harsh treatment constantly administered, Swami has never ever criticised either His older

brother or His sister-in-law, maintaining always that they were but mere instruments in His Drama, with specific roles to play.

His teacher's training concluded, Seshama Raju moved from Kamalapuram to Uravakonda to take appointment as a Telugu teacher in a school there. Sathya went along and joined that school. Once again He excelled in everything, and became the cynosure of all eyes. But, once He was back at home, it was the same painful routine; no letup at all.

[MORE.....](#)

(From H2H E-MAGAZINE)

O B I T U A R Y

Sister Kanchana passed away peacefully on August 18, 2012 in Winnipeg. Dr. Kanchana was a reputed microbiologist. She worked tirelessly for Canadian Sai Organization for many years. She was the National Education Coordinator and was on the team of Canadian Institute of Sathya Sai Education. Sister Kanchana had a pivotal role in the success of Canada's Sai Pilgrimage to Prasanthi Nilayam in 2010.

Sister Kanchana's devotion to Swami was strong, steadfast and unwavering.

Sister Kanchana left an indelible mark on our hearts and a strong legacy of service. She will be missed by the Sai family.

HIGHWAY TO HOPE

A faulty heart valve debilitated a young trucker's life, affecting his ability to provide for his young family. When the simple act of breathing became a laborious chore, poor and uneducated Easwaran

found himself at the 'temple of healing' that offers free treatment of the highest international standards to anyone who seeks it.

The story of Easwaran from rural Tamil Nadu is a tiny leaf from the book



The Sri Sathya Sai Institute of Higher Medical Sciences, Bangalore

found himself tossed from pillar to post, trying to find a cure for a disease whose treatment is beyond the reach of a vast majority of India's one billion population. That is, till he

of Sai's overwhelming and inexhaustible love for suffering humanity.

A doctor was speaking to a patient. With the rigor born out of

habit, the doctor was repeating in fluent Tamil, a South Indian language.

“You are being discharged today. You will receive your discharge summary in which all the instructions that you have to follow are mentioned. Follow them rigorously. Your heart valve has been replaced. It is a metal valve and has to be maintained. We are giving you a medicine, Warfarin.”

The forehead of the patient puckered in confusion. The doctor picked up the discharge summary and showed him the name of the medicine printed in bold.

Clarity of Communication Defines Doctor–Patient Relations.

“I don’t know English sir!” said the patient in Tamil. “I only know how to sign my name.” A common answer from many of the patients who come to the doors of the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield; most of them are illiterate even in their mother tongue. But, of

late, things seem to be looking up. The value of education seems to have been recognised, for though the parents are not so fortunate, they endeavour to provide their children with at least a basic education. In this case however, English was definitely not the medium of communication, and the doctor was following the best practice; explaining to the patient in a language that he understood and was conversant with, the meaning and import of everything that was said. In fact, it is mandated that nothing be done without the consent of the patient in writing. Before any procedure that the patient will have to undergo, it is explained fully in their native tongue. Returning to the context... *“Go to your local pharmacist and tell him that you have had an Aortic valve replacement surgery done,” said the doctor. “Also show him the note*

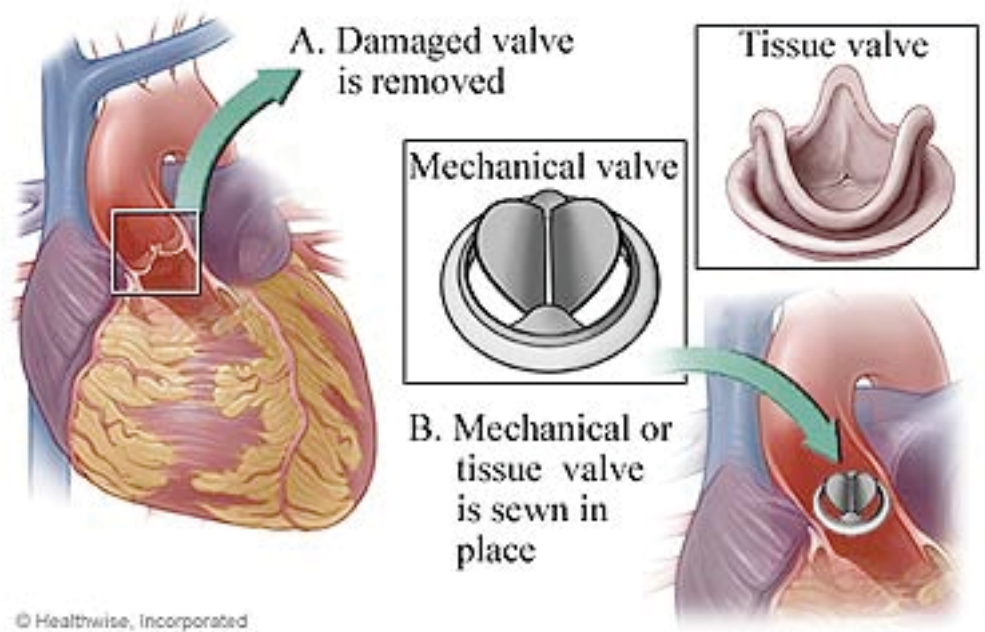
that I gave you this morning (prescription). It contains all the medicines that you have to take regularly. He will know what to give you. Otherwise, the Nurse here will help you, write down the names in Tamil and memorise them.” The patient’s face brightened. Now that was something he could do. The doctor continued. *“I am mentioning this again and again. Of all the medicines you must take, this medicine Warfarin is the most important. This is a blood thinner. Your valve will work as long as you take this medicine. It must be taken every day at 5.00 p.m. without fail. You cannot miss even one day. You can skip eating your meal but you cannot miss out on this medicine. Do you understand?”*

The patient nodded but from the expression on his face it was obvious he was still unclear. The doctor explained for the third time and concluded saying, *“If you miss even one dose, the blood will clot and the valve will close permanently. If the valve closes, your heart will stop and you know what happens when your heart stops. There will not be enough time to get you to a hospital.”* The doctor paused and repeated slowly with emphasis. *“Prevention is the only solution. You must take this medicine life long. The other tests that you need to get done periodically, have already been explained to you, correct?”* his eyes looking at both the men standing at the desk. *“Yes sir,”* replied the thin and spry young man accompanying the patient.

”Take care, if you take the medicine regularly, stop smoking and eating non-vegetarian food, the valve will serve you well. If you don’t follow the instructions

perfectly... all the effort spent will be a waste. Do you understand? Your wife and children will suffer the consequences of your action.

Okay?” said the doctor. The patient nodded once again. His attendant piped up. “I will make sure of everything sir. We live together. I will take care.” *“Good!”* the doctor turned and caught sight of me at the end of the desk.



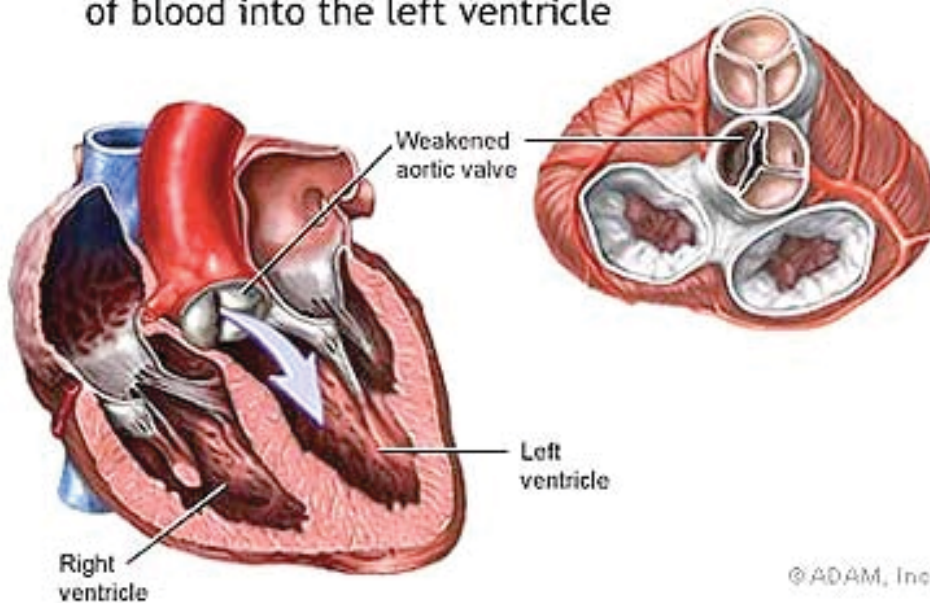
“AVR?” I asked in English. *“Discharge today. You know the drill!”* replied the doctor in English, his fingers mimicking the opening and closing of a heart valve.

“I only hope he takes it regularly.” I was referring to Warfarin.

Faulty Valves Damages Hearts, Shortens Life Span

AVR is short for Aortic Valve Replacement. Easwaran was suffering from aortic valve damage, a

Failure of the aortic valve to close tightly causes back flow of blood into the left ventricle



consequence of rheumatic fever. The heart is the pump of the human vascular system with the Aortic valve being the outflow regulator for pure blood to all parts of the body. Due to various reasons, rheumatic fever being primary, the valve slowly undergoes degeneration. Calcium deposits form on the valve preventing its function. Consequently the heart muscle weakens and if left untreated will

hasten the inevitable. I was intrigued by the last words of the doctor 'He will, if he understands that his life depends on that little white tablet.' What did this new life mean to the recipient? Did he really know the value of what he had been gifted with? A valve surgery in any commercial hospital

costs not less than Rs.1,00,000/- In India (approximately US \$2500.00).

To read the complete article by Mr. Y. Arvind in Radio Sai e-magazine H2H

[click here...](#)

MAKE SAI YOUR CHARIOTEER



“Sai is ever by your side. He is the charioteer of the vehicle of your life.”... said Swami (Written by Late Prof.Kasturi):

Innumerable are the instances when God has converted a ‘stormy tornado’ of someone’s life into a ‘serene sea’ when they allowed Him to take over the reins of their lives.

Dr. Y. S. Thathachari, a dedicated biophysicist who had worked for some

years at the Massachusetts Institute of Technology and after that at Stanford University and the University of California, suffered in 1960 ‘aggressively malignant and metastasizing Cancer in the skull, the neck, the ribs and the hips, the cancer having the features of both ‘Ewings and Reticulum Cell Sarcoma.’ It was a death sentence enveloped in medical abracadabra! Prof. Kasturi reports in Sathyam Shivam Sundaram.

The surgeon finally told him, 'Sir, miracles do happen. We hope such a miracle would happen to you.'

This was in 1962. The couple returned to Madras (now Chennai) and the doctors in Madras pronounced that even the liver is now affected with cancer. "In 1965," Tathachari says, "I felt like seeking the blessings of Bhagavan Sri Sathya Sai Baba, following a chance reference by a friend. Baba blessed me and my wife and directed us to go back to Stanford, continuing the Endoxan, if I wished to do so. In 1970, when I approached Him again, He asked me to discontinue all drugs and dietary supplements. He gave me an assurance of cure and dispelled that ever-present dread of recurrence."

Dr. Thathachari later pursued his teaching assignment and research projects in America with undiminished

zeal. The 'miracle' had indeed happened.

The reason we quote this particular incident, though there are innumerable of such 'divine graces' happening anytime all over the world, is to bring to your attention a few powerful and profound words that Bhagavan wrote to him many years later.

They are for all times and for everyone :

"Busy yourselves with the duties which are entrusted to you, in good spirit and fine health," Swami's initial lines in the letter to Thathachari read. But, what came later is most significant. *"Sai is ever by your side. He is the charioteer of the vehicle of your life. The ship of life, however heavily loaded with the cargo of*

joys and sorrows, can certainly arrive at the harbour of self-realisation, if it is propelled by holy mental energy. Repetition of the Name is the 'dug-dug-dug' of the pistons; the steering wheel is love; the anchor is faith.

Continue the journey with confidence. Sai is always guarding you from harm and pain...

Swami is constantly showering His compassion on you. He counsels you from within and corrects you. On your

part, be immersed in the duties entrusted to you; remember, that is Swami's work. When you discharge your duties, convinced that the work is Mine, health and happiness will be added unto you."

Bhagavan, in so many comforting sentences, conveyed how glorious one's life can be if He is made the Charioteer. It is these sweet and soothing words of the Lord, dripped in divine selfless love, which are His most potent weapon to induce man to pause, reflect, reform and then reestablish himself in peace.

"The great teaching of the Gita is this: Put your trust in God, carry on your duties, be helpful to everyone, and sanctify your lives. Dedicate all actions to God. That is the way to experience oneness with God. God is in you. You are in God."

“LOVE ON WHEELS”



The first anniversary of Bhagavan Sri Sathya Sai Baba’s Maha Samadhi was commemorated at the Sri Sathya Sai Baba Centre of Scarborough, Toronto, Ontario, Canada. This coincided with the 25 years of Community service provided by the above Centre. To mark both these significant occasions, Past Presidents initiated the ‘Love on Wheels’ project. Devotees wholeheartedly opened their wallets and donated sufficient money to buy 40 wheelchairs. The response

was overwhelming. These were distributed to two major hospitals in Toronto, 20 each to Scarborough Hospital Foundation and Scarborough Rouge Valley Health System.

During the presentation of the wheelchairs that took place at the Sai Centre on April 24, 2012, approximately 600 devotees were in attendance.

The evening started with programs by the SSE students. Multi Faith leaders from Buddhist, Christian, Zoroastrian and Muslim faiths graced the occasion and showered their prayers and blessings. Veda chanting, speeches by past Presidents, video presentations, and scintillating bhajans followed well into the evening.

The culmination of the event was the presentation of wheelchairs, "Love



on Wheels" in gratitude to our loving Swami for the knowledge and guidance He had bestowed on them and the strength He gave to sustain the Centre for 25 years.

Hospital representatives were present to receive the wheelchairs. Also in attendance was the MPP (Member of the Provincial Parliament), representing Scarborough Rouge River riding.

The wheelchairs carried Swami's quote: "Love all, serve all". The Sai members believed that service was the highest form of spiritual sadhana and when done with the spirit of "love all, serve all"

it becomes a truly rewarding experience. The success of the project was summed up by the example of a 12-year old SSE girl's determination to bring awareness and to raise money by practicing "Ceiling on Desires" for two wheelchairs.

The President of the Centre expressed, "We are sure that loving contributions from the compassionate hearts of our members will help those who depend greatly on wheelchairs on admission to hospital". A hospital staff remarked "At times, all the wheelchairs are in use and they have to wait till they get one free; the additional 20 wheelchairs will certainly mean the world to our patients who need them, especially in the Emergency Department".

Sathya Sai School Building Project



From the very first day of the Sathya Sai School's inauguration in September 2000, the seed was sown to find a permanent location for the school. After searching diligently for 12 years and being blocked mainly by zoning problems, the goal is finally in sight. **An appropriate building which is zoned for education has been found at 451 Ellesmere Road, just down the street from its present location.** After a total remodeling both internal and external, the building will permanently house the Sathya Sai School of Canada and enhance its high standard of education and truly make it a model institution for Integral Education in Canada, with its dual

focus on academic and character education.

The school will also grow from a Primary school up to a Middle School, with the addition of grades 7 and 8. Looking both to the past and to the future, we see that the school's development has reflected the words of its **Founder Sri Sathya Sai Baba**, who had advised the President of the School Trust, **Mr. Dayal Mirchandani** in 1999, to *"Start small and grow bigger."*

The development of the new school is being overseen by members of the **School Building Focus Team** who have been making Herculean efforts to meet **the closing date in December 2012.** The zoning for the school has been confirmed (with an exemption from City Zoning By-law changes), all conditions with the seller

have been waived and the deal is now confirmed.

Building Features

- ☒ 2.59 acre site
- ☒ 30,000 sq.ft. building
- ☒ Playground
- ☒ Gymnasium
- ☒ Science Lab
- ☒ Music Room
- ☒ Computer Room
- ☒ Library
- ☒ Meeting Rooms
- ☒ Teacher Training Centre
- ☒ State of the art Classrooms
- ☒ Expansion to Middle School

The new building is being designed by **Architect Mr. Surendra Bagga** from Windsor, who has visited the school and staff to determine specific requirements of the Sathya Sai School. Many teams are required to plan and carry out this large and

complex project. The **Core Focus Team** comprises members of the School Trust, the Sai Organization, Parent Council, Professionals in Engineering, Finance, Planning and Real Estate. The Project Manager is **Mr. Deo Gocool**, a longstanding volunteer from the Sai community with abundant experience. For the school building itself, many skilled professionals comprise the following: Architectural Team, Engineering Team, Site Grading Team, Traffic Management Team, Landscaping Team, Record of Site Conditions Team and Communications and Coordination Team

Finally, to provide the funds to make this School Building Project a reality, there are the **Finance Team** and the **Promotions Team**. Thousands of emails have already been exchanged by the teams and an untold number of hours have been put in to bring the project to this stage of

development. **The teams assert that if the funds are in hand, we can meet a target of September 2013. If the target date is missed, then occupancy will be in September 2014.**

A Parent Council representative delivered a message of gratitude for all the gifts the school has given to her family. She emphasized that, “This place is unique. It is up to us to preserve this heritage. We can do it.” She quoted the school’s Founder:

“It is a privilege to be blessed, but a greater privilege to be a blessing in someone else’s life.”

We invite you to support and participate in the School Building Project – parents, volunteers, well-wishers, members from the Sai community, people from across Canada and around the world, to help in whatever way is feasible, with time, skills, or resources.

The educational system of the future: You can be part of this historic event – the founding of a permanent institution for Values-based education in Canada. This is the educational paradigm of the future, with its focus on speaking and living Truth, loving all, respecting parents, developing self-awareness, and learning to see the Oneness of creation. Training the youth in this way will help to usher in a new age of peace.

Together we are creating a new Earth where all beings will be happy.



“LOVE IS MY FORM”

There is a persistent ancient myth that is hinted at in many cultures including the ancient Hindu, Christian, Mayan and Egyptian cultures. Archaeologists, today, are finding more and more evidence that suggests it may be true. The myth states that the human race once existed in bodies that were not physical. Long ago we were simply spiritual beings and looking like little whirlwinds of swirling colored lights, we were enamored and fascinated by the physical world over which we hovered. Fascinated with forms we experimented by trying to take different shapes. Our early efforts were rather comical. We imitated the animals so that some of us might have had a head of a man and a body of a horse, or perhaps the head of a lion and the wings



of a bird on the body of a man. Use your imagination to put together any kind of combination; we probably tried them all. Our general tendency was to create a physical form through which we could live. Our bodies remained vaporous however and non-physical for a long time. Another of our characteristics was that we were non-sexual or rather that the two sexes were combined into one. The

Christian myth is that Eve was created from one of Adam's ribs, but a better way to describe the creation of sexual differences may be that our bodies as they became more and more dense simply divided into two portions with their unique qualities, one masculine and the other feminine. It may be that not long after we separated into two

sexes our bodies started to become more physical and human bones started to appear in the fossil records.

I thought of this myth when I read in Professor Kasturi's biography of Sai Baba of Baba's experience in late June 1963. Exactly 49 years ago now, Baba, at the age of 36, announced that he would not be giving interviews for a week. Prof. Kasturi's account is very interesting. He describes the severe suffering that Baba endured during that week, of how he refused medicines, of how he lost his awareness of people around him, of how his words were slurred and he had trouble making himself understood, of the violent heart attacks he suffered, of how people prayed and felt helpless and then of the final miracle. Three devotees helped Baba into the prayer hall. His left side was paralyzed, he dragged his left foot behind him, his face twitched. Seeing him people sobbed with grief. He asked for water. Fumbling with his right hand he managed to put a little water on his

left hand and sprinkled some on his left leg. Then He was able with both hands to massage his left leg and strength returned to it, then he stood and started his talk, '**Embodiments of divine love**'. He was again his normal self.

In his talk, he explained that **Shakti was his left half and Siva his right, and that Shakti had incurred Siva's displeasure and had to suffer. So his right hand, that is, Siva, healed his left side, Shakti. Is this a reference to the ancient myth that we were once together as the two sexes in one being? Perhaps this is the modern day idea originated that each of us is looking for our soul mate and are not happy until we find that other half of our self.**

Returning to the myth, after we evolved into two sexes we started to think of only our physical bodies. We forgot our spiritual nature and convinced ourselves, 'I am this body'. When the body has pleasure we say, 'I am happy'; when the body is in pain we say, 'I am suffering', or 'I am miserable'. The

limited, finite body now totally dominates our self-conception. We have become accustomed to defining our moods and feelings according to the moods and feelings of the body. We have submitted to the limitations of the physical body and have totally forgotten that grand spiritual perception that we once enjoyed unity with all that is. But, we, that is, humanity, have reached the point in our evolution where we have to start thinking of evolving back again to that spiritual universal consciousness we once enjoyed.

During a moment of clarity and just before Baba was about to have another painful heart attack in that crippling experience, Baba told Kasturi, ‘The mind is a thousand petalled lotus, each petal directing it outward into some facet of the objective world. In the very centre of the lotus is the Flame of the ‘I’ principle. The flame is ever unsteady, veering now towards one petal, now to another, but if through the exercise of Will you keep it steady and

straight, the ‘I’ is unaffected by the events that happen to the body’. He paused and then reflecting back on the heart attacks he had just suffered, he continued, “During those four hours, I held the flame straight. I was away, apart. I was watching the body from above, Myself unconcerned, unaffected”.

When I read this I thought it was a beautiful description of how we could practise centering ourselves in our mind with its restlessness which takes it in a thousand directions. To centre the mind like that is actually a scientific discipline, yoga, where we can learn to centre ourselves in that ‘I am I’ flame within and not follow any of its distracting currents of energy or the currents of desires all of which have to be stilled, if we are to realize our goal of self-realization.

In my past I have appreciated both Christian and scientific, atheistic philosophies, and I like to try and merge these with the teachings of Baba as well as the philosophy of the ancient

Upanishads, which I am now studying with a group of friends. I've often thought that Hindu teachings could help a Christian to better understand the teachings of Jesus but also atheistic rationalism may be able to help us better understand the teachings of both Jesus and Sai Baba. For example, do they believe in God? This may seem like a foolish question as obviously they talk about God all the time but do they mean the same thing when they talk about God as you do, or as a Christian does or an atheist? Each has their own particular concept.

Baba was once asked, **'Is it true that you are God?'** He replied, **'Yes, I am God but that is only half the truth the other half is that you also are God.'** A Christian or an atheist might think if you told them that, that you are an egotist and a non-believer in God because for a Christian and an atheist, God is some great being out there who created the world and some believe He has deserted it, as a result God has not

stood up to the tests of being a loving Father. Even many Christians are wavering today and doubting their own faith. Their idea of God is quite different from ours and they may be quite right to disbelieve what they think is God but what God is needs to be reconsidered. Baba's concept of God as our very self and his presentation of it is quite unique in our modern world, although it is suggested in the gospels but not properly understood.

How does Baba describe God? If Baba is God and you are God, what does that mean? The Upanishads throw more light by declaring that God, or Brahman is consciousness. Prof. Kasturi, in Sai Baba's biography, quoting Baba has told us 'that only those conversant with the Vedas and the Sastras can delve into His Reality, to any appreciable extent'. (p. 38).

Understanding that we are consciousness and Baba also is, shows how we can be connected in oneness with Baba. We are all the same essence.

There is only one essence, namely consciousness, called Brahman or God, and the essential nature of every being is consciousness. But, how can it be described and realized? Krishna, Jesus and Sai Baba have all defined it from an inner realization of being at one with it. Their oneness with the universal consciousness has given their words a remarkable resonance and authority that has made and will make their words endure for centuries. Each of them spoke in the first person in describing the infinite reality.

If Christians and atheists could have this sense of God as our inner conscious reality the question for them then would be not, 'Does God exist?' but rather 'Do I exist?' Do I exist as a permanent enduring consciousness and what do I know about my inner reality? Jesus said, 'I am the way, the truth and the life,' and encouraged us to follow him. Christians mistakenly believe that only Jesus, the personality was the way and so Christianity started excluding

people who were not Christians and looked down upon them. But, of course Jesus was defining our inner consciousness as the way, the truth and the life. Another quote from the words of Jesus tells us something about consciousness and that is 'Before Abraham, I am.' In other words, consciousness is not bound by time but exists as it were outside of time. Jesus was claiming that he existed in a timeless realm of pure consciousness. Because consciousness exists, time exists. Consciousness dominates; it comes first. Jesus is simply expressing the Hindu idea that everything is Maya, or illusion and only the self as consciousness is real.

Baba teaches us similar things. From our chant we learn that *'Love is my form, Truth is my breath, Bliss is my food'*. Your form is love. Some people may have trouble believing that. In our subconscious minds there are all kinds of disturbances and feelings of inadequacies because we often are all

too much aware of our own weaknesses. But, your inner essence is love and focusing your attention on that will help clear the clouds in the subconscious. **'Truth is my breath'**. Yes, that can be true but we have to use our determination and will power to make it true. And, if we do that bliss will be our food.

'My life is My message' the chant tells us. If we keep our attention focused on Baba, he for us represents our deep inner reality and life will manifest according to his teachings. I like the promise in the next line that **'Expansion is my life'**. Our sense that our conscious awareness is expanding and growing brings us a sense of bliss. There is **'No reason for love, no season for love'**. Love is our inner nature. If we disperse the dark clouds of our subconscious mind by following Baba's teachings, we will begin to experience that love is our inner nature and realize that bliss that waits to be discovered.

The next line throws off many people, especially those who do not believe in reincarnation. **'No birth, no death'**. Even for those acquainted with reincarnation, it is hard to think that we were not born. Baba has said a number of times that part of His mission is to revive the knowledge of the Vedas and its philosophy expressed in the Upanishads.

If we did not experience birth and will not experience death then what did happen? Our earliest memories begin with thoughts and experiences that give shape to our self as a body. We get hungry. We need to be cleaned. Gradually we learn to respond to the name that has been given to us. And, all this time while we are learning these things we are there unrecognized as the consciousness that is doing the learning. How did we get there in this body? Where did we come from? Perhaps the question is wrong. Perhaps we should rather ask, Is this another dream body that I am creating within

myself? Baba has demonstrated that consciousness is omnipresent both in space and in time. We are consciousness which is unbounded by space and time so the new body is being created within us just as a desire may grow within us and in time manifest as a reality. 'No Birth, No Death'. In the Bhagavad Gita, Krishna emphasizes this as well. Speaking to Arjuna, he says,

'He who shall say, "Lo! I have slain a man!", He who shall think, "Lo! I am slain!" those both know naught! Life cannot slay. Life is not slain!

Never the spirit was born; the spirit shall cease to be never;

Never was time it was not; End and Beginning are dreams!

Birthless and deathless and changeless

Remain-eth the spirit forever;

Death has not touched it at all, dead though the house of it seems."

Without the spirit or consciousness in a body the body is quite dead. Your essence, my essence, the essence of everything, and Baba's essence is all the same essence, pure consciousness, pure spirit or pure life. It is because we are all that pure essence of consciousness deep inside that we can feel oneness with each other and with Baba, especially with Baba as he has shown how he has centered himself there in our very heart of hearts. To focus ourselves within ourselves is to focus on Sai. To do so, brings about that expansion, which is life for us. Baba says, "Give me your mind, fully and without reservations; give it to Me with all its fickleness and waywardness. That is the only thing that you need do. Then, you will be liberated from grief. Not only you, but, every being in the Universe has to be liberated and will be."

~**Bob Harrington**

Sri Sathya Sai Baba Centre of London, Ontario

A speech given during Annual Spiritual Retreat 2012

BIRTHDAY MESSAGE FROM CHAIR

(EXCERPTS)

Swami's Birthday will be celebrated across Canada on Friday, November 23, 2012. During this auspicious week, It would be appropriate for His devotees to re-visit the Sathya Sai Avatar – His Vision and Mission, His legacy and importantly the role of Sai devotees in fulfilling His Vision.

What is the Vision and Mission of the Sai Avatar? In the years to come what will be the world Legacy of the Avatar of this kali yuga, Bhagavan Sri Sathya Sai Baba be?

What are the crises that the world is facing that needed the advent of the Avatar? Two great pillars of activities, both of which require transformation of Human Consciousness stand as

challenges that require an Avataric intervention. These are:

Unity of Faiths

The Sai Symbol and Swami's life itself bear testimony to what should be His World Legacy, Inter Faith Unity.

The Sai Avatar has come as the embodiment of all the five human values – Sathya, Dharma, Santhi, Prema and Ahimsa – Truth, Righteousness, Peace, Love and Non-Violence. Two world symbols of the Sai Organization, i.e., the Values Symbol and Sarva Dharma Symbol (used in overseas Sai organization) convey this message to all. Swami's Sarva Dharma or Inter Faith Symbol gives a clarion, it is loud and clear, call for Action. But, the

question is this! What programme can the Sai centers launch in society, that will have such impact on society, that could become the Legacy of the Sathya Sai Avatar.

Can the devotees in the Sai Organization become the messengers of Unity, Peace & Love? Rather than just singing Sarva Dharma songs in centers, can Sai devotees engage members of all religions to join hands as brothers and sisters in serving the needy and in spreading the five Human Values? Swami has said that He has come to “Feed the Roots of Religions”, “to make Hindus, Christians, Muslims, Buddhists, etc., more faithful in following the teachings of their own religions”. The Sai Centres must endeavour to promote the Unity

of Faiths as depicted by our logo, by united action of service to the Needy & the Elevation of Human values a priority.

Love and Honour One's Parents

Swami’s own life and his constant urging for respect and reverence for Mother & Father are living testimonies that should inspire us.

Swami has consistently called for Sai devotees and the Sai organization itself to make concerted effort to promote care for parents. Swami and every great man who have made an impact on society, are role models, and their lives bear testimony to this ideal. Swami has made His whole life the role model of the message, He has been conveying for years, Here is a glimpse of Swami's call. “Make everyone happy. Specially, help

your parents and make them happy. Whatever may be the circumstances, look after your parents well, even if you have to struggle hard." ... "there are many who neglect their aged parents.

As soon as they acquire a degree, they find a job somewhere and leave their aged parents to fend for themselves." The task is this: If centres can motivate every son, every daughter, to make the commitment that "I will honour my parents every day, I will never bring tears to their eyes, I will try always to give them happiness and peace of mind and make them proud of me". We will then, with one strategic action initiative, overcome and help remove much of the current negativity pervading in society, due to immorality and

misbehaviours among youths. Swami says, *"These celebrations and auspicious days, and birthdays are for you to practice the love through unity, coordination, and integration. It should not be just 4 weeks or 6 weeks affair; it must go on from birth to death. Love is the only path to reach that goal of bliss. My mission is 'Samastha Loka Sukhino Bhavanthu'. May all the worlds be happy and prosperous. Become aware of the unity of mankind; promote by love and service the joy and contentment of everyone on earth; fill you hearts with that yearning. Then it becomes verily the Sai Centre. From that moment."*

~**Thayananthan Thayaparan**
Chair, Central Council,
Sri Sathya Sai Organization in Canada



A wonderful Speech was given on Ladies day 2012 in Sai Kulwant Hall by Ms. Kayoko Hira wherein she mentions how Japan suffered and during the most trying times how Bhagavan saved the land, protecting the country with His Divine Grace.

I offer my most humble pranams at the Divine Lotus Feet of Bhagavan. Revered elders, and my dear brothers and sisters, Sai Ram from all devotees of Japan.

First of all, let us pray for people who are suffering from hunger, poverty, war, conflicts, diseases and domestic violence all over the world.

On March 11, 2011, a tragedy of the Great East Japan Earthquake and tsunami hit Japan. 15 thousand people died and 3 thousand missing. 4 hundred thousand people became homeless. Suddenly small children became orphans, young brides became widows, homes were destroyed and nuclear power radiation gave fear of disease and death for millions.

We, Japanese never forget that aid groups from all over the world came to Japan for rescue. Many countries sent relief to earthquake victims and innumerable people all over the world offered prayer for Japan. India's Prime Minister,

Manmohan Singh, offered prayer in the parliament. 254 countries and international organizations sent official letters of sympathy to our Emperor, Prime Minister, and Minister of Foreign Affairs of Japan.

Today, Japan is on the way to recovery. Many people lost their homes and jobs but the government provided housing and people survive on public assistance. It is a phase to focus on their employment stability and mental care.

There are millions of episodes. Please let me share some of the most unforgettable one. There was one Japanese youth working in one poor village in Africa. When the villagers heard about the calamity in Japan, they wanted to do something to help Japan. The village head told her that **“We cannot send money to Japan. In this village, we can harvest only beans. Please send our beans to the earthquake victims in Japan.”** In Africa, 15 countries sent monetary donations to Japan, but 10 of them

are called the poorest countries as their per capita gross national income is under two dollars.

When we heard about this episode, many Japanese shed tears. Seva is action from bottom of the heart, Love. Quantity is not important. The most important is quality and love. Please allow me to share Bhagavan’s grace upon Japanese victims of the earthquake.

On 14th March 2011, Brother Hira telephoned Sri Chakravarthi from Tokyo to report the great national devastation to Bhagavan. Brother Hira asked for Bhagavan’s permission and protection of life from intense radiation for the Sai Seva devotees to pass through nuclear contamination areas. After a few hours Brother Chakravarthi informed that Bhagavan has most graciously given permission to start immediate Sai Seva to victims. Bhagavan said **“I shall protect you all. Go.”**

Convoys of Sathya Sai Seva trucks carrying hundreds of tons of



relief supplies. 6000 litres of water, hundreds of thousands of meals, medicines, clothing were arranged in overnight operation. As all the roads were broken down, government had ordered civilian transport curfew.

With Baba's grace, Japan Police gave Sai Seva trucks "Priority Pass as Emergency Trucks". Sai Seva Volunteers could not reach the site as Japanese military was trying to make temporary roads and bridges- Sai trucks were stranded. We prayed to Bhagavan intensely. With Baba's blessings we got a message from the police.

Although all roads are blocked and broken a special empty cargo ship named "Miura" was especially dispatched overnight by Japan Coast Guard with a helicopter to transport

all Sai Seva relief goods immediately to most afflicted areas. The captain of the navy ship thanked Bhagavan. Next morning we got the news Sai Seva was the first and best lifeline to be dropped by helicopter in coastal cities devastated by tsunami. Sai Seva devotees then moved to seaside city of Natori where damage and loss of life was the maximum.

A Japanese Sai doctor named Dr. Hosokawa arranged through a nurse for food and water to reach the victims. The nurse said she had not slept few nights and was looking exhausted. Her house had been drowned in the tsunami and her old mother died in the tsunami, still she continued her duty to serve patients. Dr Hosokawa offered a room and transport but she refused. Then Dr.

Hosokawa gave her a photo of Baba saying He is God, He can do anything for you. Pray to Him because you are sad, lonely and exhausted.

After a week, the nurse gave a letter to Dr. Hosokawa and said she prayed to Baba. Her only wish was to get the dead body of her mother from the tsunami washed ocean so she could do her duty of cremation as a daughter.

Baba blessed her. She went to the sea shore early morning and among thousands of drowned bodies; only her mother's body was found and she cried "**Sai Baba Is True God**".

Dear Sisters and Brothers, although Bhagavan Himself was preparing to leave His very own body in the next few days, yet He answered the prayers of unknown mothers... daughters seeking His grace.

Sai ladies of Japan though very small in number continue to ardently love and serve Bhagavan. The Sai ladies of Japan have endeavoured to

learn and practice Sai teachings which are so different from daily Japanese life style. We have workshops on making Rangoli, cooking Indian Prasad and making Indian style garlands etc. They have also translated Easwamma books, Divine teachings on foods and a number of Swami's discourses. Over 300 original Japanese language melodious Sai bhajans have been made. Bhagavan loved Japanese bhajans and encouraged us to sing in Japanese language.

Japanese ladies are called YAMATO NADESHIKO. YAMATO means Japan. NADESHIKO is name of flower. Ladies are flowers in the world. Flower can make people happy, decorate home beautifully and scent sweetly. Oh, our Dear Bhagavan, please guide us and inspire us always.

May all beings in all The worlds be happy.

~Ms. Kayoko Hira

IMPORTANT NOTICE

Digital Canadian Sathya Sai Newsletter is being produced and distributed to the devotees electronically for the past couple of years. Past issues are available at Canada Sai website <<http://newsletter.sathyasai.ca>>.

Dear Readers, I hope you are enjoying the publication. Your feedback is critical to continuation and/or improvement of the magazine. I request you to kindly send your comments/suggestions to <sainewsletter@shaw.ca>.

Thank you for your support and encouragement.

General guidelines for contributors: 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 Maha Sivarathri Issue
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