

Canadian

Sathya Sai Newsletter

WINTER 2009

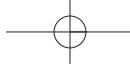


*Samasta Loka
Sukhino Bhavantu*



BIRTHDAY ISSUE





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

Central Coordinator
Dr. V. P. Singh

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

**Canadian Sathya
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**See inside back cover for
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for editorial contribution.**

Birthday

November 23, 2009

“Constantly meditate upon the name and form of God that is to your liking. It does not matter which name and form you select for your namasmarana. All names and form belong to the one God. He is Atmaswarupa (Embodiment of divine Atma). God takes up different forms and is worshiped by various names. Only God can fulfill the desires of devotees. Without Him, you cannot achieve anything. All are zeros only! With God's Grace, one can become a hero!”

-Baba

(From discourse on Feb. 21, 2009)





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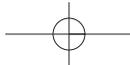


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“ Mind is sometimes characterized as a snake. This is because it doesn't move straight. It delights in crooked stratagems and clever contrivances. It avoids the straight path of sincerity and veracity. But, the snake mind can be charmed into innocence. When the snake charmer plays on his instrument, the snake sways its hood entranced; so, too the mind will sway with the music that emanates from the recitation of the Name of God!”

~Baba



Everything is God



Right from small ants, mosquitoes, and birds to mighty elephants, every being is the manifestation of God. Even the trees, hills, and mountains are manifestations of God. God is immanent in everyone. Right from a newborn baby to a grown-up and old person, He is present in everyone. A small baby grows up and ultimately becomes old. The baby, the woman, and the old lady are the same person. Because of their thinking, people see many different forms.

People today put their faith in diversity and not in unity. What does unity mean? It is not the combination of many; it is the realisation of oneness. When you have mirrors all around you, you see your many forms. Though there is total unity in creation, we look at it from the angle of diversity.

A dog entered a room fitted with mirrors and saw many dogs in the mirrors. It was afraid to see so many dogs in the room, considering them as danger to its own life. In order to escape from the situation, it jumped upon one of the mirrors. As it did that, it saw that the dog in the mirror also jumped upon it. In the process, the mirror broke. Then, it

felt that there was no other dog at the place and escaped from the room. It felt greatly relieved that it could save itself from so many other dogs.

God does not have different forms. In fact, He has no form. However, He has many names. Even though He has many names, they all correspond to the many reflections of the same divinity. You can see the reflection of the sun in flowing water and also in stagnant water. In the flowing water, the reflection appears to be wavering, but in steady water, the reflection is also steady. Your mind develops attachment to the world because of your desires. Everything in this world is just a projection of maya.

Wherever you see, there is God and God is one. Everything is God. When people see a scorpion, they are afraid that it might bite them. But, in fact, there is God even in that scorpion. There is no being in whom God is not immanent.

Develop equal-mindedness, and everything will become good for you. Whatever we do, it will come back to us as reaction, reflection, and resound. All that we experience is the result of our own actions. It is not given by God. God does not give anything to people except ananda (bliss). Having experienced ananda, do not criticise the One who has provided it to you. Both happiness and sorrow are the reflection of your own actions.

-Sri Sathya Sai Baba

(Discourse in Kodaikanal on April 29, 2009.)

Living Divinity



During a very significant speech in 1981, Swami spoke about the 'eight flowers of worship'. Out of these He said that Ahimsa, non-violence, is the most important. Swami's concept of Ahimsa is far beyond the connotations of not causing physical harm. His concept of Ahimsa is not causing harm in word, thought and deed! I would like to commence today with an offering of such a flower at the Feet of our Lord.

Albert Einstein, the famous physicist, was once asked whether it is possible for him to explain Divinity in scientific terms. He said that it is conceivable but it would make no sense; it would be like explaining Beethoven's Ninth Symphony in the form of an air pressure curve. We have the same kind of a problem in speaking about Bhagavan's Divinity.

The Living Divinity cannot be explained

in metaphors or examples; the limited cannot comprehend the unlimited; no form can contain it; the wayward cannot measure the stable; or the now measure the ever. We can only repeat the words of Sir Isaac Newton who said after enunciating the principle of gravity "I feel like a little boy playing with the pebbles on the seashore while the ocean of Truth lay all undiscovered before me".

Bhagavantham tells the story of how in the early years Swami once materialised a beautiful sapphire and stuck it on the statue of Shirdi Sai next to him. Bhagavantham was not only a staunch devotee but also a renowned scientist. The scientist in him wondered how the sapphire stood there without any ostensible means of support defying all laws of gravity. He started chuckling to himself, "Here I am accepting the principle miracle of the creation of a sapphire and I am questioning the secondary miracle of the sapphire defying the laws of gravity. Surely one who creates matter can also transcend the laws of matter."

A Malaysian devotee once told me the story of how 20 miles from Prasanthi Nilayam his car stopped for want of gas. This was his first visit to Prasanthi Nilayam and it was late evening. He was naturally concerned; he prayed to Swami, "Swami, make this car move forward to Prasanthi Nilayam this evening." He prayed, asked the driver to start, and the engine stuttered and they started moving to Prasanthi Nilayam. Next day the grateful devotee told Swami at Darshan time, "Swami thank you for the Grace of moving this car to Prasanthi





Nilayam without gas." Swami looked at him and said, "But that was not your only problem." Puzzled he went back, filled gas in the car, started the engine and turned the wheel. The wheel just locked and a mechanic was brought who found out that there was a broken tie-rod end. There was no way this car could have travelled 20 miles with or without gas. How many of us have travelled in cars with our broken tie-rod ends fixed unbeknown to us by this cosmic welder.

On this forum, several devotees in the last few days have shared their experiences of Swami.

Each one of us have received this benediction from Swami if only we know where to look for it. Some of these we know; many like the Malaysian devotee we do not know at all. Howard Murphet, whose books have brought more foreign devotees to Swami than any other writer, calls all these 'parables in action'.

Whenever Swami materialises something, blows into something and creates something else or cures an affliction, He is in fact demonstrating these 'parables in action'. Their purpose is not to make us richer, or to cure an affliction but to demonstrate to us and instruct us in the science of being and in the art of living through the demonstration of His Omniwill.

I would like to share with you one such parable, one of many that I was privileged to have. I would like to share with you not the experience but the education behind the experience - it was like learning at the Feet of Divinity.

As an international corporate citizen, I had moved from country to country and finally moved from continent to continent. As the story, I am about to tell, has a lot of political implications, I seek

your indulgence not to name the country where this took place as some of the people involved are still alive today.

This country was a totalitarian military state and had had 3 major coups. There were 3 ethnic groups in the country - Muslims with political clout; Christians with economic strength; and tribal leaders who had their own axe to grind. Because of recent struggles there was a distrust of foreigners, particularly Asians. There was no constitution in this country and there was complete anarchy.

I had heard of friends who had been taken away in the middle of the night and were never heard of since. There were summary executions - this was the order of the day. You could see bodies tied to automobile tyres and set on fire at the end of the street; the stench of burning flesh and vulcanised rubber quite often rent the air.

This was the background of the country where we wanted to introduce Swami's concept of Education in Human Values. We organised a conference of secondary school teachers and in order to give a big PR event to this incident, I was given the responsibility of inviting the wife of the president of this country to inaugurate the session and preside over the first day. I went and met the president's wife, she listened patiently and ultimately said that her office would get back to us as to whether she can preside or not.

A couple of days later, as I was driving to work I found that there was a big black limousine that was following me. I was concerned because this country had a fearsome secret service system. I made some enquiries with a contact that I had in the government and I learned that an enquiry had been ordered against me. As there was a lot of reli-





gious strife in the area in which we were living probably meeting the president's wife the previous week had triggered off a suspicion that our's is might be a religious institution and therefore needs to be followed.

In the meantime the wife of the president had declined our invitation. My contact in the government confirmed my suspicion that I was in fact the target of an investigation and said that people were being taken away in the middle of the night never to come back; he strongly advised and cautioned me that I must quietly leave the country. The Indian Ambassador who I consulted one day before the event confirmed this and also strongly advised me to leave the country. I was very concerned and left for home a day before the function.

The day of the conference had come; in order to protect my identity they did not announce my name - they announced me as a spokesperson. My job was to talk about EHV and introduce the speaker of the day who was Victor Kanu. But in view of the religious sensitivity I was advised that I should make no mention of Sai or of the institutions which He heads. With great trepidation I climbed the stage; as I went up I found the same secret service agents who had followed me sitting in the first row - my steps faltered. I started with a silent prayer to Swami, but very soon I threw caution to the winds. Instead of talking about EHV, I spoke about the Author of EHV; I spoke about Swami; I spoke about Sanatana Dharma; I spoke about Hinduism; I spoke about everything I was advised not to speak. I had decided that if I was to go down I would go down with the Name of the Lord on my lips.

The talk was over and I went back home. Thoughts of being picked up and being incarcerated

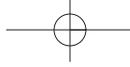
were very much in my mind. I was at home and the phone rang at 9.05 that night. I was certain that it was someone trying to tip me off to leave the country - but it was a friend of mine. He asked me whether I was watching the television. I said, "Why should I watch the television - I am waiting to be picked up!"

The television in this country was totally controlled by the government. 9pm was prime time when every single set would be turned on. I turned on the television - I could not believe my eyes. There was full coverage of the morning's programme; my whole speech was telecast; my name and occupation were mentioned; my anonymity was over. Not only that there was a full presentation of that morning's function; nothing about EHV, but all about Swami, His Teachings, and Hinduism. Swami was presented as an Eastern Messiah. All this happened in a country that was very much opposed to religious activities. It was mind-boggling. I did not know what was happening. The entire prime time news was only about this morning's presentation and covered all that I was advised not to speak about.

Next morning my contact in the government telephoned me. He said something strange is happening here. There was a handwritten ledger on the report that said I must be investigated and this ledger was serially numbered. When he went to that ledger that morning he found that the particular instruction that said I must be investigated was completely missing, but the ledger number continuity was maintained! There was no way that anyone could have torn the paper; only this particular instruction had completely vanished.

And there was more; within a week the





Secretary of Education in the country called me and asked me whether I could give a write-up on EHV so that it could be introduced to the country's secondary schools.

More wonders; the Teachers Union, normally a very militant body, invited me to talk to them and they set up a conference, which became the focus for introducing EHV at secondary school level in that country. This was the first country outside India to have formally accredited EHV in the secondary school system.

What was happening here? This was not mere materialisation or curing an affliction. This is something that broke barriers. This is something that completely changed the ethos. This is something that created a new order of things. What was Swami trying to convey here? He was only trying to convey that His work will always be done and that His Will will always be supreme. As He said three days ago:

"Why does the sun rise? Why do the stars hide their splendour in the day and show themselves in the night? Who ordered air to be around us all time; why do these streams roar and gurgle? I created the world with one word at My pleasure; I made mountains rise and with one word I placed knowledge upon mankind."

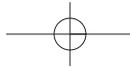
Sir Arthur Eddington the famous physicist said that the world is a wave of thought. Every law of nature, every action and reaction, every parable and happening that you hear in these forums is a witness to the vital vibration of His Divinity in the gross, subtle and causal cosmos. Swami once wrote, *"I move in the outer space. From those lofty heights I go to the devotee, first as thought, then as fragrance and then as light."*

Sai experience is a combination of that light, of that thought and of that fragrance. You have seen here the world come to Swami - I have seen Swami go to the rest of the world. At a UN conference at Osaka, Japan two years ago, I saw 10,000 delegates give a standing ovation to a group of Japanese children performing a ballet on the values of Sathya, Dharma, Shanti and Prema. In probably the most popular square in Spain every Sunday devotees sing songs of peace and harmony watched by residents and visitors.

During a skiing holiday in the Austrian Alps my wife and I attended a Bhajan session at a little hamlet of 200 people, in the middle of nowhere where 20 Austrians who had never stepped out of Europe performed Bhajans and held a workshop. When out of deference to them my wife chose to sing a German song the leader said "No, in Sanskrit please". In the forests of West Africa, I have seen native tribes commence their daily meeting singing the song " Ore Baba, OseBaba".

And at a Sai retreat that I attended a few years ago in Argentina at the time of the Kosovo crisis one young adult asked a question, "If Sai Baba is raising human consciousness why are the children of Kosovo being murdered?" Pat came the answer from another young adult, "When Hitler's hordes roamed through Germany the world kept quiet; they did not even shed a silent tear. But when the children in Kosovo were being murdered the world roared back." That is how Sai Baba is elevating human consciousness - slowly and imperceptibly the world is turning into a golden age.

Swami told Howard Murphet that the golden age was coming. Howard Murphet then asked what work would Prema Sai do? Sai said, *"He will*





have plenty of work. Prema Sai will elevate human consciousness to Divine heights. Not only will there be a lot of work but He will also need a lot of help."

What kind of help, wondered Howard Murphet; then he remembered the story of how in a time of great flooding a man stood on top of his roof to escape the waters. When the water was rising higher the man prayed to God to save him. Soon a man came in a boat and asked him to get in. The man said "No, I have prayed to God and He will come and help me." Soon the waters rose nearly to his feet. Then another man came in a helicopter and dropped a rope. The man said "No, I will not come with you; I have prayed to God and He will help me." The laws of nature soon took their course and the man drowned. He went to heaven and asked God why He did not help him in his time of need. God said "I sent you a man with a boat and later, when you refused him another man with a helicopter...but you did not accept that help." The man understood; God is in everybody and He needs a million hands to help Him.

In establishing this, Swami has been saying that His Life is His message. He has been living that message particularly in the last 15 months. Ever since the drama of His fall He has been living one particular message - that He is not the body.

Over 2000 years ago at another time and in another place in distant Jerusalem another cosmic being allowed Himself to bleed on the Cross in

order to establish to the children of Israel one facet of reality. Everyday, Swami has been establishing with perfect equipoise the same facet of reality to all of us that 'I am not the body'. The reality that 'I am God'; the reality that Brahma Sathyam Jagat Mithya. It is for us to accept or reject this reality.

It's rather like the search for the Holy Grail. There is a lot of wealth and fame and pain in the so-called materialistic success story that I myself tried to follow 30 years ago. But in the evening of my life, like Percival (a Knight) I have come to the Fisher's King to ask Him; "Where does the Holy Grail lie?" The Grail serves the Grail King who lives in the innermost recesses of the castle. When

Percival received this answer his search was over. The Grail King is a symbol of man's inner God.

Knowing this truth, it is glorious to be alive today - not only to be alive but to be aware that God is physically here is a privilege that millions never had! The only gratitude that we can offer for this privilege is to lay down our lives as flowers at His Lotus Feet.

~ Prof Anantharaman

(Prof Anantharaman worked as an adjunct professor in several business schools including the Harvard Business School and is currently a faculty member in the School of Business Management at Puttaparthi)

<http://www.saibaba.ws/avatar/>

“I have come to tell you of this unitary faith, this spiritual principle, this path of Love, this virtue of Love, this duty of Love, this obligation of Love.”

~Baba



Sai Miracle Children

A completely new and fascinating phase of Sathya Sai Baba's work for mankind has been launched. He is bringing to birth in different parts of the world, what I have termed 'Sai miracle children'. He is reported to have told a Sai devotee who has spent a long period with Sathya Sai Baba at the ashram in India that there will be thirteen of these children and I understand that there are five of them in incarnation already.

One of the five is in Holland, another in India, two of them in countries that I am not certain of and a fifth one in Australia. Of the latter, I am quite certain, as I have spoken to his mother and had reports from several of my close friends who have been to visit him and I have a photograph of the little boy himself.

The story of his birth, which was related to me by his mother and the account of his subsequent miraculous manifestations are of such an outstanding nature that they would perhaps sound incredible to any but Sai devotees of long-experience and deep understanding, yet there are many unimpeachable witnesses to them.

First then, the birth. When she was six and a half months pregnant, and certainly not expecting the birth of the child, she was having a meal one

day in a well-known restaurant with her husband and possibly some friends. She told me that during the meal, she suddenly had a vision of a group of monkeys standing in front of her making excited noises, while the one who appeared to be leader came close and was talking to her in some language that she did not understand. She could make nothing of this vision of excited monkeys.

Although a Sai devotee, I expect she had not read about Lord Rama and his army of monkeys led by the great devotee, Hanuman but to me it seems that the child in the mother's womb has some close connection with Lord Rama. At any rate, on the following day, the mother was rushed to the hospital as the birth of the child was imminent. She told me that while she was getting undressed to go to bed in the hospital, she saw Vibhuti oozing from her body, particularly



around the stomach area. Immediately she felt it must have a connection with the child she was carrying. She did not feel that she, herself, was worthy of such a manifestation, so the child within her must be very holy indeed.

She felt some worry however, that he was arriving so prematurely. He arrived that day and was very small indeed, weighing only a kilo and a half. He was put into a crib and at this particular



hospital it was customary to write the religion of the child just born, on a label to be put on the crib, in order that ministers of religion visiting the newborn babies could give their blessings to any child born into their religious flock. This mother and her husband were close followers of Sai Baba, so on the label for religion, she wrote 'Sai Baba'. She was somewhat surprised and very pleased that all the religious leaders who visited the hospital that day, including a Buddhist priest and several from Christian denominations, as well as giving their blessings to the newborn children of their own religious denominations, all came and blessed the little boy under the label 'Sai Baba'.

On this first day of his life, something else surprised her when, going to look at him lying in the crib, she saw a gold cross lying on his forehead. It had just appeared there as he lay asleep so she took it off and hung it around his neck.

Although so tiny at birth, the little boy was perfectly healthy and grew quickly to normal size. East and west met in the two parents. The beautiful and spiritually advanced mother was Singhalese, from Sri Lanka, while the tall, handsome father came from Greece. They named their Sai miracle son, Alexander Saisha. He is generally called Alex. I know, as I have a photograph of Alex, taken when he was between two and three years old that he is a very handsome little boy indeed.

The account of the miracles that flow from

him was given to me partly by his mother and completed by my close friends who have visited him. I think the Vibhuti must have been manifesting on his skin while he was still a baby-in-arms.

I know the Vibhuti appearing on his face and head could not have been such a nuisance to him as it was to the little Vibhuti baby-in-arms that the Indian parents brought to Sathya Sai Baba over twenty years ago.

I saw it appearing immediately after the mother had wiped it off him, she, and the baby's father had brought him to Prasanthi Nilayam to beg Sathya Sai Baba to make the manifestation of Vibhuti less frequent.

I write about it in my book entitled Sai Baba Avatar. I would say that little Alex of Australia is not a fallen Yogi reborn, as Sathya

Sai Baba said the little Indian child was. Alexander Saisha is one of the group being sponsored into incarnation by Sai Baba for a particular purpose of which I will say something later on.

Sometime after the manifestation of Vibhuti on his skin, Amrita began to flow at about the third eye area. This is sometimes called 'the nectar of the Gods'. Then a healing oil bearing a wonderful perfume, started to flow from the crown of his head. This oil, of which I have been given a little myself, is reported to have cured cases of cancer. Of course, neither the Amrita nor the oil are flowing constantly, which would be too much for the child to bear.

They flow intermittently, sufficient for quantities

**No one can understand my
Mystery. The best you can
do is to get immersed in it.
It is no use your arguing
about pros and cons; dive
and know the depth; eat
and know the taste.**

~Baba





of each to be kept in bowls by the parents, for gifts to some of the lucky visitors. I, myself, have also received a little of the Vibhuti and can say that it's taste is not like any other Vibhuti I have ever had. It is sweet with some indefinable pleasant flavour.

Another outstanding phenomenon manifested by this little Australian boy who is not yet quite three years old, is the production of Shiva lingams. They do not come up from within his interior or by the wave of his hand, as do those of Sai Baba, but simply appear in the palm of his little hand as he lies asleep in his bed. He may be either asleep or awake when they appear but they are of remarkable size, some larger than a duck egg, his mother tells me and they are all made of beautiful crystal of glorious colours. Sathya Sai Baba, himself, who is frequently in the house tells the mother to whom these sacred symbols of Lord Shiva should be given. It is really a great honour to receive one.

Another remarkable production recently begun by the little miracle boy is items of jewellery. Although a few of these have been medallions, the great majority have been rings, golden rings. Between thirty and forty of these have come from Alex up to this time of writing which is May, 2001. Some of the rings have borne precious stones, and all appear of first class quality, "The kind you would find in the best jeweller's shops," remarked an observer friend of mine. The rings may appear in his little hand partly buried in Vibhuti, or they may be lying beside the sleeping child.

Rose petals are often found, strewn by some unseen power, on each side of the little sacred form. Sometimes, the shining gold rings are found among the rose petals. Who receives these beautiful and

valuable rings? Once or twice the little boy himself has handed a ring to some lady among the daily visitors, but generally I understand, the oft present Lord Sai in subtle form tells the mother for whom each of these rings is intended. Some of the ladies who receive the jewellery, are overwhelmed at the receipt of such a precious gift.

The reader may well guess that this little Australian member of Sathya Sai Baba's miracle team receives plenty of visitors. The fact is, that although no publicity, bar that of word of mouth, has ever been given, people from all over Australia and many from abroad come daily to see him. The house where he lives is a small one and only thirty people at a time can sit comfortably there. The generous hard-working mother books people who apply by phone, allowing for thirty each day, six days of the week. Sunday is a rest day.

Applications have been on such a scale that she is always booked out for some nine months ahead. They certainly cannot cope with more than this number and that is why the parents have asked me not to give any indication of the location of the little boy and his unnamed parents in this chapter.

These young parents are not rich, just the reverse in fact, yet they give food as Prasad to all the daily visitors. My Carer, Sita Iyer, along with two good friends of mine, had the blessing and the great joy of visiting the home recently on a day when mainly friends of the family were present. They described the food served as, "More like a banquet".

In the main, the mother cooks the meal herself with some help from a member of her family. One of my friends heard the mother say, "I cook for





Sathya Sai Baba, and he is often here while I'm cooking to direct me. Then I serve it as Prasad to my little son's visitors." I know personally, from long experience that only the best quality food is served in Sathya Sai Baba's presence and that when visiting friends to have a meal He usually goes to the kitchen first and either helps cook Himself, or gives advice to the cook. So, I understand that when he supervises the cooking for the visitors of His miracle child and perhaps He stays there some of the time when it is served, the little mother considers that nothing but the best is good enough.

But, the question is, how does a young couple on a small income provide such expensive food for so many people six days in the week? I know that some of my friends think of the 'loaves and fishes' when Jesus fed the multitude. I feel myself that something like this must be the answer. I have known cases in India where Sathya Sai Baba has multiplied the food and I think of Jack Hislop's remarkable and story about how when he was on a visit with Sathya Sai Baba and the hostess was overcome with embarrassment because she did not have the food to serve them dinner, Sathya Sai Baba said to Hislop, "Go and get the food in the car, Hislop." Jack knew full well that there was no food in the car but he went anyway. He found, standing near Sathya Sai Baba's car, two Angels holding a tray of food between them. A big tray it was, but Jack managed to carry it inside, his face still stamped with a look of amazement, at which Sathya Sai Baba said, "You can close your mouth Hislop, They are always there but you just don't see Them."

The parents of little Alex do not say how this miracle is achieved. It, like so many other things of which they do not speak, are private matters

between them and Sathya Sai Baba. And so, for their comfort and indeed for the little boy, I can only say that their location is somewhere in the vast continent of Australia. Furthermore, I know nothing of the other four miracle children except that they exist. As they are all Sai-sponsored children I presume their miraculous powers must be the same as, or similar to, those of little Alexander Saisha.

Now, let us consider briefly, what Sathya Sai Baba may have in mind in initiating this new and unexpected phase in his mission. Sathya Sai Baba has not told anybody to my knowledge about any special reason He may have so I can only give my own opinion here. I have stated in a number of places in my writings that Sathya Sai Baba has said, in fact he said it as early as the 1960's, that the Golden Age will begin before he leaves this body, which will be in 2021.

So, I expect that every well-informed Sai Devotee is aware that this is the culminating point of his mission to mankind. It is a greater mission than any Avatar has attempted before, but as I heard Sir George Trevelyan state from a Sai platform in Rome, "Avatars do not fail, it is not in the nature of an Avatar to fail in his mission," or words to that effect. We know if we read the sacred writings with a little insight that the Avatars who have gone before have not failed in their main mission to mankind on earth. And so, I have great confidence that this living Avatar will not fail in his mission.

No doubt many of my readers have heard about the big propaganda campaign against Sai Baba that was launched in recent times. The dark or backward-pulling forces were undoubtedly aiming to ruin the Avatar's mission once and for all. But, did they ruin it? The strong wind that blew away the





chaff leaving only the grain behind may have helped rather than hindered his mission. Perhaps he intended for this wind to blow for what was the chaff but those of little faith and less understanding. In the words of the old hymn, those, “Who never loved him well, and those who had lost the love they had.” Of what value is such windblown chaff in the building of the critical mass that Sai Baba must create in the very short span of years that he has at his disposal.

If the Golden Age is, as he has stated, to have it’s initiation in the few years between now and 2021, what is the function of the critical mass, as it is called in science. A good homely analogy is the small amount of leaven or yeast required to raise the flat loaf of unleavened bread to the level of the baker’s loaf. In the same way, the present level of the consciousness of mankind can be lifted by a quantum leap to the level required for the Golden Age by the power of the critical mass. What must this critical mass consist of in numbers and in quality? We do not know the numbers

required but no doubt God does. We may, perhaps, have some thoughts about its quality, about its content; surely it must be the true grain without any admixture of chaff. It must be those devotees of God who have deep understanding, firm faith, those who are striving with all their willpower to live according to the highest values of truth and the Divine Love. In short, those devotees who are firmly on the journey home.

So it may well be, I think, that this team of thirteen miracle children are meant as a strong weapon in the building of the critical mass and thus help to bring about on time, the greatest miracle ever. That is, raising the mighty loaf of human consciousness and thereby bring about that new world of peace, contentment and joy for which we are all longing. At least, that is my opinion and my great hope.

Reference:: “The Lights of Home” by Howard Murphet.

(From Sathya Sai Baba-Life, Love, and Spirituality)

Today, the typhoon of hatred and falsehood is scattering the clouds of Dharma (Righteousness), Nyaya (Justice) and Sathya (Truth) to the far corners of the sky and people feel that Sanathana Dharma itself is in danger of extinction. But that can happen only if the Lord wills, and the Lord who has laid down the Dharma will not allow it to be destroyed.

~Baba



Power of Namasmarana

I have always believed in the power and the effect of Namasmarana, repeating the name of the Lord. Repeating the name of the Lord every day not only becomes a force of habit but in fact it becomes our very life breath.

Sri Sathya Sai Baba says, "In the beginning the name has to be recited, willy nilly, as a routine. Later, the taste will draw you into the habit; the recitation will yield unfailing joy." (SSS Vol VV p 117).

It was Tuesday June 02, 2009, shortly after 6:00 p.m. when my beloved mother merged with the Divine. She had been in the Allen Gray Continuing Care for approximately one month prior to her departure. She was in a very beautiful and modern facility and was very well looked after.

I visited her every day from 3:30 p.m. until approximately 8:00 p.m. Monday to Friday. During weekends my brother would drive up to Edmonton from Calgary and we would spend most of our weekend with our mother. My daily routine with my mother was to take her for a nice long stroll in her wheelchair, stop in the library and sit by the fireplace reminiscing about the good old days. I would then take her back to her floor for the evening meal. I would feed her dinner and spend a little more time with her before coming home.

My dear mother suffered a nasty fall on Christmas day December 2008. She sustained a broken right shoulder which was badly fractured in two places, i.e. the shoulder socket and the

humerus. It was a very complicated surgical procedure. Because there were no shoulder specialists/surgeons available during the Christmas break, she was placed on heavy doses of morphine and was later transferred to Calgary for shoulder surgery.

My mother was 82 years of age. She had never used any narcotics in her life and she did not take well to the heavy doses of morphine and pain killers. She became extremely weak and was not able to walk and also dementia was setting in. After a month of rehabilitation in Calgary with very little progress, she was transferred to Edmonton. She underwent a geriatric assessment in Edmonton and my brother and I were informed that she was a candidate for a nursing home. She was in a transitional hospital awaiting a room at Allen Gray Continuing Care facility. I visited my mother everyday and my brother came to spend weekends with her.

We spoke a lot about Swami and she listened to Swami reciting the Gayatri mantra and singing bhajans. Mom and I would also engage in Namasmarana. She loved it very much when we recited swami's name/mantra together.

On June 02, 2009 when I went to spend my usual time with her, I had no idea that she would be gone permanently. I did not have any knowledge whatsoever that my mom would pass away. She was well and I had a wonderful visit with her.

After feeding mom her supper, I took her



into her room and she was sitting in her wheelchair looking out the window. I was standing next to her enjoying the beautiful park scenery. Everything looked so serene. It was shortly after 6:00 p.m. My mother then told me that she was having chest pain. I asked her if her pain was severe. She said, “yes” and then she said, “Baba”. She then told me to remove her sweater as she was feeling extremely hot. I removed her sweater and put on a comfortable cotton house coat. As I was putting her house coat on her she said her time had come and she was ready to leave. I immediately ran to her bedside night table and quickly picked up some vibhuti and placed it on her chest and forehead. I said, “Amma, let us start reciting our mantra” and we both started chanting ‘Om Sri Sairam’.

My mother was having a heart attack, yet with Swami’s Grace she was very calm and reciting her mantra. She was well seated in her wheelchair with her back straight and both hands resting on her lap. She said OM SRI SAI RAM seven times. During the seventh time she picked up both her hands, folded them in prayer, bowed her head, as if acknowledging a Divine Presence in front of her and then she gently fall towards her side as I had my arm around her shoulders. She was nestled against me lifeless and I cradled her, which seemed like an eternity.

The nurse wanted to call 911 and I told her not do so as my mother was already at peace with her Creator. I can never thank Swami enough for His benevolent grace in allowing me to witness the beautiful merger of my mother with the Divine.

Lord Krishna has declared in the Bhagavad Gita that whosoever thinks of him or recites His

name, He will come to receive His devotee. And I know that Swami was there Himself to receive my mother. I did not have the Grace to see His Form, but my mother did and that is why she folded her hands in prayer and bowed her head before her last breath.

Dear Lord, I have no regrets. I always feel my mother’s love and she is very much alive in spirit. Since her confinement and up until her demise, before bidding her good night, every night, we always said “I love you” to each other. After she and I said ‘I love you to one another, I would then say “Sai Ram Amma”. She too would say Sai Ram. Sai Ram were the last words I heard her say each night when I was ready to leave her.

But the icing on the cake was of course when she gave up her last breath in my arms reciting Swami’s Holy name.

The goal of our life is self-realization. Our Beloved Swami says Namasmarana is the best Sadhana, devotion and that this is the easiest path for us all to attain self-realization or liberation. There is no easier path than this. If practiced everyday, it becomes our very life breath. Namasmarana is a blessed assurance of us merging with the Divine when the time comes for our departure from this earthly plane.

-Sarojini Naidu

National Spiritual Coordinator



Likhita Japam



Japam or repetition of Lord's name is a powerful technique. Japam can be performed throughout the day as you go about your daily routine. Eventually it will replace your inner chatter and create silence in the mind. Likhita Japam is not chanting mentally but writing the mantra repetitively on paper. It is even more effective than mental chanting. Likhita Japa can give a deep experience very quickly because when you write, not just your words but your whole body is disciplined and focused on the Lord. When you continue to write with complete awareness, your whole being integrates towards the energy of enlightenment that the Lord personifies. The following excerpts are from Sri Sathya Sai Baba's discourses on Likhita Japam.

"Today people write the names of the Lord without thinking aloud the name of the Lord in their minds and uttering the names with their mouths. As you start writing the name, you first reflect on the name in the mind, utter the name by the mouth, and then write the name in your hand, This is "Likhita Japam" (writing the Lord's Name) the spiritual

practice of writing the Lord's name."

"Likhita means writing in sanskrit and Japa means "repeat the name" Swami said "Likhita Japam is a form of spiritual exercise in which one is engaged in writing the name of the Lord"

"Carry on your daily duties with your thoughts centered on God. Deem every action as an offering to God. That is the way to perfect one's human nature and sanctify one's life. As this may not be an easy process, the method of "Likhita Japam" (writing the Lord's Name) has been recommended for purifying one's mind."

"Likhita Japam should be performed in a spirit of devotion. Winning the Grace of the Lord is as easy as melting butter; that is why the heart of the Lord is compared to butter. It is as soft as butter, they say. A little warmth is enough to melt it; a little warm affection shown to a suffering companion, a little warmth while pronouncing His Name, turning it over on the tongue, so to say. The Name is the spring of all the Chaithanya (pure consciousness) that you get by Namasmarana; it is the life-giving Nectar; it is the fountain of Primal energy. Recite the Name and the Named will be before you; picture the Named and the Name will leap to your lips. They are the reverse and the obverse of the same coin, the Name and the Form. There are some who vow to write Rama Nama or some other Name a million times, but very often it is just a matter of the fingers and the pen. The mind of the writer is the spoon, which does not taste the honey, which it doles out. The mind should not wander from the

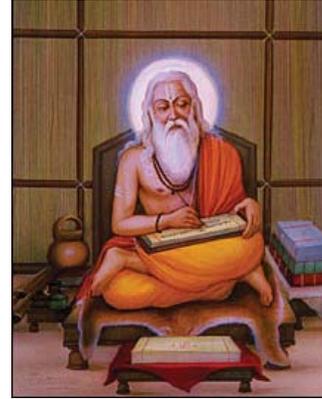


Name; it should dwell on the sweetness, which the Name connotes; it should ruminate on the beauty of the Form, which it recalls, the perfume, which it spreads. The conduct and behavior of the writer should be such as befits a servant of God. Others should be inspired by them and their faith should get freshened by their experience of the writer.”

“The unity of mind, speech and action would produce purity in thoughts, words and deeds. Any spiritual exercise like “Likhita Japam” (writing the Lord’s Name) should be done wholeheartedly. Only then it becomes sanctified and godly. All actions should be performed in this spirit of dedication and in accordance with the dictates of one’s conscience.”

“A wealthy man who has no peace of mind despite his riches, went to a sage for advice. The sage suggested to him that as a way of reducing his insatiable desires, which were the cause of his worries, he should write the name of the Lord some millions of times. Unused to such an arduous exercise, the rich man found a shortcut to achieve what the sage had suggested, by resorting to mechanical devices for multiplying the number of times he wrote the name of the Lord. This is a total travesty of the spiritual exercise suggested by the sage. It is tantamount to cheat God. This sort of deception and hypocrisy is rampant today. It is not the quantity that counts. Even writing of a few names with sincere devotion is better than filling pages mechanically. Some people to complete the writing of the name a millions of times, resort to devices like using carbon paper to multiply the number of names written or photocopying what they have written once. This cannot be described as “Likhita Japam” (writing the Lord’s Name). The name should be

inscribed in the heart. It then becomes a kind of negative from which any number of prints can be taken.”



“Write daily in a notebook your chosen Mantra or Guru Mantra for half an hour. When you write the Mantra, observe Silence. Write the Mantra clearly in ink. On Sundays and holidays, write this for one hour. This is Likhita Japam. You can develop a wonderful power of concentration.

The benefits of Mantra-writing or Likhita Japam cannot be adequately described. Besides bringing about purity of heart and concentration of mind, Likhita Japam gives you control of Asana, control of Indriyas, particularly the sight and the tongue, and fills you with the power of endurance. You attain peace of mind quickly. By prolonged and constant practice the inherent power of the Mantra (Mantra-Shakti) will be awakened, which will fill your very existence with the Divinity of the Mantra. In Mantra writing, there is no restriction about any particular script. It may be written in any language.”

*~ Swami Sivananda
Japa Yoga*

Sadhana Camp 2009

~Pilgrimage by UK Sai Youth~

As the 180 youth of the United Kingdom all dressed in white boarded the flight from London to Bangalore, they had only one goal in mind- to make Swami happy. After several months of Sadhana, the group anxiously awaited the moment they would arrive in Puttaparthi to receive Swami's Darshan and participate in Sadhana Camp; the theme being 'Mind, Body and Atma', or MBA.

On the 25th of February 2009, Swami blessed the proposed Camp as presented to Him by Sri Ajit Popat. Swami took great interest in the programme and gave specific instructions on the format and theme.

The group held its first meeting in London in March 2009. Thereafter, the group met a number of times in preparation for the camp to ensure that everyone was approaching the pilgrimage with a common understanding, purpose and level of discipline. The singers and musicians spent most of their weekends earnestly preparing for the musical programme to be offered at Bhagavan's Lotus Feet.

After months of preparation and intense sadhana, the group arrived in Puttaparthi on the 2nd of August to spend 12 blissful days in the Divine Presence of the Lord. The unity and love felt by the group was evident for all to see. For many of the group members, this was the first Sadhana Camp in

which they had participated. For others, this was the first visit to Prasanthi Nilayam. What a wonderful sight it was to witness their first Darshan of Swami. Their hearts and minds filled with the radiance of sheer Bliss, which Swami emanates.

Each day was filled with activities that focused the mind on Swami. The day began as early as 3:30 with a wakeup call. At 4.50 the group would commence silent sitting followed by 21 Omkars,

Suprabhatam, an inspiring talk by Sri Ajit Popat, the thought for the day (which, with Swami's grace was always relevant to the day's activities or topic of discussion), Pranayam and Yoga. The

inaugural talk was given by Mr. Sathya, a Young Adult from the USA, on 2nd August. He spoke about his personal experiences with Swami and asked us to question ourselves if we were really ready to do Swami's work – the message being that we should be "ever-ready" to serve Swami.

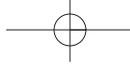
With Bhagavan's Grace, eminent speakers from Prasanthi Nilayam and abroad addressed the group. Each speaker provided clarity on the theme of Mind, Body and Atma, gave practical advice on how to achieve a healthy mind and body, explained the timeless, eternal and indestructible nature of the Atma and shared personal experiences.

Prof. Anantharaman(see article by him on

"This trip was necessary to bring God to the forefront of my life once more, it was necessary to cleanse me of the detritus, I had collected since my last visit in 2006"

~Youth





page 4) gave a beautiful account of how to balance the many challenges young people face in these turbulent times, the loss of values in the corporate world and the importance of integrating Swami's teachings in our daily and professional lives. Sri V Srinivasan was truly inspiring as he recounted his many interactions with groups and samithis all across India over many years. He asked us to make a fervent enquiry why we come to Prasanthi Nilayam. He reminded us that we can only come here if Swami wills it and suggested that most people come here for inspiration, for peace of mind and to 'recharge their batteries'. After all, although electricity is all around, you go to an outlet to get that electricity. So too, although God is all around, you sometimes need to see the physical form in order to recognize the God all around us. All members of Sadhana Camp could relate to the fact that we truly find peace and inspiration that motivates us to do His work when we come to Prasanthi Nilayam and return to our respective places in life. The end of Sadhana Camp was marked by Sri Anil Kumar providing the 'Graduation' address. The energy and love in the room was felt by all as he spoke about the differences between the material and spiritual worlds.

The youth of Sai Kingdom also had a unique opportunity to meet , Sri K. Chakravarthi, Secretary of the Sri Sathya Sai Central Trust. Over a period of 6 days, small groups of 30 met with him each day to discuss a variety of topics relating to the Sai Mission, challenges facing youth today and Swami's teachings and philosophy.

The highlight of Sadhana Camp was the opportunity to offer our love in the form of a musical programme on the afternoon of 9th August.

Swami sat for over an hour immersed in Divine Bliss as the group presented a variety of compositions in Hindi, Sanskrit, English and Telugu, as well as instrumental pieces on the Sitar and Veena. Indeed he later conveyed to the group leader, Sri Ajit Popat that Swami was very happy.

The youth were also given the opportunity to present to Swami and launch a CD - "Language of the Heart", a compilation of 9 compositions in 9 languages to Swami. The CD was produced and recorded in London with great love and devotion by the youth of UK.

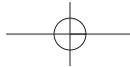
As the time of departure drew closer there were many heavy hearts but all members of the group felt inspired with their batteries fully charged and ready to return to the world. For many, this has been a life changing experience and for all there is the hope that they will be called back in the future. The youth of Sai Kingdom left joyous and filled to the brim with Swami's Love, knowing full well in their hearts that these were rare chances indeed.

Testaments from some of the Sai Youth

"Visits to the ashram and the Sadhana camp are arduous. They are cleansing, like a painful operation, which must be endured for a longer term goal. Seeing and experiencing God should not be easy, it is a privilege that should be earned".

"This trip has been a real journey where Swami has churned all types of emotions in me and made me analyse myself as part of my sadhana".

(From Sai Youth UK website)



Al Drucker in Toronto

Report on a talk presented by Al and Yaani Drucker to the Sri Sathya Sai Baba Centre of Toronto - York on May 3, 2009.

Al Drucker is a long-time devotee of Swami and the editor of the well-known Sai Baba Gita, a compilation of Swami's 1984 discourses on The Bhagavad Gita to His students, and Self-Realization: The Knowledge of the Absolute, a free rendering of the Astavakra Gita. He lived for many years at Prasanthi Nilayam, giving lectures to the foreign devotees and serving as a professor in Swami's university. Yaani Drucker, Al's wife, is the author of the recently published "Not Guilty", which shows how ego, the idea of separate existence is behind the suffering in our world.

In his talk, Al Drucker related how he first came upon Swami and His teachings in the words of Sathya Sai Speaks, how they offered a ray of hope and the power to alter the course of a world intent on its own self-destruction through the proliferation of nuclear weapons. He elaborated on Swami's teachings that this whole world of multiplicity and variety that we believe we are in doesn't even exist; how there is only the One but we see separation and many.

Drucker stated, "This made-up world of delusion stands on one leg; kick it out, Swami said, and the world of difference falls and disappears. What an incredible message! It has become my one focus for the past 40-plus years of being a devotee of Swami." Drucker illustrated his talk with many

stories of numerous miraculous Sai experiences in his 30-odd trips to India and his eight-year stint living in the ashram and teaching at Swami's schools.

In her presentation, Yaani Drucker suggested that Swami is here for our enlightenment, that Swami needs our enlightenment to transform the world. She said that Swami states the greatest service we can render to the planet is to wake up to the truth of who we are; that when we know who we truly are we will have some inkling of who He is. She illustrated her talk with some of her experiences through which she realized that ego was an impostor that had duped us for many lifetimes.

She stated that Swami has said "I have come to make you completely ego-free," suggesting that as more and more of us free ourselves of ego, Baba can transform the planet into a world full of peace, love and joy.

After their talk some light refreshments were served and the Druckers stayed on to answer several questions. As a token of gratitude the centre presented them with a pictorial history of the centre, DVDs of a recent centre pilgrimage to Prasanthi Nilayam, and Walk for Values t-shirts.

**~Ardy Verhaegen
Toronto**



Holistic Education

Professor Witz dialogues with students of Sathya Sai School

The Sathya Sai School was privileged on Monday, October 26, 2009 to receive a second visit by Professor Klaus Witz from the U.S.A. Prof. Witz has a Doctorate in Mathematics and has taught for over four decades at the University of Illinois. He preaches, practices and publishes works on Sathya Sai Baba's teachings on Human Values and has been engaged in numerous research projects in the area of 'Holistic Education'.

It was very wonderful to see this peaceful and gentle scholar from the realms of Academe speak so directly and engagingly with our young students. He asked very deep questions and our students responded with thoughtfulness and enthusiasm. As Grade 4 teacher, Miss Seema Poddar later said, "He asked questions which really spoke to the children – they were probing and made them think."

Prof. Witz discussed with students the following questions: ***How to be with kids so they grow up to be beautiful human beings?*** Learning various subjects is important, but Prof. Witz explained that you have to be a whole person – fulfilled, happy and strong in yourself and able to relate to other people and nature. This is the aim of Holistic Education. He stated that the Sathya Sai School is Holistic in approach, but we have something more – these are values.

Why are values the most important? Values are with you your whole life. If you have these values, you automatically want to connect with your parents, community and nature. With values, there is God in them. If you live according to these values, then God will become more and more real to you. If you live these, gradually you will experience God more fully and clearly.

What is God? You cannot see, hear, or imagine God, but still you can experience God. If you live the values, as you grow you will clearly experience God very distinctly. He stressed that our Founder's education is permanent. If you give sincere respect to God, he will start blossoming inside you.

The student questions at the end of the session were thoughtful.

Q: How can you make friendship with God?

A: Trust – you trust, you pray and relate to Him sincerely. When you do things for God, the feeling of friendship for God develops.

Q: Does God ever end?

A: No.

Q: How do we know that God is looking after us?

A: If you practice values sincerely and try to do the right thing, then in some time you will feel that you are with God and that he is looking after you – you will know this.

Q: How many miracles has God made?

A: Innumerable. The miracle is the Divine Consciousness in you – this is coming up in your life all the time. That is the miracle, more important than the material ones.

The essence of Prof. Witz's talk was that "the senses cannot see God, the mind cannot understand God, but you can experience God." This experience comes when you live according to the human values. He added that "if God fills your heart, then you know He is sitting right beside you." Thank you Professor Witz – what a beautiful gift to us all!

(From Sathya Sai School Newsletter
November 5, 2009-Edited)

London Spiritual Retreat 2009

A Report



Sri Sathya Sai Baba Centers of London and Windsor jointly hosted the annual Spiritual Retreat on Saturday, August 15, 2009 at the Community Centre, Komoka, near London, Ontario. The theme of the retreat was “*Love and Care for Our Mother Earth*”. The devotion of over 200 participants filled the Community Center with Divine vibrations indicating the Omnipresence of Bhagavan.

The retreat began with melodiously rendered Suprabhatam by Sister Mani Bhashyam and chanting of Vedam by Harsith and Hasitha. After a formal welcome by Brother P. D. Bhandarkar, Brother Gopal Chidambaram, Coordinator, Region I Ontario, addressed the gathering stressing the importance of the theme of the retreat and the need for us to contribute to save our natural resources and environment. Brother Vinod Lad, President, York-Toronto Sai Center, emphasizing Swami’s teachings stressed the importance of unity, purity and divinity. He stressed the need for unity at all levels of the

society and the necessity of Sai devotees to lead by personal example. The Masters of Ceremony were two youth, Shilpa Valluri (London) and Anjana (Brampton).

Two comprehensive presentations were made on the theme of the retreat - by Brother Satish Mallya (Ottawa) and Brother Surinder Sharma (York-Toronto). They touched on the spiritual basis for according the status of a Mother to planet earth, the statistics and current status and future predictions for climate change and global warming. Climate change is man-made and has consequences not only for human populations but on the entire biodiversity while jeopardizing coming generations to an uncertain future. Both speakers described the consequences of our pursuit of unlimited material desires and how we should adopt a ceiling on desires. Mr. Sharma, extensively quoting Swami emphasized the need for us to treat our planet Earth as Divine and urged everyone to conserve energy. Swami reminds us that humanity is living on planet earth with limited resources and reduction in pollution will only begin with the reduction of human desires through practicing human values. We have to create an awareness to go green by putting a ceiling on desires. Each of us has to contribute in our own small way to keep our Mother Earth pollution-free to ensure quality life for future next generations.

Brother Manick Sivaperumal, National Seva Coordinator and President of the





Cooksville Sai Center gave a detailed account of the national Seva projects being undertaken by our organization. Children of Cooksville Center and of Sai Devotional Group of Streetsville, Mississauga presented two well-received plays (Do something drastic and cut the plastic! and Back to the Future) on saving mother earth with practical suggestions on how to reduce, reuse and recycle items of daily use.

Youth participants Kumari Kritika and Nicholas Maharaj gave an overview of their Seva activities abroad. They both experienced first hand Swami's instruction that Hands that serve are holier than the lips that pray!

Captain V.K. Sharma, a longtime devotee of Swami narrated extensively his personal experiences. He has had the opportunity to be a pilot for Bhagavan. He gave several personal instances of the omnipresence, omnipotence, and omniscience of Bhagavan. He mentioned that though he consid-

ered himself to be the pilot for Swami; he now realizes that Swami is his pilot, navigating his life! He concluded by stressing the need for all of us to work hard with truth, righteousness, peace, love and non-violence as our core values; always remembering our Master and leading ideal lives to be His true devotees.

Brother Kailash Nath Dhir, President of the Sri Sathya Sai Baba Center of London thanked Bhagavan for having made this retreat a grand success. He thanked Presidents and members of all Sai centers in Ontario for having travelled long distances and contributed to the success of the retreat. He acknowledged the enormous help rendered by several volunteers including those who worked very hard to provide excellent food and snacks.

The retreat came to a conclusion after Aarti was offered to Bhagavan by Capt. and Mrs. Sharma.

~Kambhampati Anand Kumar

London, Ontario

**The Sri Sathya Sai International Medical Conference was held in Anaheim, California,
on October 10-11, 2009.**

Distinguished speakers addressed important topics relating to the conference theme. There were workshop sessions in which delegates were given the opportunity to participate, and there was a medical exhibition. The exhibition was a display of 55 posters and two audiovisual stations on the theme of Sathya Sai Ideal Healthcare and Sathya Sai Global Health Mission. This exhibition summarized the spectrum of medical services offered all over the world under the

Divine guidance of Bhagavan Sri Sathya Sai Baba.

The proceedings of the Conference can be viewed/downloaded from the following link:

<<http://sathyasai.org/saihealth/09octssghmexhibition.html>>





Sri Sathya Sai World conference-IX

Sai Ideal Human Life

Swami has given Divine Approval and Blessings for the ninth Sri Sathya Sai World Conference to be held in Prasanthi Nilayam during the 85th Birthday of our Lord in November, 2010. It will be preceded by Pre-World Conferences, to be convened in all nine international zones, commencing December, 2009.

Our Pledge:

Spiritual Principles

We aspire to adhere to the spiritual principles given to mankind by Bhagavan Sri Sathya Sai Baba.

Authenticity

We aspire to engage in spiritual programs that authentically reflect these spiritual principles.

Accountability

We aspire to constantly examine ourselves and our programs to ensure the perpetuation of spiritual unity and purity in all that we do.

The Program

Since the last Sri Sathya Sai World Conference, we have convened International Conferences dealing with ideal spiritual publications, ideal healthcare, ideal youth, and ideal education. Great progress has been achieved in all areas. Let us learn from this progress and conceive plans and achieve even greater spiritual progress in the future.

Sai Ideal Publications

Currently Sai literature is translated into 24 languages, concentrating primarily on the Divine Writings of Bhagavan Sri Sathya Sai Baba.

There is a need to disseminate this literature in all countries so that everyone has access to the Divine Message.

Sai Ideal Healthcare

Currently there are Medical Directors in all zones and increasing number of medical camps and free clinics offering competent, loving healthcare to those in need.

There is a need to disseminate the spiritual principles of healthcare rendered competently with love throughout the medical institutions worldwide.

Sai Ideal Youth

Currently the Sai Young Adults are engaged in Zonal Pre-World Conference, three of the 9 conferences having already taken place. All of these conferences are preceded by a Sadhana program in which the youth have intently incorporated and practiced Sai Spiritual Principles in their everyday lives.

There is a need for deeper understanding of the Divine Message and greater understanding of the nature of "spiritual leadership" since the youth of today will inevitably be the Sai Organization leaders of tomorrow.

Sai Ideal Education

Currently we have published the Global Overview, published Guidelines for all Sai Educational institutes, schools, and activities, and brought all educators worldwide into a common forum to learn from one another and determine how the Sri Sathya Sai Educare, Education in Human Values programs should be practiced.

There is need for deeper understanding of





our resources and capabilities. There is a need for a greater harmony between Sathya Sai Educators and other wings of Sri Sathya Sai Organizations. There is a need to disseminate the spiritual principles of Sathya Sai Educare everywhere.

Sai Ideal Organizations

Currently there are Sathya Sai Centers in many countries all over the world comprised of sincere, loving devotees of our Beloved Swami. They are striving to realize His Teachings within their own societies.

There is a need to understand that the road to self realization might be a solitary journey within, but, nevertheless, we can act in concert, through love and selflessness, to be Messengers of Prema.

Sai Ideal Human Life

Currently we enjoy a great privilege. We have recognized the Divinity of Bhagavan Baba. We have embarked on the spiritual path.

There is a need to go within, find ourselves, and lead lives that exemplify selfless love. The rest will follow according to the Will of our Lord.

Lovingly in the Service of Sai,

Michael Goldstein, M.D., Chairman, Sri Sathya Sai World Foundation & Chairman, Prasanthi Council
Narendra Reddy, M.D., Director, Sri Sathya Sai World Foundation & Member, Prasanthi council

Canadian Sathya Sai Newsletter going ONLINE in 2011

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

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

~Editor



Chinna Katha (Stories)

Lord Has No Fixed Form

There was an artist who had traveled far and wide and had built up for himself an extensive reputation. But so far he had not achieved access to Krishna! As much he was anxious to seek approbation from Lord Krishna as well. With his view, one day he got an appointment with Krishna, met Him and requested Him to stay still, so that he could paint His picture. He prepared the outline and told Krishna that he would get ready the final painting in a week's time. Krishna knew the ego of the painter. After a week, the painter brought a finished portrait, covered with a white cloth. In Krishna's presence, when he uncovered the painting, the painter himself was shocked at the lack of similarity between Krishna and the painting. The painter was completely surprised and asked for a week's time to get the job done: The painter tried several times but every time the result was equally disappointing. In complete frustration and total dejection, he wanted to leave the city and go away.

When he was going away, sage Nârada met him. Nârada told him that it was silly to attempt to paint the picture of Lord Krishna. The Lord has no fixed form and He can change His face every second. Nârada advised, "If you do want to paint Him, I will tell you a method which will enable you to do so." Nârada whispered something into the ear of the artist.

Following the advice given by Nârada, the painter came back, with a white cloth covering something and again approached Krishna and told Him that this time, He is welcome to change in any manner but the painting will look exactly like Him. When the cloth was removed, Krishna saw only a mirror and this mirror reproduced an exact replica of Krishna. If therefore, you are imagining that God is

like this or like that, it is not correct.

You cannot describe God and your attempts will fail. Make your mind clear and clean; fill it with love and devotion; that will enable you to have the true vision of God.

Best Gift to Ask God

Our faith diminishes because our ambitions are limitless. There was a rich person who had a daughter with a flat nose. The father wanted to get this girl married. Every person who came and looked at the girl used to go away, although they were tempted by the wealth. In those days, persons who could perform plastic surgery were not available. In desperation, he announced that he would give plenty of money to anyone who would marry his daughter. The marriage was performed, and thereafter the couple developed considerable faith in God. They visited many temples, went on many pilgrimages and bathed in many sacred rivers. They met a saint who advised them that he, who created the nose, alone, could bring it back to normal.

Although they had lot of wealth, they were not



happy at all. The girl used to feel others were looking at her and making fun. She suggested to her husband that they should both go to the lonely Himalayas and spend a month there in that manner. He agreed and they did go. The girl had a great desire to get back her nose, so she began to pray to God in great earnestness. God appeared, due to her good luck, and asked her what she wanted. As soon as God appeared, she asked for the grant of a good looking big nose. God said, so shall it be and granted her the boon. As soon as God disappeared, she looked at her face. She looked at the big nose and felt that she had become uglier than before. She prayed again more earnestly and God appeared again and asked her what she wanted. She said that she did not want that big nose. God said, so shall it be and granted her the boon. She immediately found that her nose had completely disappeared. The moral of this story is that although God is present before you, playing with you and talking with you, you do not know what to ask.

Three Best Things in Life

A king used to ask three questions of all people who came to him.

1. *Who is the best individual?*
2. *What is the best time?* and
3. *What is the best of all actions?*

The king was very anxious to know the answers to these questions. One day, he went to the forest and was moving about the hills and plains. He saw an Ashram and wanted to take some rest there. By the time the king reached the Ashram, a sadhu was watering some plants. The sadhu saw that the king was rather tired, stopped watering the plants, ran up to the king and gave him some fruits and cool water. At that time, an individual wounded all over



the body was brought to the ashram by another sadhu. As soon as the sadhu saw this, he went to the individual, cleaned all his wounds and gave him some herbs which could cure the wounds. He was also telling him sweet words which could console the person. The king wanted to express his gratitude and take leave of him. The sadhu blessed the king but the king was still troubled by his three questions and wanted to see if the sadhu could enlighten him on that matter. The sadhu stated that the answers to the three questions were contained in the actions which the king had witnessed in the ashram. The sadhu said that when the king came to the ashram he was watering the plants and that was his duty. At that time, on seeing the king the sadhu had given up his duty and come to the king and gave him water and fruit. This was in accordance with correct traditions, as the king was his guest. While relieving the king of his thirst and suffering, another injured individual had come to the Ashram and therefore the sadhu had given up the duty of serving the king and went to the other individual and began serving him. Whoever comes seeking service from you is the best individual at that time. Whatever satisfaction you can give him by serving him will be the best work you can do. The Present moment, when you can do something for others, is the most sacred of all times.



Sai Family News

Canadian Pilgrimage to Prasanthi

Festivals ~ 2009

With the blessings of Swami, it gives us great pleasure to announce to you that we have now appointed the leads of the Canadian Pilgrimage Committees:

Our National Service Coordinator, Brother Manick Sivaperumal will be leading the Canadian Pilgrimage Committee for Eastern Canada and,

our National Education Coordinator, Sister M.V. Kanchana will be leading the Canadian Pilgrimage Committee for Western Canada.

We ask that you all lovingly communicate and cooperate with Brother Manick and Sister Kanchana regarding everything that has to do with the Canadian Pilgrimage while at the same time always copying our Secretary, Sister Aphrodite for the Central Council's record-keeping.

We extend our warmest and most loving of regards to each and everyone of you.

Always in Sai's Service.

**Myriam Jozsa &
Dr. V. P. Singh**

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|----------------|--------------------------|
| Feb 23 | Maha Sivarathri |
| Mar 27 | Ugadi |
| April 3 | Sri Rama Navami |
| May 6 | Easwaramma Day |
| July 7 | Guru Poornima |
| Aug 14 | Krishna Janmashtami |
| Aug 23 | Ganesh Chaturthi |
| Sept 28 | Vijaya Dasami |
| Nov 7-8 | Akhanda Bhajan |
| Nov 23 | Bhagavan's 84th Birthday |

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