



Canadian

Winter 2010

Sathya Sai Newsletter

Life is a game, Play it

Life is a Dream, Realize it. Life is a challenge, Meet it.

Life is a song, Sing it.

Life is Love, Enjoy it

Life is a goal, Achieve it.

Talk for
Non Violence
Peace
Love
Truth
Sathya Sai Conduct

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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BIRTH DAY 2010

“Whenever you come across a friend or acquaintance, you greet him with a namaskar. This implies that you are in fact paying obeisance to the Divinity immanent in the individual. Hence, do not entertain the feeling of ‘I, I, I’. All these physical bodies are like the roles played in a drama. They change.

The world itself is a cosmic drama. You must constantly remind yourself that you are playing your role in the cosmic drama and your real nature is that you are an Embodiment of Divine Self (Atma Swarupa)”

-Baba

(From discourse on Dec. 25, 2009)



CANADIAN

Sathya Sai Newsletter

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“The President of America has said that the terrorists should be wiped out. Who are the terrorists? Anger and jealousy are the 'terrorists'. These wicked traits are present in every man. Man should make every effort to annihilate them. Only then can the world progress. One should not kill one's fellow human beings; instead, one should destroy the 'terrorists' within and cultivate virtues. This is what I desire from you. The country will attain plenty and prosperity and set an ideal to the rest of the world only when jealousy and anger are completely eradicated.”

~Baba

Light the Lamp of Morality

Today, morality has declined among human beings. One without morality cannot be called a human being. Light the lamp of morality in your hearts. Only then can you lead a true human life. Morality alone can confer health and wealth on mankind. One should not develop undue attachment to the body which is physical and ephemeral. Besides the body, there is mind and spirit in every human being.



The entire world is pervaded by mind and matter. One has to make efforts to know the nature of these two. If you ask the modern man, "What is mind?", he says, "It does not matter." If you ask him again, "What is matter?" He will say, "Never mind." How can such a person who does not know the nature of the mind and matter understand humanness? Do not be under the mistaken notion that the body, composed of the five elements, alone constitutes a human being. Humanness, in fact, consists of three aspects, namely, mind, intellect and samskara or the process of refinement. These three have their origin in the Atma. On this basis, the Bhagavad Gita declares, the eternal Atma in all beings is a part of My Being (Divinity).

The mind is an aspect of the Atma. Do not consider it as a mere bundle of desires. From the worldly point of view, it may be a bundle of desires, but from the spiritual point of view, the mind is a bundle of Divinity. In order to attain Divinity, first of all mankind has to cultivate unity. In unity lies the true culture. Unity is the ideal that man should strive

to attain. Any mighty task can be accomplished through unity. Man should make efforts to visualize unity in diversity and thereby attain divinity. Unity leads to purity. Where there is purity there is divinity. Only through unity, purity, and

divinity, can one experience bliss. You can never attain bliss if you do not give up the feeling of diversity and cultivate the spirit of unity.

Mankind should have unwavering faith in God. But today no one has any faith in himself. Then how can he have faith in God? People have become blind, having lost the eyes of faith. One with faith alone can be called a true human being.

Help others. Only then can your life find fulfillment. You know why hands are given to you? Is it merely to partake of food? No. They are meant to render service to others. You know why the tongue is given? Is it to indulge in vain gossip? No. It is meant to chant the divine Name. In this manner, all the senses should be properly utilized.

*See no evil, see what is good;
Hear no evil, hear what is good;
Talk no evil, talk what is good;
Do no evil, do what is good;
This is the way to God.*

~Sri Sathya Sai Baba

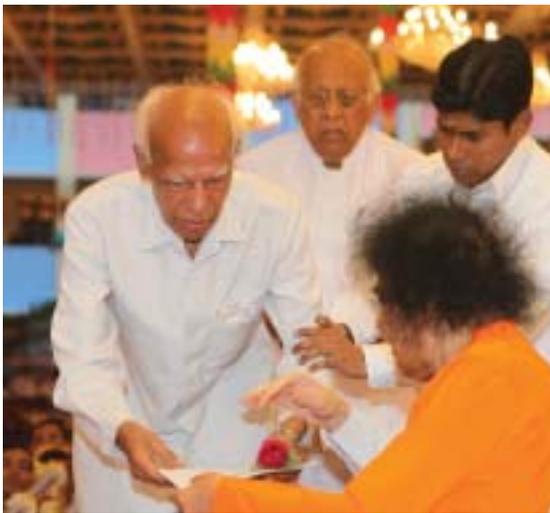
(From discourse in Bangalore on Jan 19, 2002)

Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

Messages from the Central Coordinator & Chair of Central Council

It is my great pleasure to inform you that Swami was very happy with the Canadian devotees. By your discipline, unity and exemplary behaviour, you have made us all proud. May Swami's Love and Blessings be with every one of you.

~Dr. V. P. Singh,
Central Coordinator, Canada



This year will forever remain in our hearts and will always infuse us with the pure love and warm blessings of our Divine Master Sai Baba. I can find no adequate words to express the feeling of ultimate bliss and divine satisfaction that our visit to Prasanthi Nilayam provided. To have been there and to have witnessed this profound love that Swami showed us is to have experienced something deep and spiritual that only comes once in a lifetime. We were all truly privileged to have been given this opportunity that we can always carry with us to

give us strength and support knowing that Swami is omnipresent and His temple is in our heart.

The 2010 Canadian Pilgrimage to Prasanthi Nilayam was a huge success!

The organizers of this pilgrimage worked tirelessly, selflessly and lovingly to assemble almost 1,200 Canadian devotees to be at the lotus feet of our Lord and present Swami with a disciplined, organized, united, and strong Canadian Sai family that was motivated only by its love and devotion to Him. Every evening we had the privilege of receiving Darshan and His warmest of blessings and attention.

He was so very impressed and touched by the love being offered to Him by the Canadian Pilgrims that on the second day, He stopped in front of me to say that He was "very, very happy". And when I humbly asked Him for permission for His Canadian children to perform their play and His Canadian youth their musical program, He immediately answered me "August 24th and August 25th". At no other time and with no other country did Baba ever



so promptly and willingly provide a date for a performance, and yet with us He did and everyone was thrilled and surprised. It was obvious that He knew how hard the leaders, the teachers, the parents, the children and the youth worked to produce these presentations to perform in front of Him – nothing was done for the ego, only with a pure heart. And Swami was pleased and impressed with the discipline exhibited by the children and all the devotees. After the play I asked Him to take a photograph with the children and without any hesitation He accepted and again said, “very, very happy”.

I am so very humbled and fortunate to have been in the presence of our Divine Lord and to have been so as one of the Canadian pilgrims. My heart is overflowing with gratitude for Baba for giving us so much grace and love during our trip. This pilgrimage was truly 10 days of pure bliss.

This year 2010 is also very important as Baba will be celebrating His 85th birthday. Every year at this time we all ponder on what to offer our Lord on His birthday and yet we know that Baba does not want anything from us but our own transformation. So in this very memorable year, let us give our Divine Baba the gift of our total devotion manifested by our transformation. Let us surrender completely to His Divine Will without questioning and let us work in unity to spread His message of love. This is the only way to show our Lord that we really love Him and it is the only present that will touch His heart.

~Myriam Jozsa

Chair,

Sri Sathya Sai Organization in Canada

“ Creation has emerged from God, who is free from desire. It is a spontaneous unfolding, beyond human understanding. No one can unravel the Divine mystery. God needs neither helper nor material for the process of creation. His serene, stable, sovereign Fullness can become movement, rotation and vibration, when He wills it. And, all the living and non-living entities God projects, lead towards acquisition of the very Bliss whose overflow they are. His Bliss pervades all creation.”

~Baba



Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

A blessing of a life time



A pilgrimage, in my understanding, is a journey to a sacred place, with a view to spending all the time in thoughts of God and in prayers to God. For us Sai devotees, the most sacred place in the world is Prasanthi Nilayam where our beloved Lord lives in His physical form. Many of us have gone to Prasanthi on our own many a time and did exactly what a pilgrim does. So what was different this time?

This time we went as a family, not the small confined biological family, but the expanded Sai Family. From the time we got the information that our dear Lord has given permission for His family, His children from Canada to be at His Lotus Feet, for 10 days, excitement started building up. From day one, the heads of the Sai (family) Organization in Canada, Dr. Singh and Sister Myriam were our pillars of support. They continued to be so during the pilgrimage at Prasanthi.

Swami asks us to answer three questions –

Who are you? Where did you come from? Where are you going? The answer for all the three questions is the same-God. We normally struggle hard to understand the significance of this single answer. But our dear Lord makes even the toughest philosophy easy for everyone to understand. That's what happened during this pilgrimage. All of us realized the oneness of all and the oneness with the Lord.

Swami keeps advising us to remove the mind and become "amanasic", which is very difficult. But in Prasanthi, it happened automatically since there were no thoughts other than that of our beloved Swami. Darshan of the beautiful form of our Lord filled us with happiness. Each of us felt that He looked us individually and gave that special smile.

Sai, the compassionate and loving mother recognized the hard work put in by the children and the youth in offering their love to her in the form of a play and the musical program respectively and accepted the offering graciously. She also blessed Her family from Canada abundantly and filled us all to the brim with bliss. Even now we cannot stop smiling ear to ear. The memory of being with our dear Lord will be carried in our hearts until our dying day.

This pilgrimage, in reality, was a journey to the source and Swami abundantly rewarded us during this pilgrimage. I am saying that this is a blessing of a life time because I am not sure whether we will get another opportunity like this. No words can adequately describe one's feelings and experi-

ences of this pilgrimage.

On a personal level, I realize that I have learnt a lot of lessons in addition to basking in His Love. I am not sure whether I deserve the grace, He gave it anyway. He made me realize that I am one with Him and with His reflections – my Sai family. He also gave me the insight confirming that there is none but Him in my life.

My question now is; how do I repay all this grace, guidance and Love from Him? The answer is crystal clear. It is not the question of repaying but it is the answer of offering myself, to be used by Him in His mission and make myself, of course with His grace, a worthy instrument in His hands.

~Dr. Kanchana Manickam

Pilgrimage Lead, Western Canada

The Canadian Sai Organization under the leadership of Dr. Singh and Sister Myriam Jozsa had decided in October 2009 that we the devotees will undertake this Holy Pilgrimage with the goal of having His Darshan and our spiritual transformation. Nearly 1200 Pilgrims from various regions of Canada went on this Holy Pilgrimage. With Swami's grace all the regions and centres worked in unison for the planning and preparation. We have been praying together to Swami for His Grace and guidance. As an offering to our Lord we also prepared a Cultural Program by children and a Musical Program by our Youth. All the devotees, across Canada, participated and prepared for these programs with a lot of dedication.

Some of us reached Prasanthi Nilayam in advance to make arrangements. Swami graciously granted permission for the programs on 18th August 2010. The dates were fixed by Him as August 24th

and 25th. Practices and rehearsals continued. On the days of the program Swami was with our group for an extended period of time. He allowed us to sing bhajans on both the days. He was blessing repeatedly by raising both His hands. He came down for photographs with the children. Swami was very happy with the Canadian group. He distributed presents to the children and youth. Swami gave us all Vibhuti, the significance of which is to destroy our ego. Cutting down our ego will definitely help us to progress in our spiritual path and transformation.

In summary, It was a blissful trip for all. Those, who could not go, were with us in spirits. Everyone was satisfied and overwhelmed by the Grace and Blessings of Swami. Personally, it was one of the best experiences of my life and I believe that I have gained Divine Grace and delight by being a part of this Pilgrimage. It helped me to sanctify my life to some extent. I pray to Swami to guide me to serve Him better in future, as well.

~Manick Sivaperumal,

Pilgrimage Lead, Eastern Canada



Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

On Living A Life Of Sai Ideals

During the Canadian pilgrimage of August 2010, within God's Cosmic play, blessings from the Divine Beloved ceaselessly poured. Permission for both the cultural and music programs was quickly granted by Swami with specific dates assigned. Not one day went by without Lord Sai's double handed blessing upon all present.

All children and youth participating enjoyed Swami's close Darshan and Sparshan as well as gifts of sarees or cloth for safari suits. Photos with Lord Sai were invited and Bhagavan honoured youthful musicians by asking them to lead numerous bhajans.

The Canadian girls who chanted the vedas before the drama unfolded were later told that the pundit who guided the daily Vedic chanting during Darshan had complimented their pronunciation. The head seva dal was full of praise for the dignified and orderly behaviour of Canadian ladies as they lined up for and attended daily Darshan. What a magnificent testing ground it was! For challenges and obstacles to face, individually and collectively, were there in abundance! These included last minute instructions requiring the fine tuning of select scenes, directives regarding seating, methods of placement selection and the possible thwarting of some expectations of how,

when and what should transpire. How to remember in such circumstances to pass God's tests?

Fortunately for God's pilgrims and for humanity at large, there are dramas that depict exemplary individual and collective conduct. It was just such a powerful collection of stories which was depicted in six scenes before Our Beloved Bhagavan by the Canadian SSSE children on August 24th, 2010 under the title, "A Life Of Sai Ideals" Those watching might have asked themselves, "Do we all also embody conduct worthy of lives of Sai ideals? That is the question each must

answer in the privacy of one's own heart for only there is the full truth known.

Let us pause briefly to investigate what attitudes constitute lives of Sai ideals. One of constant remembrance that all that exists is God and nothing but God, would be a perfect start.

Such was the reverence expressed by the First Nations people of Canada who saw sanctity in all aspects of their world. They lived in harmony with nature and always considered how their actions would affect seven generations into the future. Their wisdom was presented in the scene dramatizing Bhagavan's saying, "Life is a Song, sing it!" With such a world view, purity would naturally follow, bringing with it the ability to live as a perfect instru-



ment for God's Love in egoless humility. Brother Andre, a Canadian who was canonized as a Saint this October in Rome, was such a selfless lover of God. His story before Swami exemplified "Life is a goal, achieve it!"

No ideal life would be complete without Self confidence nor deep heart-felt compassion coupled with the courage to act upon it. The story of the Underground Railroad, a means by which American slaves were helped to escape their sorry lot in exchange for freedom in Canada, was brought to life in the segment showing that "Life is a challenge, meet it!"

Another characteristic of those living Sai ideals is the ability to see terrestrial life as it should be, with visionary, idealistic zeal. The scene on the life of Terry Fox well presented Swami's Mahavakya. "Life is a dream, realize it!" This amazing youth's response to the deadly illness which eventually claimed his life was to rivet the world's attention on the need for research so that others sharing the same disease could be saved.

Next, no life of Sai ideals would be replete without the human values of love, peace, truth, right conduct and non-violence. These values must come to permeate each being in every thought, word and deed in life. The scene called "Walk For Values" demonstrated how this simple, powerful event, has caught on globally and enacted Sai invocation "Life is a game, play it!"

Finally, a crowning joy is achieved in an ideal Sai life when an intimate relationship between an individual and its loving Creator is cultivated. Such grace then results, as outpouring of Bliss expresses as joyous excellence and creativity in all facets of human endeavour. A French opera ballet aptly conveyed this in the scene "Life is Love, enjoy it!" Simple and perfect! It was a Divine pilgrimage to remember! It is a Divine

Sai life of Love to cultivate and enjoy!

There is another finish line.....11 more years of glimpses. Such message was brought home with great clarity. We Canadians were given much reason to be ever grateful to have traveled so beautifully united and as one mass of consciousness into the aura of That super consciousness. The signs of the receding of the physical form were clear. 11 will quickly be reduced to ONE. Are we planning on being ONE with Him? Canadian pilgrims have answered 'yes' by our conduct in Bhagavan's presence. The respect, discipline, punctuality, tolerance and contentment told the story of our unity leading to our divinity.

***~Shiva Gopie,
Toronto, ON***

**~Ananda
Edmonton, AB**

Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

A Wonderful Experience

When we pray to Swami for courage, He gives us the opportunity for us to realize our courage that is latent within us. When we pray to Swami for strength, He gives us the opportunity for us to realize our strength.

On one beautiful November morning, the president of the St-Hubert Sai Centre informed the SSE Gurus that there would be a Canadian Pilgrimage in 2010. We were completely filled with joy to imagine a program the SSE children of Canada could present to Swami. Yet, how could such a physically expansive country come together and coordinate a presentation worthy of our Lord? The cultural program had to reflect the Canadian culture,

incorporate various aspects of Canada's history, unify approximately 250 children across Canada, and most importantly emphasize the 'Sai Ideal' theme. Swami had certainly offered an opportunity to realize our courage within!

Brothers and sisters across the country submitted options, and by January 'A Life of Sai Ideals' was selected as the Cultural Program. A Program Integration Committee comprising of members from the various regions across Canada held its first

teleconference on February 28, 2010. Once, if not twice a week until August, this group discussed and organized the monumental task of developing their regional acts while ensuring that the entire cultural program remained cohesive and uniform. The months of February and March saw the Committee members finalizing the script, deliberating over the various costumes, finalizing the music scores for the various acts, and designing and building the various props. After practicing for two full months, a DVD was produced by each region and shared with the entire committee for feedback in April.

May was a month full of divine surprises. A second DVD was produced, and the cultural program was submitted to Dr. David Gries, Zone 1 Chairman, and to the Canadian Sai Council. During this period, the final high quality audio files were completed, and students were busy preparing for the May 25th first joint rehearsal of the cultural program to be held in Toronto. Finally, after four months of frequent independent practices, over 200 children came together to practice the play. The children performed beautifully, but much work needed to be done. Dr. Gries and the Sai Council members provided their written





feedback. It included a number of excellent suggestions, and implementing the necessary changes was certainly another opportunity to meet a challenge of life. The Program Integration Committee's commitment and unity were truly outstanding. We all acknowledged that only Swami's grace and love sustained and guided us.

The Canadian Sai Council raised two important issues: first, that the ending should bring Swami back into the program; second, that some of the acts lacked the spiritual aspect. We only had a 30-minute time slot. I prayed to Swami: "How can we make these changes and still keep within our limits?" As I drove back to Montreal at 5am the next morning, I began listening to Radio Sai and kept thinking about how to incorporate the necessary changes. As I approached Kingston, I suddenly had the solution! Dialogue was running through my mind. I trembled as I realized the overwhelming grace of Swami. Tears streamed down at the thought of the beautiful path Swami had shown. Once I reached Montreal, I shared the experience with my family and immediately wrote the words down. I shared it with the rest of the committee. Through several discussions, we agreed upon the final scene, where Ravi would pray to Swami and ask for guidance to take on the monumental task of running in

the marathon. Ravi, the lead character, would show the audience the transformative power of Swami's teachings.

Swami is always with us as we face life's challenges. Thank goodness for this, as the challenges did not stop in Canada. They came very willingly to Parthi itself, testing each one of us from the morning of August 17 until the play concluded on August 24. First, Uncle Chakravarthy sent Brother Sai Prakash from Radio Sai to decide whether the play should be performed or not. Swami had already given permission to present, however what we present rested entirely upon the review. We were intellectually prepared to deal with any outcome, but we were not prepared at an emotional level. How would we inform the children that some parts of the program had been cancelled after all the months of hard work—that would certainly be devastating! On August 18, Brother Sai Prakash attended the rehearsal. The children began with an observation of one minute of silence and then commenced. At the conclusion, Brother Sai Prakash informed me that he would meet with Uncle Chakravarthy and would provide an answer



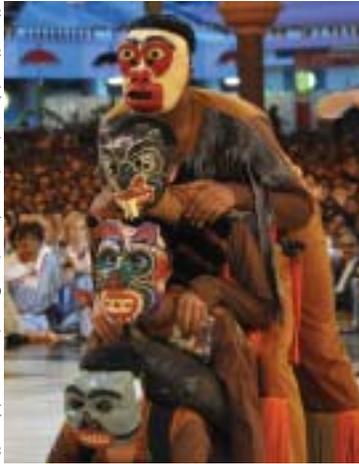
the next day.

After a night of intense prayer that permission be granted, I was thrilled to hear from Brother Sai Prakash that he was recommending the entire play to be performed. While no scene was cut from the program, he did have a comprehensive list of necessary changes. I methodically wrote down all his comments, but my mind was on Swami, thanking him for allowing us past this first step; however, the final word on whether we when we would perform must come from Swami Himself. On August 20, we were informed that Swami had given approval for both the cultural program to be presented on August 24 and the youth musical program on August 25. Thanks to Swami, for this incredible opportunity.

The four days from August 20-24 were simply amazing. The energy! The focus! The devotion! From the youngest child actor to the eldest Canadian advisor, all of us were intent on one goal: meeting any challenge that we had to in order to show our love for Swami to the very best of our abilities. Perhaps the most humorous challenge presented to me was just four days before our performance. As I was providing a status report to the Canadian Sai leadership, I was asked: "Brother Siva, how are the decorations coming along?" I froze with a smile on my face, but in my head I was silently thinking: "Decorations!! What decorations? No one has said anything about us decorating Sai Kulwant Hall! Yikes!! Oh no!!" Drawing a deep breath and sending a prayer to Swami, I ignored the concern in my head and

quickly replied out loud: "No problem, Uncle, we shall take care of it." Of course, a voice in my head said, "How?" Yet again, Swami always sends us what we need. I conveyed the message to the rest of the program integration committee that night, and immediately one Sai Sister said, "I know someone who can deliver 5000-6000 flowers by Monday," and a second volunteer came forward and offered to design a banner. That banner was completed overnight (amazing!). The incredible talent within the Sai community reminded me that the strength in the Canadian Sai devotees is in our complete faith that anything is possible through our Dear Swami.

One other momentous challenge that must be mentioned is the re-writing of a song. One region needed to completely replace its theme song. We met and reviewed all the alternatives but none had good tempo, beat and suitable words. We decided that we could use the theme song from the World Cup 2010 even if the words were not entirely suitable. Late on Saturday night, 21 August, I returned to the admissions office for the Canadians, which had become a meeting-gathering-room for all those who had last minute responsibilities. I shared the choice of the World Cup theme song with several youth members who were present. To my amazement, they composed a new set of lyrics on the spot. The words were simply beautiful, and within thirty minutes they had completed two verses. By the next morning, the youth had finished the new song and all that remained was a recording of the final song. We needed to find the musicians, to practice and to





record at the Radio Sai studio before night fall. An impossible task? Not with Swami's help. That evening a team of musicians assembled at 8:30. They practiced for a mere 30 minutes, and one hour later the song was completely recorded and edited. Once again, I was reminded that every opportunity in the entire pilgrimage was for each one of us to realize our latent divinity within, to draw on this strength and to meet any challenge.

And then the moment came to perform. How can words describe the overpowering emotion of being given the gift of watching Swami see our Canadian children perform? Never did His divine eyes wander from the children on stage, often He nodded His head in understanding, and frequently He smiled. Simply wondrous. The children's dedication showed itself the day they performed. Everyone commented on their outstanding discipline. Swami's grand-niece had earlier voiced her amazement that over 240 children, parents and volunteers had been practicing beside her office for an entire morning. She had not heard anyone, and was simply stunned by the disciplined behavior of so many children. Swami as well recognized this. After the play as He posed with them for a group picture, Swami turned toward all of the children

with a loving smile. He then raised his hand toward his mouth and said to them, "Run, run, run, go, eat and sleep." All of the children burst into laughter. This memorable moment of their Lord acting as a kind, gentle and humorous parent is love beyond words. A divine memory that they would always be able to draw upon when they needed Swami most for years to come.

When the pilgrimage began we asked, "How could such a physically expansive country come together and coordinate a presentation worthy of our Lord?" We all now have realized the answer. We prayed to Swami for courage, and he gave us courage. We prayed to him for strength, and he gave us strength. Through the pilgrimage Swami offered us all many opportunities to increase our capacity for courage, strength and more importantly love. The pilgrimage presented plenty of challenges, and yet working through them brought an opportunity to unify as devotees bonded with love for Swami. We also individually drew even closer to our Divine Lord of Love. I thank Swami with all my heart for the blessing and opportunity of participating in the Canadian pilgrimage.

~Siva Nadarajah
Montreal, QC



Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

The Divine Call

As a Canadian Group we harkened to the call of the Divine and with His benevolent grace from August 16, 2010 to August 26, 2010, we immensely enjoyed each and every Darshan of our Beloved Lord - truly a rare gift to be basking in His glory and magnificence.

Having our Beloved Swami's supreme Darshan in such close proximity was a unique blessing and to witness the joy and blissful smiles on His beloved face was like having drops of nectar placed in the palm of our hands. His smile lit our heart and souls and we became one with Him enjoying every moment of divine interaction during these presentations. Oh! What a humbling moment when the Lord Himself expressed the happiness and joy He derived from watching the Canadian group's presentations. He is the Creator of everything; He is the Doer of all, yet he wanted His children from Canada to know how very pleased He was with them. It was my good fortune to be a part of the Canadian Pilgrimage group.

I am delighted to give a personal account of my experiences and reflections about this pilgrimage from a spiritual perspective. For me, this particular journey has been an Inner Calling. It has awakened me and my spiritual growth is being enhanced. I have come to realize that the primary reason why I have been born is to know my own Divinity - that I must in this lifetime merge with the Supreme Source – God.

Our Beloved Swami has stated, "As a result of our attachment to the body and its organs, we go praising the beauty of the world. One gets attached to the sensory organs if one has attachment to his body. As long as Man is attracted by outer Nature, he cannot escape the blows of joy and grief, of profit and loss, of happiness and misery. But if he is attracted by the Glory of God within him as well as within Nature, he can be above and beyond these dualities and in perfect peace. In order to escape being tossed about on the waves of joy and grief, one should cultivate unconcern, an attitude of welcoming either, as a sign of Grace. Sri Ramakrishna said that to avoid the sticky white sap in the jackfruit from contacting your fingers when you peel it, you must apply a few drops of oil on them. So too, he said, if you do not want the world and its reactions to stick to you, have a few drops of unconcern applied to your mind. This unconcern leads to the deepest yearning for God."

While in Prasanthi I bought a book titled 'No Country No Name.' Ooru Ledu, Peru Ledu by Dr. Sara Pavan. This pocket-sized book is a priceless treasure and has become my great bible and a mighty source of inspiration to realize the Truth. The divine words in this book has taught me that I as a physical individual have bodily attachment and as a result of this attachment I relate with this body of mine and I associate myself with a country - Canada and I have a name that I am known by. However in reality I have no name and I do not



belong to any country.

I know that I have been gifted with a human body, which is the temple of God, which allows me to be an instrument of God, which also is a wonderful vehicle. On a physical level, while being in this world it is my dharma to lead a righteous life and abide by rules and regulations of our society and be of service to society and function in this world to the best of my ability. But this is all secondary. In reality I am Atma. The Atma is all pervasive. There is only ONENESS/UNITY. There is only ONE LOVE, which leads humanity onwards to experience UNITY and through PURITY realize DIVINITY.

Dear beloved brothers and sisters. Love is the divine antidote that creates miracles big and small. We will never be able to comprehend or fathom its true value. It cannot be understood from a superficial level. Our beloved Swami states that Divine Love can be cultivated in two practical ways: "One, consider the faults of others, no matter how large, to be insignificant. Consider your own faults, no matter how insignificant, to be large, repent and correct your faults. In this way you acquire the qualities of brotherliness and forbearance. Two, whatever you do, with yourself and others, do it while remembering that God is omnipotent and Omnipresent. He sees, hears and knows everything. Discriminate between the true and the false and speak the truth always. Strive every moment to be aware of the presence of God."

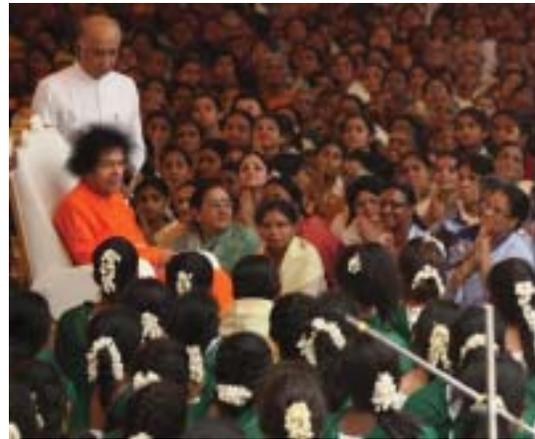
"Love without desire is supreme. The supreme secret is that man must live in this world like a lotus leaf, which though born in water floats upon it without being affected or wetted by it. The

Vedas advise us to love God with no touch of desire in our minds. Love, since you must love, for love's sake. Those who speak about God in the world do so only from superficial experience, but those who are wholly saturated with God's love will find no words to describe their bliss. That is why the Vedas declared that the Divine is beyond the reach of the mind and speech. Everyone should make an all-out effort to experience this Love."

We have to immerse ourselves completely in it; we have to dive deep into the ocean to fetch precious pearls. In order to experience this kind of divine Love, we must all be Love ourselves. Let us dive deep within our ocean of endless love and manifest its vastness.

~ **Sarojini Naidu**

National Spiritual Coordinator



Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

A Newcomer's Experience



It is both a singular honour and privilege to be asked to share some thoughts on the recent Canadian pilgrimage to Prasanthi Nilayam. I say this primarily for two reasons. Firstly, I am still a relative newcomer to Canada, having arrived with my family to British Columbia from South Africa less than two years ago. Secondly, I am even more of a newcomer to the Sai family with my active participation commencing only during late 2009, through the Abbotsford Sai Centre.

At the outset, let me highlight a very significant and most important point raised during our recent gathering at the Abbotsford Sai Centre. This post-pilgrimage "Thanksgiving Feedback" is not intended to make any individual, who could not make the physical pilgrimage to Parthi, feel as though they missed out on a great opportunity or experience. On the contrary, I cannot place more emphasis on the "inclusiveness" with which many devotees undertook this sojourn on behalf of their respective congregation members. Many noble-spirited and lofty-minded devotees carried with them the "hopes,

prayers, aspirations and feelings" of their fellow devotees, who could not make it on this occasion to Parthi, and remembered them specifically during their prayers at Darshan time. Make no mistake, at some point, you were all included in our thoughts and prayers before Swami.

Upon our return from Parthi, I was asked by our centre president to share some thoughts on the following : a) the Power of Swami's Darshan, and b) Swami's Prasad, both material and spiritual. I suppose as any newcomer unto Swami's fold, and coupled with this being my first trip to India, the temptation of entering this process with some sense of "expectation or anticipation" is very strong.

Prior to our arrival in Parthi, my wife and I had heard much about Swami's love and the miraculous effect it continues to have on countless individuals lives to date. The possibility of seeing Swami materialize vibhuti, rings, chains and lockets as part of His love, was particularly captivating to my mind. Naturally, I believed, that in order to experience His love and be a part of this miracle, would require us to get as physically close as possible to Swami, during seating in Sai Kulwant Hall for Darshan. Each morning at 6.30am and afternoon at 2.30pm, the Canadian delegation would assemble for line-ups, and we would eagerly see how the rotational system of allocating seating to the different Canadian provinces, would work in our favour or not! Well, needless to say, when my group (BC & Yukon) got relegated to the furthest possible rows at the back, after the first three darshans, I quickly began los-



ing hope of experiencing something miraculous.

At this juncture, a more “seasoned” devotee of Swami’s, from our Abbotsford Sai centre, recognized my agony as a novice to this drama. Taking me under his wing, he consoled me with the amazing accounts of various other devotees, and revealed the first lesson to me: *“Have No Expectations”*.

One cannot enter Swami’s House with predetermined thoughts and expectations, as these are often rooted in our own selfish needs. The second poignant lesson he taught me was, *“Accept Everything”* ie. when entrusting Swami with directing this ‘Play of Life’, accept everything as His Prasad. By continuing faithfully with your duties, most situations will resolve for your highest good, with His grace.

Thereafter, no matter where the seating allocation was, it mattered not. Just seeing Swami every evening for Darshan, was like a “spiritual tonic” or “shot in the arm”, that rejuvenated us physically, mentally, emotionally and spiritually. He blessed us profusely, with both hands raised daily in “Abhay Hasta” and made us realize just how fortunate we were to be travelling in each others company. A huge part of His blessing was to see “His Love in Action” all around us.

I encountered many remarkable and extraordinary Canadians, each with powerful and uniquely wonderful experiences of their own to share. A great spirit of camaraderie and brotherhood prevailed on the men’s side, with those fortunate to be seated in the front rows, collecting letters from all and sundry, to present to Swami. Other Canadians were lovingly engaged in seva at the various canteens, yet others, donated blood at the nearby Super Speciality Hospital, whilst the Canadian medical

team rendered sterling service in attending to the constant health needs of the Canadian devotees in Prasanthi.

Soon all wordly concerns, and material cares plus worries, with which we had entered the pilgrimage, lost their burden of weight, seeming less daunting and becoming more manageable. This taught me my third lesson: *“To Expect the Unexpected”*. Setting aside our selfish needs and expectations, ‘allowed’ Swami to work His greatest miracle on us. Without our realizing it, the “transformation” set into motion by Swami’s all powerful Darshan, had begun within us, allowing us to “free our minds” and to “open our hearts”. The prejudice and trepidation of viewing India as a land of “organized chaos”, was replaced with a sense of appreciation and wonderment at her people. It taught me that: Only in India a)in the midst of overwhelming outward pollution, dirt and filth, so apparent to every visiting foreigner, does one get the opportunity to practise and cultivate “PURITY” of the heart, b)in the face of massive crowds of diverse people and tongues, does one get the opportunity to nurture “UNITY” of the mind and c) amidst the striking poverty that surrounds one continuously, can the richness of our “DIVINITY” be discovered or realized.

In summary, I have come away from this pilgrimage with a sense of “extreme peace of mind”. Our transformation unto “PURITY, UNITY AND DIVINITY” had begun, because that is “The Power of Swami’s Darshan” and the “Fruits of His Prasad” – all in one!

**~Dr. Sunil Dajee
Abbotsford, BC**

Canadian Pilgrimage to Prasanthi (August 16-26, 2010)

Youth Perspective

Family

“Our love should not be confined to our kith and kin. It must extend beyond the family to society as a whole, then to the nation at large and finally embrace the whole world.”

-Bhagavan Sri Sathya Sai Baba

While preparing for the trip to see our beloved Bhagavan, I asked our center president what the accommodation arrangements were going to be during our stay in Prasanthi Nilayam. She explained that all Canadian pilgrims would be staying in the ashram in the North buildings. I was traveling with my parents so, to clarify, I asked if I would be staying in a room with my family. She gave me the “wise old master” grin, and responded with the question: “Who is your family?” This question became the catalyst for a self-reflective process that has led to a profound understanding.

I usually travel by myself. So, the idea of traveling with, and being part of such a large group was exciting, but also slightly overwhelming. In fact, when the trip was first announced and I heard that over 1500 people were planning to go, I thought that this trip was definitely not for me. Wouldn't it be better for me to plan a trip at a time when I will be able to enjoy the peace and quiet of the ashram without the chaos of so many people? I always look forward to seeing my Swami for so many reasons, but also to “recharge my batteries” so that I can keep His divine energy in my day-to-day life when I return to Canada. I thought that being part of such a large group would distract and inhibit

it me from being able to self-reflect and absorb His energy to the fullest.

But then I heard that it was our divine mother and father Himself who had invited us. He had lovingly requested all His children to come spend some time with Him and have His Darshan. How could I decline a request from my dear lord? It's at that point I decided He must have a plan. What was the learning that He wanted us to take away from this experience? Why was He asking devotees from around the world to form such large groups and come together at His doorstep?

In preparation for and during our trip, I had the opportunity to meet and work with many youth, adults and children from across Canada; members of my Sai family that I rarely have, or have never had, the opportunity to interact with. I witnessed the creative capacity and dedication of our youth in the preparation of the musical program and card offered to Swami. They captured the words that I call out and the melody that plays in my heart every time I see my beloved Lord. With awe, I watched the tremendous amount of coordination required to bring together talent from across the nation in the writing, directing, acting and overall producing of the drama performed in front of our Lord. At the ashram, I assisted with a tireless team of youth and adults who sacrificed so much time, some darshans, and even meals to serve and ensure that all the pilgrims would have a comfortable stay. I was especially touched beyond words by the selflessness of



all the Canadian Sai family members that had committed to the preparation of the pilgrimage even though they ultimately were not going to be joining the actual journey.

From these interactions I have kept with me deep understandings and gained inspiration. The lessons were not always in learning what to do from one another, but also what not to do. Just like in any family, there were disagreements, even arguments. There were misunderstandings and hurt feelings. But, just like within our own individual families, we find a way to forgive and allow the love to flow once again.

So I did self-reflect and learn through my

discussions with other Canadians. And I did absorb Bhagavan's energy; it's been two months since returning to Canada and I still feel like my batteries are running at full power. For this, I am thankful to my beloved Swami for inviting me and allowing me to be a part of this journey in developing faith in Him and expanding my heart to understand His definition of family. I am also grateful to all my Sai family members who have taught me so much through their own dedication to, faith in, and love for our beloved Mother Sai.

~Seema Poddar,
Toronto, ON

Dearest Sai....



Our pilgrimage officially spanned 10 days, but my personal journey began back in January. Back then, I was blessed to be included as one of the committee members for the Music Program that the youth were to present to Swami. This marked the beginning of a personal journey of transformation, a journey that would take this wide-eyed opti-

mist to the feet of the lord, with music as the catalyst. Beginning in April, I began to call Toronto home, as I would drive from Montreal to Toronto as often as I could on weekends for music practices and recordings. The long tiring drive that followed a long week of work was always rewarded by the bliss of being in such good company and singing the praises of our lord. On top of the drives, there were conference calls, emails, and phone calls; the days were enveloped in working for SAI.

What differed from the usual, when doing this work, (long drives, conference calls, phone calls, recording) it was always encompassed in happiness. Swami says: "ABC- Always Be Content;" How easy it was to be content when doing the work of our Lord.

Once we touched down in Parthi, all that had been worked on for so many months was final-



ly coming together. The excitement of the youth was palpable; this immense joy and energy was carried around from Darshan to music practice. I recall being near the accommodations office on the 16th of August, our first day of the pilgrimage, and the Youth who were just arriving were already asking about when/where the music practices will be held. The dedication to put on the best show for Sai was so evident in the 100+ youths who were in Parthi. The music, for me, and for many youth was given prominence. What we wanted to do for Swami became so important, and again, as we practiced and refined the show for Swami, there was a deep sense of joy that stemmed from the singing hearts. What I cherish about my experience with the youths of Canada was the teamwork, the cooperation, and the collective push towards one goal. Our group of 100+ youth worked tirelessly to put on the best show we could for our lord, sacrificing sleep, food and most importantly the sense of self.

Within the first few hours of being in Parthi, I was thrust into a position to serve. I was given the opportunity to work with a handful of devotees and run the Canadian accommodation/administration office. This "job" gave us a chance to meet many devotees from across the country but on a deeper level, it gave us a chance to serve them, and ensure that their experience was the best it could be. The office soon became a medical office, a practice room, and an art studio, but to this devotee it will always be the hub from which we spread the lord's message of love through our service to others, our sharing of experiences and through opening those doors to any devotee who came in need of any kind of help. One experience that I want to share is how Swami, in

his infinite grace, caters to our every wish when we selflessly do HIS work.

My routine in Parthi was as follows: Wake-up, office, morning bhajans, office, music practice, office, afternoon Darshan, and we would terminate in the office. Going through this routine, I sometimes missed the morning bhajans, or I would miss a meal here and there. I did not question why Swami put me in the office; however, I did ask Swami for one thing. Being the son of 2 Keralites, I was excited that Kerala would be presenting to Swami on the occasion of Onam. I expressed to Swami my wish to see the play put on by the Kerala Youth.

That day, as I sat in Darshan, I realized that I would not see the play from where I was sitting. Around that time, I happened to look over and saw an uncle collapse from his chair. Instinctively, I stood up, bounded over the other Canadian devotees, and got there to see if I can help. The devotee was already being tended to by our resident doctor; however, I had this overwhelming urge that I needed to do more to help. I ended up fetching a stretcher, and carrying this uncle to the ambulance that is parked inside the Sai Kulwant Hall. Without any hesitation, I jumped into the ambulance with him, and we took off towards the Sathya Sai General Hospital. Once reached, he was treated, and was about to be given clearance to return back to his room, when it was decided that he should go to the Super Specialty Hospital for a more detailed test. The ambulance came back, and we went on our way to the hospital. At this time, I had let my mind wander to the realization, that the Vedas were starting, and we were now about one hour from presentation time. We reached the specialty hospital, had the

tests done, and the devotee was cleared to return. I was given strict orders by the doctor to take him straight to his room, and let him rest. We had to take a rickshaw back to the ashram, and then we slowly walked back to the north wing buildings. When we reached back, I heard that the Vedas were still going on. When I finally got uncle to his room, and started making my way back to the hall, the drama began. As I left the devotees room, I heard the play begin on the speakers that are located around the ashram. Once in the hall, apart from the few instances where I craned my neck to get a glimpse, I listened to the drama. After the drama, as I got back to the office, I reviewed the events of the day. In retrospect, Swami not only let me be of service, but he also granted my every wish. Firstly, on our way to Parthi, our taxi passed by the super specialty hospital, and I turned to my mom and said "I would



really like to see inside that hospital one day." Mom replied by saying that this trip will be too hectic to go visit, but next time for sure. Secondly, the night before, amidst the pouring rain I asked Swami to take me in his car, to avoid walking back and getting wet. As we returned to the Sai Kulwant Hall, I was told that the ambulance that took us to the hospital is actually there for Swami, in case of emergency.

Our lord, in his infinite compassion, gave

me that ride in his car, allowed me to hear (and feel) the entire drama, but most importantly he allowed me to serve. But the truest joy, and what I will cherish the most is having been given the chance to do the lord's work. Swami says, "You do MY work, and I will do yours."

Before leaving for Parthi, I put so much emphasis and importance into the music program, believing it to be the ultimate joy. Swami, through his leela, reminded me that all he wants is for us to serve selflessly. Swami wants the transformation of our hearts, and the spreading of HIS love to all. He

reminds us that the hands that help are holier than the lips that pray.

As I sang my Mata bhajan, my heart asked "How can I thank you my dear Sai Maa, for all your patience and love Sai Maa?" There is one way to thank him, we must be the ambassadors of his

love, the embodiments of his message and of course, we must remember that the way to make our lord smile is through service. Thank you lord for the opportunity to spread your love through service. Thank you lord for your infinite grace and compassion. Thank you lord for being patient with me.

~Prateep Menon,
Montreal, QC

*SSSE Student's Perspective***A Dream for All**

Going to meet Baba was like a dream for everyone in my family. For me, I had a much different experience than the rest of my family. In particular, this was a dream for our center but mostly for a dear one that is not with us anymore. From the first day to the last, my family and I had several similar and astonishing experiences.

Dream, is the one word to explain this pilgrimage for my family. However, I never realized what I was seeing was true, until the very last day when I walked out of Sai Kulwant Hall as a play was being presented to Baba. As I took my final steps towards the back of the hall, repeatedly looking back at Baba, I realized this was real. This journey was not a dream. It was true; God really was in front of me.

Nevertheless, our experiences had started with the first day when we had attended the evening Darshan. Waiting for Baba to come in, a quick thought had gone through my head. Which I learned later was also going through my aunts too. Being from a family of Sikhs we were curious if we would see someone dressed in a turban. Later, when Baba

came in and bhajans were going to begin out of the corner of my eye, I saw a man with a turban. I could not believe it! Baba, was listening to us. And when bhajans started, one of the bhajans which was sung on this day was the one Dr. Sandhu used to sing. Dr. Sandhu was the one who introduced my family to the center and always prayed for our center to come together and see Baba. When this bhajan was being sung, my family and I could feel the presence of her spirit with us.

As days passed by, everyone had decided on something particular that they wanted to ask Swami. Some prayed that Swami please let me be able to surrender to you, while others prayed for health or a saree. But I never had an idea of what to ask for, and at times I felt there is no need for me to ask for anything from Swami because he called us there. And there was nothing more that I could ask for. One day as the afternoon Darshan finished, I walked out thinking the same thing: what do I want to ask Swami? And at the next moment I heard a devotee say, 'We can never ask too much from our mother.' From that day, I never thought too much about what to ask from Swami. But when we had left the ashram, and were stopped at a gas station just a couple minutes away, this thought came to me once again, what is it that I wanted to ask Swami? Then there I closed my eyes and thought about Swami and it came to me, "Swami, please call us all back to you."

~Rasleen Uppal
Abbotsford, BC



He is My Best Friend

This was my third time in Prasanthi, and my first pilgrimage trip. The Canadian SSSE children and the Canadian youth had each prepared a special program for our Lord. I, along with my two friends from Edmonton were part of the Rudram chanting group. Practices were held daily above the Western Canteen after and before Darshan. During practices, we were blessed to interact with many young people having the same background as us. Spirituality and devotion were the common ground uniting us before we even got to know each other's personalities.

Apart from getting to know our new friends, the excitement of seeing Swami closer than we all had ever seen before was apparent. Long Darshan lines of men and women, young and old, waited for as long as 2 hours each day in the sweltering heat and humidity for perhaps just one, loving glance from Swami. You could really feel the love and devotion in the hearts of all. We had made the journey to him within ourselves, and not only across the seven seas. Swami was so very gracious and doted on us all, offering padanamaskar every day, stopping to talk to many of the coordinators, paying special attention to us during Darshan, and taking extra rounds closer to where we were seated, and prolonging Darshan and bhajans so we could spend more time in front of his Lotus feet.

When Swami had decided the date for our performance, our practices increased and we had many people from the Review Committee come and view our performance. With a few modifications here, and there, finally we were ready to perform for God himself.

The day arrived and the energy and magic were almost electric. The program began with the Veda chanting, and we were seated in the front row closest to the ladies side of the veranda. I experienced the most beautiful Darshan of my life there. Swami was an arm's length away. My Sai sisters and I could observe each line on his face, and we just drank in all the detail we could, feeling very blessed to be receiving his bountiful grace. Swami came to a stop on the verandah, and was ready to view our performance. We felt incredibly honored and special: His eyes did not waver from the stage and as we were chanting the Rudram we could see his lips form each word in sync with us, and his fingers tap against his lap in beat. By the end of our performance, all the SSSE children joined on the stage to sing "Love is the way", after which Swami came down onto the stage and mingled lovingly with us.

Swami is truly the divine mother. He blessed me with my first sari in a beautiful pink color, and the first time I ever wore one was the next day, just for Him. He blessed us with divine humour, joking and making hand gestures and funny faces many times, rubbing his stomach at the end of the program and signaling the gates, saying 'You must be hungry it's been a long night! Go eat my children'.

When I came back to Canada, I had a renewed zest for life, making some big changes, and can honestly say now that my mind and thoughts are truly in tune with His. He is my source, my Lord, and my best friend.

~Divya Jha,
Edmonton, AB

Seva Activities



It was indeed His Divine Blessing that we got the opportunity to perform Seva in Prasanthi Nilayam during our Sai Pilgrimage.

Medical Camp: Nearly 1200 devotees arrived in Prasanthi Nilayam between August 14-16th 2010 on pilgrimage. Orientation sessions were held for interested Canadian Physicians on August 16 & 18th for Clinic set up.

A Medical Clinic was held from August 19-26, 2010 in one of the allotted rooms in N7 building. Several dedicated Canadian Physicians volunteered their time to serve in the clinic from 10-12 noon daily. The clinic time had to be extended to 12:30pm almost every day due to demand. A total of 167 patients were treated at the Medical camp. Many devotees were treated in their rooms, because they could not make it to the clinic. Several seriously ill pilgrims were transferred to the Sri Sathya Sai General Hospital for treatment.

All the necessary medicines were bought locally and dispensed free to all the patients. The staff of Sathya Sai General Hospital were extremely helpful with their timely advice regarding

potential illnesses, treatment options and preventative measures. With Swami's Grace, everyone recovered from their illness and made it home safely. I thank all the physicians for their selfless service. More often than not, they have missed a Darshan/meal to care for the patients. A special thanks to Sekhar, a pharmacist from Winnipeg for volunteering his time to maintain inventory and dispensing medicines.

~Dr. S. V. Evani
Abbotsford, BC.

Blood Donation: On August 20 & 21, fourteen brothers and ten sisters went to Super Speciality Hospital and donated blood under the direction of Dr. Sai Kiran and Brother Sinnathurai.

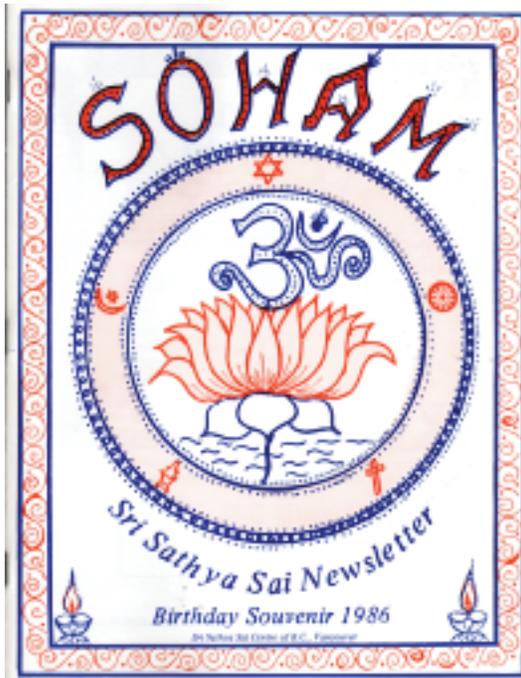
Service at Western Canteen: A total of 168 devotees participated by rotation from August 17-26. Sister Sushila Mistry helped with the planning of the rotations and Brothers Sudhakar Voora and Chantira Kumar helped with the coordination during various shifts. We must mention here that York Centre took the lead in performing Seva during the evening shift of Cleaning the Hall for almost every day of our stay.

Cleaning of the North Block Buildings: This Seva was essentially done by the Youth members on August 26th before morning Dharshan.

Chairs for elderly on the Men's side: This Seva was methodically done by Brother Shiva Gopie during morning and evening Dharshan times each day.

~Dr. Kanchana Manickam
Winnipeg, MB





Cover design from the first edition of the Newsletter

Canadian Sathya Sai Newsletter was started in 1986 as "SOHAM" in Vancouver as a Center publication. It became a national publication in 1989. Swami blessed the publication in 1987 & 1990.

Mission statement: *Canadian Sathya Sai Newsletter highlights Sri Sathya Sai Baba's teachings through His educational, spiritual and service activities in Canada. The purpose of the magazine is to awaken in all people the awareness of their inherent divinity and to encourage the practice of universal human values of Truth, Right conduct, Peace, Love and Non violence in the community. Through the practice of human values, the magazine aims to promote the physical, mental, spiritual and moral transformation of mankind.*

The magazine is published three times year: March, July and November coinciding with Maha Sivarathri, Guru Poornima and Baba's Birthday respectively. **From March 2011, the Canadian Sathya Sai Newsletter will be available only online through Canada Sathya Sai Website. Past issues are available for download.**

~Editor

Canadian Sathya Sai Newsletter is going ONLINE in 2011

This Birthday issue is the last print edition.

To get access to Online edition and past issues, please go to

<<http://newsletter.sathyasai.ca/>>

Sai Family News

London Spiritual Retreat 2010



Sri Sathya Sai Baba Centers of London and Windsor hosted the annual Spiritual Retreat on Saturday, June 26, 2010 at the Community Centre, Komoka, near London, Ontario. The theme of the retreat was **Love and Sacrifice**. The devotion of nearly 350 participants filled the Community Center with Divine vibrations demonstrating 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 and the need to sacrifice ego and live our true nature – love. Following a scintillating Ganesha dance by Ms Priyanka Patil, youth leaders Dharshini Wijayakumar and Prasaanthan Gopee-Ramanan of Cooksville Center gave a refined understanding of love and sacrifice as exemplified by the relationship between Lord Rama and Lord Hanuman.

Dr. Sunder Iyer of Cleveland, Ohio delivered the keynote address on Love and Sacrifice. He is one of the former students of Swami's Institute of

Higher Learning where he obtained Ph.D. in Banking and Finance. As with all students of his times, he had innumerable occasions of being close to Swami and learning from His direct divine presence. He had the privilege of being a personal attendant of Swami for over a couple of years. Brother Iyer talked about Swami being an embodiment of love, and that His love is true, pure and spontaneous. He narrated an incident where following an accident that occurred by jumping through rings of fire, the only person to take action was Swami demonstrating readiness to save Brother Iyer. Among other incidents narrated where Swami once told a student (who was advising Swami to take rest and not to go for Darshan) that He is similar to the second hand in a clock – if He stops everything stops- He has a mission and the second hand has to go on ticking Sathya-Dharma-Shanti-Prema. His mission is selfless. We have to sacrifice our ego if we want to live a life filled with love. As a prelude to Brother Iyer's talk, devotees of the London Center sang a few songs and Bhajans especially composed on love and sacrifice.

Dr. V.P. Singh, Central Coordinator, Sri Sathya Sai Baba Organization of Canada gave an inspiring talk on the role of teachers in imparting human values education.

The play by the Cooksville Center 'Summer Showers, London, Ontario was remarkable. In this play Swami instructs His students in love and sacri-





fice with stories from Ramayana and Mahabharata. The dialogs, music, choreography, costumes, backdrops, and superb acting were outstanding.

Brother Manick Sivaperumal gave an update on the national Seva projects (preserving Mother Nature, blood donation, Ceiling on desires) and Sadhana activities for the upcoming Prasanthi pilgrimage.

A play by the Streetsville Center focused on a respected and generous Father in a Church who is always preaching and practicing love and sacrifice.

Brother Iyer gave an inspiring talk on meditation. He guided the group to a brief session of meditation emphasizing that we have to cherish the most powerful name and form of Sai.

Brother Kailash Nath Dhir, President of the Sri Sathya Sai Baba Center of London thanked Bhagavan for having made this retreat a grand success. Following Aarti offered to Bhagavan by Dr. and Mrs. V.P. Singh and Brother Manick Sivaperumal dinner was served and the retreat came to a conclusion.

~ **Anand Kumar Kambhampati**

London, ON

Radio Sai Presents.....

-Loving Legend, Living Legacies

Capture the essence of Sai's life, from birth till His 85th Birthday in the radio series "Loving

Legend, Living Legacies" from Radio Sai!! Based on extensive research and interviews, it is a comprehensive story of His glory. It is an authentic compilation and thoroughly investigated, documented, no frills version of Sai's life. It is ideal for SSE teachers, students, parents, students, and devotees at large who may not have read the entire life story of Bhagavan Sri Sathya Sai Baba. It is currently running, daily, on Radio Sai at 9:30 AM EST and 6:30 A,M PST on Ameristream (8:30 AM and PM IST). If the time is not convenient for you, you can listen to it at your leisure by downloading it from www.radiosai.org.

-Message of the Lord Series

A thirty part Video serial is being presented on the Radio Sai website on the occasion of Swami's 85th birthday celebration. First episode was webcast on October 20, 2010, coinciding with 70th anniversary of the advent of Swami's Avatic Mission. A new episode is webcast every day.

This series outlines Swami's life and teachings in brief but in a succinct manner. In this era of Television and smartphones, young people are turning to internet and social networking sites for their information and we have no choice but to deliver the spiritual content on the internet to catch their attention and inform them.

I extend my thanks and gratitude to the staff of Radio Sai for doing a phenomenal job of developing state of the art programs to meet the needs of the global community.

~ **Editor**



Sai Family News

Pilgrimage to Prasanthi: Editorial

For close to nine months, we were literally talking and breathing Pilgrimage. Now it is a distant memory. What did we learn?

On the surface, there were annoying line-ups for Darshan, cafeteria, snacks and stores, overcrowded rooms, illnesses and we can go on and on with negative side of Ashram life.

On the positive side, we all came to Prasanthi for one thing and one thing only. To see our Lord, the Divine in Human form and enjoy the Bliss of His Darshan.

On arrival, during the first darshan, I had tears running down my eyes, as soon as I saw His Divine form. I am sure many of you had similar experience. That is the love connection between the Lord and His devotee. The Bliss one experiences at that moment is indescribable and the emotional high is incredible. The purpose of this pilgrimage is to receive that bolt of energy directly from the source and I know we all did.

When we go home and meditate on His form, we will experience the same energy and same Love over and over again. Swami will be on this earth in human form only for another 11 short years. So we should develop that inner closeness to our dear Lord, so that we are never away from Him spiritually.

Om Sri Sairam

~Editor



Festivals ~ 2011

March 4	Maha Sivarathri
April 4	Ugadi
April 12	Sri Rama Navami
May 6	Easwaramma Day
July 15	Guru Poornima
Aug 22	Krishna Janmashtami
Sept 1	Ganesh Chaturthi
Oct 6	Vijaya Dasami
Nov 12-13	Akhanda Bhajan
Nov 23	Bhagavan's 86th Birthday
Dec 25	Christmas

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