



Canadian Sathya Sai Newsletter



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Central Co-ordinator

Dr. V.P. Singh

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

Canadian Sathya Sai Newsletter

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Bhagavan Sri Sathya Sai Baba's Maha samadhi was unveiled on the morning of July 15, 2011.

The first programme on the morning of Guru Poornima 2011 was Guru Vandana by the students of Sri Sathya Sai Educational Institutions. To watch the slide show, please click the link below.

<http://www.sssbpt.org/images/unveilingofmahasamadhi.swf>

In This Issue.....

Divine Message	3
Teachings of Sri Sathya Sai Baba ~ <i>Ramala Center Newsletter</i>	4
3HV not EHV ~ <i>Dr. Mayur Pandya</i>	12
Unique Potency of Gayatri Mantra ~ <i>Sri Sathya Sai Baba</i>	16
Near and Dear to Our Swami ~ <i>Ranga Ranganathan</i>	23
Terry Fox Run for Cancer ~ <i>Jeyendran Tharmadurai</i>	25
Service in Haiti, a Lifetime of Divine Lessons ~ <i>Prasanna Ranganathan</i>	27
Annual Spiritual Retreat 2011 ~ <i>Kambhampati Anand Kumar</i>	33
Message from Prasanthi Council ~ <i>Dr. Michael Goldstein</i>	37
Sri Sathya Sai World Conference for Young Adults ~ <i>Dr. Michael Goldstein</i>	39
Canada Central Council Membership Changes	43
Guidelines for Contributors	44

DIVINE MESSAGE



“Perform action without hankering after the results. Do not complain that you did not get public recognition for the donations you gave to some Trust. Fruits of action, whether good or bad, have to be wholly consumed by you and you alone. The best means of liberating yourself from the consequences of your actions, is to perform them only for the sake of action. You will then be burdened neither with sin nor merit. If you crave for profit, you should be prepared to accept loss as well. If you construct a well where four roads meet, expecting to acquire the merit for quenching the thirst of men and cattle, you cannot run away from the demerit you will be credited with, when someone falls into it and drowns. The secret to a happy life is to give up the desire for the fruit of action (Karma-phala-thyaga).”

-Sri Sathya Sai Baba

Sathya Sai Speaks, Jan 14, 1965

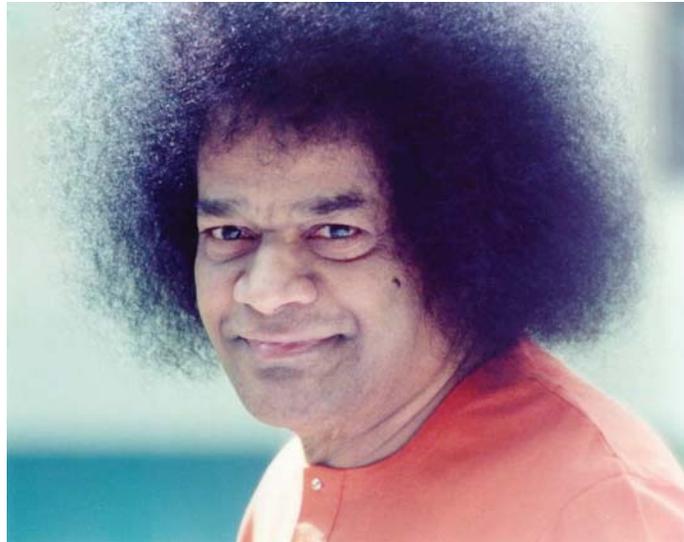
TEACHINGS OF SRI SATHYA SAI BABA

INSTALL THE LORD IN YOUR HEART

Dear devotee, your hands are very small, but with these little hands you are trying to serve me.

Your eyes are very small, but my creation is enormous. With your two little eyes you are trying to see the whole vast universe. Your ears are very small, but with these

two small ears you are trying to follow my words. With your two little feet you are attempting to come towards me. Merely serving me with your two little hands will not achieve very much. Merely looking at my vast world with your two little eyes will also not be of much use. Merely listening to my divine words through your two little ears will not get you very far, and merely coming into my presence with your two little feet will also not fully serve your purpose. But, there is one thing that



you can do, which will have a great impact, which will produce a truly significant effect; that is to install me permanently in your heart.

Once you bring me into your heart, then those other activities will not seem very important. **Whatever form of worship you engage in, using your eyes, your ears, your hands and your**

feet only serves to control the mind, but when you invite the Lord to enter your heart, then control of the mind and the senses becomes very easy.

The mind and the senses will become still on their own. There will be no need for any special effort to be made in order to sacrifice the fruits of your actions. Lord Krishna said, "Once you start thinking and indulging only in thoughts of me, then all the rest will be taken care of by me automatically." To

achieve this state you must develop a resolve and an unshakeable faith in the ever-present Lord residing in your own heart.

SILENT SITTING

Due to silent sitting, an expansion of energy takes place within you. This is Man's electric power. The current of the human body is will power. You should be careful how you use this energy. By talking too much, you are wasting a lot of energy. This leads to a loss of memory power. Silent sitting does not mean merely keeping your mouths shut. You should exert control over your thoughts. The brain should get full rest. By rest, in this context, I mean a change of activity, for example, after studies you can engage yourself in manual labour or in singing bhajans. Whatever you study, study with full concentration. Above all, respect God, Who is your protector.

RESPECT PARENTS

The first and foremost duty of

children is to make their parents happy. It is because of our parents and their sacrifices that we possess our bodies. Even after growing up, we should never forget our duty towards our parents. We should always be proud of our parents, and show respect and love towards them. If we love and respect our parents today, then we can expect the same treatment from our children tomorrow.

God pervades the whole universe. Self-confidence is the foundation of life. To realize the core of divinity, expand your love. This has to be cultivated right from a tender age. If the sapling is straight, then the tree will grow straight. If human values are not developed in childhood, then that person will remain devoid of human values in adulthood. A child should be taught the 3Ds – Duty, Discipline and Devotion. Duty is God, Devotion and Discipline are the two bodyguards.

PRAYER

Fill your hearts with love, and then

the whole world will be full of love. Where there is love there is happiness. If you commit a mistake due to ignorance, then resort to prayer. Prayer unites two people, Man and God, into one. Prayer elevates you and helps you to abandon the evil path. Inculcation of human values (love, peace, righteousness, truth and non-violence) is the true education. The hallmark of a true education is humility. Discipline your life by practicing the human values. Take to the good path. Try to guide those who have gone astray, lovingly, onto the correct path.

First endeavour is to improve yourselves in a systematic and humble way as charity begins at home. **Light the lamp of knowledge within yourself. By transforming yourselves the effect will spread far and wide.** Remember the minute that has fled is no longer yours; the minute that is approaching cannot be counted as yours; the minute that is with you, this alone is truly yours. Make the best use of it, for it may be your last.

Joy and grief, heat and cold, are both in the plan of God, and yours is only to know this and to treat both as valuable. God draws the individual towards Himself; it is in the nature of both to have this affinity, for they are the same. They are like the iron and the magnet, but if the iron is rusty and covered with layers of dirt, the magnet is unable to attract it. Remove the rust, the impediment, that is all that you have to do. Shine forth in your real, natural form and the Lord will draw you into His bosom.

SADHANA

Trial and tribulations are the means by which this cleansing is done. Sadhana (spiritual endeavour) is most essential, in order to control the mind and the desires after which it runs. If you find that you are unable to succeed, do not give up the sadhana but, rather, do it more vigorously. Sadhana means inner cleanliness as well as external cleanliness.

You do not feel refreshed if you wear unwashed clothes after your bath, nor do you feel refreshed if you wear washed clothes but skip the bath. Both are needed.

The Sadhana that you practice must make you a better, happier and a more useful person. It is your primary responsibility to demonstrate your calmness, humility, purity, virtue, courage and conviction under all circumstances. When suffering comes in waves, one after another, be glad that the shore is near. In both joy and grief remind yourself that they will not last long.

God's grace is not given free.

There are today two aspects relating to Man that have to be considered. **One relates to a person's rights, the other relates to a person's duties.**

RIGHTS AND DUTIES

Most people are more concerned about their rights than their duties and engage themselves in various struggles to

secure them. They are, however, not keen to recognize their duties. In all the different fields of human activity, social, political, economic and even spiritual, people do not recognize their responsibilities, their duties. They want high positions and high salaries, and they devote their entire lives to the pursuit of them. Rarely does a person stop to consider whether they are actually performing the necessary work to earn their salary, whether they are discharging their duties and responsibilities correctly. Such an attitude is prevalent not only in the workplace, but also in the spiritual field.

Everyone says, "I want God, I want liberation, I want to ensure my well being both here and in the hereafter," but are they making the necessary effort to achieve these desires. They say that they have no time for bhajans, that they are too busy to do any sadhana, that they have no time to think of God, and yet they still want God. To get anything you want from a shop, you have to pay the price,

but Man today wants God in order to ensure his well being, but is he prepared to pay the price for getting Him? Is he prepared to offer to God the sacrifice he has to make to secure his well being in the hereafter? Is he prepared to offer to God the love that has to be given to secure his peace, prosperity and security?

Man today seeks to get something without paying the price for it, but the Lord cannot be deceived. He offers the appropriate reward for each action according to its nature, whether it is a gain or a loss, good or bad. We are entitled to expect what we desire from God only if we make the appropriate offering to God. Today no one is prepared to offer anything to God, but everyone is eager to get something from God.

Unfortunately, today, because the parents themselves have no purity of character, are lacking in spiritual qualities and do not lead regulated lives, evil practices and wickedness are springing up all over the world. Because of the malefic effects of the Kali Age, parents tend to be quarrelsome and the children of today take after their parents. The tree

is based on the seed and the seed determines the nature of the tree. For the evil ways and the bad behavior of children today, the parents alone are to be blamed. Few parents choose to tell their children how important it is to speak the truth, to act righteously and to earn a good name and, as a result, many children today are a disgrace to their parents and to their country.

ROLE OF TEACHERS

For all the ills with which the nation is afflicted today, parents and teachers are responsible. Teachers do not punish the students for their lapses of behavior, and because the students are not punished for their mistakes, they behave as they please. Teachers are responsible for the sins of their students. They do not teach the students the right path. They transmit only book knowledge, and do not teach right knowledge, wise living and higher values. If there are no morals and no human values, then Man becomes a demon. Parents are concerned solely about the material welfare of their children and have no concern for their

spiritual well-being. It is not wealth that is important. Character is primary. Parents do not teach their children the importance of cultivating good qualities. They do not try to control their children when they go astray; rather, they condone the lapses of their children and often encourage them in their bad ways. It is because of such parents that many children today take to wrong courses of action. Parents today are afraid of correcting the mistakes of the children or of chastising them, but they have the right to warn and to correct their children.

The most important thing in this world is the life of the spirit or atma. Mere bodily existence, mental life or intellectual life cannot be considered as living at all. The satisfaction that Man derives from time to time from these endeavours nearly always ends in disappointment. They are like the pursuit of a mirage. They do not serve to quench Man's thirst because they are not lasting. They come and go leaving a trail of misery. Who is a real conqueror in this

world?

All spiritual aspirants should cherish in their hearts with gratitude the good that is done to them by others and always remember the form in which help was rendered to them. Only those who lead such grateful lives will be able to find peace and happiness in their lives. Every person should therefore cherish the sense of gratitude. When wealth is lost nothing is lost, when health is lost something is lost, but when character is lost everything is lost.

HUMAN LIFE IS PRECIOUS

Human life is supremely precious in this world. But, not all are aware of this truth. Wherein lies this preciousness? Humanness does not consist merely in the physical and the mundane. It is for the pursuit of righteousness that the physical body has been given to Man.

God is the repository of Bliss. He is eternal. Humanness originates from

Bliss and Bliss grows in Bliss and merges in Bliss. This Bliss is the goal of Man. Man is born in Bliss. To manifest Bliss is the duty of Man. This is the secret of the human saga. From infancy to old age Man dedicates every effort to secure Bliss, but this Bliss is not to be found in the places in which he searches. When he is the very embodiment of Bliss, to seek It outside of him is sheer folly. Does any Man search for himself outside of himself? If such a search is done, it is a sign of ignorance. Human existence is based on the Divine. Man is a spark of the Divine, and without the Divine, Man cannot experience Bliss. Consequently even though Man is the embodiment of Sat-Chit-Ananda, of Being-Awareness-Bliss, he desperately seeks Bliss elsewhere. The Upanishads have long exhorted Man to wake up from his sleep of ignorance and to realize his true nature.

EMBODIMENTS OF ATMA

Man is the very embodiment of the spirit or Atma and the Atma cannot be

affected by any taint. It is the attachment to the body, which is the cause of bad thoughts, bad desires and bad actions. It is the one who is a slave to his senses that is a prey to such impulses. To follow the directive of the senses is a mark of the animal. To be guided by the Atma is the real sign of the human. No one should attempt to justify his weaknesses and lapses as being natural to a human being. They should be regarded as signs of mental debility. You should continually strive to master your senses. When you have truly acquired sense-control, you will experience the power of the Divine within you. Right is right even if nobody does it, wrong is wrong even if everybody does it.

Many people declare, "I am an individualised soul, I am a spark of consciousness, I am an embodied spirit," but declarations such as these do not reveal a true understanding of the life principle. The individualised soul is Divine Consciousness, installed in a chariot, the body. It is not a bundle of inert stuff,

moulded into a form and labelled with a name. There is only one all-pervading Consciousness, but Man experiences It in fragments and, mistaking It as many, he gropes around in the confusion caused by his own ignorance. Many scripture have instructed Man of the truth that God dwells in his body along with the ego, with God inducing him to aspire for the heights, and the ego advising him to be content with the low. **The ego has faith in the reality of the world and of itself. The Divine Principle, on the other hand, asserts that It is ever present, both close to Man as well as far from him.** The fact is that people only feel that God is far away, because they are not aware of God being near them, nay in their own hearts.

The truth that the scriptures teach is that God is everywhere, both near and far, both above and below, both inside and outside. God is One, Indivisible and Omnipresent.

~Ramala Centre Newsletter, September 2003

“Life is a song - sing it.

Life is a game - play it.

Life is a challenge - meet it.

Life is a dream - realize it.

Life is a sacrifice - offer it.

Life is love - enjoy it.”

~Baba

3HV not EHV



The hallmark of a true Guru is that He removes the ignorance of his disciples which prevents them from asserting their innate divinity. While many a modern guru bewilders the disciples by making the simple truths very profound, our Sadguru Sai makes the profound very simple. This is especially true in the case of the EHV program.

With the blessings of Bhagavan, the 1980s saw a spiritual resurgence in

India and abroad initiated by the launch of the Education in Human Values Program. There were numerous seminars and workshops organized by the regional and global Sai Organizations to spread the message of this program. But, the Lord had loftier expectations from His devotees. Perhaps He felt more was being said than done.

In a discourse to the students of the Institute in 1989, Swami infused new strength into the EHV program with His inimitable play of words. Swami said the true humanness of a person is revealed through one's thoughts and actions. Today's education stops with the concern for the body and does not proceed up to



the heart. Bhagavan went on to say that people only talk about Education in Human Values (EHV). But, what is needed is not EHV but 3HV - education which embraces Head, Heart and Hand. By merely replacing an alphabet with a number Swami gave us a new perspective to this pursuit of values. Instantly, the profound was made simple. The pursuit

of the five values now had a more tangible goal - the transformation of the individual's head, heart and hands.

Swami shed further light in a discourse in Prasanthi Nilayam in September 2000. He emphasized that the proper study of mankind was man and that the head (thoughts) heart (feelings) and hands (actions) should cooperate to

function in harmony. This was the greatest human value. He cautioned us not to mystify the expression EHV and indulge in elaborate propaganda, for this unity of thought, word and deed was as easy to teach as a physical drill. He said Abraham Lincoln was the best example of this value. He thought of what he said; adhered to what he professed; and finally, achieved what he believed in. This very value transformed Mohandas Karamchand Gandhi to Mahatma Gandhi.

While this value is so simple, practical and appealing even to the western mind, isn't it ironical that we all find it challenging to implement in our lives? We show our love for our Lord in different ways. We are ready to spend thousands of dollars to travel to the Divine Presence to express our love for Him. Yet we are casual in our attempt to implement in our lives the values that our dearest to Him. Even in temporary human relationships, we take great pains to research and determine what the person of our affection wants. We do not offer something only because we like it. We

approach that person with great anticipation as we offer our gift of love and wait to see the reaction on the recipient's face when they open the gift. Yet when it comes to the most lasting, permanent relationship with our eternal friend and soul mate, our fervor is less than our very best.

Perhaps we need to candidly examine our commitment to this divine relationship; to evaluate the true place we have given Swami in our hearts; to ask soul searching questions about what goal we have set for our life. Are we attending the Sai Centre and its activities only because it fills the social void of our lives? Are we holding a position in the Sai Organization because it satisfies our need for social status and reputation? Is our attraction to Swami merely based on the glamour effect of thousands flocking to His Lotus Feet rather than exploring His Divinity on a first hand basis? We could ask these questions endlessly...

While we are caught up in the demands of our mundane lives and

justifying the reasons for why we are not what Swami wants us to be, the reality is that time and tide waits for no one. The greatest good fortune to be a devotee of living, loving Avatar of the yuga is already upon us – a privilege that only a small percentage of the world population will ever experience. What can we do now to transform our head, heart and hands into one unified force that will become the most sought after gift of our Lord from us? Or, shall we let posterity say that here were the ‘fortunate few’ who frittered away the opportunity of lifetime because of their mundane preoccupations?

One day in the early 80s, I had the good fortune of sitting at Swami’s Lotus Feet in the Prasanthi Nilayam interview room along with some other students. As we massaged Bhagavan’s tender feet, He spoke to us about our good fortune to be in His Physical proximity. At one point He made a profound statement that is still fresh in my memory. He said he had the whole world in his hand and that there was nothing that we could give Him that

did not already belong to Him, except one thing, and that was our love. And, even that He gave to us before time and He now wanted it back. He said, “I am ready to give my blood for it (our love).” How often does the Lord, whose hand always gives, stand before us with palm facing up and implore that he wants nothing but our love? The question now is, How long before we, who always approach Him with palm facing up, cease the opportunity and give what our Beloved Sai wants.

~Dr. Mayur Pandya
Vice Chair, Central Council,
Sathya Sai Organization of Canada

UNIQUE POTENCY OF GAYATRI MANTRA

EMBODIMENTS of love! Man today spends his life fully preoccupied with worldly concerns. Owing to attachment to the body; he forgets his true nature, is immersed in the affairs of the body as permanent and makes bodily comforts his goal in life. These are the things which every individual experiences in daily life. If anybody accosts a person and asks him, "Who are you?", out of his identification with the body he gives his name in reply. In answer to further questions he introduces himself as a doctor, a farmer, or student, or the like. When the enquiry goes further, he identifies himself with his nationality as an American, an Indian, a Pakistani or so on. When you examine these answers deeply, you will find that none of them gives the truth.

He got his name from his parents. It

did not belong to him at birth. His identification with one or other of his professions is not true because he is not the profession. What, then, is the truth about him? "I am the Atma. That is my true Self." That is the truth.



But people identify themselves with their names, professions and nationality and do not base their lives on the Atma. No driver of a car identifies with the car. Likewise the body is a car and the Atma is the driver. Forgetting one's true role as a driver, one is identifying one's self

with the body, which is only a vehicle.

This truth is emphatically brought out by the Gayatri mantra. "Deha budyath Dasoham" (From the standpoint of the body, I am your instrument, your servant). "Jevabudyath Tvadamsah" (In the context of the Jeeva, the individual soul, I am a spark of the Divine You). "Aatmabudyath

Tvameva-aham" (In terms of the Atma I am yourself). When one views one's self from the Atmik standpoint, one is identical with the Divine. "I am you and you are me."

Our life is a three-storied mansion. Every man has thus three aspects. Our life itself is a three-storied mansion. The **Brahmacharya** (celibate) stage is the foundation of this mansion. After that, the stage of **Grihasta** (householder) is the first floor. Then you have the **Vanaprastha** (retirement from the life of a householder) stage as the second floor. Finally, there is the stage of the **Sanyasa** (renunciant), consisting-the third floor. Thus, **Brahmacharya is the foundation for the other three stages of life.**

The safety and security of the other three floors depend on the strength of the foundation, Brahmacharya. Hence,

Brahmacharya is the basic foundation.

But, unfortunately people have forgot this vital fact. They feel happy on seeing the superstructure. But, the whole edifice may collapse at any time if the foundation is weak. When you feel happy at the sight of a tree and its flowers and fruits, you must be concerned about its roots. The unseen foundation is the basis for the visible mansion.

The invisible roots are the basis for the visible tree. Likewise, **the invisible Prana (Life-Breath or Force) is the basis for the visible body.** Prana has no form, while the body has a form. There is,

however, the Atmik principle, which confers all the potencies for the Prana (Life Force). It is because of the power imparted by the Atma that the Life Force is able to activate the body. The body inherently is inert. It is made up of different kinds of material substances.



Three potencies in man

In the Gayatri Mantra the first line is: **"Om Bhur bhuvah suvah."** This mantra is assumed to refer to three worlds, the earth, the lower world and Heaven, the land of the gods.

Bhu refers to the body. It is made up of Pancha bhutas (five great elements). These five elements constitute Prakriti (Nature). There is an intimate relationship between the body and Nature. The same five elements that are in the nature are also in the body.

Bhuvah is the Prana Shakti (Life Force) that animates the body. Even if the Life Force exists, without Jnana (Awareness) the body will be of no use. It is on this account that the Vedas declared: "Prajnanam Brahma" (Constant Integrated Awareness is Brahman). It is by the presence of Prajnana that the Life Force is able to animate the body. The body represents inert matter. The Life Force operates in the body as a vibration. This Vibration derives its power from Prajnana, which finds expression in

radiation.

Therefore, the body, the Life Force and the Prajnana are all within man. The entire cosmos is present in miniature within man. It is because of these three constituents that we are able to see the cosmos and experience many other things. Every potency is within us. The external is a reflection of the inner being. It follows from this that true manavatvam (humanness) is Daivatvam (Divinity) itself. Hence, the Vedas declared that the divine appears in human form. Every human being is inherently Divine, but owing to his attachment to the body he considers himself a mere man.

How did this human body get animated by the Life Force? Whence has this Life Force come? It is from the Atma-Shakti (the power of the Self). Making use of this power of the Self the Life Force carries out all activities.

Triple aspects of Gayatri

Who is Gayatri? Gayatri is not a goddess.

"Gayatri Chandasam mata" (Gayatri is

the mother of the Vedas)

"Gayantam trayathe iti Gayatri" (Gayatri is that which redeems the chanter of the mantra).

Gayatri is present wherever the mantra is chanted. Gayatri, however, has three names' Gayatri, Savitri & Saraswati. These three are present in everyone. Gayatri represents the senses. It is the master of the senses. Savitri is the master of Prana (Life Force). Savitri signifies truth. Saraswati is the presiding deity of Vak (Speech). The three represent Trikarana Suddhi (purity in thought, word and deed).

Although Gayatri has three names, all the three are in each of us as the senses, the power of speech and the Life Force. Gayatri is said to have five faces and hence is called Panchamukhi. Is there anybody in the world with five faces? No.

Likewise, Gayatri is described as five-faced. **The five faces are as follows.**

1. OM (the Pranava) is the first face. The Pranava Principle represents the Ashta-Aishvarya (eight different



forms of wealth).

2. The second face is: "Bhur Bhuvas Suvah."
3. The third is: "Thath-Savithur-varenyam."
4. The fourth is' "Bhargo Devasya dheemahi."
5. The fifth face is: "Dhiyo yo nah prachodayath."

When the Gayatri mantra is understood in this way, it will be realised that all the five aspects of Gayatri are within each of us.

Power of Gayatri Mantra

The Gayatri mantra has all the three

elements which figure in the adoration of God, **description, meditation and prayer.**

The first nine words of the mantra, "Om-Bhur-Bhuvas-Suvah-Thath-Savithur Varenyam-Bhargo-Devasya", represent the attributes of the Divine. D h e m a h i pertains to dhyana (meditation). "Dhiyo yo nah Prachodayath" is the prayer to the Lord. **The mantra is thus a prayer to God to confer all powers and talents.**

- Sarva Roga nivarini Gayatri "(Gayatri is the reliever of all diseases).
- Sarva Dukha parivarini Gayatri "(Gayatri wards off all misery).
- Sarva Vancha phalasri Gayatri "(Gayatri is the fulfiller of all desires).

Gayatri is the bestower of all that is beneficial. If the mantra is chanted, various kinds of powers will emerge in one.

Hence the Gayatri mantra should not be treated casually. In our respiration

process the sound of Gayatri is embedded.

That sound is a reminder of our true form. In the breathing process, there is inhalation and exhalation. In the Yoga-Sashtra, inhalation is termed Purakam and the exhalation is called Rechakam. Holding the breath is called Kumbhakam. When air is inhaled, the sound that is produced' is 'So-o-o.' When it is exhaled, the sound is 'Ham-m-m.' 'So-ham, Soham.' 'So' is "that." 'Ham' is "I". "I am that," "I am Divine." Every breath proclaims this.

Gayatri is the indweller in the heart

Don't imagine God is somewhere remote from you. He is within you. You are God. People want to see God. "Sathyam Jnanam Anantam Brahma," say the scriptures. Truth is God. Wisdom is God. Both these are present everywhere. They transcend the categories of time and place. Truth is that which is valid at all times, past, present and future. That truth is Gayatri.

Gayatri is thus the indweller in the'

Hridaya (heart). Hri-daya contains the word Daya meaning compassion. There is compassion in every heart. But, to what extent is it shown in real life? Very little.

One who follows the Atma (the Self) is divinely endowed. One who relies on the body, the mind and the Atma is a human being.

Students! On an auspicious occasion like this, you should consider how you can lead an ideal life. Through faith in God, you have to sanctify the body. Without the body, you cannot experience the mind and the intellect. To achieve your ideals, the body is the instrument. It should be kept in proper condition. While the body is an instrument, the user of the instrument is the Self. All senses function because of the Atma. The Atma is the Witness to everything. It is also known as Conscious Self. It derives its sanction from the Divine. It is a fragment of the Divine. Every human being is a spark of the Divine, as declared in the Gita. The human being is essentially Divine, but tends to forget his Divine origin.

The Gayatri mantra is enough to protect the person who chants it, because Gayatri embodies all the Divine potencies. It is an essential requisite for the young because it ensures a bright and auspicious future for them. The young students are the citizens and leaders of tomorrow. Hence, they should develop pure and noble thoughts. The parents also should foster such a development.

The meaning of Upanayanam

The Upanayanam ceremony is just over. The Gayatri mantra has been imparted to you. You are wearing the sacred thread with three strands tied in one knot. The three strands represent Brahma, Vishnu and Mahesvara. They also represent the past, present and the future.

Upanayanam means being near to God. Nearness to God will enable you to get rid of your bad qualities and acquire virtues.

Students!

Chant the Gayatri as often as

possible. If you chant it while you take a bath, your bath gets sanctified. Likewise chant it before taking your food. The food becomes an offering to the Divine. Develop heartfelt devotion to God.

~ Sri Sathya Sai Baba
Prasanthi Nilayam
August 23, 1995.

Food Prayer

Brahmarpanam Brahma Havir
Brahmagnau Brahmana Hutam
Brahmaiva Tena Gantavyam
Brahma Karma Samadhinaha

This is 24th verse from the 4th chapter of Bhagavad Gita. The act of offering is Brahman. The offering itself is Brahman. The offering is done by Brahman in the sacred fire which is Brahman. He alone attains Brahman who, in all actions, is fully absorbed in Brahman.

Aham Vaishvanaro Bhutva
Praaninam Dehamashrithaha
Pranapana Sama Yuktaha
Pachamyannam Chatur Vidam

This is 14th verse from the 15th chapter of Bhagavad Gita. This sloka is a sort of acknowledgement and assurance to us from Brahman. "I am Vaishnavara, existing as fire God in the bodies of living beings. Being associated with ingoing (prana) and outgoing (apaana) life breaths, I will digest all the four different types of food (that which we bite and chew; that which we masticate with the tongue; those which we gulp; that which we swallow) and purify them."

NEAR AND DEAR TO OUR SWAMI (Eulogy)

According to the Shiridi Sai Sathcharithra, Shiridi Sai Baba demanded from each devotee the two qualities of deep devotion and steadfastness.

In Canada, we have been blessed with two shining stars, two beacons of light. They personify the twin principles of deep devotion and steadfastness. They are Nitthila and Radhakrishnan of Calgary, Alberta.

I have had the immense joy of knowing Nitthila and Radhakrishnan since 1982. I am writing this note, as one of many who know and love them, to celebrate their lives of steadfast devotion to Swami and his teachings, and their constant compassion and commitment to those in need.

As many of you know, in 1988, Nitthila was struck by a car and thrown from a pedestrian crosswalk in Calgary. She was in and out of a coma for close to a year.

Over the years, Nitthila went through more than 50 surgeries. After

each surgery, she completed an intensive recovery program and painful physiotherapies. Radhakrishnan, along with his daughter and son-in-law, looked after Nitthila with tender loving care. What was amazing was the intense faith they had in Swami during all of their struggles and their constant wellspring of hope and determination!

Many years later, Radhakrishnan also became ill, and had to undergo regular dialysis treatments. Throughout this turbulent time in their lives, both Nitthila and Radhakrishnan held on to Swami.

I still remember the project Nitthila undertook, knitting plush toys for children at the various hospitals in Calgary. She was also an avid gardener and artist, nurturing flowers and making beautiful garlands and arrangements for Swami's altar at the various Western Canada retreats.

Radhakrishnan supported Nitthila's projects and performed dedicated service to the Sai Centre in Calgary.

It was crystal clear that Swami was behind them, before them, below them, and above them, carrying them forward with His Love and compassion. Both Nitthila and Radhakrishnan loved to narrate miracles, experiences, and stories of Swami. Everytime I visited them, I was filled to the brim with Swami's loving stories and with the wonderful meals cooked by Nitthila. I would like to think I was given special attention by them, but there are hundreds of others who experienced the same love and attention.

Nitthila and Radhakrishnan loved fully, universally, and unconditionally. Their hearts were full and free and they embraced everyone equally.

After constant struggles with illness, Radhakrishnan was the first to reach Swami's Abode about five years ago. I could feel Swami's presence at his funeral. After his passing, Nitthila continued her pilgrimages to Prasanthi

Nilayam and her love for Swami continued to burn effulgently. After every trip, she would tell us stories of smiles, blessings, vibhuti, and love she received from Swami.

Nitthila peacefully reached Swami's Abode in September 2010, passing away in her sleep at her new apartment, arranged by her daughter's family and friends, and after watching an episode of the Ramayana. I am sure Sai Rama visited her that night and took her in His Divine Chariot.

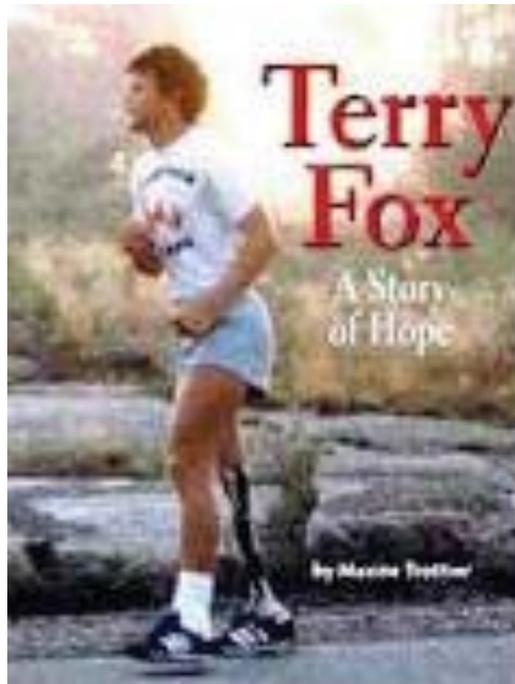
Nitthila and Radhakrishnan lived Swami's teachings of love all - serve all. Their message of hope, triumph in the face of struggle, and selfless love will be with us forever. We will miss them deeply, but will take comfort in the fact that our lives are so much richer, fuller, and brighter for knowing them. May they rest in peace and be always near our Loving Swami's Lotus Feet.

~Ranga Ranganathan
Saskatoon,SK

TERRY FOX RUN FOR CANCER

Who says a simple man with a big dream can't make it happen? Terry Fox did it and even though he may not be here to see it, his presence was felt with every step the Middlefield Sai Centre took in his honour as they completed their fourth annual Terry Fox Run.

With one prosthetic leg, Terry Fox ran across Canada to raise funds for cancer research. Unable to fully complete his marathon, September 1980 marked the month when he inspired many to continue his pursuit for hope. Annually, on the second Sunday after Labor Day, community runs are organized across Canada in support of the single dream of one man which in turn had inspired millions around the world.



It was a bright and sunny morning on Sunday September 18th, 2011 when a group of dedicated Sai children, youth, parents and grandparents carried out a legend's mission, creating a beautiful Sai

family. It was the fourth

annual "Terry Fox Run" that took place around the general surrounding area of the Middlefield Sai Centre located at Markham and Nashdene. This organized walk reinforced awareness and inspiration to all participants of Swami's mission to motivate love for God and service to all

mankind - Love All, Serve All. The walk aspired to involve children and parents in the community while bringing Swami's message through the ideals of Terry Fox.

The "Sathya Sai Centre of Middlefield hoped that the run raised the

consciousness of children and adults of the importance of rendering selfless service to mankind and by recognizing that this value is a fundamental unity of the entire world. Inspired by the teachings of Sathya Sai Baba, the walk encompassed a personal commitment that positive change is possible in the world through the involvement within the community for the benefit of all.

The participants of the walk shone as examples of divine love and selfless service. This walk has shown that through one person's dream, many hearts have been touched, while encompassing the power to transform the welfare of humanity through the unity of love and selfless service.

~Jeyendran Tharmadurai
President,
Sri Sathya Sai Baba Centre of Middlefield



Service in Haiti, a Lifetime of Divine Lessons

Last summer, I was fortunate to travel to Port-au-Prince, Haiti, to join a team of the Sathya Sai World Foundation for an eight-day volunteer mission to help those displaced and devastated by the massive January 2010 earthquake.

It has been over a year since that life-changing, soul-stirring experience in Haiti. Even now, when reflecting upon this experience, I am flooded with indelible images and profound life lessons. This is one experience that I will never forget.

The Sathya Sai World Foundation has a history of service rooted in our Beloved Swami's call to service, having established mobile medical clinics to provide health care services after several natural disasters including Hurricane Katrina and the 2004 tsunami in Asia. The permanent volunteers in Haiti are no different,

offering selfless service, and organizing teams of international volunteers to assist in Swami's work in Haiti.

Each week (from Saturday to the following Sunday), the Foundation organized a team of volunteers, including health care professionals and non-medical volunteers, who travelled to



Port-au-Prince to work in various locations, including two medical camps, a local orphanage and a large-scale food service program. Our team included one doctor, two medical students, and two non-

medical volunteers.

I arrived at the Port-au-Prince airport on Saturday morning and was struck by the number of volunteer groups that were on the flight. It felt like humanity coming together, mounting a collective response to a collective crisis.

We were greeted by a driver carrying Swami's picture, one of many reminders during the week to come, that Swami's love is with us always.

My first recollection of Port-au-Prince was the prominence of rubble and the constant, haunting reminders of the earthquake. Surveying the scenes of collapsed buildings and sprawling tent cities, it felt like the earthquake happened only a few days earlier.

I found the tent cities particularly astonishing, as these makeshift dwellings served as a visceral, visual representation of the earthquake's devastating aftermath and the long road of recovery that lay ahead.

During the week, we provided assistance at two medical camps located in the heart of two tent cities. The first medical camp (for adults and senior

citizens) was located at the Franciscan Church Saint Alexandre Chapel (aka "big church") where our team worked with approximately 60 patients per day.

The second medical camp (for children and expectant mothers) was housed at the Christian Assembly of Bobin (aka "little church") where

approximately 50 patients sought medical assistance each day. As one of the two non-medical volunteers on our team, I assisted the doctors and

medical interns at both camps with patient intake, gathering background information, organizing supplies, serving meals and water and distributing medicines from the pharmacy. Given that I could speak French, I also communicated with the patients and local volunteers who spoke either French or Haitian Creole.



When we arrived at the big church in the mornings, we were greeted by a long line of patients waiting in the pews of the church to see the doctor. We started the day with chanting the Gayatri Mantra and calling on Swami to be with us during the day. We were ably assisted by a group of local translators, many of whom were engineers and computer scientists by training.

The translators shared with us their stories of the struggle to find work after the earthquake and how they had to abandon their chosen profession for any work that would help them support their families. Despite these challenges, they had a thirst for life and spoke proudly about their country and their hopes for a bright future. They wanted an active role in rebuilding Haiti after the earthquake. Their desire to



effect positive change was palpable.

During lunchtime, we served hot meals to the patients waiting to see the doctor and had a chance to visit with the patients more generally. One young woman who was unable to sleep for months shared her experience of losing a child in the earthquake. Her emotions were so raw and her loss so real that my heart broke for her.

At the little church, we primarily worked with children and expectant mothers, who had come to the clinic to seek medical assistance. The clinic was located in a small classroom of an old schoolhouse. Attached to the clinic was a makeshift children's orphanage. The original orphanage building collapsed during the earthquake, killing 12 of the 30 children living there. The remaining children,

sleeping in bunk beds under the gaze of the tents, still bore the emotional scars of this traumatic loss.

The patients at the little church still linger in my mind, many suffering from starvation or extreme malnutrition, others running high fevers, and one child with chicken pox. To treat one child with an excessively high fever, the doctors wrapped him entirely in cold compresses. I sang songs to calm his loud sobs. His mother was also afflicted with the same high fever and her other children sat by helplessly trying to support their mother and calm their crying brother. Within hours of first arriving at the clinic, the fever of both mother and child abated, allowing them to leave together as a family.

During our days at the little church, we also worked with the children at the orphanage, teaching them songs and leading group dance activities. Along with the children, our group performed rousing renditions of Rain Song, the Macarena, and the Hokey-Pokey. The

children's eyes lit up at the sound of the music, though I was almost positive that they were laughing at us trying to demonstrate the flamboyant-yet-archaic dance moves of mid-90's pop songs.

Swami's presence that week was palpable, guiding us, loving us, and helping us realize the innate divinity that connected us all. It was clear that we were instruments in His Divine Hands. Each day ended with a short bhajan session and conversations with other volunteers and coordinators about Swami's life and leelas.

Finally, we worked as a part of the weekly food service program on Saturday, singing bhajans while helping to prepare and package 800 hot meals to distribute to the various tent cities in Port-au-Prince and surrounding communities. The food service program provides nearly 5,000 meals each week to impoverished communities affected by the earthquake. We loaded all the meals packaged in individual containers onto trucks and

drove into the heart of several tent cities in Port-au-Prince.

This experience with the food service program really hit me the day after I returned to Canada. Shopping for the week's groceries, I suddenly froze in the cereal aisle and started weeping, truly experiencing for the first time the flood of emotion which had driven me to action over the past week.



In that moment, I wept with sadness for those who had suffered so much in Haiti, losing loved ones, losing their homes, losing everything. I wept with both guilt and gratitude for the blessings in my life. Ultimately, I wept for the lessons that this experience has taught me: Live your best life. Make each moment count. Love all serve all. Don't sweat the small stuff. A lifetime of Swami's teachings come to life.

I went to Haiti to feel connected to the world again, to escape the day-to-day challenges of work and to do something meaningful. My contributions that week

were insignificant in the grand scheme of things, but the immensity of what I gained from this experience is immeasurable. I will never forget the tenacity of local volunteers and organizers who worked assiduously and selflessly to help those in need. I will never forget the young translators who taught us about the importance of hard work and the thrill of an impromptu song and dance party after a particularly long day at the clinic. Ultimately, I will never forget the dichotomies of this experience: the laughter and tears, the rubble and natural beauty, the established and ephemeral, and the devastation and hope.

To the people of Haiti, who, through their lived experience, demonstrate the importance of compassion, the lesson of strength in the face of adversity, the virtue of collective responsibility and a shared commitment to selfless service, you have forever changed my life. Leading lives of grace and quiet courage and exemplifying Swami's message of love in action, you have taught me that the impossible is possible and that within each and every one of us, there is a wellspring of inner fortitude and love waiting to be shared with the world.

Dearest Swami, thank You for this experience and thank You for teaching us that life, with its myriad complexities and infinite variations, is always, unmistakably, and forever infused with Your Divine Love.

~Prasanna Ranganathan

**“Love cannot remain by
itself, it has no meaning.**

**Love has to be put
into action, and that
action is service”**

~Mother Teresa

Annual Spiritual Retreat 2011, Sri Sathya Sai Baba Centers of London and Windsor



Sri Sathya Sai Baba Centers of London and Windsor hosted the annual Spiritual Retreat on Saturday, August 13, 2011, at the Community Centre, Komoka, near London, Ontario. The theme of the retreat was "Power of Thoughts". Divine vibrations indicating the Omnipresence of Bhagavan filled the Community hall, bringing joy and peace to the hearts of all present.

On Friday evening (August 12) volunteers prepared a beautiful altar showing their love and dedication to Bhagavan. The retreat began at 7:00 AM with melodiously rendered Suprabhatam by Sister Mani Bhashyam and chanting of

Vedam by Harsith. Following 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 for all of us to follow Swami's teachings.

A message received from Dr. V.P. Singh, Central Coordinator, was read out by Brother Surinder Bagga. Dr. Singh emphasized detachment from worldly pleasures while providing complete love for Swami and practising ceiling on desires. Recognize that love will bring unity. Demonstrate from your hearts that we are all brothers and sisters. He

conveyed his best wishes for the retreat and prayed for Bhagavan's blessings for the successful of the event.

Dr. Hari S. Conjeevaram of Ann Arbor, Michigan, a long time devotee of Swami and President, North Central Region (Region 5) of USA delivered the keynote address on "Let me be with You always" weaving in power of thoughts. He has dedicated himself to selfless service, conducting medical camps and soup kitchens in the United States and India. He has helped the distressed people during the Indian Ocean tsunami, Hurricane Katrina and the Haitian earthquake. He reflects Swami's message in everything he does, loving and serving everyone while helping them grow spiritually. He elaborated the theme with personal examples showing that as long as we have positive thoughts Swami helps us to realize them. It is important for us to have faith and not worry about occasional disappointments. While having good thoughts (for e.g. to help others) it is important to do our part. Each one of us so much to contribute. We have



opportunities to serve every day and should not wait for the "big" thing. By having good thoughts, engaged in good deeds and company we will be constantly aware of Swami's presence. Serve others to spiritually uplift ourselves.

As a lead up to Bro Conjeevaram's talk, devotees of the London Center sang songs and Bhajans specially composed for the event.

Robert Harrington of London Center spoke on the God inside us, consciousness. Prasanthi Consciousness alone is real and the reality of the objective world is short-lived, illusory and ever-changing. The more we identify with the self as consciousness the more likely

it will be for us to have some transcendent experiences that have inspired and motivated many of the religious leaders, poets and artists.

Rev Noel Paterson of the Anglican Church, London, Ontario gave a stimulating talk on “Waiting on the Lord”. Elegantly drawing similarities between Swami’s and Lord Jesus’ teachings he said that God is within us. We should always ask the Lord for his constant grace, power and sustenance in our daily battles. Learning to wait on the Lord is key to spiritual life allowing the spirit of God to work through us. We are all made in the image of God and are part of the Divine nature of God. In this world of accelerated tempo we have to learn to slow down because it is in stillness that God speaks to us. Quieten the mind through mediataion, mantras and Gita.

“Life is a dream, Realize it” a presentation made by Sisters Lalitha Manoharan and Thilaka Subash of Cooksville Center explained that we are not distinct and different from God and the nature of Parabrahman is compassion

and love. They beautifully elaborated these concepts using Swami’s discourses and Puranas. Their presentation gracefully integrated into the theme of the retreat.

The classical dance item by Kumari Shilpa Valluri was appreciated by everyone. A group activity on Power of Thoughts put together as a “Jeopardy” game show by Group 4 Students of Cooksville Center and the quiz show composed by Sister Nageswari on “How well do we know Our Swami?” evoked overwhelming response.

Brother Manick Sivaperumal gave an overview of the national service projects undertaken and being currently carried out. These included blood donation, preserving Mother Nature, saving energy, tree planting, ceiling on desires and Sadhana activities during pilgrimage to Prasanthi. Brother Narinder Parshad Panchi of Shri Hari Naam Parcha Mandal, Mandir Shri Janaki Das, Kapurthala. Punjab, India gave a summary of ongoing service activities being conducted in Punjab in collaboration with Sri Sathya Sai

Baba Center of London, Ontario. Service activities include a running free tailoring center for underprivileged women, provision of sewing machines, accessories, bulk cloth and a four month training course in the art of tailoring. Service is also being rendered in running eye camps and Narayana seva.

In the afternoon, Dr. Conjeevaram made a presentation on the “Joy of service” giving his perspectives on how to practice selfless Seva (service) as an offering to Swami. He underlined the need to become part of the community when engaged in service activity and working in unity is paramount.

Swami continues to manifest His miracles. Each individual has his or her own special experiences of Bhagavan’s Divinity. Our greatest joy is when we share and listen to Swami’s leelas. Six devotees shared their experiences of His omnipresence, omniscience and omnipotence demonstrating and is benignly helping us through challenging situations. Three Bhajan sessions by

youth, ladies and gents were all melodious.

Brother Kailash Nath Dhir, President, Sri Sathya Sai Baba Center of London, Ontario proposed a vote of thanks. He expressed heartfelt gratitude to Bhagavan for having considered us worthy of being blessed to organize this retreat. He thanked all the Officials of the Sri Sathya Sai Organization and the devotees for having responded to our invitation and volunteered to present items on the program. He recognized the contributions of several devotees including those who helped in the kitchen to ensure that food, snacks and beverages were served on time; volunteers who helped keep the venue tidy; and all those who helped in the cleanup.

Following Aarti offered to Bhagavan by Dr. Hari Conjeevaram and Bro Manick Sivaperumal dinner was served and the retreat came to a conclusion.

~Kambhampati Anand Kumar
Sri Sathya Sai Baba Center of London,
Ontario

Message from Prasanthi Council

The International Sri Sathya Sai Organization, with the Grace of our Lord, Bhagavan Sri Sathya Sai Baba, is flourishing. It is nourishing His Devotees with the love and wisdom replete in His Message and His Divine Omnipresence for all people everywhere. Men and women of goodwill and strong faith come forth and find what they are seeking in the devotional, educational, and spiritual activities of the Sai Organizations in their native lands. From all corners of the earth, they come forth.

SAI PILGRIMAGES TO PRASANTHI NILAYAM

Our worldly residence, houses our physical beings, our minds and bodies, our human presence on earth and in our respective societies and communities. Our spiritual residence is our spiritual heart, the home of our Divine Indweller, source of love and inspiration, and one with our true self. While the Lord is omnipresent, he resided in Prasanthi Nilayam for His sojourn on earth, when He walked among us. Prasanthi Nilayam

has been the residence of Divinity, complete and effulgent, splendid, beautiful, and loving, He resided in our midst. His residence in Prasanthi Nilayam confers upon the Ashram a blessed quality. That quality enhances our opportunity to realize our own spiritual heart. Hence the advantage for us to engage in spiritual pilgrimages to our “spiritual home away from home”, Prasanthi Nilayam. We are in the process of implementing this program now and will seek the cooperation of the Sri Sathya Sai Central Trust in providing properly for the devotees and spiritual aspirants. We hope to provide the pilgrims opportunities to hear talks given by learned elders, engage in service activities whenever possible, and present cultural events if they are suitable.

Let all members in all Sai Centers in all countries confer and consider their pilgrimage to our “spiritual home away from home”, namely Prasanthi Nilayam, worldly residence of our Beloved Swami. Let all Central Councils confer

with their respective Central Coordinators and Zone Chairs regarding the prospect of Sai Pilgrimages to Prasanthi Nilayam.

PRESENCE TO OMNIPRESENCE

Our Beloved Bhagavan Sri Sathya Sai Baba, Our Beloved Swami, concluded His earthly sojourn. He permitted His Physical Presence to conclude culminating in the transition from temporal Physical Presence on earth here and now to Divine Omnipresence everywhere and forever. Hence, we are all compelled to deepen our spiritual commitment and find Him in our own spiritual hearts. By and large, judging by their actions and demeanor, our brothers and sisters are feeling His Divine Omnipresence everywhere.

Bhagavan Sri Sathya Sai Baba taught us that Divinity is Consciousness and Consciousness is Selfless Love.

As Divinity is forever, As Bhagavan Sri SathyaSai Baba is forever, a Divine Form and Personality selected by Divinity, Himself, to teach and inspire us. We are His devotees for all our lives. Others will come in the decades, centuries, and millennia to come and revere Him and follow His Instructions for all humanity. We, in the Sri Sathya Sai Organizations, will cherish our Memories of Him, abide by our Lessons from Him, savour and perpetuate our Inspirations derived from Him, live our human lives in worthiness of the Divine Grace received from Him for the rest of our lives.

Lovingly in the Service of Sai,

~Michael Goldstein, MD
Chair, Prasanthi Council

*What need of words?
Come, Master, come,
And fill me wholly with Thyself.
~Tukaram*

SRI SATHYA SAI WORLD CONFERENCE OF YOUNG ADULTS

The second World Conference of Sai Young Adults was held in Prasanthi Nilayam on 13 and 14 July 2011. The delegation included 440 officers and former officers in the Young Adult Movement from 75 countries. In the 2007 World Conference of Young Adults, the resolutions included the adoption of an ongoing “Sadhana Program”. The young adults have perpetuated this lofty program. It is ongoing. They have been dedicated and consistent in applying themselves to the Divine Instructions given by Swami, Himself, as to how they should conduct their lives. Spiritual progress is clearly evident among the Young Adults as a result of their dedication. The Resolutions of the Sai Young Adult World Conference of 2011 are as follows:

RESOLUTION I: PURITY AND PRACTICALITY

CONTINUATION AND ENHANCEMENT OF YOUNG ADULT SADHANA PROGRAM INITIATED AT WORLD CONFERENCE OF YOUNG ADULTS 2007

Whereas, a Sai Ideal Leader is an exemplar of the Divine Teachings of Bhagavan Sri Sathya Sai Baba. To become an exemplar, one must engage in the spiritual practices recommended by Swami. Therefore, the Young Adult Sadhana Program in which young adults have been engaged since the 2007 Young Adult World Conference will be perpetuated. Further, additional spiritual programs and practices consistent with Swami’s Teachings will be adopted which will enhance the sadhana program.

Whereas, Sai Young Adults recognize that progress on the spiritual path requires diligence and vigilance. Sai Young Adults will diligently and consistently engage in those practices recommended by our Beloved Swami for their own spiritual progress. Sai Young Adults will be always vigilant in order to avoid those worldly propensities that deter them from applying themselves to the spiritual purpose of human life as

taught by our Beloved Swami. They must be practical but pure, determined but selfless. They must let His Will prevail over their own will–fullness!

RESOLUTION II: PRACTICAL IMMERSION TO SAI SPIRITUAL CONVERSION: BECOMING THE “LORD’S APPRENTICE”!

Whereas the Young Adult Apprenticeship Program means practical immersion in the management of the organization that results in spiritual benefits for the server and the served ones.

Let it be resolved that subsequent to November 23, 2011, the young adults currently serving as Zonal Young Adult representatives in the Young Adult World Council will continue in their current position and will each be attached to their respective Zonal Chair as an apprentice in the management of their respective zones. They will have duties assigned to them by their Zone Chair and the Prasanthi Council member responsible for their zone. They will confer with their Zone Chairs and their Prasanthi Council member on a regular basis. They will make every effort to attend and participate in zonal activities in their respective zones.

Let it be resolved that commencing on Guru Poornima 2012 young adult apprentices will be attached to each of the National Central Council Presidents in each zone in addition to the zonal young adult apprentices. They will relate to their respective Central Council Presidents just as the zonal young adult apprentices will relate to their respective zone chairs. The selection of the national apprentices will be accomplished and the duties and terms of reference of their office will be developed by the Prasanthi Council, zone chairs, and zonal young adult apprentices during Maha Sivarathri, 2012. They will commence their duties shortly thereafter.

Whereas the Young Adult Apprenticeship Program will evolve and progress, new opportunities for Sai Young Adult active participation in the management of the International Sai Organizations will arise.

Let it be resolved, that the roles of Sai Young Adult Apprentice will be considered and implemented wherever possible and practical. That is, apprenticeships will be considered that will enable Sai Young Adults to assist in the duties of the officers in various other capacities and positions.

Let it be resolved that with “Heads in the forest and hands in the City”, the Sai Young Adults will strive to infuse the organization with the innocence and purity that are still unblemished from the worldly events and interactions that will transpire over the forthcoming years. This purity, love, and wisdom resulting from their stage in life and their sadhana as Sai devotees will substantially accelerate the spiritual progress of the Sri Sathya Sai Organization. Let this noble and uplifting Sai Work commence!

RESOLUTION III

Let it be resolved that the International Youth Council and International Youth Coordinator will continue to oversee the activities of the Young Adult members of the International Sai Organizations. They will meet with the Prasanthi Council every Birthday. In addition, a meeting at Guru Poornima will be convened for those who are able to attend.

RESOLUTION IV: YOUNG WORLD CONFERENCE IN 2015

The Sai Young Adults have demonstrated their extraordinary love for Bhagavan Sri Sathya Sai Baba, our Beloved Swami. They have abundantly demonstrated their Sai Dedication and Love in the Young Adult Conferences of 2007 and 2011. Their precocious Sai Wisdom was also evident. The Young Adult “Apprenticeship Program” will

commence November 2011 at zonal level and be in full effect at national level subsequent to Maha Sivarathri 2012.

Let it be resolved that the next Young Adult World Conference will take place in Prasanthi Nilayam, November 2015, date forthcoming.

Let us pray that the Sai Young Adults will continue to bring more and more Sai Light into the world. Let them forge the path for the next generation of Sai Young Adults and for the multitudes of generations that will surely follow thereafter. Bhagavan Sri Sathya Sai Baba, our Beloved Swami, will bestow His Divine Grace on all people now and forever who genuinely strive to realize the light of selfless love.

Lovingly in the Service of Sai

~Michael Goldstein, MD
Chair, Prasanthi Council

" Love and compassion are necessities, not luxuries.
Without them humanity cannot survive."

" Our prime purpose in this life is to help others.
And if you can't help them, at least don't hurt them."

~Dalai Lama

Canada Central Council membership changes

As of 6, October 2011:

After many years of dedicated service as the Chair of Central Council, Myriam Josza stepped down. Thank you Myriam for your valuable contributions.

☀️ **New Chair of the Canadian Sai Council: Brother Thayanathan Thayaparan**

Dr. Thayanathan Thayaparan has been in the fold of Swami since childhood. He is involved and has served in various roles and activities at the Sri Sathya Sai Baba Centre of Ottawa–Carleton since 1998 and other Sai centers in the previous years. He was an Educational Coordinator from 2007 to 2009 and thereafter was the President from 2009 to 2011. He has also been a visiting Professor in the Department of Physics, Sri Sathya Sai University, Puttaparthi since 2008, especially helping the students to complete their M.Sc. and Ph.D. thesis projects.

☀️ **Vice–Chair of the Canadian Sai Council, Brother Mayur Pandya**

Dr. Mayur Pandya joined Swami’s college in Whitefield, Bangalore in 1978 and spent six years there and six years in Prasanthi Nilayam. During this time he completed undergraduate and postgraduate degrees and earned his Ph.D. He was on the faculty of the Sri Sathya Sai Institute of Higher Learning at Prasanthi Nilayam until 1990. Mayur has been an active member of the Vancouver Sai Centre since 1999 participating in various activities including as SSE teacher for Group 4 children and as the President of the centre since 2008.

☀️ **New National Education Coordinator, Sister Nina Mukerji**

☀️ **Advisor to the Council, Sister Dr. Kanchana Manickam**

Guidelines for Contributors

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

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

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

**Deadline for Maha Sivarathri Issue
January 10, 2012**