

W I N T E R - S P R I N G 2 0 1 5

# The Canadian

## Sathya Sai Newsletter

So utilize the chance of association with me as much as possible, and endeavor as quickly and as best as you can to follow the directions that I have

been giving. Obeying my instructions is enough; it will benefit you more than the most rigorous asceticism.

Practice Sathya, Dharma, Santhi and Prema, which are dear to me; resolve to keep those ideals before you ever, in all your thoughts, words and deeds. That can

confer on you the summum bonum of mergence in the supreme substance of Divinity.

- *Bhagawan Sri Sathya Sai Baba, SSS, VI, 210-213*



# The Canadian Sathya Sai Newsletter

Sathya Sai  
International  
Organization (SSIO)  
Canada  
[www.sathyasai.ca](http://www.sathyasai.ca)

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

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## Sai's Message:

Spiritual basis for value education .....  
.....*Bhagawan Sri Sathya Sai Baba* 3

## Sai Family News:

Walk for Values ..... *Dr. T. Thayaparan* 8  
Sathya Sai School of Toronto..... *Dr. T. Thayaparan* 12  
Swami's Presence at K Days 2014.....*Nalina Kumar* 17  
United Call for Global Peace and Harmony .....  
.....*Sudhakar Cherukupalli* 19  
Camp Sai Rockets..... *Amar Lad* 22  
The Great Night of Lord Shiva..... *Monica Dey* 24

## Sai Youth:

Sistering: A Youth Girls Service Project at an All Women's  
Shelter ..... *Sharda Murugadas* 26  
Valentines Day at the Women's Shelter.....  
.....*Sathya Sai Baba Centre of Toronto-York Youth Sisters* 28  
Edmonton Youth Participate in Habitat for Humanity.....  
..... *Khushboo Punjabi and Neesha Bhat* 29

## Reflections from SSE:

What I've Learned from Swami.....*Keshini Thavaneethan* 30  
As I Sat There..... *Saira Thavaneethan* 31  
Divine Love..... *Navya Baradi* 32  
A Life of Simplicity..... *Simran Pherwani* 34

**Sai Q&A**..... 38

**What's New on Radio Sai**..... 42

**Guidelines for Contributions**..... 44

## SAI'S MESSAGE

### *“Spiritual basis for value education”*

*Bhagawan Sri Sathya Sai Baba  
Sathya Sai Speaks Vol. 20, Chap. 20  
National Symposium on  
Value Orientation, Sri Sathya Sai  
Institute Auditorium  
24 September, 1987*

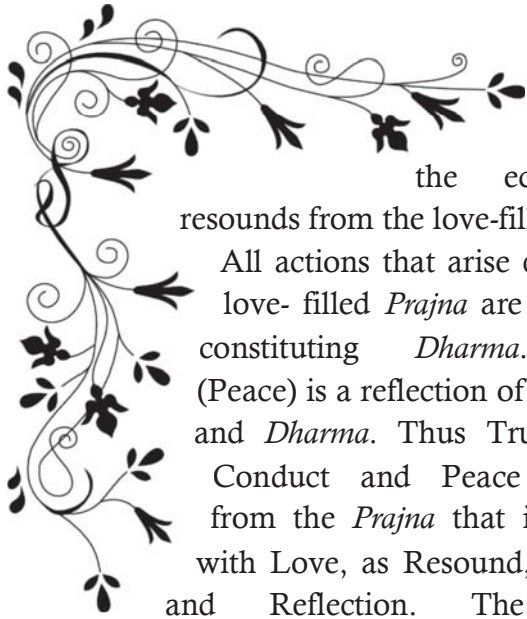
HUMAN life is a very sacred and precious thing. It has to be used worthily. The body, mind and *Atma* constitute together the human entity. Actions are done by the body and cognition by the mind. The *Atma* is that which abides. The *Atma* is the Divine spirit present in the human heart. Action, Awareness and Being are the threefold aspects of human life which have to be properly understood. Although they appear to be distinct, it is the unity in Action, Awareness and Being which makes for the fullness of human life.

The mind, because it is engaged in various thoughts and motivates various desires and actions, is described as *Antahkarana* (the inner instrument). It is known as *Manas* (mind) when it is engaged in good and bad thoughts. It is called *Buddhi* when it exercises the discriminating power. When expressing the will, it is called *Chitta*. As a manifestation of the Divine in the individual, it is known as *Aham* (the I or Ego). *Antahkarana* is the collective name for the *manas* (mind), *Buddhi* (intelligence), *Chitta* (will) and *Ahamkara* (ego-sense).



#### ***Prajna* is 'constant integrated awareness'**

There is a fundamental principle which is at the base of all these. It is known as *Prajna*. *Prajna* has been described as *Viveka* (discrimination, intelligence, comprehension and the like). These are not quite correct. *Prajna* really refers to the Brahman in man. The *Vedas* have declared' *Prajnaanam* is *Brahman*. *Prajna* is the principle that is present equally in the body, the *Antahkarana* and the *Atma*. Hence it may be regarded as "constant integrated awareness." It is this constant integrated awareness that is the source of all values in man. This *Prajna* is permeated with love.



Truth is the echo that resounds from the love-filled *Prajna*. All actions that arise out of this love-filled *Prajna* are reactions, constituting *Dharma*. *Santhi* (Peace) is a reflection of this Truth and *Dharma*. Thus Truth, Right Conduct and Peace emanate from the *Prajna* that is charged with Love, as Resound, Reaction and Reflection. The proper understanding of the source and nature of Truth, Right Conduct, Peace and Love is *Ahimsa* (the attitude in which one cannot think of causing harm to anyone). Hence man should embark on any activity from *Prajna*.

*Sathya* (Truth) does not mean mere statement of facts as one sees them or hears about them. Truth in its real sense transcends the limitations of time, space and circumstance. It is difficult to practice this transcendental truth in ordinary life. *Vedanta* (bottom line of *Vedas*) described it as *Rtha* (principle of integrity). It is the basis of human existence. It is on this basis that all the facts of the phenomenal world should be properly understood. One should not act on the impulse of the moment immediately a thought occurs. The rights and wrongs of an idea should be examined and only when the heart approves of a certain course should action follow. This is the process of cultivating values. What the mind (head) thinks, should be examined critically by the heart and the right decision should be carried out by the hand. This should be the primary product of the educational process.

### **Creativity and science**

We are discussing education in Human Values. What seems to be necessary is not EHV but 3--HV: Head-Heart-Hand (values). The hand should carry out what the heart has approved of the ideas emanating from the head. This triune process has been described in *Vedanta* as *Thrikaranasuddhi*---the purity and harmony of thought, speech and action.

Activities arising from *Thrikaranasuddhi* find expression in two ways: one through artistic creativity and the other, through scientific exploration. Of the two, artistic creativity is supremely important. The aesthetic feeling is based on creative imagination. A sculptor who desires to carve an image out of a piece of rock has to have the figure he seeks to carve in his imagination. This *bhava* (imagination) finds *ichcha sakti* (creative expression) in the sculpture. If the creative imagination is absent, no sculpture can come out of the rock.

Hence, imagination and the creative impulse have to be properly understood. Both of them are rooted in *Prajna*, the Divine source of all creative activity. As against this aesthetic creativity, we have the urge for scientific enquiry. This is primarily concerned with objects in the external world. Experimental research has its vision turned outward. But even that has its basis in the *Antardrishti* (Inward Vision). This relates to the subject.

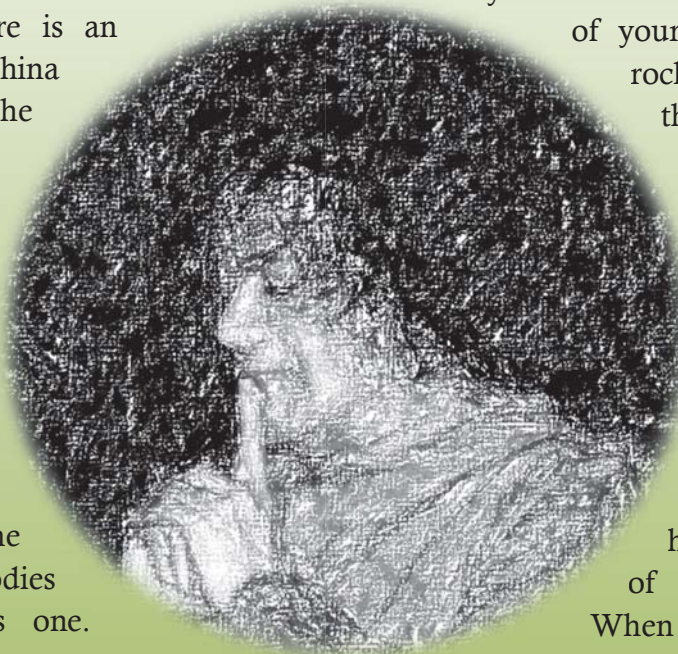
### **Integration must become a way of life**

Science has been making remarkable progress in the recent decades. The world undoubtedly needs the discoveries of science. But if it forgets the base and is preoccupied only with the

superstructure, it will be the source of much disorder and trouble. It may cause all kinds of diseases. Science has been divorced from spirituality and faith in the Divine. Many imagine that science can create a heaven on earth. But what is the kind of heaven that is envisaged? Is it the enjoyment of material and sensuous pleasures? This hedonistic attitude is undermining all human values.

Research is going on endlessly. Science is continually seeking answers to various questions. But how many of the answers are correct and satisfying? Progressively, the climate of peace is being destroyed by science. If peace is to be ensured, science has to be promoted on the right lines. This calls for unity among the people. Service to society must become the fundamental purpose.

Everybody talks about the need for world unity. But real unity must begin with the individual and the family. From the home, it must spread to the village, nation and the world. National integration comes to the fore whenever there is an attack from outside by China or Pakistan. But when the external threat passes, integration is forgotten; integration should become an essential part of our being. It must become a way of life and cherished as an important value. It is vital to perceive the unity that underlies the apparent diversity. Bodies are many, but life is one.



Beings are many, but Bliss is one. Religions are many, but Truth is one. This is the kind of oneness that has to be experienced in the depths of our heart.

*Prajnana* (integral, higher wisdom) subsumes *Vijnana* (secular knowledge) and embraces also *Sujnana* (right knowledge). *Prajnana*, *Vijnana* and *Sujnana* together contribute to the fullness of man.

### The ABC of life: Always Be Careful

Life is an exacting master. Hence the need to be always careful in everything one does. This is the ABC of life' Always Be Careful. One should always remember the supreme sacredness of human life. Man can experience real bliss only when he recognises the Truth, Peace and Love that emanate from *Prajna* and moulds his life on the basis of that knowledge.

Human Values cannot be practised by studying books or listening to lectures. They have to be cultivated by individual effort. Students! True education consists in sanctifying everything

you utter and every thought and action of yours. Humility is the bed-rock. Cultivate humility as the first step, Bend the body. Mend the senses. End the mind. This is the key to immortality.

Human values are essential not for students alone. Everyone has to practise human values as a mark of a true human being. When a human being declares

that he is a man, it is only a half truth. He must also declare that he is not an animal. To give up animal qualities and practise human values will make a man fully human.

### **Education without transformation**

The educational process will not be complete unless, together with specialisation in specific subjects, one acquires general knowledge and develops common sense. Many famous scholars who had significant scientific achievements to their credit have been lacking in general knowledge and the common sense required in daily life.

Today we have made prodigious progress in various fields of knowledge--in mathematics, physics, chemistry, the bio-sciences. But no attempt is being made even to approach study of the spiritual. All our knowledge ends with study of matter, plants and living creatures. Education must go beyond these to an understanding of the Divine. Only that is true education. The task of education is to develop man into an ideal and exemplary person. Notable discoveries have been made over the years and great scientists have been produced. But how far have human values been promoted and what is the transformation that has taken place in mankind? There is no answer to these questions.

The promotion of human values must become an integral part of the educational process. It is because students today have not acquired human values that they are behaving often like demons.

### **Give value orientation to education**

Leading Vice-chancellors and educationists

have assembled here today for this national symposium. If they dedicate themselves to the task of giving value orientation to education, considerable progress can be made in this crucial sphere. To restore the supremacy of human values in all fields of national life, an association should be set up by leading scholars and educationists in the country. This association should have no links with the government. It is only if it is autonomous and completely independent that it can achieve its objectives. There are eminent educationists in the universities. They may have very good ideas but they have no freedom to implement them. They should be given the freedom to try out their ideas. Authority should be commensurate with obligations. Vice-chancellors will then be able to promote human values among teachers and students. If all educational institutions jointly strive to instill human values in students, Bharat can become an ideal nation and an example to the world.

Today educational institutions are growing in numbers, but there is no growth of a broad outlook among the educated people. Education should serve to enlarge the vision and broaden the outlook of the people. Everyone should be made to feel that his or her welfare is bound up with the nation's well-being.

### **Science and spirituality should go together**

Everyone should feel proud about Bharat's ancient culture and its spiritual heritage. Spiritual knowledge and scientific knowledge should go together. There should be no dichotomy between

science and spirituality. True bliss can be

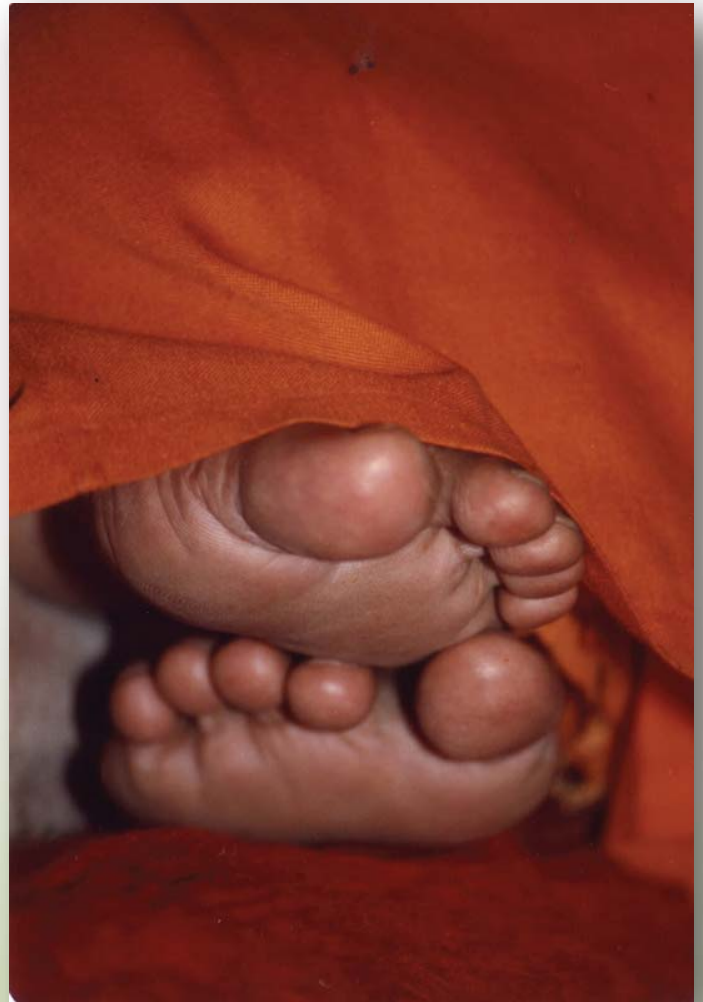
experienced only when science and spirituality are combined. Development of science and technology alone will not help people to get rid of bad thoughts, bad desires and bad deeds, because science by itself is not competent to sublimate life. Only spirituality can promote ethical values, the spirit of tolerance and equal-mindedness.

The science of spirit is essential for developing human values. Devotion to God is the first stage in the spiritual journey. Instead of developing devotion men are immersed in the "deep ocean" of worldly life. When the Ocean of Milk was churned, the first thing that emerged was the *Halahala*, fuming poison. *Amrita* (nectar) came later. When the ocean of worldly existence is churned, *Vairagya* (renunciation) will emerge first. The nectar of bliss will come later. *Vairagya* is renunciation of attachment to the physical and the material.

Students should start with cultivating the spirit of mutual regard and harmony. This will lead to good behaviour. When students in one educational institution grow in this manner, they will serve as an example to the rest of the world. Students should shed narrow and parochial loyalties and prepare themselves to serve the society and the world. Whatever conclusions are arrived at by the educationists and Vice-chancellors who have gathered here for this symposium, you students should become the "Messengers" for spreading them to the world.

*However high a bird may soar, sooner or later he has to perch on a tree top to enjoy the quiet. In the same manner a day will come when even the most willful, the most unbelieving, the most haughty and even*

*those who assert that there is no joy and peace in the contemplation of the highest Self will have to pray: "God! grant me peace and consolation, strength and joy."*



## SAI FAMILY NEWS

### “Walk for Values”

**Sathya Sai International  
Organization (SSIO) Canada  
President, National Council:  
Dr. T. Thayaparan**

*This is a talk given by National Council President, Dr. T. Thayaparan in the Sai Kulwant Hall on December 27<sup>th</sup> 2014 during the Canadian Pilgrimage to Prasanthi Nilayam.*

With love and reverence, I offer myself at the divine lotus feet of our loving Lord, Bhagawan Sri Sathya Sai Baba.

Om Sri Sai Ram,

Dear Brothers and Sisters,

On behalf of the Sathya Sai International Organization (SSIO) Canada, I thank Bhagawan for blessing Canada with this wonderful opportunity to be part of these joyous Christmas celebrations. Canadian Youth will perform a musical program today. Before the musical program, we want to demonstrate a mini "Walk for Values" from Rama's gate. As they walk, I am pleased to provide a short history of the "Walk for Values." Here comes the Truth, and then the Righteousness, then the Peace, then the Love and then the Non-violence.



This "Walk for Values" is an instrument of "Character Development" in the community to promote and practice the five Human values of *Sathya, Dharma, Shanthi, Prema and Ahimsa* (that is Truth, Righteousness, Peace, Love and Non-violence). This was advocated by Bhagawan Sri Sathya Sai Baba throughout his life.

In 2003, the Parent Council of the Sathya Sai





School of Canada, hosted the very first Walk for Values in Toronto. After seeing some violence and a shoot-out in the neighbouring streets, the students of Bhagawan's School wanted to raise community awareness, in a practical way, by walking the streets with Values placards for the eradication of violence, bullying, drugs, crime and greed in our neighborhood. We aimed to raise our consciousness levels and practice human

values.

This noble project instantly touched the hearts of many people as a gift from Bhagawan and next year it spread to 10 cities across Canada under the umbrella of the Sathya Sai International Organization Canada. The Walk for Values has since spread internationally, with one even organized in Puttaparthi a couple of weeks ago, (in Dec 2014.)

Brothers & Sisters, this small sapling grown by the children of Sathya Sai School of Canada has today spread spontaneously to four continents around the world North America, Australia, Asia and Africa, involving over 40 world cities.

It has truly transformed into "Values without Borders." Let us pray to Bhagawan that this human values outreach project

may bring greater transformation in the world, and one day we may be able to declare an "International Human Values Day" at the United Nations as Indian Prime Minister Narendra Modi has achieved "International Day of Yoga" recently.

As Bhagawan has stressed, "We should develop these five human values which will promote



*harmony and unity*

*in the world. We should develop those qualities which will bring us closer to each other."*

I would like to share one of the Walk for Values events in Canada. Edmonton Sai Center participated in the city's K-Days Parade in July this year in order to propagate Swami's messages of the 5 Human Values to the Edmonton community with a specially built Walk for Values float. The theme for the float was "Garden of Values." The parade is the largest summer event. Thousands of spectators lined the sidewalks. *Out of 120 floats that*

*participated in the parade, Edmonton Sai Centre's float was chosen for "the Most Creative Award."*

Let's see the Video.

### **How is this "Walk" different from other Walks?**

Unlike other walks, this walk is not a Fundraiser but a consciousness raiser. This walk is open to all joining hands in a walk to make the world a better place, by displaying banners with quotes about values, ethics, morality and service, accompanied by value songs, music, marching bands and colorful floats as you saw in a over-head projector. Festivities and a multi-cultural program performed by different communities further enrich the event in the closing. Participants go home happy to promote values

in their own lives and encourage others to do so to make the world more peaceful.

### **How does this "Walk for Values" impact the Community?**

The goal of this "Walk for Values, is Self-Transformation. This means practicing the human values in every aspect of our day-to-day life, and also making an effort to conserve and protect the environment that we live in. When

we strive to practice at least one or more of the values, we inspire others to do the same, eventually making our communities and our country a place of greater harmony and happiness.

All are one; All are Love; All are Sai.



## “Sathya Sai School of Toronto”

**Sathya Sai International  
Organization (SSIO) Canada  
President, National Council:  
Dr. T. Thayaparan**

With love and reverence, I offer myself at the divine lotus feet of our loving Lord, Bhagawan Sri Sathya Sai Baba.

Om Sri Sai Ram!

Brothers, Sisters and beloved Children, On behalf of the Sathya Sai International Organization (SSIO) Canada, I thank Bhagawan for blessing Canada with this wonderful opportunity to be part of these joyous Christmas celebrations.

We are so grateful to Bhagawan for showering His divine blessings and grace on His children from Canada. Today, students from the Sathya Sai School of Canada will present a play. Before the play, I would like to provide a short introduction about the School.

The Sathya Sai School of Canada was first proposed to Bhagawan in 1999, as an offering for His 75<sup>th</sup> Birthday. Bhagawan blessed the proposal saying, “School is My project. Make it happen. Start small. Grow slowly.”

From that day forward, the Divine vibrations and grace of our Lord have nurtured this Project. The School was inaugurated on 2<sup>nd</sup> of September, 2000 with the first batch of 60 very



young and sweet students. Swami’s Divine Aura filled the School, as the students, staff, parents, volunteers and supporters did their best to implement the principles of Sai Educare.

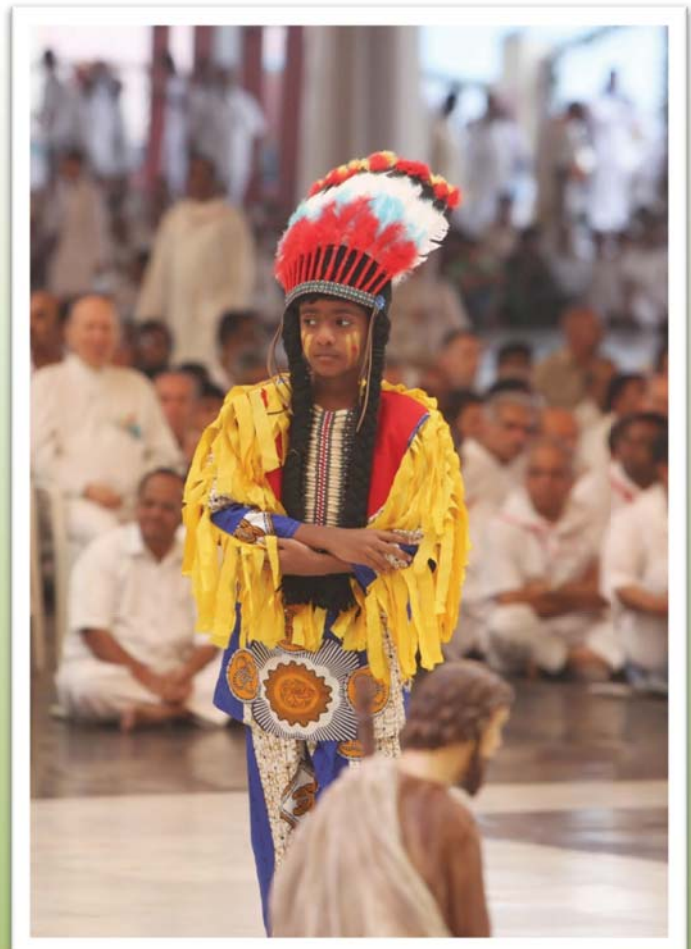
At the school, while students sang values songs to the Founder, Bhagawan, on His 80<sup>th</sup> Birthday, the garland placed on His picture began to grow for the first time, and continued



to grow for four days until its length reached over 6 feet! This gave us visible proof of how His Hands were moving everything that happened at this school.

This School was the first Sathya Sai School in North America, and we have been fortunate to have two dynamic Principals who both strove hard with their team of teachers and volunteers to reach Bhagawan's very high-quality standards. Together with parents, they implemented Sathya Sai Education in Human Values, in order to develop a school culture that is truly "loving" and supportive of the Character Development of every student. The successes of the academic programs of the School have come about by "integrating these human values" into "the Canadian academic curriculum."

Following Bhagawan's advice "to start small and grow slowly," the school started as a Primary School with only Kindergarten and Grade 1, and today has become a Middle School up to Grade 8.





The School's many community outreach programs allow the students to "serve others," which is the core of their Character Development. Students being to practise and understand the "virtues of sacrifice and compassion" when they give up birthday parties and gifts to raise money to build wells in Africa, or when they visit senior's homes to cheer them with songs and handmade gifts.



The "character development" program at the Sathya Sai School of Canada appeared to be bringing out the inherent goodness in each child, but how are the children developing academically? In 2006, the grade 3 and grade 6 students participated for the first time in the Province of Ontario's EQAO - the standardized academic exams. The result was stunning - 100% of the students met or exceeded the provincial standards! The school, Bhagawan's school received #1 ranking among the top schools in the province and for the past nine years, the Sathya Sai School of Canada was ranked # 1 among the 2,700 schools in the province of Ontario.



This outstanding reputation for high academics is entirely due to the Grace of Bhagawan and the efficacy of His educational program - Sathya Sai Educare.

As a next step in 2010, The Canadian Institute of Sathya Sai Education (CISSE) was established to complement the school with teacher training programs, parenting programs and community outreach with Sathya Sai Education in Human Values.

Now, the school is poised upon the threshold of a historic move into its new permanent building that is nearing completion.





We know that Bhagawan's Grace has flowed through, and inspired each and everyone involved with the School over the years, and we pray for His continued Blessings so that the Sathya Sai School of Canada may become the beacon of light that He envisioned, bringing "Human Values" and "Integral Education" to all of Canada.

All are one; All are Love; All are Sai





## “Swami’s Presence at K Days 2014”

*Sathya Sai Baba Centre of  
Edmonton  
Sister Nalina Kumar*

The Edmonton Sai Center was delighted to have been accepted to participate in the annual K Days Parade. Our entry was accepted under the category of “Most Creative”.

The Edmonton Sai Center has been very fortunate to have Swami’s grace and blessings from its inception in the early 80s. We are indebted to the skillful leadership and loving guidance of Mr. Syamasundara Rao and Mr. T.R. Pillay who have and continue to nurture the Centre. It is Swami’s Love shining through them that inspires all of us the younger devotees, the SSSE parents, students and our youth members to join together and be one united Sai family at every event. K days was no different.

The theme of Garden of Values was adopted for both our 2014 Walk for Values and K Days Parade. With the dedicated care of the beautiful flower pots from early spring onwards, by a few devotees with a ‘green thumb’, we were ready to build the float. Our ‘creative director’, Mrs. Gnana Ganeshalingam and her loving husband, Ganesh, a retired engineer created the float design, the placement of flowers, the colour scheme and other details of the float. Every person who participated either in the carpentry, or the selection of values to be carried at the parade, or the décor strategy, or planning the music, or putting it all



together, knew they were part of something marvelous: an instrument, spreading His teachings to the Edmonton public. Throughout the flurry of activity, of course, there were devotees providing nourishment for the volunteers, without which we could not function.

The day before the event, as luck would have it, it was pouring rain. This was the day we were to build the float, and have it ready by 6 AM the next morning at the parade site. The city has height and dimension restrictions for floats driving through city roads. So, our intent was to build it fully that night, then take it down to the minimum allowed for travel to the site the next morning. This meant that the heavy wooden circular structure had to be separately transported and re-mounted once again at the parade site. With the rain, we had to invoke the Plan B – move the float to the workshop of a devotee who had enough space



for all of us to work in doors building the float. Every time we have a Sai activity, I am always amazed at how in our Sai family, we have every skill, all the knowledge needed in the moment - be it engineering, building and construction, carpentry, engineering, accounting or even every discipline of medicine and so on. So, it was that day, we had a devotee who has a business that has a large work area to fit the entire float and all of us inside, safe and warm from the rain. The devotee cleared up the space for us in a hurry and we were there in 20 minutes to put the float together, working till late at night. As with everything in our center, it was a labour of love from the youth, SSSE students, the seniors and the rest of us with one common goal, and each of us doing our little part.

The next morning, we were at the site earlier than others. We started to mount the circles on to the float and place over 30 flower pots in each of their designated spots, securing and stabilizing them. We were to be ready by 8 AM, just in time for judging.

The most exhilarating part was when we started walking with our value signs, all of us dressed in purple and white; we did not realize

the sheer number of spectators watching us on the parade. How wonderful it felt to be a small part in spreading the love of Swami and His message to this city. I believe that day our city and its population was blessed by His invisible presence. The weather was picture perfect, despite the forecast! Hence the spectators were so many –

on the thousands, children and seniors, and families on lawn chairs, and office workers peering from their high rise office tower windows. They were all there, drinking in the nectar of Swami's words and listening to Value songs.

A volunteer and devotee: "This was my first attendance at the parade with my family. With Baba's grace, we are walking in a parade spreading His message!" The next two hours flew by quickly, as we waived at tens of thousands of people lined up to see the parade. The highlight of the event was Brother Madan Murthy collecting the "Most Creative Entry" award from judges and running towards us to relay the news of the recognition with the trophy on hand! It was truly a fulfilling experience to get Swami's message out.

Thank you Swami for the Divine experience of putting on a show on the blue sky stage of Your creation, by Your children, watched by other children of Yours, saturated by Your Love emanating from the flowers on the float, from nature and from your own children present there.

Om Sai Ram

## “United Call for Global Peace and Harmony”

**Sathya Sai Baba Community  
Centre of Vancouver  
Brother Sudhakar Cherukupalli**



In keeping in line with Swami’s legacy of Universal Love and an attempt to reach out to people of all faith for a United Call for Global Peace and Harmony, the BC region embarked on an ambitious attempt to involve various faith groups in the singing of the Lord’s Glory at this year’s Akhand Bhajan. As Swami would have it, what started out as an outreach attempt

resulted in the glorious singing of the Lord’s name from six different faith perspectives. The 24- hour uninterrupted devotional singing session by Sai devotees from the Region, included periodic slots for devotional renditions by the following faith groups:

1. Unity In Action Church, New Westminster
2. The Buddhist Vihara Society
3. The North Shore Kundalini Yoga Group
4. The BC Sikh Youth Gurbani Group
5. The Mata Amrutananda Mayi Group
6. Sri Suresh Mendiratta (Sanskrit and Sufi

Devotional Songs)

Each of the above groups were given specific time slots where they charged the atmosphere with their soothing soul music, each adding to the Divine vibrations that permeated the ether. This new format was welcomed by all, Sai devotees and our spiritual brothers and sisters from these groups and it was a true display of Unity of Faiths in action.

The response to this multi-faith element to the 24- hour singing has been very positive and will henceforth become a regular feature of the BC Region’s Akhand Bhajan format. We already have confirmation from the above groups that they will come out strong again next year to be a part of this event. In addition, we will be seeking participation by other like-minded groups that are willing to sing in Unity the Praises of God and the Call

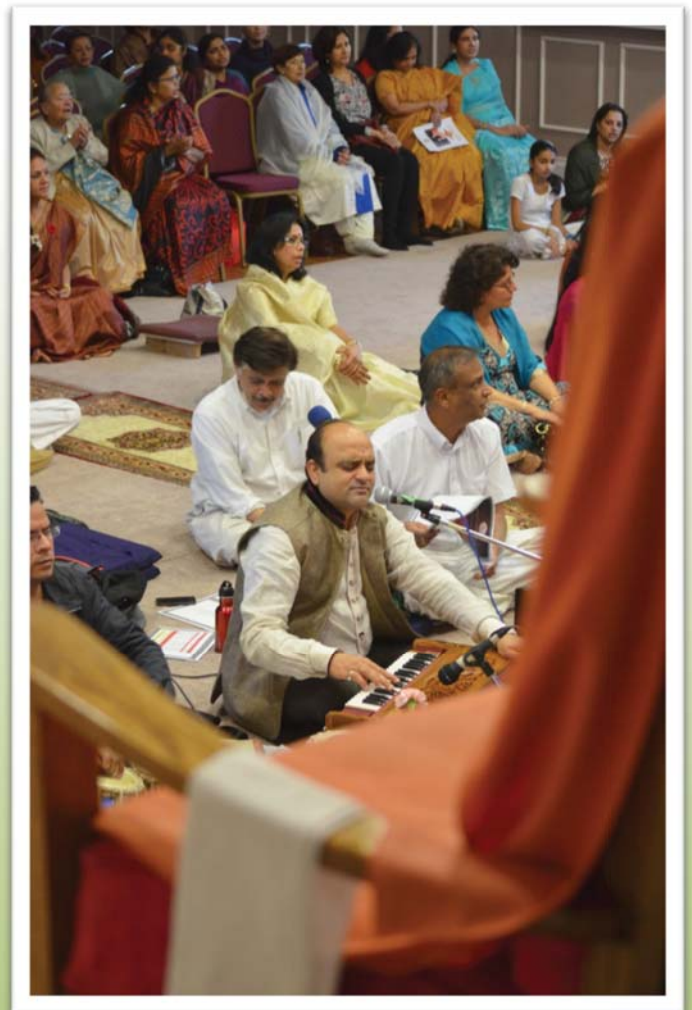


for  
Global Peace and Harmony.

We are confident that this is beginning of more such outreach to be inclusive rather than exclusive, where Swami's Teachings and Messages can be freely shared amongst all.

Some pictures taken during the Akhand Bhajan are included in this report. attached- these are when the Unity in Action Church sang. A letter of Appreciation by the Pastor of the Unity in Action Church, Rev Roy Akers is also attached.

The program was attended by over 250 people in the 24 hours. Each group was given a time slot to sing and the program was a continuous uninterrupted display of unity of faiths in action, with participation from the whole congregation. During the transition between individual groups the Sai Gayatri was chanted to reduce periods of silence. The feedback from our Sai community as well as the other participating groups was wonderful and very encouraging for further joint interfaith community events to be planned. Many of



*History of the Sarva Dharma Stupa in Prasanthi Nilayam*



Swami entrusted the construction work of the Sarva Dharma Aikya Stupa at Prasanthi Nilayan to Brigadier S. K. Bose in September 1975. This Stupa is a landmark in Swami's Avataric Mission. It was to be unveiled on Swami's 50th Birthday, 23rd November, 1975. The 7 foot pit for the base for the Stupa was filled with soil brought from a distance. All the devotees toiled collectively for 3 days under Brigadier Bose, completed the filling over which concrete slabs were to be laid as pedestal for the Stupa (column). There was a heavy downpour at about 3 am on the fourth day. Brigadier Bose spent a sleepless night worrying about the soil filling. He was sure that it would be washed away by the downpour. He went to the site the next morning to gauge the extent of damage. He was pleasantly surprised to see that the surface of the earth-filled area did not show any sign of erosion by the rain.

Adopted from [Sathya Sai with Students Site](#)

## ***“Camp Sai Rockets”***

***Sathya Sai Baba Centre of  
Toronto-York  
Brother Amar Lad***

Camp Sai Rockets is an annual summer camp hosted at the Sri Sathya Sai Baba Centre of Toronto - York for SSE children from Group 1 to Group 3 (7 - 13 year olds). The camp was first started in the summer of 2011 as a one-day event full of fun camp games and team-building activities. The success of this event prompted the Centre to make it a yearly camp. Each year the camp is centred around a theme and all the activities build up to a positive take-home message for the kids, which they work together to identify. Past camp themes have been "stranded on a deserted island" (2011), "The Olympics" (2012), "The Amazing Race" (2013), and "Monopoly" (2014). In 2014 Camp Sai Rockets was expanded to a 2-day camp and was further opened up to kids from Sai Centres across Ontario Region 1.

The camp is planned, hosted, and facilitated by the youth who take on the role as camp councilors, each with a group of children for the day. The youth connect well with the kids and both parties benefit from the experience. The camp helps youth build their leadership, communication, and teamwork skills and as a result we have seen youth return year after year to participate in the camp. In addition Camp Sai Rockets helps bring the youth and children closer together as it bridges the age gap since we have seen that the children are more comfortable approaching youth for help or ideas throughout the year. Furthermore the camp has provided senior SSE students a glimpse into the dynamics of the youth group and has encouraged them to get involved in the youth group once they graduate SSE.

Attached are a few pictures from this past year's camp. And here is a highlight reel from Camp Sai Rockets 2013:

[https://www.youtube.com/watch?v=IdYrwK\\_KdLU](https://www.youtube.com/watch?v=IdYrwK_KdLU)





Also Camp Sai Rockets has now sparked a sister-camp at the Sathya Sai School; Camp Summer Stars. The Sathya Sai School hosted the 1st ever Camp Summer Stars on July 15th and 16th, 2014. The purpose of the camp was

the same as for Camp Sai Rockets except it was for kids in the community around the Sathya Sai School. Here is some media from Camp Summer

*Bhagawan and His Students (<http://www.saibaba.ws/articles/swamiandhisstudents.htm>)*



## “The Great Night of Lord Shiva”

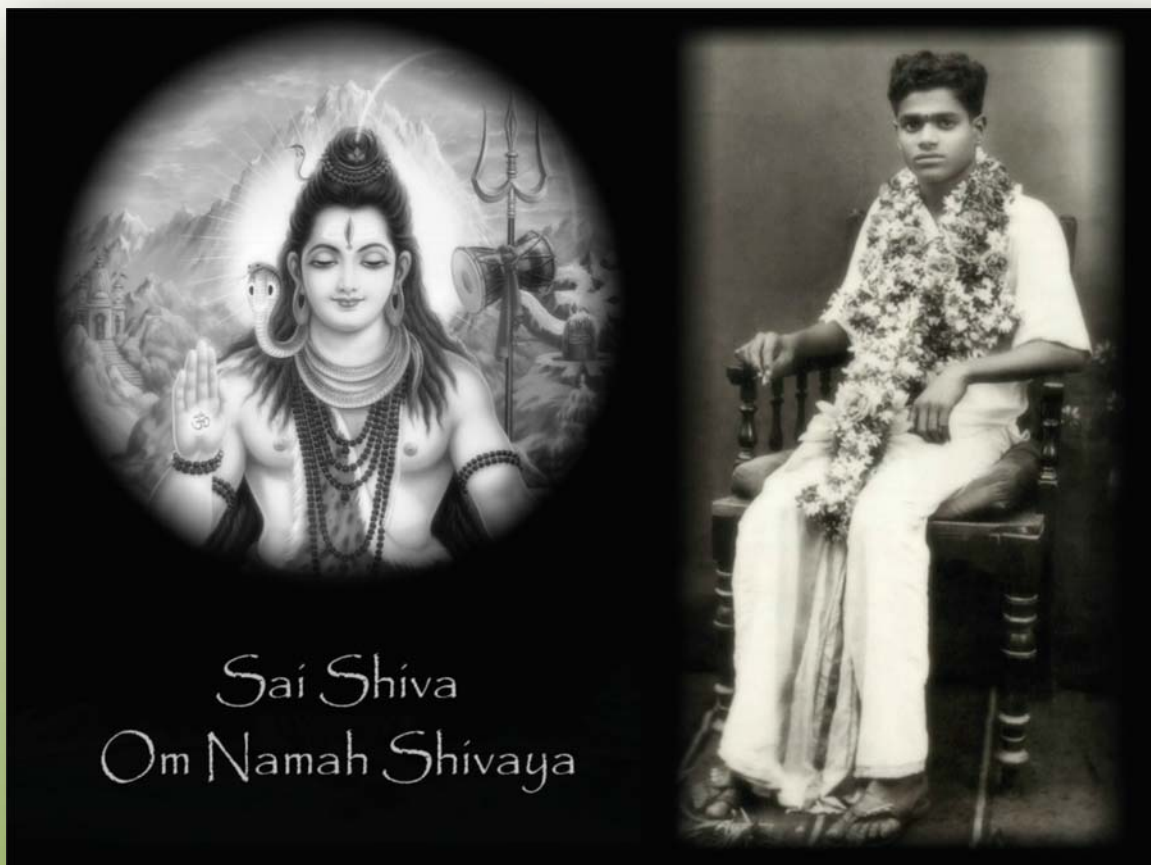
**Sathya Sai Baba Centre of  
Toronto-York  
Sister Monica Dey**

MahaShivrarti - the Great night of Lord Shiva  
The moon is at its weakest, presenting only a sliver of itself as it illuminates the midnight sky, while the atmosphere is charged to the point of palpation from atoms resonating with the sound of creation. This night, marked in the Hindu calendar as the Great Night of Lord Shiva, falling on the 13th night of every year within Krishna [paksha](#), the night of the waning moon in the month of [Phalguna](#).

All places of worship that respect Hindu

festivals are alive with the chanting and singing of Lord Shiva on this night. These prayers carry through the night until the break of day with special prayers and offerings made to the sculpture of the Lingam; which is the form in which Lord Shiv had appeared on earth hundreds of thousands of years ago.

Lord Shiv personifies destruction of evil and is one part of the Holy Trinity in Hinduism, comprising of Creation, Preservation, and as mentioned above, destruction. Lord Shiv, who is said to have swallowed the poison which would have annihilated the world ages ago, Shiv, who embodies all aspects and attributes of the power of man and the primordial cosmic





energy of a woman along with His consort and it is He, who bestows his devotees with his presence when prayed to him with heartfelt persistent worship.

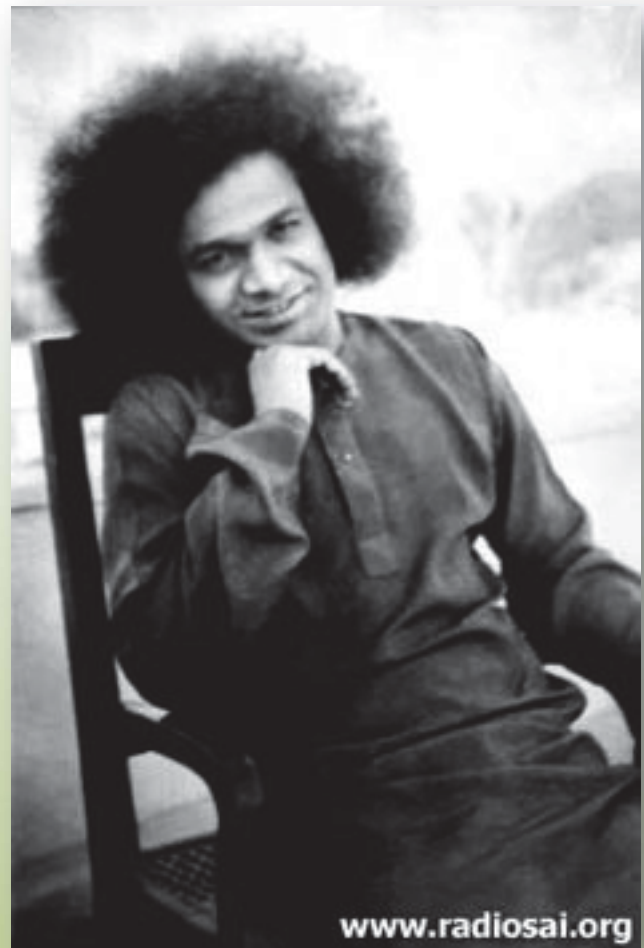
One such place of worship occurs at the Sri Sathya Sai Centre of Toronto York. The night is filled with Vedic chants, which are recitations of sanskrit mantras, and devotional songs which intensify the prayer hall with electrifying vibrations. While the seating is arranged with males and females sitting parallel to one another, the devotional songs follow suit with the same pattern; changing from one gender leading a song to the next.

The Sri Sathya Sai Organization which is based on the teachings of Sri Sathya Sai Baba, a Spiritual Guru some believe, while others feel that he was God incarnate, walking amongst humans to return mankind to the path of righteousness and illuminate our innate goodness. This organization still thrives in every corner of the world, built on the 5 pillars of Truth, Righteousness, Peace, Love and Non-Violence. The Sathya Sai Organization branches out 3 fold, in the realms of Education, Service to mankind, and Spirituality.

On the night of Shiva Ratri, the Spiritual realm takes lead in uniting the Sai Community in one voice, and giving it's believers a chance to master their senses. As stated in one of Sri Sathya Sai Baba's texts: *Spirit & Mind* on pg. 139, "Shiva the Destroyer... who is impervious to temptation and is in perfect balance always - is implored, beseeched and prayed to for the

self control and even mindedness which destroys desire the root cause of delusion."

A wondrous night, a must experience for any heart that is on a journey of upliftment. The Sathya Sai Centre of York Toronto would absolutely give one that chance to uplift themselves, control the mind, and allow one to get a hold of their senses and desires; at least for that one powerful magical night.



## SAI YOUTH

### *“Sistering: A Youth Girls Service Project at an All Women’s Shelter”*

*Sathya Sai Baba Centre of Scarborough  
Sister Sharda Murugadas*



As an initiative to start new seva activities, the Youth Girls of the Scarborough Sai Centre has started serving an all-woman’s shelter called Sistering located in Toronto, Ontario.

Sistering is a drop-in program that aims to provide basic services to women who are homeless, under housed, low-income or excluded from society looking for a safe and welcoming environment to go during the day. The shelter serves breakfast, snacks, a well-balanced lunch, and showering and laundry facilities. Clothes that are donated to the shelter are distributed equally amongst the women. Sistering also provides other services such as support finding housing, information and referrals about health care. Public-health nurses visit the shelter to provide health workshops, counseling, and various other programs are provided i.e. massage, ESL, and yoga.



As volunteers we provide our services on the morning of the first Saturday of every month. A total of 4-5 youth girls go to the shelter and every month a new set of girls gets the opportunity to go provide their services and engage in this great seva experience. Together we assist in preparing for the meals by cutting

vegetables, assisting the cook with making the dishes, cleaning up, and helping to serve the meals, alongside the staffs, to women who drop-in at the shelter.

For the past six months that we have been attending Sistering, the staffs welcome us with a big smile and before we leave the women and the staffs express their sincere gratitude for our presence and services. This positive energy and warm smiles we receive results in the Youth Girls anticipating the next monthly visit to the shelter. As Bhagawan Sri Sathya Sai Baba says, “Service is the highest spiritual discipline.



Prayer and meditation, or knowledge of scripture and Vedanta (Holy Scriptures of India), cannot help you reach the goal as quickly as service can. Service has a double effect, it extinguishes the ego and gives bliss.”

## *“Valentines Day at the Women’s Shelter”*

### *Sathya Sai Baba Centre of Toronto-York Youth Sisters*

In the midst of a winter cold day, a team of females youths trekked their way through a horrible snow storm in order to host dinner and games at the Women’s Shelter in Brampton. This was an initiative that the youths at the Toronto York Sai Centre started a few years ago, and has been a success ever since. We decided to plan it around Valentines Day in order to find a special time that the ladies at the shelter could be spoiled, treated and given some time to relax. For the ladies who were staying at the shelter with their children, there was even more fun planned. Whether it was board games, basketball, colouring, running around or simply being talked to and joked with, everyone was having fun.

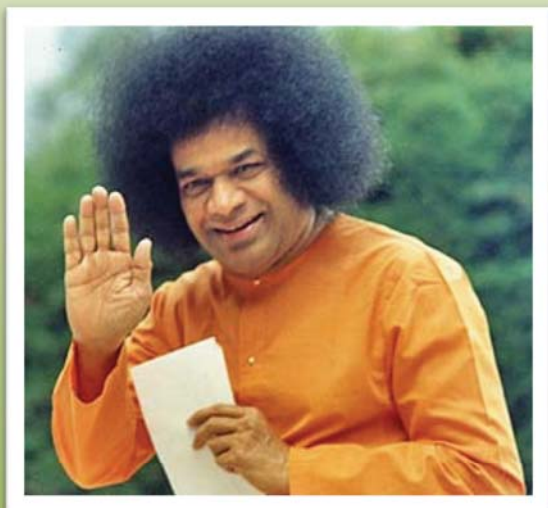
Whilst some youths decided to spend their time occupying the children by playing with them and looking after them, others decided to organise and serve the delicious food that was so lovingly prepared and delivered by the ladies



wing.

As the evening kicked off, and the ladies slowly trickled in, some with children, some alone, some with their friends, we could see the trepidation on their faces. We quickly took care of this, as we welcomed each and every guest with smiles, chatter and the promise of food, drink and dessert that would soon be given to them. All in all, the ladies were thrilled to have been cared for and served for those few hours. Those with children sat back and just enjoyed watching their children having fun, laughing and being happy, and the overflow of food was appreciated and loved by all.

This was a very special initiative that reminded many of us of choices that we make in our lives, circumstances that sometimes force us into challenging times, and the importance of giving back and putting into practice compassion, love, helping and serving. Eye opening experience that will remain close to the hearts of those who participated.



## ***“Edmonton Youth Participate in Habitat for Humanity”***

***Sathya Sai Baba Centre of  
Edmonton  
Sisters Khushboo Punjabi and  
Neesha Bhat***

With the summer heat coming to an end and the colder weather slowly approaching, there was no better time for the Youth Group to take on a new seva activity. On Saturday, September 13th, 2014, the Edmonton Sai Youth group spent the warm and muddy autumn day volunteering at Habitat for Humanity (HFH) Edmonton. Starting bright and early at 8:30 am, ten sleepy, yet excited youth members underwent the registration process, obtaining all the safety-wear and equipment required for the fun-filled day ahead. Following a brief introduction and orientation session, they split up between different areas of work on the site. With only a break for a delicious volunteer-prepared lunch, the rest of the day was divided between painting the exteriors, sanding and priming the interior walls, building and installing decks, and many other tasks that are involved in the typical house-building process. The youth also had the opportunity to work alongside both volunteers from other organizations as well as the families who would eventually be moving into these houses. Interacting with these additional groups allowed the youth to gain an added value to the purpose of their Seva. Our youth embraced this experience as a chance to try something new while meeting

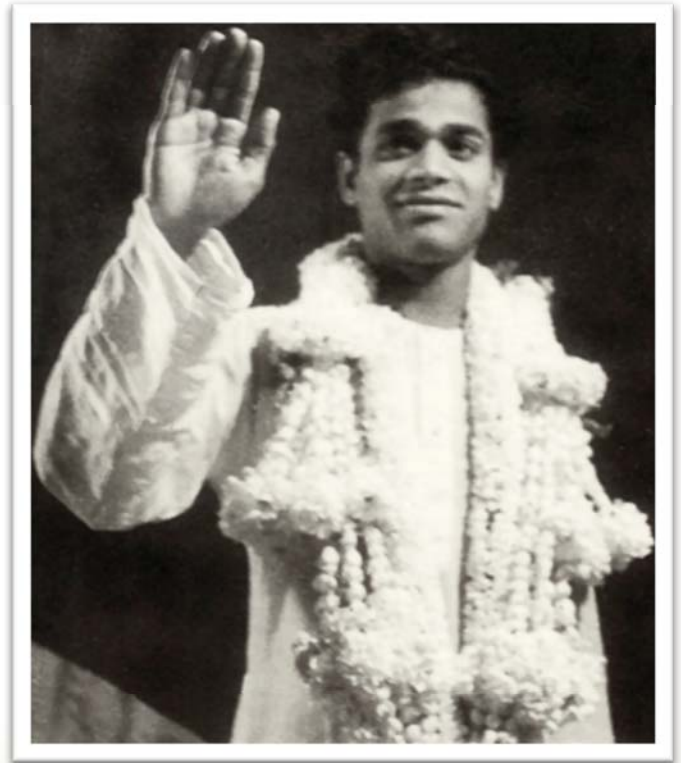


other individuals who share the determination and mindset of spreading their love through acts of service. Every youth member that participated expressed their enjoyment and the desire to do this project again and perhaps even adopt it as a regular Seva activity at various times throughout the year. In fact, they are very excited to be spending another day volunteering at HFH on February 7th, 2015

## REFLECTIONS FROM SSE

### WHAT I'VE LEARNED FROM SWAMI

Keshini Thavaneethan  
Group 4  
Sathya Sai Baba Centre of  
Toronto East



*Love*

*Is not important, the way to live is to always follow*

*Your desires, your ego*

*Seal away*

*Thought of peace and non-violence*

*Violence, never ending*

*Stop*

*Caring for other people*

*Start*

*Speaking ill of others*

*Lie to protect yourself, don't start*

*Speaking the truth, don't*

*Care for Mother Earth and continue*

*Wasting food, time and energy*

*Pray because you need something*

*Don't*

*Do your duty*

*Repay your parents for all their sacrifices*

*See God in everyone*

*And*

*Thank Swami for everything he has given you*

*And*

*See God in everyone*

*Repay your parents for all their sacrifices*

*Do your **duty***

*Don't*

*Pray because you need something*

*Never*

*Waste food, time and energy*

*Care for Mother Earth and continue*

*Speaking the **truth**, don't*

*Lie to protect yourself, don't start*

*Speaking ill of others*

*Start*

*Caring for other people*

*Stop*

*Violence, never ending*

*Thoughts of **peace and non-violence***

*Seal away*

*Your desires, your ego*

*Is not important, the way to live life is to always  
follow*

***Love***

## AS I SAT THERE

Saira Thavaneethan  
Group 4  
Sathya Sai Baba Centre of  
Toronto East

*I sat in a crowd of people, all waiting for You.  
The devotion, passion, and love in our voices  
Was too clear to go unnoticed.*

*I sat there in anticipation for Your arrival.  
Imagining Your long, bright orange robe, and  
sparkling eyes  
Slowly walking to Your chair, blessing us all with  
Your presence.*

*I sat there, the heat almost overwhelming,  
But not as overwhelming as the reoccurring thought  
of*

*“He isn’t coming.”*

*I sat in the crowd of people, my hope slowly  
diminishing  
With every bhajan that was sang  
Marking another three minutes without You there.  
I sat there, and prayed.*

*I thanked You; for all that You have done for me,  
For blessing me with the best possible life a young  
girl could have.*

*For giving me the opportunity to experience this  
glorious place.*

*I sat there, my prayers becoming pleads for Your  
presence.*

*I could not help but feel as if  
You did not want to see me.  
As if I did something wrong.*

*I sat there; tears blurring my vision  
As the final few bhajans were being sung.  
And as I finally gave up all hope,  
You came.*

*The car drove in, and I saw Your face  
And the tears were uncontrollable.*

*All I could say,  
All I could think,  
All I could feel,  
Was Thank You.*

*Those few moments, although brief  
Were all I needed.  
All I wanted.  
And as I sat there, and bhajan ended,  
My wishes were fulfilled.  
I could not help but feel as if  
You came to see me.  
Giving me reassurance of Your unconditional love.  
Allowing me to feel unconditionally loved  
By You.*

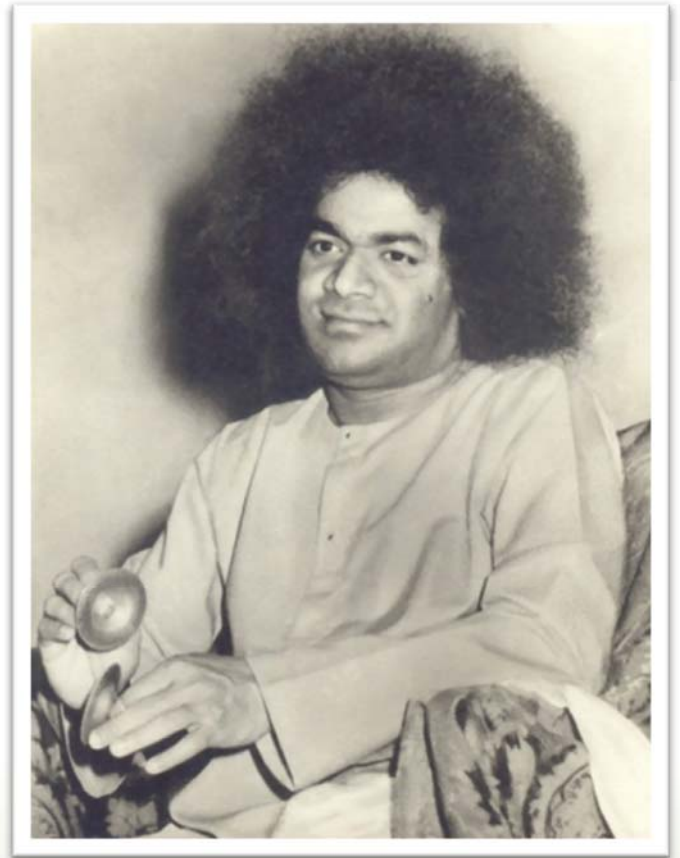


## DIVINE LOVE

Navya Baradi  
Group 3  
Sathya Sai Baba Centre of  
Edmonton

My humble pranams to the lotus feet of our beloved Swami. Good afternoon Gurus, Parents, Ladies and Gentlemen, and my fellow students. My name is Navya and today I will be speaking on the topic 'How can you cultivate and foster the principle of divine love within you? What is love? How can you practice "God is Love, Live in Love" in your daily life.

We all know that love is supposed to be free of any negative attributes. In my opinion, even our "gold standard's" unconditional mother's love, is still not considered divine. Because a mother's love is confined only to her own child. She cannot love someone else's child or another in the same unconditional way she loves her own. Divine love however is superior to even a mother's love because this love isn't confined. It's an unconditional, endless, pure love that engulfs our entire universe. And who is it that can provide this love for us? The only one who can possess such love is our beloved God. We can foster his love inside of us by following the celestial teachings of Baba. We can feel his love inside of us when we show love and kindness to other people. His saying "When you wear the glasses of Divine Love, you will see everywhere prema and can realize the God within you" shows us his message clearly.



Now, let me paint a picture in your mind. Imagine a young man on his trek to work every day. He packs two lunches, one for himself, giving the other one to the homeless person who sits near his bus stop. Now once he sits in the bus, he notices the rush of people arriving. Since he arrives first, he will always give his seat to someone else. Then by the time he arrives at work, he greets the receptionist every morning with a smile and asking how she is. By the end of his day, what does he feel? He feels true happiness reliant only on his good deeds every day. This is Love shown in our daily lives. Being caring, aware, and helpful to all those around you is being loving. Love is the essential value which is interconnected to the rest of the human values. Love is what



brings our whole world together. Baba once said “The basis for the entire world is the Love of the Lord. However intelligent and scholarly a person may be, if that person does not have love in his heart, he is a useless person.”

After gaining a deeper understanding for what Love means, it is simpler for us to know how we can apply this in “God is Love, Live in Love.” What this means to me, is that taking God’s teachings of love and kindness and implementing them in our lives will lead to us experiencing an absolute happiness.

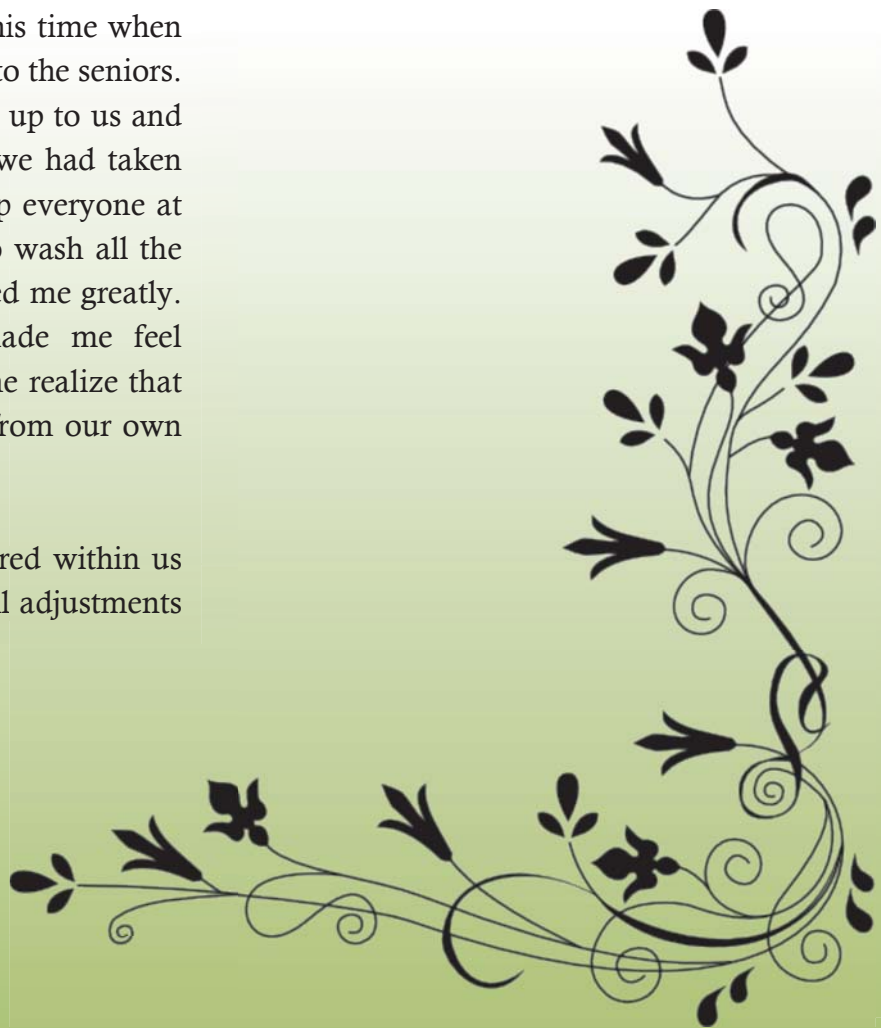
In my life, I have started volunteering now and then. A few months ago, for my birthday, I went to Operation Friendship. This time when I went, I actually served the food to the seniors. There was a man who later came up to us and said he is eternally grateful that we had taken time in our day to come and help everyone at the shelter. He then proceeded to wash all the dishes. What he had said impacted me greatly. Seeing him so grateful had made me feel elated. His simple words made me realize that the love we are living in comes from our own benevolence.

I believe divine love can be fostered within us simply by making seemingly small adjustments

in our lives to help others. Additionally, how we feel is a direct result from how we act. If our actions are pure and virtuous, we will feel delightful and happy.

As Bhagawan has said “My Love for you is pure, unchanging, and selfless. What is your life worth if you cannot believe in such love? Believe in it. You place trust in double-dealers. Why don’t you stand by the truth which you know? Receive my pure love with a pure heart. Make yourself holy. Live in Love. Love is God” {Sri Sathya Sai Baba - Divine Discourse on 31-03-1996}.

Sai Ram



## A LIFE OF SIMPLICITY

Simran Pherwani  
Group 4  
Sathya Sai Baba Centre of  
Edmonton

My Humble Pranaams at the lotus feet of Bhagawan Sri Sathya Sai Baba. Sai Ram to all the parents, gurus, fellow students, and guests. My name is Simran Pherwani and I am in group 4. The topic on which I will be speaking to you all today is *'how does the quote by Leo Babatua "Simplicity boils down to 2 steps: identify the essential, and eliminate the rest." relate to "God is love, live in love,"? How do I apply this concept in my life? Has it made a difference? Can this quote be challenged using Swami's teachings or the viewpoints of other philosophers?'*

Before I start, let me tell you all who Leo Babatua is. Leo Babatua is the creator of a blogging website called Zen Habits, in which he writes blog articles that cover topics including living frugally, happiness, successfully implementing good habits, and achieving goals. He is no philosopher, but an ordinary man who writes about topics integral

to human society and the development of human beings.

His quote on simplicity sends out a message to everyone about simplistic living. Simplicity has many meanings in our lives. It can be about spending less money, using fewer materials, buying less stuff, casting away unnecessary thoughts, and living a life without stress. All of these definitions essentially portray the binding idea that people should live a simple life in which you spend mindfully instead of wasting





money for unnecessary items. It is about spending on what you need and not on all of your wants.

His quote relates heavily on the theme for this year, “God is love, live in love,” because God himself says that simplistic living is the key to living a happy and successful life. Baba says, “Do not get attached to worldly things and pursuits. Be in the world, but do not let the world be in you.” Wealth and materials are the two greatest obstacles from achieving a simplistic life. These two things create a barrier in which they tempt man and bind him with their power into thinking that having the most stuff and being the wealthiest man in the world

will allow him to achieve happiness and success in life.

What we should do is to get rid of attachment with all worldly things. He who does this and surrenders himself to the feet of Bhagawan will be free from all troubles and will attain supreme bliss. He will most importantly attain the precious love and support of Baba and will be living in the love of the Lord.

The all-pervading message of Baba’s legacy is that simplistic living along with faith, devotion, and selfless service is how we should live our lives. By doing this we will be living in love. What God wants more than anything is that we offer ourselves by being pure, unmaterialistic, and with great faith and devotion and not with the desire that we want more.

I practice simplicity by using only what I need. This helps keep my carbon footprint low. Some things that I do to lower it include re-using, recycling, and reducing, carpooling, taking public transportation, using re-usable cloth bags instead of the plastic ones, and the list goes on. We need to limit ourselves to using simple things that are easy to break down, and that won’t hurt the environment more than we currently are. This has made a huge difference for me as I am now aware to all the ways people increase global warming and pollute the environment; I now know that I am playing a part in helping our environment remain sustainable.

Another very important thing that I do is that I

practice COD, ceiling on desires. I learnt to do this from a very young age, and I have been practising it ever since. The money that we use to buy unnecessary things could be used to feed many poor people in Africa who live on \$1 dollar a day. We must be thankful for what we have instead of asking for more.

I have learnt Baba's teaching from a very young age, but I now see the strong correlation between all of these teachings. If we think about it, we can see that all teachings lead to and promote simplistic living. Swami has cautioned us: "*Do not come to me with your hands full of trash, for how can I fill them with Grace when they are already full. Come with empty hands, and carry away My Treasure.*" {Sathya Sai Speaks, Vol. 11, Ch. 22, pg.121}. These quotes prove that simplistic living is the best way to live an ideal life.

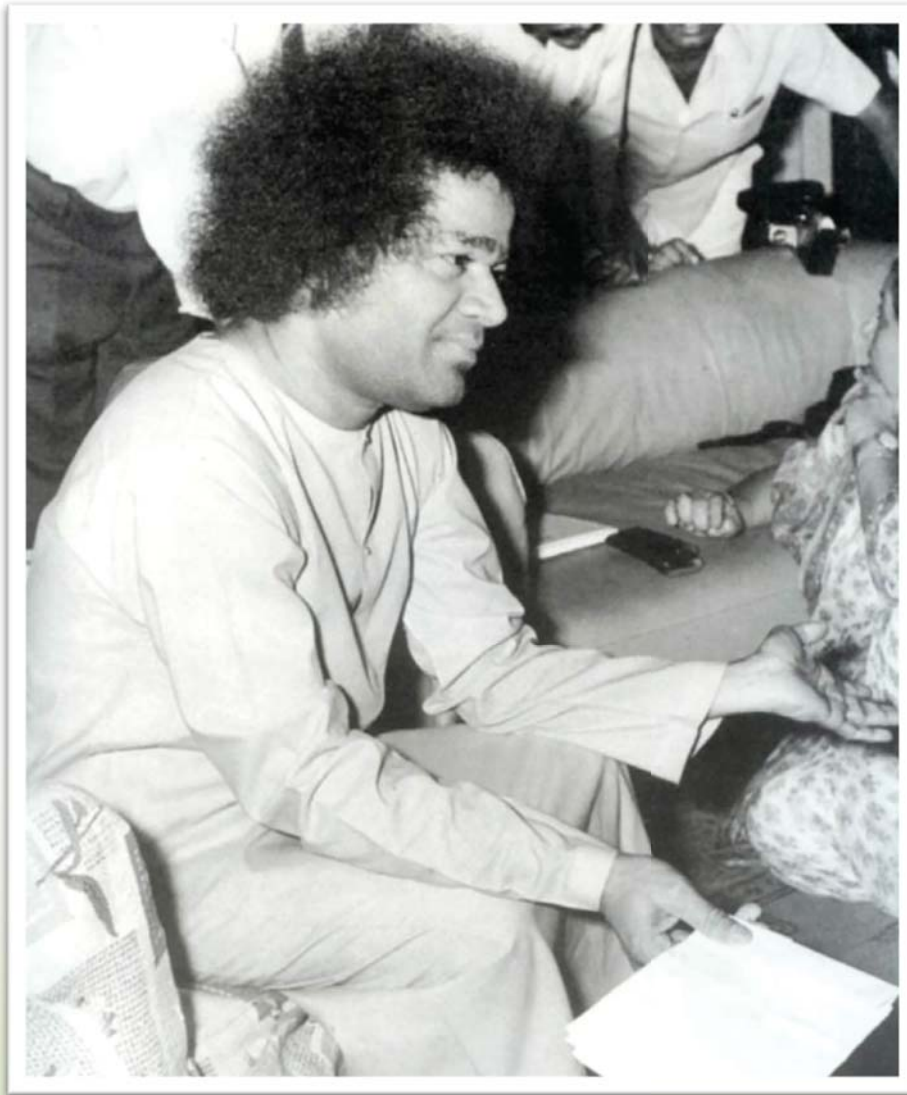
Just because it is integral for us to live a simplistic lifestyle, that doesn't necessarily mean to give up everything. It just means that we need to keep a balance in our life. Doesn't that sound familiar? That's because it is one of Baba's most worldwide teachings, "keeping a balance in life." See, it all connects together.

Others may argue that simplistic living may not always get you the wealth, power and money that are the key to success in life. The best examples are celebrities and billionaires. They believe that because they are rich, they should have all the new and high tech items and they end up accumulating an immense collection of unnecessary things of a number equal to their fortune.

Money is an integral part of life, but only to an extent. Money is important in this world; it keeps economies going, and is needed to sustain our lives, but making the most amount of money should not be our main focus in this world. What is most important is that we spend our wealth for the good of the world, and not for our own selfish reasons. We can sometimes indulge on things, but for the most part, we need to use our money for the benefit of the world.

Marie Antoinette was the most lavish spender of her day and believed that wealth was the most important thing in life. However, to prove my point that simplistic living is the key, her excessive spending was one of the main causes of the Great French Revolution of 1789 and a few years later she was publically executed for her actions. This proves that it is important to keep a balance in your life and to not be so attached to wealth, and materials. We came into this world with nothing, and in the end we will leave this world with nothing, and no man can change that. Excessive greed brings the ultimate downfall of people.

In the end, almost every great being and philosopher agrees that life should be lived with simplicity to some extent, whether that be spending less, creating more time for yourself, or abandoning all your materials to live a life of a peaceful monk. Each individual has different opinions on what simplicity means to them; they each follow and preach simplistic living in their own ways. So it can be argued that living a simplistic life triumphs over living a lavish life.



For example, many great people such as Mother Teresa, Mahatma Gandhi, and Buddha have proven to the world that simplistic living is the key to life. Mother Teresa devoted her whole life to serving others and looking after their needs before hers. Mahatma Gandhi was a man of non-possession and gave up his wealth to live a simple life. He believed in possessing little, eating simple food, dressing simply, and leading a stress-free life. Siddhartha Gautama, also known as Buddha, gave up his royal life to lead a path of right conduct and simplicity.

Simplistic living will not only help us, but it will also sustain the Earth for the generations to come. I will end my essay with a short quote from Lao Tzu, “be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.”

## Sai Q&A

### Satyopanishad (Chapter VIII: Human Values)

**Question:** Swami! Very often, you keep referring to Human Values. Restoring these values is, indeed, a task this avatar had set for itself. Kindly enlighten us on how we may cognise their importance

**Bhagawan:** A man lacking human values has only the semblance of the outer form, and is not a man in action at all. The supremacy and the distinction of mankind depend on human values, Man's birth has a purpose: cherishing his humanity and rising to divinity *Satya*, *dharma*, *shanti*, *prema* and *ahimsa*, these five may be said to be the vital airs which together constitute the breath. Without the vital airs *prana*, *apana*, *vyana*, *udana*, and *samana*, there is no question of man's existence, is there? Afraid that truth may land man in difficulty, he has moved further and further away from *satya*. He is in such a sorry plight that he does not know what *dharma* is. Actually, man should never abandon these values, however troublesome the circumstances may be. Giving up these values so sacred is tantamount to committing suicide.

When truth is given up, it amounts to losing one of the five vital airs. The dictum, *satyam vada, dharmam cara* (Speak the truth, Act righteously), is the foremost in the culture of Bharat, and crucial to spiritual advancement. What is the principal cause of today's turmoil? It is the total abandonment of *satya* and *dharma*. That is why *prema* is fast vanishing. In the absence of *satya*, *dharma*, *shanti* and *prema*, *himsa*, violence, is on the rampage. In the home and the village, in the city and the state, even in the nation at large, we witness orgies of violence. Terrible, cruel, and heinous crimes are being committed. Human life has become empty. Even now, through faith in God, we can cultivate our human values. Like a parent grieving over a dim witted child, Mother India is crying over the dearth of human values in its citizenry. Moral, religious, and spiritual values have sunk to the bottom. Note how different King Dushyanta, educated in the city, lacking all values; is from his son, Bharata, who imbibed human values through education in an *asram*. Education for livelihood is not worth the name. True education trains pupils to cognize the highest goals of life, and spurs them to realise human values.

**Question:** Swami! Why do we need human values? What is their role in our lives?

**Bhagawan:** In this world every individual and every material has a value. Each one has his or its own value. There is nothing in this world that has no value. Unfortunately in the present day world it is only man who has lost his value. His life is spent without any value. Hence, man has become worse than an animal. Even the body of a bird or a small animal like a rabbit, even after it is killed, has a value. Its flesh or meat is useful. But man, even if he were an emperor, has no value soon after he dies. So, there is every need to live with values. You should fill your lives with values. You should live a valuable life.

**Question:** Swami! How can we acquire human values?

**Bhagawan:** It is not enough if you repeat like a parrot, the five human values - *Satya*, Truth, *Dharma*, Righteousness, *Shanti*, Peace, *Prema*, love, and *Ahimsa*, Non-violence. It is not enough if you give lectures on human values. It is absolutely useless if you read books on human values. They have to be practised.

Just as ice is cold and fire is hot, a human being also should have human values, in a natural way. If you limit these values to mere lectures, they lose their value. An ounce, of practice is better than a ton of precepts. Your looking at the map of India doesn't amount to your going round the country, does it? So also, by reading or lecturing on human values, you do not gain anything. If you sincerely practise any one of them, the rest will follow. A tree has the *dharma* of a tree. An animal has an animal *dharma*. Then should not a human being follow human *dharma*?

The qualities expected of a human being are called 'human values'. In my opinion, if you develop *prema* all the other values will follow. Love is the chief quality. Love is God, God is love. Love is life. You have love no doubt, but it is narrow. It is limited to you and your family, I and mine only. Love is not contraction as you have now. It is expansion. Love is selflessness, self is lovelessness. Be he atheist or an atheist, there is none in this world without love. You can win God's grace only by love. It is the bond of love that exists between you and God.

What had made Lord Rama pleased with that squirrel in the Ramayana?

What scholarship had the boatman Guha that pleased Rama?

What status and riches had Sabarito win the love of Rama?

What accomplishments had the Gopis of Brindavan to become so close and intimate to Lord Krishna?

In all these instances, it was only pure love that made them enjoy proximity to God. Love excels physical strength, intelligence, wealth and authority. God looks for love in a devotee. Where there is love, there is truth.

For instance, if your son, after playing in the field returns home with his friend and asks you for a laddu, you may be tempted to say that there is no stock of sweets at home. But, if your son comes home all alone and asks for a sweet, you will immediately get into the kitchen and bring the whole tin of sweets for him to eat as many as he likes. See the difference! In the beginning, you denied a single sweet and later you placed the whole tin of sweets. Why? It is the love that you have for your son that made you speak the truth.

A word spoken with *prema*, love, is *satya*, truth. Any action that you do with love is *dharma*. All the unjust and unrighteous deeds that are happening today are only due to the absence of love. But an action done with love is bound to be righteous. When there is love, you enjoy peace. It

is said that the face is the index of the mind. We shall know if one is peaceful, disturbed, or agitated by looking at one's face. *Satya* is spoken, *dharma* is done, while *Shanti* is experienced. So, experience of love is peace. You will not be affected by blame or criticism. Your peace will be of that order, above negativity and accusation when it is supported by love. This is the understanding you will have in due course, with your heart full of love, and you will never hurt anybody in any manner. This is *ahimsa*, nonviolence. Understanding with love is non-violence.

So, there is nothing in this world that you cannot attain with love. You will be an embodiment of all the human virtues and values once you develop this divine universal love.

**Question:** Swami! Now we understand that the defect of teaching lies somewhere in our schools, colleges and universities. Education is certainly not imparted in these institutions the way you are teaching. Where does the fault lie in our educational system?

**Bhagawan:** The knowledge you are acquiring from these educational institutions is not properly channelised and utilised. You have to nicely "skill" your knowledge. Then only there will be perfect balance between "knowledge" and "skill" in our education system. Today you do not "skill" the knowledge, but you "kill" it. So, the balance is lost. This is the main defect in modern education.

**Question:** Swami! To what extent are parents responsible for the degradation of values among children?

**Bhagawan:** My opinion is that parents are solely responsible for spoiling children. Many parents behave like Dhritarashtra, the blind king of the Mahabharata. He never opposed or prevented his sons, the Kauravas, from doing any type of mischief, or misdeed. What happened to the king at the end? He was left with none to perform even his last rites or obsequies, though he had as many as a hundred sons. He ruined himself completely. Why? It was only his attachment to his sons that brought about his fall. The whole clan fell into disrepute due to his attachment.

It appears as though modern parents do not know how to bring up their children. As the son watches the T.V., the mother brings food from the kitchen, and serves it there. Keeping the plate in front of the T.V., the parents don't teach them good manners and good behaviour. One with good manners is a man. The one with discipline is a devotee. The rest are only children.

Parents constantly think of career-oriented and highly promising education with prospects of going abroad. They want their children to settle in big positions, earn money, go abroad, and marry rich women and so on.

There is also another category of parents. When their children by chance go to a temple, they prevent them saying, "Are you going to the temple now? Why, at this age? You are very young. Should you be so religious at your age? You can be so after sixty. Sometimes you also



come across a father who asks his son to tell everyone who comes to see him that he is not home. What do you expect the son to learn from such a father?

In the modern age there are many children who are not fortunate enough to be brought up by the loving, sweet, and tender care of their mothers! Mothers are busy with their avocations, and spend their time in ladies clubs, in the market place, shopping, visiting friends, and so on and so forth, with the result that a child weeps only when the servant-maid dies and not when its own mother is lost. Why? The reason is that children haven't known the love of a mother, only that of a servant-maid. This is the shameful situation today.

Who made emperor Sivaji great? Who made Gandhi a Mahatma? It is only his mother. It is entirely the responsibility of parents to mould their children into ideal citizens. If a girl is spoiled, the mother has to be blamed. If a boy is spoiled, the father must be held responsible. Parents should shape children in such a way as to win the appreciation of everyone. They should get a good name for their schools, society and country in general.

*Satyopanishad, Part 1, Chapter 8*



## What's *New* on Radio Sai



### He Waits Behind The Veil Of Duality

The author a former student of SSSIHL, Anantapur Campus provides a chronicle of her life since Swami's physical departure and starts with the beautiful words, "*When I am with You, I lose myself. When I am lost in You, I find myself*" The essay, is a perfect reflection of the challenges that all Sai devotees have faced during the past three years.

### The Love that Lights Up Our Lives

This beautiful album of pictures depicts our Dear Bhagawan lighting physical lamps.

The photographs are analogous to the Avatar of the age who has descended to light the lamp in our hearts. The pictures span several decades, most offer very rare glimpses into the daily routine of the Avatar of the Kai Age.



### Walk For Values - 2015 at Delhi-NCR

From its inception at our very own Sathya Sai School in Toronto, the Walk for Values has spread across the globe. In this article, the RadioSai team covered the two kilometre walk through the heart of New Delhi.

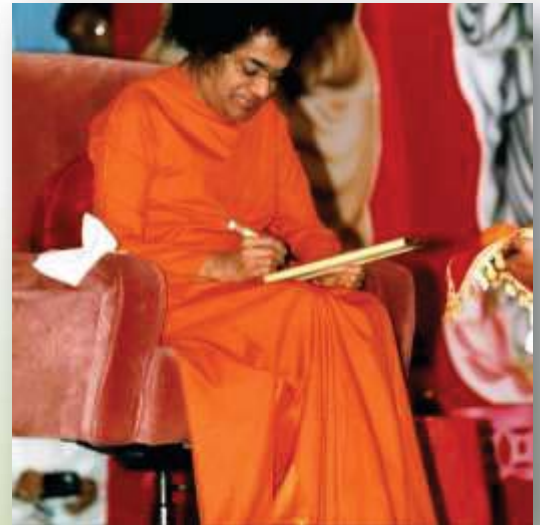


## Spiritual Symbolism In The Worship Of The Supreme As Shiva

The article written by the Radio Sai team begins with the purpose of symbolism in spirituality and ends with how the beautiful form of Lord Shiva has come to represent the magnificence of the Divine Principle or Supreme Godhead.

## When Paramatma Decided to Pen Down...

The *Dwapara Yuga*, Sage Vyasa, an avatar in his own right, penned the words of the Supreme Lord Krishna. In the present *Yuga*, our Dear Bhagawan, the Supreme Lord, the avatar of the Kali age, choose to write His Divine message in His own words. Swami produced sixteen books in Telegu within the Vahini series, fifteen summer long discourses were published into the Summer showers in Brindavan, and forty three books resulted from Discourses over the past six decades. This beautiful series of pictures show the creator of the known universe using one of the most simplest of tools, a pen.



## The Indomitable Dedication of Mrs. Sarlabahen Indulal Shah

This article is part of a new series launched by the Radio Sai team on chronicle the lives of exemplary women who served Bhagawan with complete faith and conviction. The first article is a narrative of the life of Mrs. Sarlabahen Indulal Shah.

# Guidelines for Contributions

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

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

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

**Deadline for Summer-Fall Issue September 15, 2015**