



# Sanathana Sarathi



JUNE 2009

# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTI • PREMA • AHIMSA

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Cover Page Photograph: Mahabharata scene as  
portrayed in Bhajan Mandir, Prasanthi Nilayam.

"Due to lack of unity, we are unable  
to see divinity. Consequently, hatred  
is on the rise. Today the world is in  
the grip of differences and fighting  
due to lack of love. Man today has  
forgotten even his humanness. First  
of all, you should understand that you  
are essentially divine."



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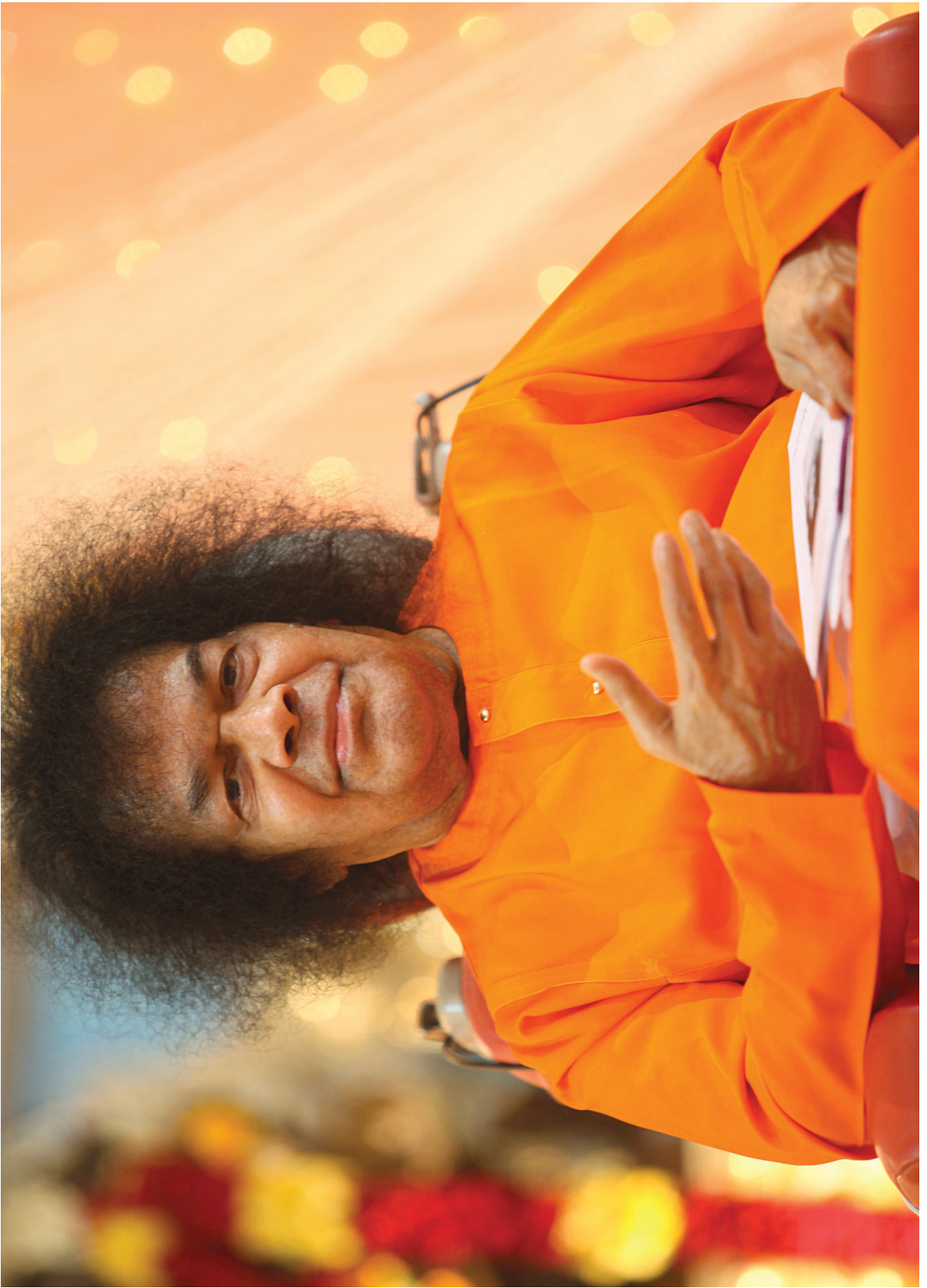
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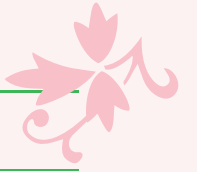
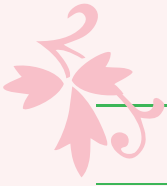
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# REALISE THE PRINCIPLE OF UNITY

*The creation emerges from truth and merges into truth,  
Is there a place in the cosmos where truth does not exist?  
Visualise this pure and unsullied truth.*

(Telugu Poem)

## WHEN YOU LOSE FAITH, YOU LOSE GOD

**E**VERYONE DESIRES PEACE AND happiness. Nobody wants sorrows and difficulties. Popat has said in his speech, all are the embodiments of God. God is one. There is no second entity. When you think there is a second entity, then it is untruth. Therefore, there is nothing like a second entity.

### All are One

Right from small ants, mosquitoes and birds to mighty elephants, every being is the manifestation of God. Even the trees, hills and mountains are the manifestations of God. Such being the case, how can there be a second entity? Second entity is just your imagination and illusion. It is of your own making. Just think, where your body has come from. You say, it has come from your parents. No, no. You have not come from your parents. You have come from yourself. There is only one entity. Where is the existence of the second? But people today put their faith in diversity and not in unity. What does unity mean? It is not the combination of many; it is the realisation of oneness. When you have mirrors

all around you, you see your many forms. These are all your different forms. One who asks the question and the one who gives the reply, both are one and the same. All are one. The same person appears in many forms.



***If you have real love for God, you should always contemplate on Him. If you have liking for Rama, you should contemplate on Rama. Similarly, if Krishna is your chosen deity, you should contemplate on Him. But you should always remember that Rama and Krishna are not outside; Rama is in your heart, Krishna is in your heart. Whatever form you consider as Rama, contemplate on that form with your eyes closed. You will certainly visualise that form. Ultimately, you will realise, "It is out of my delusion that I considered Rama and Krishna separate from Me. In fact, I am Rama, I am Krishna."***





*You should make efforts to follow the path of liberation. Then, there will be no scope for delusion. But man is full of desires. The cause of all desires is the mind of man. Therefore, first and foremost, you should control the mind. If you do so, then you will not have even a single desire. Therefore, it is said: Less luggage more comfort makes travel a pleasure. God will be pleased with you only when you reduce the luggage of your desires. More desires become great burden for life. With less luggage, you will be more happy.*

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To consider these forms as different from each other is a mistake. When I am speaking in the microphone, you are listening to My voice. The speaker is only one but the same voice is heard by many ears. *Ekoham Sarva Bhutanam* (I am the only Reality in all beings), *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). There is only one sun in the sky. But we see its reflection in many rivers, tanks and



vessels. Sun is only one. But wherever there is water, you see its reflection. If you pour water in a plate, you can see the reflection of the sun even in that water. Does it mean that the sun is there in this water? No, no. It is only the reflection of the sun. In the same way, Atma is only one. The mind, the intellect, the subconscious mind and the ego sense are like different vessels. Therefore, divinity is one.

### **God can be Seen in Pure Heart**

Everything is God. If you think otherwise, it is only your delusion (Maya). When the sun is shining above, you can see its reflection in all tanks. Even where the water is dirty, you can see its reflection. But when the water is totally dirty, then, of course, you cannot see its reflection. In the same way, when your heart is pure and clear, you can see the direct manifestation of God in it. But your heart is impure. When you thoroughly clean your heart, you can very well see God. God is immanent in everyone.

Right from a newborn baby to a grown-up and old person, He is present in everyone. A small baby grows up and ultimately becomes old. The baby, the young woman and the old woman are the same person. Because of their thinking, people see many different forms. But God does not have different forms. In fact, He has no form. He has, however, many names.

Even though He has many names, they

all correspond to the many reflections of the same divinity. You can see the reflection of the sun in flowing water and also in stagnant water. In the flowing water, the reflection appears to be wavering, but in steady water, the reflection is also steady. Your mind develops attachment to the world because of your delusion. Everything in this world is just a projection of Maya. Hiranyakasipu asked his son Prahlada, "Where is God? You are always chanting Narayana, Narayana. Who is Narayana?" Then Prahlada replied, "Man himself is Narayana. Wherever you see, you see only Narayana. He is in me, He is in you, He is in all others." Then Hiranyakasipu asked, "Is He there in this pillar?" "Surely, He is there in it", replied Prahlada. Hiranyakasipu took a mace and hit the pillar with it. At once, he saw the manifestation of Lord Vishnu. Therefore, wherever you see, God is there. But people like Hiranyakasipu have no faith in God.

### **Develop the Vision to See Unity**

You may cut a picture of a human form into pieces and give it to a child. He can join the pieces together and make them into a single picture again. But, we see only pieces, not the whole picture. Though there is total unity in the creation, we look at it from the angle of diversity. We say, "He is my father, she is my mother, she is my elder sister, she is my younger sister." We develop relationships on the basis of forms. Where have these relationships come from? Nothing can exist without the principle of unity. Here is an example. A dog entered a room fitted with mirrors and saw many dogs in the mirrors. It was afraid to see so many dogs in the room, considering them as danger to its life. In order to escape from the situation, it jumped upon one of the mirrors considering its own reflection in it to be another dog. As it did that, it saw that the dog in the mirror also

jumped upon it. In the process, the mirror broke. Then, it felt that there was no other dog at the place and escaped from the room. It felt greatly relieved that it could save itself from so many other dogs. But where were so many dogs? It saw its own reflection in so many mirrors. The same is the case with man today. If man sees all other forms as his own reflection in the mirror of the world, he will realise the principle of unity. Therefore, there are no such separate entities like father, mother, brothers and sisters. But man develops worldly relationships due to his delusion and says, "She is my sister, he is my brother, he is my father, she is my mother." These are all only physical relationships and not the relationships based on your divine reality. You should try to understand that the same Atma is present in all. But you develop worldly relationships, forgetting the principle of the Atma. You say, "She is my wife." But prior to the marriage, she is separate and you are separate. Only after the marriage, you say, "My wife, my wife." How have you developed this relationship of husband and wife? It is only due to your delusion. It is because of his delusion that man makes many mistakes and indulges in many undesirable activities.

Wherever you see, God is there and God is one. People say, "He is Rama, He is Krishna, He is Siva, He is Vishnu." What does it mean? Does it mean that Vishnu, Siva, Rama and Krishna are separate from each other? These are the different names of the same God. God appears before you in a particular form based on your own imagination. When you contemplate on the form of Krishna as portrayed by artists like Ravi Varma, God will manifest before you in the form of Krishna. In the same way, God will appear before you in the form of Rama. But God is neither Rama nor Krishna. Both Rama and Krishna are



you only. The forms of Rama and Krishna are nothing but your own reflections. When you say, "I want Rama", God manifests before you in the form of Rama. Similarly, when you say, "I want Krishna", He appears before you in the form of Krishna. All these forms are nothing but your own reflections.

### **Reduce the Burden of your Desires**

There are both sorrow and happiness in the world. When you are in difficulty, you say, "Alas! Why has God given me this difficulty? What sin have I committed?" On the other hand, when you earn wealth and are happy, you say, "It is my good fortune." Neither this is your good fortune nor that is something bad. When you have good thoughts, you will have good results. On the other hand, if you have bad thoughts, you will have bad results. Good and bad do not come from outside.

Everything is God. When people see a scorpion, they are afraid that it might bite them. But, in fact, there is God even in that scorpion. There is no being in whom God is not immanent. However, you have to get rid of your delusion. Man has too many desires. Too many desires are the cause of his delusion. Therefore, man should reduce his desires. How should he do so? All desires are the creation of the mind which behaves in an arbitrary way. *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is the cause of bondage and liberation of man). You should make efforts to follow the path of liberation. Then, there will be no scope for delusion. But man is full of desires. The cause of all desires is the mind of man. Therefore, first and foremost, you should control the mind. If you do so, then you will not have even a single desire. Therefore, it is said: *Less luggage more comfort makes travel a pleasure.* God will be pleased

with you only when you reduce the luggage of your desires. More desires become great burden for life. With less luggage, you will be more happy. When a person is unmarried, he thinks, "Whatever I have, I can manage with it. I am not bothered even if I have to starve sometimes." But when he is married and has children, he is burdened with so many worries. Where have the wife and children come from? They have come from the same source as you have come. You think someone as your wife because you develop attachment to her. Can you call every woman as your wife? No, no. When you say so, you will be beaten. You cannot say like this. The relationship of wife and husband is only 'body to body' relationship. This physical relationship is the cause of many troubles.

When a person has money, he is called a rich man. But the same person will be called a beggar when he loses his money. When you are wealthy, you are considered bigger; when you are poor, you are treated like a beggar. Therefore, the same person is bigger as well as beggar. When you develop equal-mindedness, everything will become good for you. Even if somebody beats you, you should think, "That person has beaten me because there is some defect in me. This body has committed a mistake. Therefore, it has to receive punishment." Whatever we do, it will come back to us as reaction, reflection and resound. All that we experience is the result of our own actions. It is not given by God. God does not give anything to man except Ananda (bliss). Having experienced Ananda, you should not criticise the One who has provided it to you. Both happiness and sorrow are the reflection of your own actions. When God loves you, it means that God loves Himself.

God has no attributes. He has no such





*There is only one sun in the sky. But we see its reflection in many rivers, tanks and vessels. Sun is only one. But wherever there is water, you see its reflection. If you pour water in a plate, you can see the reflection of the sun even in that water. Does it mean that the sun is there in this water? No, no. It is only the reflection of the sun. In the same way, Atma is only one. The mind, the intellect, the subconscious mind and the ego sense are like different vessels. Therefore, divinity is one.*

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evil qualities like anger, hatred, jealousy and hypocrisy, nor are these evil qualities given to you by God. These are all of your own making. Therefore, get rid of your delusion. If you develop unnecessary worries, thinking, “I don’t have this, I don’t have that”, you will deceive yourself. Therefore, reduce your desires. Then you will not have to carry too much luggage. Then only can you be happy.

### **Know the Atmic Principle**

If you have real love for God, you should always contemplate on Him. If you have



liking for Rama, you should contemplate on Rama. Similarly, if Krishna is your chosen deity, you should contemplate on Him. But you should always remember that Rama and Krishna are not outside; Rama is in your heart, Krishna is in your heart. Whatever form you consider as Rama, contemplate on that form with closed eyes. You will certainly visualise that form. Ultimately, you will realise, “It is out of my delusion that I considered Rama and Krishna separate from me. In fact, I am Rama, I am Krishna.” When you contemplate on Rama, you see that form as a reflection of your thoughts. Similarly, when you think of Krishna, you see Krishna’s form. You think Rama and Krishna different from you because of your delusion. Who has seen Rama? Who has seen Krishna? Artists like Ravi Varma painted the pictures of Rama and Krishna on the basis of the descriptions given in the sacred

texts. These are mere pictures; they do not reveal the truth. Everyone can call God by any name of his choice like Rama, Krishna, Govinda, etc., and contemplate on a particular name and form. There is no mistake in that. I don’t ask you to give up this practice. But you should have firm conviction, “I am God. My Atma is God.” The Atma has no form. It has only a name. The Atma shines in everyone like the sun. It can be seen only in a heart that is pure. In the heart that is impure, you cannot see it. Many Avatars came to propagate



this truth. Divine incarnations take human form not for their own sake. *Daivam Manusha Rupena* (God is in the form of a human being). They come to impart the knowledge of truth to everyone. You should follow their teachings and understand the principle of the Atma.

The Vedanta proclaims that the Atma is the only reality. Waves are formed out of water. There can be no waves where there is no water. In the same way, there can be no form without the Atma. You should contemplate on the Atma and chant the Mantra “Om Namō Narayanaya, Om Namō Narayanaya, Om Namō Narayanaya.” If you are unable to chant the entire Mantra, it is enough if you recite Om, because everything is immanent in Om. The word Om denotes Pranava (primordial sound). The Upanishads describe it as the Atma. The Taittiriyaopaniṣad deals extensively with the principle of the Atma. The Ramayana, the Bhagavata and the Mahabharata reveal the same truth through the stories of the Avatars.

Everything is within you. Nothing is outside. The entire creation is one. You should get rid of your delusion and try to understand the truth behind names and forms. Name and form are inseparable. You chant, “Sai Ram, Sai Ram, Sai Ram ...” The name “Sai Ram” has been given to Me; I was not born with this name. Similarly, the names Rama and Krishna were given to them by their parents; they were not born with these names. Did Rama come and tell, “I am Rama”. No, no. He was the son of Dasaratha and was given the name Rama. What does the word Dasaratha mean? It means the chariot of human body with its ten senses. We should have control over the senses. When you have total control over your senses, there is no need for you to do anything else. You even forget yourself. You forget

even your physical body. It is the mind that controls the body and the senses. The body and the senses are temporary. Even the mind also can be annihilated. We say, “mind, mind, mind.” Where is the mind? What is the form of the mind? It has no form. Mind itself is an illusion. You should enquire on these lines and realise that God is one. This is the only truth. Everything else is delusion. In a cinema, you see many scenes on the screen. You see Sita getting married to Rama, Ravana abducting Sita, Rama waging a war against Ravana and many friends of Rama taking part in the war. But all these are mere pictures. They are not happening in reality.

### **Develop Steady Devotion**

You should not allow your mind to become like a dog which is deluded by its own reflection. The dog is deluded thinking its reflections in many mirrors as many dogs. There are not many dogs. You may consider a dog a dog but there is God in it also. Without vibration, even a dog cannot live. What is that vibration? It is the vibration of life. Due to this life principle, the dog eats and moves around.

We should not observe any differences such as “he is an outsider, he is a rich person, he is a beggar.” There are not many people. All are one. Truth is one. When you follow truth, righteousness will emerge from it. When truth and righteousness come together, peace will manifest there. Where there is peace, there is bliss. Light is produced when negative and positive charges come together. Love emerges from peace. One who lacks peace cannot have love. When love manifests in us, we consider everyone as our own. All are our own forms. *All are one. Be alike to everyone.* You should make efforts to realise this truth. When the wind blows, the dry leaves are blown away,



but not the green leaves. They remain with the branches. Your humanness should not be like dry leaves which are blown away by the wind of doubt. Everything is a divine mystery.

*The stories of the Lord are amazing,  
They purify the lives of people in all the  
three worlds,  
They are like the sickles that cut the  
creepers of worldly bondage,  
They are like a good friend who helps you  
in times of need,  
They are like a shelter for the sages and  
seers doing penance in the forest.*

(Telugu Poem)

You should see unity in all. Only then will you have steady and true devotion. Otherwise, you will have bumps and jumps; your devotion will waver from moment to moment. Many people consider themselves as devotees. So long as they have faith in God, their devotion remains steady. When their devotion wavers, their mind also wavers. True faith does not waver under any circumstances. Come what may, your devotion should not waver, even if you are cut to pieces. That is steady, unwavering and unsullied devotion. We should develop such steady and selfless devotion. The same is the teaching of Jesus also. God is one. You have to cut your individual ego to attain Him. This is what the cross symbolises. Never give up your faith. Hold on to it firmly. Then you will certainly realise your true identity.

Man is born to establish humanness and not to destroy it. We should develop human qualities of Sathya, Dharma, Santhi, Prema and Ahimsa. When Sathya combines with Dharma, Santhi and Prema are born there. It is love that unites all. Will you kill your son in a fit of anger? No, no. You will scold him,

but you will not harm him. Likewise, when you have love, you will treat everyone as your own. Treat all woman as your mothers and sisters.

*Forbearance is the real beauty in this  
sacred land of Bharat. Of all the rituals,  
adherence to truth is the greatest penance.  
The nectarine feeling in this country is  
the feeling of love towards one's mother.*

(Telugu Poem)

You should develop such sacred feelings towards all women. When you marry a woman, only then you call her your wife. Otherwise, all women are like your mothers and sisters. Similarly, all men are like your brothers. God is one. He is the only Purusha (male). There is no other male except Him. Once Gopikas came to the house of Krishna to meet Him. When they tried to enter the house, the watchman prevented them, saying, "Women are not allowed to enter the house." Then the Gopikas questioned him, "How come you are there?" Then he replied, "I am a male." The Gopikas said, "You cannot call yourself a male merely because you are wearing a male dress. The five elements and the five life principles are the same in you and us. Merely because you are wearing a male dress and we are wearing a female dress, we cannot be different from each other. The same divinity is present in you and us. In fact, Krishna alone is the Purusha, all others are females."

### **To Love God is the Main Goal of Life**

Today this equality and unity have become extinct in this world. Due to lack of unity, we are unable to see divinity. Consequently, hatred is on the rise. Today the world is in the grip of differences and fighting due to lack of love.

*Continued on page 186 ...*



# CELEBRATIONS AT PRASANTHI NILAYAM

## ANOTHER MEMORABLE EASWARAMMA DAY

**E**ASWARAMMA DAY WAS celebrated at Prasanthi Nilayam with great piety and sacredness in the Divine Presence of Bhagavan on 6th May 2009. Sai Kulwant Hall, Samadhi Mandir and the entire area from Sai Kulwant Hall to Samadhi Mandir was spruced up and beautifully decorated to celebrate this event of great significance. There were special floral decorations on the Samadhi Mandir where the mortal remains of the Divine Parents, Mother Easwaramma and Sri Pedda Venkama Raju are interred. In Sai Kulwant Hall, a beautiful photo of Mother Easwaramma ensconced in flowers adorned the dais.

### Bhagavan Visits Samadhi Mandir

Clad in a sparkling yellow robe, Bhagavan came to Sai Kulwant Hall at 9.00 a.m. on 6th May 2009 and proceeded straight to the Samadhi Mandir. A large number of devotees who had lined up both sides of the road since early morning, had blissful Darshan of Bhagavan when He went from Sai Kulwant Hall to Samadhi Mandir. On arriving at the Samadhi Mandir, Bhagavan blessed the silk Saris, Dhotis and Angavastrams which were offered at the Samadhi of Mother Easwaramma and Sri Pedda Venkama Raju. He also blessed a gold chain studded with gemstones which was offered at the Samadhi of Mother Easwaramma. Bhagavan then went round the Samadhi and blessed the family members



*Bhagavan at the Samadhi of Mother Easwaramma and Sri Pedda Venkama Raju on Easwaramma Day, 6th May 2009.*

who had gathered there to offer their homage to the Divine Parents. Bhagavan came back to Sai Kulwant Hall at 9.40 a.m. and showered the bliss of His Darshan on devotees in Sai Kulwant Hall. While Bhagavan was seated on the dais, the students continued Vedic chants. The morning programme came to a close at 10.00 a.m. with Arati to Bhagavan. In the end, sumptuous Prasadam of Pulihora (tamarind rice) and Chakkeru Pongal (sweet rice) was served to the entire congregation of devotees.

### Burra Katha Programmes

In the afternoon, Bhagavan came to Sai Kulwant Hall at 4.45 p.m. amidst sacred Vedic chants by the students. After Bhagavan was seated on the dais, three students of Sri Sathya Sai University presented the life story of Mother Easwaramma and Karanam Subbamma in Burra Katha (a folk art form consisting of dialogues interspersed with songs). The students dressed in traditional attire



began their presentation with a prayer to Lord Ganesh. As they started their song on Swami, each of them was garlanded. Hailing Mother Easwamma as the Divine Mother of the Avatar, the students presented a brief chronology of events of her life whose three wishes fructified into Sri Sathya Sai University, Sri Sathya Sai Super Speciality Hospitals and Sri Sathya Sai Water Projects to provide education, healthcare and pure water to the masses. The students also narrated significant events in the life of Karanam Subbamma who served Bhagavan with total dedication all her life. At the end of this narration, Sri B.N. Narasimha Murthy, Warden, Brindavan Campus read out the names of the Burra Katha artistes – Sri Sai Prabhakar, Sri Arvind Sai and Sri Sai Raghuram. After a brief session of Bhajans, Arati was offered to Bhagavan at 6.15 p.m.

These three students made a presentation in Burra Katha on the life of Shirdi Sai Baba on the afternoon of 7th May 2009 at 5.20 p.m. soon after the President of India and her entourage left Prasanthi Nilayam after receiving the blessings of Bhagavan. As is the custom, the artistes began their presentation by offering prayer to Lord Ganesh. After this, the traditional garlanding took place. The students began their interesting narration on the life of Shirdi Sai Baba supplementing it with songs and music. Delineating on the birth of Shirdi Sai Baba, the artistes said that Shirdi Sai Baba was born in the village of Patri. Though born to Hindu parents, Shirdi Sai Baba was brought up by a Muslim couple. As a child, He used to go to a Hindu temple and proclaim about Allah and speak about Rama in a mosque. He advocated the concept “Sabka Malik Ek Hai” (One God is the Master of all). Baba



*The President of India, Smt. Pratibha Patil offering salutations to Bhagavan Sri Sathya Sai Baba in Sai Kulwant Hall on 7th May 2009.*

The President of India, Smt. Pratibha Patil came to Prasanthi Nilayam in a special Indian Air Force plane with her family members on 7th May 2009 to seek the blessings of Bhagavan Sri Sathya Sai Baba. Bhagavan showered His blessings on her and granted interview to her and her family members for half an hour from 4.45 p.m. to 5.15 p.m. Bhagavan also blessed the President’s staff and gave Vibhuti Prasadam to them.

lived in Shirdi in a mosque which he named Dwarakamai. Baba used to feed mendicants and devotees and even cook for them. Baba had a profound love and compassion for suffering humanity. He distributed holy ‘Udi’ (ash from the perpetual sacred fire) as a token of his grace to all those who came to him for help. He begged for alms and shared what he got with his devotees and all the creatures around him. Once during the festival of lights, Deepavali, Baba wanted to light lamps in Dwarakamai. As the shopkeepers refused to give him oil, Baba just poured water in the lamps and lighted them. Baba performed many



such miracles in his lifetime. He lived for 83 years and attained Samadhi in the year 1918. Thus ended another beautiful narration by the three artistes. Bhagavan then blessed the Prasadam to be distributed to all the devotees. Arati was offered to Bhagavan at 6.00 p.m. as the programme concluded.

### **BUDDHA PURNIMA CELEBRATIONS**

The festival of Buddha Purnima to commemorate the birth, enlightenment and Nirvana of Lord Buddha was celebrated at Prasanthi Nilayam with great piety and enthusiasm. Apart from a large number of devotees of India, more than 800 devotees came from 12 overseas countries, namely, Indonesia, Nepal, Malaysia, Singapore, Sri Lanka, Thailand, China, Japan, Brunei, Bhutan, Hong Kong and Taiwan to celebrate this most sacred Buddhist festival at Prasanthi Nilayam in the Divine Presence of Bhagavan Sri Sathya Sai Baba. Besides, a group of 16 Lamas came from Nepal to participate in these celebrations. Sai Kulwant Hall, the venue of the celebrations, was befittingly decorated on this occasion. Besides the decorations with colourful buntings, flowers and festoons, attractively designed banners with a charming portrait of Lord Buddha adorned the entire hall. The altar with an idol of Lord Buddha in the centre was specially decorated with flowers. The celebrations started on the eve of Buddha Purnima on 8th May and concluded on the day of Buddha Purnima on 9th May 2009.

On 8th May, Bhagavan came to Sai Kulwant Hall at 4.30 p.m. amidst Vedic chants of students and musical notes by a group of Indonesian devotees. After arriving at the dais, Bhagavan graciously inaugurated the function by lighting the sacred lamp at

4.40 p.m. After this, Dr. Ravindran, Chairman, Zone 4 of the Sai Organisation, addressed the gathering. The distinguished speaker dwelt upon the similarity between the teachings of Bhagavan and Lord Buddha and observed that Bhagavan Baba is none other than Lord Buddha himself. Thereafter, Dr. Ravindran introduced the two speakers who were blessed by Bhagavan to speak on this occasion.

The first speaker was Dr. Art-ong Jumsai, a distinguished scientist and educationist of Thailand. The learned speaker observed that the cause of man's suffering was his desires and ego, by eradicating which he could get rid of his suffering and attain peace. Referring to Sri Sathya Sai Human Values programme being practised by the Sathya Sai School of Thailand, Dr. Jumsai said that the school had earned great esteem and highest awards by integrating values with education as taught by Bhagavan Sri Sathya Sai Baba. The second speaker was Sri Allen Yeoh of Hong Kong who observed that the cardinal principle of Buddhism was *Ahimsa Paramo Dharma* (non-violence is the supreme Dharma) which meant that we should not hurt anyone by our thoughts, words and deeds. It required total purity and harmony of thoughts, words and deeds as taught by Bhagavan Baba. He exhorted the devotees to follow the principle of "Help Ever, Hurt Never" as taught and exemplified by Bhagavan.

After these two speeches, Bal Vikas children of Denpasar, Bali and students of Sathya Sai School, Denpasar presented a traditional Indonesian dance to the tune of songs and music rendered by ladies musicians and singers. The rhythmic movements of the children in their colourful costumes and sweetness of melody and music enraptured one and all. This was followed by a delightful musical presentation by the Malaysian





*Bal Vikas children of Denpasar, Bali and students of Sathya Sai School, Denpasar presented a traditional Indonesian dance on 8th May 2009 as part of Buddha Purnima celebrations.*

choir, comprising 26 ladies and 17 gents. The choir presented Chinese and Hindi devotional songs to the accompaniment of sweet music which earned them the appreciation and applause of devotees. After this excellent musical presentation, there were soulful Bhajans which were also led by overseas devotees, both ladies and gents. At the conclusion of the programme, Bhagavan showered His blessings on the participants of the music and cultural programmes, posed for group photos with them and distributed clothes to them. He also materialised a gold ring for the conductor of the Malaysian choir and a gold chain for a lady Bhajan singer. After distribution of Prasadam blessed by Bhagavan, Arati was offered to Bhagavan at 6.30 p.m. which marked the conclusion of the first day's programme of Buddha Purnima celebrations.

On 9th May 2009, Buddha Purnima day, Bhagavan came to Sai Kulwant Hall at 4.00 p.m. amidst chanting of Vedic Mantras by the students and playing of Indonesian music by a special group of musicians from Bali. The first item of the programme was recitation of traditional Buddhist Slokas which began with a prayer song to Lord Ganesh and included Ratana Sutta, Maha Karuna Dharani

and Aryan Avalokitesvara (Tibetan) Mantras. These sacred chants in the Divine Presence of Bhagavan filled the entire milieu with spiritual vibrations.

### **Ahimsa Paramo Dharma: A Drama**

After this, the devotees of Sri Sathya Sai Organisation of Singapore presented the drama "Ahimsa Paramo Dharma" which unravelled the essence of Ahimsa in all its glory and manifestations. Based on the life and teachings of Lord Buddha and Bhagavan Baba, the drama emphasised the importance of right vision, right hearing and right speech in man's life and highlighted the relevance of five values of truth, righteousness, peace, love and non-violence for the modern strife-torn society. A fine synthesis of good acting, appropriate



*The drama "Ahimsa Paramo Dharma" presented by Sri Sathya Sai Organisation of Singapore on 9th May 2009 unravelled the essence of Ahimsa in all its glory and manifestations.*

dialogues and excellent commentary made the theme of the drama explicit. The drama concluded with a beautiful theme song on peace and harmony by the entire cast. The drama was followed by Bhajans which were also led by overseas devotees, both ladies

*Continued on page 190 ...*



# DISCIPLINE IS THE LIFE PRINCIPLE OF MAN

*In His immense compassion, Bhagavan gave daily Discourses for nearly two months in Sai Kulwant Hall, Prasanthi Nilayam starting from 16th June 1996. These Discourses cover a vast variety of spiritual topics of practical utility for modern man and highlight the rich cultural heritage of Bharat which is rooted in the Vedas. As the readers themselves will see, this is a rich treasure of soul-elevating spiritual knowledge which can enrich, illumine and transform mankind. This issue carries Bhagavan's fourth Discourse given on 19th June 1996. Sanathana Sarathi will publish these Discourses from time to time which are appropriately named Amrita Dhara (ambrosial stream).*



*Birds and animals do not have any type of education, yet they lead a life of discipline. But, alas, man, who is endowed with all intelligence, does not lead a disciplined life. What else can I convey to this assembly of the noble and saintly people?*

(Telugu Poem)

## DISCIPLINE IS ESSENTIAL IN EVERY FIELD

*Embodiments of Love!*

**D**ISCIPLINE IS LIKE THE primordial life principle for every living being. For all human beings, it is like their backbone. Discipline means to follow certain rules and regulations implicitly. These rules regulate the life of man and lead him on the path of goodness. Otherwise, man will meet his downfall. *Na Sreyo Niyamam Vina* (without discipline, there can be no well-being). Humanness cannot survive in the absence of rules and regulations. The entire human race will be wiped out if there is no discipline.

**No Society or Nation can Exist without Discipline**

Discipline cannot be acquired from books nor can it be taught by a teacher. Discipline should become the habit of man in his day-to-day life in a natural manner. It is essential for man to follow discipline every moment of his life from morning to evening. It is necessary for every community, every society, every race and every country. Even in the field of politics, discipline is very necessary. No society or nation or political system or race can exist without discipline. It is discipline which



brings about unity between man and man, man and society and one society and the other. Therefore, discipline is the hallmark of human life.

It is essential to follow discipline not only in our speech but also in games, sports and other activities. We do Bhajans. There may be any number of people singing Bhajans in chorus, but they should all sing at the same pitch. If each person sings at a different pitch and Sruthi (octave), it will not be pleasing to the ear. Therefore, singing in chorus requires great discipline. While playing games, the referee tells the players to follow certain rules. Every player including the captains of the teams should follow these rules implicitly. At times, the players are so much absorbed in the game that they forget themselves and commit certain mistakes. They may not be aware of the mistake committed by them. But the referee who observes this will at once blow the whistle. As he does so, every player should stop where he / she is. When the whistle is blown, the entire play will come to a standstill. Those who continue to play without caring for the whistle violate the discipline.

As there is lack of discipline in all the fields of human activity, man's life has become a nightmare. Therefore, discipline is very essential in every field of human activity



*When you limit yourself to coming here, studying and going back, without earning this deservedness, then what is the use of all your education? This education is utterly useless. This is not what you have to learn. What you have to learn is to broaden your heart and follow the command of Swami in letter and spirit. Then only will you attain bliss. Till such time, you will not experience total bliss. The day you start following Swami's command, from that very day, you will start experiencing nectarine bliss. I am always ready to confer bliss on you, but you are not ready to receive it.*

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and in all professions like business, agriculture, etc. People who occupy positions of authority should also follow discipline and should not misuse their power. Just because they have a pen in their hand, they should not write anything they like. Since the tongue has no bone





and can be twisted in any manner, one should not speak as one pleases. You should observe appropriate limits in your writing and speech. Before saying anything, you should enquire whether what you are going to say is proper or not. You should not write anything arbitrarily, because it may cause great danger to you in future. Therefore, you should take proper care while writing something. The only way to safeguard your position is to follow proper discipline. When you have the protection of discipline, you will not need any other protection. Your discipline itself will provide protection to you.

### **Discipline in Sitting**

Discipline is also necessary in walking, sitting and even in laughing. Some people walk in such a way that even a forty-feet-wide road is not sufficient for them to walk. They keep walking this way, that way as they like. The proper way of walking is to walk on the footpath without causing any obstruction to traffic. On the other hand, if you think that the entire road is for your individual use and walk this way and that way without following discipline, you would not only violate the traffic rules but would also become the cause of harm to others. You should take care not to cause any inconvenience to others. Therefore, it is said: *Help Ever, Hurt Never*. You should observe discipline which will not only benefit you but will be beneficial to others also.

Observance of discipline should be started from early age. *Start early, drive slowly, reach safely*. Discipline is absolutely necessary for students. In fact, it is necessary not only for students, it is also necessary for officers, teachers and all citizens. When you come across your elders, you should know how to offer respect to them. You should

always sit in a proper posture keeping in mind in whose presence you are sitting. Even in such small matters, you should follow proper discipline. When small children sit, they sit with their backs bent like a bow. They should not bend their spine in this manner. They should sit properly, keeping their spine straight. When you keep your spinal column straight, your thoughts will directly reach your intellect. In this way, you can attain concentration of mind in a short time. Our spinal column encases the Sushumna Nadi (central nerve current). When you keep the spine straight, the Kundalini Shakti (serpent power) will rise through Sushumna Nadi directly to Sahasrara Chakra (thousand-petalled lotus in the head). What does Kundalini Shakti mean? People who know yoga say that Kundalini Shakti lies at Mooladhara Chakra (coccygeal plexus) in the form of a serpent and gradually rises upwards and ultimately reaches Sahasrara Chakra.

During the practice of yoga, the flow of oxygen is blocked in the process of doing Pranayama. This is also called Kumbhaka (holding the breath). When the flow of oxygen to Mooladhara Chakra is blocked in the process of doing Kumbhaka, the Kundalini will slowly rise upwards for the sake of oxygen. Kundalini is not a serpent; it is a type of energy and it rises upwards crossing all the Chakras in the spine. Therefore, you should keep your backbone straight so as to enable the Kundalini Shakti to rise upwards smoothly. That is why people who practise yoga sit straight. This is a very good practice. It gives you memory power and develops the power of concentration. Therefore, sitting is also a great discipline.

In order to follow this discipline properly, certain purifications are also necessary. First of all, you should purify your body. What does purification mean? It is not mere cleaning



of the body with soap and water. You should engage yourselves in good deeds to purify the body. It is only the good deeds that can purify it. *Chittasya Shuddhaye Karmah* (good deeds give mental purity). Purity of heart is possible only through good deeds. You should purify your mind with good thoughts. When the body and the mind are purified in this manner, the intellect will always remain pure. What is the primordial sound that emerges from the body? Soham, Soham, Soham (That I am). Where does this I (Aham) emerge from? It emerges from the Atma. The mind is born out of Aham. Speech is born out of the mind. Therefore, Aham is the son of the Atma; the mind is the grandson and speech is the great grandson. Hence, the great grandson, the grandson and the son, all belong to the same family. Therefore, the mind should be as pure as the Atma. Likewise, speech should also be as pure as the mind. There is an intimate relationship between Aham, mind, speech and the Atma. Fill these with sacred feelings.

### **Discipline in Speech**

At times, we go back on our words. There is no greater sin than this. Emperor Bali said, "Is there a greater sin than going back on one's own promise?" Therefore, you should protect the purity of your speech. When Baba was in Shirdi, many devotees went for His Darshan. In Bandra, Mumbai, there lived a person by name Tarkhad with his wife and a sixteen-year-old son. His wife and son had immense faith in Baba. Tarkhad would never put any hurdle whenever they wanted to go to Shirdi. As he was associated with Prarthana Samaj, he did not like going on any pilgrimage. Therefore, in spite of the repeated requests of his wife, he never visited Shirdi. This also was a sort of weakness. How does it matter if



***There is no scope for doubting the Puranas (mythological texts). Who are the authors of these Puranas? These are not written by ordinary writers. These are written by great saints and Rishis like Valmiki and Vyasa. They were great scholars. There are no other scholars greater than them. Only such great people can be called poets. Not all can become poets. The Ramayana was written by Valmiki and eighteen Puranas were written by Maharshi Vyasa. Both of them were great sages. Therefore, there is no possibility of even a small untruth to find place in these texts.***



you are associated with a particular religious sect? You may belong to any religious group, you should realise the truth that God is one. There are some people who in the name of caste and religion take to wrong path. Tarkhad told his wife and son, "I will not come. You can go." Then his son said, "Father! I don't want to go." The father asked, "Why you don't want to go?" The son replied, "In my daily worship, I follow a certain discipline implicitly. Everyday, I offer sugar candy to Baba as Naivedyam (food offering). Having the faith that Baba has accepted this Naivedyam, I partake of it as Prasadam (sanctified food) of Baba. I do not want this practice to be disrupted. Therefore, I don't want to go to Shirdi."

The father loved his son very much. As he did not want any hurdle to come in the way of his son's pilgrimage to Shirdi, he said to him, "My dear! I will perform this task. You go." The son emphatically asked his father, "Will you really do it? Will you worship Baba



as I do everyday and offer Naivedyam to him and partake of it as Prasadam? Give me a promise. Then I will go to Shirdi. Otherwise, I will not go.” Observing the deep devotion of his son, the heart of the father melted. “How noble is this boy who follows discipline religiously! Though I am much older than him, I lack this sense of discipline”, he thought. The father promised his son that he would do it. Both the mother and the son left for Shirdi. The father performed the worship in a befitting manner as per the promise given by him to his son. Just as his son would do, he would offer sugar candy as Naivedyam to Baba and partake of it as Prasadam before his lunch in the afternoon. He followed this daily routine for a few days. Next day was Tuesday. That day morning, he had a bath, performed worship, had his breakfast, put on his dress and went to his office. When he returned from his office in the afternoon for lunch, he asked his cook to bring the Prasadam. Then the cook said, “Sir, as you were in a great hurry, you forgot to offer Naivedyam to Baba in the morning.” The father felt very sorry for having broken the promise given by him to his son. He was worried not only because he had not offered Naivedyam to Baba, but also because he had not kept his word.

Next day, Tarkhad’s wife and his son came to Baba to offer their salutations to him. Baba said to Tarkhad’s son, “My dear son! Yesterday, I went to Bandra but nobody offered food to me. Even the sugar candy that you used to offer daily was not offered. I came back very hungry. Will you give me something to eat now?” Tarkhad’s son was shocked to hear these words of Baba. When he went back to his room, he buried his head in the lap of his mother and started shedding tears. He told his mother, “Father did not keep his

promise and did not offer Naivedyam to Baba. Therefore, Baba returned to Shirdi hungry and disappointed. Mother, I will not stay here any longer as I do not want to violate my discipline. I will return to Bandra at once.” As he was saying this, Baba sent a person by name Jog to him with a message. What was the message? “You don’t need to go back now. It is your father who has not kept his promise, not you. Therefore, my immense grace is there on you. You can stay here as long as you want.” He stayed in Shirdi for ten days more but all the while he was full of disappointment and dissatisfaction.

When he returned home after ten days, his father apologised to him. “Though you are young and I am older than you, I request you to forgive me”, said his father. Then the son replied, “Seek forgiveness from Baba, not from me.” Whatever community or culture you may belong to, you should always keep your word. You may belong to Brahma Samaj, I may belong to Arya Samaj, someone else may belong to Daiva Samaj, but everyone should observe the sanctity of his speech. Truth is one. It is very essential to adhere to truth. You argue in a court before a judge. If you yourself do not adhere to truth, you will become the cause of ruin of many individuals and families. You may have studied law. Emperor Manu has taught many sacred codes of conduct in his treatise. All that you have studied in law will become useless if you do not adhere to truth. You can have the direct manifestation of divinity when you follow the code of conduct implicitly in your life.

### **Discipline in Eating**

We should observe discipline in eating also. We should eat only as much as it is necessary.

When we eat in excess, we will suffer



from indigestion. But many a time, we don't observe this discipline. We do not listen to the voice that comes from within us. Before eating food, we chant this prayer:

*Brahmarpanam Brahma Havir  
Brahmagnou Brahmanahutam  
Brahmaiva Thena Ganthavyam  
Brahma Karma Samadhina.*

(Brahman is the ladle as well as the oblation. He is the sacrificial fire as also the sacrificer. And finally, Brahman is the goal of one who is engaged in the act of sacrifice.)

When you pray in this manner before you partake of your food, God immediately responds thus:

*Aham Vaishvanaro Bhutva  
Praninam Dehamasrita  
Pranapana Samayukta  
Pachamyannam Chaturvidham.*

(I am present in all beings in the form of Vaishvanara (digestive fire). United with the Prana (exhalation) and Apana (inhalation), it is I who consume the four kinds of food.)

"I am present in you in the form of Vaishvanara. You give me food only as much as it is necessary." This is the command that comes from within us. But you eat much more when the food is tasty. Then the Vaishvanara present in your stomach starts cautioning you repeatedly, "Be careful. Be careful. Do not put anything more." But you do not listen to this. You go on loading your stomach with tasty food items, thinking whether you would get them again or not. Ultimately, the stomach becomes weak and you suffer. Therefore, you should observe proper discipline in eating. If you do not follow this discipline, you will suffer from indigestion. Indigestion is the root cause of so many diseases. All diseases stem forth from bad stomach. Therefore, you



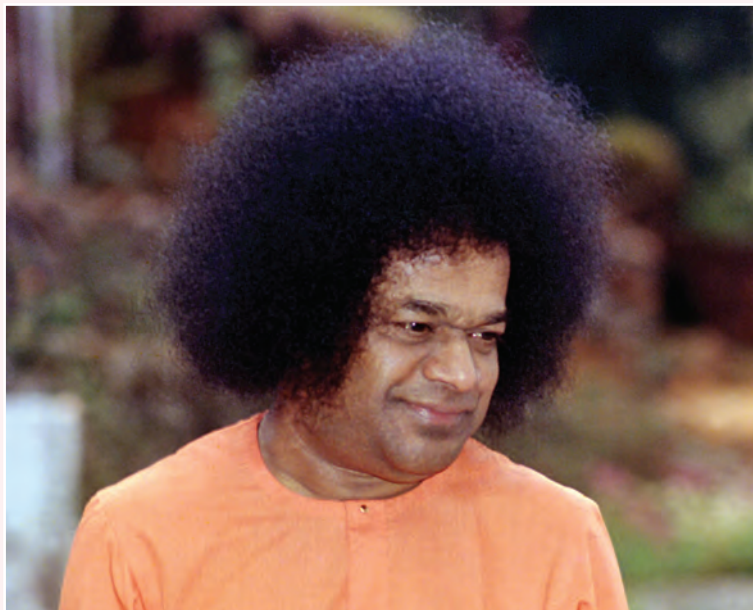
***It is not possible to give the same type of teachings to everyone. Each one can absorb these teachings according to his capacity. There is unlimited water in the Ganga. But each one can take water from it according to the capacity of his container. All cannot take the same quantity of water. On the path of spirituality also, God gives each one the amount of power depending upon the discipline he follows and the capacity he possesses.***



should fill only three parts of your stomach and leave the fourth part empty. If you do so, you will be following the proper discipline in eating. You should religiously follow this discipline everyday.

### **Discipline in Actions**

Whatever you do from dawn to dusk, you should perform all your activities with proper discipline. Be it worship or walking or sitting or eating, everything should be done in a disciplined way. Then your life will become exemplary. Discipline in whatever you do is verily Karma Yoga. This Karma Yoga will lead to perfection in action. Man has right only on action. Even our President often quotes this Sloka (verse) of the Gita, *Karmanyevadhikarasthe Ma Phaleshu Kadachana* (you have right only on action, not on its fruit). We should always keep ourselves engaged in Karma (action). What type of actions should you perform? You should perform only sacred actions. First and foremost, you should purify your body by performing noble deeds. That is the primary discipline. Since the time you wake up



***What is the primordial sound that emerges from the body? Soham, Soham, Soham (That I am). Where does this I (Aham) emerge from? It emerges from the Atma. The mind is born out of Aham. Speech is born out of the mind. Therefore, Aham is the son of the Atma; the mind is the grandson and speech is the great grandson. Hence, the great grandson, the grandson and the son, all belong to the same family. Therefore, the mind should be as pure as the Atma. Likewise, speech should also be as pure as the mind.***

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in the morning till you go to bed at night, you should always befittingly follow the discipline.

*Oh man! You struggle hard in life merely for the sake of filling your belly. You acquire myriad types of knowledge from various fields. Examine and enquire for yourself what great happiness have you achieved by spending all the time from dawn to dusk in acquiring worldly knowledge and*



*earning wealth while forgetting God.* (Telugu Poem)

You should obey the divine command. Whatever discipline you observe in your daily life, you should never give it up. Then only can you call yourself truly educated. What is the meaning of Vidya? What does 'Vid' mean? It means Jnana (knowledge). This is the path to attain knowledge.

*Oh man! Do not feel proud of your education. If you do not offer your salutations to God and do not think of Him with devotion, all your education will become useless.*

(Telugu Poem)

Do not be proud of your bookish knowledge, thinking that you have read so many books. Join both your hands in reverence and offer your salutations to the Lord. This is the first step in spirituality. What is meant by bringing the ten fingers together? It means Namaskar. What is the inner meaning of Namaskar? It is to bring about unity in the five senses of perception and five

senses of action. That is unity in diversity. Namaskar connotes unity of everything. The Atmic principle is, in reality, one. Therefore, Namaskar has a great significance in the field of spirituality. Namaskar has a deeper meaning: "Na-mama", meaning "I am not." It signifies destruction of ego. "Mama" means "mine". "Na-mama" means "nothing is mine."

Therefore, offering everything to the

Lord with total sense of surrender saying, “Oh Swami! Everything is Yours” is the principal inner meaning of Namaskar.

### **Disciplining the Senses**

Man today does not know what discipline really means. Nor does he know what sense control means. Your eyes see anything and everything. You should tell your eyes, “Oh eyes! What are you looking at? Do not look at anything that is bad.”

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

Therefore, think good, do good, be good, see good and say good. You should develop discipline to follow this noble path. People may talk to you in any manner, but you should observe a certain limit in your speech.

Students! Even birds and animals observe certain discipline. But man, who is highly educated and intelligent, does not observe any discipline. You can see yourself. There are monkeys near your hostel and college. Everyday, they observe silence at least for one hour. Even birds observe silence for one hour. But poor man! He does not give rest to his tongue even for a minute! His tongue keeps making noise all the time like a drum. It does not observe silence at all. On the other hand, we make fun of those who observe silence. Instead, we should follow this discipline of silence enthusiastically saying, “This person is observing silence. Let us also follow the same.” It is said, *Nisshabdham Brahma* (silence is God). In fact, the sound that is there in silence is Brahman. There is immense greatness in observing limit in speech.

When you control your talk, you are able to control everything. How is it that God has given so much power to the tongue? Our eyes have only the power to see and no other power. Similarly, our ears have the power to hear and no other power. The nose has no other power except the power to smell. But the tongue has ‘double promotion’. It has two powers; it has the power of taste as well as the power of speech. As it is endowed with two powers, it has to be controlled in the first instance.

### **Teaching According to the Capacity of the Learner**

Teachings should be imparted according to the situation and circumstances. It is not possible to give the same type of teachings to everyone. Each one can absorb these teachings according to his capacity. There is unlimited water in the Ganga. But each one can take water from it according to the capacity of his container. All cannot take the same quantity of water. On the path of spirituality also, God gives each one the amount of power depending upon the discipline he follows and the capacity he possesses. If we want to increase our capacity, we should observe discipline properly. Here is a small example.

Swami Ramakrishna Paramahansa lived in an Ashram with his young disciples. He used to impart the knowledge of spirituality to them through many stories of God. Unfortunately, due to the influence of Kali Yuga, people today discourage young children to follow the path of spirituality and make fun of those who follow it. Even parents disapprove of their children’s spirit of devotion, saying: “Where is the need for such intense devotion at this young age?

First enter into some profession and do some work. You can contemplate on Rama, Krishna after your retirement. Why do



you want to follow the path of devotion at this age?” But during the times of Ramakrishna, many young men gathered around him to seek spiritual knowledge from him. These disciples used to go to Kolkata turn by turn to purchase articles of daily need by crossing the Ganga in a boat. (Here Bhagavan narrated the story how Swami Ramakrishna Paramahansa imparted different types of teachings to his two disciples, Brahmananda and Vivekananda when they reacted differently on hearing his criticism by the people in the boat, because the former was very gentle and docile while the latter was very energetic and high-spirited.

We cannot attain divinity without discipline. If you follow a certain routine on one day, and on the next day you follow a totally different routine, that is not correct. Here is a small example. Suppose you do Bhajan or meditation everyday at 6 o'clock in the morning or evening. Sometimes, you may have to go on travel. During this travel, you may be in a bus at 6 o'clock. Some people say, you should not change the place and time of your spiritual practice. We should never forget our duty even if there occurs a change in the place. You may be in a bus, but 6 o'clock is 6 o'clock wherever you are. When you are in a bus at 6 o'clock, think about the place where you do Bhajans at that time. Then your mind will reach that place. You need not go to the place, the place will come to you. You should follow the discipline without any break. If you follow the discipline, time and the place will come running to you. *Kalakala Prapannanaam Kalah Kim Na Karishyathi?* (What can death do to us who are under the protection of the Lord of god of death?). What does this mean? Time swallows human beings whereas God swallows time itself. Who is Kala? God Himself. People think Kala means Yama (god of death).

No, no. It is not correct. *Kalaya Namah, Kala Kalaya Namah, Kaladarpa Damanaya Namah, Kalateetaya Namah, Kalaswarupaya Namah, Kalaniyamitaya Namah* (salutations to time, to the one who is beyond time, to the one who has conquered time, to the one who transcends time, to the one who is the embodiment of time, and to the one who ordains time). Everything is Kala. Time is God.

Some children have some doubts. Our sacred texts say, Kala (time) is the son of Surya (sun). Children may consider it a laughable story. They may ask how the sun can have a wife, a son and a family? Where do they live? The children may consider it as a concocted story. No, no. It is all truth. How? Who is Kala? Kala is time. How is time born? How does it walk? Time is born because of sunrise and sunset. That is why Kala is considered as the son of Surya. Suppose, in the morning the sun rises at 6 o'clock and in the evening it sets at 6 o'clock. From 6 o'clock in the morning to 6 o'clock in the evening, it comes to 12 hours. What is the source of this time of 12 hours? How is this time of 12 hours born? It is born from the sun. Therefore, Kala is called the son of Surya. When we consider the inner meaning of it, we find that all this is true and true only. In fact, it is *Sathyasya Sathya* (truth of truths). There is no scope for untruth to find place in our sacred texts. Many such words are there in our Puranas and Itihasas (mythologies and epics). But because of our worldly outlook, we do not believe them. This is a mistake. We should enquire into the inner meaning with patience. Then only will we get the proper answer.

### **The Puranas Contain Eternal Truths**

Lord Vishnu, goddess Saraswati and goddess Lakshmi are depicted as though they have emerged from lotus flower. Here, the lotus signifies the heart. It means,



everything emerges from the heart. Good and bad emerge from us only. That is why it is said, *Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result). You should never brush aside these things as untruth without knowing their inner meaning. Take some time and get rid of your doubts. Become free from worries. But don't spoil your mind with doubts. There is no scope for doubting the Puranas. Who are the authors of these Puranas? These are not written by ordinary writers. These are written by great saints and Rishis like Valmiki and Vyasa. They were great scholars. There are no other scholars greater than them. Only such great people can be called poets. Not all can become poets. The Ramayana was written by Valmiki and eighteen Puranas were written by Maharshi Vyasa. Both of them were great sages. Therefore, there is no possibility of even a small untruth to find place in these texts. Some people may call them untrue stories on the basis of their own feelings, but the reality is that they are true and nothing but true. You may believe it or not, but all that is written in them is true. They set great ideals. They have not shown wrong path to anybody nor have they spoilt anyone. They show the path of truth. They are ideal texts. You should follow these ideal texts and make your life ideal.

If you want to make your life ideal, you should talk less. Obey the command of God and follow discipline. Whatever be the circumstances, you should never give up discipline. You can see from the example of sixteen-year-old son of Tarkhad who extracted a promise from his father because he did not want to break the daily discipline he followed implicitly. There may be difference in age between a father and his son, but the Atma in both of them is the same. Truth is one. It is not that this truth

is for children and that is for elders; this truth is for Brahmins and that is for Sudras. Truth is one for all. Truth is one, not two. *Ekameva Adviteeyam Brahma* (God is one without a second). Truth is only one. This is the type of truth that has been proclaimed and propagated by the culture of Bharat. Bharatiya culture is endowed with noble ideals in all fields and it has been imparting the knowledge of these ideals to the entire world. There is absolutely no defect in this culture. We should never forget such a divine, glorious and ever-new culture of Bharat.

Do not be carried away by the vagaries of your mind. Put a check on your mind and bring it back when it wanders hither and thither. You should direct your mind in such a way that it follows your command. The mind is your servant; you are not the servant of your mind. Hence, use your mind as your servant. Do not become its slave. Whose slave should you become? You should become slaves of God. That is why Ramdas sang, "Oh Lord! I should become the servant of Your servants. I should serve Your devotees. Right from dawn to dusk, I am Your servant. Not only that, I am the servant of Your servants."

### **Love is Krishna, Krishna is Love**

There is a great teaching in the Bhagavata. Kuchela took to Lord Krishna a few fistfuls of beaten rice, tied in an old cloth. Krishna opened the cloth bundle with His own hands. Seeing this, Kuchela felt quite embarrassed. "My cloth is so old and dirty that nobody would even like to touch it. I am very poor but Krishna is the emperor of emperors. What a great sinner I am that I have made Him touch this old cloth!" He felt so sorry thinking in this manner.

Meanwhile, Krishna took a fistful of beaten





mouth. There was still some rice left in the cloth. When Krishna was about to eat that also, Rukmini came running and caught hold of the hand of Krishna. Seeing this, Kuchela thought that Rukmini was trying to prevent Krishna from eating rice as it was tied in a dirty cloth. But Krishna knew the heart of Rukmini and

Rukmini knew the heart of Krishna. In order to make Kuchela know the truth, Krishna said to Rukmini, "Rukmini! Why have you caught hold of My hand? I am a servant of Kuchela. Hence, whatever he has brought, I am taking it as Prasadam." Then Rukmini said, "Krishna! You are the servant of Kuchela but I am Your servant. I also have a right to have a share in this Prasadam. Therefore, whatever is left, give that to me." You can see yourself how broad and noble are the feelings, thoughts and Sankalpas of God. But you doubt them due to lack of your understanding. God is very broad-hearted. He does not have a narrow mind. There is no other person who has such a broad heart. The broadness of God's heart is incomparable. Then Kuchela could comprehend this truth. When Kuchela went back, he found a very big mansion in the place of his hut. His wife and children were richly attired and looked very wealthy. His wife came running and caught hold of his feet. "Oh master! God is the embodiment of grace. He has such a broad heart. Nobody can match His glory and grandeur. Did you meet Him? Did you

talk to Him? What did He say?" In this



***Discipline should become the habit of man in his day-to-day life in a natural manner. It is essential for man to follow discipline every moment of his life from morning to evening. It is necessary for every community, every society, every race and every country. Even in the field of politics, discipline is very necessary. No society or nation or political system or race can exist without discipline.***

manner, she started asking question after question.

Then Kuchela said:

*As soon as He heard of my arrival, He ordered His guards to take me inside. He got down from His throne, came near me, looked at me from top to toe and embraced me tightly, as if He was*

*pining for me for a long time. How can I describe His compassion for a poor Brahmin like me! Who else can confer such abundant wealth to poor Kuchela who could offer Him only a fistful of beaten rice? He is love personified.*

(Telugu Poem)

Love is Krishna, Krishna is love. It is not possible to describe Him in any other way. You can see how broad is God's heart. Divinity signifies expansion of love. But man today suffers from contraction of love. He has become narrow-minded.

### **Develop Broad-mindedness**

Here is a small example. A short while ago, I was talking to the hostel warden and the teachers in the interview room. All the teachers got a special chair made and offered it to Me yesterday. In fact, they had intended to offer it on 70th Birthday, but they failed to do so as the chair was not ready then. Only yesterday, it arrived. All of them came, caught hold of My feet and prayed to Me to accept it. I said, "My dear ones! My practice is only to give and not to take. Tell Me how much money you have spent on this chair?" They did not tell.

But I said, “This is the amount that you have spent on this. Take this. Then I will accept this chair.” They felt distressed, started shedding tears and prayed, “Swami! We cannot accept money from You. Kindly grant our prayer and accept the chair.” In this manner, they prayed earnestly. I was moved by the noble feelings of their sacred heart. They have taken great pains to get this chair made. Therefore, I accepted this chair and started using it. Our students are also very good and full of devotion. They have great love for Swami. But sometimes evil thoughts enter their mind and spoil it.

Today morning, I told the warden, “I have a stock of Basmati rice. There are three hostels here – primary school hostel, higher secondary school hostel and university hostel. Take two hundred bags of rice for each hostel tomorrow.” Then the warden said, “Swami! We have got money. Outside each bag of rice may cost one thousand to eleven hundred rupees. Therefore, we will give money.” Then I said to him, “Oh madcap! Is it how you have understood Me after staying here for such a long time? When I am giving these rice bags with so much love and broad-heartedness, your heart is so narrow that you want to offer money for it. What a great blunder it is!” I am giving this rice for students because students are My property. Do you think I will take money from students? On festive days, father goes to the market and gets some dresses stitched for his children. Will the father say: “Look here, I have got a shirt made for you. Give me a hundred rupees? Even when the worldly father does not do such a thing, then how can Swami, who is the father of the entire universe, ask money from you? It will never happen.”

Swami has such a broad heart. You should also have a broad heart like Swami. I

consider you as Mine. You also should say, “We are Yours.” You have every right to say, “Our Swami, our Swami, our Swami.” You should become deserving to have this right. That is what I expect from you. When you limit yourself to coming here, studying and going back, without earning this deservedness, then what is the use of all your education? This education is utterly useless. This is not what you have to learn. What you have to learn is to broaden your heart and follow the command of Swami in letter and spirit. Then only will you attain bliss. Till such time, you will not experience total bliss. The day you start following Swami’s command, from that very day, you will start experiencing nectarine bliss. I am always ready to confer bliss on you, but you are not ready to receive it.

When a photographer wants to take your photo, he will say ‘ready’ before clicking. You may move this side and that side before this, but when the photographer says, “sir, ready”, you should be steady. Only then will you have a good photo. Prior to that, it does not matter even if you move. You should be ready when he says ‘ready’. We may be ready when the worldly photographer asks us to be ready. But the divine photographer will not say, ‘ready’. So, we should always be ready. When He will click, we do not know! It is only when you are ready always will your picture be imprinted in His heart properly. God is the greatest photographer. But He will not say, ‘ready’. He may click at any moment. Therefore, be always ready. That is the quality of a true devotee.

(Bhagavan concluded His Discourse with the Bhajan, “*Chittachora Yashoda Ke Baal ...*”)

– From Bhagavan’s Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 19th June 1996.



# BHAGAVAN VISITS KODAIKANAL

**I**N RESPONSE TO THE EARNEST prayers of devotees of Tamil Nadu, Bhagavan paid a 12-day visit to Kodaikanal from 23rd April 2009 to 4th May 2009. After blessing the devotees in Sai Kulwant Hall on the morning of 23rd April 2009, Bhagavan left for Sri Sathya Sai Airport at 7.30 a.m. Arati was offered to Bhagavan and a large number of students and devotees bade Him an affectionate send-off in Sai Kulwant Hall. All along His route to the airport, devotees thronged both sides of the road to offer salutations to Him. At the airport also, a huge gathering of devotees offered their Pranams to Him as He boarded the plane for Madurai. From Madurai, Bhagavan went to Kodaikanal by helicopter. As He drove down to Sai Sruthi, His abode at Kodaikanal, a large number of devotees gathered on both sides of the road to welcome Him. Auspicious notes of Nadaswaram and a sweet song by students welcomed Bhagavan as He arrived at Sai Sruthi. Arati was offered to Him before He entered His residence.

During His stay at Kodaikanal, Bhagavan filled the hearts of thousands of devotees with bliss by His Divine Darshan, enveloping them all in the aura of His Divine Love. Besides, daily Bhajans and Darshans, there were illuminating talks by erudite speakers who included Sri Ajit Popat of U.K., Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations; Dr. G. Venkataraman, former Vice Chancellor, Sri Sathya Sai University; Sri B.N. Narasimha Murthy, Warden, Brindavan Campus of this university and two senior students, Sri R. Siddharth and Sri Shyam Sharma. An enrapturing programme of Burra Katha for three consecutive days on 25th, 26th

and 27th April 2009 on the life and teachings of Bhagavan Sri Sathya Sai Baba, Shirdi Sai Baba and Mother Easwaramma delighted one and all. To cap it all, Bhagavan blessed the devotees with a Divine Discourse (full text given elsewhere) on 29th April 2009, filling the hearts of thousands with immense bliss. The 1st of May 2009 will remain a memorable



*Magnificent Panchaloha idol of Mother Easwaramma installed in a beautiful Mandapam at Sai Sruthi, Kodaikanal.*

day for all times to come when a beautiful Panchaloha (alloy of five metals) statue of Divine Mother Easwaramma was installed in the circular Mandapam in the Divine Presence of Bhagavan. Significantly, Narayana Seva was also performed on the same day, which brought to memory the immense love and compassion of Mother Easwaramma for the poor and needy. More than 15,000 persons received food and clothes blessed by Bhagavan in this Narayana Seva.

Bhagavan returned to Prasanthi Nilayam on 4th May 2009. Boarding the helicopter





*Narayana Seva was performed at Sai Sruthi on 1st May 2009, wherein more than 15,000 persons received food and clothes blessed by Bhagavan.*

at 9.05 a.m. at Kodaikanal, Bhagavan reached Madurai and from there came to Prasanthi Nilayam in a special plane at 11.15 a.m. As

*... Continued from page 168*

Man today has forgotten his humanness. First of all, you should understand that you are essentially divine. When you say, "I am man and He is God", you observe duality. When there are two entities, the third will also find place there and that is the mind. That will bring about your total ruination.

Husband should be treated as husband and wife should be treated as wife. Each one should discharge his / her duty. In English, duty refers to a particular work. Duty of a human being is not merely doing some work. Duty connotes Nishkama Karma (selfless work). A selfish person is worse than a fish. Fish is better than selfish. Therefore, we should never give room to selfishness. You can realise the Self only when you give up selfishness. When you become a slave to your senses, you will always remain selfish. Therefore, give up selfishness. Help everyone. As I said

Bhagavan's motorcade headed towards Sai Kulwant Hall from the airport, devotees in large numbers stood on both sides of the road to welcome Him back to Prasanthi Nilayam. The road leading to Sai Kulwant Hall was tastefully decorated with colourful Rangolis by devotees, expressing their love for Bhagavan. As Bhagavan reached Gopuram Gate of Sai Kulwant Hall, Veda chanting students welcomed Him with Poornakumbham. Another group of students welcomed Him with colourful flags while a welcome song was sung which was specially composed for this occasion. After accepting Arati in Sai Kulwant Hall, Bhagavan entered His abode Yajur Mandir while thousands in the hall stood fully drenched in bliss on His return to Prasanthi Nilayam.

on Rama Navami day, God is one. There is apparent diversity in the world. In fact, man is God Himself. Develop faith in this truth. Let your faith not waver even a bit. When you lose faith, you lose God. Whatever may happen to you, you should never become selfish. When you conduct yourself in this manner, you will realise your divinity. Then you will have no delusion that Rama, Krishna, Easwara and Vishnu are different from each other. The names like Rama and Krishna are given by us. In fact, all names are given by us. Everybody is born from God. God is one, not two. Right from today, make efforts to do away with all differences. When you love God, you should worship and follow Him. This is the main goal and true purpose of your life.

**– From Bhagavan's Divine Discourse in Sai Sruthi, Kodaikanal on 29th April 2009.**



# NEWS FROM SAI CENTRES

## U. S. A.

**T**HE CORONA-NORCO COMMUNITY Free Medical Screening Day was held on 7th March 2009 at Corona High School in Corona, California. One hundred and five physicians including dentists, covering



*Sai volunteers with city officials in the medical camp held in Corona, California on 7th March 2009.*

28 medical specialities, including cardiology, pulmonology, orthopaedics, dermatology, paediatrics and other specialities, conducted health screening of 772 patients. More than 270 volunteers including Sai Young Adults provided loving service throughout the day. The medical camp was opened with a flag hoisting ceremony by members of the Corona High School Navy Reserve Officers' Training Corps. In attendance were members of the City Council of Corona, the School Board of Corona and other prominent members of the community. Screening tests were performed for cancer, diabetes and high cholesterol. Also electrocardiograms, pulmonary function tests, bone mineral density tests, mammograms, TB skin tests and urinalyses were performed. In addition to the medical screening,

immunisations were administered to children and dietary counselling was offered to people with dietary problems. Patients with detected abnormalities were referred to local clinics for definitive care and follow-up.

Devotees of the Sathya Sai Centre of Dallas, Texas have been serving homeless people for several years. On 10th April 2009, Sai devotees from the Centre visited the Austin Street Shelter and provided meals to 350 homeless people. This service activity was started in Dallas about 20 years ago after Swami came in the dream of one of the Centre members, in which He showed her a place called the "Austin Street Shelter" and asked her to serve there. Sai devotees in Dallas distributed approximately 500 blankets during the winter months, even in inclement weather. Meals are served twice a week inside a shelter called "The Bridge". On Sunday mornings, Sai devotees conduct a study circle at "The Bridge". On 12th April 2009, Young Adults of the Sathya Sai Centre of Dallas served breakfast to 100 homeless people, as they have been doing every Sunday morning for about 10 years.

## UNITED KINGDOM

More than 400 delegates attended a national conference organised by Sri Sathya Sai Service Organisation (SSSSO) of U.K. at Hertfordshire on 31st January 2009. The conference began with Veda chanting and the inaugural lighting of a lamp by special guests, Dr. Samuel Sandweiss and Smt. Sharon Sandweiss. This was followed by multifaith prayers and light meditation. Rev. Rosemary Perry, national chairperson of the Sai Organisation,





*Delegates attending the national conference on the theme of "The Pilgrim, the Path and the Goal" organised by Sri Sathya Sai Service Organisation of U.K. on 31st January 2009.*

spoke on the theme of the conference, "The Pilgrim, the Path and the Goal," and said that the only true pilgrim path leads within. Sri Ishver Patel, central coordinator, highlighted the importance of living Bhagavan's message in the world. A collection of photographs and films from activities across the U.K. was woven together as an inspiring collage.

During the conference, discussions were held on the activities of Sri Sathya Sai Organisation, including Sathya Sai Education in Human Values programme (SSEHV), Sathya Sai Leadership Training programme and various service projects. It was noted that about 45,000 hot meals were served to homeless people in the U.K. in 2008. Throughout the day, in three 45-minute sessions, Dr. Samuel Sandweiss and Smt. Sharon Sandweiss inspired the delegates by sharing their own life experiences. They spoke on the themes of turning the mind inward, practising sense control, developing a relationship with Bhagavan whereby one sees Him everywhere and talks to Him constantly, bringing the Atmic Sai within into one's community and accepting the purification process. Dr. Sandweiss shared with the

audience a moving video interview with the late Dr. Jack Hislop, in which he asked Dr. Hislop about the key findings of his extensive spiritual experiences. Dr. Hislop replied, "Devotion to God is the key." The conference ended with offering of Arati to Bhagavan.

## COLOMBIA

The Sathya Sai Organisation of Colombia, through Sathya Sai Medicare Programme, has served the health needs of a large number of people in Colombia since 2006. As part of this programme, a permanent medical clinic has been established where a group of medical professionals lovingly volunteer each week to serve patients. In 2008, the clinic provided more than 1,630 medical consultations to patients. Free medical camps are also conducted every month throughout



*The Sathya Sai Organisation of Colombia has established a permanent clinic where medical professionals provide free medical services to patients.*

the country. In addition to medical services, recreational activities, motivational workshops are held and meals are provided to elderly people in a suburb of Bogotá. The Sathya Sai Medicare programme conducts conferences every month on spirituality and health, which are open to the public. To date, 18



conferences have taken place, attended by approximately 4,000 people. Proceedings of the conferences have been made available to the public. The programme has a team of volunteers specialising in business administration, accounting, statistics, graphic design, communication, translation, cooking, video and photography, who provide ancillary services during medical activities. The Sathya Sai Medicare Programme has been very well received by the local population and is currently rendering medical services in many South American countries including Argentina, Venezuela, Brazil and Paraguay.

– Sri Sathya Sai World Foundation

## BHARAT

**Andhra Pradesh:** West Godavari district opened two newly constructed Rama Mandirs in Dandipudi and Venkatareddy Gudem villages under village integrated programme and carried out Narayana Seva on the occasion. The district constructed a water tank in a school at Bhimavaram to make available drinking water to 300 students. The district conducted a mega medical camp in Ankanna Gudem, a remote Girijan village, treated 650 patients and gave free medicines. In different places of the district, 126 Amruta Kalasams were distributed to selected poor families and Narayana Seva was carried out to feed 2,150 persons.

**Delhi:** Sri Sathya Sai Seva Organisation of Delhi is performing service in nine villages in East District of Delhi under Sri Sathya Sai Village Integrated Programme. Door-to-door surveys were conducted in these nine villages, covering over 1,200 families. Data reflected health problems, mainly eye disorders. Therefore, eye check-up camps were held in seven villages where as many as 1,150



*In order to mitigate eye problems of villagers, Sri Sathya Sai Seva Organisation of Delhi held a series of eye check-up camps in seven villages under Sri Sathya Sai Village Integrated Programme and examined as many as 1,150 patients.*

patients were examined, free medicines were given to 475 patients, spectacles were made and given to 455 needy people, and 76 patients suffering from serious problems were referred to nearby hospitals.

**Kerala:** Under Sri Sathya Sai Village Integrated Programme, the Sai Organisation is continuing



*A newly-constructed house gifted to a needy family by the Sai Organisation of Kerala in April 2009 in Ernakulam district under Sri Sathya Sai Village Integrated Programme.*

to provide houses for the needy. Such a house constructed in Ernakulam district was handed over to a needy family in April 2009.

During March-April 2009, the Sai Organisation gave greater stress on



spreading the divine message all over the State. 75,000 copies of 90-page special issue of Sanathana Sarathi (Malayalam) was published during this period. This was taken to houses by our members. It contained details on all projects of Bhagavan. Details were also given on organisational activities all over the world and activities in Kerala. The impact was marvellous.

**Madhya Pradesh and Chhattisgarh:** The photo exhibition “Journey with Sai” depicting Bhagavan’s visits to various places in India and abroad presented at the Lotus Feet of Bhagavan on the completion of 50 glorious years of Sanathana Sarathi was held at Bilaspur, Chhattisgarh from 17th to 20th April 2009. The venue of the exhibition was Raghavendra Rao Sabha Bhawan. The adjacent building was that of Press Club, which provided the opportunity to the media to know the work and message of Bhagavan and disseminate the information about the exhibition to the general public.

Sri Hafis Mohammad, Senior Divisional Personnel Officer, SEC Railways inaugurated the exhibition on 17th April 2009. Local media (both print and electronic) covered the exhibition extensively on all the four days. Devotees from Ratanpur, Thakatpur, Champa, Raigarh and Raipur also came in large numbers to see the exhibition and enjoy the bliss derived from it. Nearly 6,000 persons visited the exhibition, besides a large number of dignitaries including the Finance Minister of Chhattisgarh, Sri Amar Agarwal. The exhibition provided a wonderful



*“Journey with Sai” photo exhibition celebrating the golden jubilee of “Sanathana Sarathi” was held at Bilaspur, Chhattisgarh from 17th to 20th April 2009. More than 6,000 visitors came to see the exhibition.*

opportunity to the citizens of Bilaspur to know about Swami and His work for the first time.

**Tamil Nadu:** Easwaramma Day was celebrated on 6th May 2009 at Sundaram, Chennai. The programme commenced at 3.30 p.m. with Veda chanting by Bal Vikas children. The highlight of the function was the distribution of 100 sewing machines to women from economically weaker sections of society to enable them to earn a livelihood on their own. More than 600 Bal Vikas children participated in this function, and a group of them presented a cultural programme to the delight of all. This was followed by a devotional music programme by Smt. Gayathri Venkatraghavan and party. After this, there was a soulful Bhajan session. The programme concluded at 7.00 p.m. with Arati to Bhagavan. Prasadam was distributed to one and all in the end.

*... Continued from page 172*

and gents. Bhagavan showered His blessings on the cast of the drama and singers of Bhajans, gave them the coveted opportunity of Padanamaskar and group photos with

Him and distributed clothes to them. Prasadam blessed by Bhagavan was then distributed. The programme came to a close with Arati to Bhagavan at 5.35 p.m.





# Idol Worship

ONCE A HOUSEHOLDER STARTED worshipping the idols of Sita, Rama and Lakshmana with great devotion and dedication, hoping that Lord Rama will shower His grace on him and his domestic circumstances will become favourable to him. But the situation did not improve. Instead, it became worse as he had to face unforeseen difficulties. Therefore, he lost faith in Lord Rama. He removed those idols and kept them in a cupboard. Thinking that Lord Siva was the one who could be easily pleased and could grant whatever boons asked from him, he brought an idol of Lord Siva on the same day and started worshipping it with elaborate rituals. However, the situation became from bad to worse. He was very annoyed with Lord Siva and put that idol also in the same cupboard.

Next day, he started thinking like this: "Whatever one may say, the Divine Mother has great love for her children. Therefore I will start worshipping her." He brought an idol of the Divine Mother and started worshipping the same everyday with recitation of Lalita Sahasranama, lighting the lamp and incense stick, and making food offerings.

One day, when he was worshipping the Divine Mother, the smoke of the incense sticks placed before the Divine Mother started going towards the idols placed in the cupboard. He was very much annoyed. Thinking that those deities did not deserve to enjoy the sweet fragrance of the incense sticks, he opened the cupboard, took out those idols and tied a cloth on their noses. Being satisfied with what he had done, he sat down again to continue

the worship of the Divine Mother. After a while when he opened his eyes, he saw both Lord Rama and Lord Siva standing before him and smiling. The devotee said, "I have not invited You. I am really surprised that You have come



*Explaining the secret of idol worship to the devotee, Lord Siva told him that He and Lord Rama manifested before him the moment he considered them as living deities instead of lifeless idols.*

now. Earlier I worshipped for a long time with great devotion. Did You ever give Darshan to me? Now I have tied a cloth on Your nose out of anger. Then why have You come now?" Then Lord Siva replied, "My dear one! Earlier you worshipped us considering us as lifeless idols. Now you have thought of us as living deities. That is why we have come." Lord Rama also stood there radiating His benign smile. Both of them blessed him and disappeared.

When you worship God in the form of pictures and idols, you should have firm faith that they are living deities and divine manifestations of the Lord.



## IMPORTANT NOTICE FOR THE ATTENTION OF VISITORS

Visitors coming to Prasanthi Nilayam are hereby informed that in order to obtain **accommodation inside the Ashram**, each person will be required to produce his / her **Voter Identity Card** (the Identity Card issued by the Election Commission of India) or his / her **PAN Card in original**.

Please note that in the case of a **family, all adult members** of the family are required to comply with the above. All minor members (except those **less than 10 years of age**) must possess some photo identification.

**Groups** wishing to seek accommodation are requested to contact their **State / District President** who will guide them regarding the procedures to be adopted.

Kindly convey this information to others wishing to visit Prasanthi Nilayam so that they will not be inconvenienced upon arrival at the Ashram.

– *Ashram Administration*

## Sri Sathya Sai Institute of Higher Medical Sciences

Prasanthigram – 515 134., Anantapur District (A.P.) India

(Accredited by the National Board of Examinations)

Phone No.: 08555-287388, Ext.: 513, Fax: 08555-287544

Email: [academicspg@sssihms.org.in](mailto:academicspg@sssihms.org.in), Website: [www.sssihms.org.in/psg](http://www.sssihms.org.in/psg)

Applications are invited from eligible candidates for undergoing DNB training for three years in Anaesthesiology for session commencing from July 2009.

The candidates should have passed MBBS Degree from the college / university recognised by the Medical Council of India and qualified in the Central Entrance Test of the National Board of Examinations on or after June 2007.

### Conditions:

The Institute offers stipend as prescribed by the National Board of Examinations and single room hostel accommodation on payment of usual rent.

The selection will be based on the marks obtained in CET of the National Board of Examinations and score in the Aptitude Assessment Test conducted by this hospital.

The application may be sent enclosing copies of the certificates mentioned above along with the certificate of registration with the respective Medical Council of the State and one copy of the passport size photograph.

**Last date for receipt of the application is 15th July 2009.**

Diploma passed candidates in Anaesthesia may also apply for 2 years training on terms and conditions prescribed by that National Board of Examinations.

The Aptitude Assessment Test will be held on 18th July 2009.

The selected candidates will have to join immediately after the announcement of results.

– *Director*

## Sri Sathya Sai Institute of Higher Medical Sciences

Prasanthigram – 515 134., Anantapur District (A.P.) India

Fax: 08555-287544 Email: adminpg@sssihms.org.in

Applications containing complete Bio-data and enclosing thereto a passport size photo are invited from qualified persons for the following posts:

### 1. OT Assistants in the Departments of Anaesthesiology and G.I. Endoscopy

**Essential Qualifications:** (1) 12th Class pass in 10+2 system or intermediate or equivalent from a recognised university / institution.

**Desirable Qualifications:** Science subject in condition (1) above. Knowledge of Telugu. Basic knowledge of working with computers.

**Age:** 30 years and less.

**Last date for receipt of applications:** 20th June 2009.

### 2. Nuclear Medicine Technologist in the Department of Nuclear Medicine

**Qualifications:** M.Sc. (Nuclear Medicine) awarded by a recognised institution / university OR B.Sc. in Life Science and other science plus one year Diploma in Medical Radiation and Isotope Techniques (DMRIT) or equivalent approved by AERB.

**Desirable:** One year post Diploma (DMRIT) in recognised Nuclear Medicine Laboratory.

### 3. Sister Grade II in the Department of Nursing

**Qualifications:** SSC (Tenth Standard) or its equivalent from a recognised university / board and Certificate in General Nursing Midwifery from a recognised institution.

**Qualification for Male Nurses:** Equivalent qualification for Male Nurses, should be a registered "A" Grade Nurse and Midwife, with a State Nursing Council.

**Desirable:** Basic knowledge of working with computers.

**Age:** Candidates with age 30 years or below as on 1st June 2009 will be preferred (the selection committee of the Institute may however decide to relax this limit as special consideration based on the experience of the candidate).

**Last date for receipt of applications:** 20th July 2009.

– Director

## Sri Sathya Sai General Hospital, Prasanthi Nilayam

Email: hrmgh@sssihms.org.in , Phone 08555-287256, Fax 08555-289409

Applications are invited with full Bio-data and a photograph immediately for the following posts:

**Gynaecologist:** D.G.O./MD/DNB + 3 years of experience in the Department of Obstetrics and Gynaecology.

**Junior Consultant in the Department of Paediatrics:** MD / DNB + 3 years experience in the Department of Paediatrics.

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### *Service is More Beneficial*

The body should be guarded and sustained for the service one can do with it to others and for realising the Atma while in it. There are some who observe strict discipline in spiritual practice. But do not stick to this timetable or that programme when you have a call to go to the help of some person, whose need for service is great and urgent. If you give up your Dhyana (meditation) and serve him, you will benefit more from the service than what you may gain from Dhyana.

– *Baba*

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