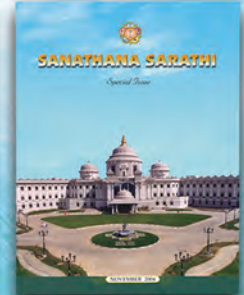
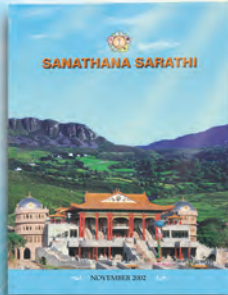
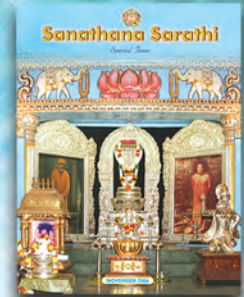
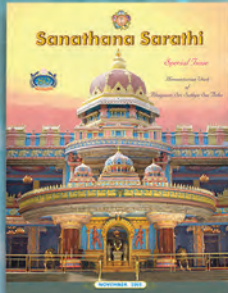




# Sanathana Sarathi

*Fifty Glorious Years*



MARCH 2008

# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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editor@sssbpt.org

subscriptions@sssbpt.org

ISD Code : 0091

STD Code : 08555

Telephone : 287375

Sri Sathya Sai Central Trust Telefax: 287390

**General enquiry : 287164**

Sri Sathya Sai University -  
Administrative Office : 287191 / 287239

Sri Sathya Sai Higher  
Secondary School : 287522

Sri Sathya Sai

Primary School : 287237

SSSIHMS, Prasanthigram,

Puttaparthi : 287388

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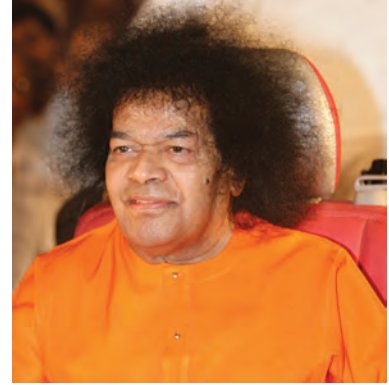
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*"The waning of the moon is the  
symbol for the waning of the mind;  
for the mind has to be controlled,  
reduced and finally destroyed. All  
Sadhana is directed towards this end  
— Manolaya (the annihilation of the  
mind) so that Maya (delusion) may be  
rent asunder and the reality revealed."*



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Editor

**G.L. ANAND**





## BODY ATTACHMENT IS THE CAUSE OF MAN'S BONDAGE

*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.*

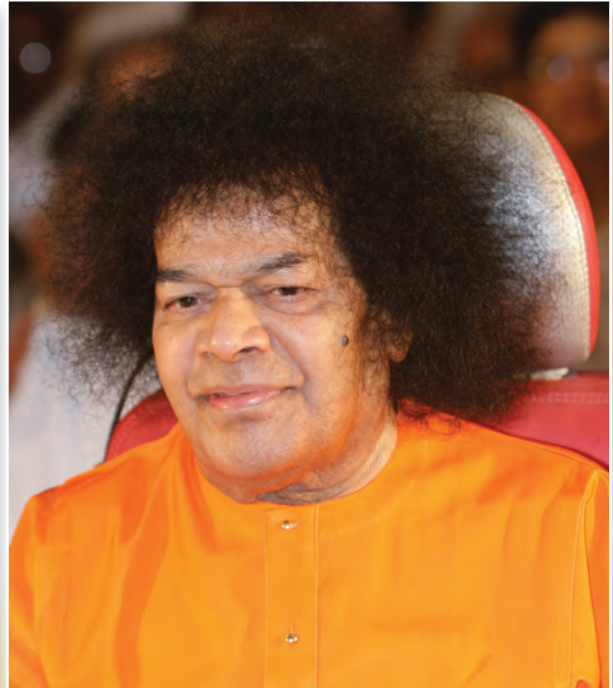
(Telugu Poem)

**Y**OU MAY ACQUIRE THE knowledge of many fields of education, but the value of all your worldly education is zero. Since people are not able to realise this truth, they become proud of their secular education. Of what use is all that learning? What can be said about the end result of such an education in this august assembly?

*The Vedic Dharma has declined;  
Speaking one's mother tongue is  
considered a mistake;  
People are diffident to observe morality  
in society;  
Oh devotees! It is your duty to protect  
Dharma in Bharat.*

(Telugu Poem)

*One with evil thoughts will  
see evil in everything. One  
with good thoughts will see  
good everywhere. One who is  
completely devoid of all thoughts  
will, however, attain total and  
eternal peace. Cloth is made by  
weaving threads. Where do the  
threads come from? They come  
from cotton. Human body is like  
the cloth that is woven by the  
threads of our Karmas (actions)  
of previous births from the  
cotton of our Samskaras (mental  
impressions).*



## Offer your Mind to God

### *Embodiments of Love!*

Everything is moving at a fast pace in this world today. We see how quickly seconds, minutes and hours fly away. Sixty seconds make a minute, and sixty minutes make an hour. But today it seems that hours pass like minutes. What is the reason for this? The reason lies in the working of man's mind. His mind today moves at a very fast speed and changes every moment. It is said, *Manah Eva Manushyanam Karanam Bandhamokshayo* (mind is the cause of bondage and liberation of man). The root cause of man's bondage as well as his liberation is nothing but his mind. What is mind? It is a bundle of desires. We should exercise restraint on our desires at least to some extent. Man today controls everything, but he does not have any control on himself. What is the use of controlling everything when man himself is moving about without any control? First of all, man should offer his mind to God. Mind is the gift of God to man. It is God who has given the mind to him. So, he should offer it to God. If you follow this principle, you will experience total bliss.

*When man emerges from the womb of his mother, one does not find any garland around his neck. There are no jewels made of pearls nor are there glittering gold ornaments. There are no necklaces studded with precious stones like emeralds and diamonds. But there is one garland around his neck. Brahma strings together the consequences of his past deeds into a heavy garland and puts it around his neck at the time of his birth. (Telugu Poem)*

In fact, the entire creation is the gift of God. We should therefore preserve this valuable gift carefully.

### *Embodiments of Love!*

Man is endowed with three qualities – Sattwa, Rajas and Tamas (serenity, passion and sloth). We should inculcate Sattwic qualities. One with evil thoughts will see evil in everything. One with good thoughts will see good everywhere. One who is completely devoid of all thoughts will, however, attain total and eternal peace. Cloth is made by weaving threads. Where do the threads come from? They come from cotton. Human body is like the cloth that is woven by the threads of our Karmas (actions) of previous births from the cotton of our Samskaras (mental impressions). This cloth of human of body is God's gift to man.

### **What is True Renunciation?**

Ubhayabharati was endowed with great wisdom. She was the wife of Mandana Misra. One day, Ubhayabharati was going along with her disciples to the river Ganga for taking bath in the river. On the way, she observed a Sannyasi (renunciant) who was relaxing, keeping a dried bottle gourd under his head. He was using this for storing drinking water, and hence he was preserving it carefully. Ubhayabharati saw this Sannyasi's attachment to the bottle gourd and said to her disciples, "Look! This man calls himself a Sannyasi, but he is attached to a bottle gourd which he is keeping under his head as a pillow." The Sannyasi heard this comment, but did not utter anything then. While Ubhayabharati and her disciples were returning from the river, he threw away the bottle gourd in front of them in order to demonstrate that he was not attached to it. Observing his action, Ubhayabharati aptly remarked, "I thought there was only one defect in him – Abhimana (attachment).

Now I realise that he has





*The root cause of man's bondage as well as his liberation is nothing but his mind. What is mind? It is a bundle of desires. We should exercise restraint on our desires at least to some extent. Man today controls everything, but he does not have any control on himself. What is the use of controlling everything when man himself is moving about without any control? First of all, man should offer his mind to God. Mind is the gift of God to man. It is God who has given the mind to him. So, he should offer it to God. If you follow this principle, you will experience total bliss.*

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another defect also – Ahamkara (ego). How can one with Abhimana and Ahamkara become a Jnani and Sannyasi?” Her comment was an eye-opener for the Sannyasi. He expressed gratitude to Ubhayabharati for imparting true knowledge of renunciation to him. Then Ubhayabharati told him, “Dear son! This whole world is full of illusion. Man sees many forms in this world and

gets attracted towards them. But all these forms are the reflection of man's thoughts; they do not come from anywhere outside.”

Everything in this world, in fact, is the creation of man's own mind. For some time, you develop attachment to your body. Later, you yourself discard the body. It is you who develop attachment to the body and it is you alone who discard it. Both, attachment and discarding are the result of your delusion. It is caused by Dehabhranti (delusion caused by attachment to the body). So, give up Dehabhranti and develop Daivabhimana (love for God). Body is the temple of God. Consider the indweller of the body as Devadeva (the Supreme Lord).

*The body is made up of five elements and is bound to perish sooner or later but the indweller has neither birth nor death. The indweller has no attachment whatsoever and is the eternal witness. Truly speaking, the indweller who is in the form of the Atma, is verily God Himself. (Telugu Poem)*

### **Worldly Relations are Ephemeral**

Man's worldly thoughts are the creation of his ignorance; these are not real. So far as there is life in the body, worldly love exists between individuals. A husband loves his wife, but this love is physical and bodily love. Two bodies never



come to this world together nor do they depart from it simultaneously.

*Punarapi Jananam, Punarapi Maranam,  
Punarapi Janani Jathare Sayanam,  
Iha Samsare, Bahu Dustare,  
Kripayapare Pahi Murare.*

(Sanskrit Verse)

(Oh Lord! I am caught up in this cycle of birth and death; time and again, I am experiencing the agony of staying in the mother's womb. It is very difficult to cross this ocean of worldly life. Please take me across this ocean and grant me liberation.)

*Bhaja Govindam, Bhaja Govindam,  
Govindam Bhaja, Moodha Mathe,  
Samprapthe Sannihithe Kale,  
Nahi Nahi Rakshati Dukrun Karane.*

(Sanskrit Verse)

(Oh foolish man, chant the name of Govinda; the rules of grammar will not come to your rescue when the end approaches.)

Today a person may appear to be hale and hearty. But nobody can say what may happen to him tomorrow. The body is like a car, and the mind is like the steering of the car. If man has no control over the steering of the mind, how can he steer the car of his body on the right course?

*Embodiments of Love!*

The Ritwiks (Vedic priests) who have been conducting this Yajna for the last ten days

may have other thoughts also but their mind is mainly fixed on divine thoughts. There are many young men also among them. The country needs young people. I feel very happy when I see young persons on this noble path. After Poornahuti (final oblations), I will talk to them, fulfil their aspirations and give them happiness. Many of you do have the aspiration for renunciation, but you are feeling disturbed because you are not able to give up certain attachments. I will tell you the proper method of getting rid of these attachments easily. Our chief priest can guide you and show you the right path by his own example. When you follow such an Acharya (preceptor), you can easily overcome all obstacles and reach your goal.

It is very easy to attain God. In fact, God belongs to you and you belong to God. The relationship between you and Me is that of a son and father. Hence, lead a life full of happiness, steadiness and bliss. I will feel your separation when you go from here tomorrow. I also feel like going with you. We cannot live without one another. Consider this relationship between you and Me as true and eternal and strive to maintain it. I will come early in the morning tomorrow and make you blissful.

**– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 18th August 2006 on the occasion of Ati Rudra Maha Yajna.**

God cannot be perceived or understood by looking for Him only in the external world. Although God is omnipresent, He reveals Himself in the form of Prajnana or higher knowledge within a person.

– *Baba*



*Beautiful decorations in Sai Kulwant Hall on Chinese New Year Day*

## CELEBRATIONS AT PRASANTHI NILAYAM

### **Bhakta Mira: A Drama**

**A** VERY BEAUTIFUL DRAMA WAS enacted by the students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam on the life of Mira on the afternoon of 31st January 2008 in Sai Kulwant Hall. The drama unfolded the saga of Mira's supreme love for Lord Krishna and depicted how her devotion attained sublime heights and led to her merger with the Lord. Interspersed with Mira's immortal devotional songs and thrilling dances by the school students, the drama left a lasting effect on the spectators who saw it with absorbing interest and applauded the performance of the students. Judiciously selected songs, thrilling music, good acting of the students and

excellent sets made the drama an excellent presentation. Bhagavan witnessed the entire drama, blessed the students in the end and



*The students of Sri Sathya Sai Higher Secondary School, Prasanthi Nilayam performed an excellent drama on the life of Mira in Sai Kulwant Hall on 31st January 2008.*



posed for group photos with them. He also materialised a gold chain for the student who performed the role of Mira. The drama which started at 5.20 p.m. came to a close with Arati to Bhagavan at 6.50 p.m.

### **Pilgrimage of Adilabad District Devotees**

More than 2,500 devotees came from the Adilabad district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam from 9th to 11th February 2008, and presented music and cultural programmes on 9th and 10th February 2008 in Sai Kulwant Hall in the Divine Presence of Bhagavan.

The programme on 9th February started at 5.00 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. First, the devotees, both ladies and gents, presented group songs including a couple of Thyagaraja compositions. Thereafter, a visually challenged singer enthralled the audience with classical and semi-classical vocal music. Bhagavan blessed the singers at the end of this excellent musical presentation and also materialised a gold chain for one of the musicians. The programme came to a close with Arati to Bhagavan at 6.25 p.m.

On 10th February 2008, the Adilabad devotees presented a beautiful drama entitled "Sri Sai Vaibhavam" (glory of Sai). The drama described the life and message of Bhagavan in a very innovative way by presenting a scene of King Krishnadevaraya's court in which he and his eight luminaries gave a superb rendition of Bhagavan's poetic compositions and portrayed His Divine glory. Set to thrilling music, this rendition accompanied by brilliant dances of children was so breathtakingly beautiful that it elevated the listeners to great heights of ecstasy. At the



*A scene from the drama "Sri Sai Vaibhavam" enacted by the Bal Vikas children of Adilabad district of Andhra Pradesh in Sai Kulwant Hall on 10th February 2008.*

end of this superb presentation, Bhagavan expressed His appreciation of the drama and the good work being done by the devotees of Adilabad district. He showered His profuse blessings on the cast of the drama, posed for group photos with them and distributed clothes to them with His Divine Hands. He also materialised a gold chain for the youth who enacted the role of Krishnadevaraya in the drama. Prasadam blessed by Bhagavan was then distributed to the entire congregation in Sai Kulwant Hall. The programme which began at 5.40 p.m. came to a close with Arati to Bhagavan at 8.00 p.m.

### **Chinese New Year Celebrations**

On the auspicious occasion of Chinese New Year, more than 700 Chinese devotees came from many countries including China, Malaysia, Indonesia, Singapore, Australia, Canada, Hong Kong and Taiwan to celebrate it in the sacred precincts of Prasanthi Nilayam in the Divine Presence of Bhagavan Sri Sathya Sai Baba. The celebrations were held for two days on 12th and 13th February 2008 in Sai Kulwant Hall which was beautifully done up with huge red lanterns, pineapple-shaped pendants, paper



fans, mystical knots and various other decorations. Special decorations were made on the dais which looked very charming and attractive.

*Sacred Buddhist Chants:* The festivities began with sacred chants of Buddhist Mantras on the afternoon of 12th February 2008 after the Divine Darshan of Bhagavan in Sai Kulwant Hall. The chanting was done by 36 Tibetan Buddhist Monks from various monasteries.



*Tibetan Buddhist Monks chanted sacred Buddhist Mantras in Sai Kulwant Hall on 12th February 2008, filling the entire milieu with spiritual vibrations.*

Before the beginning of the chanting session, Bhagavan was offered reverential welcome and traditional Kattas (coloured cloths) as a mark of gratitude. The monks then chanted “Om Mani Padme Hum Mantra”, “Medicine Buddha Mantra”, “White Tara (long life) Mantra” and “Bhagavan Sri Sathya Sai Baba Eternal Mantra”. After these four Mantras, they chanted Gayatri Mantra. At the end of this sacred chanting session, they chanted the universal prayer for peace, happiness and well-being of all. These sacred chants recited with total dedication by the monks in the Divine Presence of Bhagavan filled the entire milieu with spiritual vibrations. Prasadam blessed by Bhagavan was distributed to the entire congregation in Sai

Kulwant Hall at the end of these sacred chants. The chanting session which began at 5.25 p.m. came to a close with Arati to Bhagavan at 6.30 p.m.

*Chinese New Year Function:* The function to celebrate Chinese New Year was celebrated in Sai Kulwant Hall on the afternoon of 13th February 2008. Bhagavan was led into Sai Kulwant Hall by a children’s procession when He came to the Hall to shower His blessings on the devotees on this auspicious occasion at 4.05 p.m. The children chanted “Om Mani Padme Hum Mantra” as they marched into the Hall. At the head of this procession was the lion dance team from Indonesia. The programme began with the lighting of sacred lamp on the dais by Bhagavan at 4.15 p.m. The first item of the programme was chanting of Mantras which included Mahakaruna Mantra (great compassion incantation). The Mantras were chanted by Malaysian and Indonesian children, both boys and girls. This was followed by offerings of Chinese New Year delicacies to Bhagavan by the children. After this, Sri Billy Fong, President, Sathya Sai Baba Central Council of Malaysia and Coordinator for the Chinese New Year programme, addressed the gathering. He stressed on the importance of Bhagavan’s Divine Darshan and exhorted the devotees to remove negative qualities such as pettiness, selfishness, greed, hatred, jealousy and envy to derive full benefit from it. Dwelling on the theme of the celebrations, Sri Billy Fong said that out of the eight traditional values that all Chinese people try to practise and preserve, two values, namely, “Cherish our Motherland and Respect Our Parents and Elders” had been specifically chosen as the theme of this year’s celebration. In conclusion,

he reported on the fulfilment of the pledges made during the



last year's celebrations and informed that thousands of Chinese people in the State of Sarawak, the largest State in Malaysia, were reading excerpts of Bhagavan's teachings in the See Hua Press, a Chinese daily with a daily circulation of about 80,000.

After the speech of Sri Billy Fong, there was a programme of musical presentations. First, there was a solo presentation of an ancient Chinese melody on the traditional instrument "Gu Cheng" by Sister Fera from Indonesia. Thereafter, four Chinese devotees from a remote village in Kwangtung, China presented a medley of Bhajan melodies and Chinese devotional songs on the traditional Chinese instruments called "Yang Zhing", "Er Hu", "Ching" and electronic casiotone.

*Eyelids Protect the Eyes – A Drama:* The final event of the celebration was a drama which was enacted by the children of participating countries. The drama presented the story of a devotee of Bhagavan, Tan Ah Lek of Malaysia which highlighted filial piety and firm faith in God. When Ah Lek was young, his mother would narrate stories of the ancient Chinese traditions, which were depicted in three flashbacks of the drama. Ah Lek rescued his mother from a burning gas cylinder in the kitchen and in the process, he received severe burn injuries. His mother and devotees from all over the country prayed fervently to Bhagavan for his recovery. With the grace of Bhagavan, Ah Lek recovered to tell the story that God



*The drama "Eyelids Protect the Eyes" presented as part of the Chinese New Year function on 13th February 2008 showcased ancient traditional values of China.*

would protect man like eyelids protect the eyes. The drama was well-choreographed and music was innovative with change of scenes. A Chinese cultural dance, acrobatic movements of the dancers, colourful costumes, touching story and superb acting of the cast made the drama a very impressive presentation. In fact, some of the scenes were so touching that there was hardly any dry eye in the Hall. At the end of the drama, Bhagavan blessed the cast and posed for group photos with them. He also materialised a gold chain each for two young boys. After this, there was a brief Bhajan session wherein Bhajans were led by Chinese devotees. The celebrations came to a happy conclusion with Arati to Bhagavan at 5.45 p.m. Prasadam was distributed to the entire assembly of devotees in Sai Kulwant Hall in the end.

The eye, when illumined by the splendour of the Atma, is able to grasp form, which is its sphere. It can never hope to illumine the Atma, which is self-luminous. The lamp illumines objects; but the objects cannot, in their turn, illumine the lamp.

– Baba



## EXEMPLARY PATRIOTISM OF SUBHAS CHANDRA BOSE

**M**ANY SPEAKERS HAVE spoken before Me but none has said anything about Subhas Chandra Bose, who was endowed with many great qualities and capabilities. After passing his ICS, he came to India, joined the political movement and made a significant contribution to it in many ways. But, unfortunately, he had to leave the country as there was no unity among the Bharatiyas. Even while staying in overseas countries, he played a very important role for the freedom of India from the British rule.

### Important Role of Subhas Chandra Bose in India's Freedom Struggle

Lalita Bose, the daughter of his brother, once came to Puttaparthi. She regretted that her uncle Subhas Chandra Bose, having been born in this sacred land of Bharat, had to leave the country. She was happy that she was able to live in this country and have Swami's Darshan. She came to Brindavan, Whitefield also and stayed there for a few days. Later on, she followed Me in a car wherever I went. She used to play on harmonium and sing Bhajans. She came to Ooty and Kodaikanal also when I went there. All the time, she was chanting 'Sai Ram! Sai Ram!' She had no other thought except this in her mind.

Subhas Chandra Bose was endowed with great physical, mental and spiritual powers. But he never revealed his spiritual powers to anyone. He had

a burning desire to make India a great and prosperous country. No other leader had such a strong aspiration for the freedom and progress of the country as Subhas Chandra Bose. He was the one who believed in action; not merely in speech like many other leaders. There are many great leaders in our country even today, but what is the use if they do not put



***Such persons like Subhas Chandra Bose should be born in Bharat again and again. India should attain its pristine glory again. Had Subhas Chandra Bose been alive today, he would have attained the highest name in history. There would have been no beggars in this country.***

***But, unfortunately, the Bharatiyas themselves were responsible for his leaving the country. As a result of that, they are now facing great difficulties. We should love and trust such noble souls. Love and trust are our true strength. We should never forget Subhas Chandra Bose. His teachings were full of noble thoughts and great ideals.***



into practice what they say? They say a million things but do not put into practice even one!

I am very much pained to see that today nobody remembers





*When I consider you as part of My Being, you should also consider others as your own self. Love All, Serve All. You should not observe any differences between individuals, thinking one as a pauper and another, a millionaire. There are many millionaires in Bharat. But they are engaged in filling their own belly. They are not prepared to give even a morsel of food as alms to a beggar who stands at their doorstep saying, Bhavati Bhiksham Dehi (mother, give alms). What is the use of having such rich men in our country? They are rich only for name's sake but in reality they are the poorest of the poor.*

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Subhas Chandra Bose who has done so much for the country. He was the one who dedicated his entire life to the country. Even when he was staying in overseas countries, his love for his motherland was uppermost in his mind. Rather, it went on increasing day by day.

*He is verily a living corpse who does not declare with pride that this is my motherland, this is my*

*mother tongue and this is my religion. (Telugu Poem)*

Subhas Chandra Bose strived very hard and tried to put the country on the path of progress and prosperity. He demonstrated the ideals of love and forbearance. One who does not have love for his country is verily a living corpse! Only a person who upholds the good name of the country can be called a living person in the true sense of the term.

### **Attain the Independence of the Self**

Meanwhile, India attained Swatantrata (independence). But this was merely 'Swatantrata', not 'Swaatantrata'. What is Swatantrata? It relates to the body, mind and intellect, while Swaatantrata is related to the Atma. Those who follow the Atmic principle are truly independent. The same is the difference between 'Swarajya' and 'Swaarajya'. We should aim at achieving 'Swaarajya', not merely 'Swarajya'. When we follow the Atmic principle, everything becomes good for us.

Not only that, it will lead to the well-being and prosperity of the entire world. We should not merely be satisfied with political independence; we should achieve that independence which relates to the Atma. Subhas Chandra Bose strived to attain the independence related to the Self. Ultimately, he succeeded in his endeavour. Everybody should make efforts to know such



noble souls. Subhas Chandra Bose was one of the few Bharatiyas of his times who attained 'Swaatantrata' (independence of the Self) when others were pursuing their selfish ends. They harboured narrow considerations and differences while Subhas Chandra Bose considered the entire country as one.

The principle of Atma is the same in everyone. All are endowed with Atmic power. Man is the embodiment of Atma. That is why Krishna declared in the Bhagavadgita, *Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal Atma in all beings is a part of My Being). He said, "All are an aspect of My Divinity." When I consider you as part of My Being, you should also consider others as your own self. *Love All, Serve All*. You should not observe any differences between individuals, thinking one as a pauper and another, a millionaire. There are many millionaires in Bharat. But they are engaged in filling their own belly. They are not prepared to give even a morsel of food as alms to a beggar who stands at their doorstep saying, *Bhavati Bhiksham Dehi* (mother, give alms). What is the use of having such rich men in our country? They are rich only for name's sake but in reality they are the poorest of the poor. In spite of so many rich people in our country, righteousness and charity seem to have disappeared from it. Therefore, people of this country should pursue the path of charity and righteousness. Consider others as your own brothers and sisters. Rather, consider them as thyself. People just address others as 'brothers and sisters' from the stage, but who is actually putting it into practice? None.

### **People should Remember Noble Souls like Subhas Chandra Bose**

Today wherever you see, you see people hankering after money. People are striving to amass wealth but

*Subhas Chandra Bose strived very hard and tried to put the country on the path of progress and prosperity. He demonstrated the ideals of love and forbearance. One who does not have love for his country is verily a living corpse! Only a person who upholds the good name of the country can be called a living person in the true sense of the term.*

none is making efforts to cultivate love and righteousness. The earlier three speakers spoke about the world, but none of them spoke about the Atma. The same principle of Atma is present in everyone. It is present in you, Me and everyone else. *Daivam Manusha Rupena* (God is in the form of a human being). It is not proper to show disrespect to anyone because everyone is the embodiment of God. You should lead your life with this conviction that all are your brothers and sisters. We can attain Swaarajya only when we develop such broad feelings. Till then, we merely have Swarajya where 'Swa' means Swartha (selfishness). But we should aspire for Swaarajya, in which 'Swaa' is related to the spiritual heart (Hridaya).

You are all performing Grama Seva and serving the poor. But first of all, you should achieve true Swaatantrata. Love, respect and help everyone. Only then can you be called a true Sai student. Everything can change but not the Atma. Even a wicked person or a demon cannot bring about any change in the Atma.

Strive to attain such changeless and eternal Atmic kingdom.





*Exhibition in Poornachandra Auditorium on the Golden Jubilee of Sanathana Sarathi*

## JOURNEY WITH SAI : A PHOTO EXHIBITION

**A**S PART OF GOLDEN JUBILEE celebrations of “Sanathana Sarathi”, Sri Sathya Sai Books and Publications Trust set up a photo exhibition entitled “Journey with Sai” in Poornachandra Auditorium, Prasanthi Nilayam. The exhibition highlighted the importance of “Sanathana Sarathi” as the divine medium through which Bhagavan has brought about transformation in the lives of millions of people of the world in the last fifty years. It also presented a history of Bhagavan’s visits to various places from 1940’s to date through nearly 700 photographs and a write-up in Telugu, English and Hindi on Bhagavan’s visits. The photographs depicted Bhagavan’s visits to various States of India and East Africa and were displayed in a date-wise sequence in nine spacious pavilions. There were two audio-visual pavilions for screening films on “Sanathana Sarathi” and Bhagavan’s visits to various places. A beautiful altar was set up in the centre surrounded by illuminated

photographs of Bhagavan and His important messages.

Bhagavan graciously inaugurated the exhibition at 10.35 a.m. on 1st March 2008 by lighting the sacred lamp and cutting the tape. He went to each and every pavilion and saw the photographs and write-ups on the growth of Sanathana Sarathi into a world-class magazine and His visits to various places. He also watched the documentary film “Sanathana Sarathi: Fifty Glorious Years” which was screened on this occasion.

Bhagavan spent more than one hour to see the photographs and the film on “Sanathana Sarathi” and blessed the devotees who helped in setting up the exhibition and in making the film. He also showered His blessings on the Book Trust staff. At 11.40 a.m., Bhagavan graciously accepted Arati and blessed the Prasadam for distribution to the staff and devotees gathered there. The exhibition was opened for devotees on the same evening.



## Annihilate the Mind by Vigil and Contemplation

*In this Discourse given on the Sivarathri of 1959, Bhagavan explains the real significance of Sivarathri and exhorts man to attain mind control by penance, vigilance and contemplation.*

**T**HERE ARE MANY DIFFERENT stories given in the Sastras (sacred texts) to explain the origin of the Sivarathri festival. Some of them were related now by the persons who spoke to you.



Another story is that this is the day on which Siva performed the Tandava Nritya (cosmic dance) in his ecstasy, with all the gods and sages taking part in the cosmic event. When he consumed the Halahala (deadly poison that emanated from the ocean after its churning by gods and demons) to save all the worlds from destruction, the heat of the fumes was well nigh unbearable, even for him. So, it is said, Ganga was poured uninterruptedly on his matted locks – this is the explanation

*You need not waste time in trying to discover Me and My Nature. Understand what I teach, not 'who is the teacher', for I am beyond your intellect and your Shakti. You will understand Me only through My work. That is why sometimes in order to reveal who I am, I Myself show you My 'visiting card,' something that you call a miracle. Know the Marma (mystery) and carry out the Karma (duty) I assign you.*

for the Abhisheka (ceremony of pouring consecrated water, oil, milk, etc., on the Linga) which is offered in all Siva temples for hours on end, and at some places, uninterruptedly – but Siva was only partly relieved. So the cool moon was placed on his head; that gave some relief. After this, Siva danced with all the gods, the Tandava Dance. That is the story, but all this did not happen on a particular day and so Sivarathri cannot be said to commemorate that day.

Some say that Siva was born on this day as if Siva has birth and death like any mortal! The story that a hunter sat on a Bilva tree on the lookout for animals to kill and without intending any worship, unknowingly, dropped the leaves of that tree upon a Lingam beneath, and so attained salvation, explains only the importance of this day; it does not explain the origin. Besides, we have not only Mahasivarathri, but have every month a Sivarathri, dedicated to Siva worship.

### **Close Affinity between the Mind and the Moon**

The night is dominated by the moon. The moon has 16 Kalas or fractions; and each day when it wanes, a fraction is reduced until it is annihilated on the new moon night. After that, each day a fraction is added until it completes itself on the full moon night. The moon is the presiding deity of the mind; *Chandrama Manaso Jatah* (the moon was born out of the mind of the Supreme Being). There is a close affinity between the mind and the moon; both are subject to decline and progress. The waning of the moon is the symbol for the waning of the mind; for the mind has to be controlled, reduced and finally destroyed. All Sadhana is directed towards this end –

Manolaya (the annihilation of

*You cannot claim to be educated or grown-up unless you have mastered the science of self-control and destroyed the root cause of delusion. It is not this night alone that you should spend in the thought of Siva; your whole life should be lived in the constant presence of the Lord.*

the mind) so that Maya (delusion) may be rent asunder and the reality revealed.

During the dark half of the month, the moon, and symbolically its counterpart in man, the mind, wane, and a fraction is diminished everyday. With this, its power on the mind also declines – and finally, on the fourteenth night, Chaturdasi, there is just a wee bit left, that is all. If a little extra effort is made that day by the Sadhaka, even that bit can be wiped off and Manonigraha (mastery of the mind) completed. The Chaturdasi of the dark half is therefore called Sivarathri, and that night should be spent in Japa and Dhyana of Siva without any other thought either of food or sleep. Then success is assured. And, once a year, on Mahasivarathri night, a special spurt of spiritual activity is recommended, so that what is Savam (corporeal) can become Sivam (auspicious) by the removal of the dross of the mind.

### **Symbolic Meaning of Words Used in Scriptures**

This is the purpose of Sivarathri. So, it is foolish and even harmful deceit to imagine that “keeping awake” is the essential thing in its observance. People try to escape sleep on this night



by playing cards, attending non-stop cinema shows or watching plays or dramas. That is not the Sadhana which should be intensified on Sivarathri. That is a travesty of the vow of 'sleeplessness.' It vulgarises you and encourages evil and sloth, wickedness and hypocrisy.

On Sivarathri, the mind must achieve Laya (mergence). Linga means that in which this Jagat (world) attains Laya – Leeyate; that into which this Jagat goes – Gamyate. Examine the Linga; the three Gunas (primordial qualities) are represented by the three-tiered Peetha (platform); the Linga symbolises the goal of life. Linga means symbol, the symbol of creation, the result of the activity of the three Gunas and of Brahman (Supreme Reality) which permeates it and gives it meaning and value. When you worship the Linga, you should do so with faith in this symbolic significance.

Every word, every form used in the Sastras has a symbolic meaning, which gives it value. The word Prapancha which you use so freely to indicate this created world means, "that which is composed of the Pancha Bhutas – the five elements of earth, fire, water, wind and ether." Take the word Hridaya used for the heart. It means Hridi (in the heart), Aya (He). That is to say, it means not the organ that pumps blood to all parts of the body, but the seat of God, the altar where Siva is installed, the niche where the lamp of Jnana is lit. Again, Siva does not ride on an animal called bull in human language. The bull is only a symbol of Dharma standing on the four legs of Sathya, Dharma, Santhi and Prema.

### **Linga is the Symbolic Form of the Godhead**

The three eyes of Siva are the eyes which reveal the past, present and future. Siva alone has all three. The tiger skin which forms his vesture

is just a symbol for the elemental bestial primitive traits which his grace destroys; he makes them powerless and harmless. In fact, he tears them to pieces, skins them so to say, and makes them ineffective. His four faces symbolise Santham, Roudram, Mangalam and Utsaham (peace, fierceness, auspiciousness and enthusiasm). In this way, realise, the inner sense of the many attributes of Siva while worshipping the Linga. Meditate thus on Siva this day, so that you may get rid of the last lingering vestiges of delusion.

Just as Om is the verbal symbol of God, Linga is the symbolic form of the Godhead. It is just a form. Everything is Maya and to grasp it, you must deal with Maya, otherwise you cannot realise its Shakti (power). God is immanent in the universe as life is immanent in the egg. The chicken is in every part of the egg; so, too, God is in every part of the world. All are in this hall, each one has no hall in him, is it not? In the same way, all are in Him; which is better than saying, He is in all.

It is Maya which binds and limits man; all Sadhana is meant to conquer Maya. A bit of iron will sink in water but if beaten and made hollow, it will float. So, beat the mind and make it hollow. Then it will float on the sea of Samsara (worldly life). Above all, have Viveka (discrimination) and do not be led into taking any false step.

### **Grow not only Physically but Spiritually also**

You need not waste time in trying to discover Me and My Nature. Understand what I teach, not 'who is the teacher', for I am beyond your intellect and your Shakti. You will understand Me only through My work. That is why sometimes in order to reveal who I am, I Myself show you My 'visiting card,' something that you



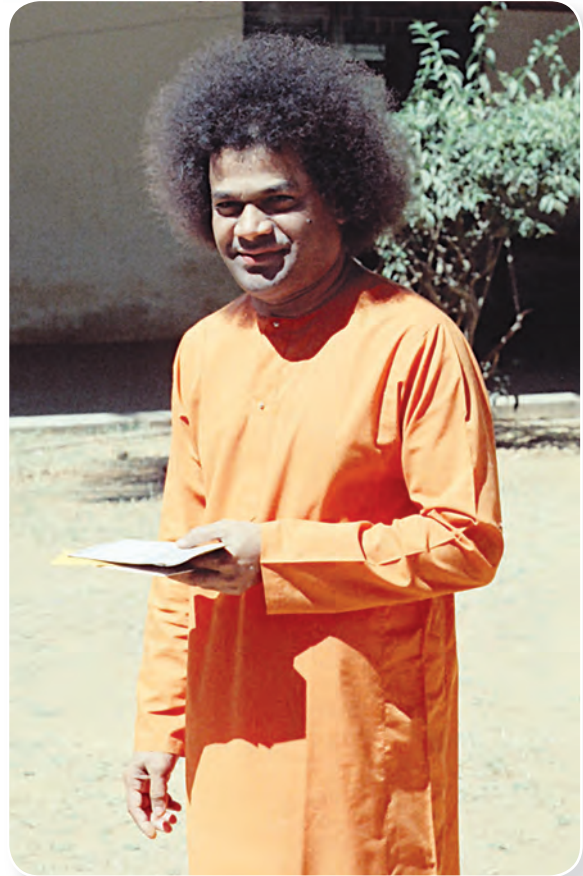
call a miracle. Know the Marma (mystery) and carry out the Karma (duty) I assign you.

In the years to come, a number of young people will shine as devoted aspirants in the spiritual field. They know that each of them is Nityam, Sathyam and Pavitram (eternal, true and pure) and that they are Amrita Putrah (children of immortality). They are growing

*It is Maya which binds and limits man; all Sadhana is meant to conquer Maya. A bit of iron will sink in water but if beaten and made hollow, it will float. So, beat the mind and make it hollow. Then it will float on the sea of Samsara (worldly life). Above all, have Viveka (discrimination) and do not be led into taking any false step.*

in Viveka and Vairagya (discrimination and dispassion) and they are purifying themselves by Namasmara. But the elders are laughing at such boys because they have taken to the godly path. Perhaps they will be happy if their children loiter in streets in groups, smoking and swearing, and staring at posters. The elders should be elated that their children are on the royal road to real joy and contentment and that they will be serving themselves and the world much better. You do not know how to make an ornament out of gold; so, you give it to a goldsmith. Why worry if he melts it, beats it, pierces it and pulls it into wire and twists it and cuts it? Let him, who knows the art, shape the child into an ornament of society; do not worry.

You must grow day by day, not only physically but spiritually also. How long are you going to stay on in the primary school,



writing down the letters of the alphabet? Get up, demand an examination, pass and move forward to the higher class!

### **Master the Inner World First**

You are now sitting on the floor of the hall; seek the means to see the top floor too. Progress! Come forward! Then Sivarathri will become Mangalarathri (auspicious night) for you. Otherwise, it is just another Rathri wasted. Many may discourage you and say that meditation and worship can be taken up after you reach

ripe old age, as if they are the prerogatives of, or special punishments for, the aged. Enjoy the world while you can and then think of the next – that seems to be their attitude.

The child takes its first few steps in the comparative safety of the home: it toddles about inside until its steps become firm, its balance is perfected and it can run about unaccompanied without fear. Then only does it venture out into the streets and the wide world beyond. So, too, the Jivi (individual) must master the inner world first and become impervious to temptations. It should learn not to fall when the senses trip its steps; it should learn the balance of mind which will not make it lean more to one side than to the other; and then, after mastering this Viveka, it can confidently move out into the outer world without fear of harm to its personality. That is why there is this insistence on ‘sleeplessness’ or vigilance.

You cannot claim to be educated or grown-up unless you have mastered the science of self-control and destroyed the root cause of delusion. It is not this night alone that you should spend in the thought of Siva; your

whole life should be lived in the constant presence of the Lord.

### **Man’s Basic Nature Seeks Peace**

Do not tell Me that you do not care for that bliss, that you are satisfied with the delusion and are not willing to undergo the rigours of sleeplessness. Your basic nature, believe Me, abhors this dull, dreary routine of eating, drinking and sleeping. It seeks something which it knows it has lost – Santhi (peace). It prefers to seek liberation from bondage to the trivial and the temporary. Everyone craves for it in his heart of hearts. And it is available only in one shop – Contemplation of the Highest Self – the basis of all this appearance.

However high a bird may soar, it has sooner or later to perch on a tree-top to enjoy peace and rest. So, too, a day will come when even the most haughty, the most wilful, the most unbelieving and even those who assert that there is no joy or peace in the contemplation of the Highest Self will have to pray, “God, grant me peace, grant me consolation, strength and joy.”

– From **Bhagavan’s Divine Discourse at Prasanthi Nilayam on Sivarathri, 7th February 1959.**

You have listened to the lessons I am giving. Let Me ask you – What is the gain you have garnered? How near are you to the goal? Which obstacles have you overcome? If you have not reached the higher stage, what have you profited from the Sadhana? How can you justify the label ‘devotee’ which you have adopted for yourself?

– *Baba*

## SPLENDOUR OF SWAMI

*“Sai Organisation today is present in almost all the 23 countries of Latin America. So many people had Swami’s direct experiences. He appeared there in different ways, in different places, in the interiors of Argentina and so on. So, the people know about Him through many situations, realising His physical form in those countries”, said Sri Leonardo Gutter of Argentina in an interview with Dr. G. Venkataraman, former Vice Chancellor of Sri Sathya Sai University.*

**S**AI RAM AND WELCOME TO OUR studios, brother Leonardo Gutter. Would you mind telling us when and how you came to Swami?

It is a very interesting story. It was 22 years ago. At that time, I was already on spiritual path, involved in a Raja Yoga organisation. I heard about Swami and became a member of the Sai Organisation. Then, a member of the Sai Organisation came to India and had an interview with Swami. When she came back, she told us all about it. Then one night, I had a dream of Swami.

In the dream, I saw that I was in a room and there were about 7 or 8 people in that room. As Swami came in, I thought to myself, “Well, now I will know if You are an Avatar because if You come close to me, then something has to happen to me or I will have to feel something in me.” Then, He started to approach me; suddenly I found myself doing Namaskar. I asked myself, “What am I doing? I cannot do this because I am not a Sai devotee.” When He came by my side, suddenly I started to feel waves of energy one after the other, and every cell of my body was bubbling with energy. I felt as though each cell was exploding, giving me Ananda, a state of

bliss and it was so intense that at one moment I lost my balance and fell on the floor. I was completely exhausted and felt very weak in all

*In Argentina, we have almost 90 Sai Centres spreading from north to south. In the entire Latin America, there may be about 300 centres. Those centres are open every day of the week, mostly between 5 p.m. to 9 p.m. and it would be all day during weekends. They have service activities everyday. They have study circles, Bhajans twice a week. The service activities will be three or four times a week. People do Narayana Seva. About 15,000 plates of food are served by every centre every month. We have plenty of service activities in each centre.*

my limbs. But I was quite conscious and was having a broad smile from ear to ear. All this was happening in my

dream. He started walking out of the room and I looked at Him and thought, "You are God, You are God, You are God." Then, He looked at me and came back where I was lying on the floor, caught me and gave me three kisses on my head and then I woke up. The impact of it was so strong that I decided to come to India. In January 1982, I found myself in the Ashram.

I came here with the first organised group of Argentineans. About 30-40 days went by and we did not get any interview from Him. One night, I was alone in my room and I felt His divinity very strongly, so strong that I wrote the letter of resignation from the other spiritual organisation with which I was associated. I wrote that I had found the Avatar and wanted to surrender completely to Him and serve Him in whatever way I could. So, then, I went to sleep. Next morning, I went for Darshan. Swami came straight to me, instead of taking His normal route for Darshan. He came directly where I was seated and said, "Yes. I will see you this afternoon." You can imagine my happiness. I was so happy that soon after the morning Darshan, I decided to go directly to the interview room and wait for the afternoon Darshan. But the Seva Dal volunteer told me that it was not like that. He said, "Swami has to call you again in the afternoon." I thought that the Seva Dal was spoiling my opportunity and did not like my face. I thought that Swami would not find me in the afternoon or would forget about that. So, I was very sad. Afternoon came. It was Darshan time again and I got the third line. I was dejected and seated there with a long face. As soon as Swami came out from His room, He looked at me straight; He did not search for me in the crowd. It was as if He had already known



*A human values class in progress in the city of Rosario for the children of aboriginals of Argentina. Many Sai centres jointly help the poor community of aboriginals with food, medicines and other necessities.*

where I was sitting and then right from the verandah, He shouted, "You" and pointed His finger to where I was sitting. I was so scared, I ran towards Him. Then He said, "go" and I walked into the interview room. I asked if the other Argentineans could come, and He said, "Yes." So, the interview started. In the middle of the interview, He looked at me and told me all that had happened since that morning - my thoughts, my doubts and everything. Then, He approached me closely and said in my ears in His wonderful voice, "I will never disappoint My devotees." It has proved to be true for these last 22 years. I will always remember those sweet words.

*That is a wonderful story. Truly, it is typical of the way Swami draws people.*

There are so many people like that in Latin America. Our culture is very different and the country is so far away from here. Yet Swami is known all over there. I had the good fortune of travelling to almost all the countries in Latin America. Sai Organisation today is present in almost all the



23 countries of Latin America. So many people had His direct experiences. He appeared there in different ways, in different places, in the interiors of Argentina and so on. So, the people know about Him through many situations, realising His physical form in those countries.

*That is just unbelievable.*

Yes. When I see that we have a Sai Organisation everywhere throughout Latin America, such a thought itself is really amazing. Our culture is so different because in our culture we do not really believe in Avatar. It is a concept completely alien to us. In spite of that, people received it well and have been open to it.

*Incidentally, talking of this manifestation at different places, I remember an incident that took place in Brindavan many years ago. Swami was with students. Someone from Europe was describing how Swami had manifested in Croatia and was doing service there. At the end of it all when that person sat down, one devotee said, "Swami! This is astounding." Swami's reply was, "For you, it is astounding, for Me it is normal." I won't forget it. The exact wordings in Telugu were: "Neeku Chala Aascharyam, Naaku Chala Sahajam" (It is astounding for you but it is very natural for Me).*

You know, I just remember something. It is a nice story. In Brazil, there is another spiritual movement called the Spiritism, which is very prominent. It is second to the Catholic Church. When the Sai Organisation started to grow in Brazil, Spiritism movement became very worried and concerned. So, they decided to send two of their persons here to India to check if Sai Baba was true or not. One of them is Prof. Rivaldo. He is very highly respected there and people consider him as one who has a lot of spiritual

*In Latin America, we have 13 Sathya Sai Schools today. We have five in Argentina, four in Brazil (one more is coming in March), two in Ecuador, one in Venezuela, one in Mexico. Then, we have 159 public schools that have been adopted by the Sai Organisation. Just in Mexico, we have 15,000 students of public schools who went through EHV programme.*

powers. Whenever he gives a lecture, a lot of people, like over 5,000, attend. He is so popular there. So, he came to India, to the Ashram. When he went back to Brazil, in the first lecture that he gave, he said that he saw the Ashram surrounded by angels. He said, "Whenever Sai Baba comes out, a spiritual light flows out from the skies and engulfs all the people."

*He could see all that?*

He could see all that. He said, "Whenever Swami approaches a person, the aura of Swami, which is pink, absorbs all the negativity of that person." He spoke so well about Swami.

*Talking of angels, Dr. Hislop gives a very nice incident. Swami went to Madras (Chennai) many years ago. He took Dr. Hislop with Him. He just drove to a house at 2 o' clock in the afternoon and knocked at the door. A lady opened the door and was amazed, "Swami! You are here!" Swami said, "Yes, I am here.*

*Aren't you going to welcome Me inside?" She went inside but*



did not know how to receive Swami. Normally, you know, when Swami arrives, you welcome Him with fruits, flowers and all sorts of things. Then she said, "Swami, why did You not tell me earlier? I have nothing to offer You now." He said, "don't worry" and looked at the car and signalled. Then Dr. Hislop says, "Angels came from that car bringing silver trays!" He has written this in his book! I mean, you have to believe. These angels deposited the trays, went back to the car and disappeared. The story does not end here. Next time, many years later, when Swami went to Chennai again, that time He took students with Him to that lady's house. Then He told that lady, "Show these boys the silver trays those angels brought that day." Isn't that fantastic?

That is great! Beautiful story.

Similarly, when you were talking about aura, I thought about what Frank Baranowski saw. He also saw tremendous aura of Swami. Now, tell me something about the activities that go on in Argentina and in other places of Latin America as well.

Very good. We have plenty of activities that go on there. One feature that is very important is that Sai Centres in our countries, in Argentina for example, have become more like community centres. They are open every day of the week. In Argentina, we have almost 90 Sai Centres spreading from north to south. In the entire Latin America, there may be about 300 centres. Those centres are open every day of the week, mostly between 5 p.m. to 9 p.m. and it would be all day during weekends. They have service activities everyday. They have study circles, Bhajans twice a week. The service activities will be three or four times a week. People do Narayana Seva. About 15,000 plates of food are served by every



*Service in an old age home in Buenos Aires. Sai devotees visit it on bi-weekly basis and help the old people.*

centre every month. We have plenty of service activities in each centre.

*Apart from distribution of food, do you run medical camps?*

We do have medical camps; we have adopted slum areas for development. We have regular visits to lepers colonies, hospitals, children's hospitals, etc. The important thing is that all this is done on a weekly basis and not like once in a month. Every week, day after day, the people are doing some activity or the other.

*What about the things like EHV or Bal Vikas?*

In Latin America, we have 13 Sathya Sai Schools today. We have five in Argentina, four in Brazil (one more is coming in March), two in Ecuador, one in Venezuela, one in Mexico. Then, we have 159 public schools that have been adopted by the Sai Organisation. Just in Mexico, we have 15,000 students of public schools who went through EHV programme.

*Tell us something about what the EHV programme really does and what it means.*

Let me tell you a story for that. Before that let me tell you that just a month ago, the Minister for Education from Argentina met the Director of the Sathya Sai Institute of Argentina and she



approved the Sathya Sai EHV programme and requested us to adopt as many public schools as possible. Now we are limited in our own human resources at this stage. I want to tell you the effect of EHV. There are several children who live on the streets and they do not have homes. One of the service activities we have is to take care of them.

We brought these children to the Sai Centre twice a week. We let them take a shower, gave them food and helped them learn something, especially we took EHV classes for them. In the beginning, those children used to come back to the centre, not because they wanted to learn good things, but to steal things from the centre. We thought, at least they were coming back and we were happy about that. But then, we saw that they were going back to the streets and they all lived in a very difficult environment and they had to survive there. So, at that stage we felt as if we were trying to fill a bucket that was full of holes. It was a very difficult task. We decided to rent a house, keep them there and really take care of them and bring them out of the streets. But then in Sai Centre, no one was in charge there. In Latin America, people are not rich like in Europe or the United States. And so, with the funds we had we were able to rent a very dilapidated house. It was really in a very bad condition but we decided to work there and work it up well enough for the children to reside there. One day, three of those children went to the house to help repair the house with one Sai devotee. And this lady asked the children to go to the front of the house, remove some mud to put some plants in front of the building to make it look nice. Moments later, they came back inside with one bag that they found in one of the pits. What happened was,

inside that bag, there was 13 kilograms of pure gold!

*13 kilograms?*

Yes. They found 13 kilograms. When they found it, the first thing that they thought was to run away with it. But then, they said, they remembered whatever they were taught in the EHV classes and they felt that they should get back and give that gold to us. Then, the judge cleared that the gold belonged to us and with that gold we bought two houses for the homeless children. One of the three children who brought back the gold had a missing leg. So, we decided to get him an artificial leg.

*Are the people digging a lot now in Argentina?*

Oh, not really but let me tell you the whole story. That child for whom we had bought the leg really felt that he needed to come here and meet Swami. So, we, at the centre, had a meeting about it and decided to buy him a ticket to India, and he came here. Swami granted him an interview and told him that He had put the gold there.

Yes, it is so wonderful. Now, in one of the houses, we have 9 or 10 abandoned girls that have been sent by the judges. So, a lot of service is being done in most of the countries in Latin America.

*Fantastic. Swami often says, things are going to happen far sooner than you can imagine. Now I can believe all of that because if things are happening, what is there to stop Him from all this? I am very hopeful after all that you said, and I believe that the new world will show new light to the old world and the whole world. Thank you and Sai Ram.*

*Courtesy: Radio Sai Global Harmony*



# NEWS FROM SAI CENTRES

## ZAMBIA and KENYA

**T**HE STUDENTS AND STAFF of the Sathya Sai Schools of Zambia and Kenya have performed exceedingly well in their recent national examinations. Grade 7 girls and boys passed their Government National Exams and were in the top three schools nationally. The Sathya Sai School of Ndola, Zambia with 720 pupils has had a 99%-100% pass rate in public examinations for the past 16 years. The achievement of the female students is especially exceptional in a country where the education of girls is not a priority. Most of the girls had achieved 100 marks above the pass mark. The local media has called the school the “Miracle School” and it has been mentioned in the Parliament as one of the top three schools in the country. School personnel participate in medical camps, Narayana Seva, environmental cleaning, volunteer work in churches and provide drinking water to the needy.

By Swami’s grace, the Sathya Sai School of Kisaju, Kenya with 160 students has had a 100% pass rate in their first national examination of 2007. Students participate in SSEHV workshops and environmental cleaning projects. They also take part in other activities like distribution of blankets and providing drinking water to the local community. The Sathya Sai School of Uthiru, Kenya with 176 pupils also has had a 100% pass rate in public examinations. In addition, the students have received awards for photography exhibitions. They participate

in village cleaning, feeding orphans, building small roads, and take part in workshops on human values.

## VIETNAM

The Sathya Sai Huong Van Health Centre was opened in the historic capital city of Hue, Vietnam on 22nd December 2007. The two-storey Health Centre is built to serve an estimated population of 10,000. It will provide



*The Sathya Sai Huong Van Health Centre which was opened on 22nd December 2007 in the historic capital city of Hue, Vietnam.*

primary healthcare, health education, prenatal and neonatal care, immunisations, treatment of malaria and tuberculosis. Deliveries of babies will also be carried out at the Centre. It will be the home of free medical camps. During the opening ceremony, local Vietnamese officials expressed their gratitude to the Sathya Sai Organisation for providing free healthcare facilities to the needy.

## U. S. A

The beautiful beach city of Oxnard, California has many





*The Sathya Sai Organisation of America organised a medical camp at Oxnard, California on 21st October 2007 in which 360 patients were provided free medication.*

low-income people who do not have access to adequate healthcare. On 21st October 2007, a medical camp was conducted at Oxnard by the Sathya Sai Organisation of America. With remarkable determination and love, the volunteers braved 80 kmph gusts and raging forest fires in the region. Primary care, vision and dental examinations were given to 360 patients by over 250 volunteers. Patients were screened for blood glucose, cholesterol, high blood pressure, vision, anaemia, women's



*A special olympics was held at Elk Grove, Northern California on 6th October 2007 in which 41 visually challenged youth took part. Eighteen Sai devotees helped and served the competitors and organised the event.*

cancers and nutrition. Health education and disease prevention counselling was provided. Sai devotees served food not only to the patients and volunteers but also to 450 local families.

In the town of Elk Grove in Northern California, Sai devotees helped the participants of the special olympics that was held for the blind and visually impaired youth on 6th October 2007. Eighteen Sai devotees served 41 competitors by guiding the participants to events, keeping score and cleaning up after the event.

## SERBIA

Serbian Sathya Sai devotees celebrated Bhagavan's Birthday on 23rd November 2007. It was organised by Sai Youth in Belgrade in which about 200 people took part. The theme of the programme was to share Swami's teachings on unity of all religions. Quotes from Swami's Discourses were illustrated with plays based on Hindu, Christian, Buddhist and Islamic traditions. The programme elicited a feeling of unity and joy of spreading Bhagavan's message.

## GREECE

The Sathya Sai Centres of Athens have been lovingly serving their communities for several years. On 8th December 2007, Sathya Sai devotees visited the Perama area in the port city of Piraeus and distributed 33 bags of food, clothes and toys to 27 children. At the same time, a paediatrician visited families with children to give them health advice and immunisations. On 15th December 2007, Sathya Sai devotees gathered in the foothills of Mount Hymettus in Attica and planted 188 trees and 100 acorns to regenerate the forest destroyed by a fire in 2007.

## SULTANATE OF OMAN

The Sultanate of Oman located in the Persian Gulf hosted two Sai Parenting workshops on 30th November and 1st December 2007 at the Sur Ballroom of the Muscat Holiday Hotel. The keynote speakers were Rita and Robert Bruce. On 29th November 2007, a cultural programme based on Human Values was performed by



*Two workshops on Sathya Sai Parenting were hosted by the Sultanate of Oman on 30th November and 1st December 2007. They were held at the Sur Ballroom of the Muscat Holiday Hotel in which nearly 140 people participated.*

about 300 children. The workshops began the next day and were attended by about 140 people. On 1st December 2007, the workshop was inaugurated by Dr. Sana Sabeel, the Director of the Technical Office of the Ministry of Education. The three-hour session included a lively question and answer period.

## PERU

As a follow-up of the relief provided to the earthquake victims of La Garita in September 2007 (reported in the December issue of Sanathana Sarathi), Sathya Sai devotees visited the devastated villages again on 14th October 2007. Eight



*Free medical care was provided to 142 patients in the medical camp conducted by Sai devotees for earthquake victims of La Garita in a follow-up visit to this area on 14th October 2007. Earlier, Sai devotees provided relief to these earthquake victims in September 2007.*

hundred notebooks and pencils were provided to the children of a school in Chinchá. Large quantities of food were distributed to the people of La Garita and the sick were tended to in a Sai medical camp conducted by three internists, two gynaecologists and three dentists. A total of 142 patients were given free and loving medical care. The follow-up and selfless service by the Sathya Sai devotees was comforting to the earthquake victims.

## THAILAND

Bhagavan's Birthday was celebrated by Thai Sathya Sai devotees in Bangkok on 17th November 2007. The programme consisted of Veda chanting followed by Bhajans and a video of the plays performed by Singapore devotees in the Divine Presence. It was attended by 119 people.

On 8th December 2007, Christmas was celebrated by Bal Vikas children with 101 people in the audience. The event included Bhajans and carols. In addition, a devotional music programme was held





*Bal Vikas children of Thailand celebrated Christmas on 8th December 2007 in Bangkok wherein they sang Bhajans and Christmas carols.*

on 22nd December 2007 in Bangkok. It was attended by 90 people including Sai Youth. All the three programmes were filled with love and adoration for our Beloved Bhagavan.

– **Sri Sathya Sai World Foundation**

**B H A R A T**

**Andhra Pradesh:** Vizianagaram district opened an orphanage on 30th January 2008 at Sreeramnagar, taking three children to start with, as part of Sri Sathya Sai Deenajanoddharana Pathakam (project to help destitute children). The district came to the rescue of 68 fire victims of Akkavaram Madhurayathapeta village and 26 fire victim families in Ayyanna Peta village by providing food provisions and utensils to them. It gave new clothes to 60 leprosy patients in Garividi village on 30th January 2008 and performed Narayana Seva there.

Khammam district gave Amruta Kalasams (food provisions) to 33 poor families selected from 11 villages. The district carried out Narayana Seva for 35

people in sub-jail and for 80 people in S.T. Hostel of Sathupalli on 26th January 2008.

Kurnool district gave two sewing machines at Kovelakuntla, two at Nandyala and one at Kurnool during district Mahila (women) meetings on 19th and 20th January 2008. The district donated a buffalo for self-employment to a poor family and gave walkers to polio affected people. It came to the help of a poor student by giving Rs 200 per month at Nandyala.

West Godavari district gave 15 kg rice each to 50 selected families in Kummarevu village and Amruta Kalasams to 12 families in Dharmaraopet. The district distributes milk to 30 poor children daily in the Eluru Samithi premises. The district conducted a mega medical camp at Burrankulapadu, a remote Girijan village, treating 1,500 patients and selecting 5 cases for surgeries in nursing homes at Tanuku and Nidadavolu.

Krishna district constructed a house in Ramachandrapuram village for a needy woman and handed it over to her on 20th January 2008 with all traditional rituals. On the same day, the district distributed blankets to selected 42 persons of the village.

Vizag district conducted an eye check-up camp in Yellapuvanipalem village on 20th January 2008, examined 237 patients and gave the necessary medicines. Eighteen cataract cases were identified and the cataract operations were carried out. The district conducts medical camp in Gollalapalem village on 4th Sunday and in Korawada on 3rd Sunday of every month and gives medicines. The district gave woollen blankets to 100 people in Gummakota Girijan village and carried out Narayana



Seva for 2,000 Girijans assembled from 30 Girijan villages. The district gave blankets to 54 leprosy patients at Gajuwaka town.

**Assam:** In pursuance of the Village Integrated Programme of Sri Sathya Sai Seva Organisation (Assam), the Guwahati Samithi in collaboration with the Uparhali-Sarpara Samithi of Kamrup district launched a noble service project to improve sanitary conditions of villages. Accordingly, three villages were identified and work commenced on 15th January 2008, the Holy Makara Sankranti Day. The hallmark of the laudable enterprise is that local Sai workers, actively assisted by the villagers themselves, are constructing low-cost latrines which will be provided to all needy families. The work will be expanded in a phased manner with the objective of improving overall sanitary conditions of villages. People of the area appreciated the spirit of self-help of all those involved in the project.

**Orissa:** The 32nd State Conference of Sri Sathya Sai Seva Organisation of Orissa was held at Jajpur Road from 18th to 20th January 2008 in which 2,264 delegates from all districts of Orissa took part. The theme of the conference was: "Grama Seva is Rama Seva" (service to villages is service to God). Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations, delivered an inspiring inaugural address at the conference and also interacted with the office bearers of the State Sai Organisation. During the conference, a symposium on "Sathya Sai Mission and Advent of Golden Age" was conducted which included talks on various aspects of rural development, e.g., "Village Integrated Programme - Vision and Path", "Seva with Unity Based on Purity to Experience Divinity",

"Holistic Healthcare and Involvement of Youth", "Role of Mahilas (women) in Sai Mission with Emphasis on Dynamic Parenting", "Exploring Government Schemes and Facilities for Village Integrated Programme", etc. Besides, a number of workshops were conducted at different venues in different time slots to enable maximum participation of the delegates. The workshops were conducted on the following topics:

Teachings Aids Bank at each Model Village,  
Dynamic Parenting – the Project-oriented Approach,  
Vedic Prayer for Bal Vikas Students,  
Value Education at Schools,  
Activities of Mahila Vibhag (women's wing) focused on Mother and Childcare,  
Cattle Care – the Project-oriented Approach,  
District Youth Coordinators – the Key Players in Sathya Sai Mission,  
Spreading Spiritual Vibrations – Our Role, and  
Technology to Villages.

Many cultural and music programmes were presented by the Bal Vikas students and Sai Youth on this occasion which included Odissi dances by Bal Vikas students of Jajpur Road and Chhatrapur, Gotipua dance by children of Konark and a drama by the Sai Youth of Jajpur district.

**Tamil Nadu:** With the blessings of Bhagavan Sri Sathya Sai Baba, Sri Sathya Sai Skills School was started at Sri Sai Nivas, Perambur, Chennai on 16th June 2007. The aim of the Skills School is to impart practical on-hand training to women



of economically weaker sections, so as to provide them with an opportunity to earn their livelihood and augment monetary resources of their families. The school provides the following vocational training courses:

- Certificate Course in Tailoring,
- Certificate Course in Arts and Crafts,
- Certificate Course in IT Enabled Services,
- Certificate Course in Sai Foods,
- Certificate Course in Home Making,
- Certificate Course in Soft Skills.

The first convocation for the award of certificates to the outgoing trainees from the Tailoring and IT Enabled courses was held at Sai Nivas, Perambur on 27th January 2008. Sri V. Srinivasan, All India President of Sri Sathya Sai Seva Organisations, presided over the convocation and Smt. Vidya Srinivasan presented the certificates to the passing out trainees. A total of 10 trainees of the Certificate Course in Tailoring and 18 from IT Enabled Services received the certificates. The trainees gave out their impressions on the training they received at the Skills School and also offered their grateful Pranams at the Lotus Feet of Bhagavan Sri Sathya Sai Baba.

Sai Youth of Chennai Metro (south) district of Sri Sathya Sai Organisation, Tamil Nadu organised mass marriages for eleven couples at Dohambaramedu, a village adopted under Sri Sathya Sai Village Integrated Programme. This is a remote village near Uthukottai where Sai Youth have been rendering Seva for the past ten years as a part of their Grama Seva Programme. They have organised Youth Welfare Groups in this village managed entirely by the youth drawn from the village itself, who render Sai Seva to the



*Sri Sathya Sai Seva Organisation of Tamil Nadu organised mass marriages of 11 couples belonging to economically weaker sections of society on 3rd February 2008.*

needy in the village. This has brought a total transformation in the inhabitants of the village who now follow the teachings of Bhagavan. Eleven boys and girls of marriageable age, belonging to economically weaker sections of society, whose parents did not have the means to conduct the marriage of their wards, were selected and with the consent of their parents and elders in the village, an appropriate auspicious day was chosen for the celebration of their wedding. The mass marriages were performed at the village temple on 3rd February 2008, where the entire village had gathered to take part in the joyous function. The couples were HIV screened before the wedding. All the couples were given the entire requirement of household accessories and food provisions including cooking oil and other condiments sufficient for a month for a family.

The marriages were registered according to the local rules. The entire village took part in Sri Sathya Sai Bhajans organised on this occasion. The celebrations came to a close with Arati to Bhagavan.



# Pilgrimage

CHINNA KATHA

A GROUP OF PEOPLE OF HIS village came to meet Tukaram before setting out on a pilgrimage and requested him respectfully, "Please, you also come with us." Tukaram expressed his inability to join them. Giving them a small



*Giving them a bundle of cucumbers, Tukaram told the pilgrims to take them to all the temples visited by them and dip them in all the sacred rivers of the places of pilgrimage.*

bundle, he said to them, "This contains some cucumbers. Take them with you on this pilgrimage and bring them back after dipping them in the sacred water of the rivers of the places of the pilgrimage." These pilgrims dipped the bundle in all the rivers and took them for Darshan of gods in all the temples visited by them as instructed by Tukaram. After some time, they came back to the village. All of them came to meet Tukaram and gave back the bundle to him with great reverence and devotion. Tukaram invited them to his house for dinner on the next day.

Along with other dishes, Tukaram served them a dish of curry prepared from these

cucumbers. After the dinner, when they all gathered around him, he asked them, "Did you notice any change in the cucumbers? Aren't they as bitter as they were before?" They all replied in one voice, "Swami! The cucumbers have retained all their bitterness." Then Tukaram remarked, "Look! The cucumbers have been taken to all the temples and have been dipped in all the rivers of the places of pilgrimage visited by you. Yet they have maintained their bitterness as before and



*After the dinner, Tukaram addressed the villagers and observed that the cucumbers did not lose their bitterness even though they were dipped in rivers and taken to temples. Similarly, performance of pilgrimage was futile if it did not bring any change in our nature, he added.*

there is no change in their nature. Similarly, if there is no change in you after performing a pilgrimage, then it is all a futile exercise."

Pilgrimages have been devised to bring about a change in the mind, intellect and feelings of man. In fact, their importance lies in bringing about a change in the conduct of man. These should not be considered as recreational tours.

**Sri Sathya Sai Institute of Higher Medical Sciences,**  
**Prasanthigram - 515 134, Anantapur Dist. (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 in the departments mentioned below of Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram – 515 134.

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C.T.V.S.	Perfusionists	B.Sc. degree from a recognised University. Certificate in Perfusion Technology (awarded by a recognised Institution / Association / Authority such as Association of Thoracic and Cardiovascular Surgeons of India) after training in a Centre with at least one year experience in Clinical Perfusion. <b>Desirable</b> One year working experience in Clinical Perfusion.
Engineering	Telephone Operator	S.S.C. (Tenth Standard) plus formal training as Telephone Operator and experience of having worked as Telephone Operator on a PABX.
Engineering Junior	Assistant Engineer (Bio-medical – Electronics)	Degree in Engineering from a recognised university / Institute or Engineer with 2 years service in the grade. <b>Desirable</b> Experience in the relevant branch of Engineering specialisation.
Dietary Services	Dietician	M.Sc. (Food and Nutrition / Home Science) from a recognised University. Two years experience in the line preferably in a large teaching hospital.

*Director*

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## *Prajnanam Brahma*

Develop Prajnana, the pure unsullied vision of the wise. Then you can visualise the One that is appearing as this many. Prajnanam Brahma, say the Vedas; the higher synoptic wisdom is Brahman. It is that by which the intelligence integrates, that by which the senses cooperate in bringing about workable conclusions. The physical body and the Prajnana are related through the senses and the intelligence. When man and God operate together like the positive and the negative, Prajnana, the current, is generated. It is this Prajnana that establishes in you the conviction, Aham Brahmasmi (I am Brahman).

– Baba

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