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# Sanathana Sarathi



# Sanathana Sarathi

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SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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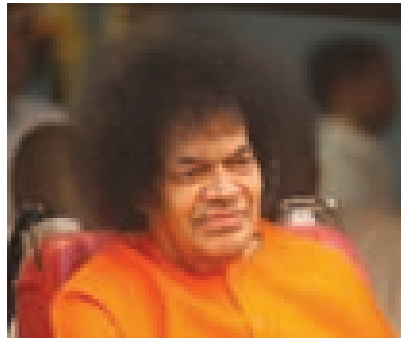
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Daiva Preeti, Papa Bheeti and  
Sangha Neeti. To develop love for  
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(Age) as the only way to liberation."

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**G.L. ANAND**

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



# DEVELOP CONSCIOUSNESS OF ONENESS OF ATMA

## AVATARS INCARNATE TO TRANSFORM MAN

### *Embodiments of Love!*

**M**ANY PEOPLE ASK ME, "SWAMI, where is the Atma?" They do not understand what Atma really means. Although the Vedas and the

### **Atma is the Fundamental Basis of Everything**

In fact, all the sacred texts like the Ramayana, the Bhagavadgita and the Mahabharata have their origin in the Vedas and the Upanishads. Our ancient sages did



*First of all, man should understand, "I am a human being, I am not an animal, I am not a cruel beast." Secondly, he should conduct himself like a human being; he should not behave like an animal or a beast. Ultimately, he should reach the level of divinity. He should not degenerate to the level of an animal or a beast. Avatars incarnate to transform human beings and raise them to divine level. Only a good human being can attain divinity. When you perform all actions to please God, you become God yourself. This is the easy way to God-realisation.*

Upanishads deal with the principle of the Atma quite comprehensively, man today is not able to understand the nature of the Atma.

intense penance, made a thorough enquiry and analysis of the subjects of the sacred texts and put them into practice. On the basis

of their deep enquiry, they declared that the Atma is the fundamental basis of everything and it is changeless. When the Atma assumes a physical body, the body has birth and death but not the Atma. People celebrate the festival of Sivarathri. Do you think Siva was born on Sivarathri? No. Siva signifies auspiciousness. It refers to the all-pervasive Atma. *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Sruthimalloke Sarvamavruthya Tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). Whatever the eyes see, whatever the ears hear, whatever the tongue speaks – everything is Brahman. *Sabda Brahmayi, Characharamayi, Jyotirmayi, Vangmayi, Nityanandamayi, Paratparamayi, Mayamayi and Sreemayi* (embodiment of sound, mobility and immobility, light, speech, eternal bliss, perfection, delusion and wealth). What is it that which is not Brahman? Everything is Brahman. You cannot say: “This is Brahman and that is not.” (Bhagavan showing His handkerchief) Even this handkerchief is Brahman. What is this handkerchief made of? It is made of threads. Wherefrom have threads come? They have come from cotton. Cotton is made into threads and threads are woven to make cloth. In fact, it is not cloth. It is only cotton that has assumed this form with the help of various equipments. This cloth can be made into a handkerchief, a robe, a Sari or a Dhoti. You may think, they are different but they are not. Cotton is the basis of all these.

People think that everything has come from the mind. The world is the creation of the mind. Nothing can be identified without the mind. Therefore, first of all, you have to know the nature of the mind. The mind is very powerful, but it has no independent existence. It has come from the Atma. Since the mind

keeps on changing every moment, it is called “monkey mind.” Whatever one perceives with the help of the mind is not true. Without the Atma, the mind and subconscious mind have no existence. Viveka (discrimination), Vijnana (secular knowledge) and Sujnana (spiritual knowledge) have all their origin in the Atma. There may be changes in the form, but the fundamental basis of everything is the Atma. An individual is called a child at the time of birth and a boy after a few years. At the time of marriage, he is called a man and when he begets children, he is called a householder. One stage leads to the other, but the person is the same. Similarly, the Atma is the fundamental basis of everything.

### **That Thou Art**

The same Atma is referred to as Om and also as *Tattwamasi*. ‘Tat’ means That, ‘Twam’ means Thou. Therefore, *Tattwamasi* means ‘That Thou Art’. ‘Tat’ and ‘Twam’ are one and the same. Everything has emerged from Brahma. Pranava is another name of Om, from which the entire universe has emerged. When one chants Om, the sound emerges from the navel region. This Pranava is the very form of divinity. Can everybody understand the divine principle of Pranava? No. That is why people have attributed various names and forms like Rama, Krishna, Easwara, Allah, Jesus, etc., to divinity. In reality, the divinity has no form. These names and forms have been given to divinity by people on the basis of their liking. You worship a particular form only for your own satisfaction. When you worship God in the form of Venkateswara, He will manifest before you in that form. Similarly, if you worship God in the form of Rama or Krishna, He will appear before you in that form. But who has seen Rama or Krishna? These forms have



been painted by artists like Ravi Varma. The names and forms of divinity have been given by you; God is not born with these names and forms. You may worship Krishna, Rama or Siva but all of them are one only. In the final analysis, God is only one. There are no two entities. *Ekameva Adviteeyam Brahma* (God is one without a second). It is due to the delusion caused by your imagination that you see diversity where there is unity. This imagination is the cause of all your difficulties. Here is a small example.

Suppose, a child comes on the stage in a drama in the costume and make-up of Krishna. And the same child comes again on the stage like Rama and Siva also. You think, Krishna has come, Rama has come and Siva has come. But it is the same child who has come as Rama, Krishna and Siva in different costumes and make-up. Though the forms are different, the reality is the same. You see difference due to your delusion. When you consider someone a bad person, he will appear to you bad. On the other hand, if you think somebody is good, he will appear to be good. It is due to your own feelings and thoughts that someone appears to be good or bad to you. The changes in your mind are the cause of all this. You should try to see things as they are.

You may think that you are meditating on a particular form. But if your mind keeps wavering from moment to moment, it is no meditation. There are three stages in this process. The first is concentration, the second is contemplation and the third, meditation. You begin with concentration and reach the stage of contemplation. In contemplation, your mind becomes steady to some extent. When you continue this practice, your mind will ultimately become completely steady. Then only can you call it meditation. It is not possible



***First and foremost, develop love for God. When you have money in your pocket, you can buy any jewels. When you have love for God, you will have everything you require. When you aspire to attain the principle of the Atma, you have to contemplate on the Atmic principle. That is the sure way to experience the principle of the Atma. When you have this divine experience, you yourself will become divine.***



to attain the state of meditation the moment you sit for it. In the beginning, concentration is very essential. Gradually, your mind becomes more and more steady. Many people say that they are doing meditation but most of them are doing artificial meditation which is of no use. Only a few are really able to reach the state of meditation.

*“Sreyohi Jnanamabhyasat,  
Jnanaddhyanam Vishishyate,  
Dhyanat Karmaphala Thyaga,  
Thyagat Santhiranantaram.”*

(Sanskrit Verse)

(Better indeed is knowledge than practice. Better than knowledge is meditation on God. But better than meditation is renunciation of the desire for the fruits of actions. For, there follows peace immediately.)

A child does not immediately become an adult. Only when he grows in age will he come to the stage of an adult. It is a mistake to think that whatever you wish will happen automatically. If that is so, your very existence is meaningless. For anything to happen, human effort is very essential.





*To realise the Atmic principle, you have to take refuge in the Atma. Once you realise the Atmic principle, you become Atma yourself. Then you will say, "I am not a mortal; I am not a demon; I am the immortal Atma. Aham Brahmasmi (I am Brahman)." Hence, develop faith in the Atma and realise it. The Atma is your divine consciousness. When you follow consciousness, you become one with it. Therefore, gradually give up your evil talk, evil thoughts and evil actions. Not only your speech should be good, but your seeing and thinking should also be perfect.*

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### **Follow the Path of Oneness**

First of all, you should try to understand who you are. You refer to yourself as, "I, I, I ..." This 'I' is Atma. When you yourself

All physical bodies are like pots and the mind is like water. So long as there is water in a pot, you see the reflection of the moon in it. It



are Atma, why do you go in search of Atma elsewhere? Atma is only one. There cannot be two Atmas. All endeavours of man today end in confusion. Not only in confusion, but even in depression and disappointment. What is the reason for this depression and disappointment? The unsteadiness of man's mind is the cause of all this.

Recently, there have been elections. In the elections, one candidate is victorious and the other is defeated. On one side is the victory and on the other, there is defeat. The same thing happens in every field of life in this world. In fact, everything is subject to change in this world. There is change in climate, in environment, and even in the five elements. Our food also undergoes change. The food you prepare today becomes unfit for consumption tomorrow. It gets totally spoilt after a couple of days. There is change in food, there is change in water and there is change in everything. When everything is changing in this world, how can you remain unaffected? You also undergo change. And so does your mind. There is only one thing which does not change, that is Constant Integrated Awareness. In order to attain this, you have to develop *Ekatma Bhava* (feeling of oneness). Individuals are many but the Atma is the same in all of them.

is only reflection and not the reality. Follow the path of oneness to attain the reality.

Students! Do not consider Atma as a mere word consisting of two letters. It denotes Ekatma Bhava. *All are one, be alike to everyone.* You should develop the consciousness of the oneness of the Atma. Only then will you be able to understand the principle of the Atma. The Atma is present everywhere. That is the only thing that exists and that is the truth.

*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)

### **Always Perform Good Actions**

Truth permeates everything in this world. It is present in you, with you, around you, above you and below you. That truth is Atma. Truth does not change. It is ever changeless. When you go on adding truth + truth + truth ..., it remains truth. The changeless principle of truth is one only. It is said, *Sathyam Bruyath, Priyam Bruyath, Na Bruyath Sathyamapriyam* (speak truth, speak pleasantly and do not speak unpalatable truth). Truth is the fundamental basis of everything. Where there is Sathya (truth), there is Dharma (righteousness). Where there are Sathya and Dharma, there is Santhi (peace). Where there is peace, there is love. Where there is love, evil qualities like anger, hatred, jealousy and conceit cannot exist there. Where there is love, there cannot be any unrest. A person who has love in him will remain unharmed in the face of all dangers.

When Hanuman went to Lanka, he searched for Sita in every mansion, every street and every garden. But he could not find her.

When he saw many ugly looking demonesses, he thought to himself that Sita would not be there in the midst of such women. Ultimately, he found Sita in Asoka garden. When he confronted Ravana in his court, Ravana spoke to him in insulting words. Hanuman also addressed Ravana in the same derogatory way. Then Ravana said, "Not even a king has ever dared to address me in such derogatory way. I will see to it that your mouth is shut." Hanuman replied, "You are a demon and I am the servant of Rama who is the master of fourteen worlds. Hence, I have every right to address you in this manner." Ravana became furious and ordered, "Set his tail on fire." Then all the demons wrapped his tail with clothes soaked in oil and set it on fire. But Hanuman did not keep quiet. He started jumping from one house to another, setting the entire Lanka ablaze in the process. All the demons ran out of their houses and came to streets. They started asking each other,

*Who is this monkey?*

*Who has sent him here?*

*He has raised such commotion in our streets.*

*In which house can we take shelter?*

*Now Sita must be feeling satisfied.*

*We hear that this monkey is the servant of Rama.*

(Telugu Song)

Even Mandodari came out of her mansion. Everyone came out in streets and watched helplessly all their wealth and mansions engulfed in flames. They were grief-stricken and asked each other, "He has set each and every house on fire. Now where can we go?" In the entire city of Lanka, only Vibhishana's house remained safe.

Wherever one may go, it is not possible to escape the consequences of one's





actions. Whatever actions one does, one has to experience their results.

*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)*

You cannot escape the consequences of any of your actions. Whatever you eat, you get the belch of that. When you eat Pakodas (Indian savouries), you get the belch of Pakodas only. Similarly, whatever action you do, you will have the same reaction. Therefore, you should always perform good actions. When you have Daiva Preeti (love for God), you will have Papa Bheeti (fear of sin) and Sangha Neeti (morality in society). When you have Daiva Preeti, you will have fear of sin. You will be afraid of committing sins, thinking that God would punish you if you commit any sins. Therefore, you will not indulge in evil deeds. That will result in morality in society. To establish morality in society, there should be fear of sin. Only love for God will develop fear of sin in you. It is most essential for man to develop Daiva Preeti, Papa Bheeti and Sangha Neeti. To develop love for God, one should chant the Name of God. That is why Namasmarana (chanting of the Divine Name) is prescribed for man in this Yuga (Age) as the only way to liberation.

### **The Easy Way to God-realisation**

To realise the Atmic principle, you have to take refuge in the Atma. Once you



***First of all, you have to know the nature of the mind. The mind is very powerful, but it has no independent existence. It has come from the Atma. Since the mind keeps on changing every moment, it is called "monkey mind." Whatever one perceives with the help of the mind is not true. Without the Atma, the mind and subconscious mind have no existence. Viveka (discrimination), Vijnana (secular knowledge) and Sujnana (spiritual knowledge) have all their origin in the Atma. There may be changes in the form, but the fundamental basis of everything is the Atma.***



realise the Atmic principle, you become Atma yourself. Then you will say, "I am not a mortal; I am not a demon; I am the immortal Atma. Aham Brahmasmi (I am Brahman)." Hence, develop faith in the Atma and realise it. The Atma is your divine consciousness. When you follow consciousness, you become one with it. Therefore, gradually give up your evil talk, evil thoughts and evil actions. Not only your speech should be good, but your seeing and thinking should also be perfect. When your speech, thoughts and vision are good, you will become a good person. This is what the sacred epics like the Ramayana, the Mahabharata and the Bhagavata teach.

First and foremost, develop love for God. When you have money in your pocket, you can buy any jewels. When you have love for God, you will have everything you require. When

*Continued on page 272 ...*



# CELEBRATIONS AT PRASANTHI NILAYAM

## BHAGAVAN'S DIVINE DISCOURSE

**O**N 20TH JULY 2009, BHAGAVAN blessed the devotees in Sai Kulwant Hall with a Divine Discourse after evening Bhajans. Before the Discourse of Bhagavan, two distinguished speakers addressed the devotees. The first speaker was Sri Anil Kumar, a faculty member of Sri Sathya Sai University. In his speech, Sri Anil Kumar dwelt on the profound Upanishadic statement "Tattwamasi" (That Thou Art) and explained its meaning on the basis of the teachings of Bhagavan. Embellishing his talk with relevant poems of Bhagavan, Sri Anil Kumar observed that the realisation of the divinity within us was the highest attainment of life. The second speaker was Sri S.V. Giri, former Vice Chancellor of Sri Sathya Sai University. Sri Giri referred to the story of Nachiketa in the Kathopanishad and exhorted one and all to follow the path of Sreyas (good) rather than Preyas (pleasant) as illustrated by this story. Man should develop constant integrated awareness that he is essentially divine and should follow the principle of Daiva Preeti, Papa Bheeti and Sangha Neeti (love for God, fear of sin and morality in society) to redeem his life, added the learned speaker. After the speech of Sri Giri, Bhagavan delivered a nectarine Discourse (full text given elsewhere) and explained in detail various subtle truths contained in the Upanishads. Arati was offered to Bhagavan at 7.15 p.m. which marked the conclusion of the programme.

## PILGRIMAGE OF U.S.A. DEVOTEES

A group of more than 80 devotees including about 20 Bal Vikas children came to Prasanthi Nilayam from 20th July to 3rd August 2009 on a pilgrimage from Southern California, U.S.A. On the evening of 25th July, these devotees presented a cultural programme comprising a playlet and Bhajans in Sai Kulwant Hall. The playlet was based on the Discourses of Bhagavan which depicted the life of Abraham Lincoln who followed the teachings of his mother and imbibed many qualities described by Lord Krishna of a true devotee in Chapter 12 of the Bhagavadgita. While singers recited



*Devotees and Bal Vikas children from Southern California, U.S.A. presented an excellent cultural programme on 25th July 2009.*

the Gita Slokas (verses) in Sanskrit from this chapter, the children enacted skits, depicting various incidents from the life of Abraham Lincoln, highlighting his qualities which helped him to become the President of America. The playlet was well-knit so that it could convey the message of the Gita as well as depict the qualities and incidents from the life of



Abraham Lincoln in just ten minutes. This was followed by Bhajans which were all devoted to the Mother Principle of God, represented by various goddesses. Both ladies and gents singers of U.S.A. led the Bhajans which were followed in chorus by the entire gathering in Sai Kulwant Hall. At the conclusion of the programme, Bhagavan blessed the participants and posed for group photos with them. The programme which started at 7.40 p.m. came to a close with Arati to Bhagavan at 8.25 p.m. Prasadam blessed by Bhagavan was distributed to all in the end.

Another group of devotees including Bal Vikas children came from North Central, Northern California and Nevada regions of U.S.A. on a pilgrimage to Prasanthi Nilayam from 25th July to 2nd August 2009. Bal Vikas children and singers from this group presented



*The musical dance drama "United Sai America" presented by the Bal Vikas children of North Central, Northern California and Nevada regions of U.S.A. on 30th July 2009 depicted the teachings of various faiths to highlight the unity of all faiths.*

a musical dance drama entitled "United Sai America" on 30th July 2009. The drama which began at 5.20 p.m. after Bhagavan's Darshan in Sai Kulwant Hall highlighted how the

people of various faiths were practising their religious beliefs and were living unitedly in that vast country. The Bal Vikas children in the dress and make-up of followers of major religions of the world came one after the other in the performing area and described the teachings of the religion represented by them through songs, dances and dialogues while the singers, both ladies and gents, joined them in singing the relevant songs accompanied by appropriate music. A youth in the make-up of Narada played the role of the coordinator of the drama and interacted with all groups to make the teachings of each faith explicit. In conclusion, all the groups sang the group song "Sai Tere Pyar Ke Liye ..." showcasing the love and teachings of Bhagavan: "There is only one religion, the religion of love ..." At the end of the drama, Bhagavan materialised a gold chain for the youth who played the role of Narada. Bhagavan also distributed clothes to all those who participated in the programme. This was followed by Bhajans which were alternately led by ladies and gents singers of this group. After distribution of Prasadam to all, the programme came to a close with Arati to Bhagavan at 6.30 p.m.

### **PILGRIMAGE OF ANDHRA PRADESH DEVOTEES**

Devotees from Ranga Reddy and Srikakulam districts of Andhra Pradesh came to Prasanthi Nilayam on a pilgrimage in the months of July and August 2009 respectively and organised cultural and social welfare programmes in the Divine Presence of Bhagavan.

#### **Ranga Reddy District Programme**

More than 3,000 devotees came from Ranga Reddy district from 25th to 27th July 2009. On 26th July 2009, Bal Vikas children and youth of this district enacted a dance drama



“Radha Krishna”, which was, in fact, a repeat performance with the same script and lyrics of the drama “Radha’s Ananya Bhakti” (Radha’s unwavering devotion) presented earlier by the students of Sri Sathya Sai University in 1985, the script and lyrics of which were provided by Bhagavan Sri Sathya Sai Baba Himself. The drama highlighted the purity and sacredness of Radha’s devotion for Krishna with whom she merged in the end when Krishna visited Repalle after the lapse of a long period on the occasion of commemoration of lifting of Govardhan mountain by young Krishna. Embellished with thrilling music, sweet lyrics and exhilarating dances of children in colourful costumes, it was a superb presentation on the theme of Bhakti. The drama which commenced at 5.40 p.m. with an invocation song and dance dedicated to Ananthapadmanabha Swamy (Lord Vishnu)



*The drama “Radha Krishna” enacted by the youth and Bal Vikas children of Ranga Reddy district of Andhra Pradesh on 26th July 2009 showcased the purity and sacredness of Radha’s love for Krishna.*

came to a close at 6.30 p.m. Bhagavan sat through the entire presentation, blessed the cast at the conclusion of the drama, posed for group photos with them and distributed clothes to them with His Divine Hands. He also materialised a gold bracelet for the director of the drama. After the distribution of Prasadam, the programme came to a close with Arati to Bhagavan at 7.10 p.m.

Two programmes were organised by Sri Sathya Sai Organisation of Ranga Reddy district on 27th July 2009. The first programme



*The Sai Organisation of Ranga Reddy district of Andhra Pradesh organised the distribution of various implements to selected beneficiaries on 27th July 2009 to provide means of employment to them.*

was the distribution of various implements to provide means of employment to selected poor people. The programme began at 5.10 p.m. after Bhagavan’s Darshan in Sai Kulwant Hall. As the names of the beneficiaries were announced, they came before Bhagavan, offered their salutations to Him and received the item earmarked for each of them. In all, 85 items were distributed. The items included sewing and embroidery machines, iron boxes, telephone coin boxes, agricultural sprayers, wet grinders and various kits for barbers, electricians, carpenters, etc.

The second programme was that of devotional songs which followed this distribution. Commencing the programme with an invocation song to Lord Ganesh, the singers, both ladies and gents of this district, enraptured the audience with soul-elevating devotional songs dedicated to Bhagavan. At the conclusion of the programme, Bhagavan blessed the singers, posed for group photos with them and distributed clothes to them. He also materialised two gold rings, one each for two musicians. After the distribution of





Prasadam, Arati was offered to Bhagavan at 6.25 p.m. which marked the conclusion of the programme.

### **Srikakulam District Programme**

More than 5,000 devotees from Srikakulam district of Andhra Pradesh came to Prasanthi Nilayam on a pilgrimage from 10th to 12th August 2009. A group of these devotees presented a patriotic drama entitled "Sai Bharati" in Sai Kulwant Hall on 11th August 2009. Enacted on the eve of Bharat's Independence



*The drama "Sai Bharati" presented by the devotees of Srikakulam district of Andhra Pradesh on 11th August 2009 depicted the glory of Bharat.*

Day, the drama depicted the glory of Bharat as described by Bhagavan in His poems and Discourses. The story of Bharat's was unfolded through powerful dialogues between three great admirers of Bharat, viz., Rabindranath Tagore, Bal Gangadhar Tilak and Max Muller. Embellished with exhilarating dances of children in their colourful costumes and powerfully sung patriotic poems and songs to the tune of thrilling music, the drama made a mark as one of the most impressive performances on the theme of patriotism. Bhagavan's patriotic poem "Khanda Khandantara ..." in His own golden voice added great value to the drama. The drama which started at 5.35 p.m. came to a close at 6.25 p.m. Bhagavan sat

through the entire presentation, blessed the cast at the end of the drama, posed for group photos with them and distributed clothes to them. He also materialised a gold chain for the youth who enacted the role of Max Muller. After distribution of Prasadam, the programme came to a close at 6.45 p.m. with Arati to Bhagavan.

### **VARALAKSHMI VRATA**

In a grand function held on 31st August 2009 at Prasanthi Nilayam in Sai Kulwant Hall, more than 1,500 ladies performed Varalakshmi Vrata (ritual to worship goddess Lakshmi) jointly in the Divine Presence of Bhagavan Sri Sathya Sai Baba. On the morning of 31st August 2009, Bhagavan was offered traditional welcome with Poornakumbham when He came to Sai Kulwant Hall at 9.45 a.m. amidst Veda chanting. The participants in the Vrata were already seated in the hall with material for worship to perform this sacred ritual. The programme started at 10.00 a.m. with prayer to Lord Ganesh. Explaining the importance of this ritual, the chief priest said that the performance of this sacred ritual in the presence of the Supreme Lord of the universe Bhagavan Sri Sathya Sai Baba at Prasanthi Nilayam, the very Vaikuntha (heaven) on earth, had immense significance. The chief priest



*More than 1,500 ladies performed Varalakshmi Vrata in Sai Kulwant Hall on 31st August 2009 to worship goddess Lakshmi.*



then instructed the participants to perform the rituals to worship goddess Lakshmi and Bhagavan Baba in the prescribed manner. The participants accordingly carried out the worship with great devotion and sacredness. At the conclusion of the rituals, Bhagavan went into the rows of the participants and showered His blessings on them. The function concluded at 11.00 a.m. with offer of Arati to Bhagavan. The participants also offered Arati to Bhagavan simultaneously which presented a grand spectacle in the hall. Prasadam blessed by Bhagavan was distributed to all in the end.

### **A Devotional Music Concert**

The afternoon of 31st July was enlivened by a scintillating devotional music concert by the renowned classical singer Anuradha Sriram. The concert began at 4.50 p.m. after Bhagavan's Darshan in Sai Kulwant Hall. After offering prayer to the Guru and Lord Ganesh, the celebrated singer enthralled the listeners with a fine medley of devotional songs in Hindi, Telugu, Tamil and Marathi, concluding her concert with the famous Mira Bhajan, "Payoji Maine Ram Ratan Dhan Payo" at 6.00 p.m. The entire rendition had a spellbinding effect on the audience and created an aura of devotion encompassing one and all. At the end of her concert, Bhagavan blessed the singer, materialised a gold chain for her and gave a silk Sari to her. Bhagavan also distributed clothes to the artistes who rendered instrumental support to her. This was followed by Bhajans which were led by students. The programme came to a close with Arati to Bhagavan at 6.20 p.m.

### **YOUTH CAMPS OF HIMACHAL PRADESH, GUJARAT, MADHYA PRADESH AND CHHATTISGARH**

The Sai Organisations of Himachal Pradesh, Gujarat, Madhya Pradesh

and Chhattisgarh organised youth camps at Prasanthi Nilayam in the month of August 2009.

### **Music Programme by Himachal Pradesh Youth**

More than 450 youth came from all parts of Himachal Pradesh to participate in the youth camp organised by the Sai Organisation of Himachal Pradesh at Prasanthi Nilayam from 2nd to 6th August 2009. On 5th August 2009, these youth, both boys and girls, presented a music programme in Sai Kulwant Hall in the



*Sai Youth of Himachal Pradesh presented a programme of devotional music in Sai Kulwant Hall on 5th August 2009.*

Divine Presence of Bhagavan. The programme comprised a traditional Kirtan (musical chanting of Divine Name) entitled "Sai Naam Tarakam" (Name of Sai liberates) in the form of a chorus by boys and a musical presentation in the form of prayer to Bhagavan by girls. The programme which started at 6.05 p.m. after Bhagavan's Darshan in Sai Kulwant Hall came to a close with Arati to Bhagavan at 6.40 p.m. Prasadam blessed by Bhagavan was distributed to all in the end.

### **Drama by Gujarat Youth**

Sri Sathya Sai Seva Organisation of Gujarat organised a youth camp at Prasanthi Nilayam from 7th to 10th August 2009. More





*Sai Youth of Gujarat portrayed the real story of their work in village Paikked in a drama presented in Sai Kulwant Hall on 10th August 2009.*

than 500 youth came from all parts of Gujarat to participate in it. On 10th August 2009, a group of these youth performed a drama in Sai Kulwant Hall which made a factual presentation of the work being done by the Sai Youth of Gujarat in village Paikked adopted by the Sai Organisation under Sri Sathya Sai Village Integrated Programme. The drama depicted some real life incidents which showed how the Sai Youth were reaching out to the villagers in any critical situation and were taking care of their needs regarding health, education, cleanliness, social and spiritual upliftment. The drama which started at 6.40 p.m. in the Divine Presence of Bhagavan came to a close at 7.00 p.m. Prasadam blessed by Bhagavan was distributed to all in the end.

### **Drama by the Youth of Madhya Pradesh and Chhattisgarh**

More than 2,000 youth participated in the youth camp organised by the Sai Organisation of Madhya Pradesh and Chhattisgarh at Prasanthi Nilayam from 17th to 20th August 2009, and spent their stay of four days fruitfully by engaging themselves in spiritual and Seva activities. On 20th August 2009, a group of these youth presented a musical play

entitled “Manasa Bhajare Guru Charanam” highlighting the first message that Bhagavan gave to mankind on 20th October 1940 at the age of 14 years. Interweaving the stories of King Janaka, Adi Sankara, Tulsi Das and Dakshinamurthy in its plot, the drama conveyed the Divine Message of Bhagavan to man that he could attain liberation only by controlling his mind and surrendering himself



*Sai Youth of Madhya Pradesh and Chhattisgarh presented a musical play entitled “Manasa Bhajare Guru Charanam” on 20th August 2009 highlighting the first message that Bhagavan gave to mankind.*

at the feet of his Guru. The drama which started at 6.30 p.m. after Bhagavan’s Darshan concluded at 7.00 p.m. which was followed by vocal devotional music by Kumari Geetika Manjrekar, a renowned Hindustani classical singer who enraptured the audience by her soulful rendering of devotional songs. At the end of the programme, Bhagavan blessed the cast of the drama and posed for group photos with them. After distribution of Prasadam, the programme came to a close with Arati to Bhagavan at 7.25 p.m.

### **PILGRIMAGE OF U.K. YOUTH**

A group of 180 youth came to Prasanthi Nilayam from London, U.K. on a pilgrimage from 2nd to 12th August 2009. During





*A group of 180 youth from U.K. came on a pilgrimage to Prasanthi Nilayam from 2nd to 12th August 2009. They presented a programme of devotional songs on 9th August 2009.*

their stay at Prasanthi Nilayam, the youth participated in spiritual activities which included daily Darshan and Bhajan sessions in Sai Kulwant Hall. On 9th August, singers, both boys and girls of this group, presented a programme of devotional music in the Divine Presence of Bhagavan. Starting with recitation of Om three times and a Sanskrit verse in praise of Guru, the singers poured out their heart to sing the praises of the Lord through devotional songs, Bhajans, an instrumental piece and a Qawali. The programme which started at 6.30 p.m. came to a close at 7.15 p.m. with Arati to Bhagavan. Bhagavan sat through the entire presentation and blessed the singers at the conclusion of the programme. Prasadam blessed by Bhagavan was distributed to all in the end.

### **SRI KRISHNA JANMASHTAMI FESTIVAL**

The sacred festival of Sri Krishna Janmashtami, commemorating the Advent of Lord Krishna, was celebrated at Prasanthi Nilayam with great sacredness and piety. Sai Kulwant Hall, the venue of the function, was tastefully decorated for the festive

occasion. Special decorations were done on the dais where a beautiful idol of Krishna was placed in exquisite floral setting. On the morning of 14th August 2009, Bhagavan came to Sai Kulwant Hall in His sparkling yellow robe at 9.15 a.m. and showered the bliss of His Darshan on the huge assembly of devotees who were engaged in Bhajan singing led by the students of the university. After Bhajans, Arati was offered to Bhagavan which marked the conclusion of the morning programme at 10.30 a.m.



*Students of Sri Sathya Sai University with finely bedecked cows in Sai Kulwant Hall on the sacred day of Sri Krishna Janmashtami on 14th August 2009.*

In the afternoon, the procession of finely bedecked cows led by exquisitely caparisoned Sathya Geeta (Bhagavan's dear elephant) and Veda chanting and Bhajan singing groups of students came from Gokulam to Sai Kulwant Hall at 5.30 p.m. On His arrival in the hall amidst sacred Vedic chants, Bhagavan lovingly blessed Sathya Geeta, cows, calves, a peacock, a fawn and doves and fed them. After Bhagavan was seated on the dais, the students started devotional songs and Stotras in praise of Lord Krishna. This included a Pancharatna Kriti of Thyagaraja also. This was followed by Bhajans which immersed one and all in bliss. The programme concluded at 6.20 p.m. with Arati to Bhagavan.

## INDEPENDENCE DAY DRAMA

As part of 63rd Independence Day celebrations at Prasanthi Nilayam, the postgraduate (final year) students of Sri Sathya Sai University staged a patriotic drama entitled “Bharat Bhagya Vidhata” (makers of India’s destiny) in Sai Kulwant Hall on 16th August 2009. The drama which commenced at 5.00 p.m. in the Divine Presence of Bhagavan depicted how the people of this country unitedly fought the foreign rulers and



*The drama performed by the students of Sri Sathya Sai University on 16th August 2009 portrayed how our enlightened leaders worked not only for the freedom of Bharat from foreign rule but also showed the path of freedom of the spirit to their countrymen and the world.*

achieved Independence under the leadership of great visionaries and enlightened leaders like Mahatma Gandhi, Bal Gangadhar Tilak, Sri Aurobindo and Rabindranath Tagore who not only worked for freedom from foreign rule but also showed to their countrymen and the world the path of freedom of spirit which could make man free in the real sense of the term. The scenes of Hindu and Muslim unity at the division of Bengal in 1905 and Sri Aurobindo’s trial in the Alipore Bomb Case were very realistically depicted which enhanced the historical value of the drama. The scene from the Ramayana depicting Rama’s refusal

to rule over Lanka and His declaration that mother and motherland were greater than even heaven highlighted the patriotic spirit of the drama. Sri Aurobindo’s direct experience of Lord Krishna in jail and his vision to raise Bharat to her ancient spiritual heights were also very realistically depicted. The drama concluded with Sri Aurobindo’s revelation on 24th November 1926 that Krishna had descended on earth, confirming the Avatarhood of Bhagavan Sri Sathya Sai Baba. At the conclusion of the drama, Bhagavan blessed the cast and posed for group photos with them. The programme came to a close with Arati to Bhagavan at 6.20 p.m. Prasadam blessed by Bhagavan was distributed to all in the end.

## ANANTAPUR DISTRICT PROGRAMME

Sri Sathya Sai Seva Organisation of Anantapur district presented a dance drama entitled “Dharmodharaka (redeemer of Dharma) Sri Sathya Sai” in Sai Kulwant Hall in the Divine Presence of Bhagavan on 21st August 2009, highlighting the teachings of Bhagavan. As a practical example of these teachings, with regard to helping and uplifting the poor and needy, the Sai Organisation organised distribution of various implements to deserving beneficiaries to help them become



*The Sai Organisation of Anantapur district organised the distribution of implements to 173 beneficiaries to enable them to earn their livelihood.*



self-reliant and earn their livelihood. In all, 173 implements were distributed which included sewing machines, wet grinders, power sprayers, iron boxes, push carts and kits for professionals like carpenters, electricians, etc. Besides, bicycles were distributed to those who had to walk long distances. Bhagavan blessed all the beneficiaries as they offered their salutations to Him and received the items earmarked for them.

### **Dharmodharaka Sri Sathya Sai**

After this distribution, Bal Vikas children of Anantapur district presented the dance drama which depicted how Bhagavan is inspiring youth, parents, teachers, students and devotees by His teachings and example to follow the path of Dharma and redeem their life. The drama also dwelt on ideal motherhood which was exemplified by the Divine Mother Easwamma. In conclusion, the drama highlighted the nine-fold path of devotion which was the easiest and most effective path for God-realisation. Embellished with sweet



*Bal Vikas children of Anantapur district presented on 21st August 2009 a dance drama which depicted how Bhagavan is inspiring youth, parents, teachers, students and devotees by His teachings and example to follow the path of Dharma.*

music, thematic songs and thrilling dances of children, the drama kept the audience spellbound for more than 30 minutes. At the conclusion of the drama, Bhagavan blessed the children and posed for group photos with them. The programme which started at 6.00 p.m. came to a close at 7.10 p.m. with Arati to Bhagavan after distribution of Prasadam to all.

*... Continued from page 263*

you aspire to attain the principle of the Atma, you have to contemplate on it. That is the sure way to experience the principle of the Atma. When you have this divine experience, you yourself will become divine. In order to have this experience, you have to engage yourself in constant spiritual practice. Therefore, practice is very essential. Practice is essential even in ordinary daily affairs of your life. Without practice, you may commit many mistakes. In fact, you can achieve nothing without practice.

First of all, man should understand, "I am a human being, I am not an animal, I am not a cruel beast." Secondly, he should conduct himself like a human being; he should

not behave like an animal or a beast. Ultimately, he should reach the level of divinity. He should not degenerate to the level of an animal or a beast. Avatars incarnate to transform human beings and raise them to divine level. Only a good human being can attain divinity. When you perform all actions to please God, you become God yourself. This is the easy way to God-realisation. On the other hand, when you follow wicked people, you will also become wicked. *Tell me your company, I shall tell you what you are.* As is your company, so shall you become.

**– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 20th July 2009.**



# DIVINITY MANIFESTS THE EFFULGENCE OF TRUTH

*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 sixth Discourse given on 21st June 1996. Sanathana Sarathi will publish these Discourses from time to time which are appropriately named Amrita Dhara (ambrosial stream).*



*Modern education develops only intelligence and does not help the Buddhi (intellect) to blossom. One may acquire all types of education. But what is the use if the intellect is not blossomed? Such education has neither any value nor is of any use.*

(Telugu Poem)

## EGO COVERS UP THE ATMIC PRINCIPLE

### *Embodiments of Love!*

**I**N THIS WORLD, PEOPLE EQUATE Medha Shakti (intelligence) with Buddhi (wisdom) in their day-to-day affairs. But this is not correct. King Vikramaditya once convened a big conference to discuss the difference between Buddhi and Medha Shakti, in which he invited many scholars, intellectuals and learned men. Addressing them, he said, "Oh great scholars! If you tell me the difference between Buddhi and Medha Shakti, it will make me very happy. Which of the two is greater, nobler and superior? Kindly let me know." All the scholars were unanimous in their opinion that Buddhi was far more

superior to Medha Shakti. They observed that Medha Shakti lacked the qualities of equality and fraternity which Buddhi possessed. Vikramaditya was surprised to hear this as he had all along been thinking that there was not much difference between Buddhi and Medha Shakti.

### **Difference between Intelligence and Wisdom**

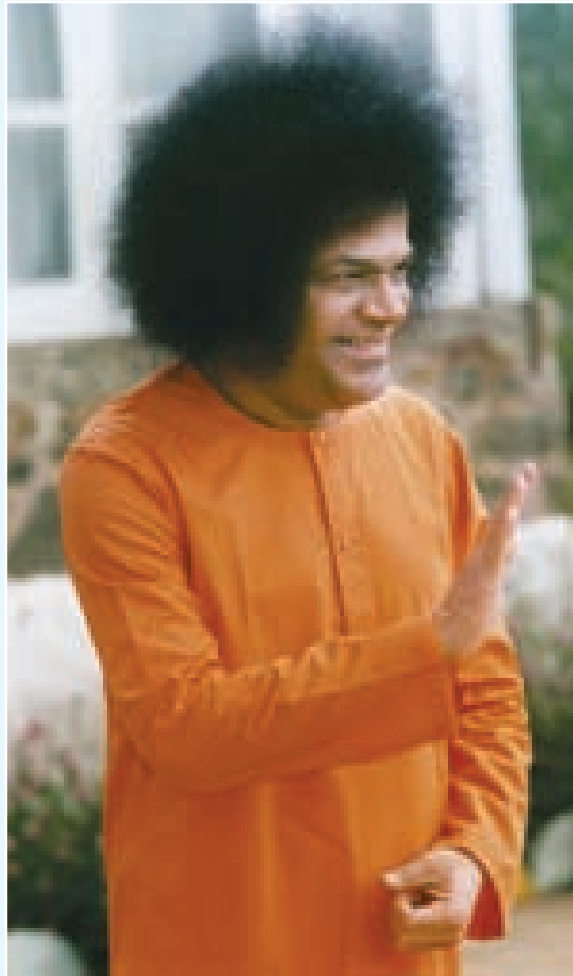
Buddhi has five precious attributes. These are: Sraddha (steadfast faith), Ritam (practice of Dharma), Sathya (truth), Yoga, Mahattar Shakti (Supreme Divine Power). These are actually the five powers of Buddhi.

Medha Shakti is related to worldly and





physical intelligence. It does not possess the attributes of Buddhi. One who is endowed with intelligence is full of doubts and lacks faith. He has unlimited ego. Ego covers up the Atmic principle, resulting in the decline of the power of Buddhi. Mere intelligence is not the sign of true learning. Unfortunately, in modern times, those who are endowed with intelligence are



considered great and worthy of respect. But in ancient times, only those with Buddhi were held in high esteem but not those with mere intelligence.

The first attribute of Buddhi is Sradhha (steadfast faith) which connotes yearning

and steadiness. Mere yearning is not enough; you should have firm faith also. Buddhi fosters Ritam. Ritam denotes Trikarana Suddhi (purity of thought, word and deed). When you attain the purity of thought, word and deed, only then will you be endowed with the virtue of Ritam. Ritam helps one to enquire whether one's faith is steadfast or not. After understanding the principle of Ritam, when you express it in the form of speech, it becomes truth. When

*You should always be happy. That is the reward for being in the presence of God. Where is happiness? Happiness is union with God. Look at the faces of those who do not think of God. They may sport an artificial smile on their face like in a cinema, but in reality they have a 'castor oil' (melancholy) face. Those who have become the recipients of divine grace have an effulgent face. Those who live in God-consciousness radiate divine effulgence. That is the mark of divinity. As the rays of divine grace fall on them, they shine with brilliance.*

you develop total faith in the purity of thought, word and deed, then all that you speak will be truth only. Speaking what you have seen, heard and known through your senses does not necessarily mean truth. You may call it Nijam (factual knowledge). There is a lot of difference between Sathyam and Nijam. The fourth attribute of Buddhi is Yoga. What is



meant by Yoga? There are many types of Yoga that are prevalent in this world. But according to the Patanjali Yoga Sutras (yoga aphorisms), Yoga is *Chitta Vritti Nirodha* (control of all mental modifications). Yoga denotes control of speech, seeing, hearing, thinking and desiring. It connotes mastery over all the senses and inner impulses.

### **Control of Senses is the First Lesson for Students**

Talk whatever is necessary; do not talk too much. Speak only the truth. Do not indulge in argumentation on what is untruthful. It is sheer ignorance to debate upon something about which you have no knowledge because such futile debate gives rise to hatred. It does not promote unity. Vain argumentation will lead to enmity. Control of senses is very necessary for students because this age is very sacred and divine. You can build the royal road to your bright future only in this age. Modern youth are the future emancipators of the nation. Control of senses is the first lesson that students should learn.

Mahattar Shakti is the combination of Sraddha, Ritam, Sathya and Yoga. That Supreme Divine Power is God Himself. When you are endowed with divine power, you will have Trikarana Suddhi (unity of thought, word and deed). It is only in divinity that you find the effulgence of truth. Therefore, it is said, "Truth is God." Not only this, Sraddha is also the form of God. That is why the Gita declares, *Sraddhavan Labhate Jnanam* (one with steadfast faith attains wisdom). What is Jnana (wisdom)? That is the very form of God. *Sathyam Jnanam Anantham Brahma* (Brahman is the embodiment of truth, wisdom and eternity). Therefore, Sathya is God, Ritam is God, Sraddha is God, Yoga is God and Mahattar Shakti is God. As these are

the five attributes of Buddhi, the Bhagavadgita declares, *Buddhigrahyamatheendriyam* (the Atma is beyond the ken of senses and can be understood only by the intellect). Buddhi is beyond the senses. It is not proper to equate it with Medha Shakti.

Students should know the difference between Buddhi and Medha Shakti. Intelligence can help you to secure high marks in the examinations, make a mark in debates and deliver an eloquent speech. But all this corresponds to worldly knowledge and the path of Pravritti (worldliness). Buddhi leads you to the path of Nivritti (spirituality). You have to recognise how close Buddhi is to the principle of the Atma. The senses are above the body, the mind is above the senses, Buddhi is above the mind and the Atma is above the Buddhi. Hence, Buddhi is closest to the Atma and is illumined directly by the Atma. In fact, Buddhi is the reflection of the Atma. It is a mistake to compare such a sacred Buddhi with Medha Shakti. Medha Shakti is related to the senses. It is not beyond the senses like Buddhi. Medha Shakti is useful only to earn a livelihood. It cannot help you to experience the oneness of the Atma.

### **Good Thoughts Originate from Buddhi**

A wealthy person built a big mansion, consisting of a drawing room, a kitchen, a dining hall, bedrooms and bathrooms. The walls between the different rooms separated them from each other. When there are no walls, the entire mansion becomes a big hall. It is the walls of differences created by men that separate them from each other. Otherwise, they can experience the bliss of the oneness of the Atma which is the same in all. The head of the family is addressed in many different ways by the members of the family. His son addresses him



as father, his wife addresses him, 'my dear husband', his grandson addresses him, 'my dear grandfather' and his daughter-in-law calls him, 'my dear father-in-law'. All the members of his family have a different relationship with him, but the person is the same. All these physical relationships are related to the body only, and not to the Atmic principle. All these differences will disappear when you develop faith in the principle of oneness. There is no need for any particular spiritual practice to give up body attachment. Body is negative and the life principle within it is positive which makes the body function. Its functioning is like the functioning of a clock. When you wind the clock with the help of a key, the hands start moving and the clock starts functioning. Without the winding, the hands do not move and the clock does not function. You cannot know the time unless the hands move. In the same way, in the clock of the body, the life principle is the key which is responsible for the functioning of all its parts like hands, feet, nose, etc.

The other day, I explained to you the meaning and significance of the Gayatri Mantra. Its first three words are: Bhu, Bhuvah, Suvah. 'Bhu' is related to the body which is made up of various materials like iron, phosphorous, lime, water, etc. Since it is formed by the combination of worldly materials, it signifies materialisation. 'Bhuvah' refers to the life principle which signifies vibration. 'Suvah' relates to Prajnana (Supreme Consciousness). It connotes radiation which is the driving force behind materialisation and vibration. That is why the Vedas declare, *Prajnanam Brahma* (Brahman is Supreme Consciousness). It is by the radiation of Prajnana that the vibration of life principle and the materialisation of the body are able to function. The materialisation, vibration and radiation correspond to Bhuloka, Bhuvraloka and Suvarloka



***Divine power is present in everyone. But people have no faith in the divine power. Whatever they do, they think that they are doing with their own power. This is not only their ignorance, but also their foolishness. Divine power is the basis of all other powers. To know such a divine power, you should have yearning and steadiness in the first place. You should develop love and affection for God. Your love should not be like a leaf that flutters in the wind or the pendulum of a clock that keeps oscillating. It should be steady. Only then can you become deserving of divine grace.***



(earth, space and heaven). They are not somewhere at a distant place; they are all within you. In fact, everything is within you – animality, humanness and divinity. In reality, the entire world is within you.

Your thoughts are the basis of everything. Therefore, you should develop good thoughts. Wherefrom do you get good thoughts? They originate from Buddhi. When someone does not give expression to good thoughts in his talking, he is termed Buddhiheena (one who is devoid of Buddhi). Such a person is more like an animal. One who is endowed with Buddhi will have Trikarana Suddhi. One with Medha Shakti will be proficient only in worldly affairs. Buddhi is beyond worldliness.

### **Follow the Atmic Principle**

All the limbs of the body perform their functions in accordance with the rules and regulations laid down by God. For



*Do not follow the body, do not follow the mind, follow the conscience. Follow the Atmic principle. Only then will you experience all that is good. Man is caught in a state of turmoil because he is not performing his duties and is following the wrong path. Not only are the individuals today in a state of restlessness, they are causing unrest in the world also. Everybody should perform his duty diligently. That is why it is said, work is worship. Every work should be treated as service to God.*

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everything, Atmic principle is the basis. Take the physical body, for example. When the mind thinks of going somewhere, your feet move in accordance with the thought of the mind. When the mind thinks of doing a particular work, your hands move accordingly. Similarly, when the mind gives the command to the eyes to see somebody, the eyes obey the command immediately. When the mind wants



to listen to the tape recorder, your ears will act accordingly. When the mouth gets the order for eating food, it functions accordingly.

In this manner, all the limbs of the body such as hands, feet, eyes, mouth work according to the thoughts of the mind. They all perform their respective duties. The ears which have the duty of hearing do not try to speak. Similarly, the mouth does not try to hear. The mouth performs its duty of speaking and the ears, of hearing. Your life will be in turmoil if various limbs do not perform their respective duties. Once all the senses decided to abandon their prescribed duties. They thought, "We gather all delicious food items with great effort but it is only the mouth that eats all of them without giving anything to us. Effort is ours and enjoyment is that of the mouth! The jewels belong to somebody but someone else uses them to decorate himself, as the saying goes." Thinking in this manner, all the limbs stopped their respective duties. Then what happened? The entire body

became weak. It is God who has prescribed duties for each limb of the body which they should perform implicitly.

All the senses perform their prescribed duties, but the mind of man does not perform its assigned duty. On the one hand, the mind tells you that something is bad, and on the other hand, it makes you do the same. Is it proper for the mind to make you do something

which it itself considers as evil? That is why the mind is called a mad monkey. The body is like a water bubble; nobody knows when it will burst. Therefore, do not follow the body, do not follow the mind, follow the conscience. Follow the Atmic principle. Only then will you experience all that is good. Man is caught in a state of turmoil because he is not performing his duties and is following the wrong path. Not only are the individuals today in a state of restlessness, they are causing unrest in the world also. Everybody should perform his duty diligently. That is why it is said, *work is worship*. Every work should be treated as service to God. But man today is not adhering to this principle. On the contrary, he says one thing and does something else. *Manasyekam Vachasyekam, Karmanyekam Mahatmanam* (Those whose thoughts, words and deeds are in perfect harmony are noble ones). Of the five attributes of Buddhi, Supreme Divine Power is the highest. How can man attain this power? He can attain it by developing unity of thought, word and deed. Man today has become evil because he does not observe unity of thought, word and deed. *Manasyanyath Vachasyanyath, Karmanyanyath Duratmanam* (Those who lack harmony of thoughts, words and deeds are wicked).

### **You can Achieve Everything with Devotion and Faith**

Sraddha, Ritam, Sathya, Yoga and Mahattar Shakti are the five attributes of Buddhi. The words *Dhiyo Yo Na Prachodayat* in Gayatri Mantra convey the prayer for the blossoming of Buddhi. Just as the darkness that covers the world is dispelled by the light of the sun, in the same way, one's ignorance is destroyed by the light of Buddhi. What is the source of the light of Buddhi? It is the faith in the Self. Therefore, develop faith in the Self. You cannot perform even a small

task without faith in the Self. People today have lost faith in themselves. Life itself will become meaningless and chaotic without faith in the Self. Man should develop faith that he is divine.

The Upanishads declare that one who is endowed with faith is a real human being. Man today has no faith. An animal has faith in its master. Even a dog looks at its master with love. But man today has no faith in his fellow human beings. When man has no faith in his fellow human beings, how can he have faith in Narayana (God)? Only when he develops faith in his fellow beings can he have faith in God. You should lead your life with faith in God. In order to develop faith, you should first develop Sraddha. Sraddha has two aspects – Aasakti (yearning) and Sthiratwam (steadiness). When these two qualities combine, Sraddha manifests there. You may have the yearning to attain God, but it should be constant and steady. Only then can you attain God.

Students! There are many things for you to learn. I have told you the difference between Buddhi and Medha Shakti. Similarly, you should know about the mind and its vagaries. Mind is very pure and sacred but it becomes unsacred and dirty by evil thoughts. It is like a white cloth which is totally clean and spotless. But it becomes dirty when it is put to misuse. You give your dirty clothes to the washerman for washing. He removes the dirt and gives back clean clothes to you. What do you say then? You say that the washerman has made the clothes clean and white. The washerman does not have the power to make your clothes white. Whiteness is the original colour of your clothes. The washerman has only removed the dirt. In the same way, the mind is totally pure. You make it dirty by indulging in evil practices. The washerman removes the dirt

of the clothes by hitting them repeatedly





on a rock. Similarly, the dirt of the mind can be removed by the constant repetition of God's Name. This develops Sraddha. In this manner, you should develop Sraddha and Viswas (faith). If you have both devotion and faith, there is nothing that you cannot achieve in this world. You can even reach the sun and the moon. Here, the sun does not refer to the sun which shines in the sky. Your vision itself is the sun. As the Vedas say, *Chandrama Manaso Jataha Chaksho Suryo Ajayata* (the moon was born out of the mind and the sun out of the eyes of the Supreme Being). You can have the sacred vision when you have both Sraddha and Viswas. This sacred vision is termed as 'Su-darshan', which means good vision. As described in the Bhagavata story, when Gajendra (king of elephants) was caught by the crocodile, he prayed to Lord Narayana wholeheartedly, "I have lost courage and strength. I am tired and totally exhausted and I am about to lose consciousness. Oh Lord Narayana! Come and protect me." Here Gajendra is not an elephant. One's pride is the elephant. After giving up his pride on his strength, Gajendra turned his vision towards God. Then Lord Narayana also cast His benevolent look towards him. That look itself became Sudarshan Chakra (Lord Vishnu's discus) which saved Gajendra.

### **Divine Power is the Basis of all Powers**

One's eyes signify the splendour of the sun. It is the combination of the external light and the light of your eyes that makes you see. Even if the sun is shining brightly, you cannot see anything if you close your eyes. What is the reason? The sun in your eyes should combine with the sun outside. Only then can you see the world. You cannot see anything when you are in a dark room. What is the reason? There is no external light. Without sunlight or any other light, your eyes cannot see.

When the light of your eyes combines



with the light outside, then only you are able to see everything. It means your eyes should be open, and there should be light outside. The unity of both is necessary for you to see. Eyes by themselves do not have the power to see. Similarly, ears have no power of their own to hear and the tongue has no power to speak. It is the divine power which makes them function. Suppose a person is dead. He does have eyes, ears and tongue but they cannot function. What is the reason? The reason is that he has lost his innate divine power. People today have eyes and ears. But they can neither see nor hear what they are supposed to see and hear. What is the reason? The reason is that their mind is polluted.

Once Lord Krishna manifested before Surdas and said, "Do you wish to see Me? I will restore your eyesight." Then Surdas asked, "Oh Lord! Are all those who have eyes able to see You? People have ears which are as big as winnowers but they cannot listen to the sweet music of Your flute. Similarly, people have eyes, but they are more like cotton seeds. They cannot see Your divine form. I want those eyes with which I can see Your divine form. I want those ears which can listen to the sweet music of Your flute. I don't require physical eyes and ears which are of no use to me." This is real knowledge. This is real renunciation.

*Oh Lord! In spite of having eyes, people are verily blind as they do not yearn to see Your auspicious form. Though they are endowed with ears, they are deaf to Your teachings. Though God is immanent in them, they have drowned themselves in worldly life.*

(Telugu Poem)

You should understand the principle of Buddhi if you want to develop such divine feelings. You can attain everything with the help of Buddhi. Divine power is present

in everyone. But people have no faith

in the divine power. Whatever they do, they think that they are doing with their own power. This is not only their ignorance, but also their foolishness. Divine power is the basis of all other powers. To know such a divine power, you should have yearning and steadiness in the first place. You should develop love and affection for God. Your love should not be like a leaf that flutters in the wind or the pendulum of a clock that keeps oscillating. It should be steady. Only then can you become deserving of divine grace.

### **Happiness is Union with God**

There are so many things that our students should know. Many people think, Swami is repeating the same things again and again. Yes, things have to be told again and again till you can learn and put them into practice. Are you not filling the same stomach everyday? When you have eaten in the morning, why do you again eat in the evening? "I ate yesterday. Why should I eat today?" Why don't you think like this? It is because whatever you eat gets digested. That is why you are filling the same stomach again and again. You wash your face again and again. Then why should you not hear what you have already heard? If you have derived bliss by practising what you have heard, then there is no need for you to hear it again. But until you put into practice, these things have to be told again and again.

Here is a small example. You teach A, B, C to small children. When they reach first standard, you teach them the spellings of words. If you have to learn the spelling of the word 'milk', you have to keep repeating 'm-i-l-k' many times. It is only when you repeat again and again can you remember the spelling of the word milk. Until you learn the spelling and the meaning properly, you have to keep repeating. However, every time I repeat

something, there is something new in it. You have to recognise this truth. I have told you the meaning of Gayatri Mantra many times. But every time I tell, there is a new meaning of this Mantra. This is the greatness of Sai. The interpretation I give is ever new. It is not only My words, even My form is ever new. That is the sign of divinity. Divinity is ever new. You should also be ever new. You should never give room to old and rotten feelings in your heart. You should always be happy. That is the reward for being in the presence of God. Where is happiness? *Happiness is union with God.* Look at the faces of those who do not think of God. They may sport an artificial smile on their face like in a cinema, but in reality they have a 'castor oil' (melancholy) face. Those who have become the recipients of divine grace have an effulgent face. Those who live in God-consciousness radiate divine effulgence. That is the mark of divinity. As the rays of divine grace fall on them, they shine with brilliance.

Sraddha and Viswas are necessary to attain divine grace. The ladder of divine grace has Viswas as support at its lower end and Sraddha, at the upper end. You cannot climb the ladder unless it has support at both its ends. If you have both Sraddha and Viswas, you can achieve anything in this world. Wherever you may go, God is in you, with you, around you, above you and below you.

*God is your sole refuge wherever you may be,*

*In a forest, in the sky, in a city or a village,  
on the top of a mountain or in the middle of  
deep sea.* (Telugu Poem)

Develop such divine feelings.

**– From Bhagavan's Divine Discourse in  
Sai Kulwant Hall, Prasanthi Nilayam on 21st  
June 1996.**







## THE PROPHECY MADE IN 1943

**I**S IT TRUE? CAN IT BE TRUE? A boy calling himself Sai Baba! And consoling the dispirited, curing the ill, exorcising ghosts and teaching the old! I heard of this sixteen-year-old prodigy and entered Puttaparthi, with a woman, mad since two years, and her husband. That was in 1943.

At Bukkapatnam, people laughed at us; they thought all of us were mad to believe in the miraculous powers of that boy. Yet having come so far, we decided to complete the journey, instead of turning back. We engaged a bullock cart for twelve annas (three quarters of a rupee) and came to the river-bed. I left them there and moved into the little haggard group of houses, along narrow tracks.



*The house of Karanam Subbamma where young Sathya lived in early years and performed many miraculous deeds to the astonishment of villagers.*

I peeped into a Brahmin house (Karanam Subbamma's house); the verandah was full of groundnut heaps. Inside I found a charming

young boy, with a bright, intelligent face, talking with the labourers. I accosted him and asked, "I heard there is a boy in this village who has become Sai Baba; it seems he cures madness. Which is his house, can you tell me?"

The boy looked at me very lovingly and replied, "Poor fellow! The mad woman you brought with you is giving terrible trouble to her husband in the river! Go and take bath, and bring them also after their bath is over. I shall then show you the boy you are after." While returning from the river, the woman ran wildly hither and thither and it was a job to bring her to the Brahmin house. Sai Baba (for, it was none other than He) told me, "I'll call you one by one" and took me in, first. He created Vibhuti and applied it on my forehead. Then, He called in the couple. They had bought some bananas at Bukkapatnam for Sai Baba. He gave the woman to eat one banana out of the number. He also gave them both the materialised Vibhuti.

It was six in the evening, by then. Coming out on the road, the wife told her husband "Well; what about our meal? Get some rice from the shop and ask for vessels. I shall cook food for us, pretty quick." The husband was overjoyed; her madness had gone!

*Continued on page 283 ...*



## Acharya Devo Bhava

**M**ANY DISCIPLES OF SAGE Gautam lived in his Ashram and received education from him. One day, he was sitting in a pensive mood. Seeing this, his disciples came near him and asked, "Revered Guru! You appear to be immersed in some worry today. Can we know the reason for this?" Explaining the reason of his worry, the Guru said, "My dear ones! You all know that this region has become afflicted with famine due to lack of rains. There are 400 cows in our Ashram. So far as our eyes can see, there is no water or grass anywhere near here. Then how can we provide water and fodder for them? I cannot bear the sight of suffering of these dumb cattle. It will be good if these cows are taken to a good place and brought back after the famine is over. I am pondering if any of my disciples can do this work." All the disciples started looking at each other's face, gripped as they were with fear as to how it would be possible for one person to go alone to a far-off place and take care of as many as 400 cows.

When nobody came forward to say that he was ready to go, a disciple named Satyakama came before the Guru, saluted him and prayed, "Oh revered Guru! Give me your command and blessings. I will take these cows to another place." The Guru said with happiness, "My dear! Return to the Ashram when the number of cows increases from 400 to 1,000." Saying this, the Guru blessed him and sent him away with 400 cows. With firm faith in his Guru, Satyakama set out on his journey with 400 cows. Within a few days, he reached a



*With firm faith in his Guru, Satyakama set out on his long journey with 400 cows.*

nice place rich in natural beauty with verdant mountains and meadows where a river also flowed. Satyakama was overjoyed on finding such a beautiful place.

Getting up early in the morning everyday, he performed Japa and Dhyana (recitation of God's Name and meditation) after taking bath and engaged himself in the task of looking after the cows. While the cows grazed in the fields, he did Namasmara (recitation of God's Name). He dedicated himself to the task of serving the cows, considering service to the cows as service to his Guru. Absorbed as he remained in this task, he never counted the number of cows. After some time, Lord Indra, the king of gods, manifested before him and said, "My dear! The number of your cows has now reached 1,000. Have you forgotten the words of your Guru? It is time for you to return to the Ashram of your

Guru." Satyakama offered deep gratitude to Lord Indra and started his journey



back to the Ashram. Lord Indra travelled with Satyakama everyday and imparted to him the knowledge of the essence of the Vedas. After giving him the knowledge of all the four Vedas, Lord Indra gave his blessings to Satyakama and disappeared. When Satyakama reached the Ashram of his Guru, his face was radiant with divine effulgence. Seeing this, the Guru understood what Satyakama had experienced. He embraced and blessed him, shedding tears of joy.

According to Bharatiya culture, Guru is verily God. This is what we have to understand here. The scriptures declare: Acharya Devo Bhava (revere the Guru as God). But no benefit will accrue to you if you merely keep on repeating this axiom. What is required is to demonstrate it by putting it into practice. Satyakama became deserving of the grace of the king of gods by conducting himself in this manner.



*When Satyakama returned to his Guru's Ashram with 1,000 cows, his face was radiant with divine effulgence. Seeing this, the Guru understood what Satyakama had experienced and embraced him.*

... Continued from page 281

But Baba called us in and we sat with Him for the night meal. Baba mixed all the items served by Subbamma into tolerably big balls, and He gave one for each of us. It was tasty beyond words!

That night, we slept in the verandah of that house. We were disturbed often by the howling of packs of jackals, and the braying of donkeys. At about three, some woman shrieked, "I am dying"; she was stung by a scorpion! A few minutes later, someone cried, "kill, kill" and many ran in that direction. It was a cobra, this time.

Early morning, we touched Baba's feet and stood before Him. "No sleep? Too many snakes in this place. This is a very holy place, but under a curse! Sai will save it", He said and then

added, "The Sai Pravesh (Advent) will make it the Prasanthi Pradesh (region of peace). Upon that hill, I shall have a grand Bhavan (mansion). By that time, hundreds (why hundreds?), thousands (why thousands?), lakhs, all India will be here. The whole world will come and wait for Sai Darshan." I said, on hearing this, "What? I cannot believe this will happen." He laughed and said, "You will have to believe it when you will be standing at a great distance, trying to catch a glimpse of Me!"

Now, in 1972, I stand at a great distance and yearn for Sai Darshan; I now believe in the prophecy He made in 1943.

**– Pujari Lakshmaiah,  
Sanathana Sarathi, August / September 1972**



# NEWS FROM SAI CENTRES

## RUSSIA

**A** MEDICAL CAMP WAS HELD IN Lodeynoye Pole in the Leningrad region of Russia from 29th May 2009 to 6th June 2009. During this period, 88 volunteers from Russia, Holland, Moldova, and Germany including a medical team of 33 experts provided 1,700 consultations. A pharmacy was set up at the medical camp to dispense free medications to those who needed them. At the same time, about 20 volunteers helped rebuild and renovate five nearby schools. Food, clothes and shoes were donated to nearby villages. In addition, children's books and art supplies were donated to establish a local public library.

Ninety-three teachers and educators of Zone 8 of the Sai Organisation, comprising



*Seventh annual seminar on Sai Spiritual Education and Sathya Sai Human Values was held in Dzerzhinsky near Moscow from 26th to 28th March 2009, in which 93 teachers and educators from Belarus, Kazakhstan, all regions of the Russian Federation and Ukraine took part.*

Belarus, Kazakhstan, all regions of the Russian Federation and Ukraine gathered in the town of Dzerzhinsky near Moscow from 26th to 28th March 2009 for seventh annual seminar on Sai Spiritual Education (SSE) and Sathya Sai Education in Human Values (SSEHV). The theme of the seminar was "Sathya Sai Education for All," with the motto, "True Education is Unity with God." Besides school teachers and educators, participants included psychologists, educational coordinators, philosophers and writers. In the opening address, Valery Voshchinin, Central Coordinator of Zone 8, emphasised the importance of spiritual education. The seminar included six presentations on spiritual education and Sai Parenting. In addition, nine other presentations were made on human values, teaching techniques and authoring of children's books. The audience found these presentations inspiring and full of love.

## EL SALVADOR

A Sathya Sai conference on the theme of ideal healthcare was held in San Salvador, El Salvador during Easter week, from 9th to 11th April 2009. A total of 260 devotees from eight countries (Guatemala, Honduras, Nicaragua, Costa Rica, Brazil, Venezuela, Mexico and El Salvador) participated and enjoyed the Message and Divine Love of Bhagavan Sri Sathya Sai Baba. The keynote speaker, Dr. Narendranath Reddy, Chairman, Sri Sathya Sai International Medical Committee, spoke on Sri Sathya Sai Global Health Mission as it related to Sri Sathya Sai Ideal Healthcare. Dr. Hector Castaneda, a neurologist



*A Sathya Sai conference on ideal healthcare was held in San Salvador from 9th to 11th April 2009, in which 260 delegates from eight countries took part.*

and member of Sri Sathya Sai International Medical Committee for Latin America, spoke about the practice of human values (truth, right conduct, peace, love, and non-violence) and their impact on health.

During the conference, guests were given a tour of the awe-inspiring service projects being carried out by the Sathya Sai Organisation of El Salvador. Inspired by Bhagavan's mammoth drinking water projects in India, Sai devotees have provided drinking water to many communities to whom the government could not provide drinking water for many years. New wells were dug and storage tanks were constructed to provide drinking water via pumps, pipes and taps. Each water project provides drinking water to approximately 90 to 400 families per community. 12 such projects in the region provide drinking water to approximately 2,000 families and three schools. In addition, medical clinics provide free medical services to the underprivileged once a week in San Salvador and once a month in Santa Tecla.



## INDONESIA

In March 2009, the Sai Centre of Jakarta conducted three medical camps. Two of these were carried out in Dadap (Tangerang Regency), where clean water is a scarcity. The residents suffer from many skin ailments and other diseases, including diarrhoea, vomiting and tuberculosis. In the first camp, held on 1st March, over 600 patients were served by 67 volunteers. During the second camp, held on 29th March, 75 volunteers served about 800 patients. A third medical camp, held in Cilincing, North Jakarta, on 15th March, had 58



*The Sai Centre of Jakarta organised three medical camps in three underdeveloped areas of Indonesia in March 2009 and served more than 1,500 patients.*

volunteers serving 117 patients. Patients were treated for ailments ranging from minor upper respiratory tract infections to elephantiasis and eye disorders. Cilincing is a slum area where several hepatitis vaccination programmes were previously carried out. During all three camps, patients received food packets.

## KAZAKHSTAN

Shuchinsk is a beautiful city in northern Kazakhstan, a region of legends and



charm where lakes, mountains, healthy climate and forests go together. In the centre of Shuchinsk is Dendrology Park, located near a lake. The park, built in 1961, is home for more than 600 plants. On 10th April 2009, a team of 45 Sai volunteers from eight cities of Kazakhstan spruced up the park by removing old dry branches of trees and bushes, cleaning up wastes and preparing and delivering the cut timber to people in need.

On 11th and 12th April 2009, a medical camp and human values classes for children were organised in village Akylbai. The medical team in paediatrics, ENT, dentistry, geriatrics and physiotherapy provided more than 350



*Besides organising a medical camp and classes for teaching values to children, the Sai Organisation of Kazakhstan held a workshop for teachers on "Integrating Human Values in Teaching Curricula" on 11th and 12th April 2009 in village Akylbai.*

consultations. Free medicines were also distributed. Volunteer teachers conducted classes to help children develop good character and qualities such as caring, friendliness, mercy, love and harmony. One could witness the joy in the eyes of these children. After the lessons, a workshop for teachers entitled "Integrating Human Values in Teaching

Curricula" was conducted. Discussion topics included teaching human values to express one's innate divinity.

### U. S. A.

On 4th April 2009, a free medical screening camp was held in Columbus, Ohio at the Wesley Church of Hope, United Methodist Church. About 110 people ranging in age from 5 to 85 were served. Some patients were seeing a doctor for the first time in their lives. Twelve medical doctors, including specialists and a physical therapist, provided loving service to the patients in the fields of general medicine, paediatrics, geriatrics, ophthalmology, gynaecology, psychiatry and physical therapy. Blood screening (lipid profile) tests were conducted. About 60 volunteers, including Sai Spiritual Education (SSE) children and Sai young adults, rendered service. Non-perishable food items and personal hygiene supplies were distributed. Tears of gratitude shimmered in the eyes of many patients. Pastor Richard Duncan communicated the success of the camp to the Regional Methodist Church, and as a result, a few other churches have since expressed strong interest in taking part in similar events in future. The medical camp was a concrete step towards "community building", as people felt comfortable and welcomed during this event. As a fitting finale to the whole medical camp, the church asked that the banner with Bhagavan's teaching, "Love All, Serve All" and "Help Ever, Hurt Never," be left at the premises.

Members of Sri Sathya Sai Organisation of America in St. Louis, Missouri (U.S.A. Region 4) organised fourth bone marrow donor registration drive on 16th and 17th May 2009 during the 32nd Annual Sai Conference at Camp Wyman, Eureka, Missouri.





*During the 32nd Annual Sai Conference held at Camp Wyman, Eureka, Missouri organised by the Sai Organisation of America on 16th and 17th August 2009, 35 devotees registered for bone marrow donation.*

Devotees attending the conference came forward to register in the national bone marrow registry with the noble thought that one day, by this act, they could save the life of someone with cancer. A total of 35 people, consisting of 17 men and 18 women, registered. Fourteen volunteers helped with donor registration.

#### – Sri Sathya Sai World Foundation

### BHARAT

**Andhra Pradesh:** West Godavari district distributed 25 sewing machines to 25 poor women in Akiveedu village on 1st July 2009 to enable them to earn their livelihood. It distributed blankets to 85 poor people in Kesavaram village on 5th July 2009. The district conducted an eye check-up camp in Pentapadu village and selected 38 patients for conducting cataract operations at Tanuku town in a nursing home. The district runs a gruel centre at Kovvur town, feeding about 100 people daily. The district carried out Narayana Seva to serve food to 4,500 people at

different centres and gave Amruta Kalasams to 124 poor families.

**Delhi:** Metro Vihar, Phase 3 (Hollumbi Khurd) located some 16 km from the main North Delhi area, has about 4,750 residents who are below poverty line. There is a Municipal School with 450 students. The village was adopted by the North District of Sathya Sai Organisation under the Sri Sathya Sai Village Integrated Programme (SSSVIP). Upon adoption, a free Sathya Sai Dispensary was established under the supervision of qualified doctors who are treating the patients of this village and nearby areas. In addition, stitching, tailoring, cloth painting and embroidery classes were held for the women of the village. Two batches of 20 women have qualified this six months course and the third batch is currently undergoing training.

Through surveys and subsequent medical camps, it was identified that the residents of this village suffered from water-borne diseases during monsoon and rainy season due to non-availability of clean drinking water and inadequate sanitation. Besides imparting free treatment to villagers, health education lectures are also being organised for the benefit of villagers. A 1,000 litres per hour capacity R.O.



*Sai Organisation, Delhi has installed a 1,000 litres per hour capacity R.O. water filter to provide clean drinking water to villagers and school children.*



water filter has been installed in the premises of the MCD School which provides filtered water to the students of the school during the day and to the villagers after school hours. The filter started functioning in the village from 14th June 2009. Local youth along with Samithi Seva Dal and Sai Youth have decided to conduct regular health education camps in the village in future.

**Haryana and Chandigarh:** The photo exhibition “Journey with Sai”, which was first held at Prasanthi Nilayam to mark the golden jubilee of “Sanathana Sarathi”, was organised in Jat Dharamashala at Kurukshetra (Haryana) from 15th to 19th July 2009. The exhibition was spread over three floors of the building and was set up in huge halls. The exhibition was inaugurated on 15th July 2009 by Dr. Neelima Shangla, Additional District and Sessions Judge, Kurukshetra, an ardent devotee of Bhagavan Baba. The exhibition was open to public from 9.00 a.m. to 12.00 noon and from 4.00 p.m. to 9.00 p.m. In the forenoon sessions, mostly students of 10th and 10+2 Classes from various schools saw the exhibition. In the evenings, mostly public from the twin cities of



*The photo exhibition “Journey with Sai” was organised in Jat Dharamashala at Kurukshetra (Haryana) from 15th to 19th July 2009.*

Thanesar and Kurukshetra saw the exhibition. Devotees from Shahabad, Karnal, Panipat, Ambala, Kaithal, Kurukshetra and Kheri Circle (group of 22 villages) came to have a glimpse of the exhibits. Among the professionals and intellectuals, many doctors, advocates, judges, university professors and teachers visited the exhibition and appreciated the exhibits. The total number of visitors to the exhibition was 3,500.

**Orissa:** People of Orissa experienced the special grace of Bhagavan Sri Sathya Sai Baba when keys of 300 houses constructed under Orissa Flood Housing Project of Sri Sathya Sai Central Trust were handed over to beneficiaries by Sri V. Srinivasan, All India



*In a function held in Bhubaneswar on 2nd July 2009, keys of 300 houses constructed by Sri Sathya Sai Central Trust were handed to the flood-affected beneficiaries.*

President, Sri Sathya Sai Seva Organisations on 2nd July 2009. Beneficiary couples were brought from their villages to Bhubaneswar with loving care and the keys of the newly-constructed houses along with new clothes, utensils and other household articles were given to them. The villagers expressed their heartfelt gratitude to Bhagavan and prayed to have His Darshan.

# 'Vibhuti' Diary 2010

Available for sale from 2nd week of September 2009

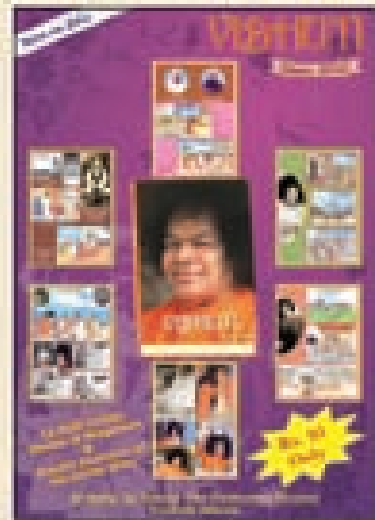
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### *Transformation of Mind*

Changing the material world without transforming the mind is of no use. Transforming man is transforming the world. The world will not change without the transformation of man. The world does not mean this visible earth alone. It is also society that we see and interact with. Society is suffused with consciousness and is not inert. Society will be transformed only when man's mind changes. Today we have changes in world – in finance, science and politics, but not the transformation of the mind. For the transformation of the mind, spiritual transformation is essential. The transformation of the mind is present in the spiritual transformation itself.

– Baba

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