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# Sanathana Sarathi



# Sanathana Sarathi

Devoted to the Moral and Spiritual Uplift of Humanity through

SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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"Evil thoughts are rooted out by the effect  
of good company. Eradication of evil  
thoughts forms the basis of man's liberation.  
Man can attain concentration only when  
he annihilates his evil thoughts. He should  
make all efforts to foster only good thoughts.  
And good thoughts are possible only by good  
company. Therefore, good company should  
be the main aim of man's life."

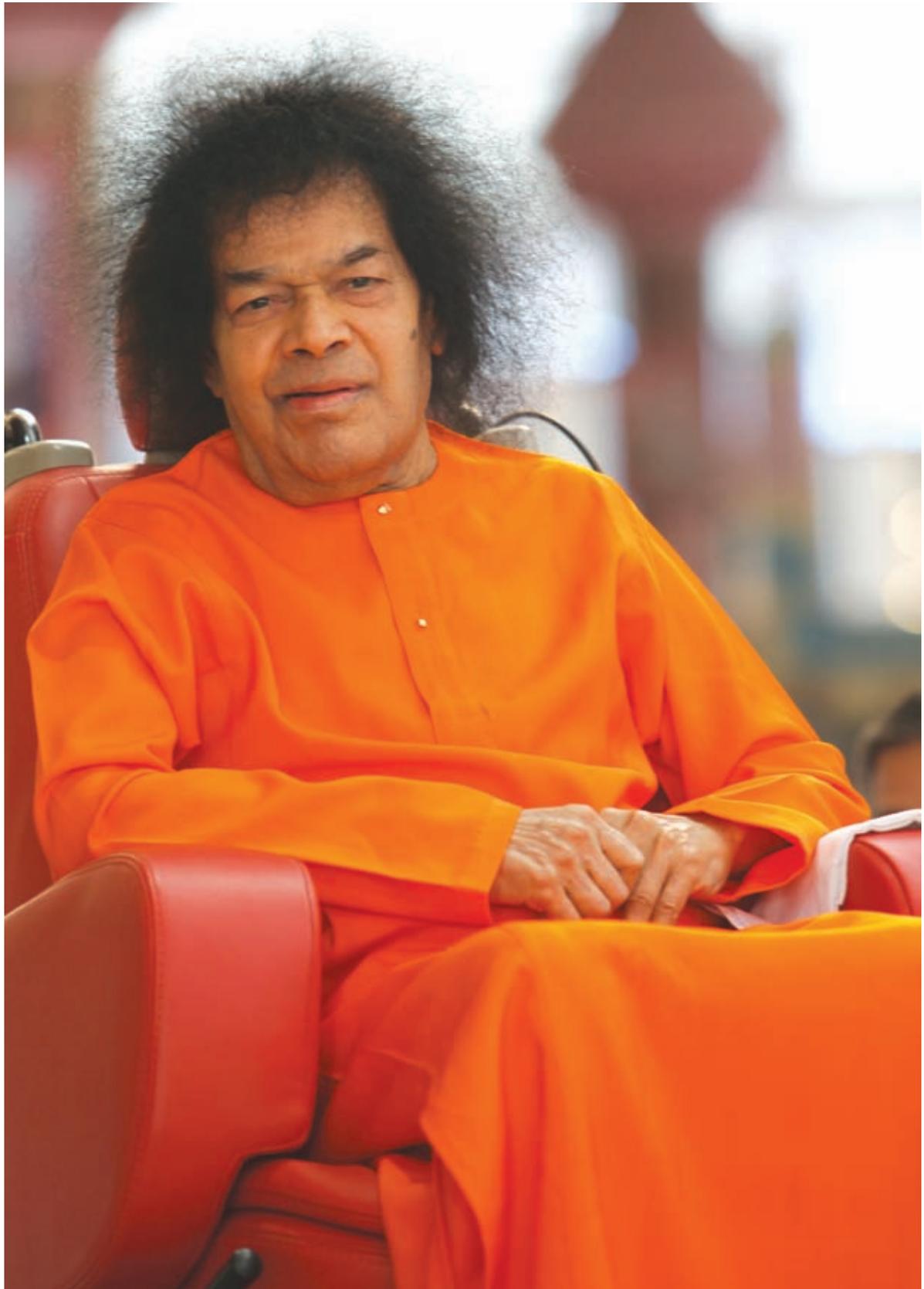
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Cover Page Photograph: Mahabharata scene as  
portrayed in Bhajan Mandir, Prasanthi Nilayam.



# UNITY IS THE FOUNDATION OF PEACE AND HAPPINESS

*If the feeling behind the action is good, it is bound to yield good result. But if the feeling is evil, the result is bound to be the same.*

(Telugu Poem)

## ERADICATE EVIL THOUGHTS TO ATTAIN LIBERATION

*Dear Students!*



IND IS A BUNDLE OF thoughts. Thoughts determine the nature of man's actions.

Happiness and sorrow are the result of his actions. Whatever good or bad he experiences in life is the direct result of man's actions. The root cause of all his actions are his thoughts. Thoughts make the mind and the mind makes man. Man is so named because of his origin from the mind. He has no existence without the mind. One endowed with mind is called man. Birds, animals and beasts have no mind.

### Attain Unity of Thoughts, Words and Deeds

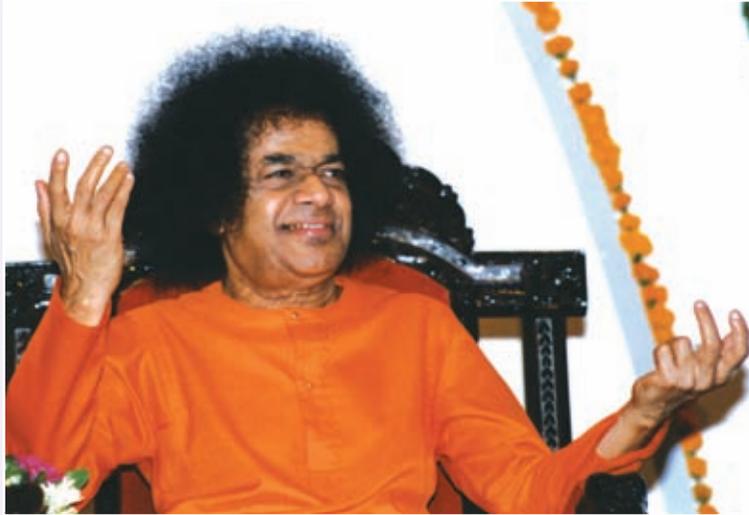
Speech comes from the mind, the mind comes from Aham (I) and Aham comes from the Atma. Aham is, in fact, the reflection of the Atma. So, speech, mind, Aham and Atma are the members of the same family. Man rises to divine level with the help of speech, mind and Aham. The harmony of these three helps man to attain divinity; their disharmony leads to loss of man's peace and happiness. Suppose there live three brothers in a house. If all three of them love and help each other and live with unity and

fraternity, there will be peace in the house. If, on the other hand, there develop differences and hatred in their minds due to some reason, the entire house will be embroiled in restlessness and turmoil. Unity is the foundation of peace and happiness. Loss of unity is the main cause of prevalence of dissatisfaction and restlessness. What does the house stand for? What do the three brothers denote? *Deho Devalaya Proktho Jivo Deva Sanathana* (the body is a temple and the indweller is God).



***Cultivate good qualities with firm determination. Keep the bad qualities at a distance. Do not allow them to come anywhere near you. It is because of such determination that Ratnakara was transformed into Sage Valmiki. If such a wicked person could become a saint, then what a shame it is if man with all his high education and inherent virtues is unable to rise to the level of divinity!***





*Students should see to it that their heart does not harbour harsh and cruel feelings. It should treasure good thoughts, good feelings and noble intentions. Only then a hard heart like that of Ratnakara would be changed into a gentle and soft one. This is the type of heart in which God likes to dwell. None else should occupy this seat in your heart except God. To whom does this throne of gems belong? It belongs only to God. Nobody has the right to sit on God's throne.*

The body is the house or a temple. There are three brothers in this house. Their names are: thoughts, words and actions. If there is unity and harmony and happy relationship between them, then you can achieve victory in all your endeavours. But if your thoughts move in one direction, your words in another and actions in yet another direction, and there is total lack of unity among them, then you cannot perform any task. Unity of thoughts, words and deeds is called Trikarana Suddhi. You should develop necessary strength and will power to achieve unity of these three.

## **Good Company is a Great Blessing**

Ratnakara was a cruel and heartless highway robber who robbed and killed travellers just for the sake of filling his belly and feeding his family. He performed all sorts of brutal acts and followed evil path. His thoughts were also cruel and brutal. He was completely devoid of compassion and therefore was very cruel. Once he encountered Sapta Rishis (seven great sages). He stopped them on the way with the intention to rob and kill them. Though he harboured evil thoughts, wicked feelings and bad qualities for a long time, all his sins were destroyed by the Darshan of seven sages. Then the sages advised him, "Oh dear one! There is no greatness in killing others. Even insects and pests can do harm. A true human being always does good to others. You should do good to others and attain divinity. Do

not conduct yourself like insects and animals. Never do anything bad. Try to perform good deeds only." They asked him, "What for do you kill others?"

*Oh man! You acquire various types of education and struggle hard merely for the sake of filling your belly. In spite of all your education, you are unable to experience total happiness. Why should you get drowned in sorrow in this manner? Doesn't God show the way to His devotees who contemplate on Him constantly?*

(Telugu Poem)

“Oh madcap! What great happiness do you experience by causing suffering to numerous people just for filling your small belly? And what happiness does your family derive? Do not indulge in sinful acts. You are an able-bodied man. Engage your body in worthwhile activities and earn your living by hard work”, said the sages to Ratnakara by way of imparting their teachings to him. The entire thinking of Ratnakara underwent a sea change by the Darshan, Sparshan and Sambhashan (vision, touch and conversation) of the sages. Evil thoughts are rooted out by the effect of good company. Eradication of evil thoughts forms the basis of man’s liberation. Man can attain concentration only when he annihilates his evil thoughts. He should make all efforts to develop only good thoughts. And good thoughts are possible only by good company. Therefore, good company should be the main aim of man’s life. The teachings and encouragement of the sages inspired Ratnakara to contemplate on Rama. By constantly chanting the Name of Rama, he attained blessedness. By his communion with Lokadata (Creator of the world), he became Slokadata (creator of poetry). The divine glory of the Lord of the universe spreads by the poetry of a divinely inspired poet. In this way, Valmiki set a high ideal to the world.

Each and every human being should be ideal. There is highest blessedness in humanness. The powers that are present in man are not seen in any other species. In fact, all powers are inherent in man. He should channelise them in proper direction. Exterminate bad qualities, develop good qualities and act according to the good qualities cultivated by you. Then only will the fountain of bliss gush forth from within you. Hence, every human being should eradicate

bad qualities and imbibe good qualities. Then only can he become free from sorrows and attain happiness. One who is engaged in good actions and whose faith in God is true and firm can never come to harm.

### **Faith is Most Important**

There may be many people who have come to harm due to lack of faith. But there are none who have come to harm because of their faith. Man today has lost both his eyes of faith. Moreover, he reposes his faith in all things which are not to be believed; but does not have faith in things which he is supposed to believe. Man today has faith in everybody except himself. What does it mean? It means that he has no faith in God. According to the calendar, today is Ekadasi. This calendar is prepared by a Siddhanti (one who prepares almanac). You put your faith in the calendar prepared by him, and perform Vrata and do fasting. If it is Sunday today, then people will take it as a holiday. Where does Sunday come from? Where does Ekadasi come from? How do you develop faith in them? Does Sunday come to you early in the morning with writing on its face, “I am Sunday” or does Ekadasi come to you with the writing, “I am Ekadasi”? No, no. The basis of all this is the writing of a Siddhanti. You have so much faith in what has been written by a Siddhanti. But why don’t you have faith in the supreme statements of the Vedas, *Tattwamasi* (That Thou Art), *Prajnanam Brahma* (Brahman is Supreme Consciousness), *Ayam Atma Brahma* (This Self is Brahman), *Aham Brahmasmi* (I am Brahman)? This is the greatest weakness of man. He does not have faith in what is true but believes in all that is imaginary. That is why man today is subjected to difficulties, sorrows and worries. He should have faith in the words



of God and should act upon them. Then only can there be improvement in his condition. But, unfortunately, man today lacks faith.

Once Nanasaheb Chandorkar's daughter Mainatai was in throes of delivery pains continuously for three-four days which made her very weak. At one point of time, her condition was so critical that it became doubtful whether she would survive or not. In those days, hospitals, doctors and nurses were not so easily available. Nana Saheb kept on reciting the name of Baba and constantly prayed to him to save his daughter. There is connection like that of wireless between God and His devotees. Wherever the devotee may be and in whatever way he may offer his prayer, it reaches God immediately. The devotee has heart-to-heart and love-to-love connection with God. There can be delay in the communication with wireless but there can be no delay in this connection. Nana's prayer at once reached Baba. There was a devotee of Baba in Shirdi by name Ramgirbuva whom Baba called Bapugirbuva or Bapu. Baba called him near and said, "Bapu! Take this Udi, go to Jamner where Nana lives and give it to him." On hearing this command of Baba, Ramgirbuva searched his pocket and found that he had only two rupees with him. With two rupees, he could only go up to Jalgaon by rail. He therefore told Baba, "Baba! I have no money to go up to Jamner. With two rupees that I have, I can go only up to Jalgaon. Then how will I go further to Jamner?" Baba then said to him, "Oh madcap! When I have told you to go, I will make proper arrangements also. Do not give room to any doubt."

At the time of Rama Avatar, Hanuman also at first doubted how he would be able to cross such a vast ocean and go to Lanka in search



***The powers that are present in man are not seen in any other species. In fact, all powers are inherent in man. He should channelise them in proper direction. Exterminate bad qualities, foster good qualities and act according to the good qualities cultivated by you. Then only will the fountain of bliss gush forth from within you. Hence, every human being should eradicate bad qualities and imbibe good qualities. Then only can he become free from sorrows and attain happiness. One who is engaged in good actions and whose faith in God is true and firm can never do anything bad.***



of Sita. But when he remembered Rama, he felt reassured, "Since this is the work of Rama, He Himself will ensure its performance. He has assigned this work to me and not to anybody else because He wants this work to be performed by me. When God gives some work, He would make arrangements for its performance also." Thinking in this way, Hanuman developed firm and unflinching faith in the power of Rama Nama and flew over the ocean with great confidence. Ramgirbuva also had doubts, "How can I go to Jamner with two rupees in my pocket? It is 30 miles away from Jalgaon. How will I perform this long journey?" He had to perform this journey in a Tonga. In those days, cars and taxis were not available and there were no other means of transport to perform such journeys except Tonga. Ramgirbuva kept doubting: "Will any Tonga owner allow me to sit in his Tonga when I



have no money? Otherwise, I have to perform this journey on foot. Will I be able to walk such a long distance?" To remove his doubts, Baba gave him assurance, "Trust my words, follow my command and go." Without saying anything further, he implicitly obeyed Baba's command.

Ramgirbuva boarded the train and reached Jalgaon at 1.30 a.m. After reaching Jalgaon, he was lost in thoughts whether he should proceed to Jamner in darkness or should pass the night there at the station. Not able to decide anything, he sat there, closed his eyes and started praying and chanting the Name of Baba. Soon a tall man in a uniform sporting a turban on his head came there and started calling aloud, "Who is Ramgirbuva who has come here from Shirdi by train?" Ramgirbuva answered, "I am Ramgirbuva. I have come here from Shirdi. Baba has sent me." The man in uniform said to him, "Come, come. A Tonga is waiting for you." When he asked where the Tonga had come from, the man replied, "Nana Saheb has sent it." It was a good Tonga. The horse was also very strong and powerful. The Tonga looked very beautiful. Ramgirbuva got into the Tonga, and it started running very fast. However, it ran so smoothly that Ramgirbuva felt as if it was not moving at all. He thought, Nana's horse was so fast that even a car could not be faster than it. Lost in these thoughts, he reached the village where Nana lived. The driver pointed towards a house and said, "See, this is the house of Nana." He got down from the Tonga and walked towards the house of Nana. After going a few steps forward, he turned back to say something to the driver of the Tonga. But he was surprised to find that there was neither the Tonga nor its driver.

Ramgirbuva went into the house of Nana Saheb. Handing over the Udi given for him by Baba, he said to him, "Nana Saheb! Please take this Udi. Baba has sent this for you." When Nana Saheb asked when Baba sent this Udi, Ramgirbuva told him that he gave in the evening on the previous day. "I reached Jalgaon railway station at 1.30 a.m. But how did you come to know, I would reach at that time? Since you sent the Tonga at the exact time, I reached your house quickly," said Buva. Nana was surprised to hear this. He said to him, "I have no Tonga; I didn't send anyone to the railway station; I have no knowledge of your coming. Why are you saying all this? Where is the Tonga? Show it to me." Ramgirbuva replied, "Sir, as soon as I got down from the Tonga, both the Tonga and its driver disappeared suddenly. The driver had told me that you had sent him to bring me here." As there was no time to discuss this matter further, Nana went inside and gave the Prasad of Udi to his daughter. Nana stood near the door and made an earnest prayer, chanting the Name of Baba. That very moment, he heard the cry of the baby. His daughter delivered a male baby. Nana was beside himself with joy to see it. Coming back to Ramgirbuva, he asked him, "Tell me all that happened. What did Baba say? How did you come from Shirdi?" Ramgirbuva said, "I had only two rupees for train ticket up to Jalgaon. All other arrangements were made by Baba. Baba would never desert those who have faith in him. Faith is most important."

Man today has lost both his eyes of faith. He has verily become blind. He can achieve success in all his endeavours if he has faith. It was due to his faith in Baba that Nana experienced immense happiness. On the third day after his daughter's delivery, Nana came to Shirdi along with Ramgirbuva. He said to

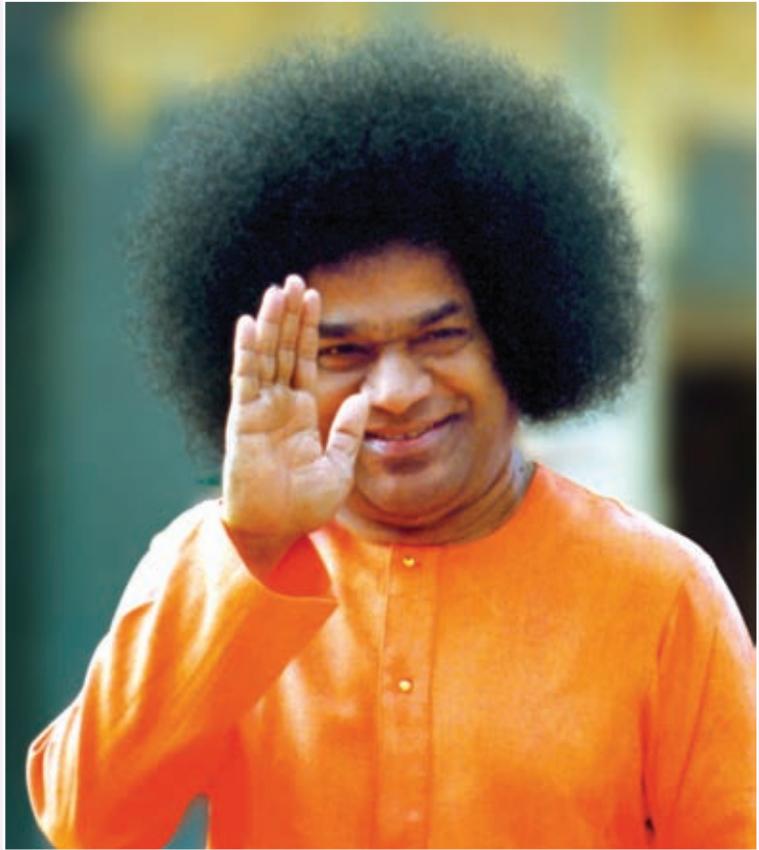


Baba, “Baba! Your divine play cannot be described in words. What is the message you give to us by your acting and Leela?” The Gopikas in Dwapar Yuga and Vanaras in Treta Yuga experienced the glory of God in this way. Nana had a melodious voice. He used to sing nicely. He sang this prayer:

*Oh Baba! Can we ever understand your reality? You are subtler than the subtlest and vaster than the vastest. You are always present in all the 84 lakh species without ever being separated from them. You are present in every speck of dust and every blade of grass. Your cosmic form permeates everything. Oh Baba! Can we ever understand your reality? You are a great Chittachora (thief of our hearts). (Telugu Song)*

Nana said, “Baba! You know everything but you act as if you know nothing. You are the stealer of our hearts.” If you call somebody a thief, he will be beside himself with anger and will ask you, “What have I done? What have I stolen? Why do you call me a thief?” He will pick up a quarrel with you. But if you use the same term in a song and sing in praise of God, “Bada Chittachora Brindavana Sanchara, Gopala Gopala Hey Murali Gopala”, everybody will follow this in chorus,

providing rhythm with clapping. There is great sweetness in singing the glory of God. You become intoxicated by tasting the elixir of love expressed in this song. Nobody can describe the bliss one experiences by singing a song describing the sweetness of God’s love.



***Suppose there live three brothers in a house. If all three of them love and help each other and live with unity and fraternity, there will be peace in the house. If, on the other hand, there develop differences and hatred in their minds due to some reason, the entire house will be embroiled in restlessness and turmoil. Unity is the foundation of peace and happiness.***

## Sing Bhajans Wholeheartedly

Here is an illustration our students should understand. God is called Ganapriya (lover of music). When you sing the glory of God in a song, it is so sweet. But if you call upon Him in prose, it is altogether different. "Oh Rama! *Enta Dayamayudavayya Neevu*" (Oh Rama! How compassionate You are!). When you say this in poetry, it does not touch the heart. But if the same words are sung like a song, it causes a pull at the heart. "Rama! Nannu Kapadu" (Rama! Save me); when these words are sung in a song, they become so sweet. But when said in prose, they are not so effective. God is the lover of song and music and is pleased by these. There Nana would sing a song in praise of Baba in his house, here Baba would be enraptured in Shirdi and would swing his head in ecstasy. He also sings this song in chorus. As the singer sings in ecstasy, the listeners are entranced by hearing. God also becomes blissful on hearing the songs of His devotees. There is a lot of sweetness in a song. The prayer to God becomes highly effective when the devotees sing it in the form of Bhajans. Therefore, you should always sing Bhajans wholeheartedly. Valmiki wrote the life story of Rama in His lifetime itself, and Rama's sons Lava and Kusa sang it in the court of Rama. How could the cruel and brutal Ratnakara, who always committed acts of cruelty, ultimately compose the divine life story of Rama and give it to the world? This is the effect of chanting the Divine Name of Rama which can melt even hard hearts like rocks.

The Divine Name of Rama can sow the seeds of humanness even in a stony heart. Here is a small example. There are many science students here. They know that if we keep a seed on a boulder, it will either dry up

or it will be eaten by a bird. No plants can grow on a hard rock. But by the effect of heat and rain, big boulders are also broken up and are changed into soil. When you sow seeds in this soil, they grow into plants. With the passage of time, the plants become trees and bear fruits which are eaten by human beings. This fruit has come from a hard rock. Fruit symbolises humanness. In the same way, the hard heart of Ratnakara was transformed by the Tapas (penance) performed by him. As he was lost in meditation, there grew a huge Valmik (anthill) on his body. Later, when rain washed away the anthill, he came out of it. Since he came out of Valmik, he was given the name Valmiki. What was the main factor which brought about his total transformation and made him a great sage and a poet? It was the company of seven sages and their teachings which he followed meticulously. Therefore, you should respect your elders and seek their blessings.

Your parents are greater than all others. That is why, it is said, *Matru Devo Bhava, Pitru Devo Bhava* (revere your mother and father as God). Offer salutations to your parents everyday and receive their blessings. If you conduct yourself in this manner, you can attain the direct vision of God. Students should see to it that their heart does not harbour harsh and cruel feelings. It should treasure good thoughts, good feelings and noble intentions. Only then a hard heart like that of Ratnakara would be changed into a gentle and soft one. This is the type of heart in which God likes to dwell. None else should occupy this seat in your heart except God. To whom does this throne of gems belong? It belongs only to God. Nobody has the right to sit on God's throne. You may welcome any number of people into your mind; there is space enough in it for many



people. But your heart has only one seat. It is only a single seat sofa, not a double seat one. Nor is your heart a place for musical chair race. Do not keep on changing the occupants of this seat in your heart so that at one time a particular person may occupy it and at another time another, and so on. Let only God occupy this seat. Always keep it reserved for God. That is what you have to do today.

### **Never Postpone a Good Action**

You are seeing and experiencing many things in this world. You know about the experience of others. Everything good and bad that you experience comes from your own thoughts and conduct and not from others. Therefore, first and foremost, you should purify your thoughts. Whenever a thought arises in your mind, you should immediately watch it and find out: Is it good or bad? Is it right or wrong? Take time and analyse. If you feel that it is not good, leave it at once. But man has no patience today. Whatever thoughts come into his mind, he immediately puts them into action.

When Rama's arrow hit Ravana, he fell on the ground and was on the verge of death. At that time, many Rishis came near him and surrounded him. Since Ravana was a great scientist, who performed great penance and acquired many types of powers, they wanted to find out what his last message for the world was. They asked him, "Ravana! What was the purpose of your life and what have you achieved?" All his sins were destroyed by the touch of Rama's arrow. As a result, sacred feelings arose in him. With great difficulty, he folded his hands and offered his salutations to the sages and said, "Oh noble sages! What can I tell you? I wanted to do many good things. But

I failed to do so. One thing you have to learn from my life. If a thought to do anything good arises in you, you should do it at once without any delay. Never postpone a good work. Do not take any time to put it into action. Your thought and action should be simultaneous. On the other hand, if any bad thought comes into your mind, do not have anything to do with it. Take sufficient time to ponder over the pros and cons of it. I had thought of changing the sea water surrounding Lanka into sweet water. But I kept on postponing, thinking I would do it at a later date. Ultimately, I could not do this good work. Not only this, I also thought of sending the inmates of hell to heaven to relieve them of their suffering and to provide happiness to them. But that also I kept on postponing. In this manner, I kept on postponing all the good work and ultimately death has overtaken me. I was not able to do all the good work that I had thought of doing. Therefore, it is my advice that whenever a good thought comes into your mind, you must immediately put into practice and experience the happiness derived from it."

### **Develop High Moral Character**

Never waste any time in performing any good work. Do not give scope to bad thoughts at all. This is what the youth of today should learn. The youth of today are the future redeemers of the nation. Therefore, they should develop noble feelings, take to sacred path and become ideal citizens. When you become an ideal citizen, you will experience great happiness. Therefore, you should cultivate noble feelings. This is what is called individual character. You can become great leaders only when you have individual character. Therefore, it is necessary for you to develop good qualities. When you

have individual character, you should develop national character also. You should develop individual character, social character and the spirit of nationalism. Unfortunately, the spirit of nationalism has become extinct in modern youth. They even do not know what nationalism means. Their vision is limited to "I, my family and my nears and dears." This is not correct. You should give highest priority to your country. The culture of Bharat is unparalleled and most sacred.

*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)

Those who lack love for their motherland are no better than living corpses. Therefore, develop love for the country. You should love your country as much as you love yourself because your Deha (body) and Desha (country) are like Bimba (object) and Pratibimba (reflection). Therefore, students should transform their thoughts and develop good qualities and high character. Never give room to bad thoughts at all. If you give little scope to them, they will assume gigantic proportions. Therefore, do not allow bad thoughts to enter the chamber of your heart. If they try to enter, push them back. How? Just shut the door of your heart. You build a house and keep doors and windows in it. What for do you keep the doors? You keep the doors so that you can enter the house and come out of it. Likewise, your friends and relatives may also come in and go out. Can you allow dogs, pigs and donkeys to enter your house just because you have kept doors in it? You keep the rubbish also out and do not allow it to enter. Similarly, do not allow the rubbish of

evil thoughts to enter your body. All that is evil should be kept out. Cultivate good qualities with firm determination. Keep the bad qualities at a distance. Do not allow them to come anywhere near you. It is because of such determination that Ratnakara was transformed into Sage Valmiki. If such a wicked person could become a saint, then what a shame it is if man with all his high education and inherent virtues is unable to rise to the level of divinity! Man who is endowed with Vijnana (secular knowledge) and Prajnana (constant integrated awareness) should attain the state of divinity. With the help of Vijnana and Prajnana, he should develop Divya Bhava (divine feelings) and mould himself into a divine being. How can you do it? There is always an idol of Nandi (bull) in front of the Linga in every Siva temple. Nandi is an animal. What is this animal looking at? Where is its gaze fixed? Its gaze is focused on God. It is not looking at the world at all. Since it has focused its vision on God with all concentration, it has become worthy of our worship. How could it attain this deservedness? Because of its one-pointed focus on God. That is how even an animal has attained the deservedness for worship.

Therefore, you should also make your vision sacred and focus it only on God. That is what is referred to as 'Su-darshan', meaning good vision. In order to develop such a good vision, you should contemplate on God, worship Him, transform your human feelings into divine feelings and attain divinity.

(Bhagavan concluded His Discourse with the Bhajan, "Govinda Hare Gopala Hare...")

**– From Bhagavan's Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 25th June 1996.**



# SRIMAD BHAGAVATA SAPTAHA

**S** R I M A D Bhagavata is one of the 18 Puranas which show the path of liberation to man through mythological stories about Avatars, saints, sages, kings and great devotees of God. The Bhagavata has however a pre-eminent position in the Puranas as it tells the story of Lord Krishna who is worshipped as Poornavata (Avatar in full glory). The story of the Bhagavata was first narrated by Sage Suka, the son of Sage Vyasa, to King Parikshit, the grandson of the Pandavas in seven days, the devout listening of which brought about his liberation. This sacred tradition is still alive and Bhagavata Saptaha (weeklong narration of Bhagavata story) is conducted in various parts of India from time to time.

## **Weeklong Narration of Bhagavata Story**

In continuation of this tradition, Bhagavata Saptaha was conducted at Prasanthi Nilayam from 17th to 23rd March 2010. The venue of the programme was Sai Kulwant Hall which was beautifully decorated for the sacred occasion. Besides floral and other decorations, the entire hall was adorned with pictures portraying various scenes from the Bhagavata. On 17th March 2010, Bhagavan came to Sai Kulwant Hall amidst chanting of Vedic Mantras by students at 9.30 a.m. After



*Srimad Bhagavata Saptaha was organised at Prasanthi Nilayam from 17th to 23rd March 2010.*

blessing the devotees with His Divine Darshan, Bhagavan inaugurated the programme at 9.40 a.m. by lighting the sacred lamp on the dais. Soon after the inaugural ceremony, Sri Rituraj Maharaj, the scholar who was to expound the story of the Bhagavata, was respectfully invited to take his seat on the dais and start the sacred narration. The programme started at 9.45 a.m. with invocatory prayers to the Guru, Lord Krishna, Bhagavan Sri Sathya Sai Baba and various gods and goddesses by the distinguished speaker. He then dwelt on the significance of the Bhagavata and quoted the words of Lord Krishna who told Uddhava that the Bhagavata was nothing but His own Form and people could realise Him by reading and listening to it. This was followed by Kirtan of the Name of Lord Narayana which was followed in chorus by the entire assembly of devotees in the hall. The speaker then deliberated on the relationship of Bhakti and Jnana (devotion and knowledge) and observed that both were

interdependent and both were essential to realise God. The renowned exponent of the Puranas then dwelt on the stories of Narada and Gokarna which highlighted the significance of this great Purana. The morning session came to a close with Arati to Bhagavan at 11.05 a.m. Sri Rituraj Maharaj continued the narration of the Bhagavata story in the evening. At the outset, he chanted invocatory Slokas and followed it up with Kirtan of the Name of Lord Narayana, in which the audience also joined in chorus. The renowned scholar dwelt on the dialogue between Sage Vyasa and Sage Narada, in which Vyasa told Narada that he had not attained inner peace even after writing the Mahabharata and other Puranas and sought Narada's advice as to what he should do to attain peace. Then Narada advised Vyasa to write the story of Lord Krishna. After Vyasa composed the Bhagavata, he asked his disciples to narrate it to Sage Suka, who later narrated it to Parikshit, by hearing which he attained liberation. That is how the Bhagavata became a source of liberation for the entire mankind. The learned scholar brought the first day's narration to a close at about 6.00 p.m.

The narration of the story of the Bhagavata continued from 17th to 23rd March, providing a great opportunity to devotees to drink deep the nectar of Divine Name of God. On all the seven days, the story was narrated both in the morning and evening. As the story was told in Hindi, which some listeners did not understand, summary of each day's exposition was presented daily in English at 4 'o clock in the afternoon for the benefit of those who did not understand Hindi.

Besides the life story of Lord Krishna, the learned scholar narrated many other stories during the seven days of this unique presentation. These included the stories of

the Pandavas, Sage Kapila, Dhruva, King Prithu, Lord Rama, Jada Bharata, Ajamil, Prahlada, Gajendra, Emperor Bali, King Ambarisha, Jarasandha and Sudama. All the stories were narrated with great devotion and were interspersed with poetic compositions, devotional songs, Kirtans and illuminating episodes from scriptures. Another special feature of the narration was that the speaker invariably connected the stories with the life story, teachings and Mission of Bhagavan Sri Sathya Sai Baba who graced the event by His Divine Presence during most of these sessions.

### **Divinely Inspired Music**

Apart from the narration of divine story of Lord Krishna accompanied by Sankirtan of the Divine Name, there were exquisite musical presentations by the Bhajan group of Prasanthi Nilayam during the course of the Bhagavata Saptaha which saturated the entire milieu with divine vibrations. The first presentation of this soul-elevating devotional music was made on 18th March 2010. The programme began at 5.50 p.m. after the conclusion of the Bhagavata story by Sri Rituraj Maharaj. At the outset, the singers sang two Mira Bhajans which were followed by a Purandaradas Kirtan and a Thyagaraja composition in Telugu and



*Devotional music programmes presented by the Bhajan group of Prasanthi Nilayam during the celebrations of Bhagavata Saptaha filled the entire milieu with divine vibrations.*

a devotional song in Tamil. They concluded their presentation with the Bhajan, "Siva Siva Siva Siva Yanaraada". The entire presentation was made with devout feelings and displayed melody, music and rhythm at its best. The programme came to a close at 6.40 p.m. with Arati to Bhagavan.

These singers presented their next programme on 19th March 2010 after the conclusion of the Bhagavata story at 5.50 p.m. The special feature of this programme was that all the compositions were those which were either written or sung by Bhagavan Sri Sathya Sai Baba during the course of His Discourses. All these compositions were also preceded by thematic commentary. The programme began with a song "Vasuki Shayana..." (one who reclines on serpent Vasuki) in Bhagavan's golden voice and came to a close with the song, "Enta Bhagyamo Entati Sowbhagyamo" (how fortunate are the devotees of Bhagavan!). After these group songs, a couple of solo songs describing the glory of Bhagavan were presented by the singers. The programme came to a close with Arati to Bhagavan at 6.40 p.m.

The presentation of the singers on 20th March 2010 began after the conclusion of the Bhagavata story by Sri Rituraj Maharaj at 6.15 p.m. The presentation comprised 18 poems and songs composed by Bhagavan Sri Sathya Sai Baba Himself on the theme of Radha Bhakti, some of which were presented in the golden voice of Bhagavan also. The first composition, "Krishna Harey" portrayed the sublime feelings of motherly love of Yashoda for Krishna. After its rendering by the singers, the song presented in the golden voice of Bhagavan transported the listeners to sublime heights of ecstasy. What followed this was a musical extravaganza which kept the listeners spellbound for nearly 40 minutes. The last

song of the presentation was the most touching composition, "Pata Padumaa Krishna", the last prayer of Radha to Krishna to play on His flute which transported her to the realm of pure spiritual ecstasy, after which Krishna never touched the flute again. The songs captured the sublime theme of love of Radha, Gopikas and Yashoda for Krishna which forms the most elevating part of the Bhagavata Purana. Every song was well rendered, and at the conclusion of the programme, it was difficult to say which composition was superior because all shone like jewels. However, those in the golden voice of Bhagavan had added brilliance and charm. The programme came to a close with Arati to Bhagavan at 7.05 p.m.

The singers of Prasanthi Nilayam made their fourth presentation of devotional vocal music on 21st March 2010. The programme began at 6.30 p.m. after the conclusion of fifth day's Bhagavata story by Sri Rituraj Maharaj. Beginning their programme with the popular devotional song, "Baje Muraliya Baje" (Krishna plays on His flute), the singers enraptured the audience with Telugu and Hindi songs which included some classical pieces also. The programme concluded with a song dedicated to Bhagavan. At 7.10 p.m. Arati was offered to Bhagavan which marked the conclusion of the programme.

Devotional music programme by the singers of Prasanthi Nilayam on 22nd March 2010 comprised five compositions. Beginning their programme at 5.35 p.m. with the Hindi song, "Sai Ke Darbar Mein" (in the royal court of Sai), the singers followed it up with the Stotra "Krishnam Vande Jagadgurum" (I offer salutations to Krishna, the world teacher). After two more beautiful songs, they concluded

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## RAMA IS DHARMA, DHARMA IS RAMA

*"To realise the Lord, you must welcome hardships, trials and sufferings. You must dwell on the Name and Form steadily and with faith. You must discard all inferior sources of joy", said Bhagavan in His illuminating Discourse on Sri Rama Navami day on 19th April 1965.*

**I**N THE GARUDA PURANA, SRI Hari instructs Garuda about the daily decline of human life, and the attacks that death deals on man, with its army of diseases, accidents and natural calamities. You have earned this human

soon. It appears that only yesterday they were in college or playing in the streets; but they have grandchildren playing about them! While life is carrying people forward towards death

*Rama Tattwa is essentially Ananda Tattwa. Rama means "He who pleases", "He who fills with Ananda", "He who is the spring of Ananda in every heart." So, when you repeat Rama Nama, you are but touching the very source of Ananda, the Atma Rama (God as Self). Just as you have come by various routes from various villages and towns, all persons have to reach that Source, for there alone can they get Ananda, without which there is no peace.*



body by the accumulated merit of many lives as inferior beings, and it is indeed very foolish to fritter away this precious opportunity in activities that are natural only to those inferior beings. Life moves so quick that people often wonder how they grew so old so

so fast, pride makes them force others to fall before them; humility does not induce them to fall before the Almighty!

Since new moon, the whole country is celebrating the festival of Ramajananam (birth of Rama) and today is the actual Rama Navami, the day on which Rama was born. Rama is Dharma, Dharma is Rama. The four goals of man as laid down in the Vedas are Dharma, Artha, Kama and Moksha. Dharma is the very base. If that is given up or disregarded, sorrow will persist. Rama considered Dharma as all-important. When His brother Bharata, overpowered by grief at his father's death, his mother's greed, and his brother's exile, sought Him in the forest and, meeting Him, rolled at His feet in terrible anguish, Rama lifted him gently and asked – What do you think He asked? – He asked him, “Are you maintaining Dharma in the kingdom of Ayodhya, respecting the subjects, the poor, the elders, the scholars, the saints and the sages?” Even when the direst calamity overtakes man, he should not stray away from the path of morality and justice. Rama was awakening Bharata from the sleep of ignorance; the poor fellow was overcome by his own grief, as if the father, mother, brothers, kingdom, power and position – these mattered, as if they were real, eternal. Rama reminded him that they were all but instruments one must utilise for the exercise of Dharma.

### **In Spiritual Matters, Faith is the very Essence**

Just as the wild elephant roaming in the forest as the head of the herd is trapped and trained to sit on a three-legged stool in the circus ring, the mind of man too has to be trained by systematic processes of discipline – Shama, Dama, Uparati, Titiksha, Sraddha and Samadhana (control of mind and senses, restraint on worldly enjoyments, endurance, steadfast faith, deep concentration) so that it may subserve the best interests of man. To go before a magistrate and plead, one has to



*It is only when you have moved in the world and taken a share in its activities according to a moral code, you discover that without the salt of Jnana, it does not taste well. Take it with a sprinkling of the salt of Jnana, the knowledge that you are not the body but the resident of the body, that you are but the witness of the ever-changing panorama of Nature, and you feel happy and peaceful. Slowly, step by step, confirm yourself in the thought of the unity of the world in Brahman. Then, even without praying and pleading, everything worthwhile will be added unto you.*



pass the L.L.B. degree examination; to be able to prescribe medicine to a sick man, you must pass the M.B.B.S. degree examination; you have to obtain a licence or have your name entered in the register of medical practitioners. Everywhere, for every profession or post, they ask you your qualifications. How much more is the need for proper qualifications in the spiritual field, for winning the grace of God? You aim high but you make no effort to reach that height.

In spiritual matters, faith is the very essence. Doubt shakes the foundations of Sadhana and is therefore to be avoided. Have faith in the wisdom of the ancients; do not pitch your tiny little brain against the intuitions of the saints and their discoveries. For example, take the practice of offering food in the fire, on the death anniversary of parents, what is called Pinda Pradan. Nowadays, smiles of scorn are cast when such rites are mentioned. “How can the food placed here reach there? The dead



man must have taken birth somewhere long ago and his present address is not known. Can a meal given one day in the year satisfy the accumulated hunger of 365 days?" they ask. "Let your father sit on the terrace of your house; then place food for him on the ground floor. Can he reach the food or can the food rise up to him, however many Mantras you repeat?" they laugh. "Why are dead men given food, when living men suffer?" they argue.

### Science of the Spirit

You post a letter in the box, and it goes straight to the addressee, wherever he is, however far. Does it mean that the postmaster is your friend, or that he is so sympathetic to your anxiety to correspond with the addressee? If the address written is correct and clear and if the necessary postage is paid in stamps that are valid at the time, the letter is carried by men, by car and bus, train and plane and steamer, right up to the doorstep of the person whose name is on it. The ritual fire is the authorised post box; the fire is the postal authority, the Mantras are the stamps. There is a science of the spirit, as there is a science of matter; it has its own categories; its own modus operandi; its own experts and authoritative theses.

Only by Sadhana can the secrets of either matter or mind be known, grasped and used for one's benefit. In the Vivekachudamani, Sankara says, "If the Nikshepa or treasure that is embedded in the bowels of the earth must be brought up, mere calling it up by name will not help. You must know through the advice of experts where exactly it is; you have to excavate the spot; you have to move away rock and stone and sand that come in the way; you have to grasp it and haul it up to the ground." So, too, the reality of the Self has to be first learnt by means of instruction from a knower of Brahman; then the processes of

Pravana, Manana, Nididhyasana (listening, reflection, contemplation) have to be gone through; finally when, in a flash, the truth is revealed, the Self must be firmly established in the Ananda of that moment.

### Let His Will Prevail

The Brahma Sutra begins with the statement, Athato Brahmajijnasa (after this, yearning to understand Brahman). After what? What are the preliminary steps? When does a person become entitled to participate in the discussion and study of Brahman? We have two other texts which have to be studied earlier, one which says, Athato Karmajijnasa (after this, yearning to understand Karma, activity), and the next one begins with, Athato Dharmajijnasa (after this, yearning to understand Dharma, righteousness). So, man becomes entitled to the knowledge of the universal principle that is the very substance of everything since eternity, only after his mind is purified by Karma and Dharma.

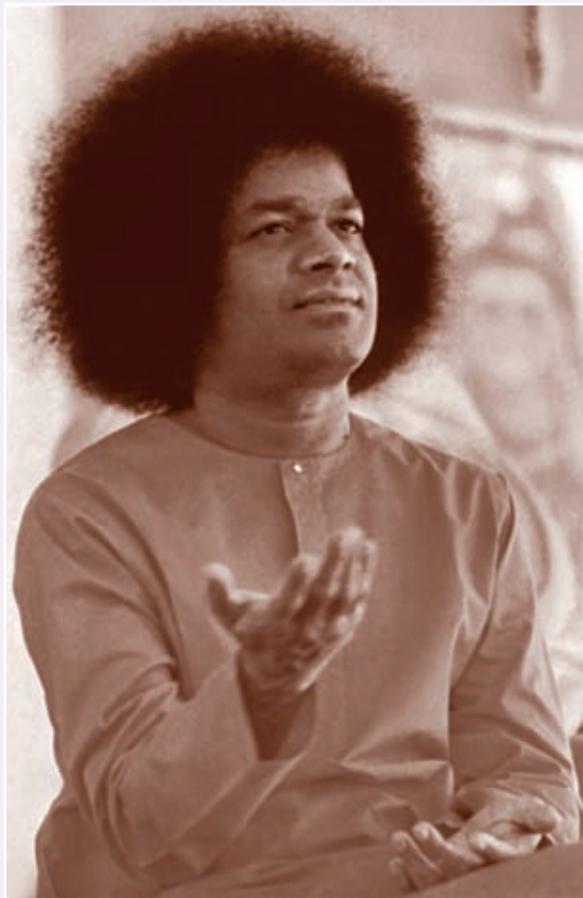
It is only after you place a morsel on your tongue that you discover whether the salt in it is enough or whether it has not been salted at all. Pappu (pulse) requires Uppu (salt); that is to say, the boiled pulse must have salt in it for taste. So, too it is only when you have moved in the world and taken a share in its activities according to a moral code, you discover that without the salt of Jnana, it does not taste well. Take it with a sprinkling of the salt of Jnana, the knowledge that you are not the body but the resident of the body, that you are but the witness of the ever-changing panorama of Nature, and you feel happy and peaceful. Slowly, step by step, confirm yourself in the thought of the unity of the world in Brahman. Then, even without praying and pleading, everything worthwhile will be added unto you. That is why Thyagaraja sings, "Adhikamulevvaru Anubhavinchiri?" (who experienced more than



this?)” Leave it to Him, let His Will prevail, do not ask for this or that other thing. He knows best. Did Sabari pray for anything? Did Jatayu call out for His Presence? Did Guha plead that Rama may come to him?

### **Follow the Code of Conduct of your Profession**

Each of you must follow the moral code prescribed for the profession you are engaged in and the age and status which you have reached. Once the king of a large kingdom



custom, they sent the royal elephant round with a garland to choose the successor. The elephant put the garland round the neck of the Sannyasin. But he resisted the importunities of the people and ran towards the forest. He reached the innermost recesses and was happy that he was safe from the calamity that had befallen him! This way, the Sannyasin proved that he was a real renunciant. These moral codes are given in the Sastras (scriptures). Prasanthi Vidwan Mahasabha (assembly of scholars) has been formed to tell people in

*By moderating and modulating habits of eating and drinking, one can lay the foundation of spiritual life. One must prefer Sattwic to Rajasic food. By drinking intoxicating stuff, one loses control over the emotions and passions, the impulses and instincts, the speech and movements, and one even descends to the level of beasts. By eating flesh, one develops violent tendencies and animal diseases. The mind becomes more intractable when one indulges in Rajasic food; it can never be remoulded if Tamasic food is consumed with relish. To dwell in Rama Tattwa (Rama principle) constantly, one has to be vigilant about food and drink consumed by both, body and mind.*

asked a Sannyasin (ascetic) whether it was possible for a man to live up to the highest level of moral code. The Sannyasin replied to the king that it was possible. Some time later, the king died and, according to

simple language their main duties. It is not a limited group of scholars with a limited scope; it is everyone's right to approach the scholars and get the result of their learning for himself. There is no other motive behind the formation of



the Mahasabha. It is for you all, for all places. It was in connection with the activities of this Mahasabha that I recently visited several places in East and West Godavari districts and other areas. It was a triumphal march, resounding with the devotion, the faith and the Ananda of the lakhs of people who attended. The enthusiasm of the people to listen to the message of Sanathana Dharma which I carried was most inspiring to those who came with Me. The scenes reminded one of the Krita, Treta and Dwapar Yugas, not the Kali Yuga. The pages of the Bhagavata became alive before us. A twelve-acre expanse of land was found too small for the gathering that assembled at one place. At another place, every tree had many adventurous men clinging to the trunk and branches, even the frail “drumstick tree!”. These are all signs that the revival of Dharma is close at hand.

#### **Welcome Hardships to Realise the Lord**

Only you must have the staunch determination to use this chance to the full. You are near and those who are far are so only with reference to space, not with reference to My Prema. To realise the Lord, you must welcome hardships, trials and sufferings. You must dwell on the Name and Form steadily and with faith. You must discard all inferior sources of joy. When a son is born, worry too is born with him – worry that he should grow up healthy and pure, learned and good, famous but humble, bringing a fair name to his parents and elders. As a matter of fact, I would advise you to postpone the celebration of the birth of a son until the day when he brings Satkirti (good name) to the lineage and the country. So also celebrate the accumulation of wealth when it is spent justly and with love, on beneficial and deserving purposes. A tree is justified by fragrant flowers bringing forth sweet fruits. If, on the other hand, its leaves



***You have earned this human body by the accumulated merit of many lives as inferior beings, and it is indeed very foolish to fritter away this precious opportunity in activities that are natural only to those inferior beings. Life moves so quick that people often wonder how they grew so old so soon. It appears only yesterday that they were in college or playing in the streets; but they have grandchildren playing about them! While life is carrying people forward towards death so fast, pride makes them force others to fall before them; humility does not induce them to fall before the Almighty!***



get dry and its flowers fade and the fruits refuse to grow, an agriculturist will examine the roots and discover that they are eaten up by pests or white ants. So, too, the roots of humanness must have been destroyed or harmed if a man's virtues do not blossom and yield sweet fruits. Envy, greed, malice – these pests destroy the roots quickly.

By moderating and modulating habits of eating and drinking, one can lay the foundation of spiritual life. One must prefer Sattwic to Rajasic food. By drinking intoxicating stuff, one loses control over the emotions and passions, the impulses and instincts, the speech and movements, and one even descends to the level of beasts. By eating flesh, one develops violent tendencies and animal diseases. The mind becomes more intractable when one indulges in Rajasic food; it can never be remoulded if Tamasic food is consumed with relish. To dwell in Rama Tattwa (Rama



principle) constantly, one has to be vigilant about food and drink consumed by both, body and mind.

Rama Tattwa is essentially Ananda Tattwa. Rama means “He who pleases”, “He who fills with Ananda”, “He who is the spring of Ananda in every heart.” So, when you repeat Rama Nama, you are but touching the very Source of

Ananda, the Atma Rama (God as Self). Just as you have come by various routes from various villages and towns, all persons have to reach that Source, for there alone can they get Ananda, without which there is no peace.

– From **Bhagavan’s Sri Rama Navami Discourse at Prasanthi Nilayam on 19th April 1965.**

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their programme with a Telugu song “Chinni Krishna Muralidhara” (Little Krishna holding the flute). Arati was offered to Bhagavan at 6.05 p.m. which marked the conclusion of the day’s programme.

Sri Rituraj Maharaj concluded the story of Bhagavata on the seventh day, on 23rd March 2010 at 5.50 p.m. The singers of Prasanthi Nilayam provided the grand finale of this programme with their sixth consecutive musical presentation. Starting their programme with the composition of Bhagavan “Aa Nanda Balude Ananda Baludai” (That son of Nanda has come

to give us Ananda), the singers presented three more songs, one in Hindi “Nirbal Ke Bal Deen Ke Bandhu” (strength of the weak and friend of the destitute) and two Telugu songs, all excellent in rendition, music and melody. The programme came to a close with Arati to Bhagavan at 6.10 p.m. At the conclusion of this grand programme of Bhagavata Saptaha at Prasanthi Nilayam, Bhagavan showered His blessings on Sri Rituraj Maharaj. Bhagavan also blessed him and the musicians and singers who provided musical support to him with an interview on the next day.

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Applications with complete Bio-data and a passport size photo are invited from qualified persons for following post of fixed tenure up to 31st October 2011 in Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram – 515134. Candidates under 30 years age as on 01/05/2010 can apply. Application complete in all respects should be sent to the Director, SSSIHMS – Prasanthigram – 515134 on or before 20/04/2010.

**Department Category of Post**

Urology ESWL Technician

**Qualification and Experience**

10 + 2 with science subjects or equivalent from a recognised university  
Diploma (2 years course) in Radiography Techniques / Cathlab Technology from a recognised institution, and One year experience as a Radiographer  
or  
B.Sc. (Hons.) (3 years course) in Radiography / Cathlab Technology from a recognised university.

– Director

# CELEBRATIONS AT PRASANTHI NILAYAM

## PILGRIMAGE OF AUSTRALIAN YOUTH

**T**O EXPERIENCE THE BLISS OF close proximity of Bhagavan, 175 youth, both boys and girls, came from Australia on a pilgrimage to Prasanthi Nilayam from 14th to 27th February 2010 and received Bhagavan's love and benedictions. On 25th



*The drama "Mother of Mine – Mother Divine" presented by the youth of Australia on 25th February 2010 brought forth the message that only those who attain their mother's love receive the love of God.*

February 2010, these youth presented a cultural and music programme which included a drama entitled "Mother of Mine – Mother Divine" and devotional songs. The drama which began at 7.30 p.m. after Bhagavan's Darshan in Sai Kulwant Hall depicted through the simple story of a mother and her two sons how pure, selfless and pristine was the bond of love between a mother and her children. The mother, a cancer patient, concealed her illness

from her sons so that it might not impede their bright future since they were going abroad for higher studies after securing scholarships. Divine intervention of Bhagavan in a dream to the mother saved her life. The emotion-filled drama concluded with the happy reunion of the mother and her sons and established that only those who win the love of their mother attain the love of God.

At the conclusion of the drama, the youth singers of Australia presented a scintillating programme of devotional music. Commencing their programme with expression of gratitude to Bhagavan in the Telugu song "Enta Hai Enta Hai Eenadu" (what a happy day is today!), the singers next sang a song in English dedicated to mother and then proceeded to sing Bhagavan's composition "Siva Siva Siva Siva Yanaraada". They concluded their presentation with an English song "We Love You Swami", expressing their love and gratitude to Bhagavan. At the conclusion of the programme, Bhagavan blessed the youth, gave them the coveted opportunity of a photo session and distributed clothes to them. The programme came to a close with offer of Arati to Bhagavan at 8.15 p.m.

## PILGRIMAGE OF ADILABAD DISTRICT DEVOTEES

More than 3,300 devotees came from Adilabad district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam from 24th to 26th February 2010 to experience the bliss of Bhagavan's Darshan and seek His grace and benedictions. On 26th February, a group



*The drama "Kavim Kavnam" enacted by the devotees of Adilabad on 26th February 2010 showcased the literary merit, musical quality and profundity of thought of Bhagavan's poems and writings.*

of these devotees staged a dance drama entitled "Kavim Kavnam" (Poet of poets) in Sai Kulwant Hall in the Divine Presence of Bhagavan. Besides showcasing His divine glory, the drama highlighted the poetic and literary genius of Bhagavan who has composed hundreds of poems of sterling literary and musical quality in addition to writing 16 books and delivering thousands of Discourses. The scene of the drama was laid in the court of Lord Indra in heaven where three great luminaries, namely, Prof. N. Kasturi, Ghantasala and Karuna Shree recited Bhagavan's verses, discussed Bhagavan's ingenuity of expression and profundity of thought in the presence of Mother Easwamma, Pedda Venkama Raju and various gods of heaven. The drama which started at 5.45 p.m. after Bhagavan's Darshan came to a close at 6.40 p.m. At the conclusion of the drama, Bhagavan blessed the cast and posed for group photos with them. Prasadam, Vibhuti packets and clothes were then distributed to them. Bhagavan also materialised a gold chain for the devotee who enacted the role of Prof. Kasturi. This was followed by devotional songs rendered

by Adilabad singers, both ladies and gents. The programme came to a close with Arati to Bhagavan at 7.20 p.m.

## HOLI FESTIVAL AT PRASANTHI NILAYAM

The joyous festival of Holi was celebrated in the holy precincts of Prasanthi Nilayam on 2nd March 2010. More than 1,000 devotees including Bal Vikas children came from the States of Bihar and Jharkhand to celebrate it in



*Bal Vikas children of Bihar and Jharkhand presented beautiful dances and devotional songs on the occasion of Holi celebrations at Prasanthi Nilayam on 2nd March 2010.*

the Divine Presence of Bhagavan. Devotional songs including Holi songs accompanied by the dances of children and a drama entitled "Sita Kalyanam" marked the celebrations organised on this occasion by Sri Sathya Sai Seva Organisation of Bihar and Jharkhand. The programme started at 6.40 p.m. with soulful rendition of a devotional song, "Prema Bina Sansar Mein ..." (No action fructifies in the world without divine love) accompanied by a thrilling dance of Bal Vikas children. This was followed by devotional and Holi songs accompanied by children's dances which included a vibrant Bhangra dance.

After this enrapturing programme of music, songs and dances, the drama "Sita Kalyanam" was staged, in which 57 Bal Vikas children,



*The drama "Sita Kalyanam" presented by the Bal Vikas children of Mithila, Bihar celebrated the celestial wedding of Sita and Rama with deep devotion.*

all belonging to Mithila, the parental home of Sita, took part. The drama portrayed how Rama and Lakshmana protected the Yajna of Sage Viswamitra who afterwards commanded them to accompany him to Mithila where Rama stringed the bow of Siva and won the hand of Sita. This culminated in Sita Kalyanam (marriage of Sita with Rama). Since Bhagavan at that time went into the interview room, He did not see the ceremony of Sita Kalyanam. On His return to the dais, Bhagavan commanded the ceremony to be performed again with elaborate rituals amidst chanting of sacred Vedic Mantras. This sent the entire assembly of devotees in the hall into raptures. They were, in fact, transported to a divine plane and felt as if they were witnessing not the drama but the actual celestial wedding of Sita and Rama. At the end of the drama, Bhagavan showered His blessings on the cast, gave them Padanamaskar and provided them the rare opportunity of a prolonged photo session. After this, clothes were distributed to them and Prasadam was distributed to everyone present in the hall. Holi celebrations at Prasanthi

Nilayam came to a happy conclusion with offer of Arati to Bhagavan at 8.35 p.m.

### UGADI FESTIVAL AT PRASANTHI NILAYAM

The joyous festival of Ugadi signifying the advent of New Year was celebrated at Prasanthi Nilayam with great sacredness and enthusiasm on 16th March 2010. The venue of the celebration was Sai Kulwant Hall which was tastefully decorated for the festive occasion with fresh mango and coconut fruits, plantain leaves, flowers of different hues and various attractive designs hung on strings in the entire hall. The dais with beautiful and colourful decorations looked very attractive. The passage of Bhagavan in Sai Kulwant Hall was specially decorated with rows of lights, Kalashas (sacred vessels) and floral designs.

On the eve of Ugadi, a group of devotees from Andhra Pradesh presented a delectable programme of devotional songs on 15th March 2010 in the Divine Presence of Bhagavan. The programme started after Bhagavan's evening Darshan in Sai Kulwant Hall. Bhagavan was welcomed with sweet notes of Nadaswaram music when He came to the hall at 6.15 p.m. amidst sacred Vedic chants by the students.



*On the eve of Ugadi, devotees from Andhra Pradesh presented a soul-elevating programme of devotional songs in Sai Kulwant Hall.*

The programme began at 6.30 p.m. with a short speech by one of the organisers of the Sai Organisation of Andhra Pradesh who gave an account of service activities being performed by the Sai Organisation in various villages of the State. What followed this was a soul-elevating programme of devotional group songs which kept the audience spellbound for nearly 45 minutes. Melodious Telugu songs set to thrilling music were excellently rendered with devout feelings by the singers, both ladies and gents. At the conclusion of the programme, Bhagavan showered His blessings on the singers, posed for group photos with them and distributed clothes to them. The programme came to a close with Arati to Bhagavan at 7.45 p.m.

On the auspicious day of Ugadi, 16th March 2010, Bhagavan came to Sai Kulwant Hall at 9.40 a.m. in His sparkling maroon robe amidst singing of Bhajans by a huge gathering of devotees in the hall. After showering the bliss of His Divine Darshan on yearning devotees, Bhagavan came to the specially decorated dais, which signalled the beginning of the programme, the highlight of which was the nectarine Discourse of Bhagavan. Before Bhagavan's Discourse, three eminent speakers addressed the gathering. The first speaker was Justice P.N. Bhagwati, former Chief Justice of India, who gave some important suggestions for the expansion of the work of Sri Sathya Sai Central Trust and formation of various sub-committees to look after its financial, organisational and administrative set-up, and service activities for the masses, specially the poor and needy. Justice Bhagwati also suggested the association of Bhagavan's



*The entire Sai Kulwant Hall bore a festive look on Ugadi, and was aesthetically decorated with beautiful floral designs, colourful lights and fresh coconut and mango fruits.*

students with the work of the Trust. Sri Indulal Shah, International Advisor of Sri Sathya Sai Organisation, who spoke after this endorsed these proposals of Justice Bhagwati. The next speaker was Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations. Offering Ugadi greetings to one and all, Sri Srinivasan hoped that the New Year would bring peace, happiness and godliness in the world. The entire world, he said, was the family of Bhagavan who has set up various Trusts for the welfare of mankind. Referring to the teachings of Bhagavan like "Love All Serve All", "Help Ever Hurt Never", the distinguished speaker exhorted one and all to attain God-realisation through selfless love and service to mankind as taught by Bhagavan.

Thereafter, Bhagavan blessed the huge gathering of devotees with His Ugadi Discourse, exhorting one and all to see God in all beings in the world and realise their innate divinity. Bhagavan blessed all to lead a happy life and reassured them that Bhagavan is always with them wherever they may be.

After Bhagavan's Discourse, Sri Anil Kumar, a faculty member of Sri Sathya Sai University, addressed the gathering, describing

Bhagavan's glory in his poetic exposition. Referring to the joy of celebrating Ugadi in the Divine Presence of Bhagavan, the learned speaker observed that real significance of festivals could be realised when these are celebrated in the proximity of Bhagavan. The morning programme came to a close with Arati to Bhagavan at 11.45 a.m.

In the afternoon, Bhagavan came to Sai Kulwant Hall at 5.30 p.m. amidst chanting of sacred Vedic Mantras by students. After Bhagavan was seated on the dais, the staff and students of Sathya Sai Mirpuri College of Music presented a thrilling programme of vocal and instrumental music to the delight of one and all. The programme started at 5.50 p.m. with a composition of Muthuswami Dikshitar, offering prayer to Lord Ganesh. What followed this was a fine medley of instrumental and vocal music which included a Sufi song, a Thyagaraja composition and a percussion item. At the conclusion of their presentation, Bhagavan blessed the students who participated in this programme, provided them the coveted opportunity of group photos with Him and distributed clothes to them. He also materialised a gold ring for one of the singers. The programme came to a close with Arati to Bhagavan at 7.15 p.m.

### SRI RAMA NAVAMI CELEBRATIONS

The holy festival of Sri Rama Navami, the birthday of Lord Rama, was celebrated at Prasanthi Nilayam on 24th March 2010. In

the morning, there was a prolonged Bhajan session from 9.00 a.m. to 11.45 a.m. which comprised choicest Bhajans on Lord Rama. This transported one and all to sublime heights of devotional ecstasy. Bhagavan's Divine Presence on the dais during this soul-elevating Bhajan session filled the hearts of devotees with divine beatitude. The morning programme came to a close with offer of Arati to Bhagavan at 11.45 a.m.

In the afternoon, the singers and musicians, who provided musical support to Sri Rituraj Maharaj during the Bhagavata Saptaha, presented an excellent programme of devotional music, glorifying the divinity of Bhagavan. This included the popular song "Sai Naath Tere Hazaron Haath" (Oh Lord Sai! You have thousands of hands) which was rendered with total perfection. This was followed by a brief devotional music programme by the students. They began their programme with a composition of Sant Tulsidas "Sri Ramachandra Kripalu Bhaja Mana" (Oh mind! Contemplate on the glory of Rama, the compassionate one) which was excellently rendered by them. The students sang another devotional song "Ramaji Ki Mahima Apaar" (the glory of Rama is unlimited), describing the glory of Lord Rama. With this, they concluded their presentation. Arati was offered to Bhagavan at 6.05 p.m. which marked the conclusion of sacred Sri Rama Navami celebrations at Prasanthi Nilayam. Prasadam blessed by Bhagavan was distributed to the entire gathering in the hall in the end.

The stage of equanimity so essential for spiritual progress can be gained only when the intellect is cleansed of the blot of deluding attachments and involvements. Devoid of that serenity, the intellect or Buddhi cannot proceed on the trail of Brahman.

- Baba

## VISION OF COSMIC FORM

**D**URING THE month-long Summer Course on Indian Culture and Spirituality held in 1974 at Brindavan, Bhagavan had been discoursing on Brahman and other related topics with remarkable clarity and lucidity, quite characteristic of Bhagavan's expositions on any subject. One of those days, He walked up to me and asked me, "Have you been able to follow the Discourses?" "Yes, Swami! They are so nice," I replied immediately. He then said, "You shall see something more", and walked past to the waiting congregation.

During the early hours of the next morning, around 3 a.m., I was awake to a unique and astounding experience. In the open where I slept, Baba appeared in a magnificent, glorious, gigantic form, sitting in lotus posture on the ground. I was standing before Him and I could see that the width of His knee in that splendorous form exceeded my own height. I had to lift my head up at a considerable angle to look at Baba's face, resplendent and beautiful, with matted locks of luminescent copper-brown hue. To the right, Lord Ganesh was sitting, while on the left, Lord Subrahmanya was standing. Baba said, "Behold!" and I looked into His eyes and later fixed my gaze on His chest. Lo! In Him, vast space teeming with millions



*What a majestic, glorious Cosmic Form!*

of stars, many of them being formed and fading out then, the planets and their moons whirling past, the earth with its variety of flora and fauna, forests, deserts, oceans, mountain ranges, industrial workshops, railway lines, skyscrapers, aeroplanes and all things that are found on this tiny little earth. The whole universe in Him! My body became warm at this marvellous, awesome, wondrous experience. What a majestic, glorious Cosmic Form! Immediately thereafter, Baba diminished in size, to His normal height, and appeared as an ethereal, enchanting form glowing with bluish luminosity. This is Sai as Vishnu, I felt.

*– Excerpted from the article  
"Sai - the Immanent Brahman" by  
Dr. A.V. Lakshminarasimham,  
Golden Age, 1979.*

# NEWS FROM SAI CENTRES

## HAITI



ON 12TH JANUARY 2010, A massive earthquake measuring 7.0 on the Richter scale struck the Caribbean island of Hispaniola, with its epicentre at the Republic of Haiti's most populated capital city, Port-au-Prince. The earthquake left a trail of devastation, killing about 250,000 people and rendering about 1.5 million homeless.



*Sri Sathya Sai Seva Organisation and its teams of doctors provided immediate help and loving healthcare to victims of a massive earthquake in Haiti in January 2010.*

Relief efforts by Sri Sathya Sai International Organisation began promptly, with the formation of an emergency aid committee and planning for relief teams. The committee commenced working with members from the Sathya Sai Organisation of the Dominican Republic and Haiti to enable swift delivery of compassionate and loving care to the victims.

Narayana Seva began with service to over 500 people. Sathya Sai devotees from Puerto Rico, Venezuela and Santo Domingo served 1,100 meals and water to patients at a nearby hospital. On 26th January 2010, two teams of doctors and volunteers from South America and Central America arrived in Santo Domingo and travelled to Port-au-Prince to set up medical camps. On 29th January 2010, a third team of doctors and volunteers from the U.S.A. and Canada met the other two teams at the medical camp. The three teams commenced the effective delivery of Sathya Sai Ideal Healthcare and served about 3,500 patients in the first week. In addition, these teams assessed the local needs and available resources to plan for future trips. Following these teams, volunteers arrived in Haiti every week. Each team, consisting of about 10 volunteers including physicians, paramedical personnel and young adults, served for one week. These teams served about 300 patients per day. By the end of February, about 10,100 patients were seen. In addition to medical care, tents for shelter, food and clothing were provided.

The power of Bhagavan's love could be felt easily even in the midst of devastation and rubble. Sathya Sai volunteers were able to obtain special air transportation from Haiti to Santo Domingo in a United Nations aircraft. Volunteers from the U.S.A. and Canada could carry large quantities of medical supplies because of the generous baggage allowances given by the airlines. Medical teams and volunteers of Sri Sathya Sai Organisation



continue to provide food, water, healthcare and shelter to the needy in Haiti.

## NEPAL

Many homeless people in Nepal sleep in streets, temple premises, bus stops and other public places. On 22nd November 2009, on the eve of Bhagavan's 84th Birthday, about 300 Sai Youth walked the streets in 35 different places in the country in search of people exposed to bitter cold. The youth silently covered them with warm blankets and also left a photograph of Bhagavan and a Vibhuti packet beside their head without waking them up. Altogether, 644 people were served. One can imagine the feelings of the beneficiaries after a sound sleep due to warmth of the blanket suffused with Bhagavan's infinite love and compassion. To this day, many recipients say, "Sai Baba gave us blankets". A similar project was undertaken last year when about 300 people were served.

## KUWAIT

Kuwait Sathya Sai Centre celebrated Id Ul Fitr in the premises of a local school on 21st September 2009. Over 120 devotees attended the programme. About 20 volunteers tastefully decorated the premises in Islamic style, with pictures of a mosque and date palm trees on each side and Swami's picture in the middle. A crescent moon and plaques carrying verses from the Holy Quran were displayed on the walls. The programme commenced with an invocation from the Holy Quran and an explanation about the significance of fasting during the holy month of Ramadan. This was followed by an exposition by Sai Spiritual Education (SSE) children about the five pillars and tenets of Islam, significance of the Id celebration and similarities between the



*Kuwait Sathya Sai Centre celebrated Id Ul Fitr on 21st September 2009. Besides Bhajans and lectures, a quiz programme on Islam was organised as part of these celebrations.*

teachings of Swami and Islam. The youth wing of the Kuwait Sai Centre then conducted a quiz programme on Islam, covering various aspects of Islam and Sufism, which provided a wonderful opportunity for the attendees to understand Islam. Sarvadharmā (all faiths) Bhajans were then sung, suffusing the atmosphere with divine vibrations. Id celebrations concluded with Arati to Bhagavan.

## U. S. A.

On 20th September 2009, Sathya Sai devotees from Southern California conducted a medical, dental and vision screening camp in the city of Oxnard, California, in which 631 patients were examined. Over 300 volunteers, including 25 physicians, 9 dentists and 3 optometrists provided their services in this camp. The event was co-sponsored with Our Lady of Guadalupe Church, St. John's Regional Medical Centre and St. John's Pleasant Valley Hospital. News media supported the effort by including public service announcements in newspapers, by announcing the event on radio stations and listing the event on radio station websites. As medically indicated, patients



*Sathya Sai devotees from Southern California conducted a medical camp in the city of Oxnard on 20th September 2009, serving 631 patients.*

received pap smears, mammograms, blood screening, dental examinations, vision testing and nutrition education, as well as social and psychological services.

In addition, 800 sacks of groceries were distributed to needy families, each family receiving over 11 kg of non-perishable food items, including rice, beans, sugar, flour, cooking oil and cereals. One of the volunteers commented, "Helping needy people was a very rewarding experience. I was in tears a number of times listening to their stories". The patients were also very grateful and expressed their heartfelt appreciation for this noble service.

## TRINIDAD AND TOBAGO

Grama Seva was organised on 1st November 2009 in South Trinidad as part of Bhagavan's 84th Birthday celebrations. Eighty-four hampers which included toiletries, a blanket, a towel and hot meals were distributed by 75 volunteers to 84 needy families in the area. Devotional songs were sung while walking the streets and distributing the hampers.

84th Birthday of Bhagavan was celebrated in Longdenville, Central Trinidad on 22nd

November 2009. About 500 people attended the celebrations. A group of Sai volunteers worked tirelessly to make and decorate a throne and painted it in golden colour. This was taken in procession to Sai Nilayam, the home of the Sathya Sai Organisation in Trinidad and Tobago. Devotees began assembling from early morning at the Prema Sai Centre, where worship of Bhagavan's sanctified Padukas (sandals) took place. The programme consisted of Veda chanting, offering of flowers



*A grand procession was taken out in Longdenville, Central Trinidad on 22nd November 2009 as part of 84th Birthday celebrations of Bhagavan.*

on the Padukas while chanting 108 Names of Bhagavan, and singing Bhajans. During Bhajans, Bhagavan's throne was placed ceremoniously on the chariot and the Padukas were installed on a footstool. The procession then wound its way slowly to Sai Nilayam, about half a kilometre away amidst Veda chanting, Bhan singing and the rhythm of tassa drums. It was a sight for the gods to behold as ecstatic devotees sang Bhajans. At Sai Nilayam, the Padukas were installed on the stage. This was followed by a memorable programme consisting of Bhajans, a talk on the teachings of Bhagavan by the Central Coordinator of

the West Indies, Sri Rajhdeo Ramdhan and a cultural programme. The cultural programme included an instrumental music presentation by the SSE children, excerpts from the Ramayana by women devotees, and a skit by the youth. The skit depicted the power of faith in Bhagavan's Name in bringing about transformation.

## SAUDI ARABIA

Christmas was celebrated at the Riyadh Sai Centre on 24th December 2009. About 80 people attended the event organised by 20 hard-working volunteers. Sai Majlis (the terrace of the Sai Centre) was exquisitely decorated with dozens of handmade stars, paper snowflakes, decorative coloured balls, balloons and beautiful angels. A five-foot-tall Christmas tree dazzled with lights and ornaments, and



*The Riyadh Sai Centre of Saudi Arabia celebrated Christmas on 24th December 2009. The picture shows a skit on "Ceiling on Desires" which formed part of these celebrations.*

a beautiful picture of Bhagavan adorned the centre of the room. At 7.00 p.m., the programme began with the chanting of Omkar. The Bhajan singers and the choir group, dressed in white with Santa hats, sang Bhajans. This was followed by a skit on "Ceiling on Desires" and singing of carols by the children. During the

last carol "Jingle Bells", Santa Claus entered dramatically, to everyone's surprise and presented a Christmas gift to each and every child attending the celebration. The event ended happily with everyone carrying home a written quote of Bhagavan on "Ceiling on Desires".

## HUNGARY

On 22nd November 2009, 30 Hungarian Sai devotees celebrated Bhagavan's 84th Birthday by rendering loving service to 75 residents of two homes for the elderly located in Pilisvörösvár and Pliscsaba. They also served 50 residents of a mental health facility in Esztergom. Handmade gifts were distributed, including a night lamp, sacks filled with medicines and bookmarks containing quotes from Jesus and Bhagavan. Volunteers composed poems, shared tales and sang songs, and the spirit of loving service brought cheer to the residents, who gave them a standing ovation. Devotional tears welled up in the eyes of many residents. One of the guests thanked the group, saying, "I



*Bhagavan's 84th Birthday was the occasion on which 30 Hungarian Sai devotees rendered loving service to inmates of two homes for the elderly in Pilisvörösvár and Pliscsaba and a mental health facility in Esztergom.*

have seen several choirs in my life, but I have never seen any choir radiating such love.”

## AZERBAIJAN

Azerbaijan is a beautiful country located at the crossroads of Eastern Europe and Western Asia, bounded by the Caspian Sea, Russia, Georgia, Armenia and Iran. Baku is the capital, the largest city, and the largest port of Azerbaijan. On 19th and 20th September 2009, the Fifth National Conference of Sri Sathya Sai Baba Organisation of Azerbaijan was held in Baku. The theme of the conference was “Love



*The Fifth National Conference of Sri Sathya Sai Baba Organisation of Azerbaijan was held on 19th and 20th September 2009 on the theme of “Love All, and That Will Be Enough”.*

All, and That Will Be Enough”. The motto of the conference was “Your Life Is My Message”. Reports on the spiritual, educational, youth and service activities were presented and leaders of the Sathya Sai Organisation addressed the gathering. Guests participating in the conference from Makhachkala, Georgia, Denmark and Great Britain shared their experiences with devotees. In addition, there were question and answer sessions. On 21st September 2009, 315 people attended a devotional concert by Dana Gillespie at a German church, in which she narrated her experiences. On 24th

September, the participants visited a boarding school where the children had organised a special concert. In this orphanage, Sathya Sai volunteers regularly provide services, such as gardening, cooking and teaching dance, art and amateur theatre. The conference left an indelible impression on those who attended, and they were grateful to Bhagavan for His grace and infinite love.

## INDONESIA

A Sathya Sai Convention was held at Prasanthi Vidyasabha Centre in Bali from 28th to 30th August 2009, in which 475 participants took part. The theme of the convention was “My Work Is My Blessing”. The programme began with a national youth conference on 28th August, in which about 300 youth from all parts of Indonesia took part. From 29th to 30th August, leaders of the Sathya Sai Organisation from various parts of Indonesia and overseas Sathya Sai Organisation gave inspiring talks on the conference theme and exhorted the participants to become Bhagavan’s worthy instruments. There were beautiful presentations of Balinese dances and Bhajans by Balinese singers. An exhibition displayed



*A Sathya Sai Convention was held at Prasanthi Vidyasabha Centre in Bali, in which 475 participants from various parts of Indonesia took part.*

numerous activities carried out by the Sathya Sai Organisation of Indonesia.

– Sri Sathya Sai World Foundation

## BHARAT

**Andhra Pradesh:** Nizamabad district distributed sewing machines to 12 poor women at Nizamabad on 27th September 2009 to help them earn their livelihood.

Prakasam district conducted medical camps in Gunducharla and Kalanutula villages on 18th October 2009, treated 910 patients and gave free medicines. East Godavari district also conducted medical camps in Girijan villages and treated 321 patients. It distributed homoeopathic pills to 500 people for preventing Swine Flu in SSSVIP Girijan villages.

Chittoor district carried out Narayana Seva for 400 people on 20th October 2009, distributed homoeopathic pills to 9,200 people in two villages to ward off Swine Flu, distributed Saris to 84 poor women on 19th November 2009 at Srikalahasti town.

**Assam:** Sri Sathya Sai Seva Samithi, Guwahati organised a Christmas programme in the Easwamma Hall of Sri Sathya Sai Sadhana Nilayam, Jorpuhuri, Guwahati. The State President of Sri Sathya Sai Seva Organisation addressed the august gathering on this occasion and said that only Brotherhood of Man and Fatherhood of God could lead humanity to happiness and make life worth living. This, he said, was the main message of Jesus Christ. This was followed by a violin recital by internationally renowned mother-daughter duo, Smt. Minoti Khound and Smt. Sunita Khound Bhuyan. Other programmes of the evening were Veda chanting and carol singing by Bal Vikas children and devotional songs by Sri Shyam Sundar Sharma. The musical evening concluded with Bhajan recital

by Sri Rupak Sharma, a former student of Sri Sathya Sai College, Whitefield, Bengaluru.

**Delhi:** As part of 85th Birthday celebrations of Bhagavan Sri Sathya Sai Baba, Sri Sathya Sai Paduka Puja (worship of the sandals of Bhagavan) was held at Sri Sathya Sai International Centre, New Delhi on Sunday, 31st January 2010. One hundred and forty couples participated in this Puja. A large number of devotees thronged the venue to witness this most auspicious celebration. Commencing with worship of Lord Ganesh, the Puja of the Padukas was performed with chanting of Mantras.

The hall was surcharged with sacred vibrations by the chanting of Mantras and it was a celestial sight when towards the end, all hands, with lamps in their hands, were raised in offering Arati to Bhagavan. After completion of the Puja, a special one-hour Bhajan was held. This was followed by Prasadam for all devotees.

**Jammu and Kashmir:** A free medical camp was organised by the Talab Tillo Samithi at SOS Home (Channi Rama) on 20th September 2009, in which medical check-up of 91 children was conducted and free medicines were provided. At the same place on the same date, a free dental camp was also conducted concurrently by Trikuta Nagar Samithi, wherein 89 students were examined. Free medicines were provided to them.

**Manipur:** Bhagavan's 84th Birthday was celebrated at Prasanthi Mandir, Mantripukhuri, Manipur by Sri Sathya Sai Seva Organisation, Manipur on 23rd November 2009, which was also the third Foundation Day of Sri Sathya Sai Organisation of Manipur. On this auspicious day, devotees from different parts of Manipur came to the Mandir to take part in Suprabhatam at 4.30 a.m. and Nagar Sankirtan

at 5.00 a.m. The main programme started at 8.45 a.m. with hoisting of Prasanthi flag and lighting of lamp followed by Veda chanting. After this, State Education Coordinator gave the report of the main activities performed by the different units of the Sai Organisation during the last one year. At 9.40 a.m., Sri S. Chandrakanta Singh, Convener, Sri Sathya Sai Books and Publications Trust, Manipur released the book in Manipuri entitled “Babada Katchariba Navaratna” written by Dr. L. Gourgopal Singh. This was the first title in Manipuri published by Sri Sathya Sai Books and Publications Trust, Manipur. “Sri Sathya Sai Bhajan Mala”, a Manipuri Bhajan booklet and Calendar – 2010 published by Sri Sathya Sai Books and Publications Trust, Manipur were also released. Altogether, 198 gents and 390 ladies attended the function. There were two speeches by distinguished speakers, after which Bhajans were offered to Bhagavan by the Sai Youth of Manipur followed by Arati . On this occasion, food provisions were distributed to 20 families of Koijam Khunou, Tekcham villages of Thoubal district, Manipur about 40 km from Imphal in the evening.

**Tamil Nadu:** Mass Upanayanam (ceremony to initiate children into spiritual life) of 49 children hailing from various parts of Tamil Nadu was held at Sundaram on Thursday, 11th March 2010. The children and their families came to Sundaram in a grand procession and took their allotted seats in the well-decorated lawns of Sundaram, which was entirely covered with a Shamiana (tent). Even before the arrival of the procession, Seva Dal volunteers had laid out all the Puja materials in a neat manner for the children. Each and every child was guided by a priest besides the chief priest to perform the necessary rituals according to Vedic



*Children who participated in the mass Upanayanam ceremony conducted by Sri Sathya Sai Seva Organisation of Tamil Nadu on 11th March 2010.*

injunctions. After the preliminary rituals, the main ritual of Brahmopadesam (imparting of Mantra) was conducted at the most auspicious time, 8.30 a.m. Gift bags containing the Sandhyavandanam (prayer) book and a CD along with other items were given to each child.

Sai Youth of Coimbatore district organised a weeklong integrated Seva programme from 8th to 14th March 2010 in Chellappa Goundan Pudur, a village adopted by the Sai Organisation under Sri Sathya Sai Village Integrated Programme. The programme included Sai Bhajans, Bal Vikas camps, Sadhana camps, medical camps and spiritual talks in the local language on the Divine Mission of Bhagavan. Sai Youth also undertook cleaning of village temple and trained the villagers in maintaining hygiene and sanitation. The elders and children of the village were highly motivated by the selfless service rendered by Sai Youth, resulting in spiritual transformation in their daily life. It was encouraging to note that Bal Vikas children who attended the camp have organised themselves into a Sai Bhajan group of the village and conduct regular Bhajan programmes.

## When you Attain God, World will also Become yours

**A** KING ORGANISED A BIG exhibition of various articles for people to come and choose any article of their liking and take it home. The people of the kingdom thronged the exhibition and everyone took home the article of his choice.



*Many types of items were displayed in the exhibition for people to choose any item of their choice and take it home.*

A young girl also came to see the exhibition. She looked at all the items exhibited there, but came out empty-handed without taking anything with her. Noticing this, the king called her near and said to her, "Dear girl! There is a wide variety of items in this big exhibition. Didn't you find any item in it of your liking? Don't you have any desires?" The girl said to the king, "Oh king! All the things are good. It is not that I have no desires. But if one fulfils one desire, it does not bring one's desires to an end. Rather, it gives rise to many more desires. Instead of becoming a slave of desires, if one



*"One cannot achieve victory over desires by fulfilling them", said the young girl to the king.*

conquers them, then the desires will become one's slave. Can one achieve victory over desires without exercising control over them?" Expressing his happiness at the reply of the young girl, the king said to her, "Dear girl! Ask for anything and I will give you." "Will you surely give, sir?" asked the girl. "Yes, certainly, I will give", promised the king. "In that case, I want you," said the girl. As per the promise given, the king accepted her as his queen. By virtue of this, she became the mistress of the entire exhibition also.

What is the inner meaning of this story? The exhibition symbolises this wonderful world and the king symbolises God. Ordinary people take from this exhibition what they want to fulfil their desires. But like the young girl of the story, there are a few who are imbued with the spirit of renunciation. Instead of the things of the world, they want the Lord of the world.

When you attain the Lord of the world, the world automatically becomes yours.



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### *Imbibe Virtues*

Virtues are the most effective means for purifying the inner consciousness of man at all levels. They prompt him to discover what to do and how to do. Only those who have earned good destiny can claim their excellence in discrimination. And, adherence to this determination is the raft which can take man across the ocean of flux and fear, the Bhava Sagara. Whatever the residual activity a person has performed to engage himself in, the impact of that activity will not impinge on him, provided he is a man of virtues. The man of virtues has a place in the region of the liberated; he can merge in Brahman, the embodiment of Supreme Bliss.

– *Baba*

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