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"God has no particular form. Brahma, Vishnu, Maheswara are not different from each other. God manifests in the form His devotees contemplate upon. If a woman considers her husband as God, she can realise God in him. With whatever feelings you think of God, God will appear before you in the same way."

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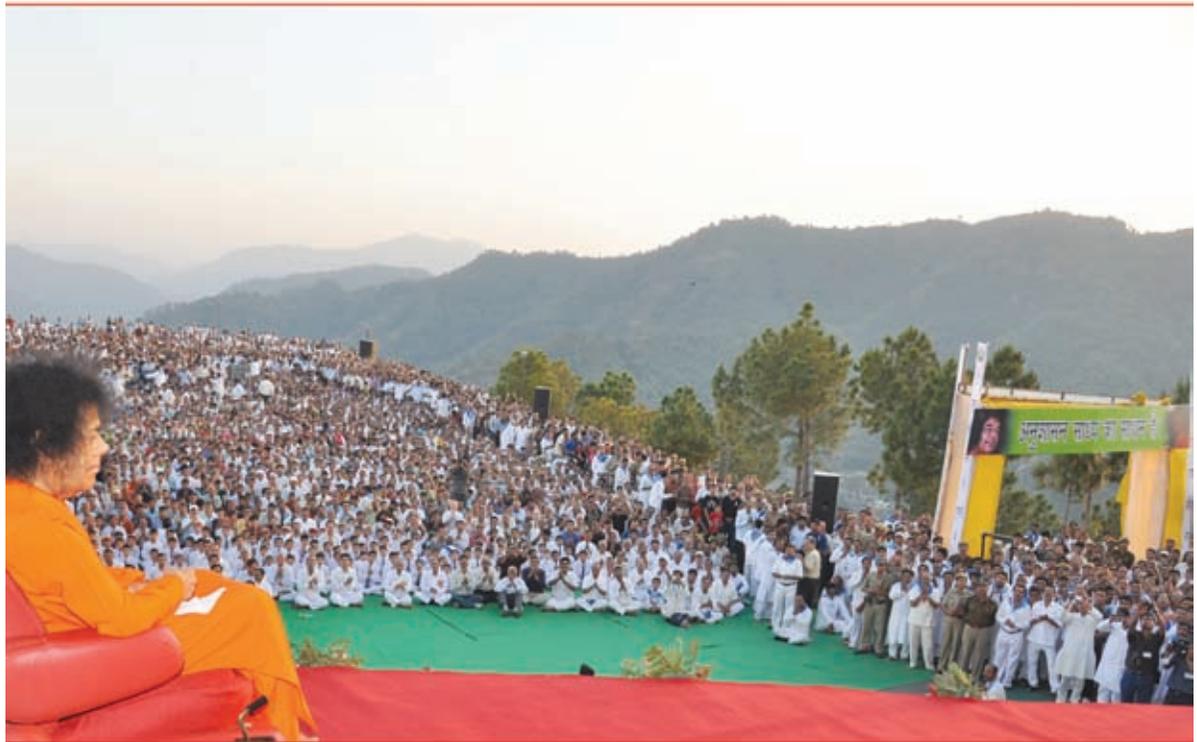
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Cover Page Photograph: Mahabharata scene as portrayed in Bhajan Mandir, Prasanthi Nilayam.



Bhagavan's Darshan at Sri Sathya Sai International Centre, Delhi-NCR on 11th April 2010.



Bhagavan's Darshan at Anand Vilas, Shimla on 15th April 2010.

LOOK WITHIN AND EXPERIENCE GOD

This land of Bharat has given birth to many noble women like Savitri who brought her dead husband back to life; Chandramati who extinguished wild fire with the power of truth; Sita who proved her chastity by coming out of blazing fire unscathed and Damayanti who reduced an evil-minded hunter to ashes with the power of her chastity. This land of piety and nobility attained plenty and prosperity and became the teacher of all the nations of the world because of such women of chastity.

(Telugu Poem)

TURN YOUR VISION INWARD AND SEE GOD WITHIN YOU



A WOMAN WHO FOLLOWS ONLY her husband and experiences happiness in serving him is called Pativrata (chaste woman). It was by the power of her chastity that Savitri could bring her dead husband Satyavan back to life.

Harishchandra's Strict Adherence to Truth

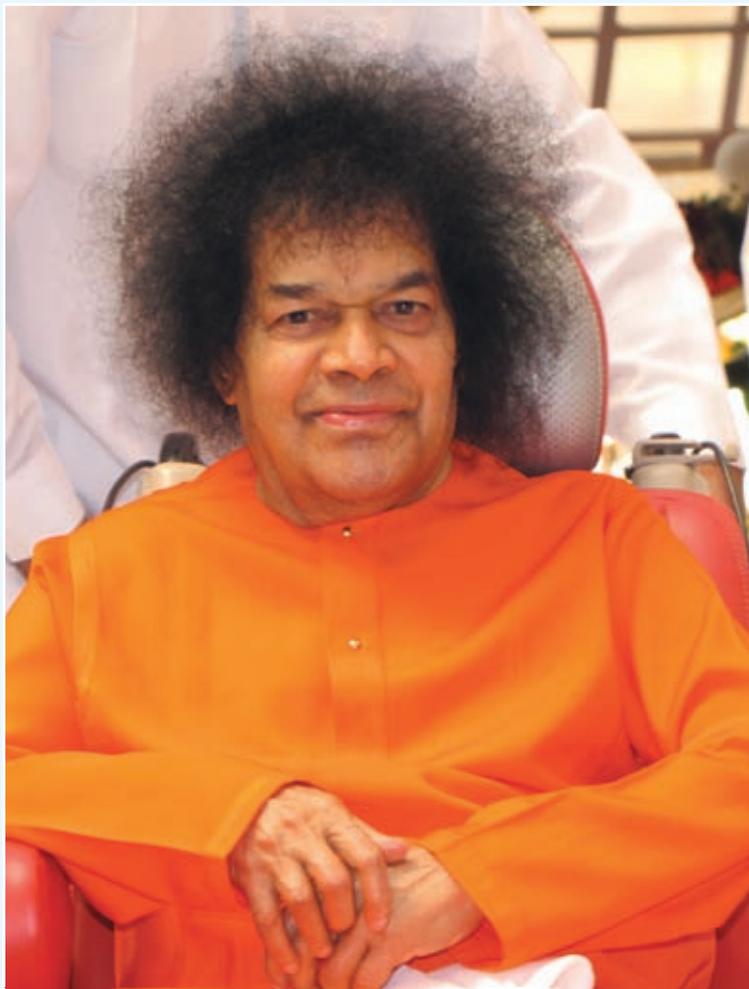
Chandramati extended full cooperation in every way to her husband Harishchandra who gave away his entire kingdom to Sage Viswamitra in charity and became a pauper without having even a single paisa with him. When Sage Viswamitra asked Harishchandra to give him Dakshina (money offerings) after getting his kingdom in charity, Harishchandra prayed to him to give him some time to pay the amount of Dakshina. Leaving his kingdom, Harishchandra went to Kashi along with his wife and son Lohitasva to earn money to pay Dakshina to the sage. Finding no other way to pay the amount of Dakshina, he sold his wife and son to a Brahmin. Being a queen,

Chandramati had never done any household work, but she was asked to do menial work of washing the dishes and cleaning the house by the Brahmin. Harishchandra himself took up the job of a caretaker of a cremation ground.



God has no form. He is beyond all names and forms. Therefore, do not limit God to any name and form. Do not have the false notion that God is present only at this place or that place. Contemplate on God who is present in your heart and earn His grace. Right from this sacred day of Ugadi, you should see God in everyone. Whomsoever you come across, offer your salutations to him, considering him as the embodiment of God. This is true meditation.





Today is Ugadi, the first day of Chaitra Masa (first month of Indian calendar). It denotes the commencement of New Year. In fact, Ugadi means beginning of a new era. But Ugadi is not the real beginning of a new era; the real new era commences when man has new and noble thoughts. Therefore, look within and experience God who is present in your heart. That is the real celebration of Ugadi. Realise that God is present everywhere.

The owner of the cremation ground assigned him the work of collecting tax from those who came to the cremation ground to cremate dead bodies.

One day, the Brahmin sent Lohitasva along with other children to the forest to collect Darbha (grass used in worship). There he was bitten by a snake and died. The other children brought his dead body to Chandramati. As she had to finish the household work before taking the dead body of her son to the cremation ground, it was night when Chandramati reached the cremation ground with the dead body of her son. When the caretaker of the cremation ground, who was none other than her husband Harishchandra, asked her to pay the tax for cremating the body of her son, she told him that she had no money to pay the tax. Seeing her Mangal Sutra around her neck, Harishchandra said, "How do you say you have no money? I see the Mangal Sutra you are wearing". On hearing this, she thought to herself, "Only my husband can see my Mangal Sutra and none else". Then she asked him, "Are you not my husband Harishchandra"? Harishchandra replied in the affirmative; he was grief-stricken on coming to know about the death of their only son. However, he told her that he could allow

her to cremate the dead body of their son only when she paid the tax. As she had no money to give, she took out her Mangal Sutra to give it to him. At that very moment, Lord Siva manifested there. He praised Harishchandra for his strict adherence to truth and told him that all this was a divine play to show to the people of the world that there were still some highly exalted persons in the world who followed truth scrupulously. He also brought their dead son Lohitasva back to life. Meanwhile, Viswamitra also came there. He returned the kingdom of Harishchandra to him and told him that he had done all this to test his commitment to truth. Thus, Harishchandra demonstrated the divine quality of truth. Truth is God.

God Permeates every Atom of the Universe

People search for God and ask, "Where is God? Where is God"? God is everywhere. *Sarvatah Panipadam Tat Sarvathokshi Siromukham, Sarvatah Sruthimalloke Sarvamavruthya Tishthati* (with hands, feet, eyes, head, mouth and ears pervading everything, He permeates the entire universe). God has no beginning and no end; He has no birth and no death. Human body is temporary and ephemeral like a water bubble. But it is the abode of God who is eternal. God is not outside, He is within you. The same Atma is immanent in all beings including birds, beasts and insects.

God has no particular form. Brahma, Vishnu, Maheswara are not different from each other. God manifests in the form His devotees contemplate upon. If a woman considers her husband as God, she can realise God in him. With whatever feelings you think of God, God will appear before you in the same way. *Daivam Manusha Rupena* (God is in the form

of a human being). All are the embodiments of God. So, the answer to the question, "Where is God"? is "God is everywhere". The Atma that is present in you in the form of consciousness is present in all. You cannot say, consciousness is here and not there; it is everywhere. God is omnipresent. There is no need to search for God who is present everywhere, in all, at all places. Therefore, it is very easy to know God. Try to understand that everything in the universe is permeated by God. The objective of all your education is to experience God who is present everywhere and in every being. To attain this ideal should be the goal of your life. Close your eyes and contemplate on the form of God that you like. On whatever form of God you contemplate upon, God will manifest before you in that very form. Never think that God is somewhere at a distant place or He is present only at one particular place and not at another. He is present everywhere and permeates every atom of the universe.

See God in All

Today is Ugadi, the first day of Chaitra Masa (first month of Indian calendar). It denotes the commencement of New Year. In fact, Ugadi means beginning of a new era. But Ugadi is not the real beginning of a new era; the real new era commences when man has new and noble thoughts. Therefore, look within and experience God who is present in your heart. That is the real celebration of Ugadi. Realise that God is present everywhere. God is one though people worship Him by many names. There can be many sweets like Gulab Jamun, Mysore Pak, Jilebi but sugar in all of them is the same. There may be differences in the names and forms of people but divinity that is immanent in all is the same. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but



the wise refer to it by various names). You see the picture of Krishna wearing a crown with a peacock feather or that of Siva with a third eye. But these are mere pictures of God. God has no form. He is beyond all names and forms. Therefore, do not limit God to any name and form. Do not have the false notion that God is present only at this place or that place. Contemplate on God who is present in your heart and earn His grace. Right from this sacred day of Ugadi, you should see God in everyone. Whomsoever you come across, offer your salutations to him, considering him as the embodiment of God. This is true meditation. God is in you; you yourself are God. Then where will you go in search of God? Does anyone go out somewhere in search of himself? When you yourself are God, how can there be one more God? Turn your vision inward and see God within you.

When you say, this is my body, then who is that 'my'? Clearly, body is separate and you are separate. Realise this truth. That is real devotion. (Bhagavan called one of the boys and asked him) Where do you come from? (When the boy told Bhagavan that he had come from Mumbai, Bhagavan said) Your body has, in fact, come from Mumbai, not you. Realise the truth, "I am I". When you say, I am so and so, what does it convey? Your name has been given to you by your parents. You were not born with this name. Do not think that your body is permanent. Physical body lasts



The Atma that is present in you in the form of consciousness is present in all. You cannot say, consciousness is here and not there; it is everywhere. God is omnipresent. There is no need to search for God who is present everywhere, in all, at all places. Therefore, it is very easy to know God. Whomsoever you come across, offer your salutations to him, considering him as God. Try to understand that everything in the universe is permeated by God. The objective of all your education is to experience God who is present everywhere and in every being. To attain this ideal should be the goal of your life.



only for a limited period of time. Ultimately, it has to go. (Swami called another boy and asked him, "What do you want"? The boy said, "Swami, I want You, I want Your love. Be always with us, Swami". Then Swami said) I am always with you. All of you belong to Me. Whenever you contemplate upon Me in your heart, I will manifest before you. Today is New Year day. Be happy.

– From Bhagavan's Ugadi Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 16th March 2010.

Peace is a shoreless ocean. It is the light that illumines the world. Having peace amounts to having everything. It confers knowledge of both this world and the other.

– Baba

BHAGAVAN VISITS DELHI AND SHIMLA

IN RESPONSE TO EARNEST prayers of the people of Delhi and its neighbouring States as well as Himachal Pradesh, Bhagavan paid a visit to Delhi and Shimla from 9th to 18th April 2010 and showered His love and benedictions on mammoth gatherings of devotees at both places. Starting from Prasanthi Nilayam on 9th April, Bhagavan along with His entourage reached Delhi the same evening and stayed there from 9th to 14th April 2010. From Delhi, Bhagavan went to Shimla on 15th April and stayed there for two days. Departing from Shimla on 17th April 2010, Bhagavan arrived at Prasanthi Nilayam on the afternoon of 18th April 2010 after a night's halt in Delhi. This visit of Bhagavan to Delhi and Shimla was a boon for hundreds of thousands devotees who had their life's desire fulfilled by the Divine Darshan of the Avatar of Kali Yuga. On this occasion, many newspapers brought out special supplements on the Life and Mission of Bhagavan.

SHOWERS OF DIVINE GRACE ON DELHI

Bhagavan was given a prayerful and reverential send off by a large gathering of devotees in Sai Kulwant Hall and Arati was offered to Him when He came to the hall at 1.45 p.m. on 9th April 2010 on His way to Sri Sathya Sai Airport, from where He left for Delhi along with His entourage at 2.30 p.m. by a chartered plane. The plane reached Indira Gandhi International Airport, Delhi at 4.45 p.m., where Bhagavan was offered

reverential welcome by Sri Maharajakrishna Rasgotra, former Foreign Secretary, Sri S.K. Birla, Chairman, S.K. Birla Group, Sri Jatinder Cheema, State President, Sri Sathya Sai Seva Organisation, Delhi – National Capital Region (NCR) and other senior functionaries of the Sai Organisation. After an hour-long drive by car, Bhagavan reached Sri Sathya Sai International Centre which was magnificently decorated to welcome Bhagavan to Delhi after an 11-year hiatus, the last visit of Bhagavan to Delhi being in the year 1999. As Bhagavan's entourage came closer to the Sai Centre, a band group played joyous notes and a Veda chanting group offered traditional welcome to Bhagavan with Pournakumbham. Bal Vikas children standing on both sides of the street greeted Bhagavan with lighted lamps in their hands. A sweet welcome song was played on the public address system to offer welcome to Bhagavan when He came on the stage to grant the bliss of His Darshan to thousands of Bhajan singing devotees who were waiting since morning for a glimpse of Bhagavan. Arati was then offered to Bhagavan, after which Bhagavan retired to His abode at Sri Sathya Sai International Centre.

On the morning of 10th April 2010, Bhagavan gave Darshan during Bhajan session at Sri Sathya Sai International Centre to devotees gathered there in large numbers. Among the devotees were many dignitaries which included Sri Sunil Bharti Mittal, Managing Director of Bharti Telecom, Sri Brij Mohanlal Munjal, Chairman, Hero Honda Group, Sri K.M. Muniappa, Minister of State for Railways, Justice Karpaga Vinayagam, Chairman,



Sri Sathya Sai International Centre was the venue where Bhagavan gave Darshan to yearning devotees both in the morning and evening during His stay in Delhi.

Appellate Tribunal for Electricity, Smt. Indu Jain, Chief of Times of India and secretaries of various Ministries of the Government of India. The programme started at 8.30 a.m. with Veda chanting which continued up to 9.00 a.m., after which Bhajans were started. Bhagavan came on the stage at 10.45 a.m. and showered the bliss of His Darshan on the yearning devotees. The Bhajans ended at 10.55 a.m. when Arati was offered to Bhagavan to mark the conclusion



Children of Delhi slums presented a cultural programme at Sri Sathya Sai International Centre on 10th April 2010 in the Divine Presence of Bhagavan.

of the programme. After this, Bhagavan went to the Primary School block where a cultural programme was presented on the theme of unity of religions by the children of slums adopted for all-round development by Sri Sathya Sai Seva Organisation of Delhi. At the conclusion of the programme, Bhagavan showered His blessings on the children who took part in it.

In the afternoon, Bhagavan gave Darshan to devotees at Sri Sathya Sai International Centre during Bhajans before going to Dwarka for public Darshan to a mammoth gathering of devotees there. A large number of devotees from the neighbouring States of Uttar Pradesh, Rajasthan, Haryana, Punjab and Himachal Pradesh assembled at this venue to experience the bliss of Bhagavan's Darshan. The programme started with Veda chanting which was followed up with devotional songs by Bal Vikas children. Thereafter, Bal Vikas children of Delhi staged an excellent drama. Bhagavan sat through the entire presentation, blessed the children at the end of the drama and provided them the coveted opportunity of a photo session with Him. The programme came to a close with Arati to Bhagavan at 7.30 p.m.

On Sunday, 11th April 2010, the third day of Bhagavan's Delhi sojourn, Bhagavan gave Darshan to devotees at Sri Sathya Sai International Centre during Bhajans in the morning from 10.50 a.m. to 11.25 a.m. and in the afternoon from 4.20 p.m. to 4.40 p.m.

In the evening, Bhagavan gave Darshan in Mavalankar Auditorium near Parliament House

to a select gathering of devotees and dignitaries which included senior lawyers, bureaucrats, technocrats, parliamentarians, business magnates, media personalities, members of the diplomatic community and CEO's of MNC's. After the arrival of Bhagavan in Mavalankar Auditorium at 5.00 p.m., three distinguished speakers blessed by Bhagavan addressed the gathering. Air Chief Marshal (retd.) N.C. Suri introduced the speakers. The first speaker was Sri Sunil Bharti Mittal, Managing Director of Bharti Telecom. Sri Mittal spoke about his long association with Bhagavan, his marriage into a family of Bhagavan's devotees and his first Darshan of Bhagavan in seventies. Referring to the life and teachings of Bhagavan, the eminent speaker observed that Bhagavan's universal message of truth, righteousness, love, peace and non-violence was for the redemption of entire mankind without any differences of religions, countries, nationalities and races. The second speaker was Sri S.V. Giri, former Vice Chancellor of Sri Sathya Sai University who explained in detail how Bhagavan's Mission was spreading worldwide and was bringing about transformation in the lives of people of different countries and faiths from all strata of society. The last speaker was Dr. G. Venkataraman, former Vice Chancellor of Sri Sathya Sai University who made an impressive presentation with the help of video clippings and slides on Bhagavan's Chennai Water Project, highlighting its salient features and Bhagavan's concern for the difficulties of common people, specially those from economically weaker sections of society. After these speeches, Sai Youth of Delhi, presented a drama entitled "Life is a Game, Play It" which highlighted the

importance of the message of the Bhagavad Gita for modern man. The programme came to a close with Arati to Bhagavan.

On the morning of 12th April 2010, Bhagavan gave Darshan to devotees during Bhajans at Sri Sathya Sai International Centre from 10.25 to 10.55 a.m. Sri Sushil Kumar Shinde, Minister for Power and many old devotees of Bhagavan also came for Bhagavan's Darshan. After receiving Arati, Bhagavan went to Bahai



On 12th April 2010, Bhagavan visited Bahai House of Worship where members of Bahai community presented a programme on the unity of all faiths.

House of Worship where He was offered reverential welcome by its senior functionaries. After Bhagavan was conducted to the main temple and seated in the centre, passages from the scriptures of all faiths were read to highlight the truth taught by Bhagavan that the essence of the teachings of all faiths is the same. This special meeting was attended by about 300 persons.

In the evening, Bhagavan came on the stage at Sri Sathya Sai International Centre at 6.20 p.m. amidst singing of Bhajans by devotees. After receiving Arati at the end of Bhajans, Bhagavan went to Krishna Menon Marg residence of Sri Atal Behari Vajpayee, former Prime Minister of India, who could not



Bhagavan gave Darshan to huge gatherings of devotees at Dwarka on 10th and 13th April 2010.

come to Sri Sathya Sai International Centre for Bhagavan's Darshan due to ill health. After blessing the veteran leader, Bhagavan returned to Sri Sathya Sai International Centre at about 8.30 p.m.

On the morning of 13th April 2010, Bhagavan blessed the devotees with His Divine Darshan during Bhajans at Sri Sathya Sai International Centre from 11.40 a.m. to 12.30 p.m. The devotees who came for Bhagavan's Darshan on this morning included many dignitaries, viz., Sri Shivraj Patil, Governor of Punjab, Sri Praful Patel, Union Minister of Civil Aviation, Justice M.M. Punchhi, former Chief Justice of India, Smt. J. Geeta Reddy, Minister for Information and Public Relations, Government of Andhra Pradesh, Sri Suresh Wadkar, a renowned playback singer and many members of Parliament. This being the auspicious day of Baisakhi, New Year day for the people of Punjab and Delhi, members of Sikh community came to offer their salutations to Bhagavan, and Sri Sathya Sai Organisation, Delhi-NCR distributed clothes to about 1,000 couples. Prasadam along with Vibhuti packets blessed by Bhagavan was also distributed to all the devotees on this occasion. From the stage, Bhagavan spotted a mentally challenged child and asked a Seva Dal volunteer to give Vibhuti to him to the joy of the child's mother and all the devotees present there. Bhagavan received Arati at the end of Bhajan at 12.30

p.m. In the evening, Bhagavan came on the stage at Sri Sathya Sai International Centre amidst Bhajan singing at 6.15 p.m. and gave Darshan to the assembled devotees. After receiving Arati, Bhagavan went to Dwarka where a mammoth gathering of devotees awaited Bhagavan's arrival. Soon after the arrival of Bhagavan at the venue at 7.00 p.m., a Bhangra troupe presented a ten-minute Bhangra sequence. Thereafter, Sri Hans Raj Hans, a renowned Sufi singer, presented an excellent programme of Sufi songs and enthralled the huge gathering of devotees for nearly half an hour. He dedicated all his songs to the Divine Glory and Mission of Bhagavan. At the conclusion of this programme, Arati was offered to Bhagavan.

On 14th April 2010, the 6th day of His Delhi visit, Bhagavan gave Darshan both in the morning and evening at Sri Sathya Sai International Centre. The dignitaries who came for Bhagavan's Darshan included Sri L.K. Advani, former Deputy Prime Minister of India, Smt. Najma Heptullah, Sri Shantonu Sen, Advisor to Governor of Delhi. Bhagavan came at 10.15 a.m. amidst Bhajans and left for Sri Sathya Sai Vidya Vihar (Higher Secondary School for Girls), Kalkaji Extension, New Delhi at 10.30 a.m. In the school, the students presented an excellent dance drama entitled "Sathya Sai Katha" (story of Sathya Sai) which depicted a few incidents from the childhood days of Bhagavan including the incident



On 14th April 2010, Bhagavan visited Sri Sathya Sai Vidya Vihar (Higher Secondary School for Girls), Kalkaji Extension, where the students of the school presented an excellent dance drama "Sathya Sai Katha".

of Hanuman stopping child Sathya from circumambulating his idol and the dance of Rishyendramani performed by child Sathya. The children delighted the audience with their superb acting and thrilling dances. The drama concluded at 12.15 p.m.

In the evening, Bhagavan came out at 7.25 p.m. and gave Darshan to devotees engaged in Bhajan singing at Sri Sathya Sai International Centre. As the Bhajans continued, Bhagavan came down the ramp, went amidst devotees through the pathway and accepted their letters. After spending about fifteen minutes amidst devotees, Bhagavan received Arati and returned to His residence. The dignitaries who came for Bhagavan's Darshan in the evening included Air Chief Marshal Pradeep Vasant Naik, Chief of Air Staff, Indian Air Force, Sri Ajay Kashyap, Jt. Commissioner of Delhi Police, and family members of Sri L.K. Advani.

State Presidents and Trust Conveners of the Sai Organisation of North Indian States attended all the programmes at Sri Sathya Sai International Centre and Dwarka.

A BOON FOR HIMACHAL PRADESH DEVOTEES

On the morning of 15th April 2010, Bhagavan granted Darshan at Sri Sathya Sai

International Centre at 9.15 a.m., accepted Arati and left for Shimla by a chartered plane. Starting from Indira Gandhi International Airport at about 10.30 a.m., Bhagavan's plane reached Shimla Airport at 11.30 a.m. This was Bhagavan's third visit to Shimla after His first two visits in 1973 and 1975. Thousands of devotees and scores of dignitaries including Sri Shyam Sunder, State President offered

warm and respectful welcome to Bhagavan at the airport. Besides, a police band and folk musicians of Himachal Pradesh extended welcome to Bhagavan with auspicious notes on their traditional musical instruments. Thousands of people lined up the entire route of Bhagavan from the airport to Anand Vilas, the newly-built abode of Bhagavan at Shimla. Welcome arches, buntings, floral hangings and colourful Rangoli all along Bhagavan's route offered joyous welcome to Bhagavan. The convoy of Bhagavan's cars covered this distance of 29 km in 80 minutes and reached Anand Vilas at 12.50 p.m. The Governor of Himachal Pradesh, Ms. Urmila Singh offered reverential welcome to Bhagavan at Anand Vilas where a military band and folk musicians offered musical welcome to Bhagavan. Bhagavan ceremoniously inaugurated the newly constructed building and graciously entered it. Thereafter, Bhagavan went to the balcony and showered the bliss of His Darshan on thousands of devotees who had come from all parts of Himachal Pradesh and gathered in the vast ground outside Anand Vilas.

In the evening, Bhagavan came out of His abode Anand Vilas at about 5.45 p.m. and spent nearly one hour amidst Bhajan singing devotees, showering His love and blessings





Mammoth gatherings of devotees came for Bhagavan's Darshan at Anand Vilas during Bhagavan's Shimla visit on 15th and 16th April 2010.

on them. The devotees who came for Bhagavan's Darshan and blessings at Anand Vilas included Sri Prem Kumar Dhumal, Chief Minister of Himachal Pradesh and a galaxy of dignitaries, viz., M.P's, ministers, M.L.A.'s and bureaucrats. Apart from experiencing the bliss of Bhagavan's Darshan at Anand Vilas, thousands of devotees visited Sanathana

On the morning of 16th April 2010, Bhajans were played on the public address system from 9 a.m. onwards at Anand Vilas where a huge gathering of devotees eagerly awaited Bhagavan's Darshan. After these devotional songs, Bhajans were started at 10.40 a.m. by the Bhajan singers, which the devotees followed in chorus. Bhagavan came out of His abode Anand Vilas at 11.00 a.m., consecrated the newly-built Ganesh temple at its entrance and blessed the Bhajan singing devotees with His Darshan. After this, Bhagavan went to the hostel of Sri Sathya Sai School started by Sri Sathya Sai Seva Organisation of Himachal Pradesh in 2007. At the hostel, adjoining the school, Bhagavan was accorded a ceremonial welcome with Poornakumbham amidst Veda chanting and a welcome song by the students. After inaugurating the hostel building, Bhagavan listened for a few minutes to the devotional songs excellently rendered by the students. At 12.00 noon, Bhagavan returned to Anand Vilas where Arati was offered to Him to mark the conclusion of the morning programme. The dignitaries who came for Bhagavan's Darshan in the morning included Sri Virbhadra Singh, Union Steel Minister.



More than 22,000 visitors came to see the photo exhibition set up from 14th to 17th April 2010 on the life, teachings and visits of Bhagavan Sri Sathya Sai Baba to different places.

Sarathi Golden Jubilee photo exhibition "Journey with Sai" (Him Sai Samdarshan) set up on this occasion by the Sai Organisation of Himachal Pradesh at Pujarli, Shimla from 14th to 17th April 2010.

In the evening, Bhagavan came out of Anand Vilas at 5.00 p.m. and showered His blessings on the assembled devotees engaged



Bal Vikas children of Himachal Pradesh and students of Sri Sathya Sai School at Shimla presented an enrapturing cultural programme at Anand Vilas, Shimla on 16th April 2010.

in Bhajan singing. At 5.10 p.m., the students who accompanied Bhagavan from Prasanthi Nilayam started their programme of devotional music. Besides two Thyagaraja compositions, the students presented an excellent Qawali which was followed by the popular devotional number, "Mahaprana Deepam Sivam Sivam..." After this, there was a brief Bhajan session, wherein Bhajans were led by the same group of students and followed in chorus by the huge gathering of devotees. After Bhajan, Bhagavan went to a newly-constructed auditorium where Bal Vikas children and students of Sri Sathya Sai School jointly presented an enrapturing cultural programme. At the outset, they presented a drama on the life of Ishwarchandra Vidyasagar, highlighting the ideals exemplified by him in his life. Next, they presented the programme entitled "Sai Sanrachna" which depicted glimpses of rich cultural heritage of Himachal Pradesh through thematic songs accompanied by scintillating dances. The programme which started with Ganesh Stuti (prayer to Lord Ganesh) comprised nine folk and tribal songs depicting various cultural traditions of the State. They concluded their programme with the gratitude song "Enta Hai

Enta Hai Eenadu" (what a happy day is today!), thanking Bhagavan for His unbounded grace. At the conclusion of the programme, Bhagavan blessed the children who participated in this drama. The programme which started at 6.15 p.m. came to a close at 7.30 p.m. with offer of Arati to Bhagavan.

On the morning of 17th April 2010, Bhagavan came out of His abode Anand Vilas at 8.45 a.m. while Bhajans were on. After one Bhajan, Bhagavan accepted Arati and proceeded to the Shimla airport at 8.50 a.m. Reaching the airport at 10.20 a.m. after an eighty-minute drive, giving Darshan to thousands en route, Bhagavan flew back to Delhi with His entourage by a chartered plane. The plane touched down at Indira Gandhi International Airport at 12 noon and Bhagavan reached Sri Sathya Sai International Centre at 12.40 p.m. In the evening, Bhagavan came out of His abode at about 6.00 p.m. This evening Smt. Ambika Soni, Union Minister of Information and Broadcasting, Government of India was at Sri Sathya Sai International Centre for Swami's Darshan and blessings. Young Parliamentarian and steel magnate Sri Naveen Jindal was also present at the Sai Centre for Swami's blessings along with his family. After blessing all, Swami left the Sai Centre and travelled through some significant landmarks of Delhi, viz., Rashtrapati Bhavan, Parliament House, India Gate, Shanti Path, Supreme Court of India, Purana Qila (Indraprastha). This more than half-an-hour "Divine Safari" was at a slow pace and, no doubt, the fortunate ones would be at the right place at the right time, receiving blessings that came unexpected. In the meantime, Bhajans continued at the International Centre where Bhagavan on His return spoke to the boys who had just returned from Shimla in a bus. After

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FORBEARANCE IS PROTECTIVE ARMOUR FOR MAN

Forbearance is truth, forbearance is righteousness, forbearance is the teaching of the Vedas, forbearance is non-violence, forbearance is sacrifice, forbearance confers happiness and heavenly bliss. In fact, it is everything in all the worlds.

(Telugu Poem)

WHEN YOU DEVELOP TRUE LOVE, YOU WILL HAVE NO DOUBTS

Students!

FORBEARANCE IS THE FIRST and foremost quality that man has to develop. This sacred quality cannot be learnt by reading books. It cannot be taught by teachers nor can it be acquired from friends. It cannot be bought in the market either, and there is no company that can supply it. It can be acquired only by following the path of truth and righteousness in daily life and by constant practice. There is no other way to attain it.

Sorrows Make your Humanness Manifest

Forbearance is like a protective armour for man. One who wears this armour will be able to withstand all types of difficulties, sorrows and sufferings and will march forward without being bogged down by them. There is no other power greater than the power of forbearance. This is the most important quality for a human being. But man today has forgotten the quality of forbearance and has lost his humanness due to his total involvement in worldly and mundane pursuits. Even if you are in the grip of any number of sorrows, difficulties

and sufferings, you should try to uphold the quality of forbearance. But man today is totally overpowered by difficulties and sorrows in his day-to-day life and has lost this valuable quality. Human life is highly precious and sacred. It is a long journey which should be

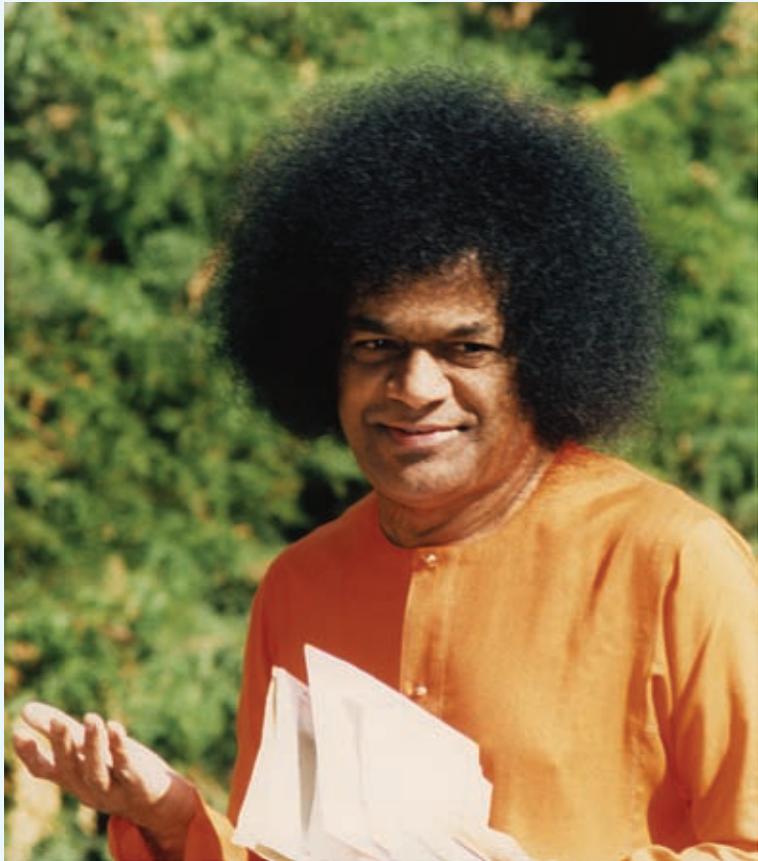
Anger is a great sin. There are some people who recite even their prayer in an angry tone when they are angry with someone.

For example, when you are sitting for Bhajan, somebody sitting close to you may cause inconvenience to you by not giving you sufficient place to sit. You have no other go but to bear this inconvenience.

At the end of the Bhajan, "Santhi Santhi Santhi" is chanted three times. But because of your anger on that person, you chant "Santhi Santhi Santhi" also in an angry tone! How can you then attain peace? You should consider this as a test of your patience and be absolutely peaceful while chanting "Santhi Santhi Santhi".

performed by following the right path. On this sacred path, the quality of forbearance is most essential. It is only difficulties that help you to develop the quality of forbearance. It is not possible to develop it without undergoing difficulties. *Pleasure is an interval between two pains.* It is only difficulties that make you aware of the value of human life. Sorrow makes your humanness manifest. Whatever may be the pursuits of your life, you should never leave humanness. It was the quality of forbearance that protected the Pandavas in their difficulties. Difficulties are, in fact, the stepping stones to happiness.

In spite of all his difficulties, man should not give up forbearance and forgiveness. However, forgiveness should be practised according to the time and situation. You should be discreet in your practice of forgiveness and should know when it should be put into practice and with respect to whom. When Mohammad Ghori attacked Prithvi Raj, he was completely defeated by Prithvi Raj. But Prithvi Raj, being a large-hearted ruler, forgave him and let him go scot free. Later, Mohammad Ghori again attacked Prithvi Raj and defeated him. Mohammad Ghori made Prithvi Raj captive and blinded him. He did not have gratitude towards Prithvi Raj who had earlier



Forbearance was the main quality of our Rishis. That was their real beauty. However, some Rishis suffered a downfall in their spiritual endeavours because they lost the quality of forbearance. They lost all their power of penance performed over a number of years. Similarly, many emperors lost their kingdoms and great scholars came to nothing because they lost this quality of forbearance. Therefore, you should consider forbearance as the quality which gives you total protection. It is your protective armour. If you forget this protective armour of forbearance and seek worldly and ephemeral pleasures, you will subject yourself to unbearable difficulties.

allowed him to go back unharmed. You should, therefore, be cautious in practising forgiveness



while dealing with a cruel person. No doubt forgiveness is a great virtue, but it will do more harm than good if it is practised with respect to an evil-minded person. Today man totally lacks the sense of gratitude. As he is verily drowned in selfishness and self-interest, he has become a victim of numerous difficulties. Man should put some limit to his selfishness and exercise control over his mind.

One may be the master of all forms of knowledge,

One may vanquish one's adversaries in debate,

One may fight with valour and courage in the battlefield,

One may be an emperor reigning over vast kingdoms,

One may offer cows and gold as an act of charity,

One may count the countless stars in the sky,

One may tell the names of different living creatures on the earth,

One may be an expert in eight forms of yoga,

One may reach even the moon,

But, is there anyone who can control the body, mind and senses?

Turn the vision inward,

And achieve the supreme state of equanimity of the mind. (Telugu Poem)

Exemplary Devotion of Sakkubai

Control of senses and surrender to God are very essential to develop the quality of forbearance. Without surrendering to God, without love for God and without His grace, it is not possible to develop forbearance. Forbearance is truth, forbearance is righteousness, forbearance is verily God. Truth is God, love is God. When you develop love,



Today love is only limited to the speech of man; it has disappeared from his heart. People only pretend to love but they do not really understand what love means. You will have no fear, no anger and no hatred when you have love.

There is no need for you to go to the forest and perform penance nor there is any need for you to undertake various spiritual practices. If you fill your heart with pure love, that is enough. Love is always pure and sublime. Because people lack love, they start doubting even God. When they develop true love, they will have no doubts.



you automatically attain truth and forbearance. Sakkubai contemplated on Lord Panduranga day in and day out with steadfast faith. She considered Him as her goal of life. She was put to a lot of suffering by her mother-in-law and husband. They gave her many difficult tasks to perform with the sole intention of punishing her. In that situation, forbearance was her greatest strength. The quality of forbearance gave her peace and patience. Sakkubai performed all the difficult tasks with the feeling of surrender to God. Her every endeavour was to please God. She expressed her agony to the Lord and constantly prayed to Him:

Oh Panduranga! Without any shade or shelter, I am carrying on this burden of life only for Your sake. I become restless if I don't see Your beautiful smile. Oh Krishna! At least come in my dreams. Grant me Your vision because I can no longer bear separation from You. (Telugu Song)

Oh Krishna! Sing a sweet song, and fill my heart with nectarine words and bliss. Distil the essence of the Vedas, transform it into divine music, play it on Your enchanting flute, and captivate me with Your melody. Sing, oh Krishna! Sing for me!! (Telugu Song)

Singing this prayer song, she started grinding grains, many bags of which were given to her by her mother-in-law to grind on the hand grinder. Ultimately, she was fully exhausted and fainted. But she never lost faith in Panduranga. *Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result). Whatever feelings you have, you get the result accordingly. As are your feelings, so will be your qualities. As is the action, so is the result. Be fearless in matters relating to God. With such courage and conviction, you should develop the quality of forbearance. God is Bhakta Paradheena (under the control of His devotees). Sakkubai therefore prayed to the Lord:

How long can I bear this suffering, oh Ranga! Why do You put me to such severe tests? Don't You have compassion on me? Are You displeased with me? Does not Your heart melt seeing my plight? Is it not true that I am Your servant? Doesn't it affect Your



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reputation to put me to so much suffering? (Telugu Song)



She made a fervent prayer to Lord Panduranga, "If I am Your true servant, why should I suffer so much? There must be some defect in me. I must have committed a sin. That is the reason for Your delay in coming to my rescue. Kindly let me know my defect so that I can correct myself". That very moment Panduranga manifested before her. *Isavasyam Idam Jagat* (the entire world is permeated by God). Brahman pervades the entire universe. All are the embodiments of Brahman. All are the very forms of God. There is no name and form that does not belong to God. *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (the Cosmic Being has thousands of heads, eyes and feet). God can assume thousands of forms. Panduranga assumed the form of Sakkubai and performed all the household duties that she used to perform, and sent her to Pandharpur to give happiness to her.

Never doubt that God is here and not there.

Wherever you search for Him, He is there.

(Telugu Poem)

Focus your Vision on God

It is not difficult to have the vision of God if your heart is pure. In fact, it is very easy to have the vision of God. You are unable to attain God because you lack purity. You have to open your eyes to see the resplendent sun. Even if the sun is there in the sky, how can you see it if you close your eyes? Similarly, you should purify your inner vision. Then you will see God everywhere. But man's heart is thickly covered with the dirt of evil thoughts. His mind is filled with worldly, physical and ephemeral desires. It is essential to purify your heart to see God who is eternal and ever true.

You cannot see your reflection in a mirror unless its other side is coated with a chemical. Heart is the mirror and love is the chemical.

When you coat this chemical of love on the mirror of your heart, you will attain the vision of God immediately. But this coating of love is totally missing in the heart of man today. Instead it is filled with the evil qualities of hatred, jealousy, ego and ostentation. God continues to shower His grace on man at all times. But man is unable to receive it because of his misunderstanding. In fact, he has lost his humanness completely. Whatever you see in this world is just a reflection of your own feelings. God is *Nirgunam, Niranjnam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala Swarupinam* (attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). There is no change in Him at all at any time. But you are deluded by your own feelings. Your feelings are not focused on God.

When Lord Narayana rushed to rescue Gajendra who was caught by the crocodile, His consort Lakshmi was in a dilemma whether she should ask Narayana or not why and where He was going.

At first, Lakshmi walked fast behind Narayana to ask Him where He was going,

Then, she stopped, thinking that her husband might not reply as He was rushing in a great hurry,

In that confusion, her plaited hair became loose,

And she could neither move forward nor step back.

(Telugu Poem)

Lakshmi first stepped forward to ask Narayana and then retraced her steps. Even though she was the consort of Narayana, she had a doubt whether her husband would give a reply to her question or not. When does

doubt come? It comes when there is some defect in a person. What was the defect of Lakshmi? She developed ego as she thought, "Why is Narayana going without telling me"? This ego was her main defect. Ego is one of the main defects of man. It causes his downfall. The divine principle of love will manifest in him only when he subdues his ego. If he wants to get rid of evil qualities like ego, ostentation and jealousy, he has to develop forbearance. Forbearance is truth, forbearance is righteousness, forbearance is yoga, forbearance is verily God. Forbearance is everything.

Today love is only limited to the speech of man; it has disappeared from his heart. People only pretend to love but they do not really understand what love means. You will have no fear, no anger and no hatred when you have love. There is no need for you to go to the forest and perform penance nor there is any need for you to undertake various spiritual practices. If you fill your heart with pure love, that is enough. Love is always pure and sublime. Because people lack love, they start doubting even God. When they develop true love, they will have no doubts. God is ever ready to help and serve His devotees who totally surrender to Him. Such devotees have no work of their own. They always think of God and God always looks after their welfare. God always teaches man what is good and beneficial for him. Similarly, man should implicitly obey God's command. This should be the goal of his life. Forgetting this, man today is indulging in unnecessary pursuits. This is not good.

Greatness of Draupadi

What is the real meaning of Kshama (forgiveness)? Aswatthama killed the five sons of Draupadi in the darkness of night when they were fast asleep. They were innocent and had



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not done any harm to him. Still he mercilessly killed them. Ultimately, Arjuna caught hold of Aswatthama and brought him in front of Draupadi. You can see yourself how great was the quality of forgiveness in Draupadi from this incident. She asked Aswatthama:

It is at the feet of your father, Dronacharya that my husbands have learnt all that they know. Being the son of Dronacharya, was it proper for you to kill my children? How could you have the heart to kill them, who were unarmed, young, quietly asleep, were not having any grudge against you, and were not contemplating any harm to you?

(Telugu Poem)

"Was it justified to kill innocent children who were not in the battlefield and were not wielding any weapon?" she questioned him.

Draupadi then fell at the feet of Arjuna and said:



Oh Partha! It is not righteous to kill a person who is afraid or has lost courage, who is asleep or intoxicated, who seeks refuge or is a female. You should not kill Aswatthama, for he is your preceptor's son.

(Telugu Poem)

When Draupadi uttered these words of forgiveness, Bhima became furious and said:

This Draupadi is a stupid woman, for she pleads for this wretch's freedom. She feels no anger against this murderer of her sons. This assassin Aswatthama is not a Brahmin. Do not release him but kill him. If you do not do that, I myself will hammer his head with my powerful fist, for you to see!

(Telugu Poem)

Draupadi argued with Bhima, "There is no justice in killing Aswatthama. As I am grief-stricken due to the killing of my sons, will not the mother of Aswatthama grieve over the death of her son in a similar way? Anyway, my children are no more. I cannot escape this grief. Why should you now cause grief to the mother of Aswatthama by killing him"? This is true forgiveness. You should understand the truth that the other person will suffer in a similar way if you harm him, just as you suffer when you are harmed. Is there any mother in the world today who can show such forgiveness and tolerance? This is the greatness of Draupadi. Draupadi was not an ordinary woman. She was born out of Yajna fire and had complete control over her senses. Since ancient times, many such woman of nobility have taken birth in this sacred land of Bharat and have demonstrated its pristine glory and culture. But today, the Bharatiyas themselves are unable to understand the greatness of their culture. Students should understand the greatness of Indian culture and act in a befitting manner.

In times of any adversity, you should practise forbearance so as to lead your life

in a peaceful manner. People of Bharat have been treasuring this quality in their heart since time immemorial. Forbearance was the main quality of our Rishis. That was their real beauty. However, some Rishis suffered a downfall in their spiritual endeavours because they lost the quality of forbearance. They lost all their power of penance performed over a number of years. Similarly, many emperors lost their kingdoms and great scholars came to nothing because they lost this quality of forbearance. Therefore, you should consider forbearance as the quality which gives you total protection. It is your protective armour. If you forget this protective armour of forbearance and seek worldly and ephemeral pleasures, you will subject yourself to unbearable difficulties.

Anger is a Great Sin

Students!

Forbearance is most important. Whatever may be the situation, you should always observe patience and forbearance. Never be in haste. *Haste makes waste, waste makes worry. So, do not be in a hurry.* Always remain calm and composed. Never do anything in a hurry. Always maintain your peace. You can attain anything if you have peace. One cannot attain happiness without peace and quietude. Therefore, maintain quietude; it is your greatest protection. Never act in haste. This applies more to students because many of them are hotheaded. For them, forbearance is most essential. They should develop forbearance and be prepared for all types of tests. You should observe patience even when others hurl abuses at you. On the other hand, if you react in haste to others' criticism, you will lose the precious quality of forbearance. Maintain your calm even if others indulge in mean and meaningless talk against you. Your forbearance is precious like a diamond while

meaningless talk of others is like charcoal. You should not exchange your precious diamond with their worthless charcoal. You should not be perturbed when others talk ill of you.

Man today is wasting his life due to lack of patience. He flies into a rage every now and then. Anger is a great sin. There are some people who recite even their prayer in an angry tone when they are angry with someone. For example, when you are sitting for Bhajan, somebody sitting close to you may cause inconvenience to you by not giving you sufficient place to sit. You have no other go but to bear this inconvenience. At the end of the Bhajan, “Santhi Santhi Santhi” is chanted three times. But because of your anger on that person, you chant “Santhi Santhi Santhi” also in an angry tone! How can you then attain peace? You should consider this as a test of your patience and be absolutely peaceful while chanting “Santhi Santhi Santhi”. But devotees today are full of anger even while chanting “Santhi Santhi

...Continued from page 140

five minutes, Bhagavan accepted Arati before retiring for the day.

BHAGAVAN RETURNS TO PRASANTHI NILAYAM

On the morning of 18th April 2010, Bhagavan blessed the Sai Centre Committee members, Delhi Youth and Seva Dal volunteers who had done a wonderful job throughout Bhagavan’s stay in Delhi. The devotees assembled at Sri Sathya Sai International Centre offered an affectionate and emotional farewell to Bhagavan as He left for Indira Gandhi International Airport at 12.20 p.m. Bhagavan’s plane took off from Delhi at 1.45 p.m. and reached Sri Sathya Sai Airport, Prasanthi Nilayam at about 4.00 p.m. Bhagavan was offered a warm welcome

Santhi”. What is the use of singing Bhajans devoid of devotion? If your devotion is true, you will observe patience whatever may be the situation. But you become angry and agitated even on trivial matters and start hating others and fight with them, thereby causing unrest in society. This is not correct. You should always remain peaceful, maintain peace in your family and radiate peace to society. That is your duty. On the other hand, if you lack peace and spread unrest in society, that is a great sin. Therefore, you should develop this quality of forbearance more and more, considering it as your very life principle.

(Bhagavan concluded His Discourse with the Bhajan, “*Vahe Guru Vahe Guru Vahe Guru Ji Bolo ...*”)

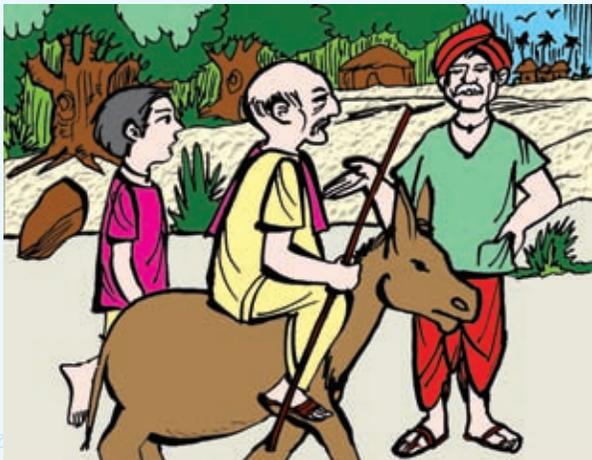
– From Bhagavan’s Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 26th June 1996.

on His return to Prasanthi Nilayam after spending 10 days in Delhi and Shimla. On His arrival in Sai Kulwant Hall at 4.15 p.m., Bhagavan was offered a traditional welcome with Poornakumbham amidst Veda chanting. Besides, the students sang a song extending a hearty welcome to Bhagavan. After receiving Arati at 4.15 p.m., Bhagavan went to His abode Yajur Mandir only to return to the hall at 5.25 p.m. when devotees were engaged in singing Bhajans. After showering the bliss of His Darshan on devotees, Bhagavan accepted Arati at 5.45 p.m., which marked the conclusion of Bhagavan’s Darshan on His return from Delhi. With this, Bhagavan’s ten-day visit of Delhi and Shimla came to a happy conclusion.

On Acting Thoughtlessly

ONCE A GRANDFATHER AND HIS grandson set out on a journey to a neighbouring village along with their donkey. After they had gone a little far, they met an elderly person. On seeing both of them walking along with their donkey, the elderly person asked them, "Why are both of you going on foot? Can't one of you ride on the donkey"? The grandfather then seated his grandson on the donkey while he himself walked along.

They had not gone much far when another person accosted them and suggested to the grandfather, "Sir! You are an old man. You should ride on the donkey. This boy can walk along". The grandfather dismounted his grandson from the donkey and rode himself on it. In this way, they continued their journey. As



As the grandfather rode on the donkey and the grandson walked along, an elderly person met them on the way and asked the grandfather, "Don't you have any sense? You are enjoying the ride and making this small child walk!"

they moved further, another person confronted the grandfather, "What is this? Don't you have any sense? You are yourself enjoying the ride and making this small child walk"! On hearing this, both the grandfather and the grandson mounted the donkey and proceeded on their journey. After covering some distance, the poor donkey bent down with the weight. On seeing this, a person on the way scolded them, "Don't you have any sense? How can you cause so much suffering to this dumb animal? Can't



Ultimately, the grandfather and the grandson carried the donkey on their shoulders with the help of a stick.

you walk"? The grandfather thought what that person was saying was true. They tied the feet of the donkey, fastened them with a stick on both sides and carried the donkey with the help of the stick on their shoulders.

As they proceeded on their journey further in this manner, they came across a canal

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REVERE TRUTH AND LOVE AS YOUR PARENTS

“Man is the progeny of Sathya (truth) and Prema (love); they are his real father and mother. Even if one’s natural parents are absent, one should not forget one’s real parents – truth and love,” said Bhagavan while giving an illuminating Discourse on the occasion of Easwaramma Day in 1985.

FILL YOUR HEART WITH PURE AND UNSELFISH LOVE

Life in the world is impermanent. So are youth and wealth. Wife and children are also not permanent. Only truth and good name are permanent. One who realises this truth is a true human being.

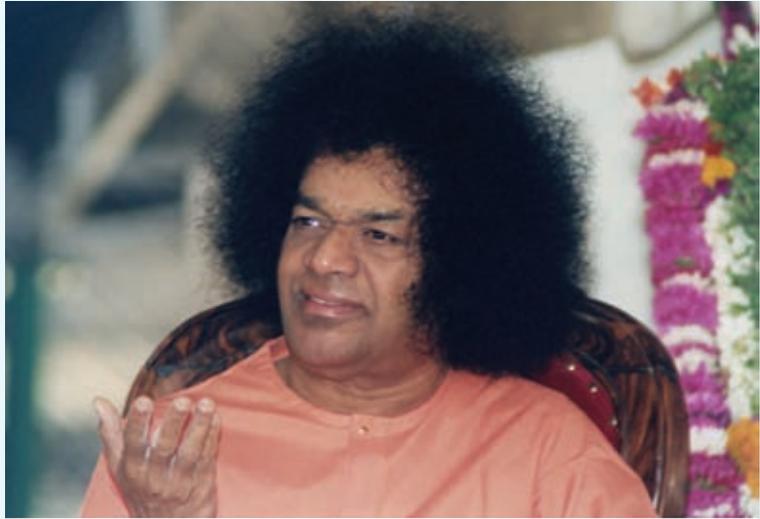
(Sanskrit Verse)

Embodiments of Love!

ALL BEINGS IN THE creation of God, except man, live according to the laws of Nature and carry out their functions. Without any concern for tomorrow, they lead their lives, content with whatever they can enjoy. Nature sees to it that they do not lack anything needed for their existence.

Love is the Basic Quality of Man

On the contrary, man is never contented, however much he may acquire and whatever comforts he may enjoy. He craves for various objects and looks upon the desire for these objects as love. But if such attachment to objects is fostered, there will be no end to the



By regarding truth and love as your parents, as essential for your existence as your eyes or the two wings for a bird or the two wheels for a cart, lead a worthy life. On this sacred day of remembrance, firmly enshrine in your hearts reverence for truth and love, and make your life sublime by rendering dedicated service to your fellow men and women.

process. He does not realise that such love is based upon self-interest and self-centredness. It should be clear that what passes for love today in the world is really selfishness and self-interest. The demon of self-interest is present in every thought, every word and every action of man. Man has become a plaything of selfish impulses. Caught up in the coils of selfishness, his entire life has become a delusion and a snare. He is a prisoner of his selfishness and can never experience what is real freedom.

What, then, is true Prema (love)? Pure, unselfish love towards all living beings, considering them as embodiments of the Divine, with no expectation of reward, is true love. *Adveshta Sarva Bhutanam, Maitra Karuna Eva Cha* (one who bears no hatred against anyone and is friendly and compassionate towards all). With this attitude, when one recognises divinity present in all beings, only then can one have true love. Whatever vicissitudes one may face, whatever personal sorrows and privations one may undergo, true love will remain unaffected. Today when any difficulty arises or when some trouble crops up, love turns into hatred. True love is the sweet fruit that grows out of the fragrant flower of good deeds. Love rules without recourse to the sword. It binds without laws. Only he can be described as human who has such true love. Man without true love is human only in form. Like the lotus which blooms when the sun rises, the heart of man blossoms when love enters it. Like the glow of the flame in a fire, like the rays of the sun, like waves in the ocean, divine love is the basic quality of a true human being. It is only when man is filled with pure, unselfish love that he can be called a human being.

Understand the Nature of Divine Love

It is the association of desires and concerns of the body with such pure, divine love that



All your actions must be aimed at purifying your mind and heart to experience the Divine. When the heart is pure, the light of wisdom shines in it. The illumined heart becomes the receptacle of pure love. Love is everything. A person without love is a living corpse. Love is not the relationship between man and man or between man and other objects. It is inherent in every being. Mamatma Sarva Bhutantaratma (I am present as the Atma in all beings). The Atma is present in all beings. It has no form. It can be experienced as love.



affects its purity. Who are one's parents? Who are one's children, relations or friends? Who are we? What were we in our previous lives? What will be our future? Immersed in thoughts of these impermanent relationships, we are losing sight of the divine love that is everlasting and unchanging. The nature of divine love should be understood even in temporary relationships. Human birth implies the existence of parents. But the relationship between a son and his parents is corporeal. The parents are instrumental for the birth but they are not the cause. However, even as instruments, elements of the Divine are present in them.

It should be understood that man is the progeny of Sathya (truth) and Prema (love); they are his real father and mother. Even if one's natural parents are absent, one should not forget one's real parents – truth and love. When truth and love beget Jnana (wisdom) as son, the true lineage of man is established.

Truth is sacred. It is valid for all times – past, present and future. It is unchanging. Love is eternal. It is indescribably sweet like nectar. Can such truth and love beget an unrighteous and evil-minded son? Only one who is wise and free from illusion and ignorance can be a true human being.

Ignorance is not the inherent characteristic of man. There is no room for aberrations in him. Egoism is out of place. He should revel in the ecstasy of Jnana (consciousness of the Divine). His true form should be bliss. Discrimination should be natural to him. Today man is forgetting his true nature. It may be asked whether Sathya and Prema have begotten only a son (Jnana) and not a daughter. There is a daughter also, who can be identified as Santhi (peace). Hence, wisdom should be the characteristic quality of men and peace should be the distinguishing quality of women.

Students' Duty towards their Parents

Who are to be regarded as friends and relatives? The yogis should be looked upon as friends and good qualities should be considered as true kinsmen. Yoga does not consist of meditation and austerities or various forms of breath-control. True yoga is the mergence of the individual soul in the Omni-Self. It is the withdrawal of the senses from external objects and turning them inward. To allow the senses a free rein is not yoga but Bhoga (sensual enjoyment). Such indulgence will lead to Roga (disease). Yoga implies self-control and renunciation, leading to the experiencing of Ananda (bliss).

You owe a supreme duty towards your parents who are responsible for all that you are. You will be less than human if you do not show your gratitude to them for all that they have done for you. Parental love means for the children what the sun's rays mean for the blossoming of a flower. Wherever you may go,



True love is the sweet fruit that grows out of the fragrant flower of good deeds. Love rules without recourse to the sword. It binds without laws. Only he can be described as human who has such true love. Man without true love is human only in form. Like the lotus which blooms when the sun rises, the heart of man blossoms when love enters it. Like the glow of the flame in a fire, like the rays of the sun, like waves in the ocean, divine love is the basic quality of a true human being. It is only when man is filled with pure, unselfish love that he can be called a human being.

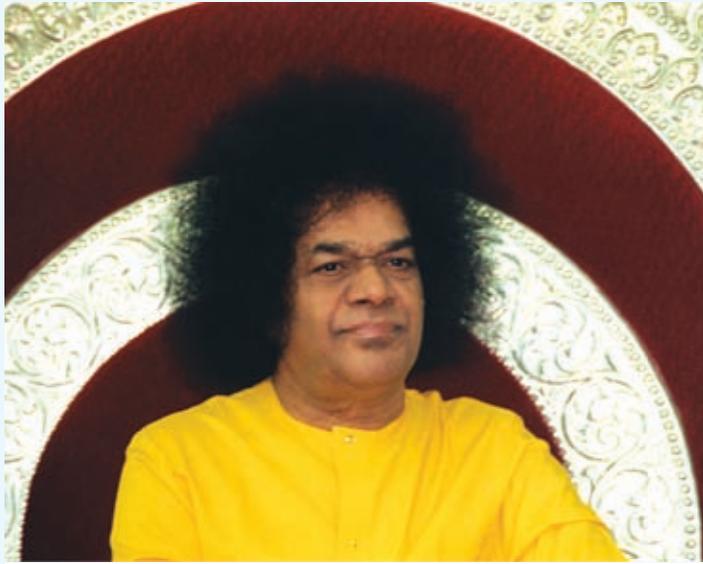


whatever you may achieve, whatever position you may occupy, you must always remember your mother with love and reverence. One who fails to remember the mother and the motherland with affection is a veritable demon. There is nothing human in such a person. One should cherish one's mother and the land of his birth with the deepest regard. There is no birth without a mother. Devotion and love for the mother are the marks of a true human being because she is responsible for his existence.

Develop Unselfish, Unbounded Love

To have the qualities and to lead the life of a human being worth the name, one must develop pure, unselfish, unbounded love. Man derives many kinds of benefits from animals, birds, plants and trees. They do not confer these benefits out of any self-interest or the desire for reward. Man enjoys these benefits without displaying any sense of gratitude. Today man not only does not help others but even harms himself by his actions.





Man is never contented, however much he may acquire and whatever comforts he may enjoy. He craves for various objects and looks upon the desire for these objects as love. But if such attachment to objects is fostered, there will be no end to the process. He does not realise that such love is based upon self-interest and self-centredness. It should be clear that what passes for love today in the world is really selfishness and self-interest. The demon of self-interest is present in every thought, every word and every action of man. Man has become a plaything of selfish impulses.

He is thereby dehumanising himself. There is, therefore, a compelling need for youth to develop the true spirit of love through the Sadhana of Seva (practice of service) and sublimate their lives. They should not fritter away their life-span in the pursuit of ephemeral pleasures and comforts. Modern youth are not making any effort to understand the basic purpose of human life, and what is permanent

and enduring. They are promoting dissensions and differences instead of cultivating unity and harmony. Selfishness is the root cause of these undesirable tendencies. Without abjuring selfishness, there can be no freedom from Ahamkara (ego). Adambara (ostentation) is the son of Ahamkara. Those who are filled with envy and ostentation are really the children of ego. The first requisite is to get rid of ego. All evil traits arise from ego.

Royal Road to Earn God's Grace

What is the basis of ego? If one is egoistic, there must be something which justifies the feeling. If there is nothing in one which warrants his ego, what is there to gloat over? You may be a scholar or a rich man, or a very clever and intelligent person, but all these do not help you to secure God's grace. Tukaram sang: "Oh Swami! I am not endowed with knowledge. I am incapable of performing Yajnas and Yagas or doing severe penance. Here is one easy path that I know to win Your grace. That is the path of Divine Love. It is the royal road that will lead me to the Presence of Rama." Tukaram declared emphatically that Rama could not be realised by any other path except the path of love. This is the inner meaning of the statement: *Love is God, God is Love.*

Hence, in this precious period of your youth, in this sacred golden time, you must cultivate sacred thoughts and holy tendencies. You must be filled with a sense of selfless dedication. This can come only through



Seva (service to others) in which there is no egoistic pride. You must revel in giving rather than receiving. When the Divine is there to give all that you need, why seek or receive anything from others?

All your actions must be aimed at purifying your mind and heart to experience the Divine. When the heart is pure, the light of wisdom shines in it. The illumined heart becomes the receptacle of pure love. Love is everything. A person without love is a living corpse. Love is not the relationship between man and man or between man and other objects. It is inherent in every being. *Mamatma Sarva Bhutantaratma* (I am present as the Atma in all beings). The Atma is present in all beings. It has no form. It can be experienced as love. If there is no love, there is no Atma. Hence, love is our life-breath. Love is our soul. Love is our everything. It should be unchanging. *Daiva Preeti* (love for God) and *Papa Bheeti* (fear of sin) are the two requisites for sanctifying our life. Young people should cultivate unwavering love and steady vision.

Eternal Mother and Father of Man

The basic thing that we should know is: Karma is the root cause of our birth. The root cause of Karma is sorrow. Ignorance is the cause of sorrow. Ignorance itself is the result of Bhrama (the delusion which makes one regard the real as unreal and the unreal as real). And as long as Bhrama persists, the

...Continued from page 149

which they had to cross. On the opposite bank of the canal, some naughty boys saw a donkey being carried by an old man and a small boy. Amused by this strange spectacle, the boys shouted loudly to make fun. Frightened by this noise, the donkey broke the string with which its feet were tied and fell into the canal.

Brahma cannot be recognised. When we are rid of this delusion, then sorrow will cease. When sorrow goes, ignorance disappears.

You have to strive constantly to please your parents. If you do not show your gratitude to your parents who have brought you up with so much love and labour, to whom else are you going to be grateful? You must cultivate a broad heart and develop love towards all beings as embodiment of God. You have to live up to the Upanishadic injunction to regard your father, mother, Guru and guest as God.

Your love should not be based only on the physical forms. Bodies are perishable and impermanent. Beyond the biological parents, there are permanent parents whom you should revere. They are truth and love. Though the body may go, truth remains as the permanent father. Likewise, love is the eternal mother. It grows with the passage of time and never diminishes. By regarding truth and love as your parents, as essential for your existence as your eyes or the two wings for a bird or the two wheels for a cart, lead a worthy life. On this sacred day of remembrance, firmly enshrine in your hearts reverence for truth and love, and make your life sublime by rendering dedicated service to your fellow men and women.

– From **Bhagavan's Discourse on Easwaramma Day, 6th May 1985 at Prasanthi Nilayam.**

Why did this happen? It happened because the grandfather tried to follow whatever was said by anybody without himself giving any thought to it. He did not apply his mind as to what others were saying should be done or not.



GOD PROTECTS HIS DEVOTEES

AN OLD STUDENT OF MINE IS a railway employee, now moving about in trains on inspection work. I had not seen him for many years after he passed out of college. Suddenly, at a bus stop, he accosted me and came near me. He asked me whether he could come to Puttaparthi with me, the next time I proceeded to that place. I was surprised, he should ask me that question, for in college, he had the reputation only for ragging and rough play in the football field. He told me that he had come to know of Puttaparthi under very interesting circumstances. It is best I relate it in the form of a connected story.

A Sai devotee's daughter was given in marriage to a railway clerk, but the girl was not at all happy. The clerk had fallen into bad company and developed illicit relationship with another girl. Consequently, the wife was treated very cruelly and nearly starved. The devotee brought the son-in-law and the daughter to Baba, but the son-in-law left Puttaparthi and Baba's Presence in a cross and grumbling mood. He denied ill-treating his wife and levelled all kinds of charges against the poor girl.

The party travelled by train. Being a railway employee, the clerk got the permission to sleep at night in a first class compartment which was running empty. About early dawn, the train pulled up at a wayside station. As soon as the train stopped, out jumped the railway clerk, howling in pain and crying out,



As the train pulled up at a wayside station, the clerk jumped out of his compartment, howling in pain. A big crowd gathered there to know what had happened.

“Ayyo, Ayyo Ledu, Ledu” (oh, no, no)! What could it be? My student, it seems, wondered. A big crowd gathered there. The station staff ran in from all directions. The policemen took out notebooks and pencils. The clerk moaned and wept aloud. He was beaten on both cheeks while he was sleeping in the first class compartment. He had red finger marks on both cheeks; when these were touched, he smarted with pain. He had seen Sathya Sai Baba inside the compartment, and it was Baba who had beaten him so. He said that he deserved the blows and wanted to be left alone. He would not go into that compartment again.

No wonder, my student who had witnessed the incident of the clerk's painful cry wanted to come to Puttaparthi. He had the unique privilege of knowing how Sai Pita (Sai as Father) protects and corrects His children.

*— by Prof. N. Kasturi
“Sanathana Sarathi”, August 1959*

NEWS FROM SAI CENTRES

HAITI

FOLLOWING THE MASSIVE earthquake in Haiti in January 2010, relief work is being carried out on a daily basis by the Sathya Sai Organisation since 19th January 2010. In addition to medical services to the affected people, the Sathya Sai Organisation has stepped up its ongoing humanitarian efforts in Haiti by focusing on potable water and shelter which are the most needed services now.



The Sathya Sai Organisation supplies potable water to the earthquake victims of Haiti with the help of a water tanker and a well-designed network of pipelines.

Potable water was delivered to the local neighbourhood around the Sathya Sai operations base, using a 6,000-gallon water tanker and a well-designed network of pipelines. This water delivery system was able to serve about 500 families. Arrangements were made to have 6,000 gallons delivered everyday.

Food is prepared and distributed daily to the needy. Over 1,000 vegetarian meals per

day were served and this number has now increased to 2,000 per day. More than 60,000 meals have been distributed so far. In addition, 200-300 packs of uncooked vegetarian food are being provided everyday to 200-300 families. Besides, cooking stoves and utensils were given to 200 families in surrounding communities. Clothes were distributed to children attending the clinics as well as to children in a nearby orphanage. Several large tents were donated to those who needed them.

Medical services were provided in the premises of two churches. Till date over 20,000 patients have been seen. Over 10,000 patients were seen for acute and chronic illnesses



The Sathya Sai Organisation has been providing medical services to the earthquake victims since January 2010. So far, more than 20,000 patients have been examined and medicines provided to them.

during March 2010. Since the earthquake had destroyed medical facilities, many people had not had any medical attention or medications



for chronic illnesses since January. In addition, due to lack of public health, water-borne and food-borne diseases were on the rise. In anticipation of these changes in the epidemiology of illnesses, Sathya Sai volunteers hand-transported several cartons of medications, and several containers were shipped to Port-au-Prince for patients at the medical clinics. An ophthalmologist provided meticulous eye care for corneal injuries resulting from rubble, debris and dirt. Vision testing was also done, resulting in the provision of over 300 pairs of prescription glasses.

A psychiatrist and a psychologist were available for those suffering from post-traumatic stress disorder. Patients who were deeply traumatised were identified and were provided one-on-one counselling. Students from the State University of Haiti came as observers, and nine of them received training in counselling techniques so that they could continue this work.

Sathya Sai young adults interacted with the local young adults daily encouraging them, motivating them and guiding them to do good work to improve themselves and their community. The young adults worked together in cleaning the streets in the neighbourhood, thus promoting environmental cleanliness.

A website has now been set up for Sathya Sai devotees to register and volunteer for earthquake relief work in Haiti. This website, through which relief work will be coordinated, is at <http://www.sathyasaihumanitarianrelief.org/haiti>

In summary, the month of March involved preparing for the changing seasons and disease profiles while providing food, shelter, water, medical care and social services to

enable continuing loving support and care for the earthquake victims of Haiti.

INDONESIA

Tenjolaya - Ciwidey is a mountainous village in the middle of a tea plantation. The village is situated about 35 kilometres from the West Java capital, Bandung City. It takes more than two hours for local plantation workers to reach the main road from the village. On the morning of 23rd February 2010, heavy rains triggered a massive landslide near this village. The landslide buried houses, a tea factory, a community health centre, a mosque and a local security post. In a country that has seen many natural calamities, this flood was considered the worst disaster in two decades. Water levels reached three metres in height, displacing about 11,000 people and flooding about 5,000 houses. Sathya Sai Council of Indonesia distributed fresh vegetables and cooking ingredients to the affected people through a field kitchen erected and run by the local authority. On 10th and 19th March 2010, Sai Study Group Bandung, in collaboration with Sai Study Group Jakarta, distributed over 800



Sathya Sai volunteers travelled in wooden rafts and rubber boats and reached out to the affected people to provide food supplies to them.

packages of cooking utensils, detergents and clothing to the refugees at the camps in the regency of Baleendah and Andir. In order to reach the flood victims, Sathya Sai volunteers travelled by wooden rafts and rubber boats. A local television station interviewed the volunteers and appreciated their timely, humanitarian and loving service.

U.S.A.

A Sathya Sai Health Fair was organised in St. Petersburg, Florida on 30th January 2010. A team of 410 healthcare professionals consisting of 60 physicians, 20 paramedical staff and 330 non-medical volunteers served about 715 people. Many volunteers travelled hundreds of kilometres to provide loving service to patients. Specialists in the fields of internal medicine, cardiology, dentistry,



The Sathya Sai Baba Organisation of the U.S.A. organised their sixth Sathya Sai Health Fair in St. Petersburg, Florida on 30th January 2010, in which medical services were provided to more than 700 patients.

dermatology, endocrinology, ear/nose/throat (ENT), gastroenterology, gynaecology, ophthalmology, paediatrics, psychiatry, pulmonary medicine, and podiatry provided consultation services. A preventive healthcare

booth performed routine screenings, such as blood tests, pulmonary function tests, hearing and vision screening, glaucoma tests, breast cancer screening, tests for HIV, syphilis and Hepatitis C and vaccination for H1N1 virus. A social services booth played an important role in the camp, where visitors were given instructions and placement into various programmes available in the community for follow-up. The gift of a sleeping bag with some personal items was also given as people were leaving the grounds. An opportunity to find out about Bhagavan and His teachings was made available at another booth. One visitor, with tears in his eyes, remarked: "Let me understand this ... you all came from all over the country ... just for this one day ... just to help us. You must have been sent by God"! This was the sixth consecutive year, in which the Sathya Sai Baba Organisation of the United States provided free medical services in Florida. The Mayor of St. Petersburg, Florida was present to thank the Sai Organisation personally for their dedication and service.

FRANCE

Over the past few years, winters in Paris have been extremely cold, making it very



Volunteers from four Sathya Sai Centres in Paris distributed blankets, sleeping bags, food and clothes to people living on streets on 10th January 2010 to save them from severe winter.

difficult for people living on the streets. Last year, three homeless people succumbed to the bitter cold while taking refuge under tents in a forest located at the border of Paris. This winter was even colder. On 10th January 2010, a team of 13 Sathya Sai volunteers from four Sathya Sai Centres in Paris lovingly distributed food, blankets, sleeping bags, warm clothes and camping stoves to needy persons. The following week, different teams of Sathya Sai volunteers went to visit homeless people in other locations.

ITALY

The 23rd National Championship of Archery for the Disabled was organised on 20th and 21st February 2010 at the Mother Sai House in Varallo Pombia, by the Italian Confederation of Archery. There were 63 physically challenged athletes from 35 Italian archery schools. Thirty Sai volunteers provided loving service by receiving and welcoming athletes and providing airport transfers, courtesy shuttles,



Sai volunteers rendered loving service to physically challenged persons who participated in the 23rd National Championship of Archery organised by the Italian Confederation of Archery on 20th and 21st February 2010.

servicing food and cleaning dishes. In sincere appreciation for their selfless service, the organising committee gave the Sathya Sai volunteers a special plaque of gratitude.

GREECE

On 15th and 16th January 2010, Sathya Sai volunteers embarked on a mission to renovate and repair the house of a family unable to afford the necessary repairs. Volunteers had to climb a hillside to reach the house, which had no road access. In addition to needed maintenance and repairs, the family was given food, baby clothing, kerosene for heating and fuel for an electrical power generator.

On 26th and 27th February 2010, Sathya Sai adult volunteers and SSE children participated in an extensive tree-planting project in Marcopoulou Attiki. The area was barren due to a severe drought. The volunteers felt happy that Bhagavan had given them this opportunity to serve.

– Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: On the eve of their Parthi Yatra in February 2010, Prakasam district distributed various instruments to 79 needy people for earning their livelihood, which included sewing machines, wet grinders, carrier rickshaws, iron boxes and push carts.

Nellore district donated 96 units of blood to needy patients, distributed blankets to 84 poor people at Nellore, and carried out 35 cataract operations at Sulluru Peta and Naidu Peta towns in the first week of February 2010.

Delhi: A National Convention on Promotion of Value Education was organised by Sri Sathya Sai International Centre for Human Values on 12th – 13th December 2009 in its auditorium. Over 400 delegates attended the



Dr. Karan Singh, Member of Parliament (Rajya Sabha), inaugurated a National Convention on Promotion of Value Education, in which 400 delegates took part.

convention on both days. The convention was inaugurated by Dr. Karan Singh, M.P. (Rajya Sabha) and Chairman, ICCR. Justice J. S. Verma, retired Chief Justice of India, presided over the inaugural function. The valedictory address was delivered by Sri Ashok Thakur, IAS, Additional Secretary, Ministry of Human Resource Development, Government of India. More than 40 papers were presented by educationists, experts, administrators and social activists. Two books, “Value Education: The Sri Sathya Sai Perspective” and “Value Education: The Paradigm Shift” were released on this occasion.

The convention underlined the fact that the traditional system of Gurukul Education in India was centred in the inculcation of values. Several speakers dilated upon the recommendations made by committees and commissions over the last 60 years. These culminated in the Chavan Committee’s recommendations, in 1999, that education in human values was a must. This All-party Parliamentary Committee had unanimously recommended that the five basic values of truth, righteous conduct, love,

non-violence and peace should be taught in schools.

The convention felt that the steps taken thus far did not go far enough. There were many obstacles to value education. The forces of commercialisation and globalisation, press and media had also played a rather negative role. The system itself had not internalised value education as its primary objective. Taking all aspects into consideration, the convention strongly recommended that Ministry of Human Resource Development should take a lead role as far as value education was concerned. For this purpose, a national steering committee be established, in which ministries of Health, Agriculture, Law, etc., which have educational institutions, should also be co-opted.

Tamil Nadu: The alumni of Sri Sathya Sai University residing in Tamil Nadu organised a number of functions in various districts of Tamil Nadu to express deep-felt appreciation of the valuable service performed by simple people like milkmen, postmen, auto drivers, vegetable vendors, etc., and to bring about transformation in their lives by exposing them to Bhagavan’s teachings and His Mission.

The alumni of Sri Sathya Sai University living in and around Chennai, in association with Sri Sathya Sai Seva Samithi, Chennai Metro (south district), organised a solemn and poignant function in Sai Seva Samithi premises on 28th March 2010. The venue for the function was beautifully decorated with flowers, and a large size photograph of Bhagavan adorned the centre stage. A large number of auto drivers were invited to the function with their family members. In all, 54 auto drivers attended the function, 22 of them with their families. The function commenced with chanting of Omkaram followed by Bhajans. After Bhajans,

Sri M. Bhopal, Member, Sri Sathya Sai Trust, Tamil Nadu explained the objectives of the function. Thereafter, Sri N. Ramani, State President explained to the drivers and their families in their own language, the Mission of Bhagavan, and dwelt upon various welfare and humanitarian projects blessed and executed by Him, specially for economically weaker sections of society. He lauded the services of auto drivers and other helpers of society

for rendering valuable service to society and expressed deep gratitude to them.

All the guests including the auto drivers and their families were looked after with cordial hospitality and were very happy that they had this unique opportunity of attending such a function filled with love and respect for each other. The function concluded with Arati and distribution of Prasadam.

IMPORTANT NOTICE FOR THE ATTENTION OF VISITORS

All visitors to Prasanthi Nilayam seeking accommodation inside the Ashram will have to produce any one of the following valid Identity Cards (IDs), in original: (1) Voter ID Card, (2) PAN Card, (3) Ration Card, (4) Driving Licence, (5) Passport.

– Ashram Administration

YOUR ATTENTION PLEASE

Subscribers and devotees who are sending EMOs may kindly note that we are not receiving any details of the purpose for which the EMOs are sent. Hence, all those who tender money through EMOs are requested to send without fail a separate intimation to us either by email or post card giving details like EMO number, date, amount sent and the purpose for which the money is sent.

– Convener

Sri Sathya Sai General Hospital

Prasanthi Nilayam - 515134, Email: hrmgh@sssihms.org.in

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Medical Officer in the Department of Paediatrics:

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Apply to the Medical Superintendent, Sri Sathya Sai General Hospital, Prasanthi Nilayam, with full bio-data and a photograph immediately.

– Medical Superintendent

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Realisation of the Self

Desire discolours the intelligence; it perverts judgement; it sharpens the appetite of the senses. It lends a false lure to the objective world. When desire disappears or is concentrated on God, intelligence that is self-luminous shines in its pristine splendour, and that splendour reveals the God within and without. That is the Atma Sakshatkara (Realisation of the Self).

– Baba

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