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SATHYA • DHARMA • SANTHI • PREMA • AHIMSA

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"When your faith in the truth, "I am the Atma" becomes firm, you will attain liberation in a moment. "Swami is in me; I am in Swami," think like that. But thinking about this truth with a wavering mind is of no use. Think with stable mind, "I am Swami, I am God, I am God." When your conviction becomes firm, you will attain the Divine."

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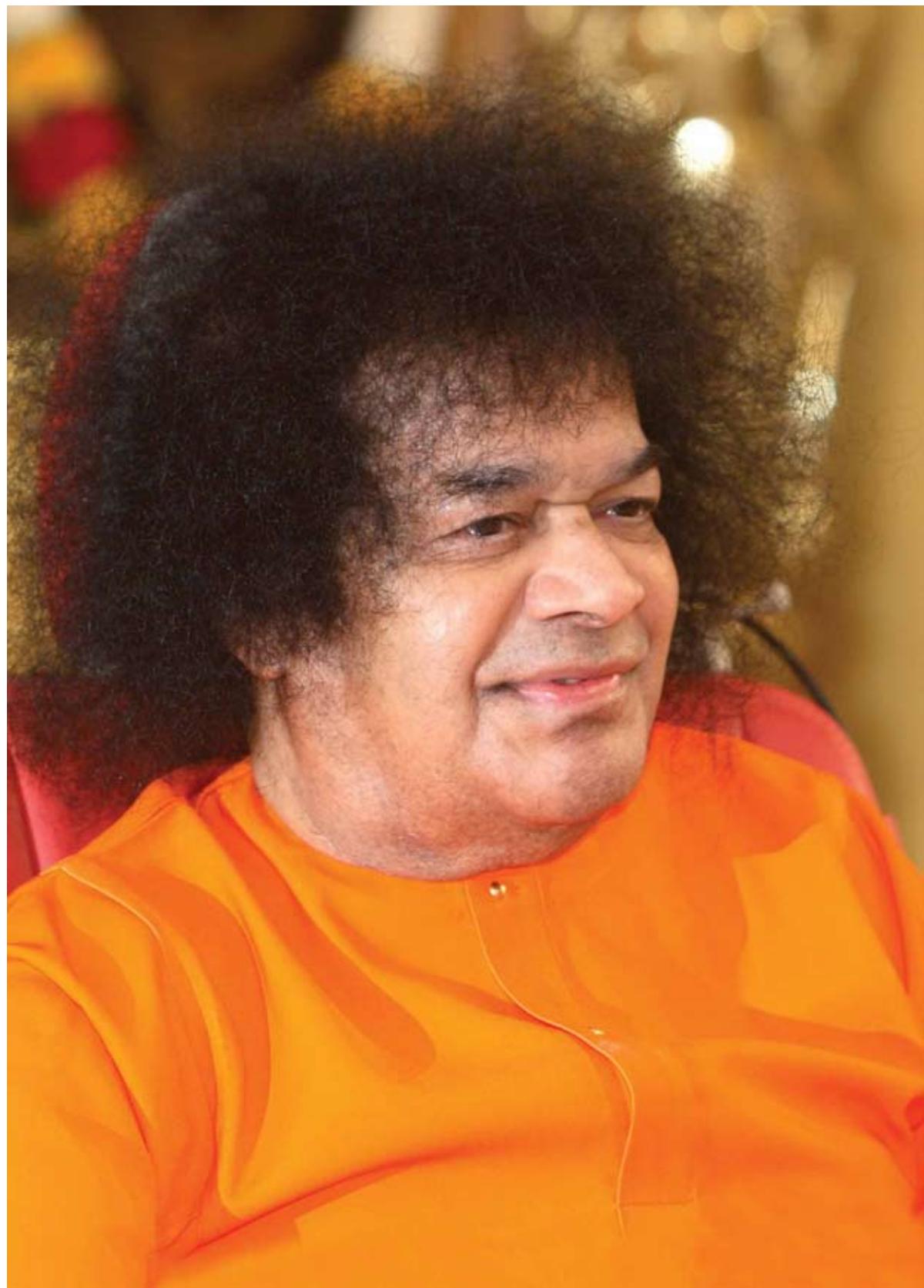
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Forthcoming Festivals at Prasanthi Nilayam



- 15th – 21st Oct. Veda Purusha Saptaha Jnana Yajna**
- 10th November Global Akhanda Bhajan**
(10th Nov. 6 p.m. to 11th Nov. 6 p.m.)
- 19th November Ladies Day**
- 22nd November..... 26th Convocation of Sri Sathya Sai
University**
- 23rd November..... 82nd Birthday of
Bhagavan Sri Sathya Sai Baba**



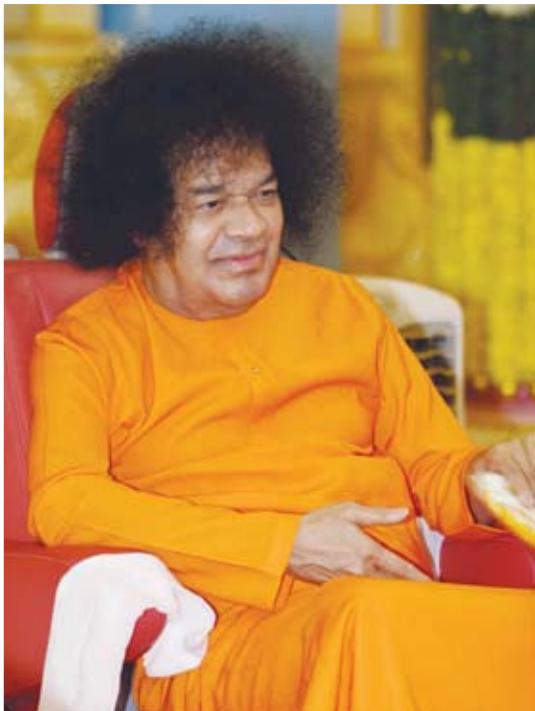
MY SANKALPA IS ALL-POWERFUL

Embodiments of Love – Students!

OUR STUDENTS HAVE A PURE and sacred heart. They are untouched by pride or selfishness. They are absolutely blemishless.

Exemplary Selflessness and Diligence of Swami's Students

They may at times commit mistakes but they themselves rectify them. Hence, our students are, in fact, our Central Trust. It is



they who are handling the entire work of the Central Trust. Elders are there only to give them guidance and advice, but the actual work

is being done by the students. Hence, none can underestimate their capabilities simply because they are young in age. I am standing here only to speak about the selfless work being done by our students, otherwise I had no intention of giving a Discourse. Our students are doing extremely wonderful work and setting everything right. You cannot say they are ordinary students; they are destined to be the main support of the Central Trust in future. The Central Trust is mainly dependant on the students. They are working day and night. One

You can attain anything if only you have love. There is no wealth greater than love. Hence, develop love. You don't need to ask anybody for anything. Love will supply everything to you and you will lack nothing. Develop love through right means. Do not follow the wrong path. Do not resort to falsehood or injustice. Do not give up forbearance because forbearance is most important.

cannot specifically say so and so is working hard; all are equally hard working. Nobody can describe the strength and capabilities of these students.

Students!

It is My earnest desire that you should lead the Central Trust, follow the right path and set an ideal to the entire world. The future of the Trust rests on you. Whatever good or bad happens will be the result of your conduct. Hence, the Trust can progress only due to your ideal conduct. It is not money that is important. You should give importance to good work. Wherever you see in the outside world today, you find people craving for money and more money! *Money comes and goes, morality comes and grows.* You can make progress in life only when you adhere to morality. Hence, make all efforts to cultivate morality. Having been born as a human being, it is but natural for you to have many desires and longings. But these are not permanent; they are merely passing clouds. Do not be carried away by them. You should brush them aside and hold your character high.

Develop Love and Truth

Students!

Your work and conduct should set a shining example for others. The ideals set by you will be the source of sustenance for the entire world. Today there is a great advancement in the field of science and technology. But all this is, in fact, "trick-nology", and not true technology. The feelings that come from your heart are true and eternal. Develop the power of discrimination to know what is true and what is false. Keep aside what is not necessary. Follow that which is true and eternal. The entire work of the Central Trust is your responsibility. Devote your entire time to this sacred task. Make proper use of your time and earn a good name. Not only the work of the Central Trust, but that of its sister trusts also depends upon your conduct.

Unfortunately, there is a lack of unity among the Bharatiyas today. You may have everything, but if you have no unity, you cannot have purity. One who lacks purity cannot attain divinity. For divinity, purity is essential. All your desires and aspirations will be fulfilled if you have purity and divinity.



Do not depend on anybody. Depend only on your Atma Shakti (power of Self). Develop self-confidence. Once you have self-confidence, you will attain everything. True faith will take root in your heart when you develop self-confidence. Then only will you attain true power. This will strengthen love in you. Love is God. It is love which bestows all types of powers on you. Faith strengthens love. Without faith, one cannot have love. Any task, be it small or big, can be performed only through love. Your faith is the basis of your love. But people today have become verily blind having lost both their eyes of faith. *Truth is God. Love is God. Live in Love.* Therefore, develop both love and truth. When you have love and truth, you can achieve everything in this world. In fact, these are like My two feet. I achieve everything with these two.

Aspire for Guna (virtue), not Dhana (money)

Some time ago, I provided drinking water to the people of Chennai. The problem of water in Chennai had been persisting since the time of the Britishers, who ruled over India.

They promised to provide water to



Chennai but did not fulfil their promise. Seeing the difficulties faced by the people, I provided water to Chennai. To overcome the scarcity of water in Chennai, we made arrangements to facilitate the flow of water from Krishna river to Chennai. Now every hut in Chennai has access to drinking water. Even the children are jumping with joy, saying, "Sai Baba has provided the ambrosia of water to us." In this way, I made everybody happy in Chennai. You all know very well that huge amount of money is required for such stupendous projects. But I did not ask anybody to give even a naya paisa. My Sankalpa (Will) is all-powerful. We have no craving for money. We are interested in Guna (virtues) and not Dhana (money). You may not believe but I have to tell this to you that I am spending crores of rupees every month. This fact is very well known to Chakravarthi because he is the one through whom the payments are being made. Someone has to be there to do this work. Swami Himself can do everything but still some help is needed. That is why we have established the Central Trust and entrusted the responsibility of its functioning to its members.

You can attain anything if only you have love. There is no wealth greater than love. Hence, develop love. You don't need to ask anybody for anything. Love will supply everything to you and you will lack nothing. Develop love through right means. Do not follow the wrong path. Do not resort to falsehood or injustice. Do not give up forbearance because forbearance is most important. Unfortunately, there is a lack of unity among the Bharatiyas today. You may have everything, but if you have no unity, you cannot have purity. One who lacks purity cannot attain divinity. For divinity, purity is essential. All your desires and aspirations will be fulfilled if you have purity and divinity.

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*Saha Navavatu, Saha Nau Bhunaktu,
Saha Veeryam Karavavahai,
Tejaswi Navadhitamastu,
Ma Vidvishavahai.*

(Oh Lord! Protect and nourish us both (preceptor and disciple) together. We may attain energy and effulgence from our study together. We may not hate each other.)

Students! My mind is always focused on you only. In fact, I can't exist without you. I am here because of you; you are here because of Me. You and I are one. We are not separate from each other. Never feel disappointed thinking, "Swami is not talking to me." Be happy and do your work with dedication.

— From Bhagavan's Divine Discourse in Sai Kulwant Hall on 2nd September 2007 on the occasion of the 35th anniversary of Sri Sathya Sai Central Trust.



CELEBRATIONS AT PRASANTHI NILAYAM

35th Anniversary of Sri Sathya Sai Central Trust

IN A GRAND FUNCTION HELD IN SAI Kulwant Hall on the afternoon of 2nd September 2007, 35th anniversary of Sri Sathya Sai Central Trust was celebrated in the Divine Presence of its Founder Trustee, Bhagavan Sri Sathya Sai Baba. The highlights of this function were a nectarine Discourse of Bhagavan, illuminating talks by four distinguished elders and two former students of Bhagavan on the theme "Sri Sathya Sai: Transforming Lives" and distribution of watches by Bhagavan to the students working in various trusts as tokens of Bhagavan's love and blessings.

On the afternoon of 2nd September 2007, Bhagavan came to Sai Kulwant Hall at 3.45 p.m. The programme began at 3.55 p.m. with the lighting of lamp by Bhagavan. Sri Rameswar Prusty, a former student of Bhagavan now working in Sri Sathya Sai Central Trust, then introduced the speakers. In his introductory remarks, Sri Prusty observed that Sri Sathya Sai Central Trust was the medium of gigantic projects of Bhagavan in the service of mankind. The Central Trust and other institutions subsequently set up by Bhagavan were, in fact, the channels of Bhagavan's unbounded love for mankind and provided a glimpse of His Divine glory, added the speaker. The first speaker was Sri



N. Sudhindran, a former student of Bhagavan now working in the Central Trust. Narrating his personal experiences of how Bhagavan transformed his life by sowing the seeds of faith in his heart, Sri Sudhindran recited a Vedic hymn which befittingly described the Divine glory of Bhagavan as the creator, sustainer and annihilator of the universe. The second speaker, Dr. T. Ravikumar, a faculty member of Brindavan Campus of Sri Sathya Sai University, narrated how Bhagavan came in his life when he was a child of nine years and transformed his life by giving him the experiences of His Divine love since then.

The next speaker was Sri V. Srinivasan, All India President, Sri Sathya Sai Seva Organisations. Referring to Bhagavan as the Avatar of Love, the distinguished speaker observed that Bhagavan was transforming the lives of millions of people by the power of His pure love and inspiring them to dedicate their lives in the service of humanity. Sri K. Chakravarthi, Secretary, Sri Sathya Sai Central Trust was the next speaker. Sri Chakravarthi observed that spirituality was the basis of all the activities of Sri Sathya Sai Central Trust which distinguished it from other trusts. Referring to the rural development programme recently launched by Bhagavan, the distinguished speaker said that the main focus of this programme was on the development of the family as an integrated unit based on the eternal values of Indian culture. After this, Sri S.V. Giri, former Vice Chancellor of Sri Sathya Sai University, addressed the gathering. Dwelling on the development of Puttaparthi as a world centre which was once a remote village, the learned speaker observed that the focus of rural development programme launched by Bhagavan was on the all-round development of

villages of India. Referring to the work culture of Sri Sathya Sai Central Trust and other trusts set up by Bhagavan, Sri Giri remarked that quality was never allowed to suffer for the sake of quantity although all the projects undertaken by these trusts were of gigantic magnitude. The last speaker of this programme was Dr. G. Venkataraman, another former Vice Chancellor of Sri Sathya Sai University. Referring to the Super Speciality hospitals and other service institutions of Bhagavan, the learned speaker observed that they were not only serving a vast majority of poor and needy people, they were sending a powerful message to society that it had a duty towards the disadvantaged and underprivileged. Dwelling on the uniqueness of Sri Sathya Sai Central Trust, Dr. Venkataraman remarked that no social service trust in the world had executed such gigantic water projects in record time as this trust had done.

After these speeches, Bhagavan blessed the gathering with His Divine Discourse exhorting the devotees and functionaries of the trusts to depend upon the power of the Self for executing any mighty task. It was possible to achieve anything with love and self-confidence, Bhagavan added. (Full text of Bhagavan's Discourse is given elsewhere in this issue.) At the conclusion of His Discourse, Bhagavan distributed watches to the former students working in Sri Sathya Sai Central Trust and other trusts. He also honoured four distinguished elders who spoke before His Divine Discourse by offering shawls to them. In the end, Sri Hari Shankar, a former student now working in Sri Sathya Sai Medical Trust, expressed gratitude to Bhagavan for His grace and blessings on the functionaries of the trusts. He thanked all those who worked hard to make

this function a success. This grand function came to a close with Arati to Bhagavan at 6.20 p.m.

Sri Krishna Janmashtami Celebrations

The holy festival of Sri Krishna Janmashtami was celebrated at Prasanthi Nilayam with gaiety and piety on 4th September 2007 in the Divine Presence of Bhagavan Sri Sathya Sai Baba. Bhagavan blessed the devotees with His Divine Darshan on the morning of 4th September in His resplendent yellow robe when He came to Sai Kulwant Hall at 8.15 a.m. amidst the auspicious notes of Nadaswaram troupe of Sri Sathya Sai University. After His arrival in the Hall, Bhagavan first blessed the Veda chanting and Bhajan singing groups of students of the university standing in the centre of the Hall with the procession of cows along with Bhagavan's beloved elephant calf and other pet animals. While Bhajan singing, Veda chanting and Nadaswaram music continued, Bhagavan lovingly fed the elephant, the cows and other members of the animal kingdom. After coming to the dais, Bhagavan released white pigeons signifying the ushering in of peace in the world. The morning programme came to a close with Arati to Bhagavan at 8.50 a.m. Prasadam was distributed to the entire gathering in Sai Kulwant Hall in the end.

The programme in the afternoon started at 3.55 p.m. after the Divine Darshan of Bhagavan in Sai Kulwant Hall. Soon after Bhagavan was seated on the dais, the orchestra of Sri Sathya Sai University presented an innovative programme of music, playing the compositions like "The Tempest", "Bala Gopala", "Murali Krishna", etc., related to episodes from the life of Krishna which were simultaneously enacted by the students in front of the dais. This magnificent programme was followed



Sri Sathya Sai University orchestra presented an innovative music programme on the occasion of Sri Krishna Janmashtami on 4th September 2007.

by a dance drama in Telugu "Prema Bata" (path of love) by the Bal Vikas children of Nalgonda district of Andhra Pradesh who had accompanied the devotees of this district on a pilgrimage to Prasanthi Nilayam. Portraying the life story of a physically challenged child, who set an example to others by his devotion, compassion and selflessness, the



A scene from the drama presented by the Bal Vikas children of Nalgonda district of Andhra Pradesh in Sai Kulwant Hall on 4th September 2007.

drama powerfully conveyed the message of Bhagavan that nothing was impossible if one had the Name of God on one's tongue, love in heart and spirit of selfless



service in actions. After this beautiful drama, the devotees of Nalgonda district presented an excellent programme of devotional songs which was followed by the devotional songs of the students of the university. The grand finale of the celebrations was the nectarine Discourse of Bhagavan during which He materialised a Hiranyagarbha Linga by the wave of His Hand and declared that this was the concrete form of pure truth which was abstract. Bhagavan in His Discourse dwelt on the purity of Krishna's love and concluded it with the declaration that both Rama and Krishna are one, and man should chant any Name of God to redeem his life. After the conclusion of His Discourse, Bhagavan swallowed the Linga with a gulp of water to the astonishment of devotees. The grand function of Sri Krishna Janmashtami came to a happy conclusion with Arati to Bhagavan at 6.25 p.m.

Nellore District Devotees' Pilgrimage

More than 3,000 devotees from Nellore district of Andhra Pradesh came to Prasanthi Nilayam on a pilgrimage in the first week of September 2007 and presented music and cultural programmes in the Divine Presence of Bhagavan on 6th and 7th September. The programme on 6th September began at 4.00 p.m. after the afternoon Darshan of Bhagavan in Sai Kulwant Hall. The programme comprised a vigorous dance sequence along with Pandhari Bhajans to the tune of sweet music which continued for nearly 45 minutes. At the end of this, Bhagavan blessed the participants and distributed clothes to them. He also materialised a gold chain for one of the performers. In his brief speech which followed this dance programme, Sri Anil Kumar praised the devotees of this district for their unwavering devotion for Bhagavan.

On the afternoon of 7th September, the students of Sri Sathya Sai



During the pilgrimage of the devotees of Nellore district of Andhra Pradesh to Prasanthi Nilayam, the children of Sri Sathya Sai Vidyapeeth of this district presented an excellent drama "Archana" in Sai Kulwant Hall on 7th September 2007.

Vidyapeeth of this district presented a dance drama titled "Archana" (worship) depicting the deep devotion of the lead character bearing the same name as the drama. Highlighting the significance of reciting the Name of God as the sure means of liberation in Kali Yuga, the drama portrayed how true love for God could help one surmount even formidable difficulties in life. The drama which began at 4.05 p.m. came to a close at 4.50 p.m. Bhagavan witnessed the entire drama, blessed the children in the end, posed for group photos with them and distributed clothes to them. He also materialised a gold chain for the girl who played the role of Archana in the drama.

Sri Sathya Sai Invitational Badminton Tournament

The students and staff of Sri Sathya Sai School and University and the devotees at Prasanthi Nilayam had a unique opportunity to watch with interest and enthusiasm a badminton tournament held in Sri Sathya Sai International Centre for Sports on 11th September 2007 in which top ranking badminton players of India took part. They included India's numbers 1 to 4, namely, Anup Sridhar, Chetan Anand, Kashyap P. and Guru Sai Dutt in that order.

Besides, there were Sanave Thomas, Pullela Gopichand, Diju V. and Akshay





The doubles badminton match in progress in Sri Sathya Sai International Centre for Sports, Prasanthi Nilayam which was played in the Divine Presence of Bhagavan on the afternoon of 11th September 2007.

Devalkar who played a doubles match in the Divine Presence of Bhagavan. Before the arrival of Bhagavan, a singles match between Guru Sai Dutt and Kashyap P. was played. Bhagavan arrived in the indoor stadium at 4.00 p.m. Soon after His arrival, the players and officials were introduced to Bhagavan. A doubles match between Diju V. and Akshay Devalkar on one side and Sanave Thomas and Pullela Gopichand on the other was then played in the Divine Presence of Bhagavan. The first game was won by Gopichand and Thomas and second by Diju and Akshay. There was great excitement in the spectators when the final game began. But the game and match were clinched by Gopichand and Thomas rather easily. At the conclusion of this match, the players received Bhagavan's blessings and Vibhuti materialised by Him. After this, Bhagavan left for the Bhajan Hall in Prasanthi Mandir where He attended Bhajan and blessed the players again. Meanwhile, another singles match was played in the indoor stadium between Anup Sridhar and Chetan Anand. It was an exciting match as both the players fought neck and neck. However, Chetan Anand had better luck and won both the games 21-19 and 21-18, clinching

the match. With this, the tournament came to a close at 5.30 p.m. The event provided joy and encouragement to sports enthusiasts and students.

Ganesh Chaturthi Celebrations

The holy festival of Ganesh Chaturthi was celebrated at Prasanthi Nilayam with great solemnity and devotion on 15th, 16th and 17th September 2007. Beautiful decorations were made on this occasion in Sai Kulwant Hall, the venue of the celebrations.

On the morning of 15th September, Bhagavan came to Sai Kulwant Hall at 9.35 a.m. amidst chanting of Stotras (sacred hymns) in praise of Lord Ganesh by the students of Prasanthi Nilayam Campus and sweet notes of Nadaswaram by the students of the Anantapur Campus of Sri Sathya Sai University. The chanting of Stotras continued to the tune of sweet music, providing a virtual feast for the soul to one and all while Bhagavan was blissfully seated on the dais. The chanting of Stotras was followed by singing of Bhajans in praise of Lord Ganesh by the students and devotees in the Hall. Meanwhile, Bhagavan blessed the idols of Lord Ganesh brought to Him by the students of Sri Sathya Sai Primary School and Sri Sathya Sai University for conducting their ritualistic worship. This most befitting musical tribute to Lord Ganesh came to a happy conclusion with Arati to Bhagavan at 10.40 a.m. Prasadam was distributed to the entire gathering in Sai Kulwant Hall in the end.

Ganesh Chaturthi celebrations continued on the afternoon of 16th September when the 2nd year undergraduate students of Sri Sathya Sai University staged a dance drama entitled "Ganesh Mahatmyam" (glory of Lord Ganesh) in Sai Kulwant Hall. The drama began with an invocatory Sloka to





Innovative skill and ingenuity of the staff members and students was seen at its best in the Ganesh idols and their vehicles which they brought to Sai Kulwant Hall on 17th September 2007 for Bhagavan's blessings before the immersion of the idols.

Lord Ganesh after the Divine Darshan of Bhagavan in Sai Kulwant Hall. As the story of the drama unfolded, the significance of celebrating Ganesh Chaturthi and its cultural and spiritual importance was brought forth through appropriate dialogues, interesting episodes and scintillating dances by the students, portraying Ganesh as the master of wisdom and virtue and remover of all obstacles. The drama which began at 4.25 p.m. came to a close at 5.05 p.m. At the conclusion of the drama, Bhagavan blessed the cast and posed for group photos with them. There was a brief session of Bhajans and distribution of Prasadam after this. The programme came to a close with offering of Arati to Bhagavan at 5.30 p.m.

On the afternoon of 17th September, the idols of Lord Ganesh worshipped

during the last two days in schools, colleges, hospitals and other Ashram departments were brought to Sai Kulwant Hall for Bhagavan's blessings before their immersion. Lined up in the Hall in an orderly manner, the idols with their vehicles in various attractive shapes presented an eye-catching spectacle, demonstrating the ingenuity and skill of the students and staff members in creating novel and innovative designs such as a train engine, a ship, a spacecraft, a dragon and a Kalasha, besides the traditional designs of temples, palanquins, chariots, etc. The groups of students and staff members who accompanied these idols offered traditional welcome to Bhagavan with Poornakumbham when He came to Sai

Kulwant Hall at 4.40 p.m. amidst chanting of Vedic Mantras. After showering His

blessings on all of them, Bhagavan came to the dais and occupied His seat there. Soon after this, the students and staff members accompanying the idols brought them in front of the dais one by one, offered their salutations to Bhagavan and took them out of the Hall for immersion. After a brief Bhajan session, the Ganesh Chaturthi celebrations came to a close with Arati to Bhagavan at 6.15 p.m.

Mahaboobnagar District Devotees' Pilgrimage to Prasanthi Nilayam

More than 4,000 devotees came from the Mahaboobnagar district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam in the



Bal Vikas children of Mahaboobnagar district presented the drama "Neti Yashoda: Karanam Subbamma" in Sai Kulwant Hall on 23rd September 2007.

third week of September 2007 to experience the bliss of Divine Darshan of Bhagavan Sri Sathya Sai Baba and seek His blessings. During the course of this pilgrimage, the Bal Vikas children of this district presented an excellent musical dance drama "Neti Yashoda: Karanam Subbamma" on the afternoon of 23rd September 2007. Besides, the devotees of this district distributed tricycles, sewing machines, computers and other articles

to help the physically challenged and needy people.

The distribution of these articles began in the Divine Presence of Bhagavan soon after His afternoon Darshan in Sai Kulwant Hall on 23rd September 2007. This was followed by the presentation of the drama which began with a song and dance by the Bal Vikas children offering their prayers to Bhagavan. The first part of the drama showed the tender motherly feelings of Yashoda for child Krishna and the divine play of Krishna revealing His divinity to her in many subtle ways. In the second part of the play, the scene shifted from Gokul (Brindavan) to Puttaparthi bringing Mother Easwaramma and Karanam Subbamma on stage with the curtain in the background also showing their houses in the village of Puttaparthi. Both of them enjoyed the divine play of Sathya and witnessed the Pandhari Bhajan and dance of child Sathya with His Pandhari Bhajan group of village children. The drama concluded with a group song and dance in praise of Subbamma extolling her as present-day Yashoda. Bhagavan sat through the entire presentation, blessed the children at the end of the drama, posed for group photos with them and distributed clothes to them with His Divine Hands. The programme concluded with offer of Arati to Bhagavan at 6.00 p.m.

Youth Camp of Uttar Pradesh and Uttarakhand

Sri Sathya Sai Seva Organisation of Uttar Pradesh and Uttarakhand organised a youth camp at Prasanthi Nilayam from 24th to 28th September 2007 in which more than 6,000 youth from the above-mentioned two States took part. Besides experiencing the bliss of Bhagavan's Divine Darshan



in Sai Kulwant Hall, the youth participated in the deliberations of the camp held in the Conference Hall at Prasanthi Nilayam where eminent speakers gave illuminating talks and interacted with them.

On the afternoon of 26th September 2007, the youth of Uttarakhand presented a drama "Mahasu Ki Mahima" (glory of Siva) in Sai Kulwant Hall, portraying the rich cultural heritage and captivating natural beauty of Uttarakhand, particularly the sacred traditions of a tribal area Jaunsar Bawar and its three



Sai Youth of Uttarakhand performing Palki Nritya in the drama "Mahasu Ki Mahima" presented by them in Sai Kulwant Hall on 26th September 2007.

folk dances, viz., Palki Nritya, Harul Nritya and Pandav Nritya. The story of the drama

was unfolded through meaningful dialogues between the villagers of Jaunsar and Sai Youth who visited the area to take part in the integrated rural development programme launched by Bhagavan Sri Sathya Sai Baba to preserve the sacred culture of Bharat's villages and bring about their all-round development. The drama depicted the story of annihilation of a terrible demon Karmasur by Siva and the sacred tradition of worshipping Siva through Palki Nritya (palanquin dance). Later, the Sai Youth performed Harul Nritya, a festival dance and Pandav Nritya, a dance based on the story of Mahabharata, to showcase the sacred culture of this region of Uttarakhand.

The drama which began at 4.30 p.m. came to a close at 5.05 p.m. Bhagavan blessed the youth at the end of the drama, distributed clothes to them with His Divine Hands and posed for group photos with them. He also materialised a gold ring for the State President of Uttar Pradesh and Uttarakhand who organised this programme. Bhajans in the evening were also led by the Sai Youth of these two States. The programme came to a close with Arati to Bhagavan at 5.45 p.m. Prasadam was distributed to the entire gathering in Sai Kulwant Hall in the end.

ATTAIN GOD'S GRACE BY NAMASMARANA

For Namasmrana, no expense is involved; no materials are needed; there is no special place or time to be provided. No qualification of scholarship or caste or sex has to be proved. When a bit of iron is rubbed to and fro on a slab of stone, heat is generated; only, the rubbing has to be vigorous and continuous. When you do so at intervals and with poor pressure, the iron will not get hot. So, too, in order to get sufficient heat to melt the soft heart of the Lord, rub the name 'Ram', 'Ram', 'Ram' vigorously and unremittingly. Then, the Lord will shower His grace.

- Baba

GIVE PRIME IMPORTANCE TO GOD IN YOUR LIFE

EVERY LIVING BEING in this world, be it an animal, bird or even a small insect, has emerged from truth. Those who realise this truth are real yogis. There can be no activity in this world without truth. And that Sathyam (truth) is embodied in only one person, that is in this Sathyam (Swami) (Here Bhagavan materialised a Hiranyagarbha Linga – showing it to the entire congregation). Look at this pure and unsullied principle. Who else can manifest such pure consciousness?

Always Contemplate on Truth

Truth is present everywhere. It can manifest in you also when you think of it and contemplate on it. Therefore, you should always contemplate on truth. Why has this body been named Sathya Sai? It has assumed this name because Sathya (truth) has emerged from it. Sathyam manifests in the heart of one who keeps contemplating on truth. Therefore, never forget truth. Dharma is the reaction,



Those who are doing Sadhana and aspire to see God and converse with Him, they should act upon My advice. Then they will surely see God and converse with Him. Bhakti is not limited to the performance of Puja, Vrata and Japa (worship, rituals and recitation). True devotion is unwavering and unflinching love for God. Develop such love for God. There is nothing greater than this. You may give up your body but you should never give up this love. Love is eternal, imperishable and infinite. Preserve love carefully. Then you will surely attain Divinity.

reflection and resound of Sathya. *Sathyannasti Paro Dharma* (There is no Dharma greater than adherence to truth). Today we impart many types of worldly knowledge to students. But this is not true education. True education is related to the truth that emerges from the heart. Truth has no name and form. What can be the form of truth? What is the form of Dharma? What is the form of Santhi? Sathya, Dharma, Santhi, Prema and Ahimsa have no form. These values which are enshrined in the heart of man have to be manifested. The powers that are not present in man are not to be found in any living being or even in a celestial being. Hence, consider man as God. *Daivam Manusha Rupena* (God is in the form of a human being). You consider man as mere human being. That is why you commit so many mistakes. You are not a human being; you are God. Think that you are God and God you become. *Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result). When you think of something bad, you will have only bad thoughts.

Day before yesterday, I told you that everyone in this world has love. But love is of many kinds. A student loves a student; a woman loves a woman. God is present in both. Both are the embodiments of God. Divinity that is enshrined in each body is one only. *Ekam Sath Viprah Bahudha Vadanti* (truth is one, but the wise refer to it by various names). We should love everybody since God is present in all. *Love All, Serve All*. God is present everywhere; there is no place where God is not present. He is present in the sky and in water, in sound and light. Therefore, everything in this universe is suffused with divinity. Forgetting this omnipresent divinity, we worship the idols in temples. There is no mistake

in worshipping the idols. But one must realise that the same God that is present in these idols is also present in every human being. I do not say that it is wrong to worship idols, but the fact is that you yourself are God. Therefore, first consider yourself as God and then recognise the same God in everyone. Then there will be no mistake. In fact, your body itself is a temple which is invested with divine energy. One should exercise discrimination while making use of this energy. We should enquire whether this energy is God or this body is God. In fact, this body is also divine since it is suffused with divine energy.

Never Forget God

God is present in every particle, every atom of the universe. There is no place where God is not present. Hence, do not forget God. And do not forget yourself. If you forget yourself, it amounts to forgetting God. It is for this reason that you are advised, *Always Be Careful*. This is the A B C of life. Be careful never to forget God. Every moment of your life you should enquire, "Am I forgetting God?" Always remind yourself, "I am I." You should be firmly established in this truth. If you do so, evil thoughts against others will have no scope to enter you. Only ignoramuses and those lacking in knowledge will think otherwise. God is present in all human beings. The heads of all human beings are, in fact, God's heads. That is why God is called Virataswarupa (Cosmic Being). The creation is the manifestation of His cosmic form. Individual forms appear to be different from each other, but the same divinity is present in all forms. Krishna said, *Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal Atma in all beings is a part of My Being). So, I alone am present in each one of you. I am not different from you;

you are not different from Me. I am you; you are I. Therefore, do not entertain any kind of differences. The only thing that you have to do is to strengthen your love. When the fruit of love becomes fully ripe in your heart, you should share its juice with one and all. Therefore, first and foremost bring the love in your heart to fruition. When your heart is saturated with love, then all others will also be suffused with love. We should not hate or hurt anybody. Today wherever we see, there is hatred and hatred only. We do have differences of opinion between one another, but from the spiritual viewpoint all are one. In fact, all the people in the world are merely zeros; only God is the hero. God is like the digit 1, because of which all zeros get value. Any number of zeros added to 1 will get value. When you take out 1, then all are reduced to zeros only. Therefore, give prime importance to God in your life.

Purify your Mind by Namasmarana

There is one cause of all your sorrows as well as your joy and happiness. That is your mind. Many people have an adverse view of the mind; they call it monkey mind. But it is not monkey mind; it is mankind. It is a source of kindness and joy. If only we keep our mind in proper state, nothing bad can happen to us. Consider the mind divine. Then you will always be happy.

Whether you call Atma or mind or consciousness, all are one. We ascribe different names to the same principle just for the sake of identification, not to describe its true nature. For example, this body has been given the name Sathya. But this name relates to the body and not to Me. I am not the body; I am not the mind; I am not the intellect, I am not the Chitta (mind-stuff), I am not

If you really wish to know the essence of Sadhana, it can be explained in a simply way. Just make your mind steady for eleven seconds. Even this much practice will surely lead you to self-realisation! If your mind keeps oscillating like the pendulum of a clock, it cannot be called meditation. It is enough if you can make your mind still for eleven seconds. But you are not able to do even that much. Your mind travels to eleven Lokas (worlds) in eleven seconds.

imagination. Bhagavan is Bhagavan. Develop this firm faith. Changes occur in the minds of some people due to the effect of their food and habits as well as due to the effect of their company. *Tell me your company, I shall tell you what you are.* Whatever is the type of your company, you will develop the same kind of thinking. Therefore, join only good company.

*Satsangatwe Nissangatwam,
Nissangatwe Nirmohatwam,
Nirmohatwe Nischalatattwam,
Nischalatattwe Jivanmukti.*

(Sanskrit Sloka)

(Good company leads to detachment; detachment makes one free from delusion; freedom from delusion leads to steadiness of mind; steadiness of mind confers liberation.)

Liberation can be attained by anyone. But, when? When your faith in the truth, "I am the Atma" becomes firm, you will attain liberation in a moment. "Swami is in me; I am in Swami," think like that. But thinking

about this truth with a wavering mind is of no use. Think with stable mind, "I am Swami, I am God, I am God." When your conviction becomes firm, you will attain the Divine who is *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala Swarupinam* (God is attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). However, if the filth of impurity enters your mind, everything will become bad. When your mind gets polluted, it will require proper treatment. What is that? That is the Name of God. Similarly, our body is also afflicted with diseases by drinking polluted water and eating improper food. It is necessary to protect the body. Why has God given you this body? It has been given to you to realise yourself. But you forget this real purpose and concentrate your mind merely on the body. After all, what is there in the body? Body is impermanent and short-lived like a water bubble. If you understand this, your life will be blessed.

Do not be carried away by what others say. Purity of mind results in the fruition of knowledge. When your mind becomes pure, you will attain true knowledge. Purity of mind is therefore very necessary. Keep your mind always in a state of purity. Whenever evil thoughts enter your mind, remind yourself, "This is not good; this is not mine." Drive away those evil thoughts, telling yourself, "This is not my property. My property is good thoughts, good ideas, love, love, love!" *Love is God. Live in Love.* When you are firmly established in this principle, everything will turn out to be good for you.

Make your Mind Steady for Eleven Seconds

You are afflicted by many delusions. Your mind is no doubt pure and there

are only pure thoughts in it. But from time to time, some pollutants enter your mind. See to it that they do not enter it. That is the Sadhana you have to undertake. What is Sadhana? Is sitting in meditation and doing Japa (recitation of God's Name) Sadhana? No, this is not Sadhana. What is meditation and what is its meaning? Is sitting in a posture and reciting any Name of God meditation? No, no. What you have to do is to contemplate on the sacred feelings of your heart. You should contemplate on your truth. If you really wish to know the essence of Sadhana, it can be explained in a simple way. Just make your mind steady for eleven seconds. Even this much practice will surely lead you to self-realisation! If your mind keeps oscillating like the pendulum of a clock, it cannot be called meditation. It is enough if you can make your mind steady for eleven seconds. But you are not able to do even that much. Your mind travels to eleven Lokas (worlds) in eleven seconds. Much can be achieved even in this short period of eleven seconds. There is no need for you to expose yourself to too much strain in the name of Sadhana.

You strain your body too much and also waste your time. *Time waste is life waste.* Not only time, you waste money also. Money waste is evil. Therefore, do not waste money and time. *Time is God, God is time.* Therefore, whatever time you get, contemplate on Swami. Then you will surely have My Darshan. Not only Darshan, you will get the opportunity of Sambhashan (conversation) also. Many letters come to Me from devotees, stating, "Yesterday, Swami came and talked to me." You should also develop such unflinching faith in Swami and do Sadhana like them. Then you will surely attain success. All those who come here call themselves devotees. They do have some devotion, but they are

not aware of the attributes of devotion. They should first of all understand the true meaning of devotion. First and foremost, one should develop faith.

*Where there is faith, there is love;
Where there is love, there is truth;
Where there is truth, there is God.*

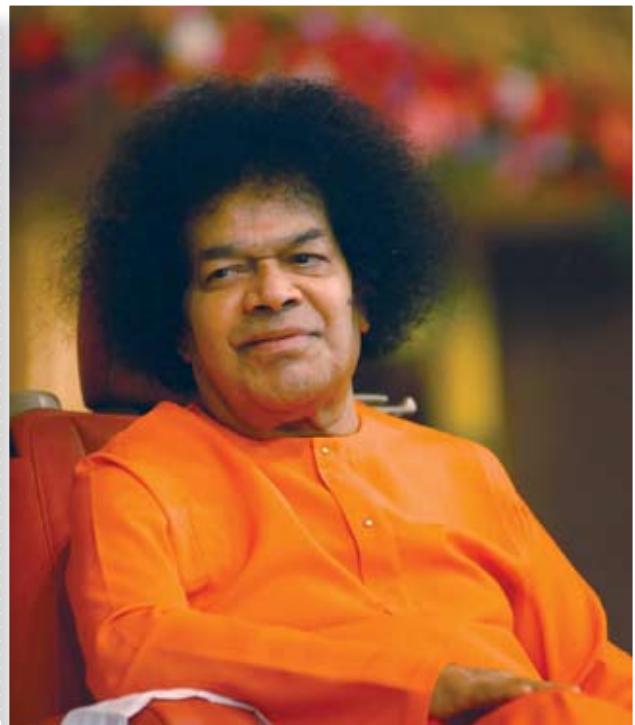
Truth is God. Consider truth as nothing but God. There is no need for you to make any special efforts to know truth. Contemplation

whatsoever if you stick to the time schedule of eleven seconds.

Develop Good Food Habits

Moreover, you should have timely food in a regulated manner. There are some subtle considerations with regard to food. Do not eat meat or fish. But foreigners are too much addicted to non-vegetarian food. Diseases like cancer are caused by eating non-vegetarian food. Therefore, give up eating non-vegetarian

I alone am present in each one of you. I am not different from you; you are not different from Me. I am you; you are I. Therefore, do not entertain any kind of differences. The only thing that you have to do is to strengthen your love. When the fruit of love becomes fully ripe in your heart, you should share its juice with one and all. Therefore, first and foremost bring the love in your heart to fruition. When your heart is saturated with love, then all others will also be suffused with love.



on truth for eleven seconds is enough. Fix your mind on truth just for eleven seconds and you will have Darshan of the Lord. You are unnecessarily straining your body hard by sitting for hours, and thereby suffering from pain in the feet, legs and back. Do not give room to such joint pains. Many doctors may diagnose these as rheumatic pains. But these are not rheumatic pains at all; these are the pains caused by your misguided Sadhana. You will have no pains

food completely. Not only that, people of foreign countries like cheese very much. The more you eat cheese, the more you become weak. Do not drink too much milk also. Too much milk is also harmful. Observe certain limits with regard to drinking milk. Dilute milk by adding an equal quantity of water in it. The same rule should be observed with regard to curd. It should not be very thick; it should be made thin by mixing water



in it. In this way, you should control your food habits. Prayer to God before eating food is also very necessary. If you observe this discipline regarding your food, you will surely have Darshan of the Lord instantly. There is no need for prolonged Sadhana for months and years. You can always remain in a state of bliss. God is the embodiment of bliss only.

Nityanandam, Parama Sukhadam, Kevalam Jnana-murtim, Dwandwateetam, Gagana Sadrisham, Tattwamasyadi Lakshyam, Ekam, Nityam, Vimalam, Achalam, Sarvadhee Sakshibhutam, Bhavateetam, Trigunarahitam (God is the embodiment of eternal bliss, wisdom absolute, beyond the pair of opposites, expansive and pervasive like the sky, the goal indicated by the Mahavakya Tattwamasi, one without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three attributes of Sattwa, Rajas and Tamas).

People say, "I want bliss." Where does this bliss come from? Is it possible to purchase it from a shop in the market? Or, is it something that you can eat in a hotel? No. Bliss comes from within. In fact, you yourself are the embodiment of bliss. Man is full of bliss at the time of his birth. Later on, when he develops attachment with worldly desires, he suffers and starts crying. Hence, reduce your attachment with the world. *Less luggage more comfort makes travel a pleasure.* Therefore, give up all unnecessary attachments. When you develop attachments you are drowned in worries and you suffer from physical weakness also. Worries are bad for your health. Hurry, worry and hurry weaken the heart of man. Therefore, give up hurry, worry and hurry. When you are faced with difficulties, you should think: "They will go as they have come. I have nothing to do with them." Whatever has come is bound to go some time or the other. Same is

the case with your body also. Therefore, you should have attachment with the body only to the extent necessary. You should observe certain limits, otherwise this undue attachment will affect your body adversely. You should always be cautious.

Love is the Most Powerful Medicine

Those who are doing Sadhana and aspire to see God and converse with Him, they should act upon My advice. Then they will surely see God and converse with Him. Bhakti is not limited to the performance of Puja, Vrata and Japa (worship, rituals and recitation). True devotion is unwavering and unflinching love for God. Develop such love for God. There is nothing greater than this. You may give up your body but you should never give up this love. Love is eternal, imperishable and infinite. Preserve love carefully. Then you will surely attain Divinity.

Because of man's attachment with the world, he is developing demonic nature. Lust and anger are man's worst enemies. You should always be full of love with a smile on your face. When you are cheerful, love will come to you on its own. But some people always put on a 'castor-oil' (morose) face. Always have a smiling face. God has always a smiling face. He does not have any trace of worry or misery even for a moment.

I always keep smiling. I have no suffering at all. I was hurt because of the mistake committed by a boy. My hip bone developed four cracks. Doctors came and wanted to put so many bandages. I said 'no' to them. I came walking and gave Darshan to the devotees from the balcony. Many doctors came and examined Me. Dr. Pillay and his son also came from Singapore. Many specialists also came from

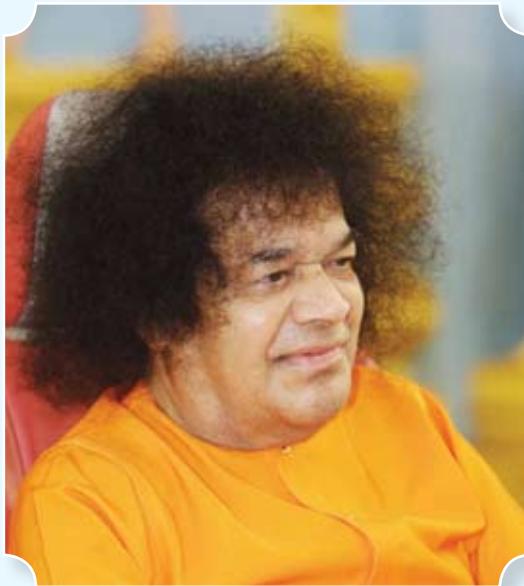
America and various other places. They said, "Swami! Just give us five minutes."



I told them, "For spiritual matters, I can give you five hours, but not even five minutes for this body." When boys hold My hand, I always tell them not to hold. Right from that day, I never had even a trace of pain and suffering. I have no nervous weakness. Whatever was My weight earlier, it is the same today. Now also My weight is 110 pounds. Earlier also it was the same. It has not increased or decreased even by half a pound. I am always healthy. There is no need for you to worry about My health. I always remain hale and hearty. When you look at Me, it may appear to you that Swami has some pain. No pain! Your love alone is the cure for My pain. I am filled with bliss on seeing you all. If ever I have pain, it will go only because of your love and not because of doctors. So many of you have come from various parts of the world. What is the meaning of this? The very thought of it that so many of you love Me, fills Me with immense bliss. Be happy not only here, but wherever you are. I am always happy. I am very happy to see all of you. This is your great good fortune. All those who

have come here are full of love and devotion. This fills Me with great enthusiasm. I feel like walking and giving Darshan to you. There is no cure greater than love. Your love is My cure. This is the most powerful medicine. Similarly, My love is the most powerful medicine for you. May you always be happy and peaceful! Live happily and unitedly like the members of the same family. Not merely that, do not allow small problems to overpower you. Do not give room to any worries. Do not become anxious if your child or wife suffers from illness. Have faith that everything will become all right. Go back to your places and lead a happy and peaceful life. (Bhagavan showing the Linga materialised by Him earlier) Have all of you seen it? It is quite heavy. A Linga bigger than this will emerge from My body on Sivarathri day.

– From Bhagavan's Valedictory Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 28th July 2007 on the occasion of Sri Sathya Sai World Youth Conference.



Sathya and Dharma (truth and righteousness) are most important in the life of man. The youth should strictly adhere to them. What is Sathya? It is the harmony of thought, word and deed. Where these are in harmony, Sathya is present there. People speak something on the platform, they have something else in their mind, and their actions are entirely different from what they speak and think. This is the worst sin.

– Baba

SIGNIFICANCE OF THREE ZEROS FOR MAN'S EVOLUTION

"As the car began to spin, I felt pressure on my shoulders. I looked to the right and there was Sai Baba sitting next to me with His arm around me! The car rolled over a dozen times; the front end was destroyed, the windshield flattened, the doors were gone; even the roll bar was bent below my shoulders. It landed upright. Why it didn't explode, I'll never know. I got out of this heap of metal and there wasn't a scratch on me – not even a bruise. He had put a force field around me and saved my life. I have no doubt about it in my mind to this very day. There was no way anyone could have survived", said Sri Isaac Tigrett in an interview with Dr. G. Venkataraman for Radio Sai Global Harmony.

SAI RAM AND WELCOME TO OUR studio. I am sure you have many things to say. But perhaps the best way is to start the standard way by my asking you to tell me a little bit about yourself, and of course that will lead on to how you came to Swami.

Yes, I grew up in the south in Tennessee, U.S.A. My ancestors were Scottish ministers. They became entrepreneurs, bankers and railroad makers in America. My upbringing was very, very difficult. I lived at 'Tigrett Place' and had my early schooling in Isaac Burton Tigrett Junior High School in Jackson, a little country town in Tennessee. The family was very important. So, the older people pretended to adore me! The kids hated that, and would harass or beat me up daily after school! It was a very unusual upbringing.

Swami has taught me to experience what He calls the three zeros – the three things that preoccupy you most in human form; and which stop you from evolving. The first is the family attachment; because attachment

to family is one of the greatest obstacles that prevents you from moving forward. The second is attachment to material goods. For many people, their material goods are their identity in life. They hoard them and use them as false comfort and station in life. But they prevent them from evolving. The third, and the one that I had the most trouble with, is the attachment to reputation. It was something that I was very much aware of from the time I was a child, because of this family reputation, wealth and power. We are all preoccupied with what others think of us. So, we must experience the loss of family attachment, material goods and reputation if we are going to evolve, which is the reason for our existence.

Didn't you think, it was a bit unusual because children don't think of these sort of things? These are highly spiritual problems!

Yes, and that's again what led me to Swami. One day, as I was sitting in church, a preacher started espousing how all the Hindus in the world were going to burn in hell for



eternity; and all the Muslims were going to burn in hell for eternity; and all the Jews were going to burn in hell for eternity, because Jesus said so! Something came into my head and said: "He didn't say that!" How can they say something like that? From that moment, I got turned around! That was the beginning of my spiritual journey because what I was experiencing was something to do with spirituality; not about man-made dogmatic religions that were being forced on the populace! I guess, I needed to have that experience when I was very young; I had to walk away from it. But I had nothing to hold on to.

When I was 13, I suffered a shock when my 11-year-old brother died in my arms. My father and mother were divorced. When my father moved to England, I followed him there. Through circumstances which Swami was so gracious to put me through, I was able to get the money I needed to start one of my businesses over there.

In England, I worked as a dough boy in a biscuit factory and saved 600 pounds in a year and a half. I wanted to buy a car with this money to gift it to my mother. After much bargaining, I bought a 1954 Silverdawn for 600 pounds. I put it on a boat bound for New York City. As I took the car off the boat, a man came up to me and said, "Is that 1954 Silverdawn?" I said: "Yes, sir." He said, "I will give you \$30,000 for that car!" I thought of my mother and all the hard work it took to get the car. Then I said, "It's yours!"

I went back to England and bought 5 more cars! I put them on the boat for NYC; put an ad in the New York Times and they were sold even before they got there! Next month, I went back and bought 18 cars. I had discovered a window in the market. No one knew

He then took me into His private interview room and asked, "Any questions?" I said: "Yes. Why did I have to wait for 15 years to see You?"

He said: "Big ego!" I said: "I got it! I understand!" Oh! It's so fantastic! And then He said, "Do you have any other questions?" I said: "Yes, I have one very serious question. Why was I born in a family where there was lovelessness, violence, death, destruction and horror? Why was I born in a family like that?" I had been carrying this bag of guilt and horror ever since I was a child, and was convinced I was cursed. He just looked at me as my loving master and said: "To soften your heart."

that there was such a disparity in the pricing between England and the U.S. The market lasted for only 9 months before the window closed. I was at the forefront. I was so lucky! In my last trip, I brought back 25 cars! Suddenly, in only 9 months, I made \$500,000! I was 18 years old at that time! Swami's grace!

You never gave a gift to your mother?

Oh yes! I brought her a new Cadillac every year after that – that's what she liked!

This was the amazing '60's – a revolutionary period of time. There was peace and love movement worldwide. The youth just took off with it. We created our own music, our own poetry, our own clothes, our own poets, and our own heroes. I used that money to develop the Hard Rock Café in London.



I had no idea what I was doing. Swami was with me all the way. The Hard Rock finally opened on 14th June 1971. I was just 22. The night we opened, the Beatles were sitting on one side of the room and the Rolling Stones were on the other. Over there was Eric Clapton sitting with Led Zeppelin. All the heroes of the revolution were there day after day, night after night, year after year. The Hard Rock became the symbol of musical revolution.

About two years went by. I had a constant feeling that someone was calling me. A voice in my head kept saying: "I am waiting for you! I am waiting for you!" I didn't know what it meant. I was drawn to the East; I came over to India and took about six months off from the Hard Rock to search for the master who was calling me.

And the year was?

It was 1974. After nine months of searching for this master, I gave up. I was at that time with a family in Delhi who told me about an obscure unknown Guru outside Bangalore. Later, I was in a hotel having breakfast in Aurangabad when the voice called out once again, "I am waiting for you." I looked up and saw a picture of Sai Baba.

I flew down to Bangalore and went to His college in Whitefield where I heard He was in residence. I used to wear black clothes all the time - big shades, long hair! I went to Whitefield where there was a group gathered there on a Sunday. There must have been 200 people there. In those days, that was a big lot. I stayed in the back leaning against a wall – with all my shades and my head band. There were trees and a little walkway at that time. Swami came out and parted the crowd and walked right towards me. He said: "You have come at last! I have been waiting for

you! We are old friends! We have much work to do! You wait here!" He made Vibhuti for me and walked away. Thereafter, He didn't talk to me for 15 years! I came from England three or four times a year – I would stay for two weeks, sometimes a month – whenever I could take time away from the Hard Rock Café. But He never even looked at me. I am so grateful now because I know why He did it.

I want to go back to the first time He told you: "I am waiting for you." What did that prove to you?

I knew immediately that He was my Guru!
You did!

Of course, I knew it! You know the voice in my head was constantly saying: "I am waiting for you! I am waiting for you!" And when I saw Him, He said: "I have been waiting for you! You have come at last!" I knew inside of me, that He was it! I had found Him at last!

And He kept you waiting for 15 years!

Yes, that's right – 15 years! And in retrospect, looking at the Sai Baba experience or being with the Master; whatever you may call it, it has been absolutely perfect because after the first couple of visits, the need for an interview left. He didn't even look in my direction for 15 years! In those dreary days in Puttaparthi, when it was very hot, there would be 20 people on men's side, and 20 on the women's side. They would all get 3 or 4 interviews – everybody but me! Thus, instead of being pre-occupied with the form and looking for His attention, all I could do was read His works! So, for 15 years, I read everything that He wrote. It made me familiar with the formless Sai Baba.

You were here or back in London?

I was travelling all over the world. So, I would take with me as many books as



I could get my hands on, by Kasturi, Gokak and Hislop. I used to get the newsletter every month – “Sanathana Sarathi”. That was my ‘Sai piece of mail’ every month. It was an amazing journey. For 15 years, I studied the ‘formless’ and got to know the dynamic world I was about to step into. In Hard Rock Café, I put His sayings like “Love All, Serve All”, “Help Ever, Hurt Never” on millions of T-shirts, caps, buttons, badges, etc.

Swami spoke to you only once. Yet you kept coming again and again and you were obedient. But you must have had ups and downs; how did you keep your faith amidst all that?

The experience of the Avatar is the ultimate experience. It has dynamics, which may seem painful at times. It is basically His love for you and His Will that will bring you close to understanding that you too are formless and divine. I will never forget the first interview I had with Him in His interview room after 15 years.

That was here or at Whitefield?

It was here at Prasanthi Nilayam. He called in a group of us. I, of course, was in a state of shock, approaching His form for the first time. He made me sit at His feet, looked straight into my eyes and quietly enquired, “Where is God?” I looked at him terrified and said, “God is in my heart.” He bellowed, “No!” It scared me to death, because it was the first time after 15 years I had heard His voice and I had answered the question incorrectly. He looked at me lovingly and explained, “It’s like a fish swimming through water; the water is above the fish, around the fish, below the fish, and inside the fish.” He said, “God is above you, around you, below you and inside you. You are like a fish swimming through

Swami has taught me to experience what He calls the three zeros – the three things that preoccupy you most in human form; and which stop you from evolving. The first is the family attachment; because attachment to family is one of the greatest obstacles that prevents you from moving forward. The second is attachment to material goods. For many people, their material goods are their identity in life. They hoard them and use them as false comfort and station in life. But they prevent them from evolving. The third, and the one that I had the most trouble with, is the attachment to reputation.

It was something that I was very much aware of from the time I was a child, because of this family reputation, wealth and power.

God!” I realised then that God is everywhere; he is the electron in every atom, just as I had suspected. It was now clear, yet to this day, hard to remember moment to moment.

I had doubts for years that maybe the Hard Rock wasn’t the right thing and was looking for some sort of confirmation from Him as to whether it was the correct thing I had been doing. He then looked at me and asked a second question: “How do you get to God?” I was so terrified at having answered the first question incorrectly, I said nothing. He then went to each and every person and asked,

“How do you get to God? How do you



get to God? How do you get to God?" No one answered. He then looked at me with that wonderful smile and said, "How do you get to God? Love All, Serve All!" All my doubts then disappeared and I knew I had been doing the right thing.

He then took me into His private interview room and asked, "Any questions?" I said: "Yes. Why did I have to wait for 15 years to see You?" He said: "Big ego!" I said: "I got it! I understand!" Oh! It's so fantastic! And then He said, "Do you have any other questions?" I said: "Yes, I have one very serious question. Why was I born in a family where there was lovelessness, violence, death, destruction and horror? Why was I born in a family like that?" I had been carrying this bag of guilt and horror ever since I was a child, and was convinced I was cursed. He just looked at me as my loving master and said: "To soften your heart." I realised then that what I thought was a curse was indeed a blessing – a total blessing! All the guilt and horror of the past dropped from my being in that interview room, and I have never looked back since.

This prompts me to ask one question. In the 15 years or so, from the time that He said: "I have been waiting for you" to the time when He called you for an interview, you must have had perhaps some kind of unusual experiences when you felt the presence of His protective arm and His love ... Do you recall any of that?

There are many, but let me narrate one. I was in Los Angeles at a big party, and in those days I was taking drugs – all kinds of drugs. It was 3 o' clock in the morning and I was stoned out of my mind and started to drive to the beach where I had a house in Malibu. I was driving a Porsche Targa sports car with the top down and no seatbelt on. I got down

to the end of Malibu canyon and I fell asleep going about 70 miles an hour. The car crashed through a railing. I woke up as the car flew through the air down a 300-feet ravine.

As the car began to spin, I felt pressure on my shoulders. I looked to the right and there was Sai Baba sitting next to me with His arm around me! The car rolled over a dozen times; the front end was destroyed, the windshield flattened, the doors were gone; even the roll bar was bent below my shoulders. It landed upright. Why it didn't explode, I'll never know. I got out of this heap of metal and there wasn't a scratch on me – not even a bruise. He had put a force field around me and saved my life. I have no doubt about it in my mind to this very day. There was no way anyone could have survived.

What happened then? Did you just walk away from there?

I just walked away! I rushed to the airport, got on a plane to India, and rushed to Puttaparthi to thank Him. He paid absolutely no attention to me whatsoever. He didn't even look at me. After two months, I went back. It was 1975.

Did He at any point of time make a reference to this and other incidents?

Yes – twice! Fifteen years later, when we were building the hospital, a group of doctors was at His home in Whitefield in one of the many meetings which I was blessed to attend. I was sitting at His feet. He got everyone's attention in the room and said, "Tigrett! I saved your life once, didn't I?" I said, "Yes Swami, you did." Everybody clapped as He leaned down and whispered into my ear, "And many other times too." We both laughed as He winked at me and smiled that divine smile.

Courtesy: Radio Sai Global Harmony



NEWS FROM SAI CENTRES

AUSTRALIA

MANY PARTS OF AUSTRALIA have been experiencing severe drought over the last four years. On 1st July 2007, the Mill Park Sathya Sai Centre in Melbourne organised a workshop titled "Water



The Mill Park Sathya Sai Centre in Melbourne organised a workshop on "Water – the Gift of God" to create awareness about principles of saving and recycling water on 1st July 2007.

– the Gift of God." This was attended by over 100 Sai devotees who gathered to generate new ideas on how to save and recycle water. In a gesture of spiritual and social commitment, all the attendees pledged to follow a nine-point code of conduct based on principles of saving and recycling water. The code of conduct was printed and distributed to all the participants. The workshop was concluded by a collective prayer for rain.

Murwillumbah, located in the idyllic New South Wales in Australia, annually holds the prestigious Festival of Performing Arts at the local Civic Centre. On 25th June

2007, children from the Sathya Sai School participated in this event for the first time. With Bhagavan's grace, they were awarded first place in praise of their spirited performance and harmony. Currently in its tenth year, the Sathya Sai School now has an enrolment of 110 students. The school has had a significant impact on the local community with the children often cited as examples of good behaviour. Both at State and Federal levels, the school has been acknowledged as a "leader in



The Sathya Sai School in New South Wales, Australia which has been recognised both at State and Federal levels as a "leader in values education" and as a school which has "successfully integrated human values with the general school curriculum".

values education" and as a school which has "successfully integrated human values with the general school curriculum."

MOROCCO

In the beautiful French-speaking country of Morocco in North Africa, an SSEHV workshop was held on 2nd – 3rd July 2007 at the American School in Casablanca.





An SSEHV workshop organised on 2nd and 3rd July 2007 in Casablanca, Morocco by the Sathya Sai Centre of Casablanca drew participants both from Casablanca and Rabat. The workshop trained the teachers in five human values through parables, songs, activities and lesson plans.

The workshop drew participants from both Casablanca and nearby Rabat. The workshop was organised by the Sathya Sai Centre of Casablanca and the faculty was from the British Institute of Sathya Sai Education. This was a follow-up of the teacher training workshop from July 2006 reported in "Sanathana Sarathi" of October 2006. The schools which had been using this programme requested the workshop for further training and education. The workshop introduced the five values with parables, songs, activities and lesson plans, all in French. Participants were taught how to integrate Sathya Sai Human Values with an existing curriculum. All the delegates received teaching materials and visited nearby schools in Rabat that are using SSEHV. They were pleased to see its impact upon the classroom, the children and even the teachers. The teachers reported that they had become more patient and kind over the past year as a result of being involved with SSEHV.

GERMANY

A public meeting was held on the theme "Sathya Sai Baba – Teachings and Work,"



A public meeting was held in Berlin, Germany on 16th June 2007 in which three eminent speakers spoke on "Sathya Sai Baba – Teachings and Work". About 250 persons attended the meeting.

in Berlin, the capital of Germany on 16th June 2007. The event was announced in two well-known health magazines, and by the placement of 300 posters and over 5,000 postcards. About 250 persons attended the meeting. Three invited speakers were present: Dr. Thorbjørn Meyer, Chairman of Zone 7 of the Sathya Sai Organisation, Dr. Petra Von Kalinowski, head of region 71 from Germany and Dr. Martin Mittwede, Professor of Religious Sciences at the Frankfurt Am Main University, Germany. Dr. Meyer spoke about the universality of Sathya Sai Baba's teachings, and the service and spiritual nature of the Sathya Sai Organisation. He illustrated his talk with parables and quotations of Bhagavan. Dr. Kalinowski described the principles of educate and its importance. Professor Mittwede spoke of embracing divinity through universal love and tolerance. The video "His Work" was shown and the final event was a question-and-answer session.

SOUTH AFRICA

The town of Kleinskool near Port Elizabeth in South Africa has historically been disadvantaged by poverty, crime and

homelessness. Located in this challenged city, the Sathya Sai Institute caters to its population by educating them, using a curriculum based on Bhagavan's programme of educate. On 9th June 2007, the Institute held its first graduation ceremony. Thirty-four students and their families participated in the event which, in addition to the conferring of diplomas, consisted of a music and a dance programme. Local residents consider the Sathya Sai Institute a landmark educational institution that holds much promise for the future of Kleinskool. One student was overheard to say: "... in order for this world to change, I know the change has to start in me."

The Sathya Sai School of Chatsworth has 450 students and is located in Kwazulu-Natal. The school was shortlisted from the 1,500 independent schools in the country based on recorded evidence submitted to Umalusi during 2006. It received an in-depth evaluation by Umalusi, an independent

state-appointed committee, whose task is to ensure the quality in all South African schools. Committee members reported that they "were most impressed and pleased with the school." The educate programme was selected as an example of "Best Practice" to be emulated by other schools. In particular, they were impressed with silent sitting, light meditation and community service projects.

U. K.

On 14th July 2007, the Sathya Sai School in Leicester held its annual concert. The 45 students and five full-time teachers presented a wonderful programme of plays, songs and speeches. The estimated attendance was over 500. The plays portrayed the impact of Sathya Sai Human Values on the world through the examples of Mahatma Gandhi, Mother Teresa and Martin Luther King. The children performed a play titled the "Rainbow People" which had the message that unity, cooperation and love help to build a better world. The Sathya Sai School is now expanding to a secondary school following the graduation of these children.

On 17th June 2007, the Sathya Sai Organisation of the U.K. conducted a free health clinic in cooperation with the Primary Care Trust in the Hillingdon Burrough of London. The clinic was held at the Hayes campus of the Uxbridge College in Hayes, Middlesex. A total of 10 doctors, two dentists and several nurses saw 120 patients during the day. In addition to consultations for routine ailments, presentations were given on diabetes, smoking cessation, dental hygiene and cardiac diseases. The clinic was inaugurated by Rt. Hon. John Randall, the Member of Parliament from Uxbridge. He was very pleased by the sacrifices made by the volunteers in providing



The educate programme of the Sathya Sai School of Chatsworth, South Africa was selected as an example of "Best Practice" to be emulated by other schools. The school has at present 450 students on its rolls.



free healthcare, and has expressed a desire to have more such clinics.

U. S. A.

The Sathya Sai Baba Organisation of America conducted a free medical camp in Tampa Bay, Florida on 28th April 2007 at the



The Sathya Sai Organisation of America conducted a free medical camp in Tampa Bay, Florida on 28th April 2007 in which 40 healthcare personnel and 75 Sai volunteers served 335 patients.

Homeless Emergency Project Community Centre. During the day, 40 healthcare personnel and 75 Sai volunteers served 335 patients by providing personal consultations and health screening. After serving them breakfast, the patients were shown films on anger management, depression, healthy heart and diabetes. They were screened for blood glucose, cholesterol, obesity, dental, vision, hearing, head and neck cancer, breast cancer, pulmonary function, HIV, Hepatitis C and Hepatitis B. Physician consultations included internal medicine, family practice, paediatrics, pulmonology, gastroenterology, endocrinology, dermatology, cardiology, oncology, gynaecology, psychiatry, nutrition and smoking cessation counselling. The

Department of Health provided free children's vaccinations on site. All visitors were given a canvas-cloth bag inscribed with the message, "Love All-Serve All" containing a T-shirt with the printed message "Help Ever-Hurt Never", personal hygiene items, boxed lunch, fruit and water. During the camp, the video "His Work" was shown, followed by a question and answer session. The response of the participants was best summarised by the comment of one patient who said, "We thank you for such a wonderful experience and to see first hand how love and dedication can be given without conditions. I am honoured to have been a part of that special day and to witness the real truth of brotherhood. You all truly demonstrated the message of Sai Baba."

In Lacey, Washington, about 30 Sai volunteers participated in a National Rebuilding Day on 28th April 2007. It is a day of rejuvenation and renovation of low-income homes in order to provide warmth, safety and independence



About 30 Sai volunteers renovated two houses of needy families on 28th April 2007 in Lacey, Washington, U.S.A.

for elders, the disabled and families with children. The Sai volunteers' work on two houses involved yard cleaning, putting out trash, fixing a roof, constructing a



wheelchair access ramp, and moving a boat. Some of the Sai Youth used power tools to cut firewood for the homeowners.

CROATIA

Bjelovar is a small town adjacent to Zagreb, the largest city in Croatia. On 27th May 2007, approximately 100 Sai devotees from Slovenia and Croatia attended an educare meeting in



In a meeting held in Bjelovar near Zagreb, Croatia on 27th May 2007, the importance of incorporating Sathya Sai Human Values into the existing curriculum was explained to about 100 participants.

Bjelovar. The meeting focused on implementing SSE in Croatia's school curriculum. Delegates spoke on the importance of incorporating Sathya Sai Human Values into the existing curriculum, and looked at ways through which that could be accomplished. The meeting was attended by three faculty members of the Academy of Pedagogy of Zagreb who provide formal education to teachers.

DOMINICAN REPUBLIC

La Vega is a prosperous commercial centre in the fertile, cocoa-rich Vega Real region on the Caribbean island of Dominican



A Bal Vikas camp was held in La Vega, Dominican Republic on 15th June 2007 in which 70 children took part. The programme in the two-day camp included morning prayers, human values songs, a nature walk and a talk on human values.

Republic. On 15th June 2007, 70 children gathered to travel to a Bal Vikas camp in the Cooperative of Vega Real. The children sang Bhajans all the way to the camp site. The next two days were filled with morning prayers, human values songs, a nature walk and a talk. Professor Juan Alberto Reyes spoke about the importance of water to life and the value of national forests in preserving water tables. The Bal Vikas children presented him with an exquisite wooden sculpture they had made on the theme of water. All the participants enjoyed the camp and are looking forward to more such future camps.

LITHUANIA

From 20th to 22nd April 2007, Lithuanian and Latvian Sai devotees gathered in Vilnius to participate in a Sathya Sai Educare Conference arranged by the European Sathya Sai Educare Institute and Lithuanian Sathya Sai Organisation. During the weekend, over 100 devotees listened to the lectures and participated in workshops. The lecturers –

Dr. Thorbjørn Meyer, Marianne Meyer, Anita Friedrich and Sigita Dackeviciute





The European Sathya Sai Educare Institute and Lithuanian Sathya Sai Organisation organised a Sathya Sai Educare Conference from 20th to 22nd April 2007 in which about 100 participants listened to the talks and participated in workshops on educare and spiritual teachings of Bhagavan Sri Sathya Sai Baba.

– presented five methods for implementing the spiritual teachings of our Beloved Swami: prayer, meditation, group singing, group activities and story-telling. Workshops on public speaking and teacher training and education were conducted.

On 23rd April 2007, Dr. Thorbjørn Meyer was invited to Vytautas Magnus University in Kaunas, Lithuania, where he gave a lecture on Human Personality and Human Values in the light of Sathya Sai Baba's teachings. The meeting was arranged by the Culture Research Centre of the Humanities Faculty of the University. During the lecture, the audience of about 120 people had the opportunity to learn about Sathya Sai Human Values programme, and how it could be practised in one's daily life.

– Sri Sathya Sai World Foundation

B H A R A T

Andhra Pradesh: Hyderabad district installed and commissioned de-

fluoridation plant in Mallapur village of Nalgonda district in August 2007. The plant is supplying clean and safe drinking water to 4,500 people everyday. The district conducted a cancer detection camp in Mallapuram and Dharmaram villages as part of Sri Sathya Sai Village Integrated Programme. Out of 634 persons examined by the doctors, 16 confirmed cases of cancer were detected. They were referred to the Cancer Research Institute at Hyderabad for treatment.

As part of the Parthi Yatra (pilgrimage to Puttaparthi) from 9th to 11th August, Karimnagar district arranged programmes in 245 villages, conducted medical camps in six different villages treating 3,580 patients, conducted veterinary camps at six places treating 3,620 animals, arranged eye camps helping 150 eye patients, distributed 1,015 copies of "Sanathana Sarathi" at six different places, conducted model Bal Vikas classes in 11 villages covering 2,320 children and gave 191 Amruta Kalasams (food provisions) to selected poor families in five different villages.

Anantapur district conducted a free medical camp at Mopidi on 5th August 2007 exclusively for 165 poor pregnant women selected from 24 villages in Uravakonda Mandal. They were not only thoroughly examined by competent lady doctors but were also given medicines and vitamin tablets along with Sai Protein food. This monthly check-up will go on till November 2007. A homoeo medical camp was conducted at Kothacheruvu, treating 200 patients who were given free medicines.

Assam, Manipur and N.E. States: The inhabitants of Digaru, a rural area inhabited mostly by plain tribes, had a healing touch when the Guwahati Samithi in collaboration with the Sonapur Samithi organised a free medical health check-up camp

in Digaru High School premises recently. Deprived of basic medical facilities, the villagers felt greatly elated when the doctors and Seva Dal volunteers with medicines arrived in the village.

The local school became the hub of activities when it temporarily housed the departments of medicine, gynaecology, ophthalmology, ENT, dentistry, dermatology and paediatrics with a view to provide services to the rural community. Attended by 40 doctors with active participation of Seva Dal members, over 850 beneficiaries got treatment and free medicines. Love added to the occasion was the participation of village elders and the youth of the area in spite of heavy downpour. The camp ended with smiles on the face of the patients as well as the doctors and the Seva Dal volunteers with clear divine message "Help Ever, Hurt Never" and "Love All, Serve All".

In course of observance of Shaktiswaroopini Day, a medical health check-up camp was organised by the Guwahati Samithi at the Asom Sishu Mangal Sadan, Jalukbari. Doctors from different disciplines of Guwahati Medical



The Guwahati Samithi organised a medical health check-up camp in the premises of Asom Sishu Mangal Sadan and provided health check-up and free medicines to the inmates of the Children's Home.

College provided health check-up to the inmates of the Children's Home and offered free medicines.

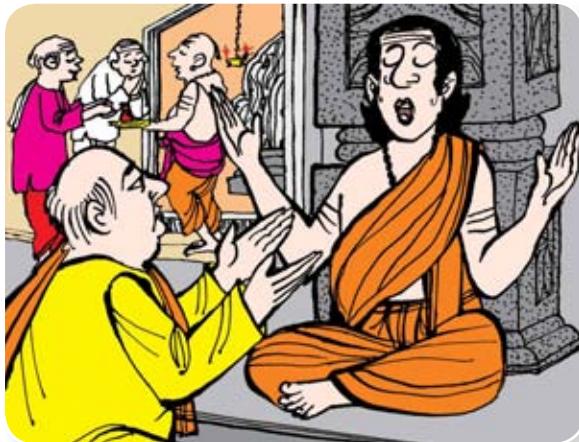
Tamil Nadu: Sai Sundareshwara Linga worshipped during the Ati Rudra Maha Yajna performed at Thiruvanmiyur, Chennai from 20th to 30th January 2007 was installed in Sundaram, the abode of Bhagavan Sri Sathya Sai Baba in Chennai in a grand function held on 23rd September 2007. The Santhi Vedika in Sundaram was transformed into a Siva temple with all temple architecture to install this Linga. Earlier, Puja and Homas (worship and Yajna) were performed in the prescribed manner on 22nd September 2007, in which nearly 2,000 devotees took part. After the installation ceremony, held between 7.50 to 8.10 a.m., Narayana Seva was performed for all present and clothes were distributed to needy people.



Santhi Vedika in Sundaram, Chennai was transformed into a beautiful temple and Sai Sundareshwara Linga worshipped during Ati Rudra Maha Yajna in January 2007 was installed in it in a grand function held on 23rd September 2007.

Pretentious Devotion

JHERE LIVED A PERSON IN A village who wanted that people should recognise him as a great devotee and hold him in high esteem. He made a show of reciting the Name of God and boasted about his devotion. He would



The fake devotee made a show of his devotion so that others should consider him a great devotee and hold him in high esteem.

sit with closed eyes in the Siva temple of the village from Brahma Muhurtha (early morning) till 10 o'clock at night, pretending to do Japa (recitation of God's Name). He conducted himself in this pretentious manner so that the people would call him a great devotee.

The priest of the temple was put to great inconvenience and reached home very late at night everyday because of the conduct of this devotee. He had to lock the temple door before going home, but he could not do so lest it should disturb this devotee.

in his meditation. This delay upset the entire daily routine of the priest.

After the passage of some time, a doubt once arose in the mind of the priest and he wanted to verify whether this man was a true devotee or not. He thought of a way to test his devotion.

One day, the priest hid himself behind the Siva Linga before the arrival of this man in the temple. As this man sat in meditation, the priest uttered very loudly, "Oh devotee! I am pleased with your recitation and meditation. Come, my dear! I shall merge your life principle in me and grant you instant liberation." Hearing this, the fake devotee took to his heels to save his life.



The false devotee was fear-stricken and ran away to save his life when the priest put him to test.

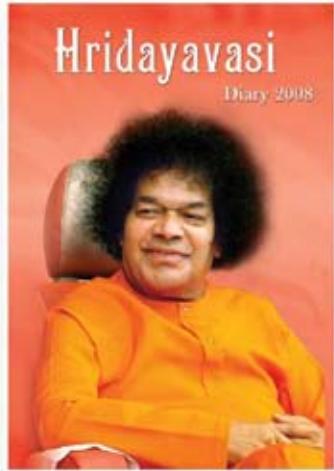
Those who make a show of their devotion, worship and meditation are not real devotees at all.

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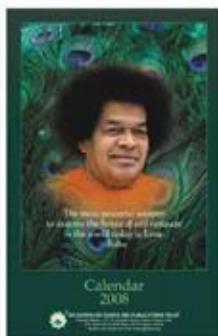
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