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# Sanathana Sarathi



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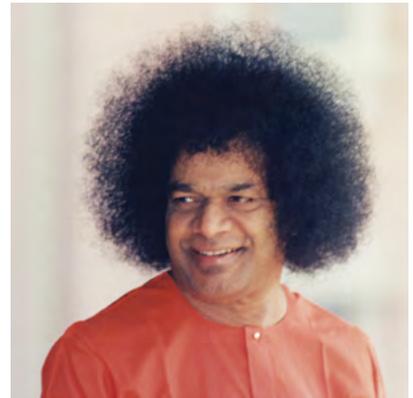
to The Convener, Sri Sathya Sai Sadhana

Trust, Publications Division, Prasanthi

Nilayam - 515 134, Anantapur district,

Andhra Pradesh, India.

"You have been listening to My Discourses for years together. But there is no check on your worldly pursuits; they go on increasing day by day. On top of it, you ask Me to do this and that. Do as I say. Then, I will do everything for you without your asking. But you are hero in asking and zero in practice!"



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# LACK OF VALUES IS THE CAUSE OF VIOLENCE IN THE WORLD

LIGHT SIGNIFIES KNOWLEDGE AND DARKNESS DENOTES IGNORANCE

*Students!*



AN TODAY IS IN A STATE of great confusion. The word 'God' is interpreted in many ways. According to one of the interpretations, God is one who transcends time.

## God Signifies Light

The word God, in reality, signifies light which is present in all beings. Our ancients described God as the source of light, effulgence and radiance. Light changes into darkness and darkness changes into light. Both light and darkness cannot exist at the same time, at the same place. Light is the Abhava (absence) of darkness and darkness is the absence of light. Abhava means non-existence and Bhava signifies existence. Light signifies knowledge and darkness denotes ignorance.

The word 'Bhava' has many meanings. One of them is the feeling with which you pray to God. Accordingly, prayer is of four types: Bhava Prarthana (praying to God wholeheartedly), Leela Prarthana (extolling His divine play), Guna Prarthana (describing His attributes) and Sankirtana Prarthana (singing His Divine Name). Man can experience divinity by following any of these four paths. It is the heart of man which is the source of all these four types of prayer.

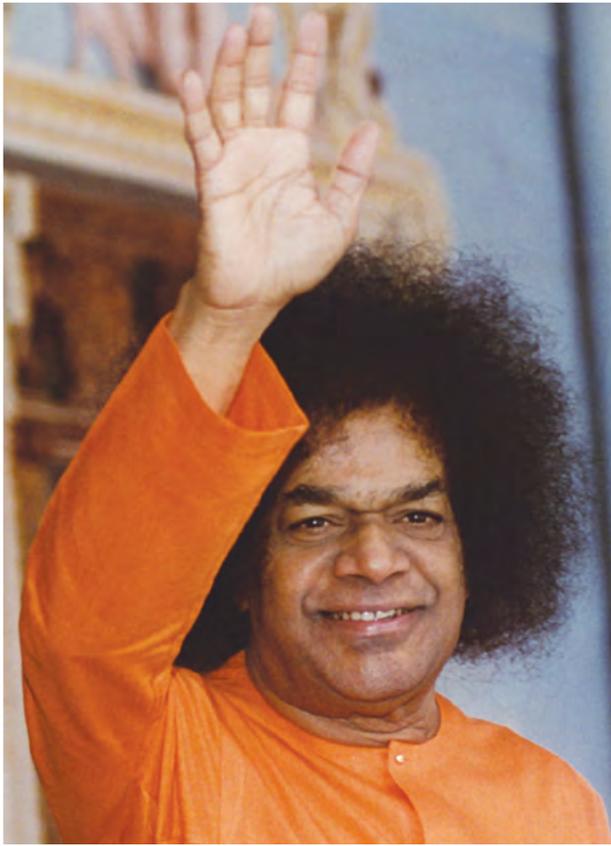
*God does not exist in a foreign land, He is in you.*

*Sin is not elsewhere. It is there where a wrong action is committed. (Telugu Poem)*

Neither merit nor sin exists in a foreign land. They are within you. Everything is present in human body. The Atma that is present in Deha (human body) is called Dehi (indweller). Similarly, it is called Sariri (indweller) because it is present in Sarira (body). It has also got the name Kshetragna (knower of the field) as it resides in Kshetra

***People listen to Discourses for years together. But not even an iota of detachment or devotion takes root in them. As long as they hear the Discourse, they are happy. But once they leave the venue of the Discourse and cross the compound wall, they are back to square one. What is the use of listening to Discourses for such a long time? I have been giving Discourses everyday. I do not feel any strain while giving the Discourses but you feel a lot of fatigue while listening to them. Are you treasuring at least one teaching in your heart?***





**God shines in us in the form of truth. Truth follows righteousness. Where there are truth and righteousness, there is love. Where there is love, there can be no violence. One who leads his life with truth, righteousness, love and peace will not indulge in violence. Therefore, treasure Sathya, Dharma, Santhi, Prema and Ahimsa (truth, righteousness, peace, love and non-violence) in your heart. Let your tongue always speak truth, your hands perform righteous actions and your heart experience love. Then there will be peace in your mind. Consequently, there will be no scope for violence in your life.**

(body). *Deho Devalaya Proktho Jivo Deva Sanathana* (the body is a temple and the indweller is God). Deha is Devalaya and Jiva is Deva. You should try to understand the difference between Jiva and Deva. Body is the basis of Jiva whereas the mind and the Atma are the basis of Deva. To say this in simple terms, one who vacillates is Jiva and one who is steady is Deva. God is always steady. Slow and steady wins the race. One should always be steady. That is the true sign of divinity. It is Jiva who is unsteady and vacillates like the pendulum of a clock.

*Asthiram Jivanam Loke,  
Asthiram Yauvanam Dhanam,  
Asthiram Dara Putradi,  
Sathyam Kirti Dwayam Sthiram.*

(Sanskrit Verse)

(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)

### **Everything Worldly is Temporary**

Human body, its different stages, worldly objects, happiness and sorrow are all ephemeral. Youth is also temporary. It is not there in the beginning and will not exist later. It comes and goes in the middle like a passing cloud. Similarly, how long does money stay with us? It flows away like running water under the feet. Suppose, you have got a hundred-rupee note and you say proudly, "This is my hundred-rupee note." Then the hundred-rupee note will laugh at you and say, "Oh madcap! How long can I remain with you? Just go to

the bazaar and buy something. Immediately, I will leave you. I am not going to be with you forever. I have seen many people like you. My own form is also impaired, as I have been handled by many people.” All forms are subject to change. Even the form of a hard substance like stone will undergo change with usage. How small is an ant! But, if you watch carefully, you will see that ants will leave a trail behind even on a hard surface if they continuously keep crawling on it in a row. When a hard substance like stone can lose its form, what can be said of a currency note which is made of paper!

The next line of the Sloka is *Asthiram Dara Putradi...* meaning your wife and children are also temporary. When did your children come? Did they come with you at the time of your birth? No. Prior to birth, you had no children and after death, they will not be there. Similarly, prior to marriage, you had no wife and after death, she will not be there. It is only after your marriage, you say, “She is my wife.” Likewise, it is only after the birth of your son, you say, “He is my son.” Before your marriage, whom did you consider as your wife and son? Nobody. Therefore, it is said, *Asthiram Dara Putradi*. However, two things are permanent in this world. *Sathyam Kirti Dwayam Sthiram* (truth and good name are permanent). The good reputation of a man remains even after his death. *Trikalabadyam Sathyam* (truth remains unchanged in the three periods of time - past, present and future). Truth is present before our birth, during our life and even after our death. It is changeless. *Ekameva Adviteeyam Sathyam* (truth is one without a second).

## Solitude Means Communion with God

What is it that which ultimately remains with man? It is truth alone. God is the embodiment of truth. Truth is God. Therefore, you should rely on truth. In fact, you are the embodiment of truth. It is not something new to be discovered afresh. Truth will manifest in you if you sit in deep silence and solitude. What does the word ‘solitude’ mean? People have wrong notions about this word and misinterpret it in many ways. They think that sitting alone in a room with all doors and windows shut is solitude. This is not solitude but loneliness. Many others think that sitting under a tree in a forest or in a mountain cave is solitude. That also is not the true meaning of solitude. Solitude means to be in communion with God, wherever you may be – in the bazaar, in a meeting or in the midst of a large number of people. Wherever you are, your mind should be focused on God without being distracted by worldly and family matters. Solitude is total communion between you and God. Nothing else should divert your attention from God. That is the real meaning of solitude. Whatever you may be doing or even travelling in a bus or a train or in a plane, always keep your mind firmly fixed on God.

While doing meditation or contemplating on God, do not allow any other distraction to divert your mind. Then only can you have the experience of divine light. In a forest, when branches of trees rub against each other, fire is produced. Likewise, when there is a constant communion between Jiva and Deva, one can experience the light of love. There is a sea of difference between the love of God and that between husband and wife, parents and children and brothers and sisters. Worldly



love is momentary, ephemeral, transient and unsteady. But the love between you and God is permanent, changeless and without delusion. One who is endowed with such true and eternal principle of love will attain all types of happiness, and everything will be under his control. That is why Thyagaraja said, "Oh Rama! If I have the power of Your grace, all the nine planets will be under my control." Purandaradasa also said, "What for are the eyes which do not see God? What for is the vision which is not focused on God?"

### Use your Senses to Experience God

Once Lord Krishna appeared before Surdas as a young cowherd and asked him, "Sir, where are you going?" Then Surdas questioned Him, "My dear, may I know who you are?" Krishna replied, "I am a cowherd." Cowherd has two meanings. One meaning is the cowherd who takes cattle for grazing and the other is Gopala, the protector of cows. Gopala is another name of Krishna. Lord Krishna asked him again, "Where are you going?" Then Surdas replied, "My dear, I am going to Dwaraka." Krishna said, "This is not the path that leads to Dwaraka. Come, I will show you." Krishna asked Surdas again, "Do you know who really I am?" "You yourself have told me that you are a cowherd", said Surdas. Krishna asked him again, "Do you know what type of a cowherd I am? I am Gopala. You are going all the way to Dwaraka to meet Gopala who is right in front of you now. I will restore your eyesight so that you can see Me." He said, "Oh Krishna! Though people have eyes, they have become verily blind as they do not try to see Your auspicious form. In this world, how many people are there who have eyes! But what is the use? How many are able to see You? Nobody. In fact, it is enough

if I have the eyes that can see You. People have ears but they are deaf to the melody of Your enchanting divine flute. Is there anyone who has heard Your divine flute? None at all. When I have God Himself with me, why should I crave for the abject worldly life? I do not want all this. When You are with me like Meru (mountain of gold), why should I crave for small coins? Oh Gopala! You are not an ordinary cowherd. I now know, You are Lord Krishna. I could visualise Your beautiful form on hearing Your sweet words." God always talks softly and sweetly.

*Vachanam Madhuram, Nayanam  
Madhuram, Vadanam Madhuram,  
Madhuradhipathe Akhilam Madhuram.*

(His speech, His eyes and His looks are sweet. He is the Lord of sweetness and sweetness itself too).

### Live in the World without Worldly Attachment

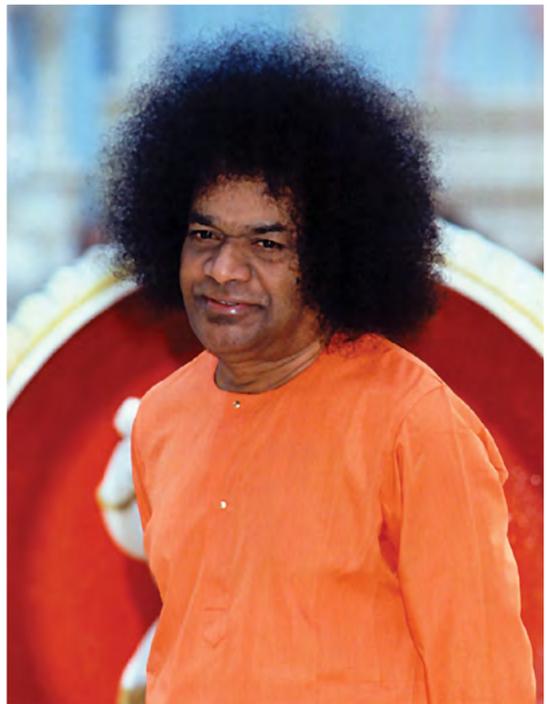
Everything about God is sweet. Tulsidas compared the feet, hands, eyes and face of God to lotus. What is the reason? Where does a lotus grow? It is born in mud and grows on the surface of water. It is neither touched by mud in which it is born nor by water on which it floats. However, it cannot live even for a minute without either mud or water. Similarly, you are born in the mud of past lives and are living in the world which is like water. Just like a lotus which is not touched by mud or water, you should lead your life unaffected by your past lives and detached from the world. You should not be affected by the water of Prapancha. What is Prapancha? Pra means to manifest and Pancha signifies five elements. Therefore, Prapancha is the manifestation of the five elements. These five elements are there wherever you go,



even if you go to the moon. You cannot exist without these five elements. You may live in this world but you should not have any attachment with it. Ladies apply collyrium to their eyes in such a way that it does not touch their eyeball. You eat many oily items like Palav, Kurma, etc., but your tongue does not become sticky. In the same way, though I live in this world, I am not touched by it. I am not affected by the dualities of happiness and sorrow, attachment and detachment, union and separation. My relationship with everyone is at the Atmic level and not at physical or mental level. It is the mind of man that establishes his relationship with worldly objects. Therefore, turn your mind towards God. That is what is really meant by solitude.

### **Treasure Love and Righteousness in your Heart**

Where is God? He is everywhere. There is no place where God is not there. Everything in this world is the manifestation of God. Therefore, there is no need to specially search for God. God shines in us in the form of truth. Truth follows righteousness. Where there are truth and righteousness, there is love. Where there is love, there can be no violence. One who leads his life with truth, righteousness, love and peace will not indulge in violence. Therefore, treasure Sathya, Dharma, Santhi, Prema and Ahimsa (truth, righteousness, peace, love and non-violence) in your heart. Let your tongue always speak truth, your hands perform righteous actions and your heart experience love. Then there will be peace in your mind. Consequently, there will be no scope for violence in your life. In fact, where there are Sathya, Dharma, Santhi and Prema, there cannot be any violence. You should banish



*In a forest, when branches of trees rub against each other, fire is produced. Likewise, when there is a constant communion between Jiva and Deva, one can experience the light of love. There is a sea of difference between the love of God and that between husband and wife, parents and children and brothers and sisters. Worldly love is momentary, ephemeral, transient and unsteady. But the love between you and God is permanent, changeless and without delusion. One who is endowed with such true and eternal principle of love will attain all types of happiness, and everything will be under his control.*



violence even from your thoughts. It is due to the lack of values that there is so much violence in the world today. First of all, you should develop love. When you have love, you will attain everything. Therefore, never give up love. I give prominence to love and righteousness in all My Discourses. I cannot give a Discourse without talking about these two. In fact, love and righteousness are verily My life-breath. Whatever may be the subject of My Discourses, love and righteousness are common in all of them.

The main teaching of the Veda is *Sathyam Vada, Dharmam Chara* (speak truth, practise righteousness). Man should implicitly follow these two in his daily life. Students! You study a number of books and specialise in various subjects. But, how far are you able to treasure the principles of love and truth in your heart? Do perform Seva. But, what sort of Seva should you perform? Perform the Seva that destroys your ego. There should be no place for ostentation in your Seva. Many devotees ask Me, “Swami, give me good intellect and strength to follow the right path.” In My opinion, those who ask this are not devotees at all. You are endowed with good intellect, but you do not make use of it. This is not like a bank transaction where you give and take. Food is served to you on a plate. But, how can your hunger be satiated unless you eat it? You will get strength only after you eat the food. But you are not eating. Consequently, you do not get strength and consider yourself weak and helpless.

### **Put into Practice What you Hear**

Practise and experience all that is being taught to you. In what way are the people putting these teachings into practice?

People go to religious places to listen to Discourses, Hari Katha or Bhagavata Parayana (reverential reading). As long as they are listening to these, there is a feeling of detachment and renunciation in them. But, how long do those feelings of renunciation and detachment last? They disappear as soon as these Discourses are over. They do not remain with them even till they reach their home. What benefit can such type of people derive by listening to spiritual Discourses? They merely listen but do not put into practice. You get the desired benefit only when you put into practice what you hear. You can know the taste of food, satiate your hunger and get strength only when you eat the food. If you do not know the taste and do not have the strength, it only means you have not eaten the food.

What you hear, you should practise and assimilate. But due to the effect of Kali Age, even attending spiritual meetings has become a fashion today. Everywhere there is fashion and no compassion! When you develop compassion, there will be no room for fashion. But today listening to spiritual talks itself has become a fashion. If someone asks you, “Where did you go?” you say, “I went to listen to the talk of so and so.” If he asks you, “What happened there?” you say, “So much happened there.” If he again asks you to tell him a little of what you heard, you say that nothing entered your head. Then, what for did you attend the meeting?

Once there was a businessman who used to attend talks on mythological texts daily. The preacher in his talks emphasised the importance of renunciation and exhorted the listeners to develop the spirit of renunciation. Ten years passed in this manner. Starting a



special spiritual session for one week, the preacher once said to the businessman, "You should daily attend this spiritual session till its completion. Do not give any break. If you successfully complete this session, you will derive great merit." It so happened that the businessman had to go to another village on a very urgent work. He asked the preacher whether he could send his son for the spiritual session in his place for one day. Then the preacher told him, "Yes, your son can come and attend the session." When the businessman went home, another thought came to his mind. "The preacher lays great emphasis on the spirit of renunciation in his talks. He says, the world is temporary, wealth and youth are also temporary. If my son listens to all this, he may develop the spirit of renunciation, give up everything and leave home". As this doubt gripped his mind, he went to the preacher early in the morning next day and asked, "Sir, your talks are very good. But, what will be my fate if my son becomes a renunciant and leaves home on hearing your talk?" Then the preacher said to him, "You have been listening to my talks for the last 10 years. How much spirit of renunciation have you developed? Will your son become a renunciant after listening to my talk for one day? It is not so easy to develop the spirit of renunciation."

People listen to Discourses for years together. But not even an iota of detachment or devotion takes root in them. As long as they hear the Discourse, they are happy. But once they leave the venue of the Discourse and cross the compound wall, they are back to square one. What is the use of listening to Discourses for such a long time? I have

been giving Discourses everyday. I do not feel any strain while giving the Discourses but you feel a lot of fatigue while listening to them. Are you treasuring at least one teaching in your heart? On the other hand, you ask Me, "Swami, I want this, I want that. Do this for me, do that for me." How can I do that? How can you expect to get liberation without putting anything into practice? Are you not ashamed to ask Me like this? With what face do you ask? How much are you putting My teachings into practice? First and foremost, you should try to understand this. You have been listening to My Discourses for years together. But there is no check on your worldly pursuits; they go on increasing day by day. On top of it, you ask Me to do this and that. Do as I say. Then, I will do everything for you without your asking. But you are hero in asking and zero in practice!

The condition of devotees today is such that they are ever ready for food but never ready for work. They do not follow any instructions given to them. First of all, you should follow the instructions and try to put into practice at least one or two of them. Practice is very essential. All the sacred texts like the Ramayana, the Mahabharata, the Bhagavata, the Quran and the Bible are meant for practice and not merely for Parayana. In fact, all the sacred texts of all religions are meant to be practised, and not merely for studying. Practice is conspicuous by its absence today. Many people do merely Parayana of sacred texts. What is the use of merely doing the Parayana of the Ramayana or the Bhagavadgita or Vishnu Sahasranama

*Continued on page 280...*



# CELEBRATIONS AT PRASANTHI NILAYAM

## PILGRIMAGE OF DEVOTEES FROM MEDAK DISTRICT



MORE THAN 2,000 DEVOTEES came on a pilgrimage to Prasanthi Nilayam from Medak district of Andhra Pradesh in the third week of July 2011. During their stay at Prasanthi Nilayam, they presented music and cultural programmes on 23rd and 24th July 2011 in Sai Kulwant Hall. The first programme comprised a bouquet of devotional songs which were presented on 23rd July 2011 by a renowned singer Sri Sasidhara Sharma and his party. Rendered with deep devotion and accompanied by scintillating music, the songs in Telugu presented a rich spiritual feast for the soul and enthralled the audience for nearly 45 minutes. This was followed by Bhajans led by students for about 15 minutes. Meanwhile, Prasadam was distributed to all. A brief speech followed this, expressing gratitude to Bhagavan for supplying water to 196 drought-affected villages of this district. The programme came to a close with Arati at 6.00 p.m.

The devotees of Medak district presented their second programme on 24th July 2011 in the form of a dance drama entitled "Prarthana" (prayer). The drama dwelt upon the decadence of values in society and indicated how Sai Youth who followed the path of morality, integrity, truth, peace, love and non-violence were establishing these values in society and giving a new direction



*A scene from the drama "Prarthana" presented by the devotees of Medak district on 24th July 2011.*

to it. The dialogues in the drama were invariably followed by songs accompanied by dances of Bal Vikas girls which added value and charm to the drama. The drama ended with a prayer song to Bhagavan at 5.45 p.m. At the conclusion of the drama, clothes were distributed to all the participants. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.00 p.m.

## DEVOTIONAL MUSIC BY AUSTRALIAN YOUTH

A group of more than 60 Sai Youth came on a pilgrimage to Prasanthi Nilayam from Australia in the last week of July 2011. On 25th July 2011, they presented a music programme in Sai Kulwant Hall which comprised a selection of Telugu and English songs and concluded it with an Urdu Qawali. The programme began at 5.00 p.m. at the end of Veda chanting for half an hour. Beginning with an invocatory Telugu song, the group rendered English songs "Sathya





*Sai Youth of Australia presented an excellent music programme on 25th July 2011.*

Sai We Love You,” “Swami, We are Your Youth Australia” and followed it with Telugu songs which included familiar Telugu song “Sai Mata Biddalam Andaram” (all are the children of Mother Sai). The group ended their programme with a beautiful Qawali. The songs were interspersed with appropriate commentary which expressed their love and gratitude to Bhagavan. This was followed by Bhajans for about 15 minutes. Meanwhile, Prasadam was distributed to all. The programme came to a close with Arati at 6.00 p.m.

### **NORTH AMERICA ALUMNI MEET 2011**

More than 175 alumni of Sri Sathya Sai Institute of Higher Learning came from North America along with their families to take part in “North America Alumni Meet 2011” organised at Prasanthi Nilayam. On 31st July 2011, they presented a programme entitled “Premabandham (bond of love)” in Sai Kulwant Hall, offering rich tributes to Bhagavan. The programme started at 5.00 p.m. at the end of the Veda chanting session

which began at 4.30 p.m. At the outset, two speakers addressed the gathering. The first speaker was Sri Madhav. Narrating his experiences of Bhagavan’s love, Sri Madhav observed that the mission of Bhagavan was to unite the entire mankind with the bond of love. Bhagavan’s students, he said, were the recipients of His unbounded love and were meant to act as messengers of love. The second speaker was Sri Ravi Shankar from New York who narrated

some very touching incidents of Bhagavan’s limitless love. Describing a photo session of students with Bhagavan at Brindavan, he narrated how Bhagavan taught the students that God should always be the main focus of man. Bhagavan, he said, had provided a rare opportunity to all, specially His students, to serve others and redeem their life. After these speeches, the alumni, both ladies and gents, sang three group songs which were dear to Bhagavan. After a brief Bhajan session, the programme came to a close with Arati at 6.00 p.m.

### **PILGRIMAGE OF DEVOTEES FROM GERMANY**

A group of about 200 Sathya Sai Spiritual Education children, youth, parents and Sai teachers came on a pilgrimage to Prasanthi Nilayam from Germany on 31st July 2011 and basked in the ambience of supreme peace of Prasanthi Nilayam for nearly three weeks. The group by the name “Sathya Sai Educare, Germany” presented an excellent programme of devotional music entitled





*The music programme "Religions are many, God is One" presented by the devotees of Germany on 5th August 2011 emphasised the unity of all faiths.*

"Religions are many, God is One" in Sai Kulwant Hall on 5th August 2011. Beginning their programme at 5.00 p.m. with chanting of "Ganapati Prarthana" (prayer to Lord Ganesh) and a small portion of Taittiriya Upanishad in Sanskrit, the group rendered prayer songs of different faiths, viz., Hinduism, Zoroastrianism, Buddhism, Judaism, Christianity and Islam and concluded with songs dedicated to Bhagavan Sri Sathya Sai Baba to emphasise the unity of all faiths as taught by Bhagavan. By all accounts, it was an excellent presentation, be it the selection of songs, their rendition, music or the pronunciation of Sanskrit verses. The programme was organised by Sathya Sai Organisation of Germany. The music programme was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.00 p.m.

## SRI SATHYA SAI INTERNATIONAL ORTHOPAEDIC CONFERENCE

Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Prasanthigram organised a three-day Sri Sathya Sai International Orthopaedics Conference on

"Pelvis and Lower Extremity Trauma" from 22nd to 24th July 2011. Highly reputed leaders and teachers in trauma surgery participated in the conference as faculty which was attended by delegates from India and abroad. The purpose of the conference was to make aware all the delegates attending

the conference of all the aspects of trauma, complications and treatment. The conference also brought in the latest technology and treatment available for treating complex injuries.

At the outset, Chairman of the Department of Orthopaedics, Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS), Prasanthigram, Dr. R. Varadachari welcomed the gathering. Inaugurating the conference, Dr. A.N. Safaya, Director of



*A section of delegates who participated in Sri Sathya Sai International Orthopaedic Conference held in Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram from 22nd to 24th July 2011.*

SSSIHMS, said that Bhagavan Sri Sathya Sai Baba set up the hospital as a model to show how high-tech healthcare could be made available completely free of charge to all. Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram, had been doing it for the past 20 years, he said. Referring to the rampant commercialisation of medical profession, Dr. Safaya observed that today the insurance companies, technical instrument syndicates and other such organisations had the medical profession in their clutches. For humanity to have faith in medical science as a treating profession, it was essential for this model to be replicated elsewhere in the world, he emphasised. Speaking on this occasion, Sri. V. Srinivasan, Trustee Sri Sathya Sai Central Trust, said that the hospital conceptualised by Bhagavan Baba was really a temple. "It is a temple of healing which gives hope to the hopeless and love to the loveless," he said. Dr. Narendranath Reddy, Director, Sri Sathya Sai World Foundation, in his talk delineated the evolution of Sri Sathya Sai Global Health Mission from a two-bedded hospital set up by Bhagavan Baba in Puttaparthi way back in 1954 to the super speciality hospitals and the global reach of Bhagavan's health mission. The talks were followed by scientific medical sessions by orthopaedic experts in the field of Pelvis and Lower Extremity Trauma.

The second day of the conference began with a two-hour hands-on workshop on Pelvis Fractures in the conference hall annex. In the workshop, the delegates had practical training of performing difficult and complex pelvis surgeries on bone models, guided by experts, thereby gaining valuable experience. After the workshop, delegates

assembled in the main conference hall where talks were delivered by experts on various topics related to the theme of the conference. Talks by experts continued on 24th July 2011 also, the last day of the conference. The conference concluded with a vote of thanks by Dr. Kailash Rao, Head of the Department of Orthopaedics, SSSIHMS.

## PILGRIMAGE OF MIDDLE EAST AND GULF DEVOTEES

A group of more than 200 devotees came on a pilgrimage to Prasanthi Nilayam from nine Middle East and Gulf countries, viz., Bahrain, Kuwait, Qatar, Turkey, Saudi Arabia, Syria, Iran, Sultanate of Oman and U.A.E. to offer their salutations at the Samadhi of Bhagavan Sri Sathya Sai Baba and to bask in the spiritual ambience of Prasanthi Nilayam in the holy month of Ramadan. During their stay at Prasanthi Nilayam, from 5th to 12th August 2011, they made two music and cultural presentations on 9th and 10th August 2011. Besides, they led morning Bhajans from 7th to 9th August 2011. The venue of these presentations was Sai Kulwant Hall which was befittingly decorated with flowers, colourful buntings containing the flags of nine participating countries and cloth hangings carrying common teachings of Islam and Bhagavan Baba. While a big banner on the northern gate of the hall displayed in bold letters "Ramadan Kareem", a beautiful crescent adorned the top of Prasanthi Mandir, denoting the sacredness of the occasion.

### The Universal Mevlevi Dance

On 9th August 2011, devotees from Turkey presented an enrapturing music and dance programme entitled "The Universal





*Deep devotional fervour marked the Mevlevi Dance performed by the devotees of Turkey on 9th August 2011 in Sai Kulwant Hall.*

Mevlevi Dance.” The programme started at 5.00 p.m. with a procession of devotees of the nine participating countries, carrying a crystal replica of the holy mosque of Abu Dhabi. Entering the hall from the northern gate of the hall, the devotees of the participating countries in their traditional attire carrying flags of their respective countries moved slowly towards the dais accompanied by rhythmic beat of music and sacred hymns of Islam. The procession led by the devotees of Turkey came near the Samadhi of Bhagavan and offered their reverential salutations to Him. A brief introduction of the Turkish culture and sacred tenets of Islam followed this procession. After this, the musicians of Turkey played on their traditional musical instruments and sang sacred hymns, offering their musical tribute to Bhagavan. The grand finale of the programme was the marvellous

dance entitled “Sema – the Universal Mevlevi Dance” or the Whirling Dervish, representing seven stages of mystical journey of man’s spiritual ascent to the Perfect (God). The dance was performed by six dancers donning white gowns and long brown caps. Lost in the ecstasy of devotional music, the dancers in their graceful rhythmic whirling movements from right to left transported the viewers to a divine plane by their mystical dance. The dance concluded at 6.00 p.m. with recitation of verses from the Quran and a prayer for peace to all. This was followed by Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.15 p.m.

### **Sarva Devateeta Swarupa Karuna Sagar Sai – A Musical Presentation**

The devotees of Middle East and Gulf countries made their second presentation in the form of a musical offering entitled “Sarva Devateeta Swarupa Karuna Sagar Sai” (transcendental and compassionate Lord



*Devotees of Middle East and Gulf countries making their musical presentation on 10th August 2011. Inset: Replica of Abu Dhabi mosque.*

Sai) on 10th August 2011. The programme began at 5.00 p.m. with a brief introduction, wherein a speaker dwelt on the unity of all faiths, the love and compassion of Bhagavan and the need to experience His love. This was followed by recitation of sacred hymns from the Quran. Starting their musical presentation with Ganapati Prarthana (prayer to Lord Ganesh), the singers, both ladies and gents, melliflously rendered all-faith devotional songs and Bhajans which included “Why Fear When I am Here,” “Mata Pita Guru Bandhu Sakha Hari” (Hari is the mother, father, Guru and God), “Allah Ho Tum Easwar Bhi Tum” (You are Allah and Easwar), “Easwar Allah Tere Naam” (Allah and Easwar are Your Names), “Allah Hu Akbar” (Allah is great) and “We Love You Swami.” Each song was preceded by a short commentary which stated various incidents depicting how Bhagavan gave the experience of all gods and holy places to some devotees. At the conclusion of this soulful musical presentation, the singers from the group led Bhajans which were followed in chorus by the entire assembly of devotees in the hall. After the distribution of Prasadam, the programme came to a close with Arati at 6.00 p.m.

### INDEPENDENCE DAY FUNCTION

On the 65th Independence Day of India, postgraduate students of Prasanthi Nilayam Campus of Sri Sathya Sai Institute of Higher Learning staged a drama entitled “Azadi – Inner Dependence” in Sai Kulwant Hall on 15th August 2011. The drama which began at

about 5.30 p.m. highlighted the teachings of Bhagavan that real independence meant dependence only on the Self. It indicated that people could become really independent when they followed values like Sathya, Dharma, Santhi, Prema and Ahimsa in life. These values were appropriately illustrated by the episodes of King Harishchandra, Shivaji, the Pandavas and freedom fighters which were introduced in the various scenes of the drama. At the conclusion of the drama at 6.40 p.m., the participants in the drama offered their salutations at Bhagavan’s Samadhi. After a brief Bhajan session and distribution of Prasadam, the programme came to a close with Arati at 6.50 p.m.

### PILGRIMAGE OF DEVOTEES FROM POLAND

A group of 126 devotees from Poland came on a pilgrimage to Prasanthi Nilayam from 6th to 29th August 2011. On 20th August 2011, they presented a programme of devotional music in Sai Kulwant Hall. Starting their programme at 5.00 p.m. with Ganapati Prarthana (prayer to Lord Ganesh) in Sanskrit, the group sang English and



*The devotees from Poland presented an enrapturing programme of devotional songs in Sai Kulwant Hall on 20th August 2011.*

Polish songs for nearly one hour, suffusing the entire milieu with devotional fervour. Soulful rendition of the songs combined with the sweetness of music and made the entire programme a feast for the soul. All the compositions were group songs which were rendered by the entire group of ladies, gents and children. This was followed by a brief session of Bhajans and distribution of Prasadam. The programme came to a close with Arati at 6.05 p.m.

### PILGRIMAGE OF SRIKAKULAM DEVOTEES

About 3,000 devotees came from Srikakulam district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam in the third week of August 2011 and offered their tributes to Bhagavan. During their stay at Prasanthi Nilayam, they presented two music and cultural programmes.

The first programme entitled “Sri Sathya Sai Sangeeta Vibhavari,” a bouquet of devotional songs, was presented by a renowned singer Sri Bharati Ramesh and his party on 21st August 2011. Commencing his programme at 5.15 p.m. with an invocatory verse dedicated to Lord Ganesh, the singer sang Telugu devotional songs dedicated to Bhagavan in his mellifluous voice and enthralled the audience in Sai Kulwant Hall for nearly one hour. Excellent selection of songs and their superb rendition combined with sweetness of music to suffuse the entire milieu with sacred vibrations. This was followed by a short Bhajan session and distribution of Prasadam. The programme came to a close with Arati at 6.20 p.m.

The second programme entitled “Siva Leelalu” in the form of a dance drama was presented on 22nd August 2011. It consisted of dances by Bal Vikas children and youth of Srikakulam district of Andhra Pradesh. Beginning their programme with a dance dedicated to Lord Ganesh at 5.00 p.m., the dancers followed it with a dance and song dedicated to Bhagavan. After this, they portrayed various episodes from the life of Lord Siva. As the stories were narrated through excellent songs, the children enacted them through thrilling dances. Dances depicting the life of Lord Siva were followed by a couple of dances dedicated



*A scene from the dance drama presented by the Bal Vikas children and youth of Srikakulam district on 22nd August 2011.*

to Bhagavan. The dancers concluded their programme with a dance enacting the story of Mahishasura Mardini (killing of demon Mahishasura by the Divine Mother). At the conclusion of the programme, clothes were distributed to the participants. This was followed by Bhajans and distribution of Prasadam. The programme concluded with Arati at 6.05 p.m.

### SRI KRISHNA JANMASHTAMI FESTIVAL

The sacred festival of Sri Krishna Janmashtami was celebrated at Prasanthi



Nilayam on 22nd August 2011. The programme began at 8.00 a.m. with chanting of Vedic hymns followed by singing of devotional songs by the students of Sri Sathya Sai Institute of Higher Learning. The procession of beautifully decorated cows led by Nadaswaram, Veda chanting and Bhajan singing groups of students entered Sai Kulwant Hall from its northern gate at 9.00 a.m. Students in the make-up of cowherds accompanied the cows. Two students in the make-up of Krishna and Balrama also joined them after offering their salutations at the Samadhi of Bhagavan. Meanwhile, the students in the hall chanted Stotras and sang Bhajans dedicated to Lord Krishna. They also presented a beautiful dance in front of Bhagavan's Samadhi. The cows were fed with fruits and were taken back to Sri Sathya Sai Gokulam after the Mandir priest offered Arati to them at 9.20 a.m. Bhajan singing



*Beautifully decorated cows were caressed and fed in Sai Kulwant Hall on 22nd August 2011 as part of Sri Krishna Janmashtami celebrations at Prasanthi Nilayam.*

continued in the hall with great devotion for another 15 minutes while Prasadam was distributed to all. The programme concluded with Arati at 9.35 a.m.

*... Continued from page 272*

without practice? Such Parayana is a futile exercise. What benefit can accrue from merely reading them unless you put them into practice? One teaspoon of cow's milk is more useful than barrels of donkey's milk. Therefore, practice is most important.

Do not indulge in too much talk. Lead a peaceful life. Do not develop unnecessary relationships. Never give up love. Help all those who need help. *Help Ever, Hurt Never*. It is enough if you put this principle into practice. You should always talk softly and sweetly. Only then will your stay in the Ashram, listening to Discourses and study of sacred texts be fruitful. People live in the Ashram but create problems for themselves and also for others. What is the use of their

stay in the Ashram? You come to the Ashram because you want to get rid of all your troubles and worries. But people develop all sorts of attachments after coming here. Ashram is the place where there should be no Shram (problem). Therefore, if you are staying in the Ashram, lead your life free from all problems. When I am giving Discourses everyday, I may repeat certain things. I do this so that you may contemplate on them and put into practice.

(Bhagavan concluded His Discourse with the Bhajan, "*Rama Jayam Raghurama Jayam...*")

**– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 11th July 1996.**

## THE DIVINE DOCTOR



HIPPAMMA WITH GREAT Bhakti (devotion) and Sraddha (steadfast faith) would walk from Bukkapatnam to Puttaparthi everyday to offer Prasadam to Baba. She

on account of a tumour in the heart. Swami also called the unbelieving Sathyavathamma into the room. He asked the devotee to lie down on the table. Swami materialised very easily all the surgical instruments needed



for the operation with His hands. Even as Sathyavathamma watched, He operated and took the tumour out of the patient's heart and showed it to the Bhajan group. All the devotees were stunned at this. Generally, we all see a surgical operation in a fully-equipped operation theatre on a patient who has been already prepared for it, with all

would prepare some food item with great devotion and love, serve it to the Narayana in human form and bring back the rest to her house. We offer food to idols and feel satisfied. Is it not well nigh impossible to offer Naivedyam (food offerings) to Avatara Murthy (Incarnation of God)? Thippamma was indeed a blessed person to have utilised this opportunity in the best possible way. One day, Thippamma took her eldest daughter Sathyavathamma to Puttaparthi. While Bhajan was going on in the Old Mandir, Baba called a devotee from the Bhajan group into His room. That devotee was suffering

the necessary tests by a surgeon and his team of experts. He is administered anaesthesia before the operation. Has anyone, anywhere seen or heard of an uneducated village boy without doctor's qualifications performing a surgical operation successfully and easily, creating the surgical instruments in a second and without the facilities of an operation theatre or a team of attendant experts, on a patient who was unaware till the last moment that the operation would be performed on him? Witnessing this unbelievable incident,

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# Fear of Death



POOR VILLAGER USED TO earn two square meals for himself, his wife and children by selling wood cut from a hillside forest. Once when he was ready to set out on his daily trip to the forest, his wife said to him,



*The wife of the villager asked him to bring some more wood from the forest on that day as she wanted to cook some special dishes on the day of Ugadi festival.*

“My dear! Tomorrow is the festival of Ugadi. We have nothing but gruel or Chapatis to eat everyday. At least on this day, we should cook something special for our children. Therefore, kindly cut some more wood from the forest today.” These words of his wife brought tears into his eyes. Thinking about the hard life his wife and children were compelled to lead, he went to the forest, cut a lot of wood, made it into a bundle and put it on his head with someone’s help. He had not gone much far when the bundle of wood slipped from his head and fell down on the



*Unable to cope up with difficulties in his life, the villager called out the god of death to end his life.*

ground as he was not able to bear its weight. He was totally exhausted and suffered from intense headache. He remembered the words of his wife but felt very disgusted as he could not do anything. Filled with anguish and remorse, he loudly called out the god of death, “Why don’t you take away unfortunate people like me from this world? Won’t you ever remember me?” Thinking that death was better than this miserable life, he called the god of death in many ways. As he was thinking in this manner, instantly the god of death appeared before him and said to him, “Oh man! Why have you called me? Look here, I have come. Come with me.” This man had called out the god of death due to his miserable condition of life, but in reality, he did not want to die. Now that he had called

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From our Archives

# SPIRITUAL BASIS FOR VALUE EDUCATION

REMEMBER THE SUPREME SACREDNESS OF HUMAN LIFE

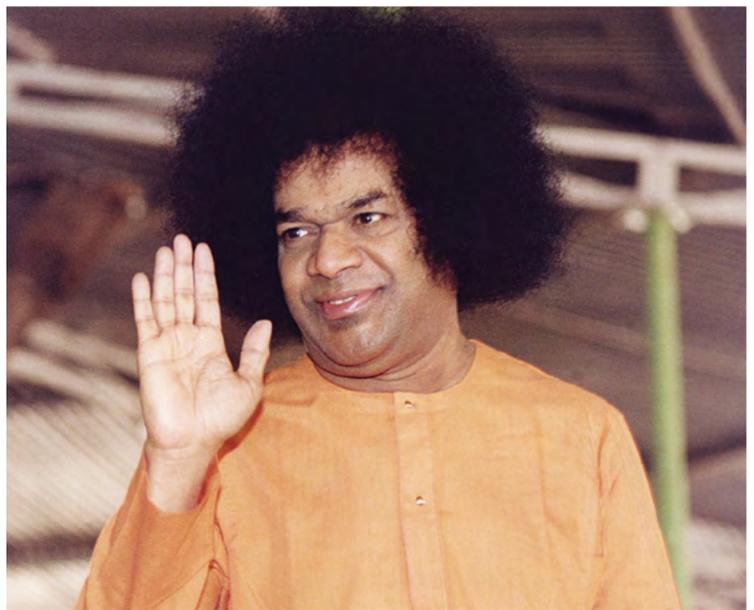


UMAN LIFE IS very sacred and precious. It has to be used worthily.

The body, the mind and the Atma constitute together the human entity. Actions are done by the body and cognition by the mind. The Atma is that which abides. The Atma is the Divine Spirit present in the human heart. Action, Awareness and Being are the three aspects of human life which have to be properly understood. Although they appear to be distinct, it is the unity in Action, Awareness and Being which makes for the fullness of human life.

## Prajnanam is Brahman

Antahkarana (inner psyche) is engaged in various thoughts, and motivates various desires and actions in man. It is known as Manas (mind) when it is engaged in good and bad thoughts. It is called Buddhi



*Human values cannot be practised by studying books or listening to lectures. They have to be cultivated by individual effort. Students! True education consists in sanctifying everything you utter and every thought and action of yours. Humility is the bedrock of education. Cultivate humility as the first step. Bend the body, mend the senses, end the mind. This is the key to immortality. Human values are essential not for students alone. Everyone has to practise human values as a mark of a true human being.*



when it exercises the discriminating power. When expressing the will, it is called Chitta. As the manifestation of the Divine in the individual, it is known as Ahankara (I or ego). Antahkarana is the collective name for the Manas (mind), Buddhi (intellect), Chitta (will) and Ahankara (ego-sense). There is a fundamental principle which is at the base of all these. It is known as Prajna (divine wisdom). Prajna has been described as discrimination, intelligence, comprehension and the like. But it is none of these. Prajna really refers to Brahman in man. The Vedas declare, Prajnanam is Brahman. Prajna is the principle that is present equally in the body, the Antahkarana and the Atma. Hence, it may be regarded as Constant Integrated Awareness. It is this Constant Integrated Awareness that is the source of all values in man. This Prajna is permeated with love.

Truth is the echo that resounds from love-filled Prajna. All actions that arise out of this love-filled Prajna are reactions, constituting Dharma. Santhi (peace) is a reflection of this truth and Dharma. Thus, truth, righteousness and peace emanate as reaction, reflection and resound from the Prajna that is charged with love. The source and nature of truth, righteousness, peace and love is Ahimsa (the attitude in which one cannot think of causing harm to anyone). Hence, man should embark on all activities from Prajna.

Sathya (truth) does not mean mere statement of facts as one sees them or hears about them. Truth in its real sense transcends the limitations of time, space and circumstances. It is difficult to practise this transcendental truth in ordinary life. Vedanta (concluding part of the Vedas, the Upanishads) describes it as Ritham (principle of integrity). It is the basis of human existence. It is on

*Everyone should feel proud of Bharat's ancient culture and spiritual heritage. Spiritual knowledge and scientific knowledge should go together. There should be no dichotomy between science and spirituality. True bliss can be experienced only when science and spirituality are combined. Development of science and technology alone will not help people to get rid of bad thoughts, bad desires and bad deeds, because science by itself is not competent to sublimate life. Only spirituality can promote ethical values, the spirit of tolerance and equal-mindedness.*

this basis that all the facts of the phenomenal world should be properly understood. One should not act on the impulse of the moment immediately a thought occurs. The rights and wrongs of an idea should be examined and only when the heart approves of a certain course should action follow. This is the process of cultivating values. What the mind (head) thinks should be examined critically by the heart and the right decision should be carried out by the hand. This should be the primary product of the educational process.

### **Creativity and Science**

We are discussing Education in Human Values. What seems to be necessary is not EHV (Education in Human Values) but 3 HV (Head-Heart-Hand Values). The hand should carry out the ideas emanating from the head when these are approved by the heart. This triune process has been described



in Vedanta as Trikarana Shuddhi (unity of thought, word and deed). Activities arising from Trikarana Shuddhi find expression in two ways: one through artistic creativity and the other through scientific exploration. Of the two, artistic creativity is supremely important. The aesthetic feeling is based on creative imagination.

A sculptor who desires to carve an image out of a piece of rock has to have the figure he seeks to carve in his imagination. This Bhava (imagination) finds Ichcha Shakti (creative impulse) in the sculptor. If the creative imagination is absent, no sculpture can come out of the rock. Hence, imagination and the creative impulse have to be properly understood. Both of them are rooted in Prajna, the Divine source of all creative activity. As against this aesthetic creativity, we have the urge for scientific enquiry. This is primarily concerned with objects in the external world. Experimental research has its vision turned outward. But even that has its basis in the Antardrishti (inner vision).

### **National Integration must Become our Way of Life**

Science has been making remarkable progress in recent decades. The world undoubtedly needs the discoveries of science. But if it forgets the base and is preoccupied only with the superstructure, it will be the source of much disorder and trouble. It may cause all kinds of problems. Science has been divorced from spirituality and faith in the Divine. Many imagine that science can create a heaven on earth. But, what is the kind of heaven that is envisaged? Is it the enjoyment of material and sensuous pleasures? This hedonistic attitude is undermining all human values.

Research is going on endlessly. Science is continually seeking answers to various questions. But, how many of the answers are correct and satisfying? Progressively, the climate of peace is being destroyed by science. If peace is to be ensured, science has to be promoted on the right lines. This calls for unity among the people. Service to society must become the fundamental purpose. Everybody talks about the need for world unity. But real unity must begin with the individual and the family. From the home, it must spread to the village, nation and the world. National integration comes to the fore whenever there is an attack from outside by China or Pakistan. But when the external threat passes, integration is forgotten; integration should become an essential part of our being. It should become a way of life and should be cherished as an important value. It is vital to perceive the unity that underlies the apparent diversity. Bodies are many, but life is one. Beings are many, but bliss is one. Religions are many, but truth is one. This is the kind of oneness that has to be experienced in the depth of our heart. Prajnana (Constant Integrated Awareness) subsumes Vijnana (secular knowledge) and embraces also Sujnana (spiritual knowledge). Prajnana, Vijnana and Sujnana together contribute to the fullness of man.

### **Key to Immortality of Man**

Life is an exacting master. Hence, the need to be always careful in everything one does. This is the ABC of life: Always Be Careful. One should always remember the supreme sacredness of human life. Man can experience real bliss only when he recognises the truth, peace and love that emanate from Prajna and moulds his life on the basis of that knowledge.



Human values cannot be practised by studying books or listening to lectures. They have to be cultivated by individual effort. Students! True education lies in sanctifying everything you utter and every thought and action of yours. Humility is the bedrock of education. Cultivate humility as the first step. *Bend the body, mend the senses, end the mind. This is the key to immortality.* Human values are essential not for students alone. Everyone has to practise human values as a mark of a true human being. When a human being declares that he is a man, it is only a half truth. He must also declare that he is not an animal. To give up animal qualities and practise human values will make a man fully human.

### **Education must Transform**

The educational process will not be complete unless one acquires general knowledge and develops common sense together with specialisation in specific subjects. Many famous scholars who had significant scientific achievements to their credit were lacking in general knowledge and common sense required in daily life.

Today we have made prodigious progress in various fields of knowledge – mathematics, physics, chemistry, bio-sciences. But no attempt is being made to study spirituality. All our knowledge ends with study of matter, plants and living creatures. Education must go beyond these to an understanding of the Divine. Only that is true education. The task of education is to develop man into an ideal and exemplary person. Notable discoveries have been made over the years and great scientists have been produced. But, how far have human values been promoted and what is the transformation that has taken place in mankind? There is no answer to these

*We are discussing Education in Human Values. What seems to be necessary is not EHV (Education in Human Values) but 3 HV (Head-Heart-Hand Values). The hand should carry out the ideas emanating from the head when these are approved by the heart. This triune process has been described in Vedanta as Trikarana Shuddhi (unity of thought, word and deed). Activities arising from Trikarana Shuddhi find expression in two ways: one through artistic creativity and the other through scientific exploration. Of the two, artistic creativity is supremely important.*

questions. Promotion of human values must become an integral part of the educational process. It is because students today have not acquired human values that they are behaving often like demons.

### **Give Value Orientation to Education**

Leading Vice Chancellors and educationists have assembled here today for this National Symposium. If they dedicate themselves to the task of giving value orientation to education, considerable progress can be made in this crucial sphere. To restore the supremacy of human values in all fields of national life, an association should be set up by leading scholars and educationists in the country. This association should have no links with the government. It is only if it is autonomous and completely independent that it can achieve its objectives. There are eminent educationists in universities. They may have very good ideas but they have no freedom to implement them. They should be given the freedom to try out

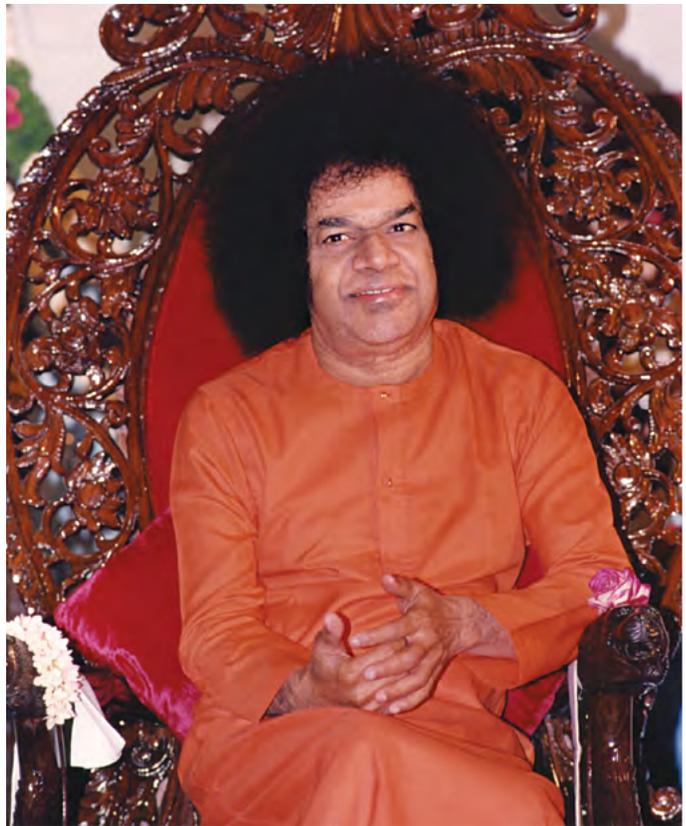


their ideas. Authority should be commensurate with obligations. Vice Chancellors will then be able to promote human values among teachers and students. If all educational institutions jointly strive to instill human values in students, Bharat can become an ideal nation and an example to the world.

Today educational institutions are growing in numbers, but there is no growth of a broad outlook among the educated people. Education should serve to enlarge the vision and broaden the outlook of the people. Everyone should be made to feel that his or her welfare is bound up with the nation's well-being.

### **Science and Spirituality should Go Together**

Everyone should feel proud of Bharat's ancient culture and spiritual heritage. Spiritual knowledge and scientific knowledge should go together. There should be no dichotomy between science and spirituality. True bliss can be experienced only when science and spirituality are combined. Development of science and technology alone will not help people to get rid of bad thoughts, bad desires and bad deeds, because science by itself is not competent to sublimate life. Only spirituality can promote ethical values, the spirit of tolerance and equal-mindedness.



*Science has been making remarkable progress in recent decades. The world undoubtedly needs the discoveries of science. But if it forgets the base and is preoccupied only with the superstructure, it will be the source of much disorder and trouble. It may cause all kinds of problems. Science has been divorced from spirituality and faith in the Divine. Many imagine that science can create a heaven on earth. But, what is the kind of heaven that is envisaged? Is it the enjoyment of material and sensuous pleasures? This hedonistic attitude is undermining all human values.*

The science of spirit is essential for developing human values. Devotion to God is the first stage in the spiritual journey. Instead of developing devotion, people are immersed in the “deep ocean” of worldly life. When the Ocean of Milk was churned, the first thing that emerged was the Halahala (fuming poison). Amrita (nectar) came later. When the ocean of worldly existence is churned, Vairagya (renunciation) will emerge first. The nectar of bliss will come later. Vairagya is renunciation of attachment to the physical and the material.

Students should start with cultivating the spirit of mutual regard and harmony. This will lead to good behaviour. When students

... *Continued from page 281*

Sathyavatamma was shaken to the core. This was a miraculous incident – hard to decide whether it was real or a dream. After completing the operation and the stitches, Bala Dhanvantari (child doctor) asked the patient: “Do you want to eat anything?” Generally, after an operation even water is not allowed, let alone food. As Swami is the embodiment of omnipower, He could make the patient eat anything which he liked. Even without anaesthesia, the patient did

... *Continued from page 282*

the god of death, what was he to do? Immediately, he went back on his words and said, “Oh god of death! It is true that I have called you. But it is only to request you to lift this bundle of wood from the ground and put it on my head. That is all. Please put this bundle on my head and go.”

What is the inner meaning of this story?

in one educational institution grow in this manner, they will serve as an example to the rest of the world. Students should shed narrow and parochial loyalties and prepare themselves to serve the society and the world. Whatever conclusions are arrived at by the educationists and Vice Chancellors who have gathered here for this symposium, you students should become the messengers for spreading them to the world.

– **Address delivered by Bhagavan at the National Symposium on Value Orientation in Sri Sathya Sai Institute of Higher Learning Auditorium, Prasanthi Nilayam on 24th September 1987.**

not suffer any pain at all. That patient lived healthily for a long time after that operation. His wife, Venkatalakshamma lived in Puttaparthi. Sathyavatamma’s disbelief was totally shattered after witnessing this divine miracle with her own eyes. Now a firm faith was created that Swami was the very incarnation of the all-powerful God, and there was no question of Malayala (magical) skills or Maya Mantras (delusive incantations) as she suspected.

– *Excerpted from “Bhaktodharaka Sri Sathya Sai” by N. Lakshmi Devamma*

Man does not want death and tries to escape from it in some way or the other, even though he knows that death is certain. But there is no need to fear death. It is only due to his ignorance that man fears death. Man is, in fact, the son of immortality. He is beyond death. It is only the body that dies, not the indweller soul.



# NEWS FROM SAI CENTRES

## HAITI



FOLLOWING THE MASSIVE earthquake in Haiti on 12th January 2010, relief work has been continuing with dedication, enthusiasm and love by the Sathya Sai Organisation. Narayana Seva (serving food to the needy) continues, with 1,400 meals being distributed daily. Truckloads of nutritious food items consisting of lentils, soya, milk powder and rice were given to the needy. A new home was constructed for a Sathya Sai volunteer who has been tirelessly serving the needy.

## SOUTH AFRICA

About 5,000 Sathya Sai devotees and members of the public from across South Africa paid tributes to Bhagavan at a special meeting held in Durban on 26th June 2011. Those in attendance included Ministers in the National and Provincial Governments and religious leaders from the Bahai,



*Rich tributes were paid to Bhagavan in a special meeting held in Durban on 26th June 2011.*

Buddhist, Christian, Hindu and Islamic faiths. The theme was “His Life, His Message, His Legacy.” Sri Roy Padayachhi, Minister for Communications of the Government of the Republic of South Africa, while paying his tributes to Bhagavan Sri Sathya Sai Baba, highlighted His work and the universal appeal of His teachings. He also noted that His devotees in South Africa were practising His teachings and were actively engaged in service to community. Swami Vimokshananda, Head of Sri Ramakrishna Mission in South Africa, made a touching reference to his personal encounter with Bhagavan early in life, which inspired him to become a monk and join the Ramakrishna Mission. Then Sri Kalyan Ray, a member of the Prasanthi Council, spoke on Bhagavan’s universal message and highlighted His mission of love, which continues to inspire, energise and transform His devotees. Later, a special rendition of poetry and songs was presented by children of the Sai Spiritual Education (Bal Vikas) and Sathya Sai Schools in South Africa, followed by an audio-visual presentation showing the love and compassion Bhagavan showered on about 3,000 devotees from South Africa who undertook a pilgrimage to Prasanthi Nilayam in September 2010.

## U. S. A.

On 8th May 2011, two weeks after Bhagavan’s Maha Samadhi, the Sathya Sai Baba Organisation of America, Pacific South (Region 8) organised a meeting at the Sanatana Dharma Temple in Norwalk, California. Although it was Mother’s Day





*The Sathya Sai Baba Organisation of America, South Pacific organised a meeting in Norwalk, California on 8th May 2011 to offer loving tributes to Bhagavan.*

in the U.S.A., about 500 people attended the meeting. Dr. Narendranath Reddy, Chairman, Sri Sathya Sai International Medical Committee and Director, Sri Sathya Sai World Foundation, was invited to address the devotees. Dr. C. Chandradas, President, Pacific South who introduced Dr. Reddy, reminded the audience that Bhagavan in many of His Discourses had told us to go within to experience His Darshan every moment of our lives, and we should implicitly follow His directive.

Dr. Reddy narrated many anecdotes and personal experiences illustrating Bhagavan's pristine love for all. He spoke of his experiences of Bhagavan's infinite love in every continent he visited during his travel in 2010 to address the Sathya Sai Pre-World Conferences held throughout the world. He stated that all Sai programmes in Prasanthi Nilayam and throughout the world would continue as usual. Dr. Reddy concluded his talk, encouraging all to aim for the highest goal – the realisation that all were the children of immortality. At the end of the meeting, following Arati to Bhagavan, special Vibhuti packets and flowers petals from

the Maha Samadhi were distributed to the gathering.

## ITALY

Since March 2011, the Sathya Sai Organisation of Italy has been organising a project called "Relief" on the last weekend of every month at the Mother Sai Complex in Varallo Pombia, to assist families with physically challenged members in financial



*The Sathya Sai Organisation of Italy provides assistance to families in financial difficulties with physically challenged members.*

difficulties. Fifteen physically challenged persons are hosted and taken care of at the Mother Sai Complex, where about 30 Sathya Sai volunteers attend to them and Sathya Sai youth provide entertainment and leisure activities for them. Medical support is also provided.

The National Sathya Sai Conference of Italy was also held at the Mother Sai Complex on 30th April 2011. Over 600 Sathya Sai devotees attended the conference, themed, "Sai Movement Always on the Go: Your Life Is My Message". Several distinguished speakers, including Dr. Alberto Caratti, a cardiologist who has served at the Super Speciality Hospital, Prasanthigram; Sri Pietro Marena, a past Chairman of the Italian Sai



*The National Sathya Sai Conference of Italy was held on 30th April 2011, wherein many distinguished speakers spoke on the theme of the conference, "Sai Movement Always on the Go: Your Life is My Message."*

Organisation and Central Coordinator for many years; Dr. Giancarlo Rosati, a past Chairman of the Italian Sai Organisation; Smt. Alida Parkes, the present Zone 6 Chair; and Smt. Teresa Casadio, Secretary, ISSE-SE, addressed the gathering, sharing their experiences and Bhagavan's message.

## AUSTRALIA

In preparation for a pilgrimage to Prasanthi Nilayam during July 2011, Sai Youth of New South Wales, Australia were involved in many service projects as part of their



*Sai Youth of Australia preparing birthing kits to prevent high maternal mortality in Papua New Guinea.*

Sadhana (spiritual discipline). On 14th and 15th May 2011, about 20 Sathya Sai youth prepared birthing kits for needy mothers in Papua New Guinea. It is estimated that one in seven women in Papua New Guinea dies in childbirth. Sathya Sai youth discovered these saddening statistics while searching for service projects to be involved in. Knowing the high rate of maternal mortality in rural Papua New Guinea, they eagerly signed up to be a part of the Birthing Kit Project. Each kit contains string, soap, a razor blade, plastic sheets, gloves, and gauze. On the day of preparing the kits, a member from Zonta International explained the purpose of the kits and how they educated the women in these rural areas on the basics of childbirth and how to take care of themselves afterwards. Following a detailed explanation of how each birthing kit is prepared, Sathya Sai youth formed an assembly line in front of Swami's altar and under His Divine guidance prepared 999 birthing kits in a relatively short time. These kits prepared by the youth were sent to mothers in the villages of Papua New Guinea.

## MEXICO

From 21st to 24th April 2011, 150 Sathya Sai youth from nine countries (Argentina, Brazil, Colombia, Guatemala, Costa Rica, El Salvador, Dominican Republic, Venezuela and México) participated in the "XIII Latin-American Sai Youth Encounter" held in Mexico City. Sri Leonardo Gutter, Sri John Behner, Dr. Héctor Castaneda and Sri Gene Massey participated as special guests. The theme for the retreat was "Realise that all Youth Can Become Ideal Sai Leaders." The working plan for the retreat, based on five



*Study circles in progress during the “XIII Latin-American Sai Youth Encounter” held in Mexico City from 21st to 24th April 2011.*

themes, was blessed by Bhagavan on 26th November 2010. The five themes were: (1) Spirituality as the basis of life; (2) Practising Sai teachings in daily life; (3) How to be a good parent and have a good family and marriage as a Sai devotee; (4) Ideal Sai leadership: spreading the Sai message; and (5) Future of the Sai Organisation. Each of these themes was developed by the participants through an introduction, study circles and a speech by a special guest. The XIII Latin-American Encounter concluded with the resolution, “Develop Sai Leadership in Action, Giving Continuity to the Educational and Service Projects.” The last day of the retreat was poignant, as it coincided with the Maha Samadhi of Bhagavan. The participants consoled each other through group prayers to overcome the grief of Swami’s physical departure.

## KAZAKHSTAN

From 8th to 10th April 2011, about 50 volunteers from seven cities of Kazakhstan rendered loving service activities in the Anar settlement. Volunteers worked hard from morning to evening at a medical

office, performing repairs, installing a new door and painting. One of the volunteers, a psychologist, lovingly rendered psychological services to 21 people. Another volunteer provided professional massage services to over 50 people. Value-based lessons were



*Sathya Sai volunteers provided value-based lessons to local school teachers in Anar settlement in Kazakhstan as part of service activities organised by them from 8th to 10th April 2011.*

presented to teachers from the local school. Themes included universal values in national culture, love for country and love for Nature. Teachers evinced a great interest in these lessons. Value-based lessons/discussions were held for the students as well. For younger students, cheerful doll representations, games and competitions were organised. Delicious sweets (Bhagavan’s Prasadam) were distributed to all. On the evening of 9th April, more than 270 people attended a public meeting and a concert. The public meeting included a talk by Sri Saule Muhashova, the National Coordinator of Sri Sathya Sai Organisation, Kazakhstan, on Bhagavan’s service projects in India, including the hospitals and educational institutions. The concert was organised by local residents and Sai volunteers. School children enthralled the audience with dances, songs and comic miniature performances. Separate



presentations on human values and unity of religions were made to the chairmen of local councils of veterans and religious leaders.

## SWITZERLAND

The Geneva Sai Centre carries out service projects during winter months from November to April by serving food to needy persons on alternate Saturdays. This activity is undertaken by about 20 Sathya Sai volunteers in collaboration with the local Salvation Army centre. Sathya Sai volunteers cook vegetarian food at home and serve it to about 80 to 90 guests at the Salvation Army centre. Twice a month, on Tuesday mornings, Sathya Sai volunteers pack non-perishable food items for the needy. Service projects are also undertaken at an Alzheimer patients' home once a week. Sathya Sai volunteers also visit mentally-challenged patients at the hospital twice a month.

Ticino is the southernmost Canton (State) of Switzerland, bordering Italy to the south. A National Retreat-cum-Workshop was held from 13th to 15th May 2011 in Catto, Ticino on the theme, "The Sai Ideal Spiritual Transformation." Over 90 people including



*A National Retreat-cum-Workshop on the theme "The Sai Ideal Spiritual Transformation" was held in Catto, Ticino from 13th to 15th May 2011.*

eight children participated in the National Retreat. The programme began with Bhajans and a welcome address by the National Coordinator and also included a wonderful concert by Dana Gillespie, who shared her experiences and answered questions on practical spirituality. The workshop on "Sai Ideal Office Bearers" included group discussions, presentations through sketches, role play and drama.

## KUWAIT

On 22nd April 2011, the Kuwait Sathya Sai Centre helped celebrate the Annual Day of the Shanti School for Children with Special Needs. Over 340 people attended. Sri Ajai Malhotra, Ambassador of India to Kuwait, was the Chief Guest. An inspiring



*The Annual Day of the Shanti School for Children with Special Needs was celebrated on 22nd April 2011, wherein these children showed their many talents.*

presentation, given exclusively by the children with special needs, commenced with a soulful prayer invoking God to grant the strength, wisdom and virtues to transform each life into a garden of love. Children of all ages from Shanti School participated with song, dance and wonderful value-based skits. The gathering was addressed by the Chief Guest, followed by Sri K.V.R. Murthy, Chairman of the Kuwait Sathya Sai Centre.

The programme concluded with Arati to Bhagavan.

– Sri Sathya Sai World Foundation

## BHARAT

**Andhra Pradesh:** Sri Sathya Sai Mini Water Project for the benefit of Girijans of deep hilly region of Dallapalli and Buurugu Chettu villages in Paderu Mandal was launched by the Visakhapatnam Sai Organisation on Monday, 8th August 2011. A big size borewell was dug in village Buurugu Chettu, from where water was pumped to a water storage tank and supplied to the village. In village Dallapalli, natural waterfalls were diverted to a storage tank, from where the water was taken down to another water tank through pipelines and supplied to the village. This water project was taken up by Anakapalli RTC Seva Samithi in Visakhapatnam district.

Sai Organisation of Vizianagaram district conducted a free eye camp at Kothavalasa in collaboration with Sankar Foundation. Out of 140 patients who were examined, cataract operations were conducted on 30 patients. On 15th July 2011, Bobbili Samithi started distribution of food through carriages daily to 11 needy families at their houses.

In Nellore district, Gudur Samithi started a programme of distributing nutritious food to 32 identified HIV children. Besides, 112 HIV affected children are being provided nutritious food by Nellore Samithi. Another Deenajanodddharana Pathakam (orphanage) unit was inaugurated in Balajinagar of Nellore Samithi.

**Assam:** Many far-flung areas of Assam were ravaged by floods which brought untold misery to the villagers. North Lakshimpur district was one of the worst-affected



*Seva Dal volunteers distributed Amruta Kalasams to the people affected by floods in Assam.*

areas. Sri Sathya Sai Organisation, Assam responded to the challenge and procured relief materials for distribution to the affected people. The local Bihpuria Samithi actively helped by North Lakshimpur, Nagaon and Guwahati Samithis provided the Seva Dal volunteers who went from house to house to offer Amruta Kalasam (food provisions) to each of the 410 families.

**Tamil Nadu:** On 12th and 13th July 2011, Sri Sathya Sai Organisation, Kancheepuram district, Tamil Nadu arranged distribution of specially-made notebooks and school stationery to primary and secondary school students of 44 schools located in the villages of Kancheepuram district and adopted by the Sai Organisation under Sri Sathya Sai Village Integrated Programme. The specially-made notebooks had on their jackets our Beloved Bhagavan's photographs in colour and the rear end jacket carried Bhagavan's Divine Message. A total of 39,000 notebooks were distributed to 5,214 students. The village Panchayat heads and other local dignitaries participated in the functions organised in various villages.

## Programme Calendar, Prasanthi Nilayam

Venue: Sai Kulwant Hall

- Thurs. 1st Sep. 2011, 8.30 - 9.30 a.m. : Ganesh Chaturthi Programme by Students
- Sat. 3rd Sep. 2011, 5.00 - 6.00 p.m. : Students' Programme, Immersion of Ganesh Idols
- Mon. 5th - Thurs. 8th Sep. 2011 : Kerala Sai Med. Visit of 400 Operated Patients and Families
- Mon. 5th Sep. 2011, 5.00 - 5.30 p.m. : Talks by Kerala Devotees
- Wed. 7th Sep. 2011, 5.00 - 6.00 p.m. : Sampradaya Bhajans by Sri Vinayachandran
- Thurs. 8th Sep. 2011, 9.00 - 9.30 a.m. : Bhajans by Kerala State Bhajan Group
- "          "          5.00 - 6.00 p.m. : Carnatic (Vocal) by Master Mahadevan and Devotional Songs by Sri T.S. Radhakrishnan
- Fri. 9th Sep. 2011, 9.00 - 9.30 a.m. : Bhajans by Kerala State Bhajan Group
- "          "          5.00 - 6.00 p.m. : Meeting of Kerala Devotees and Drama by Bal Vikas Children of Kerala
- Mon. 12th Sep. & Tue. 13th Sep. 2011 : Kerala Sai Nidhi Visit of 200 Advocates and Families
- Sat. 24th Sep. 2011, 5.00 - 6.00 p.m. : Prakasam District Drama - Seva Aradhana
- Mon. 26th Sep. & Tue. 27th Sep. 2011 : Kerala Sai Med. Visit of Hospital Operated Patients and Families
- 30th Sep. - 6th Oct. 2011, 7 a.m. - 11 a.m.: Veda Purusha Saptaha Jnana Yajna in Poornachandra Auditorium
- "          "          5 p.m. - 6 p.m.: Cultural Programmes
- Fri. 7th Oct. 2011, 5 p.m. - 6 p.m. : Tamil Nadu Youth Drama
- "          "          8 p.m. - 9 p.m. : Meeting of Odisha Devotees and Speeches in Double Decker Shed
- Fri. 7th - Sun. 9th Oct. 2011 : Parthi Yatra of Odisha Devotees
- Fri. 7th - Sun. 9th Oct. 2011, 10 a.m. - 11 a.m. : Ashram Cleaning by Odisha Devotees
- "          "          2 p.m. - 3 p.m. : Meeting of Odisha Devotees and Speeches in Double Decker Shed
- Sat. 8th Oct. 2011, 5 p.m. - 6 p.m. : Cultural Programme by Odisha Devotees
- Fri. 14th - Sat. 15th Oct. 2011 : Kerala Youth Parthi Yatra
- Tue. 18th - Sun. 23rd Oct. 2011 : Guntur Devotees Parthi Yatra

## **Sri Sathya Sai Institute of Higher Medical Sciences Prasanthigram, Puttaparthi, Andhra Pradesh**

Applications are invited from eligible candidates for filling up the post of dietitian in the hospital. Candidates should be **M.Sc. (Food and Nutrition/Home Science)** and should possess a minimum of two years experience preferably in a large teaching hospital. Pay scale/emoluments (at min. of basic) ₹ 5500-175-9000.

Applications are also invited from qualified doctors / eligible candidates for filling up vacancies in the departments of **Urology, Ophthalmology, Anaesthesiology, Orthopaedics and Microbiology**. For details of vacant posts and other information about the Institute, please visit our website ([www.psg.sssihms.org.in](http://www.psg.sssihms.org.in)). Compensation package will commensurate with the qualifications and experience.

Applications are invited from qualified / eligible candidates for filling up the post of **Lab Technician**. Candidates should possess a degree in Science from a recognised university and basic knowledge of working with computers or 12th Class pass (in 10+2 system) or Intermediate or equivalent from a recognised university/institution and Diploma in Medical Laboratory Techniques from a recognised institute and basic knowledge of working with computers. It is desirable to have one year experience in Medical Laboratory. Pay scale/emoluments (at min. of basic) ₹ 4000-100-6000.

Candidates may furnish their bio-data in prescribed form (to be downloaded from our website: <http://psg.sssihms.org.in/pages/Careers.htm>). Complete applications, along with a passport size photo and copies of qualifying degrees and experience, may be sent by post to the Director, SSSIHMS, PG, Puttaparthi – 515134, Anantapur Dist., Andhra Pradesh. Applications can also be sent through e-mail ([humanresourcespg@sssihms.org.in](mailto:humanresourcespg@sssihms.org.in)) along with scanned copies of certificates and photo.

**Last date for receiving applications is: 25/09/2011.**

*– Director*

## IMPORTANT MESSAGE TO DEVOTEES

When our Beloved Bhagavan in His beautiful physical form was moving amidst us, He used to always lovingly accept our prayers, anxieties and joys submitted to Him through our letters. It is not as if the omnipresent and the omniscient Lord was not aware of our pains and pleasures, He bestowed on us this opportunity so that we feel satisfied and fulfilled. Not only this, He also wanted to bless us with the priceless chance of a physical interaction – a glance, a touch, a smile – with Him.

For Sai devotees everywhere, it has been a joyous tradition to offer the first invitations of auspicious occasions like weddings, housewarming ceremonies and so on to Bhagavan. When Swami accepted these invitations and letters with a loving word, a caring glance or a precious Padanamaskar, the moment was simply ecstatic. Reliving those moments today touches the core of our beings unimaginably.

Even now when devotees have His Darshan at the Maha Samadhi, they pine for that precious privilege of offering their prayers and flowers at His Lotus Feet.

In response to this request, currently there are three distinct trays placed in front of Bhagavan's Maha Samadhi, one each for letters, flowers and invitations. Those who wish to take their letters back after placing them on the Maha Samadhi will also be permitted to do so.

If you are offering an invitation and would like to receive Bhagavan's Prasadam, please enclose a self-addressed envelope.

Please offer only flowers, not garlands.

We hope this new service will gladden the hearts of the devotees.

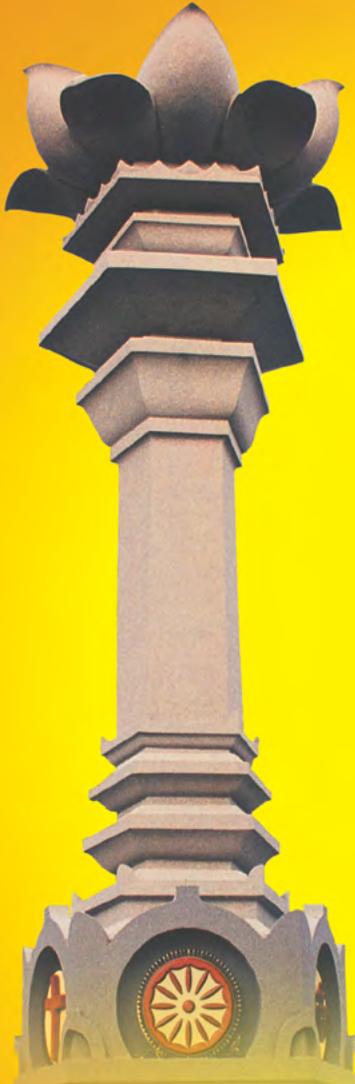
– Sri Sathya Sai Central Trust

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– Convener

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### *Consider Namasmarana as Sadhana*

Do not indulge in Namasmarana as a pastime or a fashion or a passing phase, or as the unpleasant part of an imposed timetable or a bitter quota to be fulfilled each day. Think of it as a Sadhana, to be seriously taken up for the purpose of reducing your attachments to fleeting objects, purifying and strengthening you, and liberating you from the cycle of birth and death. Hold fast to it as the means of rescuing yourself in every way from the bonds of time and change. It looks a frail cure for such a fearful malady; but it is a panacea, nevertheless.

*– Baba*

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