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

"When you have hatred, jealousy and
anger, it is a clear indication that you
don't have love. In fact, love will not
come anywhere near you if you harbour
these evil qualities. When you really have
love, then none of these evil qualities will
touch you. Therefore, constantly practise,
"Love All, Serve All." Firmly adhere
to this principle in your life."



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MAKE YOUR MIND STEADY

Bharat is the motherland of many noble souls who earned great name and fame in all the continents of the world. This is the land of valorous people who vanquished foreign rulers and attained independence. This is the land which excelled in music, literature and other fine arts. Having been born in this great land of Bharat, oh boys and girls, it is your sacred duty to protect its rich cultural heritage.

(Telugu Poem)

SPIRITUALITY TAKES MAN TO THE HIGHEST LEVEL

Embodiments of Love!

EVERY DAY IS FOLLOWED BY NIGHT, but all nights cannot be given the name of Sivarathri. The night during which we recite Siva's name, listen to his glories and contemplate on the Siva principle is Sivarathri. In fact, any night that is spent in the contemplation of Siva is Sivarathri.

Formless God Assumes the Form in which He is Worshipped

Siva is not the name of any particular incarnation of God. Hari and Hara have no physical forms. They are Bhavateeta (beyond all thoughts). The name Hari refers to Vishnu and Hara, to Siva. Both of them have no physical form but people attribute physical forms to them, worship them and aspire to have the vision of their forms. When they did not incarnate in these forms, who gave these forms to them? These forms were given to them by artists like Ravi Varma. They drew their pictures on the basis of descriptions and attributes given in the Sastras (sacred texts). The forms drawn by them are nothing

but their own imagination. Truly speaking, Siva and Vishnu have no forms. They are formless. God is described as *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Shuddha, Buddha, Mukta, Nirmala*

Only those who have filled their mind with worldly thoughts talk too much. Therefore, avoid excessive talking. Maintain silence and be quiet. Talk only as much as it is necessary. If you talk more than what is necessary, it amounts to Adhika Prasangam (unwanted talk). This is not good. It is very essential for children to talk less. They should make their mind steady right from their early age. You study many textbooks in your class. But study of textbooks is not that important; what is important is to make the mind steady.



Swarupinam (attributeless, unsullied, final abode, eternal, pure, enlightened, free and embodiment of sacredness). The artists give particular forms to attributeless and formless Godhead. The devotees also worship these forms of Siva and Vishnu and aspire to see them in these forms. But God cannot be limited to a picture or a painting. What picture can you make of God who is formless? However, God assumes the form in which He is worshipped by His devotees. This form is only momentary and not eternal. All forms are temporary. In fact, God is beyond all forms.

Once Lakshmi commented on the form of Siva and asked Parvati:

*Oh Gowri! You are very young
and Sambasiva is old;
He has matted locks and
wears a tiger skin;
He rides a bull and is constantly
on the move;
He is adorned with snakes;
How did you court him?
Don't you know all this?
He has no house of his own and sleeps in
the cremation ground. (Telugu Poem)*

This also refers to the imaginary form of Siva. Lakshmi further said, "Siva has no house. If someone comes to you, there is not even a small place to give him shelter. He has neither a clan nor a lineage. Moreover, he is Ardhanareeswara (half male, half female). How can you call him God?" Then



Do meditation with love. Without love, there can be no meditation. Unify love with truth and righteousness to attain the state of permanent meditation. Then only will your love become permanent. Otherwise, you will have only temporary love, which you will forget sooner or later. Your love should remain permanent forever – day and night, night and day. That is true meditation.

Parvati replied, "God is beyond any name, form, clan or lineage." She also questioned Lakshmi, "Do you know what type of person is your husband? He has no time for food or sleep. He runs to help his devotees who call out to him for help and is not able to eat even a morsel of food even if it is served before him. Devotees like Draupadi, Prahlada, Narada keep on calling him for help. How could you marry him who is always running about to help his devotees?" Names and forms attributed to God are only imaginary. They are



not real. God is eternal. He is beyond birth and death. He has no beginning or end. He is the embodiment of Atma which is eternal. It is due to his delusion that man attributes names and forms to God who is formless. However, God assumes the form in which He is worshipped by His devotees in order to fulfil their desires. If a devotee prays to God to give him Darshan in the form of Krishna, God will appear in the same form. Similarly, if another devotee worships God in the form of Rama, He will assume the form of Rama. In fact, God is neither limited to the form of Rama nor Krishna nor any other form of His incarnations. It is only for the satisfaction of His devotees that He assumes all these forms. He is beyond all attributes. It is we who attribute names and forms to God for our own satisfaction.

Do not Limit God to any Particular Form

All forms are momentary and unreal. It is only the Atma which is true and eternal. Whatever may change, even the whole world may change, but the Atma will not change. In fact, the whole world is immanent in the Atma or consciousness. Call it Atma or Aham or Brahman, it refers to the same consciousness. That is why it is said, *Aham Brahmasmi* (I am Brahman). People attribute various names and forms to this all-pervading consciousness and get deluded. However, when God incarnates on earth and assumes a form, it is good to worship and contemplate on this form and aspire to attain Him. So long as the form is there, you derive great bliss from it. But do not limit God to any particular form. Physical form exists only for a temporary period and is subject to many changes. Take for instance this body. It has also undergone many changes. After some time, you



Begin your Sadhana with the practice of Sathya and Dharma (truth and righteousness). Truth is changeless; it is intimately related with Dharma. When both Sathya and Dharma come together, peace will emerge from them. Love follows peace. When you have love, you will have no hatred. If you hate someone, it means there is no love in you. If really there is love in you, you will not get angry even when others abuse you. Many people criticise Me and try to malign Me. But I am unperturbed and always blissful. That is the sign of true love.



may not be able to even see this form. One should not feel sad when one sheds one's mortal coil and reaches one's heavenly abode. When God incarnated in the form of Rama, He went to forest and killed many demons. But, do you find Him now? No. He walked into the river Sarayu and reached His heavenly abode. Therefore, always consider the physical body as temporary and ephemeral.

The body is made up of five elements and is bound to perish sooner or later but the indweller has neither birth nor death. The indweller has no attachment whatsoever and is the eternal witness. Truly speaking, the indweller who is in the form of the Atma, is verily God Himself. (Telugu Poem)

Therefore, do not consider the body permanent. Body exists for a particular period in accordance with the time and circumstances. After the passage of that particular period of time, the body ceases to exist. You consider the body permanent, but it is not so.

Krishna lived in Dwaraka in Dwapara Yuga, moved among the people of that period and gave them happiness. But, can you see that physical form of Krishna now? It is not possible. Everything comes and goes. Does our past come back? No, no. Therefore, past is past. Future is uncertain. Present also does not remain present all the time; it also becomes past.

Install any Form of God in your Heart

Every electric bulb has a certain wattage. It can give light only for a limited period of time. Bodies of Avatars, as all other bodies, are also like bulbs. Just like the bulb, the body also has a certain period of life. There have been many Avatars. You should install the form of any one of them in your heart, contemplate on it and make it as the basis of your life. But don't think that the physical body of the Avatar will always be there. Body has to undergo changes. First you were a child. Thereafter, you became a college boy. But, how long can you remain a college boy? Only for a short period. Thereafter, you get married and beget a son. Then you become old and ultimately leave your body. Likewise, the bodies of Avatars also undergo changes. They have their life sojourn on earth for a certain period of time. When you meditate upon them, they will certainly manifest before you.



God is eternal and omnipresent. The moment you call Him, that very moment He will manifest before you. This eternal form of divinity is the only truth. There will be no change in divinity at any point of time. You should install this form in your heart which is true, eternal and everlasting. Meditation on any form of God is good. Do not observe any differences between this form and that form or between Rama, Krishna and Sai Baba. Whatever form you meditate upon, you should permanently install it in your heart. It should remain forever and should not change.

There are three stages of Sadhana. First concentration, second contemplation and third meditation. Concentration means focusing on an object or a form for a short period of time. Now you are seeing this form and focusing your attention on it. This can be termed as concentration. When your attention becomes focused for a longer period, it is called contemplation. When the form gets



imprinted on your heart permanently without any wavering of your mind, it is called meditation. But most of the time, people are practising only concentration and contemplation. These are not permanent states. However, concentration is the first step. Gradually, you should reach the level of contemplation. This means your attention is fixed for a longer period of time but there may be some wavering in between. When you reach the stage of meditation, the form gets permanently fixed in your heart and there is no wavering at all. For example, you worship Rama and concentrate on His form. However, your concentration remains fixed only for a short period of time, after which it starts vacillating. But if the form becomes fixed in your heart and you see only that form whether you open your eyes or close them, then it is called meditation. Real meditation does not change with the change in time, place and circumstances. You should practise this meditation. Our ancient Rishis practised meditation, as a result of which God manifested before them whenever they prayed; He talked to them and fulfilled their aspirations.

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Do not Ignore Ethical Values

There are some people who read sacred texts like Puranas (mythological texts)



and misinterpret them to suit their convenience. Once a fake Sannyasi came to a house and begged for food. The housewife said to him, "My dear son! Go to the river and have your bath. Meanwhile, I will prepare food for you." This Sannyasi was an epitome of laziness. He said to her, "Mother! For Sannyasis like us, *Govindeti Sada Snanam* (reciting the name of Govinda is like having a bath)." Then the intelligent housewife gave him a befitting reply, saying, "*Govindeti Sada Bhojanam* (reciting the name of Govinda is like having food). Hence, you may go." It is meaningless to say, *Govindeti Sada Snanam* to justify your laziness and not to have a bath. When you say that reciting the name of Govinda is like having a bath, you should also accept that the recitation of His name amounts to having food. You should observe propriety in your life. Whatever is your thinking, you will get the result accordingly. If he was a real Sannyasi, he should have taken bath before eating his food. He wanted food to satiate his hunger but he was too lazy to have a bath. You should never put your trust in such lazy people.

Make your mind steady which is always in a state of vacillation. Only then can you reach the stage, wherein you can visualise the form of your chosen deity. Therefore, make your meditation constant and permanent. Just closing your eyes for some time is no meditation at all. You may think that you are doing meditation, but your mind is wavering. Only when your wavering mind becomes steady can you call it meditation. On the other hand, if the mind is wavering, you cannot call it meditation. Meditation is higher than contemplation. You may secure first class in your half-yearly examination but that will not entitle you to get the degree. You will get the degree only when you pass the final examination.

Meditation is like final examination while contemplation is like half-yearly examination. It is spirituality that takes man to the highest level. Today people are interested only in material and worldly gains, while they are ignoring ethical and spiritual values. Then, how can they have spiritual experience? In order to have spiritual experience, you have to pass the final examination of meditation. We say, "This is my body, this is my house." It means you are separate from the body and the house. When you say, "This is my tumbler", you are separate and the tumbler is separate. In the same way, when you say, "My body, my mind, my Buddhi (intellect), my Indriyas (senses), my Antahkarana (inner instrument)", you are separate from all these. Therefore, that which is separate from all these is your true identity.

In order to attain true and eternal state, you should have the experience of the Atma. You can attain this state only by practising the teachings of the sacred texts like the Upanishads, the Ramayana, the Bhagavata, the Bhagavadgita, etc., not merely by reading them. The Bhagavadgita only shows you the way; practice has to be done by you. You should renounce the fruits of all your actions. Only then can you become a true human being. In the same way, Vedanta also exhorts man to meditate on God and install Him in his heart. You should not give up this practice, whatever difficulties, calamities and sorrows may befall you. It is your body which undergoes suffering and not you.

Do Meditation with Love

Body is like a box which contains the mind, the Buddhi, the Chitta, the Indriyas, the Antahkarana, etc. When all these stop functioning, then you burn the body because it is of no use. This box of body is necessary for you to safeguard these organs. The

cause of all your difficulties are the evil qualities like anger, jealousy, hatred, ostentatiousness which you contract from outside world. You will attain peace as soon as you get rid of these evil qualities. As long as you keep harbouring these evil qualities, you cannot have peace. Begin your Sadhana with the practice of Sathya and Dharma (truth and righteousness). Truth is changeless; it is intimately related with Dharma. When both Sathya and Dharma come together, peace will emerge from them. Love follows peace. When you have love, you will have no hatred. If you hate someone, it means there is no love in you. If really there is love in you, you will not get angry even when others abuse you. Many people criticise Me and try to malign Me. But I am unperturbed and always blissful. That is the sign of true love.

When you have hatred, jealousy and anger, it is a clear indication that you don't have love. In fact, love will not come anywhere near you if you harbour these evil qualities. When you really have love, then none of these evil qualities will touch you. Therefore, constantly practise, "*Love All, Serve All.*" Firmly adhere to this principle in your life. For this, you should first have Sathya and Dharma. Speak truth and practise righteousness. If you merely keep on repeating 'Dharma', 'Dharma' without practising it, you cannot imbibe it. *Sathyannasti Paro Dharma* (There is no Dharma greater than adherence to truth). Sathya and Dharma are like your two hands and two lips. You are able to speak with the help of your lips. Similarly, you can't do any work without your hands. Therefore, Sathya and Dharma are like two main limbs of man. Only when we have Sathya and Dharma will peace manifest in us. Then only will we have love.

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SELF-CONFIDENCE IS YOUR GREATEST ASSET

Forbearance is the real beauty in this sacred land of Bharat. Of all the rituals, adherence to truth is the greatest penance. The nectarine feeling in this country is the feeling of love towards one's mother. Character is valued far higher than the very life itself. People have forgotten the basic principles of this great culture and are imitating Western culture. Alas! The Bharatiyas are not aware of the greatness of their cultural heritage just as a mighty elephant is not aware of its own strength.

(Telugu Poem)

TO BE BORN IN BHARAT IS IN ITSELF A GREAT BLESSING

FORGETTING THE ENORMOUS strength that it possesses, the elephant meekly surrenders to the command of an ordinary mahout who works on a paltry salary. It sits when the mahout asks it to sit and stands when it is ordered to do so, in accordance with the training given to it by him. The same is the condition of the Bharatiyas who have forgotten the greatness of their sacred culture and are following foreign cultures. Bharatiya culture is most sacred, powerful and everlasting. If we forget this culture, what is there in other cultures for us to follow? *Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava, Atithi Devo Bhava* (revere your mother, father, preceptor and guest as God). These are the cardinal principles of Bharatiya culture. Our mother is our first teacher. When we forget the command of our mother, what is the point in following anything else?

Atmic Principle is the only Reality

Embodiments of Love!

The entire world is the reflection of your thoughts. All that we see in this world is unreal and negative. Nothing is real and positive. All worldly beings and objects like mountains, forests, etc., are the projection of your mind. The only reality in this world is the Atma. Nothing exists except this. Where does the Atma dwell? Lord Krishna declared: *Mamaivamsho Jivaloke Jivabhuta Sanathana* (the eternal Atma in all beings is a part of My Being). The same Atma is present in all. There is nothing like your Atma and My Atma. *Ekameva Adviteeyam Brahma* (God is one without a second). Seeing duality is your own imagination. *A man with dual mind is half blind*. Therefore, all are one. *Sahasra Seersha Purusha Sahasraksha Sahasra Pad* (The Cosmic Being has thousands of heads, eyes and feet). Forgetting this cosmic





Bharat is the land of sacredness, sacrifice and generosity and its culture is highly sacred. Many countries of the world may have made much more material progress than Bharat, but peace and happiness that prevail in Bharat are not to be seen elsewhere. The advancement that Bharat has made in the field of spirituality is unparalleled. It is much more valuable than any material progress. That is why the people of Bharat are able to lead a happy and blissful life. Since the people of many countries lack peace and happiness, they come to Bharat in search of them. Man can attain peace only through spirituality. Therefore, you should take to the path of spirituality.

form of divinity, we are carried away by apparent diversity. Man has become the victim of all types of problems and sufferings

since he has forgotten this principle of unity. Hence, man should develop unity which can lead him to purity. When we combine purity with unity, we attain divinity. Only then can we realise the Atma Tattwa (principle of the Self). Atma Tattwa is the main subject of the Upanishads. Taittiriya Upanishad specially deals with this subject in a comprehensive manner. When we develop total faith in the Atma, then we will consider everyone as our own. There is only one Atmic principle or consciousness that pervades the entire universe. In fact, this is the only reality that exists; nothing else exists except this. Everything else in this universe is the reflection of this consciousness. We should never forget this Atmic principle and try to realise the fundamental unity of the entire creation. People may belong to different countries, faiths, castes and creeds but the Atmic principle is the same in all.

Everything is subject to change. Only the Atmic principle is changeless. Avatars like Rama and Krishna incarnated on earth in human form. They also shed their mortal coil after fulfilling their divine mission, and brought their life sojourn on earth to an end. Hence, nobody is permanent in this world. Howsoever great one may be, he cannot remain permanently here. There is only one thing that is permanent. That is the principle of the Atma. Everything on this earth has a beginning and an end. Everything

changes with the passage of time. It is only the Atmic principle which is true and



eternal. It has neither birth nor death. You should therefore repose faith only in the Atma and nothing else. Wherever you may go, you should always be aware that you are the Atma and everybody else is also the embodiment of the Atma. Man forgets his reality of the Atma and is carried away by all sorts of imaginary notions. He creates many things out of his imagination. Mind is the cause of everything, whether it is pleasure or pain, joy or sorrow, birth or death. Man passes through different stages like childhood, youth, old age, etc. Only the body undergoes these changes, but the individual remains the same. The entire creation has emerged from the principle of the Atma, which is changeless. We should have total faith in this changeless principle of the Atma. Many people today are unsteady and change from moment to moment. Such persons cannot be called true human beings. Who is a true human being? A true human being is one who is steady and unwavering. Whatever may happen, he should have firm faith in the Self. Only self-confidence can make a man immortal. (Here Swami narrated the story of Abraham Lincoln as to how his mother infused self-confidence in him in his childhood, with the help of which he rose to the high position of the President of America.)

Always Obey the Command of your Mother

People follow many spiritual practices. There are many forms of devotion also like *Sravanam* (listening), *Kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *Padasevanam* (serving His Lotus Feet), *Vandanam* (salutation), *Archanam* (worship), *Dasyam* (servitude), *Sneham* (friendship), *Atmanivedanam* (self-surrender). But all these practices are of little help if you lack self-confidence. Therefore, all of you should develop self-confidence. Students should



You may attain any great positions of authority, but they are all transitory. It is only your self-confidence that will always stand you in good stead. If only you have self-confidence, it amounts to having everything. It is like having the whole world in your hand. Therefore, never give up self-confidence under any circumstances, whatever others may say. People will keep changing according to your position in life. But do not pay attention to what others may say. Only treasure the words of your mother in your heart.



write their examinations with self-confidence. You may have a number of friends but none of them may come to your help when you are in need of it. Your greatest help is the teaching of your mother. That is why our ancients held the mother in high esteem. You may ignore the order of anybody but you should never disobey the command of your mother. Your mother's blessings always remain with you. Lincoln could attain such a high position because he obeyed the command of his mother. But today many people show disrespect to their own mother when they attain some high position in life. If some officer comes to their house and asks, "Who is she?", they will hesitate to call her as their mother. But we have seen from the example of Lincoln's mother, what a great teacher she was! Therefore, you should never ignore the command of your mother. Whatever she may tell you, you should implicitly obey. Your mother is your true Guru. Others may do some good to you but the real help comes to you from your mother only.



One who disobeys the command of his mother can never be successful in any of his endeavours. Even after becoming the President of America, Lincoln led his life with great humility and earned a high reputation. You should also earn a great name. There is nothing great in having a big salary. Lincoln never aspired for high salary. He was contented with whatever he got. Similarly, he did not have a taste for rich food. He ate only simple food. Many other people of foreign countries led an ideal life and experienced bliss like Lincoln. However, some people think that only people of other countries are great. But, in fact, only those who obey the command of their mother are really great. Therefore, give greatest prominence to your mother in your life. You will be subjecting yourself to great suffering when you ignore the command of your mother. In fact, your life itself will become a total failure. You should follow implicitly whatever your mother says without thinking whether the work is big or small. Obedience to your mother should be your prime consideration. Do not consider it merely as a routine duty. Submit yourself wholeheartedly to her command. You will experience peace only when you conduct yourself in this manner.

You may attain any great positions of authority, but they are all transitory. It is only your self-confidence that will always stand you in good stead. If only you have self-confidence, it amounts to having everything. It is like having the whole world in your hand. Therefore, never give up self-confidence under any circumstances, whatever others may say. People will keep changing according to your position in life. But do not pay attention to what others may say. Only treasure the words of your mother in your heart.

Bharat is the land reputed for women of great chastity. Nobody can estimate the greatness of the women of Bharat. Savitri was one such great woman who brought her dead husband back to life. Sita was another great woman of Bharat who proved her chastity by coming out of blazing fire unscathed. Women of this land set great ideals. Moreover, Bharat has achieved greatness in many fields of life. Many countries of the world are facing great problems. But Bharat has successfully overcome its problems. That is why Bharat is considered as a land of great merit, sacredness and greatness. How blessed you are that you have taken birth in such a sacred land! To be born in Bharat is in itself a great blessing. You should make yourself worthy of such a great blessedness. There is nothing great in travelling by aeroplanes and enjoying other comforts of life. It is enough if you follow the culture of Bharat. Then you will achieve success in all endeavours of life.

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If we ask someone, what is the spiritual practice he is doing, he may say, "I am practising concentration." Concentration





Only those who obey the command of their mother are really great. Therefore, give greatest prominence to your mother in your life. You will be subjecting yourself to great suffering when you ignore the command of your mother. In fact, your life itself will become a total failure. You should follow implicitly whatever your mother says without thinking whether the work is big or small. Obedience to your mother should be your prime consideration. Do not consider it merely as a routine duty. Submit yourself wholeheartedly to her command. You will experience peace only when you conduct yourself in this manner.

means to focus attention on a particular object. But higher than concentration is contemplation which means focusing attention without wavering for a longer period of time. Meditation however is higher

state than contemplation and it is beyond both concentration and contemplation. Therefore, meditation does not merely mean sitting with closed eyes. When our mind becomes steady and stops wavering, only then can we call it meditation. Some people think that concentration is something very great. But it is actually the first step. The next step is contemplation and the top level is reached only in meditation. Meditation is what we need to practise. People today give importance only to concentration. But mere concentration is of little use. That is just like studying in a primary school. Contemplation is like study in high school and meditation denotes college level. We can graduate and get a degree only when we reach the college level. Therefore, we should not remain at the level of concentration and contemplation. We should reach the level of meditation which is the highest stage. That is why our ancient Rishis practised meditation. In meditation, the mind does not waver at all and becomes totally steady. This is what you should try to achieve. Only then can you be called a student in the

true sense of the term. If you achieve this, it amounts to achieving everything. You

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CELEBRATIONS AT PRASANTHI NILAYAM

PILGRIMAGE OF ADILABAD DISTRICT DEVOTEES

MORE THAN 2,800 DEVOTEES came to Prasanthi Nilayam from Adilabad district of Andhra Pradesh on a pilgrimage from 26th to 28th February 2009 and experienced the bliss of Bhagavan's benedictions and grace. On 27th February 2009, Bal Vikas children and youth of this district presented a musical dance drama entitled "Bhakti Manjari" in Sai Kulwant Hall, depicting various incidents from the life of Lord



The drama "Bhakti Manjari" presented by the Bal Vikas children and youth of Adilabad district of Andhra Pradesh on 27th February 2009 highlighted the power of devotion.

Krishna which highlighted the power of Bhakti as a means of man's liberation. Opening with a beautiful dance of Bal Vikas children with a sweet song invoking the blessings of Bhagavan, the Avatar of love, the drama delineated how Radha and Gopikas of Brindavan earned the grace of Lord Krishna through their total surrender and unconditional love. The drama earned the appreciation of the audience by its sweet music, good choreography,

excellent acting and exhilarating dances of children. Bhagavan blessed the cast at the end of the drama, posed for group photos with them and distributed clothes to them. He also materialised a gold chain for the youth who enacted the role of Narada in the drama. The drama was followed by Bhajans which were also led by the singers of Adilabad district. The programme came to a close at 6.35 p.m. with Arati to Bhagavan. Bhagavan showered special blessings on all these pilgrims, gave Padanamaskar to all and blessed Vibhuti Prasadam for distribution to them in Sai Kulwant Hall on the morning of 28th February 2009.

PILGRIMAGE OF KHAMMAM DISTRICT DEVOTEES

More than 5,000 devotees came from various parts of Khammam district of Andhra Pradesh on a pilgrimage to Prasanthi Nilayam from 4th to 6th March 2009. On 5th March 2009, Bal Vikas children and Sai Youth of



Bal Vikas children and Sai Youth of Khammam district of Andhra Pradesh enacted a drama on 5th March 2009 highlighting the importance of Namasmara and selfless service.



this district performed a musical dance drama in Sai Kulwant Hall in the Divine Presence of Bhagavan. The drama showcased the rich cultural heritage of this region and gave the message of Namasmarana and selfless service to the youth through dialogues, songs and dances. It also depicted the Seva activities being carried out by the Sai Organisation of this district, which were motivating the youth to lead an ideal life by following the teachings of Bhagavan. The drama was followed by Bhajans which were also led by the singers (both men and women) of this district. At the end of this programme, Bhagavan blessed the Bhajan singers and the cast of the drama, posed for group photos with them and distributed clothes to them. He also materialised a gold chain for the youth who enacted the role of Hanuman in the drama. In the end, Prasadam blessed by Bhagavan was distributed to all. The programme which began at 5.20 p.m. came to a close with Arati to Bhagavan at 6.45 p.m.

These devotees organised another programme on 6th March 2009, in which various implements to provide means of livelihood to needy men and women, hearing aids to speech and hearing impaired children and computer software to visually challenged children were distributed in the Divine Presence of Bhagavan. After this distribution, women singers of this district enthralled the devotees with devotional songs markedly rich in melody and music. This was followed by Bhajans which were led by students. Before the start of Bhajans, Bhagavan materialised two identical gold bracelets for two of these students and tied them on their wrists with His Divine Hands. Meanwhile, Prasadam blessed by Bhagavan was distributed in the hall. The programme which started at 5.45 p.m. came to a close at 7.00 p.m. with Arati to Bhagavan.

JOYOUS HOLI FESTIVAL

The sacred festival of Holi was celebrated at Prasanthi Nilayam on 11th March 2009. On this occasion, Sri Sathya Sai Seva Organisation of Bihar and Jharkhand presented a beautiful cultural programme in the Divine Presence of Bhagavan. Commencing their programme at 4.50 p.m. with an invocatory song in praise of Lord Ganesh, the youth and Bal Vikas children of Bihar and Jharkhand presented a medley of devotional compositions which included a Qawali, a classical piece, a Bhajan, a Sufi song and traditional Holi songs which enlivened



A beautiful cultural programme was presented by the youth and Bal Vikas children of Bihar and Jharkhand on the occasion of Holi festival on 11th March 2009.

the joyful Holi spirit. The songs were sung by singers of Bihar and Jharkhand, both men and women. Some of the songs were accompanied by thrilling dances of youth and Bal Vikas children. The programme enraptured the audience for nearly one hour with melody and sweetness of its music and thrill and rhythm of the dances of the children. At the end of the programme, Bhagavan blessed the singers and dancers, distributed clothes to them and posed for group photos with them. After this, the Bhajan singers of Bihar and Jharkhand led the Bhajans which were followed in chorus by the entire gathering of devotees

in Sai Kulwant Hall. Meanwhile, Prasadam blessed by Bhagavan was distributed to all. The programme came to a close with Arati to Bhagavan at 5.55 p.m.

Chaitanyam – A Drama

On 14th March 2009, Bal Vikas children and youth of Bihar and Jharkhand presented a drama entitled “Chaitanyam” which depicted how Bhagavan Sri Sathya Sai Baba had revived the old Gurukul system of education by introducing Sri Sathya Sai Educare which



A scene from the drama “Chaitanyam” presented by the Bal Vikas children and youth of Bihar and Jharkhand on 14th March 2009.

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may study many subjects and pass many examinations by reading books. But God will consider you pass in the examination only when you pass in the test of meditation.

Students! Do not feel proud when you secure first class or first rank in your examination. It is not that important if you secure good marks. See to it that you do not get bad remarks. You get bad remarks only when you lack self-confidence. You will get true marks only when you develop self-confidence.

(Bhagavan sang the Bhajan, “Hari Bhajan Bina ...” and continued His Discourse.)



imparted values to students and helped them to develop character besides acquiring academic excellence. The first scene of the drama very beautifully portrayed the ancient Gurukul system of education through a dialogue in Sanskrit between the preceptor and his pupils. The second scene showed how modern education had become devoid of values, and how negative tendencies like greed, jealousy, hatred were taking roots in students and society. In the following scenes, the drama showed how Bhagavan’s system of educare was becoming a beacon light to show the path of Sathya, Dharma, Santhi, Prema and Ahimsa to the students and helping them in the blossoming of their character. Good theme, excellent commentary, perfect choreography, appropriate music and superb direction were the hallmarks of this drama. Bhagavan blessed the cast at the end of the drama, posed for group photos with them and distributed clothes to them with His Divine Hands. After a brief session of Bhajans, the programme came to a close with Arati to Bhagavan at 6.30 p.m.

Embodiments of Love!

You should constantly recite God’s name and meditate upon His form. It does not matter what name of God you recite. God is only one. He is the embodiment of Atma and assumes all names and forms. It is the same God who fulfils the aspirations of all His devotees. It is He who confers high positions and status on you. You cannot attain any position without His grace. Only one who has God’s grace is a real hero; all others are zeros.

– From Bhagavan’s Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 21st February 2009.

Effulgence of Divine Glory

FEAST FOR FRIENDS AND RELATIVES

Jt was Dasara at Puttapparthi, a few years ago, the fourth day, I believe. At about 9 p.m., Baba sent word to a band of young men that they must assemble in the Hall for some urgent work, and within a few minutes, there were double the number, eagerly awaiting His orders. Everyone wondered what that could be! Well, Baba came and explained that the buntings and flags with which the

Nilayam and the garden were decorated since the first day of Dasara had faded slightly and become dull in colour and so they had to be replaced by fresh ones, to be prepared and fixed during the night! The work engaged us till the smaller hours of the night and Baba was with the party all the time, attending to every detail. Someone dared asking Him the reason for the extra attention upon the 5th day of Dasara and the reply he got was this: "Don't you know that tomorrow your Bandhus (friends and relatives) are coming for the feast?" and this we knew! For, the next day was the day the poor, the Daridranarayanans, were coming to the Nilayam to receive Prasadam and



Bhagavan performing Narayana Seva during Dasara celebrations at Prasanthi Nilayam.

Vastram (food and clothes) from His Hands! But, who could imagine that His Prema was so great, so deep, so all-embracing as to celebrate the arrival of the poor by this 'de novo' decoration? When someone told Him that the feeding of thousands of people and the distribution of hundreds of Saris and Dhotis should be published in the newspapers, He turned towards him and said, "What! Do you publish in papers the news that your friends and relatives came to your house?" We have, everyone of us, to learn the lesson of those flags.

— by N. Kasturi

"Sanathana Sarathi", September 1958.

LOVE PROPELS MAN TOWARDS GOD

In His immense compassion, Bhagavan gave daily Discourses for nearly two months in Sai Kulwant Hall, Prasanthi Nilayam starting from 16th June 1996. These Discourses cover a vast variety of spiritual topics of practical utility for modern man and highlight the rich cultural heritage of Bharat which is rooted in the Vedas. As the readers themselves will see, this is a rich treasure of soul-elevating spiritual knowledge which can enrich, illumine and transform mankind. This issue carries Bhagavan's third Discourse given on 18th June 1996. Sanathana Sarathi will publish these Discourses from time to time which are appropriately named Amrita Dhara (ambrosial stream).

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The moon gives light during the night and the sun during the day. It is the light of Dharma which illumines the three worlds. A noble son is the light of the entire clan.

(Telugu Poem)

LOVE FOR GOD IS THE BEST SPIRITUAL PRACTICE

YOU KNOW THE DIFFERENCE between Purnima and Amavasya (full moon night and dark night). There is total darkness on the night of Amavasya. Good people do not like darkness. Darkness causes fear.

Dharma Upholds and Sustains Mankind

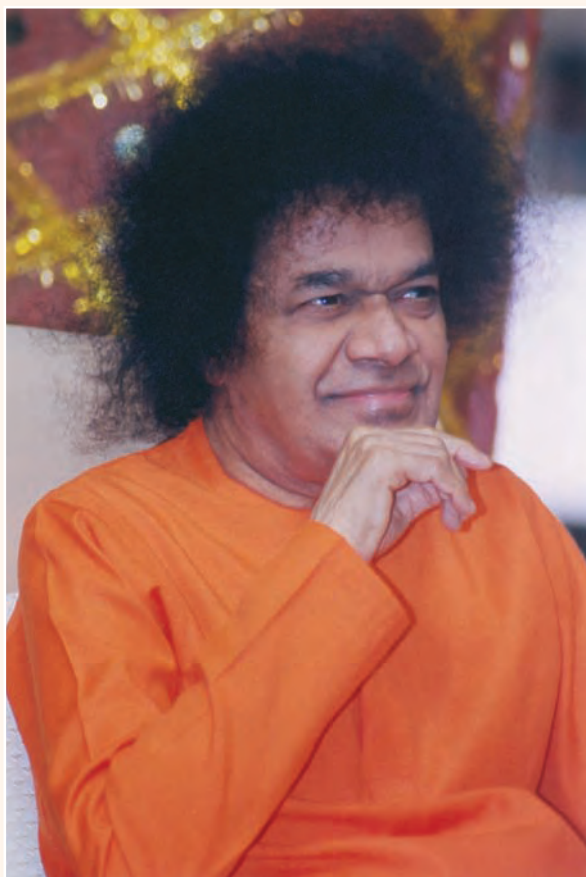
Not only that, it is the cause of wicked thoughts and deeds which are responsible for suffering of people. Only the wicked and evil-minded people like darkness, not the good people. Bad people such as thieves like darkness because it helps them to perform evil deeds. Those who have good thoughts and noble demeanour like only light because

it helps them to perform noble deeds. When we see moonlight, it makes our heart pure and peaceful and our thoughts become noble. Even small children like moonlight and feel happy to see it. Moonlight also creates sublime feelings in poets and inspires them to write beautiful poetry. On full moon day, man's heart also is full of effulgence. We should also enquire into the intimate relationship between the moon and the human mind. *Chandrama Manaso Jatah Chaksho Suryo Ajayatah* (the moon was born out of the mind and the sun out of the eyes of the Supreme Being). Mind is the reflection of the moon. In the moonlight, man's mind attains peace and develops noble feelings and



thoughts. Purnima is that which drives away man's darkness of ignorance, frees him from fear and develops in him peace, bliss, noble thoughts and a sense of well-being.

During daytime, the sun brightens up the world with its light. World cannot exist without the sun. In reality, the sun is the manifest God on earth. It is the sun that provides sustenance to the entire creation; without the sun, there can be no crops, no vegetation, no air, no food and no living beings. It is the sun that makes the crops ripen and rivers flow. It is because



Hydrogen and helium are the constituents of the sun which are the source of its energy. It is due to the presence of helium in the sun that oxygen maintains its level in the atmosphere. There are many large holes on the surface of the sun. These holes are so big that even the entire earth can go into them. Such holes are not one or two, but in thousands. The presence of helium in these holes is responsible for the increase in the volume of hydrogen and oxygen on the surface of the sun. Scientists are aware of this. Hence, the sun is like the third eye for the earth.

There are three main enemies of man, namely, lust, anger and greed. Lust destroys devotion; anger destroys knowledge; and greed destroys the good actions of man. They also affect his work, worship and wisdom. When we are overpowered by anger, we lose our sense of discrimination. Anger creates many types of enmities. One who is in the grip of anger will lose his sense of discrimination as to what to speak, when to speak and where to speak. Hence, do not allow anger to come near you. Do not give room to greed at all. There may be cure even for cancer, but not for these three.

of the sun that there is plenty, prosperity and happiness on earth. Its light is the source of all life on earth. Man's heart attains purity and sacredness due to the effect of the sun. Hence, the sun is verily God on earth.

Dharma illumines the three worlds. What is the meaning of Dharma? *Dhruyate iti Dharma* (that which upholds is Dharma). It sustains everything. Without Dharma, the world cannot exist. Dharma is the life principle of man.



Without the life principle of Dharma, man cannot live. Everything in this world functions according to its Dharma. For example, the Dharma of fire is to burn. Bereft of the power of burning, it no longer remains fire; it becomes charcoal. In the same way, cooling is the Dharma of ice. If it does not cool, it cannot be called ice. Similarly, it is the Dharma that upholds and sustains man. *Dharayati iti Dharma* (that which sustains is Dharma). What does it sustain in man? It sustains his heart, his speech and his body. Unity, purity and sacredness of thought, word and deed is the Dharma of man. That is why it is said: *The proper study of mankind is man*. Man should maintain the sacredness of his actions. Only then can his conscience be at peace. Moreover, there should be purity in his speech. That is why Jayadeva said, "Oh sacred tongue! You are endowed with the power of recognising the taste. You are so very great and totally selfless!" We make this pure and sacred tongue dirty and impure by speaking untruth. Therefore, we should always speak truth.

In what way should we speak truth? *Anudvegakaram Vakyam Sathyam Priyahitham Cha Yat* (one should speak only truthful, pleasing and well-intentioned words, which are beneficial to others). The truth that we speak should not agitate anyone. Speak the truth that pleases and benefits others. Never speak truth in harsh words. Do not speak too much. Speak sweetly and softly. Then only can it be called truth in the true sense of the term. *Trikalabhadhyam Sathyam* (Truth remains unchanged in the three periods of time – past, present and future).

There are two words – Sathyam and Nijam. Ordinarily, people do not observe any difference between these two. But, in

fact, they are not the same in meaning. There is a subtle difference between the two. Nijam is that which is true only for the time being. For example, today you are wearing a shawl. But tomorrow you may not wear it. That you are wearing a shawl is true only for today. However, if you wear the shawl tomorrow, day after tomorrow and in all the three periods of time, then only can it be called truth. Therefore, truth is that which is changeless, abiding, unvarying and immutable in all the three periods of time; it has no death or destruction. That which changes and varies may be called Nijam; it cannot be called Sathyam. Nijam is that which appears to be true only for the time being; but truth is that which remains the same at all times. In the language of Vedanta, this truth is called Ritam. It does not comprise mere knowledge of things; it includes power of discrimination also. Truth assumes the form of Ritam when it has both knowledge and discrimination together. What is the Dharma of man? The Dharma of man is to speak truth. This is his real humanness. He should adhere to righteous conduct. This gives real value to his humanness. One cannot see the heart of a person. One can however recognise the type of heart he possesses by observing truth and righteousness in him. His actions and speech are the reflection of his inner being.

Love is the Life Principle of Man

What are man's divine values? These are: *Daiva Preeti, Papa Bheeti and Sangha Neeti* (love for God, fear of sin and morality in society). When we develop Daiva Preeti, we will have peace and truth. Love for God is the result of Papa Bheeti. Without love, there can be no peace. We will attain the value of Ahimsa when we practise Sangha Neeti. As we develop and nourish love for God in



us, peace, righteousness and non-violence will come to us on their own. One with love never indulges in unrighteousness and violence; he is always full of peace. Hence, love is verily the life principle of man. All the human values like Sathya, Dharma, Santhi and Ahimsa are immanent in Prema. Love propels man to turn towards God. Love is like the mariner's compass. Wherever you place the mariner's compass, its needle will always point towards north. In the same way, love will always direct man towards God. Love in man is the special grace which God bestows on him. Therefore, the first and foremost human value is love. Love is present in everyone. The Vedas declare that God is present in all. *Easwara Sarva Bhutanam* (God is the indweller of all beings). Who is God? *Prema Easwar Hai, Easwar Prema Hai* (Love is God, God is love). That is to say, God is present in every being in the form of love. That is why, it is said: *Love is God; Live in Love.*

Once Jesus performed penance on a mountain after securing the permission of his mother. As a result of this, he realised his Self. He then prayed to God, "Oh Father! Grant me three boons." What were the three boons he prayed to God for? The first boon he asked God was, "You have given me this life. I should use this life to serve all without causing harm to anyone. I should always be ready to forgive. But I should never endorse untruth. Lead me to the path of truth." This was the first boon he prayed for. The second boon he prayed for was, "People may criticise me, make fun of me, hurt me, ridicule me or harm me out of their jealousy; grant me the heart which can hear all this with fortitude; grant me the boon that my heart should remain peaceful even if jealous people subject me to any number of



Bulbs may be of different colours – blue, red, white. Some of them may be dim and others may be bright. But it does not denote any defect in the current. It shows only the difference in the bulbs. The capacity of your heart is responsible for the light to be dim or bright. This difference is due to the wattage. If you are always engaged in the contemplation of God, you can have the maximum wattage. You can change the bulbs and the wattage, but there is no need to change the current. If you want to make your heart bright, then develop love! develop love! develop love!



sufferings." People become jealous to see the progress, prosperity and happiness of others. This is the sign of man's narrow-mindedness. The heart which harbours jealousy cannot truly be called human heart. Even animals do not bear so much jealousy as does modern man. Since selfishness of man today has increased enormously, his jealousy has also become too much. The third boon he asked God was, "Oh Lord! Fill my heart with love, so that I can share my love with all and devote my life to serve You and love You wholeheartedly. You are the embodiment of love; I should also become full of love like You."

*Poornamada Poornamidam,
Poornat Poornamudachyate,
Poornasya Poornamadaya,
Poornamevavashishyate.*

(Sanskrit Verse)



(That is full, this is full. When the full is taken out of the full, what remains is again the full.)

Jesus prayed thus: "Oh Lord! You are full. Make me also full like You, so that this full may join with That full and become one with It. This will enable me to impart fullness to those who lack it." Since God is the embodiment of fullness, it is imperative for us to offer our full love to Him. These were the three boons for which Jesus prayed to God.

Work, Worship and Wisdom are the Milestones of Man's Journey

When Jesus was born, three Arabian kings came to offer their salutations to him. On seeing this divine child, one of them said, "He will love God". The second king remarked, "God will love him." The third king said, "He is God Himself." That is why it is said, you are not one person but three – the one you think you are, the one others think you are and the one you really are. In the same way, Jesus first said, "I am the messenger of God." Then He said, "I am the son of God." Ultimately, he declared, "I and my Father are one." The one you think you are refers to the physical body. It is only with reference to the body that he said, "I am the messenger of God." The one others think what you are refers to the mind. What you really are refers to the Self and indicates the divine form of man. That is to say, man has three identities – physical, mental and spiritual. His spiritual identity indicates man's oneness with God.

In the same way, Hanuman said to Rama, "Oh Lord! At physical level, I am Your servant; at the mental level, I am a part of You; and at the Atmic level, You and I are one." Every human being should think in this manner. First, he should consider himself as a messenger of God and should take to the path of Karma or work to serve God. While doing work for

the Lord, he should wholeheartedly engage himself in actions which are good and noble. Thereafter, comes the path of worship. This is the path of spirituality. It includes serving, singing, chanting and penance. The path of knowledge which leads to wisdom is the ultimate path. The three W's denote Work, Worship and Wisdom. But wisdom should be man's ultimate goal.

The boy who spoke some time ago asked these questions: Where is God? What does God do? Even an ordinary person knows that God is present in all as Antaryami (indweller). But intellectuals these days are full of all sorts of doubts. Therefore, illiterate people today are better than so-called intellectuals. God is present everywhere like butter in milk. When a doubting Thomas asks, "Where is the butter in milk?", we can say, the butter is present in every particle, every drop of milk. But, how can it be seen? It can be seen when you follow the proper procedure. Make curd out of milk and churn it. Then the butter that is present in every part of the milk will come on its surface. Your heart is the vessel and love is the milk. Offering this love to God is the process of churning. When you do accordingly, God will become manifest before you. Butter was present in every particle of milk, but it could not be seen. When did it become visible? It became visible when we made effort and followed the proper procedure. Similarly, God is immanent in everything, but He will become manifest when we make proper efforts.

Divine Grace Depends upon the Capacity of your Heart

You may question: On whom does the look of God's grace fall? You have certain doubts as to where to look for it. You see an electric bulb.

There is light in it. In what direction does



its light fall? It falls on all sides. God's look is like the light of this bulb; it falls on everyone. He is seeing everyone in this hall. He is seeing those who are sleeping; He is seeing others who are not listening to Him because they are engaged in talking or absorbed in their own thoughts. People may be absorbed in many types of thoughts. But ultimately this light is their basic refuge. Once Ramakrishna Paramahansa was delivering a nice talk on a pleasant evening.

seat, went near her and slapped her hard on her cheek. All were surprised to see this and started thinking thus, "What is this foolishness? He is working on the job provided by her and serving as a priest in her temple, yet he has insulted her in this way amidst this assembly of so many people. Has he got a fit of madness?" Then Ramakrishna asked, "What have people sitting in this gathering come for? You should listen to what is being said with total dedication



The butter is present in every particle, every drop of milk. But, how can it be seen? It can be seen when you follow the proper procedure. Make curd out of milk and churn it. Then the butter that is present in every part of the milk will come on its surface. Your heart is the vessel and love is the milk. Offering this love to God is the process of churning. When you do accordingly, God will become manifest before you. Butter was present in every particle of milk, but it could not be seen. When did it become visible? It became visible when we made effort and followed the proper procedure. Similarly, God is immanent in everything, but He will become manifest when we make proper efforts.

Rani Rasmani was also sitting in this assembly of people. Ramakrishna Paramahansa was a priest in the temple built by her. He was giving an illuminating spiritual talk. Rani Rasmani was nodding her head as if she was listening very attentively. But Ramakrishna knew where her attention was. He got up from his

and put it into practice after listening it. But having come here, you are thinking about your tomorrow's court case while sitting in this assembly. If you want to think about your court case, you can sit in your house and do so. Then why have you come here?"

There is a great lesson in this saying of



Ramakrishna Paramahansa. Many people come to listen to talks on spiritual subjects and take part in such assemblies, but they do not know who said what because they are lost in their own thoughts. Such people should not take part in these spiritual congregations. If they take part in such congregations, they should listen to what is said there and make efforts to put it into practice. Ramakrishna Paramahansa taught this truth in a practical way during those days.

All Systems of Philosophy Lead to One God

Dharma is very sacred and illumines not only this Loka (world), but all the three Lokas known as Bhu, Bhuva, Suvaha represented in man by his body, mind and Atma. Dharma illumines the actions done by man at physical level, his thoughts which are the product of his mind and bliss radiated by his Atma. What is the nature of the bliss radiated by the Atma? *Nityanandam, Parama Sukhadam, Kevalam Jnanamurtim* (The Atma is the embodiment of eternal bliss, wisdom absolute). It is Dharma that imparts bliss at the physical, mental and Atmic levels to man. His body, mind and Atma shine by its effulgence. All these three are under God's control.

As has been said earlier, a good son is the light of his clan. Who is a good son? Good son means God son. Good is spelt as GOOD. There are two zeros between G and D. Zero denotes Jagat (world). If you take out one zero from the word 'Good', it becomes God. *Brahma Sathyam Jagan-mithya* (Brahman alone is real, the world is unreal). Hence, God son is good son. It means to say that a good son is one who is constantly engrossed in the contemplation and thoughts of God and whose actions and conduct are divine. The

prefix 'su' means good; so 'Suputra' means good son. A good son loves his parents, obeys their command always and makes them happy. He gives satisfaction to them by expressing gratitude to his parents who nourished him for so many years and brought him up. Not only that; he earns a good name in society. When does a son become great?

Just as a sandalwood tree spreads its fragrance all around in the forest, a virtuous son illumines the entire clan by his virtues. (Telugu Poem)

A sandalwood tree spreads fragrance in all directions even if it is in a big forest. In the same way, the entire clan gets a good name when a good son is born in it. Today, we distribute sweets as soon as a son is born in our family. When you ask someone, "Why are you distributing sweets?" he replies, "I am blessed with a son." But it is with the passage of time that you come to know what type of son has taken birth in your house. Mere birth of the son is not the occasion for celebration. When your son earns a good name in society, then is the occasion to celebrate.

The father does not feel the joy of having a son merely because the child is born. Only when people praise his son for his good deeds and achievements does the father feel joyful! (Telugu Poem)

When people say, "Aha! How good is your son!", then the father feels great happiness. In fact, this is divine bliss for the father. The son who earns the appreciation of one and all does illumine the entire clan. There are, in fact, three types of illuminations. In the house, a bulb lights only the room in which it is fixed. At night, the moon spreads its light everywhere, though its light is dim. But during the day, the sun illumines the whole world with its



bright light. The light of the bulb in the house signifies Swartha (selfishness). The light of the moon denotes Parartha (doing good to others). Only the sunlight connotes Yathartha (reality). That is truth. Truth is God. Hence, the sun is the true God on earth. That is why the Bharatiyas have been worshipping and venerating the sun, considering it the manifest God which sustains all life on earth.

The moon is the source of illumination in the night while it is the sun in the day. But for the three worlds, the source of illumination is Dharma. However, it is the good son who illumines the entire clan in which he is born. It is not the high education or big titles that make a son good. What makes him good is his conduct. A good son should have good behaviour, good manners, good discipline and good devotion. Good devotion is most important. All good things come to a person if he has good devotion.

There are three systems of philosophy, namely, Dvaita, Advaita and Visishtadvaita (dualism, non-dualism and qualified non-dualism). In Dvaita philosophy, there are two separate entities. But there is not much difference between Advaita and Visishtadvaita. Truth is one for all communities, religions, cultures and nations. *Ekameva Adviteeyam Brahma* (God is one without a second). The stem of sugarcane is divided by many knots. But the same juice is present in all its parts. There is no difference of taste in its different parts. Juice is extracted from sugarcane. This juice represents what we call Advaita. Sweetness is the same in every part of the sugarcane. There is no other taste. But, how long can we keep the sugarcane juice? We cannot keep it for a long time. Then what should we do? We should convert



Man has three identities – physical, mental and spiritual. His spiritual identity indicates man’s oneness with God. In the same way, Hanuman said to Rama, “Oh Lord! At physical level, I am Your servant; at the mental level, I am a part of You; and at the Atmic level You and I are one.” Every human being should think in this manner. First, he should consider himself as a messenger of God and should take to the path of Karma or work to serve God. While doing work for the Lord, he should wholeheartedly engage himself in actions which are good and noble. Thereafter, comes the path of worship. This is the path of spirituality.



the sugarcane juice into sugar. After being converted into sugar, it can be used in all preparations anywhere and at anytime. Hence, juice represents Advaita while sugar stands for Visishtadvaita. Sankaracharya propounded the system of Advaita and Ramanuja, the system of Visishtadvaita. Madhwacharya, however, propounded the theory of Dvaita (dualism). What did he say? He said, “Oh Lord! I neither want to become sugar nor sugarcane juice. Make me an ant so that I can enjoy the taste of sugar. Sugar does not know its own taste. Only those who eat sugar can know its taste. You are the embodiment of love. I do not want to become love. I want to be one who can experience Your love. You are Daiva (God) and I am Jiva (individual). Both should be different from each other so that Jiva can experience Daiva.” This is the system of Dvaita wherein there are two separate entities, Jiva and Daiva. When Jiva eats the sugar of

Daiva, thoroughly digests it and understands and experiences the sweetness of Divinity, then only can he become sugar, i.e., God Himself. *Brahmavid Brahmaiva Bhavathi* (the knower of Brahman becomes verily Brahman Himself). People waste their time in discussing the merits and demerits of Advaita, Dvaita and Visishtadvaita. In the final analysis, all the three are one. Sugarcane juice is Advaita, sugar is Visishtadvaita and tasting sugar is Dvaita. You can see yourself – sugar is the same in all sweets whether it is Mysorepak, Gulab Jamoon, Burfi or Palakova. Only the names of the sweets are different but the sweetness of sugar is the same in all. Similarly, there appears to be differences in the names and forms in this world. But the divinity is the same in everyone. *Ekatma Sarva Bhutantaratma* (one Atma dwells in all beings). God is present in everyone.

Bulbs are many but the same current flows through all of them. This current is the divine power. This divine power is present in you, Me and everyone. Then, where does the difference lie? Bulbs may be of different colours – blue, red, white. Some of them may be dim and others may be bright. But it does not denote any defect in the current. It shows only the difference in the bulbs. The capacity of your heart is responsible for the light to be dim or bright. This difference is due to the wattage. If you are always engaged in the contemplation of God, you can have the maximum wattage. You can change the bulbs and the wattage, but there is no need to change the current. If you want to make your heart bright, then develop love! develop love! develop love! Once you fill your heart with love, it will shine with full effulgence. The more you develop love, the more your heart becomes light and bright.

Here is a small example. This is a piece of wood. If you put it in fire, the wood will change into charcoal. When you touch the wood, your hands do not become dirty. But when you touch the charcoal, your hands will become dirty. What is to be done to make the charcoal white again? Innocent and ignorant people may wash it with soap to make it white. But when you apply soap on charcoal, even the soap will become black but the charcoal will not become white. You may even try to make it white by putting it into milk. The charcoal will not become white even then, only the milk will become black. What do we learn from this? How did it become charcoal? Why did it become so? It became charcoal when it came in contact with fire. Therefore, it should again be put into fire to make it white. When it completely gets burnt in fire, it will turn into white ash. When the piece of wood was half burnt, it became charcoal. But when it was completely burnt, it became bright and white. In the same way, if you have part-time devotion then you will become like charcoal. Only when you have full-time devotion can you become light and bright. Immerse yourself in love. Then the fire of your devotion will make you pure, light and bright.

Get Rid of Lust, Anger and Greed

A piece of wood when dropped will fall down. When the same wood is burnt and converted into ash, it will rise up. Hence, the lighter you become, the higher you rise. When you have more weight, you go down. Therefore, if you want to rise higher in life, you have to reduce the weight of your desires. *Less luggage, more comfort, makes travel a pleasure.* But it is not enough if you merely reduce your desires. You should also give up the evil qualities of attachment, hatred and jealousy.



There are three main enemies of man, namely, lust, anger and greed. Lust destroys devotion; anger destroys knowledge; and greed destroys the good actions of man. They also affect his work, worship and wisdom. When we are overpowered by anger, we lose our sense of discrimination. Anger creates many types of enmities. One who is in the grip of anger will lose his sense of discrimination as to what to speak, when to speak and where to speak. Hence, do not allow anger to come near you. Do not give room to greed at all. There may be cure even for cancer, but not for these three. Then how can you get rid of them? When you put them into the fire of divine love, they will turn into ash. Even hard iron can be melted by putting it into fire. When you can change hard iron into liquid, can't you change your evil qualities? The spiritual practices like Dhyana are of no use to destroy these evil qualities. Many people practise meditation. What type of meditation? Their meditation is just for a show. They sit as though they are posing for a photograph. They say, they are meditating. Sitting cross-legged with closed eyes cannot be called meditation. Mere practice of body postures does not give you the realisation of truth. Fill your heart with love. Then everything will become true.

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

(Sanskrit Verse)

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



As we develop and nourish love for God in us, peace, righteousness and non-violence will come to us on their own. One with love never indulges in unrighteousness and violence; he is always full of peace. Hence, love is verily the life principle of man. All the human values like Sathya, Dharma, Santhi and Ahimsa are immanent in Prema. Love propels man to turn towards God. Love is like the mariner's compass. Wherever you place the mariner's compass, its needle will always point towards north. In the same way, love will always direct man towards God. Love in man is the special grace which God bestows on him.



Practice is required in all walks of life. You should do it in such a way that it becomes a part of your life. You have to do walking practice, reading practice, writing practice and practice in all chores of life. This practice has to be done daily and regularly. Do not undertake evil practices. In fact, no effort is required for evil practices. If you push a stone with your foot from the top of a hill, it will come down. But it requires a lot of effort to carry a stone from the foot of a mountain to its top. Bad qualities can be acquired without any effort, but it requires a lot of effort and practice to cultivate good qualities. You all know when a loaded lorry or bus goes uphill, it cries 'gee, gee, gee'. Poor thing! Climbing up is very difficult. But it comes down a hill quite easily. We should not take to a path merely because it is easy. Always look up and follow higher path even if it



is difficult. Low aim is a crime. We should not commit such a crime. Look up. Always aim high. This is true Sadhana. Do not give scope to doubts like, "Is He God or not? How can we say He is God? Where does God live?" Those who entertain such doubts are, in fact, foolish. They are no doubt fools and fools only. God is present everywhere and in all. But you cannot see Him because of the evil qualities that are present in you. It is due to these evil qualities that everything appears evil to you. Everything will appear to you of the same colour as that of the glasses you have put on. God is immanent in all. In fact, you yourself are God. But you cannot see the God that is present in you. What is the reason? You have become the victim of selfishness which has fully blinded you.

Consider the Divine Name as your Greatest Wealth

It is very necessary for man to have proper food and proper habits. What type of habits should he have? Show reverence to your elders and treat them with humility and courtesy. Revere your teachers. Worship your parents and obey their command. How did Rama become so great and attain such an exalted position? He attained greatness because He obeyed the command of His father. Not only that, He was the friend and well-wisher of all. Moreover, He had great love for His brothers and interacted with His subjects in a peaceful manner. He wished the welfare of all His subjects and worked for it. Today we recite the prayer: *Samasta Lokah Sukhino Bhavantu* (May all the beings of all the worlds be happy!). But our real intent is that we alone should be happy; what happens to others is not our concern. This is no prayer at all. We should wholeheartedly pray for the welfare

of all. Why should we do that? We should do that because we are also included in all. Our welfare lies in the welfare of society. When all others attain peace and progress, we will also acquire the same. It is sheer selfishness to think that we alone should be happy; and what happens to others is not our concern. Selfishness is a great sin. Of course, you have to see to your self-interest to some extent. But never give room to limitless selfishness.

Develop love for God. There is no better spiritual practice than this. You may not do any other Sadhana; it is enough if you love God wholeheartedly. Mira also said: "*Payoji Maine Nam Ratan Dhana Payo*" (I have found the jewel of Divine Name). She considered the jewel of Divine Name as her greatest wealth. She sang, "*Vastu Amoulik Dee Mere Sadguru*" (My Sadguru has given me this precious thing). Who is a Sadguru? What is Sat? Sat is that which is permanent. That is God. Sat means being. When her husband told her to leave the temple, she became very worried. She thought, "How will I go leaving my Krishna here?" Immediately, she took a decision: "These are all temples constructed by man. They are not permanent. The temple constructed by God is my heart." Then she sang, *Chalore Mana Ganga Yamuna Teer* (Oh mind! Go to the bank of Ganga and Yamuna). "Oh mind! Go only there. Wherever else you go, there is no peace." The centre of forehead is the confluence of Ganga and Yamuna which represent the subtle channels, Ida and Pingala in man. Both Ganga and Yamuna meet there where lies the Sushumna Nadi (central subtle channel). How is the water of Ganga and Yamuna? *Ganga, Yamuna Nirmal Pani, Sheetal Hota Sareer. Chalore Mana Ganga Yamuna Teer* (The water of Ganga and



Yamuna is very cool and pure which will make one serene and peaceful. Therefore, oh mind! Go to the bank of Ganga and Yamuna).

We don't require any ticket to go to the bank of Ganga and Yamuna. Ganga is the right subtle channel and Yamuna, the left subtle channel. The process of inhalation and exhalation is associated with these. The meeting point of these two is the centre of the forehead (Bhrumadhya) where lies the Sushumna Nadi. When we breathe in and breathe out, we hear the sound, Sohumi (That I am). The science of Pranayama involves three processes – Puraka (inhalation), Kumbhaka (holding) and Rechaka

(exhalation). To fill the breath in is Puraka; to release the breath is Rechaka; holding the breath both in and out is Kumbhaka. But this is a practice at the physical level only. When you fill your heart completely with love for God, that love itself is enough to earn the grace and love of God. Therefore, develop the principle of love and attain God through love.

(Bhagavan brought His Discourse to a close with the Bhajan “*Govinda Gopala Prabhu Giridhari ...*”)

– From Bhagavan's Divine Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 18th June 1996.

... Continued from page 103

(Bhagavan sang the Bhajan, “*Prema Mudita Manase Kaho Rama Rama Ram ...*” and continued His Discourse.)

Treasure this name in your heart and meditate on it. Do meditation with love. Without love, there can be no meditation. Unify love with truth and righteousness to attain the state of permanent meditation. Then only will your love become permanent. Otherwise, you will have only temporary love, which you will forget sooner or later. Your love should remain permanent forever – day and night, night and day. That is true meditation. If you do not hold on to this state firmly, then hatred will enter your mind. Hatred has no place in spirituality. People think, to sit with closed eyes is meditation. But when you open your eyes, you see the entire world. In fact, nothing should be visible to you except God even with open eyes. All that you see is related to Nature. Let Nature be there, but you should not take

any notice of it. Only then will your meditation become steady. That is why, one who has a meditative mind will not talk much. Too much talk is very bad. Only those who have filled their mind with worldly thoughts talk too much. Therefore, avoid excessive talking. Maintain silence and be quiet. Talk only as much as it is necessary. If you talk more than what is necessary, it amounts to Adhika Prasangam (unwanted talk). This is not good. It is very essential for children to talk less. They should make their mind steady right from their early age. You study many textbooks in your class. But study of textbooks is not that important; what is important is to make the mind steady. Are you all happy? (Then everybody said, “Yes, Swami!”)

Be always happy, happy, happy.

– From Bhagavan's Sivarathri Discourse in Sai Kulwant Hall, Prasanthi Nilayam on 23rd February 2009.



NEWS FROM SAI CENTRES

SOUTH AFRICA

THE SATHYA SAI SCHOOL IN Cape Town started in January 2004 with 22 learners has a total enrolment of 97 learners in three grades at present. The racial demographics of the learners in the school are broadly representative of the corresponding demographics within the Cape area, with 74% of the learners being of African descent, 17% of Coloured descent and 9% of Indian descent. Thirty-three per cent of the students are from single-parent families and 19% are from homes where there is no income. Teachers and the parents were touched how the lives of many students were transformed by practising the teachings of Bhagavan Sri Sathya Sai Baba.

On 5th October 2008, an essay competition titled "The Teacher Who has Made a Difference in My Life" was organised in Cape Town by the Ministry of Education as part of the World Teachers' Day celebrations. Out of the thousands of competitors, 45 young stars were selected to speak. The presentation by Shaun Majikela, a second grade student of the Sathya Sai School in Cape Town, was chosen as the best presentation. During his talk, the student said, "My teacher has made a difference in my life because she taught the five human values: truth, right conduct, peace, love and non-violence. She taught me how to respect teachers and fellow students and not fight with my friends. This will help me to become a good priest some day." In her keynote address, the Minister of Education singled out Shaun Majikela's speech as memorable and worthy of emulation by others and stressed the

need for introduction of human values in the school curriculum.

LAOS

Sri Sathya Sai Organisation of Lao People's Democratic Republic (Lao PDR) organised a medical camp for the flood victims of Laos in the province of Khammouane on 18th and 19th October 2008. Four medical professionals and 20 volunteers provided loving service to 120 patients. Services included general health check-up and medicines for common ailments like diarrhoea and dysentery. Prior



Timely help was provided by the Sai Organisation to about 1,400 flood victims of four villages in the province of Khammouane, Laos.

to this medical camp, volunteers of the Sai Organisation provided disaster relief to the flood victims from 22nd to 24th August 2008. Eighty Sai volunteers served 1,400 needy people in four villages and one ethnic school. The volunteers distributed rice, blankets, mosquito nets, clothes, drinking water, detergents and soaps. They cooked food and served it to the villagers. The local newspaper, "The Vientiane Times", praised the timely help to flood victims.



Sri Sathya Sai Organisation has been conducting daily Sathya Sai Education in Human Values classes for the past three years in Lao PDR. Around 400 children attend two-hour-long daily classes organised at two centres in the capital city of Vientiane. Twelve Bal Vikas teachers including three Buddhist monks teach the children. The children and young adults attending the SSEHV classes actively participate in daily Bhajans and service activities. Parents are pleased to see the significant improvement in the behaviour of their children.

SULTANATE OF OMAN

A medical camp was conducted in Muscat, Oman on 14th November 2008. During the camp, free health services were provided to 150 patients by a team of 15 volunteers and four doctors. They conducted annual health check-up on the patients and performed blood tests for screening diabetes and other diseases. They also gave medicines and imparted health education to them. In addition, breakfast was served to all patients. Officials from the Ministry of Health visited the health camp and appreciated the free medical services provided to the sick and needy with love and compassion. For over ten years, free medical services are being offered in Muscat and the visiting patients lovingly refer to the medical camp as “Sai Baba Camp”. The medical camp is conducted every second Friday of the month.

SAUDI ARABIA

Bhagavan’s Birthday was celebrated in a large villa situated on the outskirts of Riyadh in Saudi Arabia on 20th November 2008. Over 200 people attended this event. The celebrations included a drama titled “A

Day in Puttaparthi” enacted by devotees and Bal Vikas children. The play depicted how a newcomer, a citizen of Riyadh, is transformed by attending Sai Bhajans in Riyadh. It began with how he was inspired by the discipline of the Sai devotees and finally how he experienced the Divine Love of Bhagavan when he made a visit to Puttaparthi.

PERU

During the last 16 months, Sri Sathya Sai Organisation of Peru has been continuously providing tonnes of food, clothes, personal hygiene items, school supplies, wooden houses, etc., in the towns of Pozuelo, Chinchabaja, Magdalena and Mariposa which were severely affected by an earthquake on 15th August 2007. Sri Sathya Sai Organisation conducted several workshops on self-management, making stuffed toys, preparation of soya products and healthcare. Education in Human Values (EHV) workshops were also held. The children and adults of these towns were inspired by the EHV workshops. Medical services were provided free of charge and free medicines were also provided to hundreds of people.

At the end of the day on 4th January, the Mayor of the district of Chinchabaja, Sri Emilio del Solar Salazar, praised the work of Sri Sathya Sai Organisation of Peru in his speech and presented the Medal of the City, in acknowledgement of the selfless service activities carried out by it in various towns of the region for the last 16 months. The medal inscribes the words “Medal of the City, District Municipality of Chinchabaja, presented to Sri Sathya Sai Trust of Peru.” Smt. Emilia Tapia, Principal of Pozuelos town also admired the services of Sri Sathya Sai Organisation.



THAILAND

On 20th December 2008, 15 Sai Youth and 11 children sang Christmas carols and distributed Christmas gifts to 111 children and teenagers of the Good Shepherd Sister's



Sai Youth of Thailand distributed Christmas gifts to the inmates of Good Shepherd Sister's Home orphanage on 20th December 2008.

Home orphanage near Bangkok. Following the food prayer, Prasadam was served to the children and teenagers. Supplies of rice, sugar, oil, milk and coffee were also given to the orphanage. On 26th December 2008, 17 Sai Youth organised a music programme in this orphanage, which was attended by 65 people.

A three-day Annual Sadhana Camp was held at Sathya Sai Foundation of Maesai, Thailand from 28th to 30th December 2008 which was attended by 105 people. The theme of the camp was "Reaction, Reflection and Resound". The camp started with an opening ceremony and a keynote address by the President of the Sathya Sai Foundation of Maesai and the National Chairman of Thailand. Then the Regional Central Coordinator spoke on the Message of Bhagavan on selfless service. The next speaker Dr. Art-ong Jumsai presented a scientific explanation of the

theme "Reaction, Reflection and Resound", using the example of global warming. The Education Wing of the Sai Organisation organised a workshop on the transformation of the children of Bal Vikas and SSEHV through noble thoughts, words and deeds. Everyone at the camp offered to Bhagavan in writing one good quality they would like to develop in the New Year 2009. On the third day of the camp, quilts, winter jackets, mats, mosquito nets, kitchen vessels and crockery, school uniforms, school and sports shoes and rice were distributed to 22 families which live in a remote village. This was the first time any service organisation had come to serve this remote region.

– Sri Sathya Sai World Foundation

BHARAT

Andhra Pradesh: Hyderabad district arranged "Prema Jyothi" pictorial exhibition depicting Bhagavan's childhood, His early travels, declarations, teachings, service projects in educational, medical and social fields, huge drinking water projects in different places, etc. The exhibition was inaugurated by the Andhra Pradesh Chief Minister on 5th February 2009 and it continued till 15th February 2009. More than 72,000 people witnessed this with great joy and wonder, enriching their knowledge about Bhagavan and His Mission.

Gujarat: Sai Youth and Seva Dal members of Bhavanagar Samithi have undertaken the work of cleaning Gangajaliya Lake by removing wild vegetation and plants from it. This vegetation is used to make fertilizers by farmers. This was widely appreciated by the media and authorities. Many NGOs have now come forward to help the Sai Organisation in this work.

Sai Youth of Valsad organised a mega general medical camp in village Paikked



which has been adopted by the Sai Organisation under Village Integrated Programme. Many reputed doctors served in this camp. The patients were also given necessary medicines free, and food was served to all on this occasion. Frequent medical camps are held in this village by Sai Youth, who also distribute blankets and food provisions to needy people from time to time. They have also repaired many dilapidated temples. All the activities are performed with the full cooperation of the villagers.

Haryana and Chandigarh: The Youth Wing of the Sai Organisation in the State conducted a number of medical camps, benefiting 8,725 patients. It also conducted seven blood donation camps, donating 739 units of blood. Panchkula youth also organised feeding of a large number of cattle with green fodder.

An awareness programme on human values for teachers was conducted at Panchkula, in which more than 700 teachers from 17 schools participated. Out of them, 70 teachers and two correspondents of local dailies opted to be master trainers. Moreover, these two correspondents opted for Seva activities of the Sai Organisation and thus were given scarves



An awareness programme on human values for youth was conducted by the Sai Organisation at Sirsa, in which 475 participants took part.

and badges. Another awareness programme on human values for youth was conducted in Sirsa, wherein 475 participants including students, lecturers, principals of colleges and local dignitaries took part.

Sai Organisation of the State is conducting 40 free coaching centres, benefiting a total of 1,725 students. During his tour of Haryana, the All India President of the Sai Organisations visited some rural free coaching centres and interacted with students and teachers. He also presided over the joint State Conference of Haryana, Chandigarh and Punjab, in which 776 delegates took part.

Tamil Nadu: Water-melon is the chief cash crop for the villagers in south India during summer season. Farmers have been sowing only local varieties of seeds which have no guaranteed yield. Sri Sathya Sai Organisation, Chennai Metro North District distributed about 11 kg of 495 and 2 kg of 786 high-yielding varieties of water-melon seeds to villagers to cover an area of 45 acres of leased land. Technical assistance was also provided to all the farmers about the ways of increasing the yield. As a result of sowing improved variety of seeds, the farmers were immensely benefited. One of the farmers of Serpedu village harvested a quantum of 20 tonnes in 2 acres of leased land which fetched him about one lakh rupees within 2 ½ months. Almost all the farmers received the same quantum of yield and remuneration. The bumper yield was due to sowing of certified high-yielding variety of seeds. Sai Youth chanted Sri Rudram at the time of distribution of seeds and at the time of field visits. The farmers were immensely thankful to our Beloved Bhagavan by whose grace they had a bumper harvest.



Mine and Thine

HERE LIVED A RICH MAN IN A village. Everybody in the village was afraid of him because of his high position and wealth. One day, the cattle belonging to this wealthy man and those of a poor farmer went for grazing in a hilly region. There, a bullock of the wealthy man and that of the poor farmer started fighting with each other. In this fight, the poor man's bullock killed the rich man's bullock. The poor farmer was fear-stricken. He was at his wits' end and did not know what punishment the rich man would give him when he came to know of this incident. Since the rich man was the head of the village, nobody dared to oppose him.

The poor farmer ran to the rich man's house, trembling with fear. Bowing before him, he saluted him with folded hands and said, "Sir, today something untoward has happened." "What is the matter?" asked the rich man. The poor farmer said, "Sir, I do not know how I can tell you this." He was so full of anxiety and confusion that he said, "Your bullock fought



Trembling with fear, the poor farmer did not know how he could inform the rich man that the latter's bullock had been killed by his bullock.

with my bullock and killed it." The rich man calmly said, "What can anybody do about it? Even human beings kill each other when they



"This is your mistake and you must be punished for that", shouted the rich man.

are blinded by ego. When human beings are behaving in such a manner, then there is no surprise if animals do that. Don't worry. You can go." Realising that he had spoken wrongly by mistake, the farmer said, "Sir, out of my fear and anxiety, I gave you wrong information. In fact, I should have said, my bullock killed your bullock." Burning with rage on hearing this, the wealthy man shouted, "How is it that you blindly left your cattle for grazing? What did you do when your bullock was killing my bullock? Shouldn't have you protected it? This is your mistake and you must be punished for that." Saying this, the rich man called his servant and ordered him, "Tie him to this pillar and give him a hundred lashes."

Man loses his sense of justice and fair play when he is filled with ego and attachment. The feelings of mine and thine divest man of his sense of discrimination.



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Sweetness of Sacrifice

Sacrifice is sweeter than enjoyment. Sacrifice should become the aim of our life. Only through sacrifice can one attain peace. Sorrows do not flee from us as long as the mind is not at peace with itself; agonies dwell forever within us. Without the tranquillity of the mind, any amount of wealth cannot be of any use. Surrendering the fruits of actions with a dispassionate mind is eligible to be termed sacrifice.

– *Baba*

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