



Sai Jewels

Regional Newsletter—August 2000

SRI SATHYA SAI ORGANIZATION,
REGION X

Brunei, Indonesia, Malaysia, Philippines, and Singapore



SAI JEWELS

REGIONAL NEWSLETTER

Sri Sathya Sai Organization, Region X: Brunei, Indonesia, Malaysia, Philippines, and Singapore

YEAR OF HUMAN VALUES

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Thought For the Month

Our mind is like the lens of a camera. If you want to get the picture of the people on the right side and you turn the camera to the left, how can you succeed? Our body is the camera, our mind is the lens, our heart is the photographic plate, our thought is the flash bulb, our buddhi or the intelligence is the switch. If you want peace and happiness imprinted on your heart, turn the lens towards the activities and things that can give them, without any mixture of sorrow and misery.

- Sri Sathya Sai Baba

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The Krishna Avatar

Karma - The Path Endearing to God

Lord Krishna has said that *Karma* (Action) is the root cause for both birth and death. Man is bound by action in his daily life. Right from birth to death, man spends his time in performing some activity or the other. The path of action is very endearing to God. In fact, He is the very embodiment of action. He is present in every activity. *Karma* is responsible for birth, sustenance and death of every being. It is the cause for both pleasure and pain. *Kaala* (Time) is very essential for every *Karma*. Without these two, man cannot live even for a moment. These two are inseparable and interrelated. Time is the link between the past, the present and the future. Multifarious activities take place in these three periods of time. What is Time? What is space? Here are two flowers. The distance between these two flowers is space. They were buds yesterday; today they have blossomed and will fade away tomorrow. A bud cannot become a flower instantly and the flower does not fade immediately. The change takes place gradually. That which is the root cause for this change is Time. This world is a combination of Time, Action and *Kaarana* (Cause).

Every action has a reaction

When you cut your finger with a knife, blood oozes out immediately. Here the reaction is instantaneous. There is no time gap whatsoever. On the other hand, the food we eat, takes at least two hours to be digested. A seed sown today, takes three to four days to sprout. Here the time gap between action and reaction is slightly higher as compared to the previous instances. On the other extreme, it takes years for a sapling to grow into a gigantic tree and yield fruits. Thus, the time gap between action and reaction may vary depending on the nature of action. But none can



escape the consequences of his or her actions. It is impossible to say when, how and where one will face the consequences of one's actions. Why should one pray, meditate, or engage in good actions when one is any way bound to face the consequences of one's actions? The benefits derived from prayer or good actions may not be visible to the naked eye. Yet they do accrue in the form of God's Grace. Here is a bottle of pills. The date of expiry mentioned on the bottle may be 1994. The bottle and its contents are intact even in the year 1999. This does not mean that the pills will be effective, if used today. The pills may exist, but do not have the power to relieve suffering, after the date of expiry. Like-

wise, the consequences of one's actions are inevitable, be it good or bad, but Divine Grace will mitigate the effects of evil actions. Mysterious are the ways of the Divine. It is indeed difficult to understand how, when and where God comes to the rescue of His devotees. Absolute faith in God is essential for Him to manifest. God acts after taking into consideration the three aspects of Time, Action and Cause.

Lord Krishna's life was His message

Every *Avatar* has two causes: prayers of devotees and atrocities of wicked people. Wickedness and devotion caused the Krishna *Avatar* to manifest. The Divine effulgence of the child illuminated the surroundings. From the moment of His birth, He was subject to troubles. But, whoever cherished the name of the Lord in the heart, was free from bondage. His father, Vasudeva was a prisoner. But, the moment His mother placed the infant on her husband's head, he became free. The fetters dropped away. He deposited the child in Yashoda's house, returned to the prison and became bound as before. This means that as long as Divine thoughts fill our minds, there

is no bondage. But when you give up the Lord, you get bound in every way. For Krishna, the *Avatarhood* was a Divine sport, a *leela*. **In every Avatar's life, the first 16 years are leelas, sports. From 16 to 35 years of age are miracles. From 35 to 75 years is the period of teaching. Every Avatar passes through these three stages.**

Will Power—Wisdom—Action

Man has been equipped with Will power (*iccha shakti*); the power to Know (*jnana shakti*) and the power to Act (*kriya shakti*). These three are interdependent. For example: You have a strong wish to drink coffee. But mere Will (*iccha*) cannot produce coffee. Next you use your *jnana* (Wisdom) to provide yourselves with a stove, water, sugar, milk and coffee powder. Your wish is still unrealized until you use your *kriya* (Action) to prepare the coffee and drink it. The *iccha shakti* wills to attain God. Mere wish is too weak to attain the goal. *Jnana shakti* advises you about the ways by which you can win; it lays before you various *sadhanas*. *Kriya shakti* takes these up and inspires you to act, to preserve and practice until you attain the objective. Unfortunately, 99 out of 100 men use only the Will; they stop with the wish; they do not pursue and attain the bliss that waits. The Will prompts you to earn a first class in the exam, but the Wisdom is ignored and the Action left undone. If a thousandth of that eagerness is shown in Action, in the exam the first class can be secured.

Many devotees ask Me, "Swami, I want happiness". Where is this happiness? Can you buy it in the market? No. It is very much in you. You are not able to experience it since you do not have faith in yourself. There is love in you, but you are diverting it towards the world, not towards God. Worldly love is like passing cloud. Develop the love that is unwavering. It neither comes nor goes, it is in you always. Have unflinching faith in its existence. Ask yourself, "Do I exist?" You get the reply, "Yes, I do exist." Have faith in your existence, "I am". That is true faith. You do not need to enquire into the nature of God or search for Him. Have total faith in Him.

Meditate on the Name and Form

At the time of *Krishnavatara* there were two sisters Radha and Radhika. Radha was constantly remembering the name of Krishna, while Radhika was engrossed in the physical form of Krishna. She was extremely depressed because of Krishna's absence away in Mathura. She gave up food and drink and said, "Krishna, I have been keeping your lotus form fresh with my tears. Now even my tear glands have gone dry. How can I now preserve your form in me? My heart, which is your gift, I am now returning to you. What else is there that I can offer at your feet? Accept my salutations and myself." She surrendered herself to Krishna. Radha saw this. She had thought that worshipping the Formless was superior to worship of the Form, but after seeing Radhika's ultimate self surrender, she constantly meditated on the Name and Form of Krishna. Such constant devotion is rare these days. People merely say, "Krishna, Krishna" as they go round or pass-by a temple. Of what value is such part-time devotion? You must strive to earn the great wealth of God's Love. God is omnipresent in all His attributes. Devotees today have some form of Divinity in their mind, but without or consistency they perform rituals mechanically.

There is no tax on Love

All your charity and worship are of no significance to the Lord. Show your charity and wealth to the income tax department. God needs only your love. You may face any amount of difficulty or hindrances. The Lord may Himself subject you to hardship. All is for one's good only. Do not grieve over any loss or exult when there is profit. Equanimity under loss or gain is true *Sadhana*. There are those who sit in meditation, but their minds are in the market or elsewhere. Is this *Dhyana*? The mind should be immersed in Krishna. Instead it is filled with desires (*Trishna*). What is needed is Krishna not *Trishna*. Krishna will fulfill all your *Trishnas*. Mere chanting of the names is not enough. Offer your love to God. Love is not

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Significance of Ganesha Worship



What is the meaning of the name *Ganapathi*? Where are the *Ganas*? The five organs of perception and the five organs of action are the *Ganas*. The mind is the master over these ten organs. The intellect is the discriminating faculty over the mind. The ten senses, the mind and the intellect together constitute the *Ganas*. In the word *Gana*, *Ga* stands for the intellect and *Na* stands for knowledge or wisdom. Hence, *Ganapathi* is the Lord of the intellect and higher knowledge; He dwells in every human being in the form of intellect and wisdom. He is also known as *Vinayaka* – one who has no master above Him; all-powerful and independent.

Why worship *Ganesha*?

In what form does *Ganesha* exist within a human being? It is in the form of the Atma. The Atma has no master. The mind is the master of the senses. The intellect, which is the master of the mind, is the very embodiment of wisdom or Awareness. This is Constant Integrated Awareness. It remains unchanged, neither growing nor diminishing. Students worship *Ganesha* for success in academic studies and for developing into good scholars. *Vidhya* or true knowledge (wisdom), is awareness of the power that animates every cell in one's being. It is through this awareness that man learns all about the meaning of events in one's life from birth to death. *Vidhya*, is 'a way of life'. Everything you do is part of *Vidhya*, a total awareness of life. It is for this kind of total knowledge that you should pray to *Ganesha*. It is not the acquisition of degrees but to know up to the last moment how to give up the ghost, that is *Vidhya*. The entire life of man should be considered as one continuous process of learning.

Inner significance of the elephant head

The elephant-head is a symbol of intelligence, discrimination and wisdom. The elephant is ever alert and conscious of its surroundings. The elephant's foot is larger than

any other animal. Its memory is strong and deep. It moves majestically through the densest jungles; its very passage blazes trail for other animals to go through. It is known for its fidelity and gratitude, it will never forget its master. It will sacrifice its life for its master. He is the Lord of Obstacles, causing them when needed and helping men to overcome them, when that boon will promote the well being of the supplicant.

Symbolism of the mouse

The mouse represents darkness, the symbol of ignorance. It moves about in the dark. It is also known for its strong sense of smell (*vasana*). Based on the smell emanating from an object, it finds its way to it. The inner significance is that people carry over these *vasanas* (inherited tendencies) from previous lives, which account for their actions in the present lives. They also signify desires. *Ganesha* signifies the triumph of wisdom over ignorance and of egolessness over desires.

Ganesha, once subjected himself to a test by which he could impart to the world this intelligence. *Shiva*, his father, invited His two sons, *Ganesha* and *Subrahmanya*, to go around the world and said that whoever completed the trip first would get a fruit immediately. *Subrahmanya* mounted his peacock and set out on the race with zest. *Ganesha*, who was cast in a big mould and had as his vehicle, a mouse, was apparently no match for his younger brother. He continued to enjoy what he was eating and seemed to be in no hurry to make a start. A little while later, seeing his brother approaching, he circumambulated his parents and sitting before them claimed that he had gone round the world. His mother asked him, "Without going round the world, how can you claim to have done so, merely

by going around us?" *Ganesha* replied, "Oh, mother, the whole earth is permeated by both of you. If I go around you, is it not equal to going around the whole world? You are omnipresent and to go around You is equivalent to circling the Universe." Shiva presented a fruit to him and said, "You have a keen intellect, and hence, you shall be the master of all the spirits." He is therefore called *Ganapathi*, the Lord of all the *Ganas* (the host of spirits). *Vinayaka*, the remover of all obstacles; has control over darkness; he is the one who dispels darkness and sheds light on the world. He drives away all sorrows, difficulties and miseries. He confers happiness and peace.

Offerings to *Vinayaka*

There is a mythological story which reveals how the practice of offering fresh green grass to *Ganesha* originated. Once, the story goes, Parvati and Shiva were playing the game of dice, with Nandhi (Shiva's vehicle - the bull), as the umpire. Although Shiva lost the game, Nandhi declared Him as the winner. Enraged at this unfair decision Parvati cursed Nandhi that he would be afflicted with an incurable disease. Nandhi, seeking Parvati's forgiveness explained that he gave the verdict because Shiva was his master and his duty as a servant was to serve him. Parvati relented and said that Nandhi would be freed from the curse if he offered to her son Ganesha what was most relished by Nandhi. Nandhi declared that what he loved most as a bull was fresh green grass. He would offer that to Ganesha. That was how the practice of including fresh green grass among the offerings made to Ganesha during festival occasions came into vogue. Ganesha accepts as offerings many things which men render useless and trivial. The edible offerings are totally free from oily substances. He is offered only items cooked through steam. According to the science of *Ayurveda* food cooked through steam is easily digested.

This festival is celebrated in the month when sesame and jaggery come to the market after harvest. The sesame seeds are powdered and mixed with rice flour and jaggery made into balls and cooked in steam, which are offered

to *Ganesha*. Jaggery is a cure for several ailments relating to phlegm and bile. The sesame seeds have the power to purify the arteries, cleanse the lungs and improve the vision. These balls of sesame and jaggery are thus noted for their medicinal properties for curing both external and internal ailments.

The Lord's family is an ideal one

The vehicles of Shiva (the bull), Parvati (the lion), *Ganesha* (the mouse) and Subrahmanya (the peacock) are in their natural state inimical to each other. But living in the presence of the Lord, they shed their enmity and live in peace. Harmony in the Divine family shows that where there is Divinity, there is peace and amity. Hatred and jealousy arise when the omnipresence of the Divine is forgotten. The *Vinayaka* principle in short, symbolizes health, bliss, peace wisdom, prosperity and many other things. If you want to lead a life free from obstacles, troubles and difficulties, then you must pray to him. He dwells in each one of you as your intellect and wisdom. He is worshipped for ten days, meaning that each day should be dedicated to acquiring control over one of the ten senses.

God is ready to offer anything you want. But you must be eligible to receive it, like a depositor who can withdraw money up to a certain amount in a deposit. The same rule applies to what one can receive from God. It depends on the size of his deposit with the Divine. Then the cheques of his prayer will be duly honored. To enable your prayers to reach God you have to affix the stamp of 'Faith' and 'Love'. If you have faith and love, your prayers will reach God regardless of distance.

- Compiled from SSS Vol. 17, 18 28 & 30.



In temples of Shiva, Nandhi is found in front of the deity. This means that, just as the Lingam is the sign of the Lord, Nandhi is the symbol of the individual. Just like the bull, man should turn away from the world and direct all his attention to God only. Through the sadhana of using its ears to listen about Shiva alone, the animality of the bull gets transformed into Divinity.

Inner Significance of Navaraathri Festival

Navaraathri means nine nights. Darkness is associated with night. What is this darkness? It is the darkness of ignorance. *Devi* signifies the unified forms of Durga, Lakshmi and Saraswathi. The three together represent *Shakti*.



Shakti is the energy that accounts for all the phenomena of Nature. The controller of that energy is the Lord. Nature is made up of the three qualities, *Satwic*, *Rajasic* and *Tamasic*. Saraswathi represents the *Satwic*, Lakshmi the *Rajasic* and Durga the *Tamasic*. As Nature is made up of these three qualities to get control over Nature, man has been offering worship to Durga, Lakshmi and Saraswathi.

The role of Nature in creative process

When spiritual power is predominant, the power of Nature is kept under control. When spiritual power is weak, the power of Nature becomes predominant. This is just like smoke and fire. When smoke is predominant, the fire is suppressed. When the fire is blazing, the smoke vanishes. Hence, to enhance the power of the Spirit and limit the power of Nature, man has to cultivate detachment. To acquire the grace of the Lord, man has to offer worship at the outset to Nature. On the one hand, you need human effort and on the other, you have to acquire the grace of the Divine. *Prakriti* (Nature) and *Paramatma* (the Omni-Self) are like the negative and positive poles in electricity. However powerful the Lord may be (as positive pole), there can be no creation without Nature (representing the negative pole). The basis for creation is Nature. For instance, however good the seeds you may have with you, without planting them in the ground you cannot reap the fruit. The role of Nature in the creative process is similar.

Adoration of Nature

This celebration is an occasion for revering Nature and considering how natural resources

can be used properly. Resources like water, air, power and minerals should be used properly and not misused or wasted. Economy in the use of every natural resource is vital. Pollution of the air has many evil consequences.

The inner significance of

Nagara Sankeerthan and *bhajans* is to fill the atmosphere with sacred vibrations and holy thoughts. We know how radio and television broadcasts are transmitted to all parts of the world by radio waves. If a *yantra* (machine) can achieve such a result, how much more power should be attributed to *mantra*? The power of the Divine name and form is all pervading. The electromagnetic waves in the atmosphere can preserve sounds and forms for all time. Regard your heart as a radio receiver. Your concentration is the tuning device. You will experience the Divine when you tune your heart properly.

When people worship *Durga*, *Lakshmi* and *Saraswathi* externally in pictures or icons, they are giving physical forms to the subtle potencies within them. They represent the three kinds of potencies, *Ichcha Shakti* (Will power), *Kriya Shakti* (power of Action) and *Jnana Shakti* (power of Discrimination). *Durga* is present in the form of dynamism, the power of Action, which is indicated by the *body* that is material. *Lakshmi* is manifest in the form of Will power, indicated by the *mind*. The power that activates the inert body and makes it vibrant is the Will power. The power that induces the vibrations of Will power is the power of *Discrimination* (symbolized by *Saraswathi*), which in turn causes radiation of energy. These three potencies are represented by the *mantra*, “Om *Bhur Bhuvah Suvah*.” *Bhur* represents the Earth, *Bhuvah* the Life force (also meaning the conscience in man). *Suvah* represents the power of Radiation. Saraswathi is regarded as the Goddess of Speech; Lakshmi is the em-

bodiment of Life force and Durga is the embodiment of physical energy. These three in their unified expression represent the *Atmic* principle.

The need to develop Will power

Will power arises from thoughts. This is the source of several other potencies like intellectual power, discriminating capacity and others. To develop this Will power, one has to worship Devi. This calls for the cultivation of renunciation or detachment. This is described as *Vairagya* (renouncing all attachments). *Vairagya* is not abandonment of hearth and home and retiring to a forest. It means developing Godly thoughts and reducing worldly feelings. It is when this balanced development takes place that one acquires control over the power of Nature. Then, the mental power in a person increases. *Durga* represents the *Will power* and *Lakshmi* represents the *Thought power*. *Saraswathi* represents, the *power of Speech*. It is to acquire these three powers that the various forms of worship are performed. But prayers alone are not enough. Prayers issue from the lips. They should emanate from the heart. The heart symbolizes the Ocean of Milk. Lakshmi emerged from the ocean of Milk. When Lakshmi emerges, purity of Speech follows.

Significance of The Worship

The worship has been divided into three parts: the first three days being dedicated to the worship of Durga, the next three days to the worship of Lakshmi and the last three days to the worship of Saraswathi. The worship there should be done with a steady mind and body. Only then concentration can be achieved. Durga represents purity in action. The heart represents Lakshmi, who is the embodiment of all prosperity. The mouth represents Saraswathi. Hence, the triple purity of thought, word and deed can be achieved. The tenth day of the festival is celebrated as the Day of Victory and is called *Vijayadashami*. The celebration has its roots deep in ancient history. In the *Dwapara yuga*, when the Pandavas had to spend one year incognito, they hid all their weapons, on the advice of

Krishna, in a Jammi tree which is thick in foliage and whose branches are filled with latent fire. *Vijayadashami* was the day on which they retrieved the weapons from the tree and used them to win victory over the Kauravas. Earlier, in the *Treta yuga*, Rama's coronation, after his victorious return to Ayodhya from Lanka, was performed on *Vijayadashami* day.

Meaning of offering Kumkum

During these nine days, the deities are worshipped with kumkum (sacred red powder) to eradicate ones demonic tendencies. The red powder is a symbol of blood. The meaning of this worship is offering one's blood to the Lord and receiving in return the gift of peace from the Lord.

Divine potencies of the Goddesses

This is not a festival for worshipping the consorts of Vishnu, Shiva and Brahma. These Goddesses symbolize Divine potencies. All these potencies are derived from Vishnu. The entire cosmos is a manifestation of the myriad forms of Vishnu. There is oneness underlying the different forms. All beings breathe the same air as their life-breath. Likewise all the five basic elements are common to all. But in the Supreme Principle, the Divine, these do not exist. The elements are mortal. The Divine is immortal. To proceed from the mortal to the immortal the easiest means is the cultivation of Divine Love.

This festival has another significance. It is intended to secure victory over the *Navagrahas* (nine planets). There are nine planets according to astrology. The human body has nine openings. Mankind is dependent on the planets. The prayers performed are intended to get rid of worldly attachments and divert the mind towards God. Durga represents Mother Nature. To overcome the demonic qualities arising out of the influence of Nature, the power of Nature has to be invoked. This is the meaning of the worship of Durga. Nature is the protector as well as the chastiser. Lakshmi represents the protecting aspect of Nature. When Durga has destroyed

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Shirdi Sai Saga

Shirdi Sai Baba was born on September 27, 1838. Hence, the first day of *Navaraathri* has a special significance. Though born in a poor Brahmin family, he was left by his parents, found by a fakir, who then handed him over to one Gopal Rao Deshmukh also called as Venkusa. The boy grew up in Venkusa's home, but went on to Shirdi in 1854. He was 16 years old at that time. Villagers from near by places came to him to get relief for their ailments. Sitting under the *neem* tree, He would take out some leaves, crush them and give them to ailing persons as a medicine. He suddenly disappeared from Shirdi and reappeared in 1858. During His lifetime, He taught many sacred things to the people and performed many remarkable deeds. Many devotees worshipped him.

“No one comes for My sake” - Baba

“In my previous body (as Shirdi Sai) everyone was taught through actions. Two devotees, Dhamu and Nana were rendering service to Shirdi Baba. Baba collected a few copper coins and was playing with them, tossing them from one hand to another, testing them and examining them individually. He did not exchange a word. Nana asked him why He was scrutinizing the same coins again and again. Baba replied, "Dear Son, it is true I am repeating the same action again

and again, repeating the same words. Look at that mango tree in front of you, in full bloom. The leaves are hardly visible. If all the flowers in the tree were to become fruits, will the branches be able to bear the weight? It does not happen that way. Most of the flowers are swept away by the wind. Many others drop of their own accord. Some of them become fruits. Only some of these fruits are eaten by squirrels, birds or monkeys. In this way ninety percent of the flowers do not result in

fruits. Only ten percent remain in the tree. Is it not so?" Baba continued, "In the same manner thousands of devotees are coming to me. Are they all ripening into good devotees? Many drop away in the middle. Some come for getting their desires fulfilled. Some seek wealth. Many are coming either for study, jobs, marriage or other personal desires. No one comes for My sake. I have a precious thing to offer in my coffers. But no one seeks it. It is for this reason that I am examining the coins. Among these some are worn out, some are debased and some are twisted and worthless."

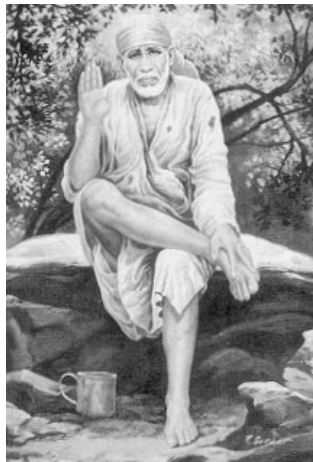
“Just as I am examining the defects in these coins, I am also looking for the defects among the devotees. Can they really comprehend My Truth? How can they attain Me with this attitude? How can you reach your destination if you get into a wrong train going in

some other direction? They want Me, but don't make efforts for realizing Me. It is only one in a thousand who really makes the efforts to realize Me. If their desires are fulfilled, they praise Me, if not, they even revile Me. They harbor doubts from head to foot. Some even leave Me. How can they reach Me?, said Baba.”

Last days of Shirdi Baba

On September 28, 1918, Baba developed high temperature. Two days earlier he had collected food by seeking alms. He

took that food and at noon, He expressed His wish to his devotees that he should be taken to Booty ward. He hoped to have a quiet time there. He directed Booty and Kakaji to go and take their lunch. Feeling that Baba was better, they went out. Baba had nine rupee coins under His pillow. He took them out and gave them to Lakshmibai. Then Baba summoned Shyam to come near Him. Shyam sat close to Baba. Baba reclined on his shoulders and passed away.



To one who sought His grace with purity of heart and selfless devotion, Baba conferred His grace abundantly. Mataji Krishna Priya was one such devotee. She used to worship Krishna and considered Baba also as another form of Krishna. Once she went to Simla. She was offering worship with unstinted devotion to Krishna considering Him as Baba. She came to know that Baba had left his mortal coil at 2.30 p.m. on *Vijayadashami* day on October 15 1918.

Baba reappears in Simla

Krishna Priya felt very sad the whole day. The next day, while she was resting, a tall and well-built monk arrived next door and enquired about Mataji's house. He made the enquiry only to make others know that he was physically present in Simla. The neighbor sent a servant with an umbrella as it was snowing, to show the stranger Mataji's house. He knocked at the door. Mataji opened the door and could not believe her eyes. She wondered how Baba, who had passed away the previous day, could come to Simla. She asked: "How did you manage to come so soon? It takes at least three days to come from, Shirdi to Simla." Baba said: "Dear daughter, I am everywhere. You have worshipped Me in the form of Krishna. Is this all that you know about Me? I am feeling the cold. First get Me some hot tea." She prepared tea and offered it to Baba. After taking the tea, Baba said that He was hungry after His long journey. She brought Him some *chapatis* (Indian bread) and brinjal curry which Baba used to like very much. After taking the food Baba washed and wiped His hands. He then told her: "The purpose for which I came is over and I am going away." He gave her a jasmine garland, which was placed by her on the idol of Krishna. (While bhajans were going on, the same garland dropped on the picture of Baba and then moved to the figure of Krishna. The next morning, it was found on the *Samadhi* of Baba in the *Booty Mandir*!)

She watched Him as He went out. As Baba was walking along, some workmen were engaged in some roadwork. Noticing that Baba

had fallen down from the road, they ran to rescue Him. But they could find nobody there. Baba had just disappeared. Before taking leave, Baba whispered in her ears: "See me in 1926." She did not know where to see Him, how to see Him. When I went to Simla about 15 years ago, Krishna Priya came to see Me. She was shivering on account of age and the cold weather. She asked: "Baba, have you forgotten the promise you made to Me long ago?" I told her: "It is you who has forgotten, not I. I never forget what I promised."

Message of Shirdi Baba

These are some aspects of the Shirdi manifestation. In those days there were bitter differences among Hindus and Muslims. Baba wanted to show through His miracles that He is the Supreme master and has no differences of caste or community. His religion is common to all, good for everyone. Spiritual wisdom will blossom only when there is dedicated devotion. When there is such yearning for God, the heart melts. God is moved by such firm devotion.

Do not give room to doubts that arise on account of the food that consume, the company you keep or the environment that you live. Do not pray to God for changing your mind. It is your duty to change your mind. If you expect Baba to do everything, what is it you are doing? Do your sadhana and go ahead. God's help will come when you do your part. Do your duty and leave the results to God. Praying to God to do this or that is a sign of weakness. If you have full faith in God, your mind is bound to change. Baba's role is not to change your minds, but to redeem you from the consequences of your actions. Get rid of the blemishes in you, strengthen your devotion and make it firm and unshakable. Then you will earn God's grace.

- Condensed from SSS Vol. 25



The three Sai's are Shirdi Sai; Sathya Sai and Prema Sai. The bodies are different, but the Divinity is one. The first advent was to reveal Divinity. The second is to awaken the Divinity. The next is for propagating Divinity.

Light the Lamp of Wisdom



Deepavali teaches a sacred meaning to humanity. No other element in this world is as significant as light. Light shows us the way by dispelling darkness. It is because of light that man is able to attend to his daily duties.

Light Signifies Divinity

The flame of a lamp has two significant qualities. One is to banish darkness; the other is a continuous upward movement. Even if a lamp is kept in a pit, the flame is directed upwards the light of the flame denotes the path of wisdom and Divinity. However, the external light can dispel only the external darkness, not the darkness of ignorance in man.

When Hanuman set Lanka ablaze though there was light all around, Ravana's heart was filled with darkness. Ravana was no ordinary person; he belonged to the lineage of Brahma. He was the brother of Kubera, the God of wealth. He had a brother, Kumbhakarna, who was very powerful. He had a son by the name Indrajit, who conquered the mighty Indra the king of Gods. He was the master of four Vedas and six Shastras. Such a powerful and highly educated Ravana could not get rid of the darkness of ignorance. Ignorance is the cause of birth and death. One with wisdom has neither birth nor death.

If you want to light a lamp, you need a container. You have to fill it with oil and place a wick in it. You need a matchbox to light the wick. Only when you have all the four, you can light the lamp. This lamp dispels darkness. Similarly, to dispel the darkness of ignorance, you need to have renunciation as container; love as oil; one-pointed concentration as wick and spiritual wisdom as matchbox. You must have all these four before you can light the lamp of wisdom.

Why we celebrate Deepavali

The capital of the kingdom ruled by the king Narakasura was known as 'Pragiyotishapuram' meaning 'the city whose inhabitants have forgotten the Eternal light.' Narakasura committed many sins in his life. He impris-

oned thousands of women and tortured them. They were the sixteen thousand Gopikas. They could neither live nor die. Such was their pitiable condition. He led a life full of darkness of ignorance. God does not like to kill the wicked Himself. So, Krishna devised a master plan to kill him. As Narakasura was very strong both physically and mentally, Krishna decided to weaken him gradually by subjecting him to fits of anger. The *modus operandi* was to provoke him and when he would come in a chasing fit of anger, Krishna would withdraw. Anger is the main cause for man to lose his physical and mental powers. If one gets angry, one loses the energy obtained from the food partaken over a period of three months. When he lost all his strength due to his anger, Krishna made Sathyabhama kill him. God has His own master plan for everything because He is the master of everything. After Narakasura was killed, all those who suffered under him were overjoyed. Having led a life of darkness till then, both internally and externally, they celebrated the occasion by lighting lamps.

Significance of Lighting Lamps

There is significance in lighting lamps. The flame of one lamp can light the whole array of lamps. That one lamp symbolizes the *Param Jyothi* (supreme effulgence). The others symbolize the *Jeevan Jyothis* (light in individual selves). Deepavali is celebrated in order to teach this truth to the world. People celebrate by bursting firecrackers signifying the victory of good over evil. Every festival, people have a sacred bath early in the morning, wear new clothes, keep their houses and surroundings clean, meaning that internal and external cleanliness is important. Water helps to keep your body clean, but love helps to keep your heart clean.

(Continued on page 16)



SATWIC

Chickpeas and Green Mongo Patties

*1 cup chickpeas soaked
1 cup sprouted green mungo
1 potato boiled and mashed
1 ¼ tsp. grated raw mango
2 onions chopped
2 green chilies chopped
2 tsp. chopped coriander leaves (wansoy)
salt to taste
oil for frying
1 tsp. garam masala (mixed spice) powder
coconut gratings for garnishing*

Grind chickpeas and sprouted mungo separately to a coarse paste with very little water. Mix both the pastes, mashed potato, raw mango and salt.

Heat one-teaspoon oil in a frying pan and fry the mixture till it leaves the sides of the pan. Remove from heat and cool it for sometime.

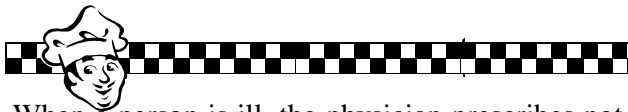
When cold, add onion, green chilies, coriander leaves and mixed spice powder. Mix well and roll into ten balls. Flatten the balls between the palm and shallow fry in a non-stick pan till brown on both sides. Serve hot garnished with grated coconut and coriander leaves.

Neapolitan Pasta

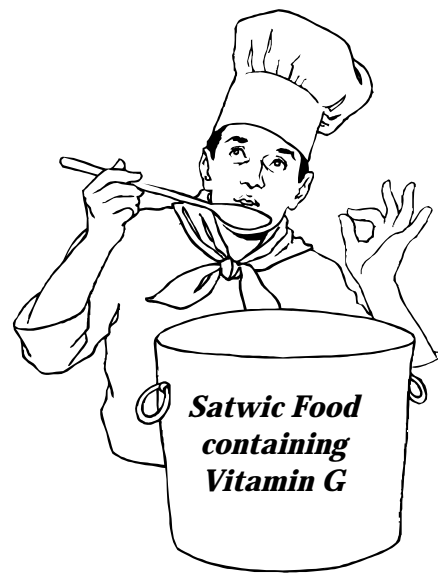
*2 cups pasta shapes
1 tbsp. olive oil
2 garlic cloves, crushed
1 onion, chopped
1 celery stick
1 carrot, finely chopped
4 tomatoes, skinned and chopped
1 tbsp. tomato puree
½ tsp. dried oregano
1 tbsp. chopped basil
Salt and freshly ground black pepper*

Black olives

Cook the pasta in boiling salted water with one-tablespoon oil. Drain and keep aside. Meanwhile heat the oil and fry the garlic and onion for some time. Add carrot and celery and fry for some more time. Stir in the tomatoes, tomato puree and herbs. Add the drained pasta and toss over gentle heat. Season with salt and pepper. Garnish with black olives before serving.



When a person is ill, the physician prescribes not only medicine but also a strict dietary regimen. For the disease of hunger, food is the medicine. When food is taken, the disease of hunger disappears. You think taking food is an enjoyment, but really it is a medicine. Thirst is also a disease. When you take some cool water, the disease is cured. Similarly for the disease of the six enemies of man—anger, envy, jealousy, egoism, hate and greed—the medicine of spiritual practices with the regimen of discipline are prescribed.

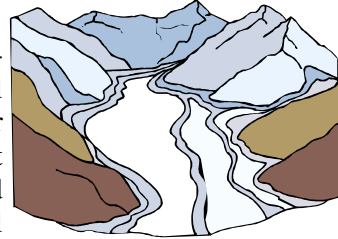


Study Act Inspire YOUTH Page



Work for Work's Sake

There was a quarrel between a pond and a river. The pond addressed the river thus: "O river! You are very foolish to give all your water and all your wealth to the ocean; do not squander your water and wealth on the ocean. The ocean is ungrateful, it does not need it. If you go on pouring into the ocean all your accumulated treasures, the ocean will remain as salty as it is today, the ocean will remain as bitter as it is today, the brine of the sea will not be altered.



"Do not throw pearls before the swine. Keep all your treasures with you." This was worldly wisdom. Here was the river told to consider the end, to care for the result and regard the consequences.

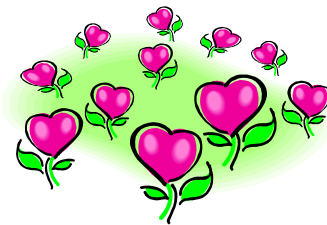
But the river was a learned one. After hearing this worldly wisdom, the river replied, "No, the consequence and the result are nothing to me; failure and success are nothing to me; I must work because I love work; I must work for its own sake. To work is my aim; to keep in activity is my life. My Soul, my real *Atman* is energy itself. I must work." The river went on working, the river went on pouring into the ocean millions upon millions of gallons of water.

The miserly economic pond became dry in three-four months; it became putrid, stagnant, full of festering filth but the river remained fresh and pure, its perennial springs did not dry up. Silently and slowly was water taken from the surface of the ocean to replenish the fountain heads of the river; monsoons and trade winds invisibly, silently and slowly carried water from the ocean and kept the river source fresh for ever.

- From *Tattvaloka*, March 2000

A Lesson for the King

A king went into a forest on a hunting expedition. In the hot chase the king became separated from his companions. Under the scorching rays of the burning sun, he felt very thirsty. He found in the woods a small garden. He went into the garden, but being in a sportsman's garb, the gardener could not recognize him. The king asked the gardener to bring him something to drink. The gardener took some pomegranates, squeezed out the juice and brought a big cup of it. The king gulped it down but it did not quench his thirst. The king asked him to bring another cup.



The king began to reflect: "This garden seems to be very rich; in a few minutes the man could bring me a large cup full of the fresh juice; a heavy tax ought to be levied on the owner of such a flourishing place." When the gardener did not appear for long, the king began to wonder. "How is it that when I first asked him to bring me something to drink, it took only a few minutes, and now he has been away for about an hour. Is the cup not full yet?"

After one hour the cup was brought to the king, but it was not brimful. The king asked why the cup was somewhat empty, whereas he had filled the cup so soon at first. The gardener, who was actually a saint replied, "Our king had very good intentions when I went out to bring you the

(Continued on page 16)

CHILDREN'S CORNER

Love gives and gives

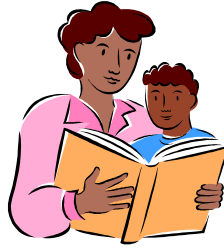
Rama was getting ready to go on exile to the forest. Before leaving for the forest, he wanted to give away all his jewels and other possessions to the poor. He was distributing them with joy. Just then, an aged man came all the way on foot from a very long distance just to have a glimpse of Rama. He thought, "I do not know whether I will live for long and I hear Rama is going to be in the forest for fourteen years, I must see him at once."

When the old man approached Rama, he was distributing cows and furniture. The old man was thrilled at the sight of Rama and exclaimed, "What an embodiment of sacrifice is the Lord! He is sure to attain immortality. Immortality can be achieved not through progeny, wealth or good deed but only through sacrifice. You are indeed the very embodiment of Dharma (righteousness)."

Seeing the aged man, Rama beckoned him to come near him. He asked him, "O noble man, what has brought you here?" The old man replied, "Swami, I am advanced in years. I heard that you are leaving for the forest and will return only after fourteen years. I may not live that long. I have come to gaze upon your face for once and experience your love for a brief moment, touch your sacred feet and not have any other desire. What can old man like me desire when he finds it difficult even to live. My only desire is to see you, speak to you, and touch you". "What are you going to gain by these three desires?", asked Rama.

The old man replied, "Swami, Man is haunted by sin, consequences of his deeds and sorrow. To get rid of these, I need *darshan* of you. *Darshan* of the Lord destroys all sins. I desire to touch your sacred feet be-

cause touch of the Lord redeems one of *Karmic* bonds, and I wish to talk to you since conversing with you, will make me forget all my sorrows." Rama was deeply touched and pleased with the words of the aged man. He embraced him. Rama asked him, "Does this give you joy?" Tears streaming down his cheeks, the old man replied, "Swami, just now I feel as though I am in Heaven. Give me some alms, my Lord, I shall take leave of you and return to my place."



The end of Education is Character

- Sri Sathya Sai Baba

Rama said "Son, When you have offered me your love, should I not offer my love to you. You should accept something from me."

Seeing a stick in the hands of the old man, Rama said, "You have now become strong enough through my touch, and will be able to walk without the aid of the stick. Cast your stick as far as your strength permits. All that lies within the area covered by your stick, cows and wealth shall be yours.

The old man could realize that he had indeed become strong and that the senility had disappeared because he had touched the sacred feet of Rama and even embraced him. He thought he should obey Rama's command. He said to himself, "I do not have any desire, yet my only desire is to obey Rama, otherwise my life will be meaningless." He hurled the stick with all his strength, and, the stick traversed the banks of the river Saraya and returned to the place where Rama stood. Several mansions, buildings and cattle were within the area covered by the stick. All these had to be given as a gift to the old man. He said to Rama, "O Lord, why are you burdening me with so many possessions. I came only to have a vision of you." Rama replied, "O noble man, this is the fruit of your good deeds

in your previous life and not just a reward earned now in this life. So many people have come to see me from afar having heard that I would be leaving for the forest. But it is your wish that touched me. But for the laws of the Kingdom, I would have gifted the entire kingdom to you.” Rama gave away all that was covered by the stick to the old man as promised.

This was a glorious example set by God to all the people. The prince of Ayodhya, Rama even when he was about to leave for the forest and when the entire kingdom was plunged in grief, he smilingly and lovingly gave away all his possessions – **a glorious example of supreme sacrifice, detachment and equanimity.**

- Taken from Chinna Katha Part II



(Continued from page 5)

yours. In fact, it is God's. Surrender to God what is His. When you offer all your love to God, He will look after all your needs. This is true devotion. Human life attains true meaning only then.

- Summer Showers in Brindavan, 1995

(Continued from page 9)

the demonic qualities, Lakshmi purifies the mind. Then there is the purity of speech represented by Saraswathi. The worship of Durga, Lakshmi and Saraswathi is thus undertaken to get rid of the impurities in the mind and purify one's thoughts, words and deeds.

- Compiled from Divine discourses during Navaraathri celebrations in '92 and '94. (S.S.S.Vol.25 & Vol.27).

(Continued from page 12)

Travel into your heart

Only through effort man can achieve anything. Even a small ant, travels miles together if it makes an effort, but a bird cannot move even an inch if it does not make an effort. Man is taking to space travel with the help of machine (*Yantra*). *Mantra* is important, not the *Yantra*. *Yantra* may fail, but not the *Mantra*. *Yantra*, *Mantra* and *Tantra*, all the three are latent in human beings. We are repeating the *mantra* 'Soham' 21,600 times a day. 'Soham' means I am God. There is no better *mantra* than this. Human body is the *Yantra*. Who is responsible for making the heartbeat? Who is responsible for the digestion and circulation of blood in the body? The eye that is not even an inch in size is able to see the stars, which are millions of miles away. The eardrum, which is so small, is able to receive sounds from far off distances. Television and telephone are within the body. Having been endowed with such a powerful *Yantra* the body, the sacred *Mantra*, *Soham* and the *Tantra*, the heart, it is a shame if we do not work for the redemption of our life.

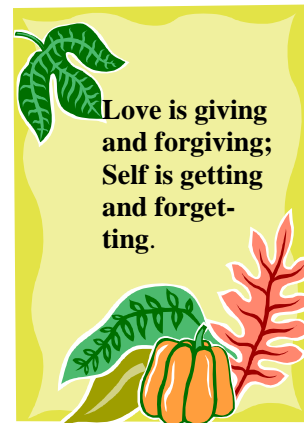
- Sathya Sai Speaks, Vol. 15 & Vol. 28



(Continued from page 14)

first cup of pomegranate juice but when I went out to bring you the second cup, our king's kind, benevolent nature must have changed. I can give no other explanation for such a sudden change in the rich nature of my pomegranates."

The king reflected within himself, and lo, the statement was perfectly right. When the king had first stepped into the garden, he was very charitably disposed to, and full of love for the people there, thinking they were poor and needed help. But when the old man brought him one cup of juice in so short a time, the king's mind changed. The falling out of tune with Nature on the king's part affected the pomegranates. That moment the king violated



Five Elements—Five Resources—Five Human Values

This article comprises three parts. In the first part, '**Commerce and Ethics**', Dr. K. E. Seetharam, attempts to highlight the importance of Ethics (exemplified by the five human values) in Commerce. To illustrate this, the author presents a model of the five layers of Commerce corresponding to the five human values, the five elements, and the five basic resources. The second part deals with '**becoming embodiments of Love**'. The last part explains the '**equation of creation**'. (Author's Disclaimer: These are my personal reflections—greater insights with Divine Guidance are needed

to fully understand and explain the depth of things that are much larger than us.)

Commerce and Ethics

*Politics without Principles,
Business without Morality,
Commerce without Ethics,
knowledge without wisdom, and*



Education without Character

Are not only useless, but also potential dangerous.

Limitations of “Commerce”

‘Satisfaction of needs’ is the objective of commerce. The ‘business’ of commerce aims to inflate consumption – this is regarded as economic growth in the modern world. Why do we need to inflate our consumption for increasing our happiness? Success in business is measured in terms of “profit”. Why do they have to maximize profits to achieve success? What is profit really, if one person’s profit is always a loss to another? Competition is supposed to ensure proper pricing (that is lower the prices), but then how would profits increase for all people? All models in modern economics cannot explain how happiness (in terms of profits) can be shared equally by all people and how the level of happiness can be sustained if not increased! Swami stresses the importance of morality in business and Ethics in Commerce.

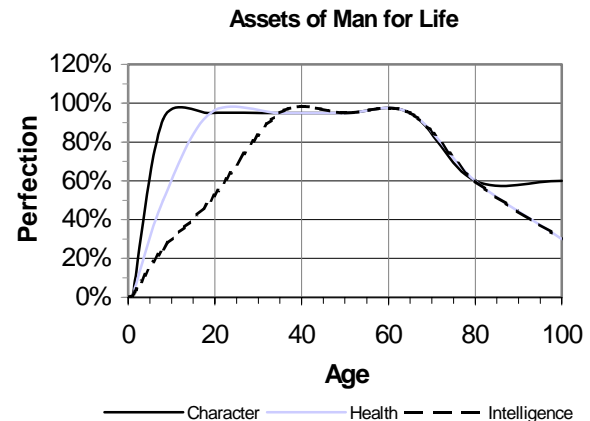
What is Ethics?

In simple terms, Ethics is “**Be, Do, Tell**”. It is the practice of the Five Human Values. This can be achieved by practicing the nine-point code of conduct prescribed by Swami for

Sathya Sai devotees. Swami emphasizes on Ethics, because individual transformation is the most important. As He says, “Change yourself before you desire to change the world”. He guides us to become embodiments of good “Character” and “Human Values”.

Importance of Character

God has given human beings many assets, of which, Health, Character, and Intelligence are the most important. After many decades of research, scientists now conclude that human beings reach perfection in physical health at age 20 and reach the peak of their intellectual



Box 1: Correspondence of Resources with Five Elements and Human Values

Basic Resources	Unique Character	Elements	Representation	Unique expression	Human Values
Love	Exchange	Space	Light, Vibration,	sound	Love
Time	Replenish	Wind	Air bubbles, movement,	touch	Love as Thought -Truth
Knowledge	Storage	Fire / Sun	Energy, Action,	shape	Love in Action - Right Conduct
Wealth	Trade	Water	Resources, minerals,	Taste	Love as Feeling – Peace
Food	Satiation	Earth	Land, All living beings,	smell	Love as Understanding – Non-violence

abilities at age 35. They considered character as a personal matter. Modern societies have spent enormous amounts of money in medical research and education to find ways to achieve perfection in health, and intelligence at an early age and sustain the perfection until old age. But, they are faced with so many problems. These societies spend the maximum amount of money per capita in health care, especially for psychological disorders! Baba says that character is the basic asset, which has to be perfected first, by the age of eight (see graph). Both health and intellect cannot be perfected without good character. If character is lost everything is lost!

Five basic Resources

Every human being is endowed with five basic resources: **food, wealth, knowledge, time, and love.** These resources form the basis of our **daily living** as well as our **life.** Each of these resources has unique attributes, such as exchangeability, replenishment, storage, tradability, and satiation (Box 1). There is a striking correspondence between the five resources and the five elements: **earth, water, fire, wind, and space,** respectively. Similarly, these are related to the five human values: **Non-violence, Peace, Right Conduct, Truth, and Love,** respectively.

tively.

Five Levels of Commerce

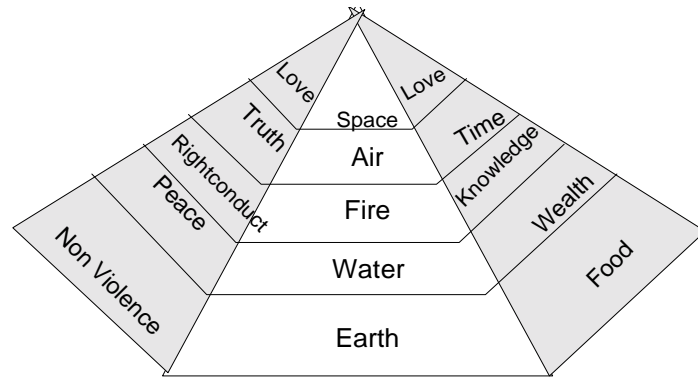
All human activities and technological innovations can be mapped in to five layers corresponding to the five elements (Box 2). The whole process of human and economic development (or decline of it) can be explained by these layers: the earth layer comprises agriculture related activities, the water layer com-

Box 2: Man’s activities in relationship to the five elements

Elements and layers	Material World Resources	Man’s Activities
Space	Sky, Upper Strata in space	Space exploration Microwave, Infra red, Laser technology Computers
Wind	Air, Wind	Air for life, Wind / Sonar technology Aircraft, helicopter
Fire / Sun	Solar Energy Coal, Petroleum products	Light, Energy for life Fuels, Gas, electricity, Cars
Water	Minerals Rain water, Rivers Ground water	Water for life Minerals for living, health
Earth	Agriculture/ cultivable land Forest, Coastal areas Urban areas	Food for life

prises exploration of minerals and water resources, the fire layer comprises energy generation and so on. The space layer involves modern technology such as computers and microwave. Truly, man has reached the summit of technological innovation. The quality of *living* has improved immensely but the

quality of “life” has declined. Baba has called our attention to the basic human values, which is the only solution to ensure the quality of “life”. It is argued that the advancement of science will make *living* (external or material world life) so easy, and the only remaining challenge would be *life* itself (that is our inner or spiritual life).



Five Human Values - Five Elements - Five Resources

Thus, modern commerce can be classified into five levels, based on the units used for exchange.

The **barter trade** of the early days, for exchanging food, is the earth level commerce. The **commodity trading**, which uses wealth as the basis of transaction, is at the water level. The fire level commerce is the **e-commerce** of today, in which knowledge in the form of stocks and patents decides each transaction. The wind level and space level commerce are yet to emerge. Modern science and technology endeavors to fully exploit the resources in the lower three layers. However, the erosion of human values results in the misuse of science, for selfish gains. This is the problem structure of the world, as described in Swami’s quotation at the beginning of the article. On the other hand, spirituality guides human beings to elevate their consciousness to the resources at the higher two layers, while respecting the lower layers. Spirituality plays a vital role of in reviving the practice of human values.

Animal—Man—God

Nature (the physical and the material environment that we see around us) is made up of the Earth and Water layers. Plants and animals are essentially part of Nature. They basically use the food and minerals, present in the first two layers. The Sun, which is in the fire layer, is the seat of intellect and energy. Living beings need only a small portion of Sun’s energy for their sustenance. Human beings, (who have created science and technology, using the knowledge in the Fire layer), operate in the first three layers. Today’s Commerce can be summarized as human at-

tempts to fully utilize the resources in the earth and water layers. Science has discovered only a fraction of all knowledge about the Universe!

The Air and Space layers are the layers of Manifestation! We cannot comprehend them yet. Swami operates from these two layers. He uses the five resources in these two layers. He is able to get health and energy without eating food like us. His food is our Happiness (Ananda). He can see our past, present, and future. He can materialize things from thin air. Verily, Pure Love and Truth comprise these two layers.

Swami has given an equation on how the Five resources are created from the Five elements / Five human values. The same resource, for example, wealth can be created in any of the five layers. But the composition of the five human values in it will vary depending on which layer it was created from. – See explanation on page 20.

Ethics Will Solve World Problems

Many of the problems in today’s world have resulted from improper application of knowledge that arises from uncontrolled desires. Animals practice non-violence. They do not kill unless there is need for their food. Resources of Nature have innate peace, harmony, and beauty in them; the mountains, the plants, the animals, birds, etc. sustain each other. Right action is the purpose of knowledge, as Baba says. However, when people do not properly use knowledge to cultivate values and are overly attached to the re-

sources in the lower three layers, they become animals. Instead, when people elevate themselves to a higher consciousness and begin to use the resources in the top two layers, they realize their innate Divinity. This is the essence of Baba's teaching in a scientific manner. These top two layers, which are the area of operation of The Divine have the values, Truth and Love. These values give permanent happiness (bliss) to all beings.

Absence of Love and Truth is the cause of unhappiness

All negativities in the material world can be attributed to the absence of Love and Truth in the lower three layers. This is the explanation for *Maya* or the illusory material world. Nevertheless, as the material world still has some amount of the two resources (Truth and Love) through the hidden constituents in the other three elements (see page 20). Consequently, the material world appears to satisfy us, when Love manifests as happiness; and appears real, when Truth manifests as life in objects. We are deluded that all the five resources are contained in the objects in the lower three layers, which is the material world!

But they are temporary, as only less than half of Pure Love and Truth is present in these layers. These two resources are present in the top two layers; they can be only experienced but cannot be seen (or felt) by the five senses. To experience these, we need to elevate our minds. Indeed, the real happiness is within our hearts, where Truth resides.

Knowledge by Radiation

What we are all receiving from Swami is knowledge through radiation, as energy, in the form of Love and Truth. We can receive all knowledge from Him instantly. The significance of His Love cannot be fully explained by science and technology, which uses *evidence* and *logic* for con-

firmed any information. Let me illustrate this using an example: the cell phone. Today, the cell phone has made the chord between the mouthpiece and the base unit, and the wire from the wall to the base unit redundant. We only need a dial pad, mouthpiece and ear-piece—all in one instrument called cell phone. Ten years ago, scientists would have not accepted that it is possible to communicate without these wires!

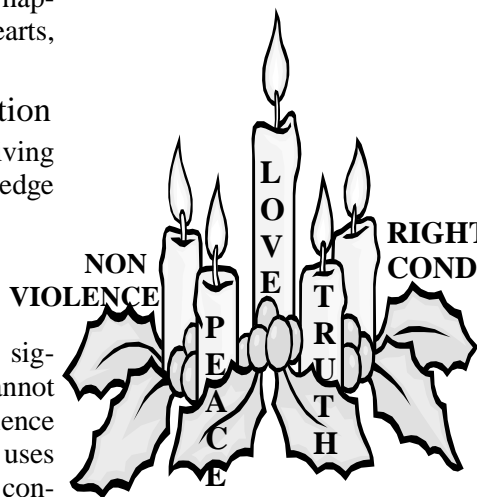
We all have cell phones embedded in our bodies. Our ears and mouth are for the communication with the Divine. The dial pad is our hearts with a memory pad of several numbers. Each person has a unique number, which is the "unique combination of the five elements". During *Darshan* Swami answers our "calls" to Him. He can simultaneously answer calls to each of us. He talks to us directly (but separately) and answers all our prayers. He says that He gives us Pure Love. We can receive His Grace, if our hearts are pure; that is, if there is *Space*, then Love energy can flow in!

God is a shareholder of the business

Swami gives the universal objective of commerce: Selfless Service. It is commerce from the space layer, G-commerce (G for God)! Swami demonstrates this by His own example. He says that service to Man is the true service to God. When our hearts are pure and get filled with His Love, we can see the Divinity in all beings, and serve one and all

without any selfish motives. Then, we will ensure sustainable profits to all beings in the universe!

In the olden days, the teachers reached the height of excellence in each trade, but never competed or sold their skills. They taught the skills to all people selflessly. The students returned them tokens of gratitude and love. The business people exchanged goods with a spirit of service and



Universal Law of Conservation of Five Elements

- Becoming Embodiments of Love

The five elements constitute the entire Universe. Swami has explained that all objects in the world are made up of the five basic elements (earth, water, fire, air and space). We saw that there are five basic layers. We also saw that there are five basic resources (food, wealth, knowledge, time, and love), which are nothing but the manifestation of the five elements in each layer. In fact, He has given the equation for the constitution of the five elements in each of the five basic resources. All Food is basically grown naturally on earth, and it comprises one half portion of the element earth and one eighth portion of other four elements.

Mathematically, Food =

$$\frac{1}{2} \text{ Earth} + \frac{1}{8} (\text{Water} + \text{Fire} + \text{Air} + \text{Space}) \quad - (1)$$

However, the same food can also be produced using knowledge or modern technology (from the fire layer). For example a processed snack, would constitute one half portion of the element Fire and one eighth portion of each of the other four elements. The same food when produced out of Love (from the space layer), for example the milk produced by the mother, would constitute one half portion of the element Space and one eighth portion of the other four elements. Similarly, we can write equations for the other resources.

Mathematically, Wealth =

$$\frac{1}{2} \text{ Water} + \frac{1}{8} (\text{Earth} + \text{Fire} + \text{Air} + \text{Space}) \quad - (2)$$

Knowledge =

$$\frac{1}{2} \text{ Fire} + \frac{1}{8} (\text{Earth} + \text{Water} + \text{Air} + \text{Space}) \quad - (3)$$

Time =

$$\frac{1}{2} \text{ Air} + \frac{1}{8} (\text{Earth} + \text{Water} + \text{Fire} + \text{Space}) \quad - (4)$$

Love =

$$\frac{1}{2} \text{ Space} + \frac{1}{8} (\text{Earth} + \text{Water} + \text{Fire} + \text{Air}) \quad - (5)$$

Summing up, the Sum of all basic resources is equal to the Sum of all the five elements.

Mathematically,

$$\begin{aligned} & \text{Food} + \text{Wealth} + \text{Knowledge} + \text{Time} + \text{Love} \\ & \quad == \text{Earth} + \text{Water} + \text{Fire} + \text{Air} + \text{Space} \\ & \quad == \text{CONSTANT (K)} \quad - (6) \end{aligned}$$

This is the Universal Law of conservation of the five elements.

We can now rewrite the first five equations as follows:

$$\text{Food} = \frac{3}{8} \text{ Earth} + \frac{1}{8} \text{ K};$$

$$\text{i.e. } 8 * \text{Food} - 3 * \text{Earth} = \text{K} \quad - (7)$$

The elements can be replaced with their corresponding human values to demonstrate the importance of the top layers (air and space); these are the layers of Sacrifice and Love, as they comprise the basic resources are Time and Love. The values in them are Truth and Love. All resources that are produced in these two layers manifest human values in them. Let us review how the constitution of the five human values varies for same food depending on how it is produced.

Mathematically,

Food in Nature =

$$\text{Food in the Earth layer} + \text{Water layer}$$

i.e. Food in Nature =

$$\frac{3}{8} (\text{Non-violence} + \text{Peace}) + \frac{1}{4} \text{ K} \quad - (8)$$

The food commercially produced using knowledge = Food in the Fire layer

i.e. Commercially produced food =

$$\frac{3}{8} \text{ Right Conduct} + \frac{1}{8} \text{ K} \quad - (9)$$

Food produced in the layers of Manifestation = Food in the Air layer + Space layer

i.e. Food with Sacrifice and Love =

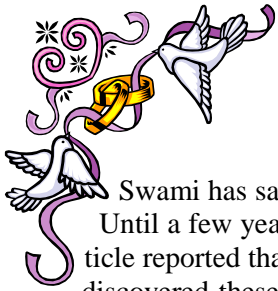
$$\frac{3}{8} (\text{Truth} + \text{Love}) + \frac{1}{4} \text{ K} \quad - (10)$$

This equation also explains the good and bad in each layer. All of creation in the Universe (the sum resources) in the first two layers, food and water, comprises of only one-fourth parts of Love and Truth in the entire Universe. The material world does not give us lasting peace and happiness (as they have only half of 'peace' and 'non-violence' respectively). Even, the resources in the knowledge layer have only half the 'right conduct'. This explains the statement of Baba that Science is only half circle (like the letter C), and spirituality (human values) is the other half. Without using all the five layers we cannot

enjoy permanent peace and happiness.

At the individual level, the equation explains how we can become embodiments of Love. The sum of the five resources given to each person is also constant; one can replace a resource (say, food) with another (say, wealth). From this, we will understand why Baba stresses so much on **sacrifice**. As we go on sacrificing little by little

the first four resources, *food, wealth, knowledge and time*, we will get filled with *Love*. Hence, by controlling our desires for food and wealth, by sharing our knowledge selflessly, and serving others in times of need, we can become Embodiments of Love!



EQUATION OF CREATION



Swami has said in His Discourses that there are 8,400,000 species in the Universe.

Until a few years back, only 840,000 species were known. A recent Time Magazine article reported that scientists now have discovered about 1.2 million species. Science has discovered these after several years of intensive research. Nonetheless, they still do not have an idea of the total number of species; some say there are 2 million and some say there are 100 million due to lack of evidence.

On the contrary, Swami's number is comprehensive. In one of my Vedic chanting sessions, I received as a flash during meditation, the equation to explain the number 8,400,000. Allow me to share it with you. Indeed, the 8.4 million is not an abstract number.

$$\text{Mathematically, } 8,400,000 = 2^7 \times 3 \times 5^5 \times 7$$

The explanation would be as follows:

- ❑ The number 2, is the combination of the Omnipresent God (the cosmic form) and Energy (the atomic form). The number 7 represents the seven levels of consciousness. We all know that we have five physical senses as well as the sixth sense. The seventh sense corresponds to higher knowledge and perception, as in music, dance and spirituality.
- ❑ Now, 2^7 represents all the possible forms of life represented by the combinations of God and Energy in the seven levels of consciousness.
- ❑ The number 3 represents the three gunas (*satwic, rajasic, and tamasic*), which are present in all objects of creation.
- ❑ The number five represents the five elements.
- ❑ The 5^5 represents various possible forms of resources represented by the combination of elements and resources.
- ❑ Finally the number 7 represents the seven worlds; we usually talk of three worlds, earth, hell, heaven.

We can also explain why Science has not discovered the remaining species. These species are part of the 7th level of consciousness and the 5th element (space). They do not manifest in material form. Only 840,000 ($2^6 \times 3 \times 5^4 \times 7$) were known until Science acknowledged the importance of spirituality and the practice of human values. Science now realizes the importance of spirituality; 1,680,000 species ($2^7 \times 3 \times 5^4 \times 7$) will soon be discovered. When science also practices human values, then, all the 8,400,000 species, will be known. Then, we will fully use the resources in the space layer, which comprises Love. This will usher in Swami's Era!!





From Our Regional Coordinator

- Dr. V.K. Ravindran

Heartiest felicitations to one and all and sincerest prayers to Bhagawan, As we are nearing the 75th anniversary of the Advent of the Avatar, let us pray for Bhagawan's Blessings to be fit instruments in carrying onward His flag of Illumination and dedicated service to every nook and corner of the world.

As we get more and more involved with Bhagawan it is evident that we spend a great part of our time thinking of Him, reliving those moments of closeness with Him, remembering His words of love and Wisdom and naturally Bhagawan occupies the major part of our thoughts, discussions and conversations. In this context, I am reminded of Krishna's words to Arjuna in Bhagavad Gita.

“With their minds engrossed in Me, their vital energies deeply involved in Me, they are ever contented and delighted by mutually conversing about Me and enlightening each other thereby.” -Gita 10.9.

The lover imbibes the qualities of the beloved. The devotee in the long run imbibes the qualities of the Lord. No wonder Bhagawan declared that His *darshan* would flow through His devotees to the rest of the world! Then only we devotees can consider ourselves fit instruments of His Divine Mission.

This phenomenon must manifest more clearly and visibly in the personality of the Leaders of the organization. For the fulfillment of the great Mission of *Dharmasthapana* and to run the machinery set in motion by the Avatar efficiently and effectively, the leaders have to verily become Exemplars and imbibe the great spirit of the organization's fountain of inspiration. There is an urgent need to translate Bhagawan's message into action by Sai leaders for the total resurgence of the world and to free it from selfish motives. Let the transformation begin with us. After all the image of the Sai Organization depends on its members and leaders who have to rise above all selfishness, pettiness and misunderstanding to protect the fair name of the Avatar.

Just as Bhagawan says that His life is His message, every Sai Leader must be able to declare that his life is Bhagawan's message, Lord Buddha's last words to Ananda were: “The worship of Buddha does not consist in offering sandal paste, flowers etc. - but in living up to the instructions of the Tathagata.”

Leaders of Sai organization must strive to be the role models for the devotees to emulate and be the clean mirrors neglecting Bhagawan's Divinity to the world at large.

Baba says, “No one ignorant of the path can reach the Goal and no one unaware of the Goal can choose the path.”

Sai has shown us that the path is the Path of Love - the greatest force, and the goal is nothing else – Supreme love.

Let us take this sacred vow on this great occasion. Let us Be, Do ... and then Speak what Bhagawan wants us to **Be Do and Tell**, Let us pray to Bhagawan to endow us with such inspiration, insight and determination that we may carry the torch forward to our own glory, to the glory of humanity and to the glory of the Living God!



“The body consists of Five Elements. It is bound to perish. Only the indweller is permanent. It does not have birth or death. It does not grow or decay. It shines everywhere. That splendor is the *Paramjyothi*, the eternal flame ever shining inside. Turn towards the Eternal, take shelter in the Lotus Feet of the Lord. Do not keep looking towards this body and feel proud. It is full of diseases, it undergoes many changes. **This body is only an inert thing, it is nothing more than seven buckets of water, the iron from four 2-inch nails, the phosphorous of 1,100 matchsticks, the carbon contained in four pencils and two pieces of soap.** When you put all this together with a few assorted substances, it becomes a body. It is able to move and exhibit life, because there is an indweller inside.” - *Baba*

SAI ACTIVITIES IN BRUNEI

With Swami's blessings the following activities were carried out and are being planned.

Seva

For Swami's Birthday, 75 quilts have been made, with the artwork on it done by volunteers, and also one each from the countries in the Region. This will be exhibited at an exhibition and then given to the poor and needy. Other art pieces will be exhibited and pieces may be sold to raise money, for charity. The exhibition will be held in conjunction with the art competition, and the human values drama on July 30, 2000, and open to the public.

Education

The Balvikas group children with some of the parents, and the Balvikas teacher, recently organized a visit to the Kota Kinabalu Centre. There were eighteen participants. The trip was by ferry all the way to Kota Kinabalu, and we must thank the K.K. group for being such wonderful hosts. The trip was from May 26 to May

28. At Kota Kinabalu, visits were made to a few temples, and the Sai center. Various activities including bhajans, talks and children games were held and on the whole the trip was an enjoyable one with good interaction between our two groups. It has been a good start for further exchange between us, and good Sai fellowship. It was also a good eye-opener for the service activities carried out. All this would not have been possible if not for the good organization by the K.K. group. A Human Values Drama, taken part by children, is being planned for July 30, and open to the public.

Spiritual

A Sadhana camp was held on May 3rd and 4th, in conjunction with the visit of our Regional Coordinator, Bro. Dr. Ravindran and Sister Dr. Viji. We had absorbing sessions, with talks on various topics, like human values, parenting, vegetarianism, transformation, plans for the New Millennium, and an interesting workshop based on the topics

of the recent Sai Convention. We had a good turnout, and a very rewarding session. We must thank Bro. Dr. Ravi and Sis. Dr. Viji for their visit. Guru Poornima will be celebrated on 16th July 2000.

If we sow a thought today, we reap an act tomorrow.

If we sow an act today, we reap a habit tomorrow.

If we sow a habit today, we reap a character tomorrow.

If we sow a character today, we reap a destiny tomorrow.

-Sathya Sai Baba

SAI ACTIVITIES IN INDONESIA

EHV Implementation at Skin care Seva

The Sathya Sai Study Group along with the Sai Youth Group held a skin care service program over a period of three weekends, in the “adopted” village of Kapuk Muara, North Jakarta. The people here are deprived of clean water and other basic necessities required for clean and healthy living. The objective of this service program, under the theme “Awareness of cleanliness,” was to educate and medically treat about 200 underprivileged children, in cleanliness and personal hygiene. Medicines and essential items of personal hygiene were also distributed. An EHV program based on health and hygiene was conducted alongside the treatment program. At each seva session, an hourly EHV program preceded the medical treatment. The program commenced with prayers following the Muslim religion, mainly comprised of value based songs and stories. The EHV team members formed small groups and interacted with the children through songs, stories and posters depicting the concerned values. The younger children were thoroughly entertained by youths who dressed and acted as clowns.

Colorful posters and placards



carrying value-based messages aided the volunteers in educating the children on the concerned issues. To further motivate the children on personal hygiene, colored charts on brushing teeth were presented to them, thereby encouraging them to follow the daily routine of brushing and keeping their teeth clean.

The EHV sessions for the three weeks were conducted on the basis of the following themes- cleanliness and Personal Hygiene, Respect for Elders and Environment, and Brotherhood of Mankind respectively.

Sadhana Camp

On the weekend of May 13th-14th, 2000, the first SAI Teen Youth Sadhana Camp was held in Puncak, West Java. Attended by nearly 20 teens, this camp was supervised by the Local Youth Coordinator and supported by several other adult youths. A trekking session marked the beginning of the camp, with the teens imbibing lessons from Nature as they ascended. This was followed with a heartwarming session on Baba’s miracles experienced by some of the adult youths. The next morn-

ing, lunch was served to 200 poor people. The preparation, cooking and serving of the food, were all carried out by the teens themselves, in a spirit of love and fun. “Service to man will gladden your heart”, says Bhagawan, and surely enough, this was how the teens felt! Following this, some case studies based on day-to-day problems faced by teens today were discussed, and solutions were offered, with human values as the main guideline. The two-day camp ended with a Bhan session and Arathi.

Teen Youth Seva

In conjunction with Guru Poornima, on the 16th of July, the teen youths visited a home for handicapped children. By practicing the Ceiling on Desires program for a few weeks, they had saved up enough money to purchase few necessities to be donated. Under the guidance of the Local Youth Coordinator and several adult youths, the teens entertained the children with bhajans and other songs, they opened their hearts and shared their affection with the less fortunate children.

SAIRAM – SUMATRA

“Service to mankind is service to God”

There was a massive earthquake in Bengkulu, which was recorded at 7.6 on the Richter scale. Thousands of

people were left homeless and according to the local Government's data, about 100 people died in this unfortunate calamity. A cry of help was sent out by the people of Bengkulu, and subsequently by the Government of Indonesia, to the world. Several countries, such as Japan, Singapore and non-governmental organizations, raced to help. The SAI Organization Committee made phone calls to well-wishers and in a short period of time, collected a sizeable amount of money to buy the basic necessities for the relief work. Six youths were sent on this relief mission. They carried nine tonnes of rice, blankets, medicines, kerosene stoves, instant noodles aboard a military Hercules plane kindly given by the Vice President, Mrs. Megawati. Upon reaching the city, the youths were escorted by the Vice President's underlings to the Governor's office where the supplies were handed over. They then met SAI devotees there who had organized a relief camp supplying rice and noodles to those in need. The camp was supported by the funds donated by the SAI organization in Jakarta.

The SAI organization has decided to focus the relief effort on the rebuilding of some public and government schools that have been damaged. A proposal is being drawn up along these lines. Meanwhile, SAI organizations in Singapore, Malay-

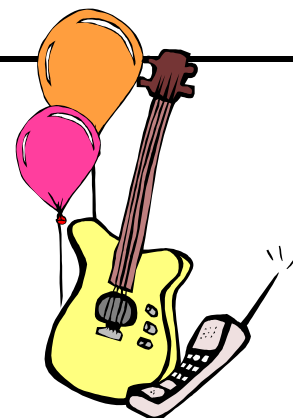
Inspired by the camp, the following poem was composed by one of the adult youths who was present:

*Off raced the teens for the trekking event
Tracing careful steps and smelling nature's scent.
As the Lord signatures the day's end with the setting Sun,
The victorious group emerged with tales of heroic fun.
A short session of dinner and rest,
Was followed by Baba's miracles - The very best.
There were exclamations of awe and wonder
While Nature approved outside with occasional thunder.
The round for games was approved by one and all,
While the clock ticked and reminded us of slumbers call.
Sai Bhajans marked the end of the day's sessions
We silently thanked Baba, - it was His Divine mission.*

*Alarms rang, doors were knocked. It was morning!
The mountain outside smiled and the Sun was shining.
The Seva program made one and all swift,
As we were all eager to give Swami a small gift.
Amidst the beautiful scenery was a temple
Decorated with Nature's beauty, it was beautiful and simple.
SAI's two hundred children were served with care,
As we followed Swami's teachings to love and share.
The teens were glad to work on some positive case studies
While some of us sang sweet memorable lullabies
The Rounders games was participated with positive spirit
For the main aim was team co-operation and not merit.*

*The Lord's Arathi marked the Sadhana camp's end,
While all of us carried the inner feeling that
all of us will spiritually mend!*

sia, Thailand and Philippines have pledged their support for this worthy cause. This is the essence of Swami's message – "Unity is Purity and Purity is Divinity."



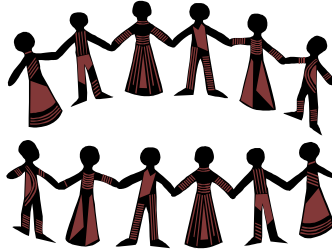
SAI ACTIVITIES IN MALAYSIA

Our contribution will focus on certain specific and novel activities which have generated much enthusiasm and response. Swami has always emphasized the importance of and the need to do Seva. However at times we may run out of ideas on what more we can do to serve. The activities that we have outlined below would give everyone a new facet of Seva to focus on, and to place at His Lotus Feet.

Mentor-Mentee Program Background

This was one of the programs launched under the Social Action Initiative. As initiated by the Education Wing of the Sathya Sai Central Council of Malaysia.

(SAI 2) at the beginning of 1999. The object of this scheme was to commence tuition classes for the academically backward. It was a herculean task especially in view of the fact that not many were “practicing” teachers. Furthermore other aspects had to be taken into account e.g. subjects to be taught and varying ages and the differing levels of the target group. Whilst the youths were equipped with course content and the latest methodology, there was not enough manpower to carry out the program effectively. However



many senior devotees who had time to spare expressed their desire to help.

The Program

The Education wing then proposed that experienced teachers and youth could embark on the formal teaching of subjects like Science, Mathematics and Bahasa (National Language). In this context useful input could be provided by the senior devotees and the retirees who had some time to spare who would be able to share their experience and knowledge and thus contribute significantly to remedial teaching. Many children who had difficulty with the rudiments of reading and writing also had to cope with emotional problems. Therefore what was needed was not merely tutoring but emotional support as well. Hence an “adoption scheme” was proposed whereby emotional support through counseling could also be provided.

The mentor – mentee taskforce then designed special record books for the purposes of keeping a detailed record

of a particular child whereby the child’s performance in school, extra curricular activities, changes in behavioral patterns etc. could be recorded. These records would enable mentors to gauge the overall progress of the mentees. These records would be our birthday offering to Swami for His 75th birthday.

We then combined our efforts with the National Ladies Wing as quite a few ladies were teachers. Moreover this scheme could also be applied in their work with women in the rural and squatter areas. A detailed manual is currently being prepared on how to become a more compassionate teacher and on how to approach the socially deprived children with more love and understanding.

HV’s Program in Malaysian Schools

(A National Youth effort to assist weak and low self esteem students)

A team of trained teen youth coordinators and facilitators from the Council accepted the invitation of Sultan Abdul Samad Secondary School to conduct a three month motivation program. The program required the intervention into the lives of these SPM (‘O’ Levels) bound students, four months before their exams, to

observe and analyze the impact of the Sathya Sai Human Values Youth module.

School's Objective

-To instill in the students the need and desire to study and excel. And to teach them effective study techniques

-From the weakest Form 5 Arts classes, 185 students were identified. The school had indicated that these students were expected to fail or at best obtain a General Certificate i.e. a basic pass.

The rationale in conducting the course was that change of attitude is directly related to the awareness and practice of Human Values. We expected that students who have attended the program regularly (including the camps) would be able to aspire and achieve at least a Grade 3 or better.

The **modus of Operation** included weekly hourly session based on Human Values and tools required for improved performance; a one day camp to set directions and goals and a two day, one night camp instilling the following:

- ◆ All problems can be solved,
- ◆ All limits can be broken,
- ◆ The power is in your hands,
- ◆ Love and respect for parents is the key to higher achievement, and,
- ◆ Do not be 'An Ignorer,' be a 'A Transformer.'

Weekly tuitions started on August 14, 1999 and ended October 30, 1999; Parents Appreciation Day was the finale to the program. Some comments from participants—

☺ “It gave me encouragement and useful motivation to study hard.”

☺ “The program was extremely useful as it builds the spirit of wanting to study.”

☺ “It was an opportunity to air problems, to have an effective methodology to study. We also realized that time is short.”

☺ “This course is rarely organized, it is a waste if students do not participate in it.”

Students have reported that they are aware of the importance of education, the will to succeed in life and have a goal after leaving school. They admitted that they had no goals previously and it was laziness that prevented them from studying.

The results of the SPM 1999 examinations released on April 4, 2000 showed a significant improvement in the performance of the students who regularly attended the motivation as well as the free tuition program, conducted every Saturday morning by our SAI youth.

A detailed analysis is as per the graphs and figures below which clearly outlines how more than 30 – 40 % of students from the Fail and SAP (General Certificate) category moved into Grade 3 and 2's. The Headmistress of the school also commented and put on record her observation of the first Grade 1 student from the lower 4 classes of the Fifth Form for the first time! Besides this, statistics also revealed that the class

teacher's own level of enthusiasm, motivation and confidence in her students is another important factor in ensuring that students do well in the exams. One teacher in particular was very supportive of the program and it was amazing and gratifying to note that none of the students in this particular class failed with the exception of one student who did not turn up for the exams.

In **conclusion**, SAI's teaching has indeed made a difference in the lives of these students who now have to continue their education in their chosen field. The counselor echoed our thoughts that though they may not have reached Grade 1 but the values that have touched their hearts will certainly be cherished and put into practice as they perform their duties in life. Some parents with teary eyes and smiles of joy came forth to thank the facilitators on the Parent's Appreciation Day. Though they could not understand what made their children change almost overnight, they were indeed grateful and



(Continued on page 31)

SAI ACTIVITIES IN THE PHILIPPINES



The Sathya Sai School, Pililla, Philippines -

The School inauguration, was a memorable half day function in the morning of 6th May 2000, Eswaramma Day and an auspicious day. Honorable Indian Ambassador to the Philippines S. K. Uppal and Madam were the chief guests at the ceremony attended by the local government representatives and over 200 people. Dr. Ravindran, our Regional Coordinator from Malaysia, graced the function with his presence. The School Advisory Board members, Mr. Yupiterun (President, Universal Wisdom Foundation), and Mrs. Rosario Acierto (CEO, Casa Del-Nino Science and Montessori School) spoke inspiring words at the ceremony. We strongly felt Swami's presence throughout the function; when the children rendered Human Values songs, though it was a hot summer day, a slight drizzle suddenly appeared, as if Divine Blessings from the sky! At the reception in the evening the Honorable Sri Lankan Am-

bassador, Mr. & Mrs. Inday Arcenas (former President of the Philippines, Jose P Laurel's grand daughter), Father Raj Jegath Gaspar (Radio Veritas), expressed their full support for the SSEHV activities in the Philippines.

The School began classes on June 6; the school follows the curriculum of the Philippine Government; the local community welcomes our school, which is first kindergarten school in the entire local village. Forty children between the ages 4 and 6, who passed the entrance examination, have been enrolled in the Kindergarten. Teachers Rosalina Gonzales and Maria Luisa Payot, who received diplomas from ISSE, Thailand are the two teachers. Sis Tina Ledesma, former SSEO is the Principal.

Teacher Training on SSEHV

Dr Jumsai and Sis Lorraine will be visiting the Philippines from 15 to 20 August.

Sis. Lorraine Burrows will conduct a 4-day certified Teacher trainer course on SSEHV from August 16 to 19. Mainly professional teachers/trainers). She will be assisted by another two teachers (Sis. Michelle and Sis. Olivia, from Casa Del Nino Science High School) who completed their diplomas from ISSE in August.

On August 18 and 19 Dr. Artong Jumsai will train over 800 teachers on SSEHV, at the Philippine Cultural School.

UNESCO Conference

Over 20 delegates (mainly professors from colleges and officials from the Department of Education) will attend the UNESCO conference in Prasanthi Nilayam. On 18th August evening, Dr Jumsai will address the UNESCO delegates and eminent persons involved with values and peace education at a reception.

Youth Project

On September 7 - 9, 2000, we will be organizing a Mural Making Contest in line with the EHV Program. The contest will focus on: Enhancing awareness and understanding of the human values; Inculcating in children the urge and the need to Respect Parents, Other Elders and the Environment. Nine Finalists will be selected on the preliminary events on September 7, and they will combine their talents to make a Mural on the theme "Respect for elders and parents." The mural will be submitted to the UNESCO Conference Exhibits. Awarding Ceremony will be held on 09 September 2000.

Regular Spiritual and Service activities continue.

SAI ACTIVITIES IN SINGAPORE

After the Regional Convention in Feb 2000, Singapore SSSO, embarked on implementing some of the conclusions and recommendations of the Convention.

SSEHV Guru Training in July 2000

Education has been emphasized upon, both at the Convention and by our Beloved Lord in His recent Discourses. It was decided therefore to formulate a long-term plan to encourage the availability of the Sathya Sai Education in Human Values program.

A one and a half day workshop emphasizing the proper preparation, conduct and follow-up by Gurus for their EHV classes was hence conducted on 8th/9th July 2000. The response was overwhelming and the packed hall showed the devotion of the existing Gurus and potential Gurus to update and upgrade themselves.

Sis Lorraine Burrows from the Sathya Sai Institute of Thailand graciously spared her valuable time and Bro. Sree Niddhi of Singapore joined her to convey by their own example and action the highly important needs of Gurus to **first Be, next Do and then only See and Tell** the students. The emphasis was on the heart-to-heart connection and making the SSEHV

class more enjoyable by expanding (not just limiting) on the five Teaching Techniques. Inclusion of music and art were shown to be highly valuable to teach SSEHV and follow up sessions have been planned in October and January. Sis.Lorraine was kind enough to happily accept our invitation to return for the follow up session in January 2001.

Painting of 75 Homes

The Central Organization has continued with project called Painting of 75 Homes. Nearly 30 homes have been painted as of June 2000 and it is expected that the target to paint 75 homes of needy elders staying alone in low cost housing will be met in 2000. All sevadals participating have found it a real service of need and also enjoyable.

Spiritual Activities

Special Paduka Pooja were held on 1st May 2000 with over 75 families bringing their Padukas to the temple hall. The prayers were conducted by an acclaimed priest and ended with Bhajans. This event was organized by the Spiritual wing as part of the

75th Birthday Celebrations.



Easwaramma Day on May 6 2000 was celebrated with over 200 devotees. Being also Mother's Day, the event was started with prayers by children to their mothers present at the celebration. This was followed by dances and dramas by SSE children, Teen Youth and National Youth. The program ended with bhajans and light refreshments.

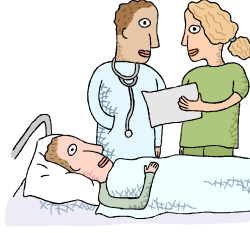
Blood donation campaign was held on 18th June as part of the quarterly program culminating with the International Blood Donation Day in September. Selection of the "ACHIEVER AGAINST ALL ODDS" was also initiated for the Year 2000 award. This award had been given in the preceding years to persons who had overcome their dis-

abilities and succeeded even better than those without.

The youths initiated active sports such as canoeing, rock climbing, etc., where children from homes were invited to participate and experience. Fifteen Teen youths signed up for the SAI PAL program which included training in counseling and befriending for children who were potential drop-outs from school due to non-academic reasons.

Guru Poornima celebrations were held on 16th July with over 500 devotees. The hall was so packed that some of the children had to take turns going into the hall. This clearly showed the enthusiasm of the students and their gurus in participating in the event. Guru prayers were first held followed by dances, dramas and Bhajans.

The Ladies Wing, concerned with the health of devotees is organizing a talk on Holistic



medicine by an esteemed Professor in July 2000. The talk will encourage devotees to consider their medical care by taking an overall approach and not just focusing on localized concerns.

Overseas Projects

Swami continued to Bless Singapore Sai devotees to be involved in more aspects of the new Sai Darshan building in Puttaparthi, such as the Koi fish pond, landscaping and the exhibits.

We were also blessed with more involvement in the administration and organization of the cultural programs to be held in conjunction with UNESCO Conference in Puttaparthi in September 2000. With Swami's Grace, about 30 of us plan to attend the Conference to help in these activities.

Aid for the needy in Batam, Indonesia and Bt Pelandok,

Malaysia were also continued.

Future Projects

The Spiritual Wing will hold a Special Musical concert in September 2000. This will aim not only to gather Sai devotees together but also benefit at least 75 children from Welfare homes with Education bursaries. All the participants will be Sai devotees and it is hoped that this concert will raise awareness of doing spiritual seva.

Akhanda Bhajans, Birthday Celebrations and all other Sai events are expected to be held with improved participation in this 75th Year of the Advent of the Lord. The Regional Convention has also helped in making more people realize the Bliss that comes with Unity and Love. Many thanks and our gratitude to our Beloved Swami for letting us be his instruments. Lokha Samastha Sukhino Bhavanthu.

“Milk is very happy in the company of water. The combination of water and milk can be termed *satsang*. This is ideal friendship. When the milk is boiled on the stove, the water gets evaporated. Unable to bear this separation from water, the milk tries to jump into the fire. The moment you sprinkle some water on the boiling milk, it gets pacified. The milk is happy to be united with its friend. The same relationship exists between individual and God. God is very happy when the individual joins His company.”

(Continued from page 28)

the facilitators in turn are most thankful to the unseen hands of SAI that scripted this episode! The youth will continue to be torchbearers of

SAI's teachings and values. A special note of appreciation goes to Bro.Suresh Govind for initiating this effort and being the live wire of the program and to the late Sis.

Shanthi Jagadesan for her foresight and contribution towards the Teen Youth Development module.



<p>International Conference <i>Co-sponsored by UNESCO ACEID, The Institute of Sathya Sai Education & The Finders University Institute of International Education</i> Strengthening Values Education Policy, Curriculum and Innovation in Teaching and Teacher Education 25 – 29 September 2000 Venues: Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam Ashram Program Highlights</p>	
25 Sep Monday	<p><i>Inaugural Ceremony</i></p> <p>Vice-Chancellor S.V. Giri introduces the Chancellor Inaugural Address by Sri Sathya Sai Baba, the Chancellor</p>
26 Sep Tuesday	<p><i>Keynote Address on Conference Theme</i> Dr. Art-Ong Jumsai (Thailand)</p> <p>Plenary Panel 1—<i>Education and Human Values: A Conceptual Framework</i></p> <p>Values Education for the 21st Century – (to be confirmed) Values Curriculum – Dr. Marvin Berkowitz (USA) Teaching and Learning Materials – (to be confirmed)</p> <p>Plenary Panel 2—<i>Innovative Approaches to Values Education- Policy Perspectives</i></p>
27 Sep Wednesday	<p>Plenary Panel 3—<i>Teacher Education for Values Education & Peace Education</i></p> <p>Keynote Speaker – Dr. Bob Teasdale (Australia) Teachers as Role Models – Dr. Madhu Kapani (India) Teachers' and Parents' Roles – Dr. Teerakiat Jareonsettasin (Thailand) Content and Assessment for Values Education – (to be confirmed)</p>
28 Sep Thursday	<p>Plenary Panel 4—<i>Regional and International Cooperation for Strengthening Policies for Values Education</i></p> <p>Teacher Education – Dr. Michael Mel (Papua New Guinea) International Values Curriculum Policies – Mr. Victor Kanu (Zambia) International Peace Education Policies – (to be confirmed) Keynote Speaker – Dr. Zhou Nanzhao</p>
29 Sep Friday	<p><i>Valedictory Ceremony</i></p> <p>Puttaparthi Declaration & Presentation of Individual Action Plans Valedictory Address by Sri Sathya Sai Baba, the Chancellor</p>

The life has been given to you to search for God. You have been given eyes and vision to help you to see the Supreme One, the Omnipotent Divinity. The legs are given to enable you to visit the Temple of God. The hands have been given to you to perform prayers with flowers to the Lord. You have been provided with intelligence so that you may realize that all that you see around is a very temporary and transient phenomenon. You have been given a mouth to sing the Glory of the Lord. Ears have been given to you to listen to such songs. You have been given human body for doing Good to other human beings. You should put into practice the principles and codes of conduct and surrender your Ego at the Lotus Feet of God residing in the heart.

- Sri Sathya Sai Baba

*See You at
Puttaparthi*

25-29 September 2000

