



# Sai Jewels

Regional Newsletter—August 2001

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 LOVE

August 2001, No 08/2001

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### Thought For the Month

*A person should own wealth only as much as is essential. The right amount of wealth is like the correct size of the shoes. If the shoes are too loose, one cannot walk; on the contrary, if they are too tight, one cannot wear them. Lack of money could lead to poverty; however, too much money is also a torture.*

*- Sri Sathya Sai Baba*

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# The Cosmos and the Mind

*For education, the head is important, for health, the heart is important, for the body, water is vital. These three should be free. Today a heavy price has to be paid for medical care and education. Even water has to be bought. Health is wealth. Despite possession of wealth and comforts, man has no peace of mind; despite availability of so many amenities, there is disease. The five basic elements are polluted. The water we drink is impure, the air we breathe is polluted, and the food we consume is polluted. So, mind also gets polluted.*

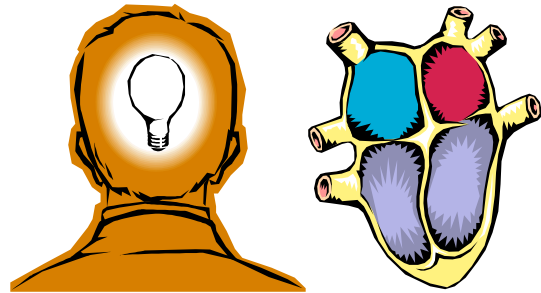
## Matter and Mind

When one is asked about the mind, he says, "Don't mind." When he is asked about Matter, he answers, "It does not matter." Man fails to understand the difference between Mind and Matter. What is the Mind? It is not something negative. It is positive. It represents the power of the Atma, the power of Will. It can travel any amount of distance in space. It is capable of exploring the powers of the atom. It can recognize the truth that is valid for the three categories of Time – the past, present and future. It is the source of all strength and therefore essential in daily life.

Man is seeking happiness from birth to death. The search starts with education. Education does not give him happiness. He desires for a job, that does not make him happy. He then marries, that too does not give him happiness. Why? It is the ego that is the cause. As he grows, ego also grows. One after another, desires also increase. Where is this Bliss to be found? It does not exist in material objects or physical pleasures. He is searching for it outside himself. This is ignorance. The truth is that man is the embodiment of bliss. When he enquires, 'Who am I?' he will discover that the body, senses and mind are all instruments and he is their master. The master has today become the slave of his body and mind, which should be his servants. You are the soul. Make it the basis of all actions.

## The two unique organs

There are two organs in man, which are of unique importance: the *Head* and the *Heart*. All that emanates from the Head is related to



the physical world. These are called external traits. These external activities include studying, moving about, earning, spending, and ultimately passing on. All these relate to the mundane and are ephemeral. Qualities like kindness, sympathy, truth, compassion, and forbearance arise from the Heart. These are described as Internal traits. Of the two tendencies, it is not good to follow the external traits. The quest for truth means understanding the difference between the two paths.

This quest embraces every kind of action - seeing, speaking, doing, etc. For instance, the eyes see the mother, the son, the daughter, the daughter-in-law, and others. The quest for truth means understanding how each of these different persons are to be viewed, though it is the same eye that sees all of them. Similarly, the tongue is prone to speak the truth or utter lies or indulge in delusions. The quest for truth means that the differences in the role of the tongue should be properly understood. For example, scientists look at branches, flowers, and fruits of a tree and study the different aspects and draw their conclusions. There are others who realize that the branches, flowers and fruits are sustained by the roots. Spiritualists search for the roots and study them. Science teaches things that are not dealt by the spiritualist. The real quest lies in combining the explorations of the scientist and spiritualist. Branches cannot exist

without roots. But roots without branches are useless. Both are interdependent. So also, we should understand the integral relationship between the external and internal. Only then the whole Truth can be perceived.

### Man's powers are limitless

The cosmos is a creation of the divine. It is surcharged with energy. Whatever power functions in the cosmos the same is present in the individual. You find waves of energy in the world. You also notice rays of light illuminating the whole world. Radio waves also fill the atmosphere. Laser beams and invisible X rays are also present. The ancients explored the different forms of radiation and accomplished many things on the basis of these powers. Scientists have explored every thing, but not understood their own reality. Of what use is all the knowledge without knowing the truth of your own self? Man is endowed with all potencies and all forms of energy, he has limitless magnetic energy in him. Energy and matter are not different. They are present like the tree latent in a seed.

### Law of *Karma*

Every action has its own course. One object is separated by space from another. Likewise, time is the measure of duration between one action and another. Here is a glass. Beneath it is a plate. The space between the glass and the plate is termed *Dharma*. There can be no separateness between one object and another without this *Dharma*. *Dharma* defines the inter-relationships between two objects. Regarding time - a doctor fixes 8:00 am as the time for performing an operation. By 11:00 am, the operation is completed with the stitching of sutures. The three-hour interval between the commencement of the operation and its completion indicates the time taken for the surgery. In reckoning time, action is also involved. Action is the interval between two points of time. Thus time and action bear an intimate relationship. Every action, whether good or bad, has its consequence. There is no action in the world that is devoid of consequences. This is law of nature. For instance, a finger is cut by a knife. Immedi-

ately the finger starts bleeding. The result of the cut is instantaneous. When man slips on a step while walking, he sustains a fall and a limb is fractured. Here again, the result of the fall is instantaneous. Another example. You had breakfast this morning. It takes two hours to digest the food. In the earlier examples the result were instantaneous, but here it has take two hours. When you sow a seed, it becomes a sapling and bears fruit after years. Hence every action bears a consequence though the time interval between the action and result vary. *Karma* is of three types: past, present and future. Present *Karma* must continue. It is like the carriage behind which is a trail of dust. If the carriage stops, the dust will settle on it. The carriage cannot forever continue to be ahead of the dust! The highway is equivalent to the grace of God. There is a difference between the benefit of grace and the benefit of devotion. A patient with pain is given the sedative which dulls the pain but grace is an operation which does away with *Karma*. Just as a medicine labeled 'good until 1968' if used in 1972 is ineffective; in the bottle of the body, *Karma* is the medicine. God puts a date on the 'medicine' so it is not effective. Once we are aware of this we will not commit wrong actions. Good actions produce good



results and bad actions will produce bad. Recognition of the law of *Karma* will make men lead proper lives.

### Realize Human Values

For a bulb to burn, you need a wire, a switch, and electric current. For man, that current is Truth or God. It is energy. This divine energy has to flow through the wire of Right conduct, reach the bulb of Peace, and produce the light of Love. Love is God, Live in Love. Love is everything.

-from SSS. Vol. 28

# Thought waves make up the Cosmos

Human existence can become meaningful only when man recognizes the nature of mind and bases his actions on that understanding. The mind is extremely powerful. It runs at great speed. It is subtler than the sky and even more subtle than electricity. The mind can run faster than light. Just as you are able to hear a broadcast of music from a radio station in a remote place simultaneously here, so also the mind operates like radio waves. Thought waves emanating from the mind have the properties of radio waves. There is no end to the waves arising from the ocean of the mind.

## Power of Thought

The power of thought is immense. Thoughts outlast the human body. Thought waves radiate very much like heat waves, radio waves and light waves. Thought waves are the cause of man's joy or sorrow, health or disease, birth or death. The potency of these waves has to be understood by man and his conduct has to be based on this awareness.

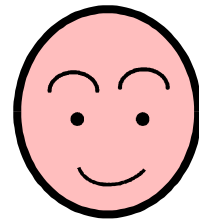
There is no place or form or action where the mind is absent. When good thoughts, good feelings, and good intentions are developed, the mind becomes pure. Only when the mind is pure, can the action and fruits be pure. Today we sow the seed of thought – *Karma* – and reap the fruit of action. From the seed of *Karma* arises the fruit of behavior. Out of the seed of behavior comes the fruit of character. The seed of character yields the fruit of fortune. Thus from thought to fortune, the chain of human progress can be perceived. Our good and bad luck are thus linked to our thoughts. The mind immerses man into impenetrable darkness through bad thoughts. The same mind can lift man to sublime heights through good thoughts.

People who harm others have many evil

thoughts in the mind. But these thoughts cause ten times the harm they do to others. Man is not aware of this truth. Consequently he indulges in abuse and in doing harm to them. But there are no 'others', only manifestations of the Divine. Whoever abuses others will also be a target of abuse by others. As are the thoughts, so is the outcome. The entire human existence is based upon thoughts and their results.

## Face is the index of the mind

Man tries to conceal his faults like an ostrich that buries its head in the sand hoping the hunter will not be able to see it, but it becomes an easy target for the hunter. Man's mind is like a gramophone record. His good and bad thoughts are reflected in his face though he does not notice it. The face of a man is like a board indicating what goes on in the mind. As thoughts lead to actions, man's speech, behavior, and conduct affect the tendencies of the mind and give rise to good and bad impulses. By entertaining evil thoughts about others, he is deceiving himself.



## Good company leads to the Divine

By our thoughts we can even cure the illnesses of others. When friendship of good people is acquired through good thoughts, the union of the good leads to the realization of the Divine. A drunkard seeks the company of drunkards, a thief joins the company of thieves, a lawyer with lawyers and so on. So, people with good and noble intentions should seek the company of like-minded people, or else their thoughts will get polluted. A giant banyan tree grows out of a small seed, to experience the Divine, you have to cultivate good thoughts.

- Divine discourse on May 23 1993

*Thoughts influence the vision, which in turn affects the mind. Thoughts assume good and bad forms. Good thoughts, good speech and good actions make man truly human. This is the message of the three monkeys pictured as one with closed eyes, closed ears and closed mouth. See no evil, hear no evil, speak no evil.*



## *From Our Regional Coordinator*

- Dr. V.K. Ravindran

It was during the 7<sup>th</sup> World Conference when Swami declared that the Education in Human Values program will be the sheer anchor for the thrust of the Sai movement in the New Millennium.

At the Guru Poornima Celebrations held at Prashanti Nilayam on July 2-4, Swami drew our attention to the fact that man has a strong relationship with the five elements of nature which are sustained by the Divine Energy of Love. He has reiterated that the relationship of man and nature is integrated as Man himself is a product of the 5 elements of Nature. Baba goes on to explain to us that there is a perfect harmony of the 5 elements in Nature but Man has caused this imbalance today and has been responsible for upsetting the balance of the 5 elements of Nature resulting in today's untold calamities and miseries.

The theme of the Bal Vikas International Seminar was on "Sai Educare".

What is Educare?

Educare is that which helps man to retain his innate divinity on a continued basis. Educare is also the art of ensuring a perfect balance of our 5 elements within by managing the mind and 5 senses so that surge of Divine Energy from within flows uninterrupted. There should therefore be a harmony of thought, word and deed. Where do Human Values exist ?

They are inherent in him and emanate from within as Pure Love and cannot be taught from outside.

Sai Educare, as it unfolds itself, will become a very important basis of Education all over the world. We are all aware that Bal Vikas is a very important SEVA for the salvation of our children.

Therefore Sai Educare is a holistic concept. It is essential that the spiritual depth of the significance of this programme is communicated to not only parents and educators (Gurus) but also to the entire Sai Community. It is for the dissemination of the vital information on Sai Educare that diskettes on the entire proceeding of the Sai Educare Seminar 2001 have been sent to all Presidents of Central Council and Coordinating Committee Chairman to be disseminated to all Sai teachers and devotees through the Centre Chairman.

Let us spread this message of Sai Educare in our respected countries so that the Human Values Programme becomes the very pillars of our school system.

Jai Sai Ram.

# Messengers' Corner

## My Experiences with Divinity

There are no words to describe the Love my beloved Swami showers on me. Yet I will try to put a few experiences into words. He has been taking care of me since many births. But as far as I remember my family started praying to this lovely form since I was four years old. There were regular Bhajans at home. One Shivarathri night, a cobra appeared. It settled comfortably under Swami's chair, swaying its hood to the music. After Bhajan it was gently led into an earthen pot. Milk was placed in the pot. The pot was covered and taken to a remote place in order to release the cobra. But lo! There was no cobra inside! My elder sister completed her schooling and it was time to decide on further education. Then one day, Vibhuti appeared in our school bags. All the books were covered with Vibhuti! Considering this as Swami's Divine will, my sister got admission into Sri Sathya Sai Institute for Higher Learning, Anantapur. Three years



later I followed. Not a single day in my life passes without a unique experience of Swami.

## Om Aapadhbaandhavaaya Namaha

I was expecting my second child. It was the early months of pregnancy. One day I felt very uncomfortable and was afraid that I may have a miscarriage. That very day my brother-in-law arrived from India with a packet of Vibhuti in his hand. Handing it to me he said that a devotee had given it to him at the airport saying that it was from Swami! I partook of the same and had Darshan of Swami in my dream that night. I was back to normal the next day.

## Om Karma Dhwamsine Namaha

My first child is a lovely girl. When I was expecting the second time, we all prayed for a boy. Many astrologers and palmists predicted that we would have only daughters and no sons. I assured my husband that there is no reason for worry when we have the Creator with us. Then I had a dream. Swami appeared and allowed me to touch His Feet. I asked Him for a son silently in my heart. When my forehead touched His Feet, He slowly moved them sideways as if erasing

some lines or creating new lines of destiny! Seven months later I gave birth to a lovely little baby boy. Swami's grace can destroy our Karmas.

## Om Premaswaroopaya Namaha

Many a time I have gone to the vegetable market across the street with my baby in my arms, and all the time He has protected us from the rain. Every time it rained only after I stepped back into my house. Thus if we are vigilant we can realize that everyday is a miracle. As Swami says, we are His Greatest miracle. The whole creation is His miracle. And yet we wait for a miracle to happen. Strange human mind! When my three-year old daughter cried in her new school, He said to her lovingly, "Don't cry mummy is coming". Here is our Divine Mother taking care of every single need of everyone! In the earlier Yugas, the Lord came in one form or the other to destroy the evil forces and uphold righteousness. Swami says that in this Kali Yuga if He has to destroy evil, the entire human race will be wiped out because every human has some good and some evil in him. The evil today can be destroyed only by transformation. Swami's Love is thus, that whatever my shortcomings or weaknesses,



He has given me many chances to improve. As a mother, I may excuse my children twice or thrice, if they commit a mistake. But here is our Divine Mother who is willing to forgive us as many times as we commit mistakes, patiently awaiting our transformation.

Swami has always stressed upon the harm that television can do. He always says that it is '*televisham*' which means tele-poison. I was not a great fan of TV until the great revolution of cable technology. I slowly developed interest in movies and dramas. Every night I watched TV for about two hours. This went on for two years.

### Om KamaKrodha Dhwamsine Namaha

Turning my vision inwards as Swami wants us to do, I started reflecting upon the effects of TV on me. TV was surely affecting my daily routine. So one fine day, after finishing my prayers, I finally decided---NO MORE TV. I would like to mention here that one should not do away with spiritual practices altogether, because they give a lot of strength of mind. They are tools for our own spiritual progress. I looked up the lunar calendar and that day it read, 'Pariwartana Ekadasi', which means 'Transformation Ekadasi'! This was Swami's blessing. Within a week after I stopped watching TV, Swami appeared in my dream with charming smiles and rewarded me with a wonderful Paadanamaskaaram and a warm hug. I felt liberated. Liberation means detachment from the material world and attachment to God. It's a long time now since I have overcome this temptation for TV. Through practical experience I can say that if parents do not watch TV, children too do not develop a habit of watching.

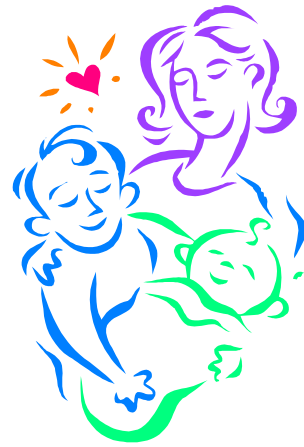
### Om Sarva Roga Nivarine Namaha

I developed another habit of chewing a little betel nut powder after lunch. This went on for about a year. Then I ran into problems with my 'wisdom tooth'. There was inflammation and pain around it whenever I ate betel nut. I visited the dentist and she said that I had to

get my tooth extracted. I thought that it was rather foolish to lose a 'wisdom tooth'. So I decided not to go back to the dentist and tried to bear the pain. Then my beloved Swami appeared in my dream. He laughed at my plight, asked me to open my mouth, and put a dental instrument inside. The next minute the inevitable happened. I awoke and the pain had gone! I prayed thankfully, "Swami, if you can take all the trouble to come and cure me, the least I can do is give up the betel nut." Three years have passed since then and my teeth are fine and sparkling! Last month I was suffering from a neck to shoulder pain. Again my Swami appeared in a dream. He kissed my shoulder and WHO-O-O-SH off went the pain!

Thus He takes care of us with the Love of a thousand mothers. To write about these divine experiences and about the greatest Love I have ever felt during my lifetime is not enough. As messengers we have to stand up and live up to His message. Swami says, 'SAI is Love'. He is compassion and kindness itself. To trust Him means freedom from all anxiety, fear and doubts. He does everything for our best. Difficulties and worries are not due to outside causes. They are due to a mind not surrendered to God.

-Sis G. Padmashree



## SAI ACTIVITIES IN BRUNEI

### Easwaramma day

On 6<sup>th</sup> May 2001, as part of the Easwaramma celebrations, the Bal Vikas children from Module I and II took part in the celebrations with parents and other Sai devotees. The function started at 7 pm with the children reciting the mantras, followed by Bhajan singing and aarathi all done by the children. This was followed by oral presentations on various topics by the children. There was, then a drama on human values, by the children from both classes as a joint effort, followed by a Bharatha Natyam dance, story telling by the children, watched by the crowd. The children and the gurus had put up a tremendous effort in the short time to prepare for the occasion.

### Buddha Jayanthi & Sadhana Camp

On 7<sup>th</sup> July 2001, special bhajans were held at the temple, as part of Buddha Jayanthi, The place was decorated with lanterns and oil lamps, especially by the Buddhists in our group. The Bhajan session was especially uplifting and we were all blessed with the sudden presence of Vibhuti on two of Swami's photographs. Later there was the freeing of caged birds as a symbol of liberation.

In conjunction with our Central Coordinator, Dr. Ravindran's, visit to Brunei, a Sadhana camp was held on 22<sup>nd</sup> June 2001. We were

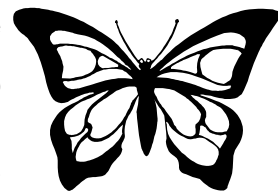
indeed privileged, to have Bro. Dr. Ravi, to join us in our Bhajan session on Thursday 21<sup>st</sup> June, and the following day to conduct the Sadhana camp, starting at 8.30 am. There was a fair turnout including devotees from the Seria centre. There were presentations on various topics by Dr. Ravi, and some short talks on Gayatri Mantra, and "Management of Time, Thought and Breath" by the older children and songs and dance routine by younger children. Bro. Ravindran was very impressed by the children's performance. The question and answer session was especially interesting. The recommendations and guidelines discussed at the World Conference and the Sai Convention at Singapore were presented to us by Bro. Ravi. The camp was a success and a good experience to many. It ended with the reciting of the Gayatri Mantra 108 times. The Sai devotees would like to thank Bro. Ravi for his visit.

### Guru Poornima

A special Bhajan was held on Guru Poornima day on 5<sup>th</sup> July 2001, with a good turnout at the temple. The Guru Poornima message was read out based on Swami's earlier discourses. Narayana Seva was performed in conjunction with Guru Poornima Day, where food packets were distributed to the needy workers.



A man found a cocoon of a butterfly. One day a small opening appeared, he watched the butterfly for hours as it struggled to force its body through the little hole. Then it appeared as if it could go no further. Then the man decided to help, and snipped the remaining bit of the cocoon. The butterfly then emerged easily. But, something was strange. It had a swollen body and shriveled wings. He continued to watch the butterfly because he expected any moment the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened. The butterfly spent the rest of its life crawling around with a swollen body and deformed wings - never able to fly. What the man in his kindness and haste did not understand, was that the restricting cocoon and struggle are God's way of forcing fluid from the body into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in life. If God allowed us to go through all our life without any obstacles, that would cripple us. We would not be as strong as what we could have been. Not only that, we could never fly.



## SAI ACTIVITIES IN INDONESIA

### Easwaramma Day

On Easwaramma day this year, the children of Bal Vikas put up a play entitled "Mother is the embodiment of virtues." This play drew its inspiration from Bhagawan's words on Mother and it also portrayed the stories of several famous characters who became great because of the love and teach-



ings of their noble mothers. The play was interspersed with songs on the various roles a mother plays in a child's life. The play concluded with a joyful song to our Divine Mother Sai, whose love is equal to that of a thousand mothers!

### "The Role of Parenting in the Present Day"

There exists a three-way partnership between child, parent, and teacher. The character development of a child highly depends on the successful working of this three-way partnership. With regard to this, on June 13 2001, the Bal Vikas teachers organized a program in which parents of the Bal Vikas children were invited to a talk on "*The Role of Parenting in the Present Day*". This topic was addressed to them by a distinguished guest speaker, Brother Seetharam from the Philippines. Parents were also delighted by performances done by the children of the EHV and Bal Vikas.

### Parents' Appreciation Day

*"First duty of the child is reverence to the parents. When the first step is absent, ascent is impossible."* - **Baba**

In keeping with Bhagawan's call to promote individual, family and society sadhana, and in view of the success of last year's Parents'

Appreciation Day, the youths organized another such event this year, on May 27 2001. The program carried the theme "*Mata Pita Tum Deva* (Mother,

Father, you are Divine)".

Parents were given personal invitation by their children. Upon arrival, the parents' along with their children took a family photo. These photographs were then given out at the end of the evening in beautiful photo frames as a souvenir. A compilation of letters and poems of gratitude composed by some of the children, which was published especially for this occasion, were also presented to parents. The evening started off with an item titled "Voices of Gratitude" which comprised of four children – a Bal Vikas student, a Teen Youth, a Youth and a Young Adult – speaking few words of gratitude to parents. Other programs included cultural program presentations by the youths and teen youths as well as games that involved interaction between the parents and their children. It ended with the children buying and serving their parents dinner from the food stalls which were put up in the hall.

### Funfair for the Under-privileged

In conjunction with Easwaramma Day, a funfair for underprivileged children was organized on May 7<sup>th</sup>, 2001 for over 400 children residing in a slum area in North Jakarta. In the funfair, EHV was the underlining theme. The children were provided T-shirts that had

hand-painted figures and messages on Human Values, even the organizers wore similar shirts. This was to bring a sense of equanimity between everyone.

Various stalls with different exciting games were set up. After winning games, the children received gifts, comprising of stationery items, clothes, and accessories for the girls and foodstuff. A question and answer stall was also set up, wherein each child is asked to answer some questions based on EHV, health and other educational topics. Those who answer correctly obtain coupons to be used to play the games. The children were served lunch which they ate together with the organizers. A take away gift consisting of milk, fruits, and few stationery items was given to each child at the culmination of the funfair.

**The Gandhi Memorial International School has formally adopted Sri Sathya Educare in the core curriculum starting July 18, when the next school year begins. Expert teachers from the Sri Sathya Sai Organization have volunteered to teach at the national and international school campuses. In exchange, the School has allowed the use of eleven classrooms for the weekly bal-vikas classes.**

## *SAI ACTIVITIES IN MALAYSIA*

### **Inter-School Human Values Song & Drama Festival**

The decline of human values has led to a host of problems globally, which includes drug addiction, lack of parental respect, promiscuity, juvenile delinquency, and crime in general. Quite apart from these, in the Malaysian context there is the threat of our National Unity being eroded by the increase in racial polarization among the younger generation.

The SSS Central Council of Malaysia decided that one of the best methods to get the youths involved in a program that will ingrain consciousness of Human Values would be through music and drama. Hence another major Human Values Program will be held shortly - "*Values For the Nation – Inter-School everyday Human Values and Song Festival.*"

The Malaysian Ministry of Education has

given their written approval and pledged their wholehearted support for this project. All secondary schools throughout the country are being invited to participate in this Festival.

In this context - a) In line with the Government's re-emphasis on improving the standard of English, songs are encouraged to be in English. However dramas will only be staged in English. b) Participating schools are required to write their own songs/drama script in values such as love and respect for parents/elders, patriotism and loyalty, honesty, truth avoiding evil habits etc. c) Each group must have at least two members who are Malays, two who are Chinese, and two who are Indians.

The qualifying rounds will be held in each respective state. For this purpose a Value for the Nations (VFN) Coordinator in each state has been appointed to form a task force team to approach all the secondary schools in each

respective state.

The finals of this event will be held on the 7<sup>th</sup> October 2001 in Kuala Lumpur at 8 p.m. with the semi finals being held at the same place and time on the 6<sup>th</sup> October.

The SSS Central Council of Malaysia extends a very warm welcome to the Brothers and Sisters from the region to attend and witness the Grand Finals.

For more information kindly e-mail the Secretariat at - [valuesformation@hotmail.com](mailto:valuesformation@hotmail.com)

### 9<sup>th</sup> National Sai Convention

Once in three years the Sathya Sai Central Council of Malaysia organizes a National

Convention.

This year this Convention will be held in the island of Penang from 7<sup>th</sup> December 2001 to 9<sup>th</sup> Decem-

ber 2001. A program that will motivate and benefit all spiritually is being planned. More information is available at - <http://welcometo/saicn2001> website.



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### ***The Sathya Sai Council Malaysia spearheaded SSEHV activities in the Region***

*Way back in 1984, they organized a Far Eastern Seminar on Value Education, attended by Government education officials. Sri Indulal Shah made formal presentations at the Ministry of Education. Sri Jegathesan made presentations at two National Seminars organized by the Ministry of Education. They prepared a detailed plan for training of value based teaching in the formal school system. Of the 300 over gurus currently involved in teaching Bal Vikas/ SSEHV, about 50% are certificated teachers who have received formal Ministry of Education training. The rest are Sai volunteers who have undergone our own SSEHV training programs. Sai volunteers, mainly the youths have made successful inroads into some schools in Kuala Lumpur and Johor Bahru where the approach has been a multiple one, encompassing, SSEHV, remedial tuition and motivational sessions. Many bal-Vikas students have excelled in both academic and co curricular activities.*

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## ***SAI ACTIVITIES IN THE PHILIPPINES***

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### **MAY 2001**

Dr Ravindran conducted an Officers' Training seminar on 17 May attended by 50 active workers. On 18 May, he inaugurated the Pasig group as "Sai Paadam", the Metro Manila I center. The two hour program began with vedic chanting, followed by special bhajans, excerpts from a video on Bhagawan's Discourse on Ugadi day (when He materialized the lemon fruit), and sharing of experiences of the singers (Sis. Francesca Tan, and Sis Judy Ong) at the Buddha Poonima Celebrations in Bangalore. Regular bhajans and

study circles are held on the first Friday, and third Sunday at the residences of Bro. Ramesh Subramaniam, and Bro Paul Vanjani, respectively.

The Second Sathya Sai Preventive Health Care Medical Camp was held on May 19-20, 2001, Saturday and Sunday at Pililla. The camp benefited 500 children and adults. 30 doctors from the leading hospitals in the Metro Manila (the Makati Medical Center, Asian Development) assisted Dr. Ravindran. Sai volunteers with their families and a big number of local people of Pililla, also assisted in this camp. A leading pharmaceutical

company donated all medicines for the camp. We brought one child who needed an immediate surgery in the ear to the government hospital. Free eye glasses were given to 400 adults.

In keeping with our objectives to inspire Hindus to become better Hindus, we assisted the Hindu Temple (where our Paco group has been conducting bhajans every Monday), by inaugurating the *Soma vara Prodsha kala pooja* on 21 May 2001. The two hour program included vedic chanting (*namakam and chamakam*), followed by *linga ashtakam*, *bilva ashtakam*, and special bhajans, and prayers according to the pooja vidhanam. Bro Sriram arranged bilva leaves from Singapore specially for this day, and over 150 persons attended the program and took prasadam. The Pooja will be regularly conducted on the third Monday of every month. We also conduct the *Sathya Narayana Pooja* at the Hindu Temple on the first Monday of each month, which is attended by over 50 persons.

## JUNE 2001

Education on Human Values classes for this academic year resumed on 24<sup>th</sup> June. These classes are formally called "*Sri Sathya Sai Educare*" The Sri Sathya Sai Educare focuses on developing good character along with skills, through the direct, indirect, and extra-curricular activities.

## JULY 2001

Guru Poornima was celebrated on July 5<sup>th</sup> at the CCC venue with special bhajans attended by over 60 persons. A special feature was the sharing of experiences on Meditation (Bro Anil De Alwis), EHV and Parenting (Sis Neha Vanjani), Service (Bro Roberto Valencia) and Values in education (Teacher Vilma Ranada). This was followed by a talk on the significance of Darshan (seeing), Sparshan (touch) and Sambhashan (conversation) with the Divine.

The Makati group was restarted on July 12, 2001 as "*Sai Naamam*," Metro Manila II Center (Manila and Makati areas) . The two hour session with Vedic chanting, Bhajan, and meditation was attended by over all

members (including children). Bhajans and study circles will be held in the residences of Bro. Kumar Karnani (Chairperson) and Bro. Satish Lakhmani (Service Coordinator), until a permanent venue is fixed. Weekly bhajans continue at the previous (now unofficial) venue in Bel-Air.

## Certificate Course at ISSE

The first Certificate course on Sri Sathya Sai Educare (SSSE) was held from July 9 to August 5, 2001 at the Institute of Sathya Sai Education, Region X, located in the Case del Nino School Campus in San Pedro, Laguna. Ten teachers from the Philippines participated in the intensive residential training comprising four weeks of learning by doing. First, all students followed a values-filled daily routine through the duration of the course in a residential atmosphere, comprising morning and evening prayers, meditation sessions, meetings, and group discussions, and vegetarian meals, all of which would bring about a *self-transformation* in them. These teachers attended the afternoon lectures during the course and also integrated daily what they had learnt, in their regular classes at Casa's Elementary School.

Sis Loraine Burrows and Dr Lata Seetharam, coordinated the course content and conducted the key lectures and workshops in the first seven days (11-17 July). Other lecturers included Bro Anil De Alwis (Vice President, Citi Bank), Dr Acierto (President, Casa Del Nino Schools also Director, ISSE), Dr Erlinda Zurita (Dean, Notre Dame University also Director, ISSE), and Dr Seetharam. Sisters Michelle Asiddao and Olive Bacani (former ISSE alumni) stayed with the teachers throughout the one month and guided them. On 3<sup>rd</sup> and 4<sup>th</sup> August, the students will be making their final presentations. We are excited that Baba will award their certificates during the convocation in November 2001.

The Third Sathya Sai Preventive Health Care Medical Camp was held on 22<sup>nd</sup> July 2001 at the ISSE Region X, San Pedro, Laguna. The camp benefited 790 children including infants. Ten dedicated doctors served and care-

fully checked thoroughly the recipients, as many sick children came. Three children needed urgent medical attention – one with severe pneumonia, another severely malnourished infant and yet a third child with a hole in the heart. All children were also given deworming medication and multivitamins.

Prelims of The Educare Contest for Schools (teachers and students) in the Philippines will

be held on the 5<sup>th</sup> of August at ISSE. This is an on-the-spot contest, followed by a Cultural program.

**The Bacolod bhajan group relocated to a new place on 29 July 2001.**

*The Central Coordinating committee of the SSSO Philippines can be contacted at [ccc\\_sssophil@skyinet.net](mailto:ccc_sssophil@skyinet.net).*



## Face To Face with Divinity

When I was requested to sing at the Vesak Day celebration to be held in India, I agreed immediately without asking for details. After all, I have always been fascinated by the exotic image of India. This invitation to sing came so suddenly; I had to put my plans on hold in the event that the organizers would call for a meeting or briefing. I had to cancel or reschedule the various workshops I planned to attend. Despite being in a state of joy before leaving for India, I had a torturous bout of insecurity. I never had a high opinion of my own singing, add to

that the skeptical questions some people had as to why I was chosen to go to India when in fact there are others who are better than I am. My best friend and father were the first people to pacify my turmoil. They told me, "You were chosen. Not the others who are better than you. That's all that matters. Just go."

I embarked on a journey to the unknown, alone. (I was part of the four member Philippine delegation). I felt an apprehension inside me especially after hearing stories about Sai Baba. It was the first time I've heard of him and from the little I've heard, he is considered to be the Living God. I had my reservations for after all, I was brought up a Catholic, and never in my religion classes was it mentioned that God himself would come to us in human form. There must be some mistake.

We reached Whitefield, Bangalore and I saw Baba for the first time. Until now, people ask me what I felt when I first saw him. To be honest, I tell them I did not know. How do you feel when you've spent half of your life questioning God's wisdom and then very suddenly, you are in the presence of someone whom everyone claims to be God himself? How do you feel when you are confronted by a fact (this being Sai Baba's divinity) others accept unquestioningly when you've spent a lifetime living hedonistically, not caring whether God exists or not? How do you feel when you are surrounded by a multitude of believers yearning for a touch of the divine and yet you do not fully understand what everything is all about? I tried to think of every cynical thing to say about this man who floated through the crowd, smiling gently. I tried to picture him as an evil monster incarnate in the form of an impish man, controlling a sea of devotees with a wave of the hand. But nothing came. **All I felt was a peace I never had before.**

My rehearsals didn't go too well. I was physically tired, and my voice couldn't hit the high notes. I was starting to feel really nervous. I even hoped they would cancel my performance. Then I did the unthinkable. I prayed to Baba. I prayed while waiting for morn-

ing and afternoon *Darshans*. I prayed when I saw Baba's picture. I prayed while I walked the few meters from the Ashram to the place where we stayed. I prayed before going to sleep. I prayed when I woke up. My prayers in church were half-hearted compared to my prayers to Baba.

On May 7, 2001, I sang for Baba. The nervousness that threatened me in waves days before has been reduced to ripples. I was told to face Baba when I sang. I thought of the smiling face crowned by a mass of big hair and I smiled to myself. My cue came and I stood up from my cross-legged position. The music started and I held the microphone tightly as I looked at Baba. He smiled encouragingly and I started to sing. My voice floated through the vast hall and I knew it was not my voice anymore. I have never sung with such a lightness of heart as I did that day. It was as if I had never been afraid. My mind cleared and my heart opened. **Singing for Baba was my return to innocence.**

I look back on the days in Whitefield. Something has changed in me. A seed of faith has been planted in my heart. *I do not think Baba is God because He has performed miracles. I think He is God because as He sings, His gentle voice soothes the wild beast in my heart. I think He is God because as He speaks, His assured tone tells me without question that what He says is true. I think He is God because even without doing anything, He makes me want to be good.*

As I sat in a vessel called an airplane that floated through the dark, intangible sky. I thought, my soul lies in this vessel called a body that floats through this dark, cynical life. I know the light shall burst forth when the journey comes to an end and I know what to do to face that day when it comes for I have come face to face with divinity.

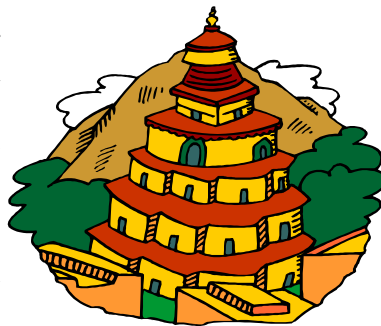
- Sis. Francesca Tan

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## SAI ACTIVITIES IN SINGAPORE

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The period between January and May is always most remembered by Sai Devotees in Singapore for Mahashivarathri and Buddha Poonima celebrations. Mahashivarathri was celebrated with 12 hour night long Bhajans being held jointly with most devotees eagerly coming in to participate in the Bhajans and receive blessings on this most auspicious day. For Vesak Buddha Poonima, Sai Bhajans were arranged in a Buddhist temple on Vesak Day and the monks there were greatly pleased with the devotion expressed by the devotees.



In addition, more than 83 Singapore devotees went to Brindavan, Whitefield to celebrate Vesak Buddha Poonima celebrations in the presence of our Beloved Lord. We were blessed by Swami to organize the lunch prasadam on Vesak Day and also the exhibition on Easwaramma which after being displayed at Whitefield would then be placed at Chaitanya Jyothi in Puttaparthi.

Swami's Leelas were very much evident. When the sister in charge of the lunch had to cancel her trip, her husband volunteered to



manage the food! This was already quite difficult, as only ladies are allowed to enter the Western kitchen in Whitefield!!! How could he manage without even entering the kitchen? But Swami, in His Gracious ways provided the ready solution. The right lady and cooks suddenly called and volunteered their services not only to manage and cook but also to provide the right menu and ingredients. They were so thorough as to provide even the stirring straw spoons required!!!

For the exhibition, Swami also lovingly made smooth progress of the works and the transport from Singapore to Whitefield. There, He also played the Leela of testing the perseverance by sending rain that appeared to make it difficult to open on time; but once the determination to do so was evident, He made wonderful things happen. He opened the exhibition on time.

In March 2001, a Sai convention was held to enumerate the proceedings and recommendations of the 7<sup>th</sup> World conference. Although the numbers present were less than 200, the quality of the response was very good.

Another notable event was the special celebrations for Paduka Pooja held on 1<sup>st</sup> May 2001. Families with 99 pairs of paduka poojas took part in the event, which was reminiscent of the Pooja held in Parthi.

In July, six delegates from Singapore went to

attend in the Bal Vikas conference in Puttaparthi. On their return, they will be sharing with us their experiences and contributing towards the progress of the sadhana of the Sai devotees.

With Swami's Grace, the Ministry of Education has granted approval in principle for the SRI SATHYA SAI PRESCHOOL, SINGAPORE. The construction works have started and the School will open in September 2001.

A Youth Sadhana camp with more than 60 participants was held in July 2001 at an off-shore island. Bro Suresh Govind from Malaysia kindly provided the Sai Seva of conducting a course for them.

An additional follow up session will be held in September 2001 for the Gurus who had undergone training in July.

Sai Prashanti Nite in September 2001 are being organized to gather the youth and Sai devotees in Sai activities.

Another interesting event is the possibility of being involved in the arrangements to welcome our Dear Beloved Lord to Thailand and Philippines. Singapore Sai devotees are very keenly interested and of course are also praying that Swami will also visit Singapore.

We pray to Swami that He continue to Guide and Direct all of us on the right path and Bless the world with eternal Peace and Bliss.

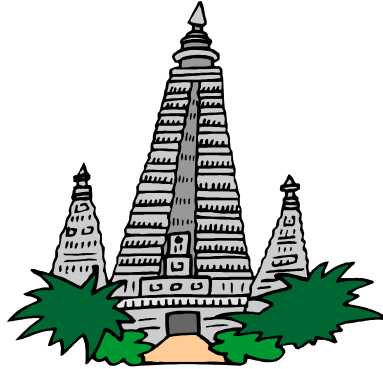
### *God is the Manager of the Bank of Love*

How can you attain God's grace? Here is a small example. You toiled hard, earned money and deposited it in a bank for safety and security. No doubt that money belongs to you, but the Bank Manager will not give it to you on your mere asking. There are certain rules and regulations for the withdrawal of money. You can withdraw the money only when you sign the cheque and surrender it to the Bank Manager. Likewise, you have deposited the 'money' of meritorious deeds with God, the *Divine Bank Manager*. Affix the signature of **love** on the cheque of **sacrifice** and **surrender** it to Him. Only then will He confer the wealth of His **grace** on you. This is the royal path to attain peace and purity; it leads ultimately to liberation. Though God is the embodiment of sacrifice and the money belongs to you, there is a proper procedure to get it. God is the Manager of the Bank of Love. Love is God; live in love. Your love for God should not change. Only through such love can you follow the path of sacrifice and withdraw 'money' from the Divine Bank. Here 'money' does not mean currency notes. It is the 'money' of grace, wisdom, and righteousness.

# CHILDREN'S CORNER

God always answers our prayers

Adi Sankara was a little boy born in a place called Kaladi in Kerala. When he was six-years old, his mother, Aryamba, told him: "Son, your father is a very pious person and he worships every day according to the prescribed rituals. You must follow his example. You are very lucky. Having taken birth as my son, you should conduct yourself in such a way that you achieve great name and fame and bring a good name to me. Act according to your father's example. It is the mother that makes a son noble and great. It is a noble son who brings glory to the mother. Hence, remembering this, act according to your father's injunctions."



The father of Shankara was a regular worshipper of Goddess Rajarajeswari for many years. He used to offer milk every day to the Goddess. One day (when Shankara was barely four years old), the father had to leave his home to visit a neighboring village. Every day after finishing his prayers and offering milk to the Goddess, he used to distribute the remaining milk to his wife, son and others. He told the boy: "Son, your mother cannot perform the worship which I do. You better do the worship today."

After the father left, the boy followed the father's instructions. He filled a glass with milk, placed it before the image of the Goddess and prayed: "Mother! Accept this offering of milk." He went on praying. When he found that the milk remained untouched, he was in great anguish. He cried: "Oh Mother! What crime have I committed? When my father offered the milk you used to take it. Why are you not taking it when I am offering it?" He was in deep distress. He became desperate. He declared in agony: "Mother! If you don't take the milk I shall end my life. I would have dishonored my father. I would also be guilty of failing to fulfill my mother's command. If I cannot please my parents, what use is there in my living?"

He prayed intensely to her in great agony. Moved by the naive entreaties of the boy, the Goddess appeared before him. She told him: "Child! Be happy. I am immensely pleased with your devotion. I shall drink the milk." So saying, she drank all the milk offered in the glass. The boy was aghast to see that the whole glass was empty. "Oh mother!" he cried. "If you drink all the milk what is left for distributing to everyone? My mother will think that I have drunk all the milk. I have to give some of the milk to her. My father used to give some milk to others also. Therefore please restore some of the milk in the glass."

How can the milk once consumed be brought back? Can the river that has joined the ocean be made to return? Can an apple that has been digested be brought back? The Goddess told the boy that it is impossible to bring back the milk that had been consumed and vanished. The boy was in deep distress again. He thought within himself: "I will get a bad name from my mother." He prayed: "Mother! Please give at least a little quantity of milk." Responding to the prayers of the young boy the Goddess drew milk from her breast and gave it to the boy.

It was the sacred power of the milk given by the Goddess that enabled Shankara in later years to master all the scriptures and earn lasting fame as a great spiritual teacher, revered by all. Knowledge of all the Vedas came to him effortlessly. It was due to the grace of the Divine Mother and the love and blessings of his own mother. **When one is blessed with Love and Grace he is transformed from the human to the Divine.**

- From Divine Discourse on Easwaramma day



# SATWIC

## Potato Cake

### Ingredients

3 large potatoes

1 capsicum

½ cup grated cheese

½ cup breadcrumbs

½ cup milk

1 red chili crushed

2 tsp. butter

1 tbsp. plain flour

*Do not peel potatoes. Slice into thin rounds or grate coarsely. Deseed capsicum and slice into thin rounds Heat a heavy bottomed pan. Meanwhile mix cheese, milk, crumbs, flour, and chili. If mixture feels thin, add some more breadcrumbs. Add salt to taste. Apply a little butter to the bottom of the pan. Arrange potatoes to cover the pan. Top with capsicum. Pour the mixture all over evenly. Level to cover all the potatoes. Sprinkle fresh ground pepper, salt and simmer on low till bottom is golden brown. Flip over very carefully with a wide sharp spatula, and roast the other side. Let in the remaining butter around the edges to seep down. Let other side become golden brown too.*

## Sweet Rice Cake (Biko)

### Ingredients

½ kilo glutinous rice

3 cups coconut milk

1 cup coconut cream

1 cup brown sugar

2 pieces pandan leaves

*(a herb, common in the Philippines)*

½ cup jackfruit,

*cut into small pieces*

*Combine rice with 2½ cups coconut milk, put the herb and cook till done. Add the sugar, remaining coconut milk and the jackfruit into it. Cook on low flame stirring constantly, until it becomes very thick. Pour into a flat container and allow it to cool. Divide it into small portions (1½ inch squares). Decorate with coconut flakes and serve.*

*Coconut flakes can be prepared by stirring the coconut cream on a low flame for a long time, until it appears as brown flakes and the coconut oil separates. Set aside excess coconut oil.*



## Fruits of Charity

A father sent his son to the market with a sum of money to bring home some fruits. While bringing them home, the boy saw a few beggars on the road and heard their wails. He realized that they were very hungry and that they needed the fruits more urgently. So he gave the fruits to them and came home empty handed. He told his father, "I have brought you invisible fruits that are sweet and lasting." The father embraced the boy and told him, "Yes the fruits of charity rendered to the deserving are really sweeter and lasting."



# Study Act I *inspire* YOUTH Page

## Which is Important - Renunciation or Accumulation?

Two monks were traveling together. One practiced the spirit of accumulation, the other renunciation. They discussed the subject of possession versus renunciation till they reached the bank of a river. It was late in the evening. The man who preached renunciation had no money with him, but the other man had. The man of renunciation said, "Man, do we care for this body; we have no money to pay the boatman; we can pass the night even on this bank singing the name of God." The monk with the money replied, "On this side of the river, there is no company, wolves will devour us, snakes will bite us, the cold will chill us. We had better ferry to the other side. I have the money to pay the boatman to ferry us across to the other bank. On that side there is a village; we will live there comfortably." Both were ferried across.



At night, the man who had paid the fare remonstrated to the man of renunciation: "Do you not see the advantage of keeping money? I kept money and two lives were saved. Henceforth you should never preach renunciation. Had I also been a man of renunciation, we would both have been starved or been chilled and killed on that side of the river."

But the man of renunciation answered, "Had you kept the money with you, had you not parted with the money, and renounced it to the boatman, we would have both died on the other bank. Thus, it was the giving up of money or renunciation that brought us safety." "Again," he continued, "if I kept no money in my pocket, your pocket became my pocket. *My Faith kept money for me in your pocket. I never suffer. Whenever I am in need, I am provided for.*"

- From Tattvaloka, March 2000

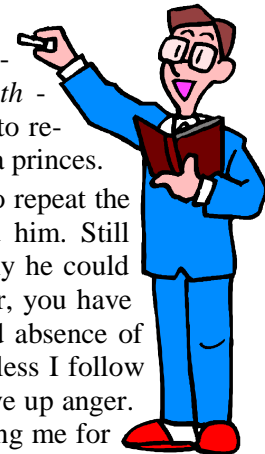
## Real Learning

Once Dronacharya was teaching the Pandava and Kaurava princes. He exhorted them to *follow righteousness, give up anger, and speak the truth* - three great principles to make life beautiful. When he asked the princes to repeat the lesson, everyone did except Yudhisthira, the eldest of the Pandava princes.

The teacher was disappointed with him and asked him again and again to repeat the lesson but in vain. The teacher became angry with him and punished him. Still Yudhisthira did not repeat the lesson. When Dronacharya asked him why he could not learn and repeat such a simple lesson, Yudhisthira replied, 'Noble sir, you have named the three virtues of Right Conduct (*Dharma*), Truth (*Sathya*) and absence of anger. I have spoken the truth by admitting that I cannot repeat them unless I follow them, as your advice was to follow righteousness, speak the truth, and give up anger. I have resisted all temptation to get angry even as you have been punishing me for speaking the truth. But I have still not learned the third principle of following righteousness always. Then, how, noble sir, can I merely repeat the names of the virtues?'

The great teacher embraced Yudhisthira with grateful tears flowing from his eyes and said "Yudhisthira, I am the blind one. You are indeed my great teacher."

- From Tattvaloka, Feb – March 1997.



# The Miracle, A Crisis, and the Future

## - The story of the East Asian Economies

In his recent book of over 160 pages, Professor **Bhanoji Rao** (an eminent economist, just retired from the National University of Singapore) fills an important gap in the existing body of knowledge on the East Asian Economies. Incorporating the teachings of Bhagawan Sri Sathya Sai Baba, Prof. Rao presents an insightful extrapolation of the economic prospects of, and challenges facing, the East Asian economies. Prof Rao argues that practice of **non-violence** and **truth** must be seen as integral components of development.

At the time of the 1997-98 crisis, the East Asian region received numerous suggestions for reforms on how to fine tune policies and institutions to overcome the crisis and prevent future crises. Prudential rules to strengthen corporate governance and combat the relationship-based business practices were advocated to banks. But how does one implement them? Advice such as “limit bad assets” is easily said than done. Without a strict code of ethics, banks cannot abandon lending to relatives and friends!

In most developing countries, the important problem at the national level is the evolution of a permanent borrowing tendency: a dependency syndrome. There is hardly any evidence to indicate that countries borrowing heavily can ever develop to such an extent that they become free from indebtedness. Instead, confidence and currency crises are bound to hit a country if the overall debt is large and if the debts are incurred on government account for unproductive projects.

The empirical fact is that emerging economies are also vulnerable to unfavorable and disruptive shifts in investor sentiment. What should a country do? The best option may be to avoid capital moving in and out, if a country is unable to effectively manage a liberal capital account regime.

Within the framework of globalization, the success of reforms in a country depends on the integrity of the key policy makers and those in charge of implementing reforms.

### Freedom and Values

Development comprises the trinity of human capability, freedom, and movement towards human perfection. As long as human beings do not increasingly manifest the core human values of non-violence and truth, economies will be prone to crises. Evolutionary failure arises when individuals and groups, for personal, family or group gain, cheat, manipulate, kill, etc. which are all indirect manifestations of the absence of the core human values of truth and non-violence.

Human capability (similar to the Human development concept popularized by the United Nations) is the state enjoyed by a person when he or she has a long and healthy life, the highest possible education, and purchasing power that provides the goods and services that a person must have in order to lead a comfortable life.

Freedom enables a person to exercise choices, voice opinions, regardless of the person’s attributes such as religion, economic status and so on. Rule of law and integrity are vital to safeguard the freedom of the individual and dispense justice without fear or favor.

Finally, the outcome of the movement towards human perfection is a person who increasingly manifests non-violence and truth in daily life. That permits the orderly conduct of life in the family, community, nation, and the world at large. That would lead to a growing transfer of private property to social purposes. A relatively more

*“If the mind of man is not reformed and purified, then all the plans to reform the world will be future.”*

- Baba

(Continued on page 26)

# Education for Life

*True Education teaches us to 'Live with the Source' at the spiritual level and 'achieve Human Excellence' at the worldly level.*

## Brief history of The Bal Vikas

The Bal Vikas Program has a long and cherished history dating back to 1969. Our Beloved Bhagawan entrusted the responsibility of starting "Bal Vihars" to the ladies wing to impart education in the ancient scriptures through story telling, enacting plays on moral themes and singing of devotional songs. Thus began Sai's Children Education under His Divine guidance. In 1971 the first All India Bal Vihar Teachers' Conference was held, and the nomenclature of Bal Vihar was changed to Bal Vikas to clarify the objectives of child education, which was to *blossom* truth, beauty and goodness in the child. The rules, regulations and syllabus of Bal Vikas course were drawn up at this Conference.

In 1973, at the Second All India Conference Baba addressed teachers as "gurus", clarifying that a guru is one who dispels darkness and helps the child to understand Divinity within oneself. He stressed the universal nature of spiritual training. He advised gurus to do their part by "practicing before preaching". The syllabus for children, in the age group of 12 to 15 was prepared at this Conference. At the 4<sup>th</sup> Conference in 1980 Swami introduced the concept of "Ceiling on Desires" program for children and unfolded how non-violence meant saving of food, water, energy, time and money and how waste is violence. The only remedy to curb this violence is to minimize desires. Since then the motto has been "Waste not, but save".

Thereafter several new dimensions have been added, it is now a veritable Sai movement confined not only to India but encompassing the entire world. It is a silent revolution in the life of children who are lucky to be a part and parcel of this life moulding Education.

In India several lakhs of children have taken

advantage of this course in the last 30 years and have become part of the Sathya Sai army for conducting spiritual, educational and service activities under the banner of Sathya Sai Organization by rendering service to mankind. Today we have about 10,000 gurus conducting training covering over two hundred thousand students. However, for the 21<sup>st</sup> Century, we

are now visualizing this movement from an entirely different perspective.

## Sathya Sai EDUCARE

Sai Avatar has persistently drawn our attention to the fact that man has a strong relationship with the five elements of nature that are sustained by the Divine Energy of Love. The relationship between Man and Nature is integral, as man also

is the manifestation of the five elements. Baba explains that just as the five elements in nature are in perfect harmony, so also the five human resources in man should be in harmony. But this balance within man is unfortunately totally upset today and, man has become responsible for upsetting the balance of the five elements in nature, resulting in what we call calamities. When asked as to how man can maintain the balance of the five elements in nature; Swami replied that "Man can achieve this only by practicing Human Values". Thus, Swami has given us the true relationship of the Five Human Values. This is Sri Sathya Sai "EDUCARE".

Educare is a sublime ideal, an ideal that will startle us with its greatness, its universal dimension. Educare is that which helps man to retain his innate divinity on a continual basis. Educare is also the art of ensuring a perfect constant balance of the five elements within, by managing the mind and the inputs from the five senses, so that the surge of the Divine energy from within flows uninterrupted. In other



words, a harmony between thought, word and deed has to be achieved in such a manner that the physical world is perceived as an extension of the spiritual world.

Human values are inherent in man. They emanate from within as pure Love and cannot be taught from outside. What is required is to employ learning techniques and approaches, enabling the individual to practice them in his daily life. In order to understand and incorporate this concept in the Bal Vikas course and to orient the Bal Vikas gurus and children, this convention proposed to deliberate on the carefully drafted Agenda of Educare. This Convention will consider the existing course content in the background of the Divine Message of Educare and decide what new inputs need to be added into the course content so that the complete Sri Sathya Sai Message on Educare is ingrained in the syllabus for all children (5 – 14 years old). This will be education for life, and not for living.

For the first time in the history of mankind Baba has synthesized knowledge and action in a simplified manner. He has shattered all myths of spirituality and taken it beyond all caste, colour, religion and creed and brought it within the reach of the common man to make Sai families and a Sai Society. Thus through the progress of children, progress of

entire mankind can be achieved. We are out to visualize the Universe of Peace where human beings along with birds and bees and all forms of creation are breathing and radiating Peace and Love all around. The challenge is as great as the Ideal. Baba has said, “My task is not merely to cure, console and remove individual misery. But there is something far more important. The important task of the mango tree is to produce the mango fruit. The leaves, the branches and the trunk of the tree are useful in their own way, no doubt, but the main aim of the mango tree is to produce the mango tree. So too, the removal of misery and distress are all incidental to my mission. My main task is re-establishment of the scriptures in the hearts of all people”. Educare is the Veda of the 21<sup>st</sup> Century.

The Educational family namely teachers, parents, students and administrators have to join hands to manure, water and nurture the seeds sown by dedicated workers in last thirty years under Divine guidance. With confidence, we visualize the ripened sweet fruit of the “Divine Perennial Seed” for the world to “Taste” in twenty first century.

- Sis Sarla Indulal Shah,  
National Coordinator of Bal-vikas Program  
Inaugural Talk at the Conference of Bal-vikas Gurus,  
2-4 July 2001



## *EHV is 3HV– Head, Heart, and Hands*

Sri Sathya Sai Baba has told us that His message of Love and Peace and human values will spread all over the world through education. The Avatar has all the powers in His hand. He doesn't really need us to change the world. In a whirl of His hand he can change the sky into earth, the earth into sky. But because of His Love and Compassion He has given us all the opportunity to play a part in His Divine Mission. We are truly grateful to Baba for allowing us to take part to help bring about peace and enlightenment in the world. This is the greatest responsibility of all teachers who are sitting here because now

you are the flag bearers of the Divine Message for the whole world.

### **Purpose of education**

Sathya Sai Baba has explained, using the spelling education, the purpose of education. ‘E’ stands for ‘Enlightenment’. This is the real Educare, enlightenment to go within to search for the wisdom within, to bring it out from the children. That is what we call enlightenment. ‘D’ - ‘Duty’ and devotion. Children have to be taught to perform duty with devotion, love, and self-sacrifice. ‘U’ - ‘Understanding’. We do need worldly knowledge but much more important is to under-

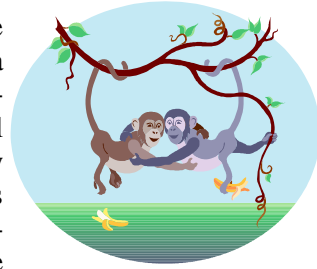
stand oneself. Who are we? Why are we here and where are we going? Teachers have to help children to ask themselves and find the answers. The 'C' is 'Character'. Baba has told us, "The end of education is character." The 'A' is for 'Action'. It is no good just talking. We have to put into action for the benefit of all. 'T' means 'Thanking'. We have to learn to be grateful, grateful to Baba, grateful to our parents who have given birth and, grateful to our teachers who have imparted knowledge to us. We have to learn to be thankful to nature for sustaining us, to the sun for giving us light, to the earth that has given us food, enabled us to live in the world. 'I' is 'Integrity'. A person with integrity is someone who can be trusted, honest, and who we would like to have in the world today. The 'O' in education is 'Oneness'. Children have to be taught that we are one, that God resides in the heart of everyone. Therefore there is no difference between race, color, or religion. We are all brothers and sisters. The last letter is 'N' standing for 'Nobility'. A person who is noble has integrity, and all the characteristics that we have talked of. Such people are noble. So, Education is not to make children great only, but to help them become good, people full of goodness.

### What is EDUCARE?

The word education comes from the latin root 'Educare', meaning to elicit or bring out from within. Human values are latent in every human being. These should be manifested and realized. This is very important now because teachers all over the world often misunderstand education. When we ask teachers "What do you teach?" many will say, "I teach science, I teach mathematics." Some will say, "I teach Human Values." No! We should only teach children because Educare is to bring out the latent divinity from within. So we must teach children to learn to manifest human values and realize the Divinity that is within them all. We cannot teach values, we can only help children learn to bring out the values.



In Thailand we have a school, a school for monkeys. In that school we are actually training monkeys to behave, to perform duties. We teach them to climb up a coconut tree, bring down the coconuts; collect them in a cart and push the cart to a warehouse, where they place all the coconuts they collect. We can train monkeys to behave but children are not monkeys. Children are not animals. We have consciousness beyond the monkeys. We have the super-consciousness, the Atma that is within. We are going to help children in the concept of Educare to bring out the latent divinity that is within them all.



The theme of this Conference is 'Sri Sathya Sai Educare' with special emphasis on the five elements. Last September we had the International Conference on Strengthening Values Education. We asked Baba to clarify how to bring a balance in the five elements. I was expecting a detailed, scientific explanation about the five elements, about the earth, water, fire, wind, and ether. But Swami gave a very simple answer. He said simply "By putting into practice the five human values, we can bring about the balance of all the elements." You know man likes to be very complicated. Right now in many countries we are developing many theories about EHV, we are becoming more and more complicated.

But, God is simplicity itself. That is a big lesson for all of us that we have to remain simple. You know Swami often asks us "What is EHV?" When He asked me that question I started to think very hard and I remembered Bro. Jagadeesan telling me that EHV is Everyday Human Values, so I told Swami "Everyday Human Values" He said "No". Then I thought again and said, "Everybody Human Values" Swami said "No". So I de-

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## Water and Values Education

One of the problems facing Africa today is water. Water for drinking, for human consumption, water is life. As you all know, water is essential for development, for the environment for everything. The population of Africa at the end of the 19<sup>th</sup> Century was 150 million people. But by the end of the last century it was 756 million people. And the forecast for the next 25 years is 1.25 billion. All these people have been using the same sources of water supply. Some of the countries share common rivers, river basins, and lake basins. Water has linked communities together, but we also know that in history water has taken community to war. There have been water wars, and there will be water wars in Africa very soon.

It is for this reason that the United Nations has taken very positive steps in ensuring that there will be no water wars. That the distribution of water will be fair, and that people's attitude to the use of water will be equitable, and that there will be care in the sharing of water. For this purpose, the United Nations set up a human settlement program, which has held several meetings with experts to find solutions to this problem. From the 30<sup>th</sup> of April to the second of May this year, I was invited as Director of the African Institute of Sri Sathya Sai Education to submit a paper to an expert's meeting in Johannesburg, on the theme 'Water and Education for Africa: A Human Values approach'. Fifty experts were drawn from all over the world.

In my presentation, I acknowledged Bhagawan Sri Sathya Sai Baba as the owner of this Human Values-based education, a program that He has gifted to the world. I was the first to read my paper, but as the reading went on I noticed that my voice was slightly different. At the end I was a little disappointed. As my speech had gone on I could not understand why my voice was different. Of course there was applause. After the other papers had been presented there was a coffee break followed by a plenary session. During the plenary ses-

sion, the first speaker from UNICEF stood up and said, "All we have to do now is to accept Kanu's paper as the operational

basis for this program for the whole of Africa," and there was no dissent. The paper contained Swami's program in its pristine form as we know it. So I returned to Ndola.

Three weeks later I received a phone call followed by a letter, inviting me to go to New York and present the Human Values approach to water education at a special session that was running parallel with the General Assembly of the United Nations. It was on the 6<sup>th</sup> of June when this special body was set up. Again I wrote a shorter paper based on Swami's Human Values of Truth, Love, Peace, Righteousness, and Non-Violence, suggesting that it is the only solution, not only to the water problem, but also to all the problems that afflict Africa. The meeting was held at the Trustership Chambers, a very prestigious place, I was told it was the best. This was where Bhagawan sent me. I read this paper, and I was the last to read the paper. At the end of it many people rushed forward and wanted copies of the paper. I referred them to the UN who had the original. Since then I have been told that many more requests have been coming forward. That is being recorded at the UN and whatever is discussed there, is recorded fully, and will be produced in a book form.

Then I returned to Ndola, and just two weeks ago I received another call, from the UN Centre for Human Settlement. They will come with a team to Ndola and invite a few African countries to attend a special function. They want the teachers of Sathya Sai schools, teachers who have been trained by the African Institute of SSSE, who have also had the experience of handling this program for the past ten years, to give a demonstration; be-



cause they are the recipients of this program. They want to see whether the teachers understood it and what they could actually do. The meeting has been set for 27-28 July, when the UN team will be in Ndola. These 2 days will be devoted to a further discussion of Swami's Education program, by the practicing teachers themselves. Top educationists will be called, but the number will be small, there will only be thirty of them. We will then go on to Ghana, where there will be another meeting on 17-18 August, where some other countries will participate. The United Nations has informed me that from that time onwards there will be rapid developments, and many workshops will be held on the Human Values approach to water education. That is why I call this a very, very big miracle. It was not "me" that made the expert group meeting accept the Human Values Approach as a solution to the African problem; it is our beloved

Sri Sathya Sai Baba! It was not "me" who went to the special session of the United Nations. I never dreamt that in my life I would go to the United Nations myself. It was Swami who took me there. And you know Bhagawan, He placed me in Business Class, and you know in the Business Class you press the button and you go backwards, you press another button, you stretch your feet, you press another button, and you stretch your arms. That's where Bhagawan placed me!

I consider this a wonderful opportunity. I appeal to all our Institutes throughout the world for assistance, in terms of materials, because of what is happening now in the whole of the African Continent. The United Nations, want this Human Values Program to be incorporated into the entire school curriculum.

- Victor Kanu, Director, ISSE, Zambia, Valedictory Talk at the Conference of Bal-vikas Gurus, 2-4 July 2001



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egalitarian distribution of income and wealth are the likely by-products. However, in the absence of truth and non-violence, freedom may mean nothing but fear and worry about security and safety, a suffering shared by both the well-to-do and the poor.

Mutual trust is essential for the healthy development of a market economy. Trust reduces the need for contract enforcement, and eliminates monitoring costs of work entrusted. However, lasting trust cannot be built without

the adherence to truth.

The fact that human beings did not evolve in the desired direction, despite the teachings of Buddha and Jesus, constitutes an evolutionary failure. Markets and states need not fail if all the actors adhere to truth. One hopes that the core human values can be consciously promoted at all levels of formal education as well as at all layers of informal education. For achieving development in the fullest sense, East Asia now has to aim and strive for the miracle of human transformation.

- excerpted from the book by Prof. Rao



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decided to keep quiet, and when I kept quiet Swami said "EHV is 3HV, the unity of Head, Heart and Hands." This is precisely the Sri Sathya Sai Educare. Swami is saying that when we have a thought in our head; do not act immediately with our hands. In other words our hands represent action, including speech. He tells us, "Go within to our heart for approval" that is to illicit the wisdom that is within. That is what Educare is all about.

We pray for further guidance on how to go to the heart, to go within, to reach into our hearts so all of us gurus can be good examples for the children in our care. We pray that all of us here will understand the concept of Sri Sathya Sai Educare and so be able to put into practice this Educare for the benefit of our children.

- Dr. Art-ong Jumsai, Vice Chancellor, ISSEs  
Inaugural Talk at the Conference of Bal-vikas Gurus, 2-4 July 2001

## *Institute of Sathya Sai Education*

Bhagawan Sri Sathya Sai Baba's Grace flows abundantly for the Sri Sathya Sai Educare (SSSE) program.

*From 3 - 15 June 2001, Bro. Seetharam (Director, ISSE Region X) spent some memorable two weeks reviewing the SSSE (Bal-Vikas and the SSEHV) activities in the some ASEAN countries. In short, he witnessed SAI in action and the preparations for the dawn of a SAI Era of Spirituality and Science for Human Excellence.*

First, Sathya Sai Bhajans are setting a high standard in these countries enabling spiritual seekers to experience "divinity" during the one-hour Bhajan sessions. I saw concert like bhajans attended by over 600 devotees by the SSSO, Singapore, and an orchestra rendering at a fully packed hall with over 400 devotees by the SSSO, Jakarta, Indonesia.

Second, Sri Sathya Sai Organization is perhaps the only spiritual organization, which does not allow the members to publicly collect money for the routine service activities. The album depicting 75 surgeries done by the youth in Indonesia was touching. Devotees have been running a free medical clinic for the some years in Singapore.

Last, the Education activities have received Bhagawan's grace even more distinctly. Bhagawan's Divine mission and Message is spreading around the world in the form of SSSE. Many alumni of Sathya Sai Institutes are shining as living examples of the "Sri Sathya Sai Educare (SSSE)," in these countries. Thousands of teachers and educators have received training from the Institutes of Sathya Sai Education. Several Sathya Sai Schools serve as "model schools" around the world.

More than 20 teachers and gurus in Indonesia have trained almost 1000 students and children in SSSE. In Singapore, core teachers of a 70-member team train nearly 600 students a year. In Thailand, Dr Jumsai, Dr Judo and Sis Loraine have trained over 50,000 teachers in the last few years. After inaugurating the mother ISSE, they have conducted residential diploma course for another 100 teachers from all over the world. In the Philippines, the Government officially

endorses the SSSE program and over 2000 professionals (including government officials, professors from colleges, and licensed teachers at public and private schools) have received training on SSSE. The program has covered about 300 Muslim teachers in Mindanao.

The SSSE program has also influenced the educational classes conducted by other spiritual organizations. The teachers of the Chinmaya Mission in Indonesia and the Philippines basically use the material prepared by SSSE teachers in Indonesia. In Thailand and the Philippines, the teachers for the informal classes for Hindu and local community essentially follow the SSSE program. Many SSSE teachers are shining as inspiring personal examples of the nine-point code of conduct, and have volunteered to assist as messengers of SSSE in international schools and premier teacher training institutions.

The Bal-Vikas class is becoming a "co-curricular" activity, as a formal class after school hours (or at specific school hours in adopted schools). It enables the child to fully achieve "human excellence," which is after all the main objective of the education. Sathya Sai devotees around the world are now becoming examples of "good parents" through the SSSE activities. Through the impact of their children, many parents have become vegetarians, stopped watching TV for long hours, and practice ceiling on desires. The parents lead the parent-teacher associations in the schools and inspire other parents on the importance of "balancing love and law," "setting a good example for the child," and "practicing tradition and culture"

at home. This achievement in adult education is unique to the SSSE program, and would have lasting impacts on society.

Bhagawan has formally accepted the Institutes of Sathya Sai Education (ISSEs) around the world as extensions of the Sathya Sai Institutes of Higher Learning (SSIHLs). While He personally guides SSIHL in India to prepare products of SSSE, i.e. future good citizens He showers His Grace on ISSEs to announce to the world and train several educators and teachers. He has further allowed ISSEs to set up model schools. Indeed, the Bal-Vikas program and the Sathya Sai Organizations' seva are important pillars supporting ISSEs in the dissemination of the SSSE. The Sathya Sai Institutes demonstrate that education should be and can be free of charge.

**The International Conference of Sathya Sai Schools on 8-10 December 2001** would be a significant event to announce the SSSE to the world education body. At the September 2000 conference, educators met and discussed the current education systems and what needs to be done. They also got a flavor of SSSE through Divine Discourses. At this December conference, Bhagawan would guide ISSEs and Sathya Sai Schools on how to conduct the training of teachers, how to assist government in formulating the education policies, how to establish model schools, how to operate them, and how to assist in the social transformation. Bhagawan's Sathya Sai Institutes, ISSEs, and Sathya Sai Schools would become torchbearers of creating human excellence among students. They will work together in achieving a global transformation, and ushering the Sai Era of Spirituality and Science for Human Excellence.

Bhagawan has given us the equation for ushering divinity in our presence through the three-step process – *Purity, Unity, and Divinity*. For every effort that we make at generating PURITY, Bhagawan has shown sparks of His Divinity. We can experience His full divine presence by advancing one more step - we need to focus our energies and bring about UNITY among one and all. We should see SAI (i.e. the Divinity) in every person. We can continue inspire our fellow Hindus, Buddhists, Muslims, and Christians by ourselves becoming better.

If a bulb has to shed light, it has to be connected to a switch by a wire and current. Right conduct is the wire. Peace is the bulb. Love is the light. When the current of Truth is connected to the wire of right action and enters the bulb of peace, you have the light of Love. So, all the four are essential.

## Seminars of the Institute

### Thailand

23 June: Seminar on Parenting attended by 20 parents at an International Kindergarten, Bangkok.

### Indonesia

13 June: Seminar on Parenting attended by 200 parents of bal-Vikas children.

### Philippines

9 July—5 August: 200 teachers attended the lectures during the first Certificate course.

23-24 July: Model classes on integration of values in science for Grade 8 high school children at the Casa Del Nino High School.

29 July: Seminar on Parenting attended by 20 parents of Grade I children at the Casa Del Nino Elementary School.



Motherhood is the most precious gift of God. A mother is God's nurse maid and her duty is to take care of His children. God's grace is the monthly salary to her. Mothers are the makers of a nation's fortune. They should teach two lessons, fear of sin, and fondness of virtue.

-Baba

