



# Sai Jewels

Regional Newsletter—December 2002

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 EDUCARE

December 2002, No 12/2002

### Inside this issue:

<i>Knowledge for Life</i>	3
<i>The Secret of Sound Health</i>	5
<i>Message from Central Coordinator</i>	6
<i>Projects planned in Zone 3</i>	7
<i>It is Love All and Serve All</i>	9
<i>Love or Faith-which comes first?</i>	10
<i>Holistic Approach to Medicine</i>	11
<i>Mysteries of Creation</i>	14
<i>Children's Corner</i>	15
<i>Satwic Meal</i>	16
<i>SAI Youth Page</i>	17
<i>Grace and Blessings</i>	18
<i>Insights on Educare</i>	20
<i>Institute of Sathya Sai Education</i>	24
<i>Teacher Transformation</i>	26

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### Thought For the Month

Gold acquires greater  
brilliance by being  
heated in a crucible.  
A diamond becomes  
brilliant when it is cut to  
produce more facets.  
Trials and tests are  
stepping stones to fame  
for good people.

- Sri Sathya Sai Baba

# Knowledge for Life

Secular Knowledge is for making a Living, Spiritual knowledge is for Life

Worldly knowledge is certainly required because one has to live in this world. But spiritual knowledge is transcendental. While secular knowledge is useful for daily life, spiritual knowledge is for the life hereafter. You cannot postpone the acquisition of Spiritual knowledge; you have to do it now! Secular knowledge will fill your belly but Spiritual knowledge would fill your heart. One is 'Left' and the other is 'Right'. While marching, both the 'Left' and 'Right' are needed - you march left, right, left, right.... When the time comes to go, the 'Left' has to be left behind! You can take with you only the 'Right' or spiritual knowledge. 'Left' is weak but 'Right' is strong and also right! So keep the 'Right'. In the march of life no doubt both the 'Left' and 'Right' steps are needed but recognize their relative merits and utility. This is how normal life must be blended with spirituality.



What kind of education do we need?

The whole world has started imparting spiritual education along with conventional curricula. People have realized that spirituality is not a modern discovery, but ancient wisdom. But, the importance of this principle has been confined to only propounding and teaching of spirituality. There is a decline in the practice of spirituality in daily life. Therefore, practical education is most important. Education without practice would lead to unrest. Spiritual education that has its effect on one's heart, is 'Educare'. 'Educare' means bringing out the latent divinity in a human being and establishing it as an ideal. Modern education ends with mere bookish knowledge. Educare, however, is related to teaching about the source of all knowledge, that is latent in the heart of a human being. **Spiritual education** teaches Human Values like truth, right conduct, love, etc., which bring about a **transformation of the heart**.

A harmonious blend of secular and spiritual education is ideal. One is an inner awakening and the other is an external teaching. Secular teachings are related to the physical world. They are the negative aspect; whereas teachings related to the inner awakening are positive. Take for example, Love. Who can define the form of Love? The best way to de-

fine Love is to love others and be loved by others and thereby experience the bliss of Love. Today, nobody knows what is there in the mind of another individual; not to speak of the individual whose thought, word and deed are not in harmony. He thinks something, speaks something else and does something that is totally different. This is not the characteristic of true education.

Values in the cities Vs villages

The moment you enter a village, the simple villagers enquire, "Oh brother! Where do you come from? What is your country, etc.?" They talk with respect and reverence and enquire about your welfare. But, in the towns and cities, even a father and son do not enquire the welfare of each other. They go about their daily routine in a most mechanical way, with no concern for each other. It is said that the end of education is character. Since people have lost their character nowadays, respect and reverence have also declined. Even parents contribute to this situation. They send their children to cities to pursue higher education



and earn degrees. Their intentions are good. But, the children lose all their good qualities of respect, reverence, character and humility once they go to the cities. In the villages the healthy parental control is still surviving. No such control, however, exists in towns and cities. Students do not hesitate to smoke in front of even their parents. Bad habits are on the increase. There is no one to restrain them and wean them away from bad habits. The reason for this is modern education.



**Who is a student?**

*What is meant by 'education?' What kind of education we must pursue? What should be the educational standards? What type of education contributes to the human development? What benefits do we derive from the present system of education?* A real student is one who contemplates on these five issues and understands them thoroughly. A student is one who is acquiring education and who conducts himself with humility, obedience and discipline.

There must be a calm and serene atmosphere in campuses where education is pursued. Today, elders hesitate to go to places where there are students because they are afraid that these students might create trouble. In olden days, a student used to be initiated into learning with a sacred prayer to God. The elders in the neighborhood were invited for the ceremony and their blessings were obtained. In contrast, today, a child is initiated into learning with a nursery rhyme 'Ba Ba black sheep', with the result; he would ultimately become a black sheep in society.

**Student habits—Cleanliness is Godliness**

Students must take good care in respect of personal hygiene, involving regular bath, neat and clean dress, etc. They should be clean and pure. They must follow the principle of "simple living and high thinking". It is not education in terms of degrees that is im-

portant; culture is important. What is culture? Culture is the conscious effort put in by a man to achieve a transformation in his daily life from untruth to truth, from non-conformance to conformance to scriptural au-

thority, and from, evanescence to eternity. It is a spiritual journey towards divinity. Divinity is present in every human being as the embodiment of Truth. What we have to protect today is not the country; but Truth and Righteousness. They, in turn, will protect the country. Only then, the whole world will enjoy peace and prosperity. The aim of all this training is to make you self-reliant. Attend to all your personal chores yourself. For example, clean your dinner plates, wash your clothes, etc., by yourself. This is the duty of a real student. Whatever words you speak, you must watch whether they are the result of your education or Educare.

**The message of the wristwatch**

The spelling consists of five letters, namely, W A T C H. These letters stand for:

- W - Watch your Words
- A - Watch your Actions
- T - Watch your Thoughts
- C - Watch your Character
- H - Watch your Heart



When you thus keep a watch on your words, actions, thoughts, character and heart, that is the real 'watch'; not the one you tie to your wrist. The wristwatch may come for repair, but the word - 'watch' will never get spoiled. It will always bring purity of thought, word and deed.

- Discourses on 20-23 November 2002

## The secret of Sound Health



Food is important for the body. Food is the reason for being born. The whole body is a bundle of food. The kind of thoughts that come to your mind depend on the type of food one eats. To attain purity of heart, one has to partake of sacred food.

There are three 'Purities' to be observed: **p**urity of the provisions; **p**urity of the vessels in which the food is prepared and, **p**urity of the persons who prepare and serve the food. One who cooks food should have sacred feelings. In olden days, orthodox persons used to insist on partaking of food prepared by their wives only. Even in the royal families the queen alone served the members, not the servant. The housewife cooks with purity and wishes for the well-being of the entire family. On the other hand the cook cooks for a salary. There are subtle invisible thought—forms that pass from one person to another through the food, which can poison the mind. Food is God, hence, mere physical cleanliness will not suffice, the mind also should be pure. For example, the husband may bring vegetables from the market by having misused his position of authority or brought them without making payment or the vendors themselves may have procured them by unfair means. When such vegetables are consumed, the mind gets polluted. Food decides the nature of the mind. Unsacred food makes you do unsacred deeds. Have your food only after praying and offering it to God. Prayer cleanses the food of all impurities. The food thus sanctified will illumine your intellect.

Once there lived a pious priest in a hermitage near Sivananda's Ashram. One day an aged businessman donated money to prepare food for the Ashramites on the eleventh day after the demise of his young wife. The rich businessman had somehow enticed the girl's father with money and married his young daughter. She spent her time languishing over her fate in his house. Disgusted by such

a life, one day she jumped into the Ganges and ended her life. The businessman was doing the obituary rites on the eleventh day. There was a convention in the Ashram that cooked food was not accepted. So, the businessman gave the required amount for preparing the food. The pure-hearted priest partook of the food along with other inmates. He could not get proper sleep that night. He saw a young girl in his dream. He thought to himself, 'I never had any such thought nor do I have a craving for sensual pleasures. Then, why do I get such bad dreams?' He got the same vision even in his meditation. So, he went to his Guru and explained his predicament. The Guru told him not to worry. He sent word for the businessman, spoke to him and found out the reason behind the untimely death of his wife. He understood that she was appearing in the dream of the priest as he had partaken of the food prepared as part of her obituary rites. From that day, the priest stopped eating food and lived merely on fruits and milk. Thus for all our thoughts, food is responsible.

The gross part of the food (major portion) is thrown out as waste matter. A minute amount, which is the subtle part, is assimilated by the body and flows as blood. A miniscule amount that is the subtlest part of the food makes up the mind. A large part of the water we drink is expelled as urine. A minute amount becomes *prana* or life force. Therefore the nature of the food and water we take in decides our character. Food is *Brahma*; the essence is *Vishnu*; the one who partakes it is *Maheswara*. These three correspond to body, mind and action respectively. Purity of thought, word and deed is true wisdom. When you have purity of thought, word and deed, you will experience eternal happiness.

- compiled from Divine Discourses



## *From Our Regional Coordinator*

- Dr. V.K. Ravindran

A milestone towards Health Care was passed in 1978 when the Executive Board of the WHO enlarged the **definition of Health** to cover **the Spiritual Well Being in addition to the physical, mental and social well being of the individual**. By concentrating on the physical and mechanistic approach to health, conventional medicine has been unable to relieve the above conditions because they are caused by lifestyle and attitudes rather than by physiological anomalies. Modern treatment tends to suppress symptoms but does little to tackle the root cause of the problem. Health has come to be regarded as only a static state in which the disease is absent, rather than a dynamic growth process in which a human being has truly a sense of well being on both physical and mental levels.

The Holistic approach to Health care is based upon the following propositions:

- \* There is an innate healing capacity in all-living beings.
- \* Disease is a result of multi-dimensional causative factors within and outside the body.
- \* The object of therapy is the whole individual.
- \* The spiritual dimension aims at the harmonious functioning of the body and the mind so that the soul maybe able to unfold its potential divinity.

### ***Globalization of Medicare***

Man today stands at crossroads. On one side we see the great strides that man has taken in his conquest in genetic engineering and invention of miracle drugs. On the other, he is a helpless victim of his own creations. He has always been on his quest for an elusive joy and peace. We see today a dangerous trend among the elite crowd preoccupied exclusively for financial gains and a compulsive desire to acquire more and more goods and services in search of comfort and a higher standard of living, they are not just interested with a high standard of life. As a result medical education has become increasingly self centered and dehumanized. Too much emphasis has been placed on academic excellence and acquisition of technical skills. The goal of medical education should be the following:

- \* Proper medical relief should be the right of any diseased person.
- \* Receiving Medical Relief should not be beyond the means of any man.
- \* Doctors and Para-medical staff should have a 'human approach' in thought, word and deed.
- \* There is a need for Spiritualization of the Medical Profession.
- \* Human Values inputs in medical courses could provide the essential insights.

Doctors must be clear about Ethics, Compassion, and Confidentiality. They need to care not just for the physical ailments but also for the anxiety, fear and negativity in their patients and family members.

Let me end with a quotation from Aristotle—"Educating the mind without educating the heart is no education at all"

***Ethics is the gatekeeper of the mind.***

## *Projects Planned in Zone 3 Countries*

### **Report of service projects (proposed at the International Seva Conference July 2002)**

The projects are summarized by the acronym **BEST** as they aim to do the best for the benefit of the society. **B** stands for Benefit, **E** for enthusiasm, **S** for sustainability, and **T** for timing. The projects also focus on the spiritual purification and upliftment of the individual volunteers, as guided by Bhagawan Sri Sathya Sai Baba. Practical considerations in selecting these activities also looked at: the benefit to the society, no harm to anyone, spiritual motivation, compliance with local legal and social conditions, and the felt need for service.

The projects are grouped into four categories (community level Educare, Medicare, Sociocare) and schools/ISSE). They are planned for completion by the 80<sup>th</sup> Birthday celebrations of Bhagawan Baba in 2005. Zone 3 has 18 countries. The highlights on some countries are given below:

<b>Country</b>	<b>Educare</b>	<b>Medicare</b>	<b>Sociocare</b>
<b>Australia</b>	Tutoring and teacher training in local schools	Services for the needy elderly people	Mentor program for youth at risk of drop out, and homeless youth
<b>Fiji</b>	Song and drama festival for secondary schools around the nation	Medical center in poor suburbs	Adopt 8 villages for community service
<b>Hong Kong</b>	Teacher training in secondary schools	Yoga classes	Drama for juvenile youth
<b>Indonesia</b>	Drama competition at national level	80 surgeries, free clinics in Medan, Jakarta and Bali	Village adoption program in as many areas
<b>Japan</b>	Human values diaries for school children	Equipment donation for hospitals	Booklet on water Project for release at the Third World Water Forum
<b>Korea</b>	Weekend classes for children	Blood donation camps	Serve mentally and physically handicapped persons
<b>Malaysia</b>	Student Training in Attitude and Responsibility	Medical camp Sai clinic	Community adoption program Skills training for cottage industry Legal aid for battered women
<b>Nepal</b>	Scholarship programs for students. Drama, dance, and poetry competition at national level	Diagnostic center under construction	Drinking water supply for poor communities



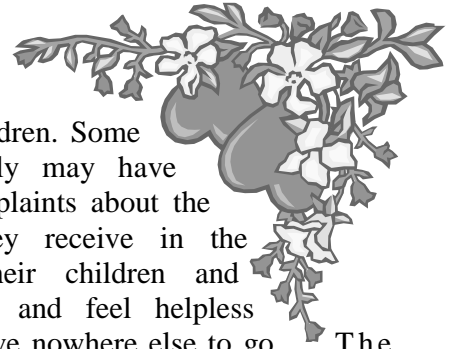
<b>Country</b>	<b>Educare</b>	<b>Medicare</b>	<b>Sociocare</b>
<b>New Zealand</b>	Computer training and human values drama festival through the nation	Medical camps every 4-6 weeks	Prison visits nation wide
<b>Philippines</b>	Computer classes for youth	Preventive Healthcare medical camps twice a year	Orphanage adoption, Rural village adoption program for water supply, sanitation, and healthcare
<b>Singapore</b>	SAI PAL for troubled youth, tuition for delinquent children	Free clinic already operating	Family adoption for the needy-SAFFRON
<b>Sri Lanka</b>	Awareness program for youth on alcohol and drugs	Cancer Hospice at Hanwella started in Sep 2002.	Adopt a village in Batticola, Orphanage home at Vavumiya Rescue cows, calves and bulls from slaughter houses
<b>Taiwan</b>		Health checkup for children	Food, water, and clothing to victims of earth quake and typhoon
<b>Thailand</b>	Teacher training around the world by ISSE faculty		



<b>Country</b>	<b>Institute of Sathya Sai Education/ Sathya Sai School</b>
<b>Australia</b>	ISSE started in 2001 offers diploma courses.
<b>Fiji</b>	School with 76 students started in 2001, to be expanded to a secondary school.
<b>Hong Kong</b>	ISSE started in 2001. Start a kindergarten in 2003.
<b>Indonesia</b>	Schools planned in Jakarta and Bali in 2003.
<b>Japan</b>	Kindergarten planned in 2003.
<b>Malaysia</b>	School started in Jan 2002.
<b>Nepal</b>	Three Schools under operation. New schools planned.

<b>Country</b>	<b>Institute of Sathya Sai Education/ Sathya Sai School</b>
<b>New Zealand</b>	Serve at Rongomai School.
<b>Philippines</b>	ISSE started in 2000, School started in 2000, to become a primary school by 2005. New kindergartens planned in Mindanao, San Pedro, and Isabela.
<b>Singapore</b>	Kindergarten started in Jan 2002.
<b>Taiwan</b>	Kindergarten started in 2002.
<b>Thailand</b>	ISSE started in 1997, to become a University by 2004. School started in 1993, to become a secondary school in 2005.

## *It is Love All and Serve All*



Just as the letters and words in the Vedas and scriptures are resplendent with power and meaning, whatever Sri Sathya Sai Baba says has tremendous meaning and significance – often with implications for immediate material life and eternal spiritual life. His words also completely lend credence to His key message: My Life is My Message.

Sri Sathya Sai Baba is often described as Love Walking on Two Feet. It is His Love that is manifesting as educational and health institutions all over the world. The constancy of the morning and evening *darshans* is one other major manifestation of His Love for all people who have taken the proverbial first step.

In Love All, Serve All, it is Love All that comes first, before Serve All. Love All is the catch comprising divine qualities like infinite compassion and sacrifice. It naturally overflows as service. None is serving and none could ever serve like Sri Sathya Sai since none could ever Love the entire humanity like He does.

Let us be honest. Our Love has boundaries. His has none. Thinking that He would approve of it wholeheartedly, I once told Him that I loved India more than any other country. He immediately and gently remarked: All countries are God's countries and all work is God's work. It was a direct instruction to me that I should grow well beyond these man-made boundaries.\* It hit me like a bolt from the blue since I often used to tell my brothers not to break up and form many organizations in the name of a God who is striving to bring one and all – even from diverse religions and ethnic groups – into the one fold of humanity endowed with human values.

Despite all the aforementioned, it is better to serve even without the true manifestation of Love than not to serve. Many elderly in India and other countries live with their children

and grandchildren. Some of the elderly may have loads of complaints about the treatment they receive in the hands of their children and grandchildren and feel helpless since they have nowhere else to go. The truth of the matter may well be that they have sufficient food, medical aid and other facilities as well as freedom except that they may not receive time and attention and other dimensions of Love from the children and grandchildren. In a nutshell they are receiving the necessary service with little or no Love. One must appreciate the fact that it is a better condition than, say, living as a destitute.

As far as persons who have been serving under the Sai umbrella are concerned, it is important to consciously – as an important and integral part of their spiritual *sadhana* – move from service without Love to just “Love all”. That potion called Loving One and All without a trace of discrimination has the divine and supreme power to do the rest.

Just Love all and see what happens – the needy will come to you as if He asked them to go to you; they all will receive service from you as if served by Him; and what is more, you will never even feel that “you” have strived and served.

Just Love all and see what happens.

- Dr. Bhanoji Rao, Hon. Research Professor  
Gitam Institute of Foreign Trade

\* *In the economic realm I am used to continuously dreaming of the one world where, in addition to capital and goods, people too move freely as long as they have a productive occupation on offer in the country to which they are moving. Unfortunately, however, it did not occur to me that without the glue of Love supported by human values, the psychological basis for the one world economy would never be ready.*

## *Love or Faith—which comes first?*

Love is the basic principle of human life. For all living creatures, Love is life. The dog takes care of her young ones and gives them milk due to Love. Human birth is the rarest of all. When one does not show Love none will come near you. Human Love in the form of attachment is like a passing cloud. Man develops this temporary Love and does not recognize the inner Love connection. Physical Love is based on external relationships, inner Love is a matter of heart to heart. We experience disappointments due to the nature of worldly Love. **Love comes first, then only Faith. Without Love, there cannot be Faith.** Love is born with us and is always within us. The entire mankind is magnetized by Love only, once you have Loved and experienced divine Love, you will grow in Faith.

There was once a father who had an only son. One day while the son was playing, the ball rolled into a corner. When the boy went to retrieve the ball, a scorpion bit him. The father took him to a doctor who gave an ointment for the bite. The doctor told that it must be applied to the spot where he had been bitten to remove the pain. This father then asked the son where the scorpion had bitten him and the boy pointed over to the corner of the room. The father then applied the ointment in that corner. **You can recover Love only where you have lost it, within yourself.**

Once an old lady was stitching clothes when she lost the needle. She had no lamp with which to find the needle and also had cataract in her eyes. She began to search for the needle under a streetlight when a boy passing by asked her where she had lost the needle. She replied that she had lost the needle in the hut, but she was searching for it outside because there was no light inside.

*Two yards of cloth are required to stitch a shirt. When we give the fabric to the tailor, he will cut it into pieces to make the collar,*

*sleeves and pockets, etc. These pieces refer to worldly life, whereas spiritual life is like the needle, which stitches all the pieces together. The cloth has been cut into many pieces by the scissors. Thus the worldly life is like the scissors that separates, while divine Love is like the needle, which brings about wholeness. The needle has a small hole that may be likened to wisdom, and the thread to Love. We carry with us the cloth of worldly life, which is cut into so many problems and turmoil. When we carry divinity, the divine vision will put together everything again. If we do not see the world with Love, everyone and everything will seem to be separated. In families where the members are separated, there can be no happiness.*

Love is an essential foundation for the growth of self confidence. Faith comes later. All other qualities are very low in comparison to Love. Jewels are many but gold is one. Without the gold of Love, how can one receive the jewellery of peace and comfort? **Troubles come not for lack of Faith but for lack of Love.** After marriage, the husband declares that she is my wife and then develops Love for her but when he discovers mistakes in her, his Love is cut off. Worldly Love is based on Faith – when this Faith is broken, Love is lost. Love is life but Faith is like passing clouds that come and go. Divine Love is unconditional.

Many of us perform spiritual practices and prayers in a variety of ways. The divine is not attracted by any particular practice. He sees the yearning and Love in the heart. On the tree of human life there are many fruits. Everyone has the fruit of wisdom within himself. This fruit of wisdom has a sweet essence – the Love principle. It is covered by the bitter skin of ego and contains the seeds of doubts. Remove them and drink the pure unsullied essence to experience bliss. However long one prays without removing the ego, one cannot experience bliss.

*Source – discourses in Kodaikanal, April 1996.*

# Holistic Approach to Medicine

## Spirituality is selfless unity

Awareness and practice of the wholeness or oneness of everything may be the most simplistic definition of spirituality. Unfortunately, the word spirituality is grossly misunderstood and mistakenly limited to something associated with God and religion. Spiritual awareness is the true understanding of the inter-relationship and interdependence of everything that is visible and invisible, temporal and spatial. No one will dispute the integral relationship of each and every cell in the human body. Unfortunately, in the guise of super-specialization or progress, we have compartmentalized the various systems and organs in the body and treating diseases without an overall view of the wholeness of the human being. Thus, modern western medicine, especially with sophisticated technology, has fragmented what should be seen as a whole, because some basic and fundamental spiritual truths, unfortunately, have been overlooked.

## Man is not just a biological machine

These observations may be unacceptable to the vast majority of academic and practicing members of the medical profession. In the past half century the technological advances have far outstripped the concurrent understanding of the underlying spirit which keeps life "ticking," and without which the body is merely a corpse. **We desperately need to re-educate ourselves that we are spiritual beings as well as biological machines.** We have birth, life and death, while life is riddled with infinite pairs of opposites, including health and disease or dis-ease! The science of life of the physical body and its afflictions, without understanding the sublime science of birth and death, life and lifelessness, is incomplete. So many of our society's problems, including the crisis in the health care, death with dignity, the cult of greed which has bankrupted our economy and

many more stem from a lack of understanding that we are spiritual beings who are mutually dependent upon each other. It is

even considered unfashionable these days to show love, kindness and tolerance to patients.

Our modern society has lost understanding of its own spiritual beliefs and visions. This has directly led to the ghoulish mess we have made of the dying, where patients die hidden away in hospitals in the cold company of machines, not in the company of relatives and friends. We have forgotten how to die because we, especially the medical profession, have long since been least interested to inquire into the mysteries of birth and death – that the essence of our life is immortal and have the knowledge that at the time of death we shed the heavy 'overcoat' of flesh and bone. Almost twenty years of scientific research from Universities in Washington and Florida in the U.S.A and Utrecht University in the Netherlands has documented that near-death experiences are not caused by lack of oxygen to the brain, or drugs, or psychological stress evoked by the fear of dying. These experiences are a natural and normal process, which means that near-death experiences are absolutely real and not hallucinations of the mind. They are as real as any other human experience.

## Science is incomplete without spirituality

We have acquired great knowledge and skills to deal with diseases of the body. They may bring about remarkable relief to the physical suffering momentarily. However, without awareness of the underlying causes - environmental, nutritional, and hereditary, etc., not excluding the spiritual blueprint or *kar-mic* factor, the modern medical technocrat is hamstrung to effect a complete and holistic healing. In extreme instances, especially in



the West, the high-tech and agnostic medical technocrat tries to achieve the state of 'immortality of the body' oblivious of the spirit, even when the 'etheric double' or the astral body is hovering around, having cast aside the 'physical-body-jacket'! The role of a family doctor of the past covered some basic aspects of the spiritual needs in caring of the sick, though he lacked the current knowledge and the value of technology. In other words time has come for us to enhance and supplement the gains we have made through science and technology with the knowledge of the spirit that sustains all existence. Without spirituality, science will ever remain incomplete.

### Holistic treatment

Nothing meaningful and lasting can be built without a proper foundation. The basic sciences taught in medical schools are still limited to anatomy, physiology, biochemistry, etc. But, it is still an anathema to include in the medical curriculum a little spiritual teaching - about body, mind and spirit; some understanding of birth and death - not just biological, as well as some spiritual laws (*dharma*) that govern creation. How can we fully understand and treat a human being in a holistic way when we confine the patient just to the physical body? What about the unseen, causal and driving force within, the spirit or *Atma*. Some schools of medicine have made some progress by teaching some aspects of body-mind relationship through psychology under behavioural sciences at the undergraduate level at present. There isn't yet any serious attempt to incorporate basic spiritual teaching in either undergraduate or post-graduate training. Of course it will demand an enormous turn around from the current entrenched position of a secular and mechanistic view on human sciences. Diverse religious viewpoints do exist on the subject of spirituality and to penetrate the citadel of vested interests, religious, commercial and political, would be a formi-



dable task.

### Healing is from within

It is absolutely vital for all health-care personnel to remember that there is a person, a being who has feeling and emotion, in the body they are dealing with. There is the fear of pain, the uncertainty of complete recovery and even the fear of death. Therefore the human body should never be treated as a biological machine. The state of well being or health of the body is merely a reflection of the state of the mind. Remember, the spirit as well as the mind has tremendous influence on the flesh. All the healing indeed takes place from within. A surgeon's sure hands

may perform the operation and medicines may bring about the cure, but it is the spirit that effects the healing. A body without a spirit cannot be healed or brought back to life with CPR. Many of the illnesses are associated with depression or feeling of not being loved when the spirit is also down. Lack of love, excessive and unrelenting pain, fear

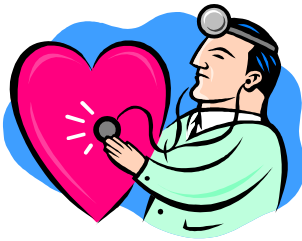
and such negative experiences weaken the spirit and consequently the body. Tender loving care (**T.L.C**) gives confidence to the patient and strengthens his spirit and thereby his will to recover.

The atmosphere surrounding the patient, even in coma or under anaesthesia, is a critical factor for healing, even survival. It can be suffused with love, confidence, faith, reassurance, harmony and hope; or filled with fear, helplessness, danger, disharmony and abandonment. These feelings do influence the patient's will to recover or perish. Let us not be too naive or arrogant to ignore this fact about the awareness and perception of the patient under all conditions, even subconsciously, which would always influence the component of healing from within. The following is an experience of the writer that would illustrate this point.

Some years ago an Australian lady from the countryside contacted the writer, then prac-

ting in Sydney and requested arrangements be made for surgery for her varicose veins, provided the writer would administer the anaesthetic. She was scheduled for operation by the surgeon with whom the writer worked regularly. She was visited by the anaesthetist after admission for a pre-operative check. She had full trust and confidence in both the surgeon and the anaesthetist. She needed no pre-operative medication. She looked radiant and cheerful when the anaesthetist saw her in the operating suite the following morning. Being slim and healthy she had a straight forward anaesthetic - just Thiopentone and inhalation agents via a mask with the patient breathing spontaneously – to keep the anaesthetic short and simple. Neither intravenous fluids nor even narcotic supplements were administered during the anaesthetic. The operation was over in half an hour and the patient was shifted to the recovery room for observation.

She recovered from anaesthesia very quickly and was wide-awake without any pain whatsoever. She narrated her experience during the anaesthetic to the attending sister. She told her that she (astral form or etheric-double) left her body lying on the operating table as soon as she went under the anaesthetic, rose over her body up towards the ceiling and perched “herself” there until the operation was over. She had a bird’s eye view of everything and heard clearly all conversation. She described in detail how her body was positioned and draped as well as vivid details of the operative sequence, including the speed and dexterity of the surgeon. The doctor assisting the surgeon had walked into the operating room after she had been anaesthetized. She had never seen him before, but described him accurately. When the writer walked into the recovery room she remarked: “I saw you seated comfortably and reading a book with your fingers on my pulse!” **Such experiences are no doubt rare, but they do illustrate that the spirit in the individual is**



**ever awake. Therefore, all personnel attending on patients should take care of whatever they do or say. The degree of vibrancy of the spirit and the positive energy it generates will go a long way towards recovery.**

“Service to man is service to God and the hospital is a temple of healing,” says Sri Sathya Sai Baba, a contemporary Master living in India, who has a global following. While modern medicine has indeed made incredible strides through research and technology, the knowledge gained has to be used for the betterment of society, He says. It is certainly not for filling the pockets of those in the medical profession, nor to serve vested interests of commercial entrepreneurs. The profession owes its debt to the pioneering forefathers in the field of medicine. All knowledge belongs to God and the Universe. The medical profession is perhaps the noblest of all, and must express such nobility through love and care for all patients who have entrusted their lives to them.

**Spirituality kindles a spontaneous and sympathetic feeling in the doctor** and enables him to treat his patient as he would his kith and kin. Without spiritual awareness the doctor cannot fully understand the inter-relationship of the healer and the healed, which is a sacred bond.

This brief article hardly penetrates the surface of the total reality of “body-mind-spirit” medicine - holistic medicine. Specialization is becoming increasingly fragmented and procedural that it appears to drift further away from a holistic view. **We have to get back to treating the patient as a human being, not just the disease. The great gains in modern medicine may lose its pivotal position in healing if this drift is allowed to continue unchecked. Medicine cannot be holistic without spirituality.**

*Dr. Sara Pavan  
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# Mysteries of Creation



*The way the Solar system is functioning is amazing beyond words. Scientists describe everything by the laws of Nature. Whatever the scientists claim as their “creation” is only derived from a combination of the basic materials found in Nature. When one ponders over the mysteries of Nature, one will have to admit the existence of a Divine power behind all this wonder.*

Out of the energy coming from the Sun we have been able to use only 2 out of 3000 parts. We are yet to make use of the rest of the vast solar energy. If by harnessing a minute fraction of solar energy, mankind can accomplish so much, then how much more can we achieve for humanity if the entire energy can be used for the benefit of man?



The Sun’s radiance illumines the eyes of a human being. The eye, which is barely half an inch in size, is able to see stars that are billions of miles away. Wherefrom did the eye get its power? What is the relationship between the Sun and the eye? It is like the coming together of the negative and positive, the effulgence of the Sun and the power of eyesight together make the world perceivable. If one is present and the other is absent, then nothing can be seen. Only when there is light, can you see. When you go to a dark room you cannot see any thing, when there is light and the eyes are shut, you still cannot see any thing. There has to be the coming together of the light and eyesight. Thus entire creation (*srishti*) is perceived through sight (*drishti*).

The Sun is the presiding deity of the intellect. The Sun is ever shining effulgently. It represents *prana* or life. The moon represents inert matter. The combination of life and matter is the cause of creation. The Sun’s rays enter the digestive process represented by the digestive fire. For every object in the world, whether it is a tree or a mountain or a living creature, the Sun’s rays are essential for existence. These rays contain the life force. It is through the life force that creation goes on and the entire cosmos is sustained. The Sun is the primary cause of

creation, growth and dissolution.

The five basic elements are like the five feet for the Sun. The twelve months correspond to the twelve seasons for the Sun. The passage through the twelve ‘houses’ endows the Sun with seven colours.

The elements hydrogen and oxygen are produced by the Sunlight. The Sun is fire incarnate. How does the fire emerge? Heat is produced when the hydrogen in the Sun is converted to helium. This is borne out by science. In this process, eight forms of energy are noticed – Static energy, kinetic energy, heat energy, light energy, magnetic energy, electrical energy, chemical energy, and atomic energy. Scientists have calculated that every second the Sun is losing billion units of energy. Nevertheless the Sun will continue to be a source of energy for millions of years.

Oceans contain air needed by the earth for more than ten years. One lightning in the sky emits electricity required for the entire world for twenty years.

Light travels at the rate of 186,000 miles per second. Even with such tremendous speed it takes lakhs of years for light to travel around the constellations of the Sun and stars. In the Milky Way that is visible to us there are innumerable stars unknown to us. The light from some of the stars has not yet reached the earth despite the lapse of aeons since their creation. The earth rotates around its axis at a speed of 1016 miles an hour. It not only revolves around itself but also moves around the Sun at a speed of 66,000 miles. But we cannot see its movement. We think that we are moving and the earth is still.

- SSS Vol. 24 & 25.

# CHILDREN'S CORNER

**Sir Isaac Newton** was a great scientist. He spent most of his life doing research in mathematics and science. He had a dog called Diamond, whom he loved as dearly as he would love a friend. In fact, Diamond though a dumb animal was treated like a member of the family. One night, Newton was working undisturbed at his table on some important problem in science. He was happy when he solved it. He thought of going out for some time to enjoy a little fresh air. He bundled up all his papers, put them in the file that contained his earlier research and got up to leave the room. Diamond, who was lying under the table all the time, saw Newton leaving the room and decided to join its master. But when it leapt to wards the door, it gave, without knowing a strong jerk to the table. As a result, the burning candle on the table fell on the bundle of Newton's papers which soon caught fire. By the time Newton saw the burning flames and rushed in, the file containing his research of so many years had been reduced to ashes.

Newton was shocked when he saw that all his great labour and valuable research had been lost. He stared for some time at the dog, which was sniffing at the papers and wagging its tail. But his love for the pet had the upper hand. Without any trace of anger, he patted his friend and said, "Oh my dear Diamond, you will never know what damage you have done."

**Newton became great not just because he was a brilliant scientist but because he was a person of good character. Good qualities of patience, forbearance and forgiveness made him a great man.**



**Mahatma Gandhi** had started his national movement for India's freedom from British rule. Wherever he went, he was hailed by crowds of people shouting loudly the famous slogan, 'Victory to Mahatma Gandhi'. One morning Richard Cregg, an American admirer of Gandhi's brave struggle came to the Sabarmati ashram to meet the great patriot. The ashram office was yet to be opened. Cregg asked someone where he could see Gandhi. He was told that Gandhi was in the private dining hall. "May I go and see him there?" asked Cregg with some hesitation. "Surely you can, he is alone" came the reply.

Cregg went cautiously to the dining hall fearing that he might disturb Gandhiji while having his breakfast. But he was amazed at what he saw. The great freedom fighter of India was peeling vegetables for the morning meal! He was clad in a *dhoti* (a traditional garment worn instead of trousers) which came only up to his knees and a small shawl hung loosely over the shoulders. "Come in, come in. I hope you do not mind me being occupied with these small things," said Gandhiji giving the visitor a broad smile.

The American was so moved by what he saw and heard. Gandhiji's simplicity and modesty attracted him like a magnet. The next moment he was sitting close to Gandhiji helping him peel the vegetables.

**It is such good men who become great. These are the great men who make the world a happier place for their fellow men.**





# SATWIC

## Winter Soup

### Ingredients

4 cups vegetable stock  
½ onion, chopped finely  
¼ tsp. ginger paste  
¼ tsp. garlic paste  
¼ tsp. cumin powder  
2-3 pinches turmeric powder  
1 tsp curry powder  
salt to taste  
½ cup tinned corn  
½ cup tomatoes, chopped finely  
¼ cup tomato puree  
2 tbsp. rice  
2 tbsp. cooked mongo beans or any kind of lentils  
1 tbsp. oil

Heat oil, fry onion, ginger and garlic. Add cumin, turmeric and curry powder. Add vegetable stock and bring it to boil. Add lentils, rice, corn, tomatoes and puree. Cook till rice is done. Serve with soup sticks, pepper and salt, as desired.

For vegetable stock, boil 1 onion, 1 carrot, 1 potato and 2-3 French beans in 6 cups water, till soft. Blend in a blender, strain and use.

## Vegetable hotpot

### Ingredients

1 cup boiled macaroni or noodles  
1 large onion grated  
2 tomatoes grated  
2 potatoes boiled and sliced thin or grated  
1 capsicum deseeded and cut into thin rounds  
1 spring onion finely chopped  
½ tsp. ginger grated  
1 tsp. garlic grated  
1 tsp. red chili crush or powder  
1 tsp. sugar  
1 tbsp. corn flour, mixed in a cup of water  
salt to taste  
1 tbsp. grated cheese  
2 tbsp. butter

Heat butter. Add ginger, garlic, and onion. Stir-fry. Add vegetables except tomato and potatoes. Fry 2 more minutes. Add chili, salt, sugar, and tomato. Mix well and pour the corn flour mixture, stirring as you pour. Bring to a boil. Simmer until it becomes thick but of pouring consistency. Mix the cheese in the potato. Grease a casserole and place the macaroni or noodles at bottom. Pour the sauce and cover with the cheese & potato. Bake in a hot oven (300°C) for 15 minutes or until golden brown. Serve with warm bread.

**As the fire, so the smoke;**

**As the smoke, so the cloud;**

**As the cloud, so the rain;**

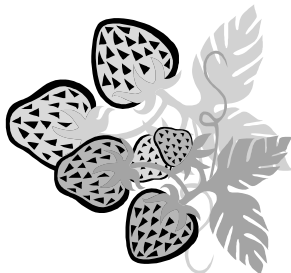
**As the rain, so the crop;**

**As the crop, so the food;**

**As the food, so the mind,**

**As the mind, so the thoughts.**

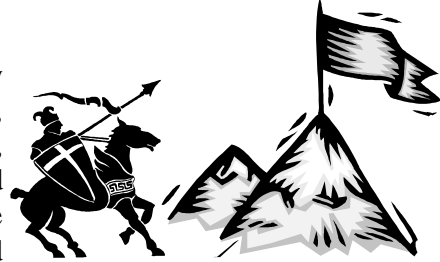
**To have good thoughts, sacred food is needed.**



# *Study Act Inspire* YOUTH Page

Contentment is the most precious treasure

Once upon a time there was a king who led his mighty army across the snowy peaks that bounded his kingdom, into his neighbor's realm. On a lofty pass thick with snow, he saw an ascetic sitting on a bare rock, with his head between his knees, evidently to protect himself from the chilly winds that blew through the gap in the peak. He had



no clothes on his body. The king was overcome with pity; he took off his own shawl and coat and offered them to the ascetic. The ascetic refused to accept them. He said, "God has given enough clothing to guard me against heat and cold. He gives me all that I need. Please give these to someone who is poor." The king was surprised. He asked him where that clothing was. The ascetic replied, "God has himself woven it for me, I am wearing it since birth and I will wear it till the grave. Here it is, my skin! Give this coat and shawl to some beggar or poor man." So saying he refused what was given to him.

The king smiled and thought to himself as to who could be poorer than the ascetic. So he asked him, "Where can I find a poor man?"

The ascetic asked the king where he was going and why. The king replied, "I am going to the realm of my enemy so that I can conquer him and add his kingdom on to my own." It was the ascetic's turn to smile now. He said, "If you are not satisfied with the kingdom you have and if you are prepared to sacrifice your life as well as the lives of these thousands of soldiers just to get a few more square miles of land, certainly you are much poorer than I. So offer the clothes to yourself. You need them more than I do."

The king was greatly ashamed. He realized the futility of fame and fortune. He returned to his kingdom thanking the ascetic for opening his eyes to his innate poverty. **Contentment is the most precious treasure.** Great men spread the light of wisdom through every thought, word, and deed of theirs.

*Sathya Sai Speaks, Vol. 8.*

The maxim of Come

Two brothers involved in a litigation appeared before a magistrate. One of them was a millionaire, the other a pauper. The magistrate asked the millionaire, how was it that he became so rich and his brother so poor. He said, "Five years ago we inherited equal property from our parents. My brother regarding himself as wealthy, became lazy and whatever work was to be done, he entrusted to his servants. If he received a letter, he would give it to his servants and say – go and attend to this business. He lollled away his time in ease and comfort always bidding his servants – go and attend to this business or that."

"However when I got my share I never committed my work to anybody. I would always run to do it myself and told my servants, 'Come, come, and follow me.' The words on my lips were always 'Come, come.' And the words on his lips were always 'Go, go.' Everything he possessed obeyed his motto; his servants, friends, and property went away, entirely leaving him. My maxim was 'Come.' Friends came to me, property increased, everything multiplied."

*Tattvaloka, March 2000*

# Grace and Blessings

*The Sun shines brilliantly, but only those who open their eyes can feel its brilliant rays and see all the things in Nature that the Sun illumines.*



**The Grace of the Divine is like the Sunlight.** The individual either by ignorance, or laziness, or ego is unable to receive this Grace. Ignorance is removed when one receives a spiritual message from a teacher. This teacher (called a *guru*) may be a person or a book or an event. Laziness is merely lack of self-discipline. By the company of good persons one can shed laziness. Faith is very important for spiritual discipline because without faith one cannot shed laziness completely. Ego is the last but perhaps the most difficult hurdle to overcome for receiving Grace. Ego is self created and can be removed, therefore, only by self-effort. By surrendering one's ego at the Lotus Feet of the Divine, one can remove this ego.

Divine Grace is the constant assurance to us that Divinity is the source of Love, which bestows on everyone happiness, peace, and prosperity. As the Sunlight nourishes all life on earth, Grace nourishes the well being of every spiritual aspirant.

In Sanskrit, Grace is called "*Prasadam*", among many other words. *Prasadam* is the most appropriate word to understand Grace. *Prasadam* also means food. This means that Grace is the food for our spiritual progress. *Prasadam* is the food that we normally offer during a prayer and partake later as a gift from the Divine. Similarly, Divine Grace is the food that we get to carry ourselves forward in the journey towards God.

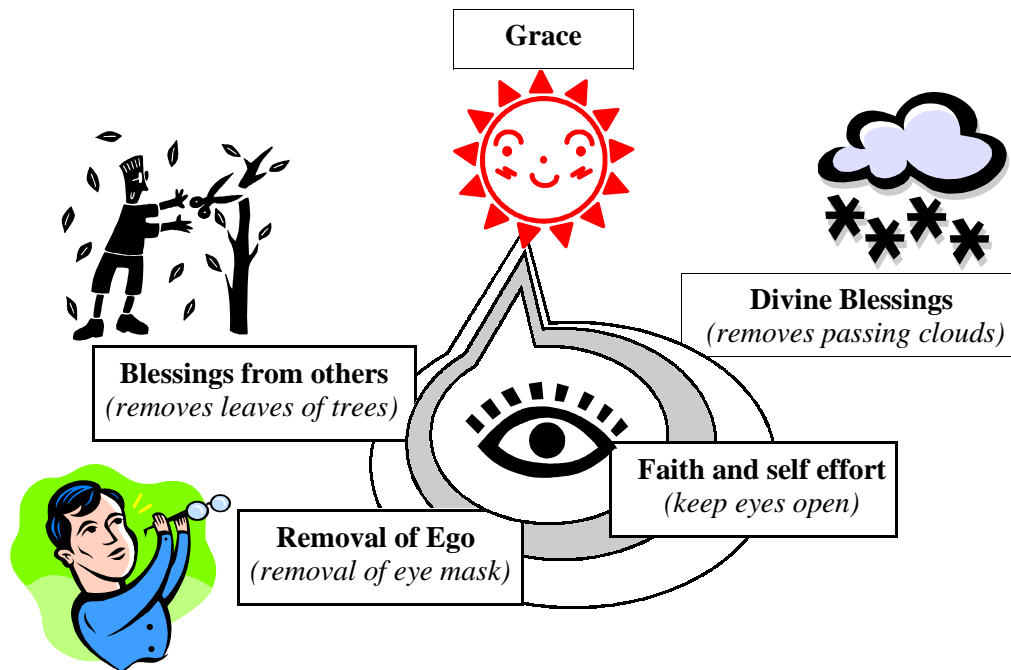
What is Blessing? **Blessing is like a recommendation for getting divine Grace.** A Blessing for receiving Grace is like asking someone to remove the leaves in the tree that intercept the Sun's rays, and thus help us see the sunlight. One receives blessings from persons in response to either the services offered, prayers made, or the because of the affection of those persons. For example, a guest may bless one after being fed well or receiving a valuable gift. A noble person or a person in a high position may bless one when a plea is made for his consideration. Elders in the family, parents, spouse, children, and relatives may bless one out of love for the welfare of this person. In Sanskrit, blessing is called "*aasheervaad*". That means that Blessing is a (*vaad*) verbal statement or a physical action in response to a request (*aashee*).

Blessing is temporary, unlike Grace, in that it can be useful only with the self-effort of the individual. Blessings are like the coupons for a free upgrade to a first class in an airplane. One must first make a reservation and purchase a ticket before using the upgrade coupon. The ancient texts say, "While Blessings can bring Grace nearer to one, what can Blessings alone do without self effort?" Nowadays, many aspire for divine Grace without understanding this relationship between Grace and Blessings. Can merely removing the leaves in the tree help you see, if you are still wearing an eye mask or sleeping or keeping your eyes close? The eye mask symbolizes the ego in us.

We can summarize this discussion, by writing an equation for the constant flow of Divine Grace on us.

**Divine Grace = Faith + self effort + removal of Ego + Blessings (two types).**

Faith is the prerequisite for Grace. With Self-effort and faith one develops spiritual discipline and begins to receive Grace. There could be three types of hurdles that each pose as an obstacle to receive this Grace. First is what is called in Sanskrit as *athidhaivik*, the sins of the past



lives. These may be atoned by the Blessings acquired by the sight of Divine persons, visiting holy places, and bathing in holy waters. This is like removing the clouds that cover the sky. The second type of hurdle, called *athibhoutik*, comprises the five types of sins committed by the individual due to the company of bad persons. These are like the leaves in the trees that do not allow the sunlight to fall on the ground. These can be atoned by the company of good people and selfless service to society. The last hurdle (*aadhyatmik*) is the individual's own ego. When the heart is filled with love, one can remove the bad inner qualities and become pure and selfless. By developing the qualities of self-sacrifice one can develop the qualities of humility and self-surrender. Thus, the ego is removed. This is like removing the eye mask. However, ego comes and goes and it can grow without we being aware of it. The success in one's spiritual practices can also develop into ego. Therefore, one must be cautious of ego at all times. The constant remembrance of the Divine name and meditation are the two techniques prescribed to keep one's ego under control.

- Dr. K. E. Seetharam

### ***Yearn, you will find a way; Pray, you will receive Grace***

Once upon a time Socrates was asked, "Master, God has allotted a hundred years for man. But he seldom lives so long. Twenty five years are spent in playing games, the next twenty five in family and social entanglements, another twenty five in allotting property and possessions. If he survives seventy five, he is ridden by disease or grief at the loss of a relative or child. He has no time to think of God. It would be good if God grants him another twenty five years to dwell wholly on him."

Socrates responded sadly, "Son, God has given us this vast house called Earth. Three fourths is sea, another one fourth is mostly desert, lakes, forest, etc. I have no place to live." He wept.

The pupil consoled him, "Why billions can live on earth, you surely can secure a place too."

Socrates said, "When so many billion thoughts are framed in your mind, my son, you can certainly find room easily for thoughts on God."

# Insights on Educare

*This article by Padmashree G. Venkatraman touches on the present situation in the world highlighting the urgent need for Educare. He explains the concept of Educare and how Educare is relevant not only to students in schools and colleges, but also to every citizen in each country. He stresses on how one must first absorb the essence of Educare and experience it; only when Educare is in one's blood so to speak, one can train others in it. He concludes with a discussion on the benefits of Educare. To make this simple and easy for the readers to understand, the second part of this article will be continued in the next.*

## Moral Malnutrition

Imagine a group of poor people, who are all undernourished, and starving. They will all be easily susceptible to various kinds of illness and disease. Some will suffer badly while others might not suffer so much; but all would suffer, though to different extents. That is the situation of humanity today. It is suffering from a lack of spiritual food; it is morally undernourished. It is therefore easily attacked by various diseases borne out of different viruses like lust, desire, greed, anger, etc. Different communities are attacked to different extents. When the attack is severe, there is pain and everyone takes notice. When the attack is mild, people do not bother. There is no attempt to take notice of the spiritual malnutrition.

## Immorality, the cause of terrorism

What can spiritual malnutrition do? Once people get cut off from spirituality, there is loss of morality. Then, fear of sin vanishes immediately; and problems follow automatically. Everyone talks of terrorism these days. Almost everyone thinks that terrorism means attacking ruthlessly with the intention to cause harm and kill, and indiscriminately too. Actually, this is only one kind of terrorism. There could in fact be other kinds of terrorism – financial, commercial, political, economic, military, colonial, intellectual, and so on. Unfortunately, all these other forms of terrorism are ignored. In fact, when they are present, they are white-



washed and made to appear like legal, ethical and moral acts. No one bothers to appreciate the fact that these are born of greed, sometimes extreme greed, and that they also cause harm and hurt though these are not so evident. A hundred people

may die in a sudden flood; this will get a lot of newspaper attention; a million people may die slowly of starvation but no one takes notice; no one notices that these deaths are the result of greed and grabbing somewhere. A hacker spreads computer virus and destroys a lot of business; people may lose their savings; some may even commit suicide in desperation; no one notices or bothers. Society takes it all in its stride.

Bad and selfish policies ruin the lives of children and teenagers. They take to crime; they indulge in arson. In Australia, it has been reported that many of the bush fires were started by children, the youngest being just nine years old. Leading medical companies price their AIDS vaccine very high; people in Africa cannot afford and they have to die. A company in India offers the vaccine at 1/10 the price but the sale is blocked using WTO protection. No body calls this terrorism, even though thousands die. The crisis in

Argentina was sudden and dramatic; hence it attracted a lot of attention. It was driven basically by corruption and greed. But this has happened before. In Japan, political corruption has caused problems with banks leading to recession; in fact, the slowdown of the



Japanese economy has been going on for ten years. In Korea, something similar to what happened in Argentina occurred, though not on the same scale. In Indonesia too, same story, perhaps not so dramatic but acute nevertheless.

In short, **immorality is the basic cause**. In one case, it breeds extreme violence. In another, it breeds economic disaster, social disruption and degeneration. Today, society condemns the former, but does not realize that what produces terrorists will also produce the Argentine-type of situation—financial and economic terrorism caused by a few greedy people. Mankind must learn not to compartmentalize. This is the big problem today. People want to shut out terrorism but do not mind all the other evils continuing. In fact, business will even promote them. In Thailand, myopic economic policies are driving poor young girls to lives of immorality but no body sees this as a great disaster!

This is where Sathya Sai Baba's teaching becomes very important and most relevant. We cannot have morality in society unless there is a fear of sin. We cannot say, "We need not bother about that but in this particular matter, we must have morality." Today, schools do not have any moral instruction; the child is never taught anything about Truth and Righteousness. But when the child grows up into a man, he is supposed to be truthful, speak the truth, do business honestly etc. From where is the child supposed to have learnt all this? Parents do not have the time; society does not care; and teachers have no motivation. In the end, if many take to a crooked life, who is to be held responsible?

### Present Myopic outlook

To make clear how society today has a myopic outlook, let us consider smoking. Everyone knows that smoking can be very dangerous. It can either lead to lung cancer or serious heart problems. One cannot just focus on the heart and say, "I shall be very

careful with my food, avoid cholesterol, do a lot of exercise, etc." One may do all that and yet not escape death, which might well come via lung cancer. Or, one cannot say, "I shall do breathing exercises and make sure that my lungs are not affected. May be the lungs are spared, but will that guarantee that the heart also will escape? The root cause is smoking, and only when that is avoided can one have some sense of security.

So, we cannot say, "I will fix this problem," and ignore all the others. They all come as a package deal. One must recognize the Root Cause. **The root cause is spiritual malnutrition**. If that is fixed, then there will be a fear of sin. Automatically, society will be spared of great man-made disasters.

If it is all that simple, why then society is facing problems again and again? Why are people not avoiding disaster? If man can go the moon and almost create

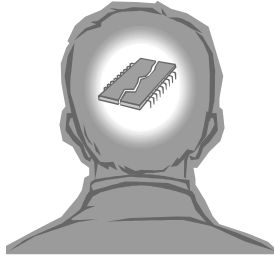
life in a test tube, can he not understand elementary facts? Take the case of smoking. More than forty years ago, the Surgeon General in the US formally warned that smoking can be very dangerous and lead to lung cancer or heart attack. Has that made people quit smoking? Why? Because the tobacco lobby is strong and very powerful. It continues to lure people to smoking and death in the name of making profit and money. And people too are not able to overcome their desires.

In short, spiritual malnutrition comes about because people are too preoccupied with worldly matters, worldly pleasures, and things like that, and could not care less for anything beyond such trivialities. The world does not end with money, and life does not end with "having a ball". There is something much more to life. That is what Educare teaches about.

Somebody once told Baba, "Swami, I want Peace!" Sai Baba smiled and said, "Very simple! First cross out 'I', and then drop the 'want'; after that all you have left is



‘Peace’!!” People often think this is a play of words. It is not. What is the real meaning of: “Cross out I?” It means, remove EGO! What is drop the “want”? It means limit your desires. If ego is annihilated and desires are brought under control, then peace HAS to follow. But peace is scarce in this world. Obviously because ego is flourishing, and desires are multiplying. Why are people allowing all this? The answer is **Body consciousness**.



The word ego is normally used in the context of pride, haughtiness, arrogance etc. In spirituality, ego is another name for body consciousness. When one says that a person is suffering from body-consciousness it means that the person is all the time giving importance to himself. This happens when one thinks that one is merely the body. Man is a combination of the body, the mind and the Eternal spirit or *Atma*. The *Atma* refers to the Formless God. It is also called the [spiritual] heart. *What we must note here is that people’s actions and thoughts are governed mainly by the body-mind combination. The Universal Soul/Universal Spirit/Atma/Heart, never enters into consideration. This is a grave fault, and is the starting point of all problems everywhere. Baba always says: “You are not the body. You are not the Mind. You are the Spirit!”*

### The mind—sense combination

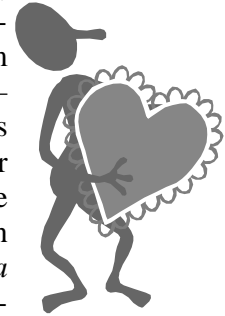
Why do people become so obsessed with the body-mind complex? Consider an example from geography, say, the USA. It is a huge country, extending from the Atlantic to the Pacific. Two thirds of the way from the east coast, there are the mountains that form a continental divide. The rain that falls on the eastern side of the divide flows essentially to the Atlantic while rain falling on the other side flows into the Pacific. Taking this analogy, the Atlantic is like the world while the Pacific is like God/*Atma*/Heart. In spirituality, one often refers to



this as the external world [as opposed to the internal world]. America is the analog of the body-mind complex. The human mind has two broad aspects. In Sanskrit, they are often spoken of as *Manas* and *Buddhi*. *Manas* is the cognitive part of the mind. It

is closely linked to the senses. The senses form the bridge between the *Manas* and the external world. It is the job of the senses to look out into the world and convey to *Manas* information about the world.

The Senses as such are not bad; God has given animals and man the senses with a purpose. If we do not have eyes, we can face all kinds of physical dangers. The problem arises when the *Manas*—Sense combination functions without any supervision or control. In such a case, the person becomes immersed in the world, forgets the *Atma* altogether, can slip and become vulnerable to committing sins of one kind or another.



In fact, the person can easily delude himself saying, “That is bad, but there is nothing bad in this,” and so on. This is like water falling on the eastern side of the Rockies. It goes only to the Atlantic. Likewise, a person who exercises no control over the mind and the senses will become drowned in the world, be deluded by it, and finally pay for it.

Pollution arises precisely because of this. People are consuming as if there is no tomorrow. Business is actively promoting reckless and limitless consumption. That automatically leads to pollution, of the environment and the mind as well. People delude themselves saying: “Oh, we can always design cars that do not cause environmental pollution,” and so on. But excessive desires promote greed, extreme competition, corruption, and so on. In short, **there must be a control on the**

**senses and the mind.** In the west there is a myth: “Oh mind control means dictatorship. We cannot accept that.” Control here means discipline. What is wrong with mental discipline? All achievers practice discipline and no one complains. A successful scientist is very careful with his time; he will not waste even one second. A tennis star with his eyes on the grand slam will not drink, be careful about what he eats, and in general lead a very carefully regulated life.

### The lower mind and Higher mind

Sathya Sai Baba says, “A car has got brakes. Why? To be used in times of danger. The fact that a car has got brakes



does not mean that you have to drive with your foot on the brake. That is foolish and even dangerous. Brakes are given so that you can use them when needed.” What is the job of brakes? This is *Buddhi*. *Manas* is the lower mind while *Buddhi* is the higher mind. While mind is closer to the world, *Buddhi* is closer to the *Atma*. It is like the landmass to the west of the Rockies – water falling on this land mass drains to the Pacific.

To put it all simply: The senses may tell the mind, “Hey this thing is fantastic; you must try it.” The mind must not immediately yield. It must consult the *Buddhi* and ask, “Is this good or bad? Is it right or wrong?” and so on. *Buddhi* will then advise. *Buddhi* will do a good job if it is in good and constant touch with the *Atma*. A man who is suffering from body-consciousness has no idea of the *Atma*. In him, the *Buddhi* will be very weak. It may feebly say, “Hello, this is not good,” but *Manas* will overrule. Then trouble will inevitably follow.

### *Manas*—*Buddhi* & Educare

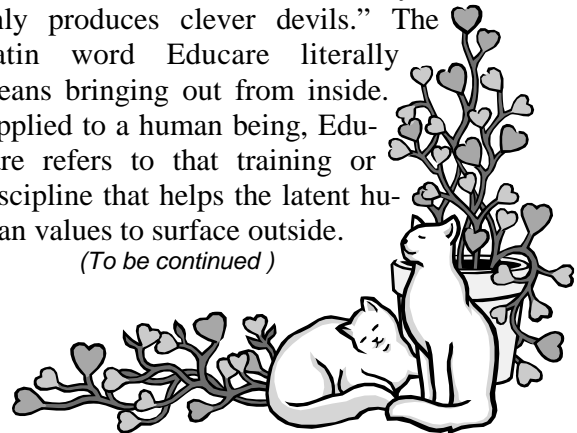
To go back to the geography analogy: If the Atlantic is like the world, the Pacific is like the heart/*Atma*. There must be a connection between what exists on the two sides of the Rockies [*Buddhi* and *Manas* must interact].

Educare is what helps man to be guided by his Heart instead of just his brain. Education will let brain or the *Manas* to decide. It will calculate and say, “This is advantageous to ME.” Educare will not allow that. It will let *Buddhi* rule. *Buddhi* will say, “One must not be selfish; one must be selfless. Your actions must help others and not your bank balance.”

Sai Baba says that **education relates to knowledge flowing into a person from outside**. Essentially, it is related to the world. It is therefore worldly knowledge or “external” knowledge. External knowledge is important and essential. Suppose we go into a forest. And see a plant with attractive flowers and a nice looking berry. Just because it looks nice we cannot straightaway pluck it and eat it. It could be poisonous! This is where external knowledge is important. In fact God gave the senses and *Manas* [brain] precisely for this purpose. However, one cannot remain content with acquiring external knowledge alone. As Victor Weisskopf, an eminent American scientist once said, “Knowledge (worldly) without compassion is inhuman. Compassion without knowledge is ineffective.”

While education is related to what we absorb from outside **Educare is related to what goes out from inside**. The true purpose of education is to bring out the Divinity latent in man. The education that is offered today even in the “Best” university in the world does not do this, even a tiny bit. On the other hand, as one educationist ruefully said, “It only produces clever devils.” The Latin word Educare literally means bringing out from inside. Applied to a human being, Educare refers to that training or discipline that helps the latent human values to surface outside.

(To be continued )





# Institute of Sathya Sai Education

This year ISSE's in Australia, Brazil, Philippines, South Africa, Thailand, and Zambia conducted teacher training courses in which over 150 students from more than 20 countries studied. The courses varied in the depth of coverage according to the local setting, but they generally comprised two months of intensive lecture and classroom experience. All students also prepared a written thesis on integrating Sathya Sai Educare in their teaching career. Bhagawan Sr Sathya Sai Baba, the Chancellor of the Institute, graciously granted the diplomas to these students present at a ceremony on 20 November 2002 in Prasanthi Nilayam. Bhagawan Baba also received the theses of the students who completed advance diplomas.

In His Divine discourse, Baba stressed that students of the Institutes must become self-reliant. The place of their study, the place of their stay, the book racks, etc., must always be kept clean by the students themselves. No separate servants must be engaged for this purpose.

The following article is on the experience of one of the diploma students.

## Classroom Dharma

It is the nature of education to be mental, compartmentalized, and changing; whereas, essence of Educare (which means to draw out or elicit) is to be spiritual, systemic, and eternal. The challenge before all of us, educators and non-educators alike, is the implementation of Educare in this modern world.

Our beloved Bhagawan Baba inspired the title for my thesis, "Classroom Dharma", as I walked through the lovely grounds of the Sathya Sai School in Thailand. I hadn't yet decided to do the advanced diploma course, but upon receiving the title from Him, realized this was to be! Working from "our" title provided the basis for the work which was to become the thesis.

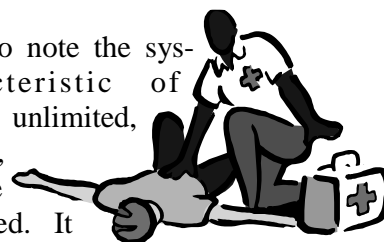
From my experience in teaching all levels of learners—primary, secondary, college, and adult factory workers—motivation is the key to learning. The question then becomes "How do we inspire motivation in our students?" An inspiring teacher will be able to effectively help learners to see relevance in subject matter and direct them toward an academic outcome. However, an inspiring and devotional teacher will reach students at the *Atmic* (soul) level and enable them to



find their own answers in their journey toward self-discovery. "Classroom Dharma" is a treatise comparing and contrasting these two approaches—one operating primarily from the head, the latter from a synthesis of head, heart, and hands.

As we move toward a major transition in the field of education, the definition of classrooms and even "education" are being stretched! Community partnerships between educators and business people are helping both teachers and students realize a "classroom" doesn't necessarily have to be desks and a blackboard, but often actively working in service projects in their own communities. The more into the "heart" the educational experience is, the more potential the learner will have to align the intellect with Atma, thus education becomes a *dharmic* (in conformance with natural laws) experience.

It is important to note the systemic characteristic of "Educare". It is unlimited, uncategorized, and cannot be compartmentalized. It crosses all boundaries because it is *Atmic* in nature! Along these



lines, then, "Educare" is not exclusively the work of educators! As I returned to the United States, the systemic application of Educare was effortless! I found the application to be extremely systemic and unexpectedly dynamic.

In His Infinite wisdom, our Bhagawan is holding the United States in the palm of his holy hands for the right "incubation" time to herald the birth of the Sathya Sai School system in this country. My work has been much the same as my colleagues, presenting what I've learned in the Institute through lectures and articles and offering assistance and collaboration with our National EHV (Education in Human Values) effort. What has been unexpected is the unusual scenarios in which Educare has been implemented!

The western region of the United States, as with some other countries, has been experiencing a draught. The lack of moisture has precipitated many forest fires and has devastated many acres of forest and communities. I was guided to serve as a temporary employee in the bookstore during the aftermath of a particularly bad fire at a national park where the ancient ruins of the mysterious Anasazi Indians lived. This very special place was one of the first world heritage sites.

During my time there, all my thoughts, words and actions were infused with Baba's love working with the public and with the staff. Miraculously, one at a time, staff members would come to me wanting to know about my Thailand training and about the Chancellor of this system. It wasn't long before some were coming to me asking for

photos of Sri Sathya Sai Baba! As this evolved, these same staff people were then connecting with vacationing, international visitors, accurately and intuitively selecting those who were open to also talk about Baba's message to love all, serve all. I watched in amazement as the "fire of love" spread uncontained! Staff members reported that their work seemed more effortless, their guided tours more inspired, and the tourists became more respectful of this ancient homeland of the "original Americans".

When I return from this November's diploma graduation, I may have the opportunity to continue working as their operations manager, training volunteers and young people. The training will emphasize serving and educating the public to revere and respect this ancient American Indian culture. The Hopi Indians, descendants of the Ancient Anasazi People, even to this day, consider themselves to be the "keepers of the earth", living in total harmony with nature in a balanced way, living each day in absolute guidance of spirit. We will be actively working with the Hopi who eagerly await the day when the Age of Peace will be ushered in for our planet.

The implementation of Educare on the planet is vital for the birthing of the Golden Age. A new consciousness which sees the divine everywhere, in schools, businesses, communities, neighborhoods, and governments--a consciousness of divinity without boundaries--is of primary importance in the work that is before us.

- Barbara Rousseau

*Diploma in 2001 & Advance Diploma in 2002  
from ISSE, Thailand*

### **Educare links around the world**

These are useful sites for teachers and educators from which they can download introductory material on Educare and information on training.

ISSE, Thailand: <http://www.sathyaiaeducation.org/>

ISSE UK: <http://www.sathyaiaehv.org.uk/>

SSEHV USA: <http://www.ssehvusa.org/>

ISSE Hong Kong: <http://www.ssehv.org/>

### **ISSE San Pedro Activities Philippines**

**8 December 2002:** Sathya Sai Human Values Education Center launched in Cotabato, Mindanao. Classes will be held every Sunday at the residence of Dr. Zurita, Director, ISSE San Pedro, who supervises the program.

# Teacher Transformation

*Waves lend beauty to the Ocean; the moon imparts beauty to the sky; for human beings, character is beauty, character is power, character is the most precious jewel.*

The emphasis on Character Education has been since time immemorial. Today, in this modern world, the cry for the education in human values has become more intense. The government, policy makers, NGO's, civic leaders and all other concerned citizens all over the world have endeavored to train teachers to teach "character education", "values education", and similar subjects to transform their students into a better person.

In the Philippines, the Department of Education has changed the curriculum in basic education to adapt to the needs of time. The Basic Education Curriculum that is now being implemented gives emphasis on character formation. Training of teachers on how to teach this new curriculum is ongoing. How much change is done? How effective are those agents of change?

If we need to change others, this change has to begin with us. If teachers need to transform their students, let the teachers be transformed first. The desire to change must come from the heart; the desire to change must be voluntary and not prodded by someone.

Transformation is like labor pain during childbirth. Once the new baby is born, what a joy, what an awesome feeling, enough to forget all the pains that have been there before. Unless we teachers, mentors, educators allow ourselves to be broken, there can be no transformation.

Christians believe that for the sinful men to be transformed, Jesus had to suffer and die on the cross.

Transformation is breaking our old habits, breaking our old thoughts, giving up of the old self and come out as a new person. This is what we need from our teachers today – that they allow themselves to be transformed so that our students are also transformed. We all know that values are best taught by modeling it. Values are to be lived not to be taught.

The Educare program of the Institute of Sathya Sai Education offers FREE Teacher Training Program to all educators who are willing to be broken and be transformed. It provides the training within the environment of love, peace, truth, right conduct and non-violence.



Students of Casa Del Nino Schools performed an original song and dance composition on "Water and Values" at the Opening ceremony of the Regional Consultation Workshop on Water in Cities– role of civil society, Asian Development Bank (ADB). They received a letter of appreciation from ADB's Vice President Shin.

*Dr. Rosario G. Acierto D.Ed.*

*Director of Casa Del Nino Schools*

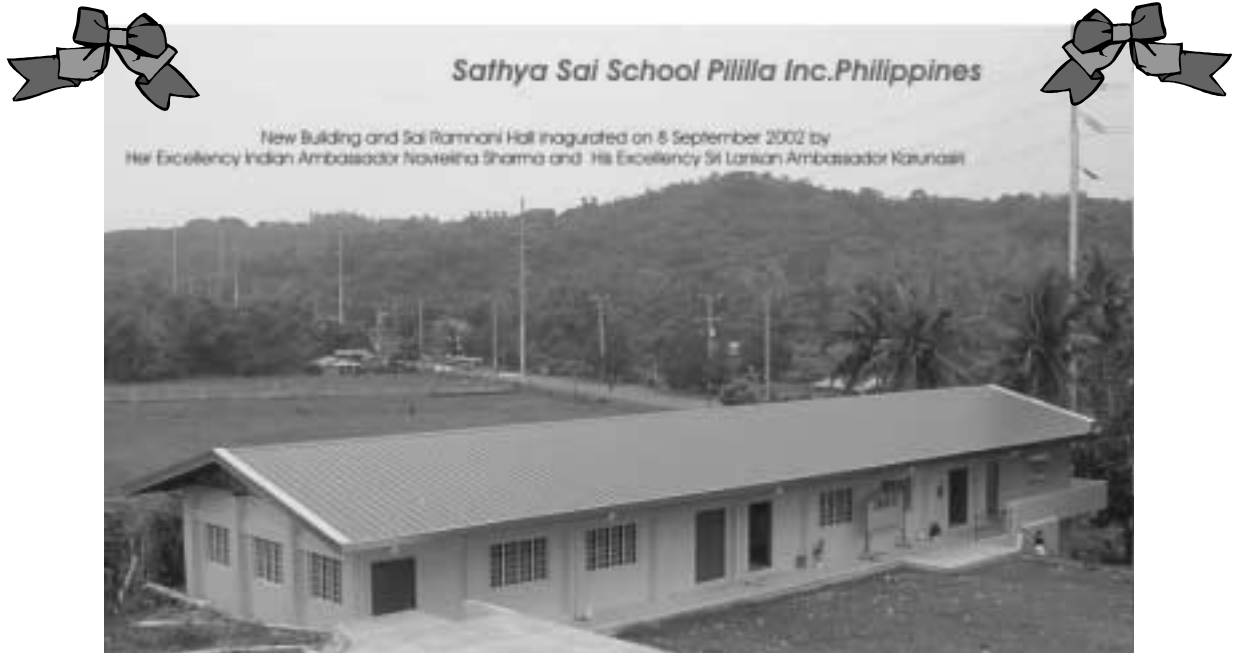
*Director, Institute of Sathya Sai Education, San Pedro*

## **Second Certificate Course on Sathya Sai Educare at the ISSE San Pedro**

The Second Certificate course based on the principle “*Values cannot be taught, they have to be lived*” was held from 19 July to 18 October 2002. The course comprised a residential intensive learning at the ISSE, San Pedro campus for one month from 19 July to 18 August, and self-learning by practice for two months from 19 August to 18 October. At a special ceremony on 20 November 2002 at Prasanthi Nilayam, the Divine Chancellor Bhagawan Baba awarded the certificates for the graduates to Dr. K. E. Seetharam. Eight students graduated and they received their certificates from His Excellency Sri Lankan Ambassador Karunasiri on 23 November 2002 at Bhagawan Baba’s Birthday Celebrations.

## **New Building for Sathya Sai School, Pililla**

On 8 September 2002, Her Excellency Indian Ambassador Navrekha Sharma and His Excellency Sri Lankan Ambassador Karunasiri inaugurated the new building, and opened the Sai Ramnani Hall. Classes started at the new venue on 16 September 2002, after being held at the old rented premises for over 2 years. While the building could have been completed through a contractor, the Sathya Sai volunteers took it upon themselves all the tasks, from initial design to supervision. A team of 30 workers was involved. The cost of the land and construction was borne by several selfless volunteers within and outside the Sathya Sai Organization. This Project is purely our *Labour of Love*. After the inauguration, three drops of honey were noted on the foot rest of Baba’s chair in the prayer room.



*Dr Rosario Acierto, guides as Principal. Four teachers, led by Teacher Rosalina Gonzales conduct classes and Bro Victor Marcelo assists in the school management.*

**Editor’s Note:**



*This issue is submitted at the Lotus Feet of our Divine Master at the annual Messengers’ Meet before Christmas Day. We wish all readers Merry Christmas and a Happy New Year 2003. We invite Messengers of Sai, educators, and professionals to write on their experiences of practising Human Values in their daily lives.*

The company of a burning ember transforms a black charcoal into another ember. Iron, when it comes in contact with dust will gather rust. When it comes in contact with fire, it will get rid of rust. When it is in constant touch with a magnet, it gets magnetized. So also, it is the company one keeps that makes or unmakes him.

-Baba

