



# Sai Jewels

Regional Newsletter—Feb 2000  
SRI SATHYA SAI ORGANIZATION,  
REGION X

Brunei, Indonesia, Malaysia, Philippines, and Singapore





# SAI JEWELS

## REGIONAL NEWSLETTER

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

YEAR OF HUMAN VALUES

February 2000, No 02/2000

### Inside this issue:

|                                     |    |
|-------------------------------------|----|
| <i>Character—the True Ornament</i>  | 3  |
| <i>Service, Love, and Sacrifice</i> | 5  |
| <i>Chinese New Year Message</i>     | 7  |
| <i>The Power of Rama's Name</i>     | 10 |
| <i>The Head and the Heart</i>       | 11 |
| <i>Satwic Meal</i>                  | 14 |
| <i>SAI Youth Page</i>               | 15 |
| <i>Children's Corner</i>            | 16 |
| <i>The Lotus Feet</i>               | 18 |
| <i>Easter Reflection</i>            | 21 |
| <i>Activities Report</i>            | 22 |



© **Sai Jewels, Regional Newsletter** is published by the Sri Sathya Sai Organization, Region X.

Kindly send any material to

**The Chief Editor, Sai Jewels, Regional Newsletter**  
c/o 33 Cauliflower Street, Valle Verde 5, Pasig,  
Metro Manila, Philippines, Tel: 63-2-631-1574

Email: seetha@skynet.net

We have limited copies. Kindly pass on to another person after you have finished reading. Articles, photographs, drawings and feedback are welcome. We reserve the right of discrimination in selecting and editing material for publication.

### **Thought For the Month**

*Every human being has four birthdays. The first is when he emerges from his mother's womb and, being neither holy nor unholy, craves only for food and shelter; the second is when he begins his spiritual study to lead him from darkness to light; the third is when he has gained wisdom, having mastered the disciplines propounded by the sages for achieving self-realization; the fourth and last is when he realizes his true identity and merges with Brahman.*

*- Sri Sathya Sai Baba*

# Character- the True Ornament

- New Year Message

*What is the true ornament for man? Lotuses are the ornaments for lakes. The houses and buildings are the ornaments of villages and towns. The waves of the ocean are its ornaments. For man, character is the ornament.*

The loss of this ornament is the source of all misery. Of all the powers in the world, the power of humanity is the greatest. It is a rare privilege to be born as a human. Humanness does not exist in the mere form of the human body; it is actually the very form of The Cosmic Person. All the powers pervasive in the cosmos also reside in the human. You need to make an effort to understand humanness. In fact, there is no Divinity other than that present in humanity. You see the universe as universe and do not recognize the Divinity therein. Turn your thoughts from the outward world into the inner world to perceive this Divinity. Here is a rose. From the worldly view, it is just a rose. But, from the Divine point of view, it is the flower of the heart. How do you have this capacity to perceive the shape and smell of a rose? It is from the Divine. Do not mistake physical things with spiritual realities and become a victim of delusion. This kind of delusion is like a dream, which vanishes on awakening. Just as the dream state disappears when you wake up from sleep, the state of delusion disappears when you awaken into the state of wisdom. If there is no sleep at all, there is no dream possible. So, sleep is the main cause of dreams. For the dream of ignorance, delusion is the cause. Therefore, do not fall into the sleep delusion.

## Every Second of your life is New

From the physical and worldly point of view, you are looking upon today as the commencement of the year 2000. From the point of view of Divinity, 2000 years is a mere speck! Several millions of years have gone by in the past. 2000 years have passed from the era of Jesus Christ. What about the hundreds of thousands of years that have preceded the advent of Christ? Man

(Manava), stands for: “Ma” - ignorance, “Na” - without, “Va” - to act, so, man is one who acts without ignorance. Another meaning is “Ma” - not, “Nava” - new, i.e. man is not new. He is ancient and eternal. Dispute on dates is meaningless. **Every second is the birth of a New Year. Seconds add up to minutes, minutes to hours, and so on to years. Every second of your life is new.** Thus, there is no particular sanctity about the beginning or ending of a year. The time or date is not the cause of your happiness or misery. Your own actions in the past are the causes for this. As you sow, so you reap. When actions performed by you are proper and pure, you will get good consequences only.

## Changes in the Year 2000

On the whole, the coming year would be a good one for all of you. Today is the beginning of the year 2000 and the ending of the year 1999 (AD). The consequences of the past years will be unfolding in this year. In this period, for people of this country as well for the rest of the world, the effects are going to be generally beneficial. The first three months, January to March, may be a little uneven. Why? Time is a phenomenon relating to the activities of the sun. In the year 2000 there is likely to be a small change in these. These changes are going to take place within a matter of three months. Such a physical change may carry with it other consequences which are non-material in nature, resulting in some good and bad effects for the people. After this change (March 2000 onwards), there will definitely be a better and stable period. But because of this statement of Bhagawan, don't react as if everything can be left to the flow of time; effort from your side is not to be left under any circumstances.

Today humanness is on the decline. In these conditions how can peace manifest? If you give gold to a goldsmith, you can get any ornament made. *Hiranyagarbha* is another term for the Creator. The Creator is therefore referred to as gold. If you place this Divine gold into your



heart, you can make any ornament of your choice like peace, truth and righteousness. *Hiranyagarbha* is immanent in everyone. This is why Swami calls everyone '*Bangaru*' meaning gold. Only when you recognize this truth and get the firm conviction that God is within you, will you obtain all kinds of welfare in your life.

### Be true to your country

Therefore, first of all, develop faith in God. Your country and your body are not two different entities. The country and the body are both constructed by the same five elements. They are both mirror images of each other, inseparably interrelated and totally interdependent. The youth of today are the leaders of the future. If the future is to be prosperous, the youth of the present should have firm faith in God and perform their daily activities in this faith. Patriotism is a scarce virtue in the youth of today. Every person of whichever country he/she may belong to, should have patriotism firmly ingrained in his/her heart

God is the basis of all, is omnipotent, omniscient and pervades all creation. Just as without cotton there can be no cloth, the world itself cannot exist without God. Do not mistake this transient body as real. It is the indwelling divinity that is the true reality. This Divinity is beyond birth and death; the one without an origin. This birth-less, deathless eternal God is the eternal witness for the entire Cosmos. Recognize this truth.

### One Caste — the caste of humanity

You are celebrating today as the beginning of the New Year 2000. The humanity in the whole world is the same. All men of all countries form one caste. Keep this truth firmly in your heart. You must recognize that birth as a human being is a rare occurrence. Consider time as valuable. Heart must be soft and the mind must be sweet. Do not poison your nectarine mind by directing it on the external objects. By doing so, you are making the soft heart into a hard stone. Do not waste time. Time is the very form of God, it is Divine. Do not put firm faith on your body. The body is impermanent. It grows with time and declines with time.



### Pray for the welfare of the World

The year 2000 is not bad in any sense. It is bound to promote very high ideals and is going to propagate high Divine principles. It is going to promote unity. In a very short time all people of the world are going to be united as one. There are a large number of countries like America, Russia, Japan, China, Pakistan, India...etc, existing as separate entities. Soon consensus is going to arise amongst all these countries. Even those whom we consider irreconcilable enemies are going to become our closest allies. None will be there who hate us. We are all brothers. In a short time, you are all going to witness the truth of the expression, "Brotherhood of Man, Fatherhood of God", the slogan of unity of mankind. With a pure heart, all of you pray for this to happen at the earliest. There are many people in the world in great distress. The people who had been recently hijacked were under a severe strain. Prayer is the only remedy for alleviation of such misery. There is nothing in the world that cannot be achieved by prayer. Prayer melts the hardest of hearts. Pray wholeheartedly, "*Lokah Samastah Sukhino Bhavanthu.*" Do not pray just for the welfare of your family, friends and relatives alone. Such narrow-minded prayers are futile. Your prayer should be for the welfare of all people in all countries of the world.

### Sow the seeds of Love

Sow the seeds of Love in loveless hearts. Water it with Love. Let Love flow in a flood and reach all. You have to cultivate this pure, firm, unselfish love. This is the practice that you have to cultivate in this New Year. Love lives by giving and forgetting. A lot of people are worrying and speculating as to how the year 2000 will unfold. There will be no formidable difficulties. All things come and go. World devoid of happiness and misery cannot exist. Nothing is bad for the world. Pleasure is an interval between two pains. How can you feel pleasure if you have never felt the pain? These come and go like passing clouds. Transform everything into Love and suffuse your lives with Love. Then there shall

(Continued on page 14)

# Service, Love and Sacrifice

- Maha Shivaraathri Message

*Embodiments of Divine Love!* Only the one who realizes that there is no difference between Shiva and the individual is a true knower of the Self. Scientists are seeking to explain the mystery of creation in various ways. The Science of spirituality has also been explaining creation in various ways. What we perceive is the atom. Without the atom there can be no universe. The food you eat, the water you drink, the objects you see and the earth you tread upon are all made up of atoms.

## Science and the Veda

The Vedas described the Divine as subtler than the subtlest atom and vaster than the vastest object. The ancient sages considered that the Divine was immanent in the atom. *Om*, the Pranava Mantra contains within it the powers of *Shiva* and *Shakti*. These two powers, *Shiva* and *Shakti*, correspond to what scientists call electron and proton (the two constituents of the atom). Proton forms the nucleus of the atom. The electron is moving at great speed around the proton. The Veda has described the phenomenon in different ways. It has declared that *Shiva* and *Shakti* are inextricably associated with each other. This corresponds to the relationship between the electron and the proton. Anterior to the electron and proton is the particle known as neutron. This corresponds to what the Veda has called as '*Sath*'. In common parlance '*Sath*' is regarded as something effulgent. This is not correct. '*Sath*' in fact, means darkness. Out of this darkness is born light. Out of the darkness, comes the effulgence of Prashanthi. Thus darkness is called '*Thamah*'. One meaning of '*Tha*' is womb. Scientists call this womb as Space. The second syllable '*mah*' means Time. Thus the word '*Thamah*' encompasses space and Time, which are the determinants of the human predicament.

## Oneness of Individual and Divine

What is the origin of man? At the beginning, there is space. In this womb or space human life originates and has the form of a bubble on the seventh day. On the 15<sup>th</sup> day it takes the form of

the embryo. On the 30<sup>th</sup> day it becomes a fetus. On the 60<sup>th</sup> day, the head starts taking shape. On the 210<sup>th</sup> day, the fetus quickens with life. On the 240<sup>th</sup> day, the full body is formed. On the 270<sup>th</sup> day the child comes out into the world. The Veda declared that space and Time are essential factors in human birth. There are no differences between Science and the declarations of the Veda. The Veda has revealed many Truths not discovered by science. Science has not yet found many of the truths declared by the Vedas. People should try to find out how much of the powers of the Divine are present in man. Individual and God are not different from each other. The individual however, by his attachment to the body, is leading a mundane existence. The day man develops love of Spirit; he will realize the oneness of the individual and the Divine.

## The External World is a Reflection of the Inner Being

All the happiness that he seeks from external objects is within himself. Take the example of the ocean. The water that turns into vapor from the ocean assumes a different form and quality. It acquires purity and sweetness and returns to the ocean in another form. Look at the changes it goes through in this process. Going up as vapor, becoming a cloud, coming down as rain, flowing as rivulets, it joins the ocean as a river. The change into vapor is *Sathya* (Truth). The formation of the cloud is *Dharma* (Right Conduct). Coming down as raindrops corresponds to *Prema* (drops of love). When the drops join to become a river, there is the flow of *Ananda* (Bliss). This stream of bliss merges in the Ocean of Grace. Sometime or other what has come from the Divine has to merge in the Divine. This is the natural destiny of all living beings. Taking birth as a man leading a godly life, one ultimately merges in the Divine.

## Holiness of Shivaraathri

*Shivaraathri* has a variety of meanings. '*Raathri*' implies the darkness of the night; there is also a special sacredness and auspici-

ciousness in this night. The reason is that on this 14<sup>th</sup> day after the full moon, the moon, who is the presiding deity for the mind, has shed fifteen of his sixteen digits. This is an auspicious time for having proximity to God.

It may be asked, "If the Divine is present in all things, is there no difference between good and bad, Truth and falsehood?" For the person who has the conviction that the Divine is present in everything, there is no good or bad, He sees the Divine equally in all things. Good and evil exist for the one who looks at these things in terms of these differences. No doubt the body is necessary for certain purposes. But it should be regarded as an instrument and all actions should be performed as offerings to the Divine.



### God Acquires the Form in Which the Devotee Worships

There is no object in the world, which is formless. Even the minutest sub-atomic particle has a form. Some people ask, "How are we to believe in God when we have no notion of his form?" Here is a flower. It has a form, but the fragrance emanating from it has no form. Can you deny the reality of the fragrance because it has no form? Fragrance has a form, but that form is manifested in the flower.

Take, for instance, love. What is the form of love? Love has a form derived from the persons who exhibit love. Without someone expressing love, love cannot exist, just as fragrance cannot exist without a flower. So we see the inextricable relationship between what appears to be formless and the source of its form. Another example: Here is a person whose form can be described in terms of various physical features. But does this description in terms of height, weight reveal anything about his internal qualities like forbearance, peacefulness, compassion, love and sacrifice? Are not these qualities very real and significant? He is prized mainly for these qualities, not for his physical features. To judge him only in physical terms is meaningless. His formless virtues are more important. When one is judged in respect of his qualities, the form is irrelevant.

The formless Divine has to be worshipped in

any form according to one's preference. Just as air or water assumes the form of a container in which it is kept, God acquires the form in which the devotee worships Him. All forms are His. To worship God as immanent in every atom in the body is the highest form of worship.

### Love is Divine: Live in Love

When Love is developed, hatred and injustice will have no place. Love alone is the form of the Divine. Love all. Love is God's only property. It does not belong to man. It is not a purchasable commodity. It issues from the heart. Divine Love is different from human attachments. It is timeless. It is omnipresent. Make it your sole ideal. It is inherent in you. If there is sugar at the bottom of a glass filled with water, you can make the whole water sweet by

stirring the sugar and dissolving it in the water. Likewise, your heart is a glass. At the bottom there is Divinity. Take the spoon of *Buddhi* (intellect), stir the heart by the process of *sadhana*. Then, the Divinity in the heart will circulate through the entire body. Then, every action of yours will be sweet, your speech will be sweet, your walking will be sweet, your looks will be sweet, and your thoughts will be sweet. You will be sweet all over. Realize that sweetness is within you. Turn your intellect inwards and discover that sweetness by filling the intellect with love.

### Strive to Destroy the Ego

Do not look upon *Shivaraathri* as only an annual festival. Deem every night a *Shivaraathri* (holy night). Whenever you entertain sacred thoughts and contemplate on God, you have *Shivaraathri* then and there. *Shivam* means goodness. The elimination of the ego makes all the difference between *Shivam* and *Shavam* (a corpse). Unless the ego is eradicated, Divinity cannot be realized. This is true relationship between the individual and God. This is the primary message of *Shivaraathri*.

- Compiled from *SS speaks* Vol.4 & 30 (1964 & 1997)





# Chinese New Year message

*Embodiments of Love!* There is no penance superior to peace of mind. There is no greater happiness than contentment. Man has lost his happiness because he is afflicted with insatiable desires. Only by limiting desires and thereby eliminating the diseases arising from them, man can secure peace.

## Dharma and Religion

What is meant by *Dharma*? Charity alone does not constitute *Dharma* (righteousness). *Dharma* is that which is lasting. *Atma-Dharma* (the *Dharma* of the in-dwelling Spirit) transcends all worldly actions. Many people in the world consider religion as identical with *Dharma*. *Dharma* is quite different from religion. Religion is like a river. *Dharma* is like the ocean. There is well known saying: "The ocean is the final destination of all rivers." All rivers ultimately merge in the ocean. The essence of all religions, the goal of all scriptures, the objective of all aspirations is *Dharma*. It is totally wrong to equate the vast ocean of *Dharma* with the river of religion. Religions are many, but the path is one. Jewels are many, but the gold in them is the same. Cows are of many colors, but their milk is white. Living beings are numerous, but the in-dwelling Spirit is one and the same. Religions have come into existence for the purpose of regulating human life. What is common to all of them is the principle of Divine Love.

The world will have respite from violence only when progress in science and technology is accompanied by development of ethical and spiritual values.

## Man Causes Natural Disasters

In the vast cosmos, man is like a speck. Essentially, there is no conflict between man and creation. Just as a child is entitled to enjoy the milk from its mother and the bee is entitled to enjoy the honey from flowers, there can be no objection to man enjoying the resources of nature. But as a result of uncontrolled desires and reckless exploitation of natural resources, Nature is exhibiting frightening disorders. Natural calamities like earthquakes, volcanic eruptions, droughts and floods are the result of distur-

bances in the balance of Nature due to exploitation of natural resources. Mankind today appears like a



foolish man who is wielding the axe at the branch of a tree on which he is sitting. Men have to develop a sense of spiritual oneness. Out of that sense of oneness, love will grow. Love alone can bind the whole of humanity into one unit. Pure bliss is derived from this love. When this love is shared with others you have the bliss of collective joy. When your life dances on the waves of this Love it attains the fulfillment of humanness.

Man has the mind, the intellect and the *Atma* (the Spirit). It is the combination of all these that constitutes true humanness. When man maintains the balance among these, the nation will prosper.

## The Transformation Process of Man

The transformation of man is based on the transformation of the mind. When men are transformed, the nation is transformed. When nations change, the world is transformed. Hence, if the world has to be changed, there has to be a mental transformation at the individual level. The human mind should be filled with love. The mind is a remarkable entity. When it is filled with wisdom, it makes a man a saint. When it is associated with ignorance, it turns into an agent of death. Therefore, the mind is the cause of human bondage or liberation. All changes in education or other spheres, has to begin with transformation of the mind. Indifference, bad company, disrespect, arrogance and jealousy, these five tendencies reduce man to the level of the animal. No one with these vices can be called an educated person. To get rid of these vices, it is necessary to take note of some of the good qualities in animals and birds.

## Lessons from the Universe

Man can learn any number of good qualities from animals, birds, insects and worms. One animal that is viewed with contempt is the donkey. But there are quite a few virtues man can



learn from the donkey. The quality of patience to be found in a donkey is not found even in man. Whatever burdens may be heaped on its back, it bears them all with forbearance. It puts up with any amount of beatings. Even when it is starved of food and water, it presents a calm face. Man has thus to learn the quality of forbearance from the donkey. The ant is one of the tiniest among insects having the capacity for foresight. With foreknowledge of the rainy season ahead, the ant starts storing food three months in advance. Then, the spider. How many times its web may be destroyed or broken, the spider will go on remaking it with relentless determination. The dog is treated with neglect and indifference. But the fidelity displayed by a dog is not found in any other creature. Getting a few morsels of food from man, it shows gratitude to him by following him and wagging its tail out of affection. Such gratitude is lacking even among students who have been nourished, educated and placed comfortably in life by their parents. Has their education or intelligence any meaning?

one ritual every morning before beginning their day's chores. They declare: "Difficulties are our friends. Let us invite them." They have looked upon difficulties as their friends. They have recognized that without trouble no good can be realized. They know that true happiness comes from the satisfaction of a task well done.

### Work Hard and Follow the Dictates of Your Conscience

In China everyone works hard to earn his living. This cult of work should activate every human being. Comparing Government regulations to a net, the Chinese used to say that the very small fish escape through the holes in the net, while the very big break through it. Only the middle-sized fish get caught in it. Here also, it is a fact that the lowest among the people are unaffected by Government regulations. The very rich and powerful drive a coach and force through them. It is only the middle class that suffers most from these regulations. People must follow the dictates of their conscience. Make conscience your master. You can then face any difficulties in life and overcome them.

*Human heart is the best teacher. Time is a supreme preceptor. Time determines many of our actions in life. The Cosmos is the ideal book for all. There is only one true friend, that is God. There is no need to go in search of a preceptor. If you follow the dictates of your heart, every action will be sanctified.*

### Your Heart is Your Country

Today the Chinese devotees are observing their New Year Day. What is the origin of the word "China"? It is derived from the two words "chung" and "kuo". 'Chung' means the human heart. "Kuo" refers to the country. The word "China" therefore means, "My heart is my country". This concept is applicable to all countries and all religions. For instance, India or *Bhaarath* is derived from two words - 'Bhaa' meaning "effulgence" and 'Rath' meaning "to rejoice". The heart is the source of effulgence. *Bhaaratheeya* is one who rejoices in the effulgence emanating from the heart. Every man is attracted to the heart. God is not confined to any particular place. His real abode is the heart. The Chinese have esteemed the heart as their native land. From ancient times and to some extent even today, the Chinese have observed

### Help Ever and Hurt Never

Realize the relationship between your body and God. You are a limb of the society. The society is a limb of the world. The world is a limb of nature. Nature is a limb of God. People today think of God only for money. Men resort to all devices to get money. Men go round wealth in adoration like the earth round the sun. Think of God. Money will come of its own accord. Money has its place in life. But excessive wealth is a source of harm to the individual and the nation. It is enough if you observe one good precept, namely, "Help ever, hurt never." When you plant a sapling you have to water and manure it to make it grow. So also, for the plant of life, you have to provide the water of Love and manure of sacrifice to enable it to grow well.

*(Continued on page 14)*

# The Power of Rama's Name

## -Rama Nawami Message

The entire Ramayana is like a game of chess. The scene is a kind of battlefield where the forces of right and wrong are waging war. It is an eternal battle, which wages in the human heart. *Prema* (Love), representing Rama, *Atma* (the spirit), signifying Sita, and *Kama* (desire) which stands for Ravana, - are all seated in the same human heart. The world today is in dire need of the Rama story. For one thing, sons today, do not follow the injunctions of the fathers. Fathers do not set the right examples to their children. Disciples do not respect their preceptors. Preceptors do not treat disciples with affection. There is no love lost even between friends. Divisions and conflict prevail in social, political and even spiritual fields. If you enquire into the cause of this situation you find that selfishness is the root of all.

### The message of Ramayana

The basic elements are common to all mankind. The world itself is one family. All men are brothers. Rama preached to the world this basic Truth. He taught the world the duties of everyday life, the social duties and family obligations. **This triple stream of duties is the message of the Ramayana.** Whoever bathes in this triple stream is absolved of his sins and is redeemed. Though Rama was Divine, He moved about and lived like an ordinary man. Common men should live like Rama to manifest their Divinity. Rama taught the world how to remain unruffled in the presence of difficulties or joys, pain and pleasure. He responded with a smile to any criticism. He displayed equanimity in weal or woe, success or defeat, gain or loss. This is the attitude, which everyone should cultivate. People today perform many spiritual exercises. They study many scriptures and engage themselves in meditation and bhajans. All these are external exercises. No one knows why all these things are being done and for whose sake.



### Revere the Guru Truly

There is the story of a preceptor and a disciple. The disciple used to carry out the teachers commands. The guru asked him to shut himself in a room and perform sadhana. Not knowing why, the disciple was doing as he was told. Meditation had to be done three times a day – morning, noon and evening – according to the guru's directives. One day, he was offering worship to the guru at noon. It was very warm outside. The heat was scorching the feet. Unable to bear the

heat, the Guru cried out for the disciple and knocked on the door. The disciple replied that he was not to be disturbed. The guru asked as to whom he was worshipping. The reply was, "I am worshipping you." The disciple was worshipping the guru but kept him standing in the scorching heat. This is the way spiritual sadhana is done these days. What is the purpose of worshipping the guru? People take any number of births but there is no transformation in their minds; without such transformation, all spiritual practices are utterly useless.

### The Greatness of Rama's Name

Once a lady approached Kaushalya. When Kaushalya enquired who she was, the lady replied: "Mother! Don't you know that my son leapt over the sea in one jump? I am the mother of Hanuman." A short while later, another lady came. She informed Kaushalya that the sea over which Hanuman leapt in one hop was drunk by her son in one gulp. "I am the mother of Agasthya, who performed this feat," she said. Kaushalya smiled on hearing their claims. She said: "For your son leaping over the sea or for your son drinking the waters in one gulp, it was the name of Rama, which made it possible. I am the mother of Rama." While they were discussing who among them was great, Rama joined them. "What are you discussing?", He asked. Kaushalya said: 'Son! By chanting your name

Hanuman was able to leap over the sea. This was possible because of your grace.’ She went on: “Again, by the power of your name, Agasthya drank the sea in one gulp. This also was by your grace. I am supremely fortunate in giving birth to such a son.”

Rama, who was utterly ego less, then told the three ladies: “These feats are not the result of My grace. This body was given the name Rama at birth. It is the power of this name that has enabled them to accomplish such heroic feats. It is because this name was given to me I was able to overcome the valiant Ravana.”

### The name of the Lord is All Powerful

By chanting the name of God all latent powers in man are awakened. All the powers of the cosmos is contained in those two letters. You must understand properly the significance of the name and use it the right way. Chanting the Lord's name is the easiest path to God-realization. How does the chanting of the Lord's name transform the devotee? Every word that we utter sets in motion waves that fill the world. The radio waves sent out from a broadcasting station can reach out to every part of the world. *Naamasmarana* is the best way to purify the heart. Today, if we have to listen to pure sounds, the atmosphere must be free from pollution. The pollution cycle starts from smoke and clouds and ends with the food we eat. Hence the state of our minds depends on the kind of food we consume. The nature of the food depends on the environment. The environment is determined by human actions.

### Role of *Bhajans*

Most devotees are like the fruits of the fig tree: attractive to look at from the outside, but infested with worms inside. The effect of *Naamasmarana* has to be properly understood. Chanting the Lord's name purifies the environment. The first step is to purify one's own heart. Transform yourself before you set out to transform others. The role of *Bhajan* in purifying the atmosphere should be recognized. Community singing calls for wholehearted, soulful singing, which moves the hearts of the listeners. *Bhajans* should not be a routine ritual. You must put your heart and soul into the singing. When you recite the names, thousands of devotees are listening. You should not expect people to fol-

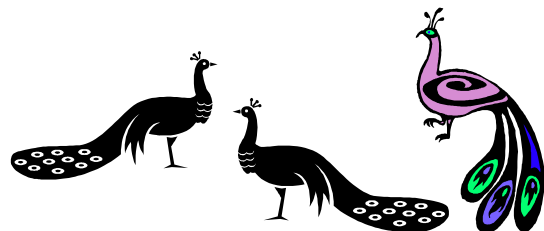
low whatever you sing. You should see that they can easily respond to your song. The names you chant should be short and sweet.

While participating in *bhajans*, you should enjoy the singing and share the joy with others. The goal of all religions is one. The underlying meaning of all names is the same. You must appreciate this oneness. All are children of one God. All belong to the caste of humanity. The distinctions between religions are the result of historical and geographical factors. People may use diverse names for God but God is one alone

### Two ways of God-realization

There are two ways of God-realization. One is the **path of devotion** where the devotee considers himself a servant of God. By repeatedly declaring, I am your servant, he goes on reducing his ego till the bondage of worldly attachment falls off. The other means is the **path of knowledge**. By constantly developing the sense of oneness with the Divine, his consciousness expands to the point where it becomes one with the universal consciousness and all worldly bonds are snapped. Expel the ego and develop love. With love, develop the spirit of sacrifice. Sacrifice alone can confer immortality; it can confer bliss and health. Experience the joy of sharing. Renunciation is the key to sound health. Melodious music can move the Lord. There is special merit in singing the Lord's name with due regard for melody and rhythm. The Lord is a lover of music. Moreover, when singing is done with fervor, it helps to drive out all bad thoughts from the mind. Hence, when you take part in *bhajans* sing with all your heart, mind and soul. You must sing with such love for the Divine that you forget yourself. When you sing the praise of God with a pure heart, you will purify your environment, your country and the world.

- Compiled from Divine discourses  
on April 11 and 16 1997. SS Speaks, Vol. 30.



## The Head and the Heart



*If the thoughts in the mind are good,  
the sequel will be beneficial.  
If the thoughts in the mind are impure,  
the resulting actions will be likewise.*

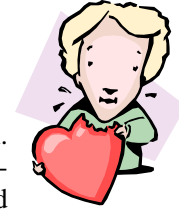
As one feels, that he becomes. As are the thoughts, so are the results. As is the seed, so is the plant. As is the flour, so is the bread.

In the human body, there are two important organs. One is the heart and the other is the head. The *Vedas* have declared that all things that originate in the **head** relate to the **External Path** and those that arise from the **heart** relate to the **Inward Path**. All that you think, all that you do, all your achievements, gains and losses, are all related to the head, to thoughts. All that comes out of the head relates to the phenomenal world, grows from it and ultimately merges in it. Hence, all thoughts are associated with the external world. But, feelings like peace, kindness, compassion, forbearance and love emanate from the heart. These transcend the external phenomena. Therefore, the heart should be pure and sacred.

The human heart that should be like milk in its purity is today unfortunately polluted and saline like seawater. The Lord resides wherever there is purity of the milky ocean. Milk represents that which is *Satwic*, pure and sacred. In the Ocean of Milk, dreadful aquatic creatures like whales and crocodiles will not flourish. In the saltish ocean of the heart, the creatures that flourish are bad qualities like lust, hatred, greed, envy and pride. If man is filled today with all these bad qualities, what does it signify? It shows that man's heart is bereft of the milk (of good qualities). If it had been pure as milk, there would have been no place for any qualities other than the godly virtues.

### Food, Head and God

The entire human life is spent in the pursuit of these desires. Man's head is filled with these desires. If only the head is filled with sacred thoughts, it will get sanctified. How? Food is an important factor. When pure sacred and wholesome food is taken in moderation, that food itself will transform the head and turn it towards God. Thus, Food, Head and God are the three



whose unity will divinize man. Even *Satwic* food (which is conducive to the promotion of good qualities) should be consumed in moderation. If there is no purity and moderation in the food, the man turns *Tamasic* (evil minded). In due course, this leads to the development of *Rajasic* qualities (anger, etc.).

What is the proper food for man? Man possesses five organs of perception: the mouth, the ears, the eyes, the nose and the skin. What is regarded as *Satwic* food is taken through the mouth. But what kinds of food are the other senses consuming? The eyes are 'consuming' *Rajasic* food (seeing ugly and undesirable things), thus taking in impure "food." See no evil, see what is good. What is it that the ears hear? They are listening all the time to scandal and idle gossip. They do not listen to the name of God or anything that is sacred and good. Hear no evil; hear what is good.

### Multiple role of the tongue

The tongue is a powerful organ. The eyes can only see. The ears can only hear. But the tongue has a double function: speech and taste. Hence, it should be kept under rigorous control. Only then, the food that is consumed through the mouth will be pure and sacred. The tongue is prone to indulge in several undesirable activities: talking ill of others, talking excessively, idle gossip and like. Of the four kinds of misbehavior by the tongue, the first is excessive talking with others. Talking endlessly with all kinds of persons is an evil. The second evil tendency is abusing others. The third evil is making fun of others. The fourth is indulging in falsehood. By indulging in these four forms of abuse of the tongue, man's life is rendered unholy.

The tongue is the cause of greatness in a man or his downfall. There must be harmony between speech and action. If your actions do not correspond to your words, your life will be ruined. Therefore the tongue should be "fed" properly with good thoughts, good words and good actions.

### The importance of the sense of touch

Avoid touching others. The meaning of this rule



will not be apparent on the surface. But it is highly significant from a deeper sense. The ancient sages used to seek secluded spots and engage themselves in meditation. The reason is there is a Divine energy within the body, a kind of current flowing in it. This Divine energy is in everyone. When a house is electrified an earth wire is also fixed to protect people from electric shocks. When a person is meditating, a Divine energy is generated in him. The earth also has an energy (gravitational energy), which attracts objects towards itself. That is the reason why, when a person sits in meditation, he uses a wooden plank one inch above the ground, spreads a deerskin on it and covers it with a cloth. The cloth serves as a cushion protecting the meditator from any pricks from the deer-skin. The wooden plank acts as an insulator, preventing the energy from passing down. When the Divine energy of one person comes into contact with the body of another person, it is likely to receive the bad thoughts in the latter. If the other person is a good man, you may receive good thoughts from the contact. But you cannot decide who is good and who is bad. Hence, if you sit apart during meditation, you may experience highly elevating thoughts. How do bad thoughts infiltrate the mind?" It is by close association with bad people, that bad ideas enter the head. Other people's bad thoughts enter your mind.

### Choose to become dear and near to God

The idea of bowing one's head at Swami's Feet is that, thereby sacred thoughts enter the devotee's mind. Sacred impulses and Divine energy flow from the Feet of the Lord, towards the devotee. When you come into contact with Divine Fire, all your bad thoughts and bad actions are reduced to ashes. This is the sanctity attached to the performance of *Paada namaskar* (prostrating at the Feet of the Lord). It has been said: "Through association with the good, develop detachment and solitude. Through seclusion, steady the mind. Through steadiness of the mind, get rid of all delusions. Freedom from delusions is Liberation."

Good company is thus most essential. Take for instance, a piece of charcoal. If it is to burn, it has to be brought close to a piece of burning

charcoal. It will burn better if a fan is turned towards both. This is the result of being both "near and dear" (to the source of fire). This applies to devotees as well. There are many who are 'near' to Bhagawan. But they are like frogs in a lotus pond. The frogs are near to the lotus, but do not taste its honey. Bees come from remote distances to taste the honey in the lotus. If the frogs were aware of the sweetness of the honey, they would not have let the bees come near. It is, therefore not enough if you are near. You have also to become dear to the Lord. If you love the Lord, but are far from Him, you suffer the pangs of separation like a mother who is worried when she has no news from her son. Thus both love and nearness are necessary. This is the value of having *darshan* of the Lord.



**Sight of the Lord destroys all sins. Conversing with the, Lord destroys all grief. The touch of the Divine liberates one from all karmic bonds.** What you should seek is freedom from the bondage of one's actions. Some may have doubts whether the touch of the

Lord will destroy all their *karmic* bonds or whether the *darshan* of the Lord will destroy all sins. But there can be no doubts regarding the effect of conversing with the Lord. When you are conversing with Swami you forget all your sorrows. You forget even your worries and anxieties. As long as you are conversing with Swami, you are in a blissful state. Whatever your worries, when you are conversing with Swami in the interview room you forget everything. From this, you should infer that the *darshan* of the Lord can destroy all sins, even though you may not know it. For all difficulties and sorrows, the mind is responsible. If one's thoughts are good, they are bound to lead to good results.

### As you sow, so shall you reap

The results of our past *karma* are born with us. This is an inescapable fact. When you are born, the Creator sends you with a necklace round your neck made up of the results of your good and bad deeds in the previous life. When anyone accuses you and if you do not respond to it

*(Continued from page 5)*

be peace and stability.

### Significance of chanting 'Shanthy'

Why do you repeat the word 'Shanthy' (peace) thrice? The first refers to the body, the second to the mind and third to the soul, for you are not one individual, but three. The one you think you are (physical body). The one others think you are (mental body). The one you really are (*Atma*). All three aspects must be in a state of peace. The means for all this is only Love. With Love alone all these can be achieved. Swami is the visible proof of this. The only wealth with Swami is Love. Your Love towards Swami and Swami's Love towards all of you have attracted all of you here. Convince yourselves that everything can be achieved with Love. The evil traits of hatred,

jealousy and pride should be cast aside. Truth is the basis of humanity, righteousness the innate propensity and love is the most important attitude. If you possess all these, peace is your property by right. Abandoning selfishness, adopting an attitude of unity and desiring the welfare of all address your prayers to God. You are not born for merely eating, wandering and sleeping. You have to become ideal examples to the nation. What is the ideal that you have to show? You must help all to your utmost capacity. The best way to love God is to LOVE ALL SERVE ALL. Adopting service and love as your ideals, you must commence your new life from this moment - this is My blessing and benediction to you.

- Divine Discourse, January 1, 2000

*(Continued from page 9)*

### Immortality can be got only by sacrifice

You come with nothing in this world and leave it with nothing. Is it not more desirable to utilize the money on acts of charity? Money is given to you only for helping others. There is no meaning in hoarding it. Sacrifice! Sacrifice! Sacrifice! That is the supreme quality you have to cultivate. Only through sacrifice can there be real enjoyment of what you acquire. What you earn with one hand, give away with the other. Without sacrifice life is a waste.

Love and Sacrifice are the two most important ideals in life. Love all, even those who hate you. Peace, Truth and Love are inherent in man. Why do you search for them outside? Manifest these qualities, which are within you. Cultivate forbearance and compassion. This is the way to foster the love principle. Today is the Chinese New

Year Day. It is a New year for the whole world, because every one's heart is his native land. Every human being is a resident in the kingdom of the Heart. Everyone should recognize his responsibilities in the kingdom of the Heart and not be concerned about his rights. Your rights will be ensured if you discharge your duties properly. Duties must come first.

There is one thing to be learnt by all people. The God who is in all of them is one and the same. Your love of God should remain, unwavering. Love is God. Live in Love. This Truth will protect you at all times. Leave all your bad qualities here and take back good thoughts and good habits. That alone will justify your coming here. Treat Prasanthy Nilayam as a spiritual workshop. No charges are levied here. Make the best use of your stay here.

SS Speaks Vol.30. 13 February, 1997

*(Continued from page 13)*

in a similar manner, but ignore it, the accusation returns to the accuser like a registered letter, which the addressee declines to accept.

Man today receives all kinds of knowledge in his head in a distorted form and behaves like a demented being. When he wakes up in the morning he starts reading the newspaper to know what is happening in one country or another and stuffs his mind with a lot of junk. The entire pre-occupation of science is with the study of matter. What is there out in space? There is nothing

there. If you need air, you have to carry it from the earth. You carry everything you need from here. The water and the food you require lie at your feet. All the metals, the diamonds or anything else you want are all underneath your feet. You cannot take with you when you pass away even a handful of earth. So, make the best use of your years now by leading a selfless, dedicated life. Thereby you should earn God's grace and share it with others. This is the secret of a meaningful life.

- Discourse in the Kalyaana Mandap at Brindhaavan, on 15 March, 1992.





# SATWIC

## **Navratan Korma**

*2 cups peas boiled*  
*1 large carrot chopped and boiled*  
*1/2 cup tomato sauce*  
*1/4 cup curd*  
*1/4 cup cream*  
*4 tbsp. butter*  
*1 small sweet lime*  
*1 small apple*  
*1 banana*  
*2 slices pineapple*  
*10-15 cashew nuts*  
*20 raisins*  
*2 glazed cherries for decoration*  
*1 tbsp. coriander chopped*  
*salt to taste*

### **Dry spice powder**

*1 tsp. Cumin seeds*  
*2 tsp. poppy seeds*  
*1 tsp. cardamoms*

### **Make a paste with:**

*1 large onion*  
*1/4 cup coconut shredded*  
*3 green chilies*

### **Method:**

*Chop the entire fruits fine. Heat butter and fry*

*cashews, drain and keep aside. Add the wet paste and fry for 2 minutes. Add the dry spices and salt and fry for another two minutes. Add the carrots and peas, mix together curd and cream and add to gravy.*

*Allow to thicken a bit, add fruits, cashews and raisins and boil till the gravy is thick and the fat separates.*

*Garnish with grated cheese, coriander and chopped cherries. Serve hot with bread or rice.*

## **Sago Patties**

*1 cup sago*  
*1/2 cup peanuts roasted, crushed coarsely*  
*1 potato boiled, peeled, mashed*  
*7-8 green chilies crushed*  
*2 tbsp. coriander leaves finely chopped*  
*1/2 tsp. cumin seeds*  
*salt to taste*  
*oil to deep fry*

### **Method**

*Wash sago and drain excess water. Soak for 1 hour. Loosen and sprinkle half cup water. Keep aside for 2-3 hours. Loosen and remove any lumps. Add all ingredients except oil. Mix well. Make patty shaped rounds (flattish) with moist hands. Deep fry in hot oil on medium flame. Turn once and fry other side till light brown, and crisp. Drain on paper towels. Serve hot with tomato ketchup or peanut chutney.*

*Have a meal of good acts of service, Divine thoughts and drink the Premarasa, so that they may be washed down and digested well. Then, you can be shining in mental health, happiness and wholesomeness.*

*- Baba*



## In Eternity lies Entity

Once, a large gathering was discussing religious matters. Numerous questions were being raised. But no one seemed to know the answers. One man bravely rose to join in the debate. Before he began his argument, he touched the feet of the Divine Mother and said, "O Mother, may your Feet always be on my head so that I never look up in pride and always bow down at your Feet." Even as he said these words, a surge of energy ran through him and gave his arguments power. The argument continued for some time.

His opponent, a man by the name Sristi, then posed one question, "According to you, all your arguments come from a great master. Show me that great master." The man became confused and left. For, his master was the Goddess and he could not get Sristi to see Her. When he reached home, his five year-old son, who was playing with his toys, looked up and said, "Father, I am making a new toy." The father started playing with him.

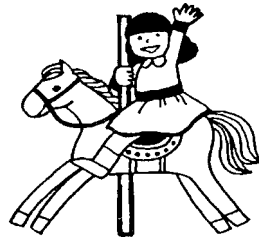
After some time, the father went into the house and fell at the Feet of the Mother and cried thus, "O Mother, my reputation has been built through Thy Grace. Whatever I know is from you. Where shall I go for an apt master?"

At that moment his son came in, and asked, "Father, are you looking for somebody?" The father said: "I am looking for my Mother." The child said, "Can you not see, She is before you." The father said that it was only an idol. The boy went into a state of ecstasy and words started flowing. "An apt teacher is one who can guide in such a way that there is no pride and you glow in happiness in being with the Supreme. Dear father, the master is one who does not teach, does not preach but, shows you the path towards the Mother."

## The Tale of The Toy

Even as the father wondered how he could con-

vince the people, the boy brought his new toy, and said, "I shall tell you its story: It was made out of wood of the finest quality, and you bought it from the shop. So also all of us have been molded from the best of wood by the skilled hands of the Mother. We are placed in this world as toys in a shop and bought by people – that is, handled by our attachments and desires. But only if the toy is enjoyed by worthy minds, does it become useful - that is, only if you have an apt master, can you learn. The greatest master is the master of all," and pointed to the Divine Mother.



The son asked the father if he could go with him to the debate. The next day, the little boy, dragging his toy, went up the dais. Sristi asked the father, "Where is your master?" The father, in all humility, pointed to his son. The boy said: "I have come to show you the greatest master," and showed his toy. Sristi started laughing and wanted to know the meaning of all this.

## Master to All

The boy said: "Sir, this toy has been a master to my father, to me and can well be yours too. You are like that lifeless object without the force of the Supreme. Unless a force plays with the toy, it is of no use, its existence is a mere void. Because the toy has someone to play with it, does it enjoy its status. So too is man in this world. Only if he has an apt teacher who can teach him the ways, is he worthy of being molded by that Ultimate Mother. You asked for a very good master, I have shown you this toy. What cannot this toy do?"

Sristi asked, "Can this toy teach me how to believe in my Self?" The boy smiled and said the toy had been brought from his house over stones and rubble and never once had it complained of any hardship. "Similarly, we must offer ourselves to that teacher, whatever path

*(Continued on page 18)*

# CHILDREN'S CORNER

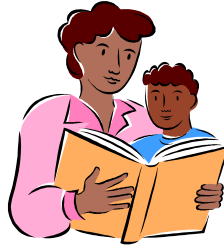
## Prophet Mohammed's Kindness

In a small village, there lived a gentle and peace-loving man named Mohammed. He went around doing as much good as he could wherever the need arose, and many people began to admire him. But because of his growing popularity, others grew envious of him. They spread rumors that he was not the kind person he pretended to be and some even planned to attack and harm him.

One old lady, in particular, disliked him very much. She could not control her anger and hatred towards him. She knew that he passed in front of her home on his way to and fro from work, and so one day, she collected all the garbage in the house and waited for him to pass by. As she saw him coming, she went to the upstairs window of her house and threw all the garbage on his head. But Mohammed was not bothered and did not even care to look up. He continued on his way, shaking off the rubbish that had fallen on his head and shoulders. The lady, however, had a good laugh at his plight. "Well well, this is just the greeting he should get from me every morning," she said to herself. Although she continued to do this every morning, to her surprise, Mohammed did not even show the slightest bit of anger. He calmly shook off the garbage and continued on his way. The old lady was very puzzled that he could exercise so much self-control; but she continued to taunt him, hoping that he would lose his anger. One day, while he was passing her house, he suddenly realized that no rubbish had fallen on his head for the past three days. Although he was glad it had stopped, he was also worried.

He wondered, "Why has the rubbish not fallen down today? Maybe something is wrong. I shall go in and find out what has happened to the person." He went up and knocked at the door which was half-closed. As he stepped in, he saw an old lady lying in bed and groaning in pain.

"You seem to be very ill, mother. Have you been taking your medicine?" he asked affectionately. "There is no medicine in the house, and I am too weak to go out and get some." He realized that her illness had prevented her from gathering and dumping the garbage on him, but ignoring that, he did what he felt he should do. He returned later that day with a bottle of medicine and said, "I have brought you this medicine. Take it thrice a day and you will soon be well."



*The end of Education is Character*  
- Sri Sathya Sai Baba

The old lady was moved to tears by Mohammed's kindness. "What a peaceful and tolerant man you are. You practiced so much self-control when I was so mean to you. Please forgive me."

## A heart-felt prayer

On a lonely planet, away from the busy world, there lived three Christian hermits. They spent most of their time thinking and talking about God and singing His glory. They loved to read the Bible about the Father in Heaven, the Son of God and the Holy Ghost. Being simple-hearted, the only prayer they offered to God was: "Oh Lord, we are three, Thou, too art three. Have mercy on us." God was very much pleased by this prayer. He therefore, looked after their daily needs and saved them from all harm. They would find fruits and milk on the table whenever they were hungry. There would be a shelter over their heads whenever the sun burnt hot or the rains poured from the sky. Even wild beasts became their friends. They hated none and loved all as God's creatures.

One day, a bishop who lived in a town on the seashore heard about these hermits and their simple prayer. He thought, "They must not have understood the Bible or the Lord's teachings; let me go and teach them the right prayers one must offer daily to the Lord."

He came to the island in a boat and told the hermits that their prayer was too small to win the

Lord's love and grace. So, he taught them a number of prayers as one long prayer to be offered morning and evening every day. Then he, hurried to his boat and left for his town.

When the boat had gone some distance, the bishop saw on the dark waters a ray of light coming from the island towards himself. As he watched the dazzling line of waves, he saw something strange. The three hermits hand in hand were running upon the shining waves and coming towards him. When they reached the boat, they cried out, "Oh Father! We forgot some of the lines from the long prayer you taught us. Please repeat the prayer for us."

The bishop was struck with wonder by what he

saw. He had only heard about Lord Jesus walking on the waves of the sea. Now, he saw the hermits doing the same thing before his very eyes. "Surely, these hermits are pure souls," he said to himself. "The Lord has blessed them and made them His own. What can I teach them?" So, shaking his head humbly, he said, "Dear brothers, continue to live with your own small prayer. The Lord is pleased with you". He had learnt from the hermits that **the true prayer comes, not from the lips, but from the bottom of the heart.**

- Taken from "Stories for Children" Part I

(Continued from page 16)

we take." The boy continued, "After I reached my destination I picked up my toy, wiped off the dust. Why? Because a good teacher looks after his student. He is careful, wise, and realizes his importance."

Sristi then asked: "Can this toy show me The Mother?"

The boy laughed and said, "This toy is The Mother. When you asked who was an apt teacher I said it was this toy. When you ask who is the Goddess herself, I say it is this toy. Because the Goddess is like a toy in our hands. She is the greatest source of joy to all her devotees, as the toy is to all her children. As a child plays with the toy, so too we can play with the Mother and She plays with us."

"But what is the greatness of that toy?"

### Teaching the Game of Life

The boy said: "It acts as a teacher, because the teacher allows you to play, but really he teaches that you can play the game of life without being played upon. You must realize this simple truth." Sristi was astounded but still had his ego and asked the boy one final question, "Can this toy teach me humility?"

The boy laughed and said: "When you can believe that a stone with gold moldings, gold coverings can show you the truth, why can't this toy show you that Divine Mother. Sir, you

asked me what is humility. If you did not have that humility, you would not have wanted to know about it."

Sristi said: "But I asked you if your toy can make me humble."

The boy said: "You have conceded defeat. Sir, that toy has proved to be the greatest master. It has made a man realize himself, and lose his ego. That is the greatness of a great teacher. He makes you lose your ego, become sublime, and go into a state of nominal consciousness when you are in total bliss. This toy by remaining silent all through has cowed you. That is the greatness of a great teacher. He need not speak. His being itself transforms the very being in you."

Sristi fell at the feet of the boy and said, "You are truly a master."

The boy said, "No I am not. It is my Mother who has explained all this to me, when I was playing with Her in the morning."

*Ananda* or pure joy (in this case, the father); coexists with *Anantha* or permanence, (in this case, the son). And, from this permanence, confusion (in this case, *Sristi*) projects itself and merges into joy on dissolution. Hence, the cause of creation is pure joy.

Condensed from *Tattvaloka* May 1999.



## The Lotus Feet

Devotees again and again seek the Lord's Lotus Feet with surging impulse and Faith and Hope in their curative power, apart from the satisfaction and joy that they confer on the devotees' minds and hearts. No doubt, the apparent beauty of the Feet mysteriously and subconsciously draws them towards the Lord's Feet. We are often moved with an abundant feeling of an inexplicable emotion, resulting in a form of attachment that is both unavoidable and everlasting. A much more significant Truth which we often fail to recognize is that when the Divine walks; He is performing a three-fold ritual of sacrifice, compassion and charity? The Lord walks untiringly morning and evening through the 'Darshan' lines unmindful of the heat and the rain. This act of compassion and love reveals to us the Truth that to what extent the Lord condescends to reward His devotees for their Seva with His sense of sacrifice. Immeasurable is His duty towards those who serve Him.

--Extracts from 'Again and again thy Lotus Feet I seek' by Dr.Dharma.

### Real significance of the Feet

Recognizing that the macrocosm and microcosm are constituted by the same five basic elements, man should realize that the Divine is present in everything. Hence, he should chant the name of the Lord from the core of his heart and take refuge in the Feet of the Lord. Annamacharya declared "Oh mind! Take refuge in the Lotus Feet of the Lord. They will relieve you of all miseries and lead you to the Divine."

There is so much power in the Feet of the Lord, which you cannot understand. The feet form the basis for not only the physical frame of the body, but also for spiritual and ethical purposes. The significance of each limb of the body is explained in Vedanta. The five senses of the body represent the five elements (sound is ether, touch is air, vision is fire, taste is water and smell is earth). The four castes in society are represented by four parts of the Cosmic Person - Brahmins (imparters of knowledge), Kshathriyas (the warriors), Vaishyas (the traders), and Sudras (the working class). It is the feet that support the entire body, comprising the other three classes. So the feet are an important part of the body. The Vedas proclaim the unity of all classes of people by describing them as limb of one body. They proclaim the importance of the Feet. There is a close link between the different parts of the body. When one walks on the road if the eye sees a thorn, the legs avoid treading on it. When the foot is injured, the eye sheds tears. There is such close coordination in the physical body. Similarly, in the body of the Divine, the four classes of peo-

ple, form an integral part. If a Sudra is in trouble, the Brahmin should be concerned. When such feelings develop in the world, there will be peace and harmony in society.

### Refuge in The Feet

Feet refer to the Divine that sustains everything. When Bharatha enthroned the *Paadhukas* (sandals) of Rama, Ayodhya was really protected by Rama's sandals. Saint Ramdas also sang in the same strain. "Oh Rama! I am holding on to your Feet. I will not let you move even one step until you assure me your protection." Thyaagaraaja, another devotee in a similar vein, declared that he preferred the Lotus Feet of Rama to all the wealth of the world. "Feet" do not mean sandals made in silver or gold. Feet refer to the Divine that sustains everything. Why is such greatness conferred on the Feet? From the viewpoint of science also, blood flows from the feet upwards to all parts of the body. It is this blood, which sustains the entire body. The feet that bear the burden of the entire body are essential for life itself. When you seek refuge in the Lord's Feet, you can secure a vision of the Divine form.

There is a small example from the early life of Lord Krishna to show what the Lord's Feet mean. Krishna was known as one who used to steal butter from all houses and feed His friends and playmates too. As there were a lot of complaints about this naughty child, Krishna's mother Yashoda caught hold of Him one day as He was running away and asked him: "Why are you stealing butter from other houses while I



offer you so much at home? Your mouth always smells of butter. Give up this habit. Otherwise, I will tie you to a mortar to restrict your movement. How do you do such things, being so small a child?" He smiled and ran away. Yashoda went from house to house in search of Krishna. He played a small trick. Yashoda could not move fast as she had a heavy body. She was in a fix how to trace him. Krishna dipped His Feet in milk in a house and ran from there, leaving behind the trail of His footprints caused by the milk. It was only with the help of Krishna's own footprints that she was able to catch Him. In fact, because she was so eager to get at Him, Krishna himself helped her to trace Him. Yashoda was able to catch the Lord only through the footprints of HIS Feet.

The Lord's Feet are glorious in many ways. But they will confer blessings only if they are sought with real faith. The Lord's Feet contain the Divine insignia of the *Shankha* (Conch) and *Chakra* (Discus). The conch symbolizes *Shabdha Brahman* (the Cosmic Divine sound), the discus represents the Wheel of Time. Sound and Time together represent the different cosmic aspects of the Lord. The entire universe originated from sound vibrations, which are related to Time. Sound and Time are inseparable and interdependent.



### Divine Energy flows from the Lord's Feet to the Devotee

The idea behind bowing one's head at the Feet of Bhagawan is that thereby sacred thoughts enter the devotee's mind. When one comes in contact with Bhagawan's Feet, the sacred impulses from them flow to the devotee; and the Lord's Divine energy flows towards him. Therefore, one should keep contact only with pure objects and keep away from impure objects. You are affected by whatever you touch. For instance, if you touch fire, it scalds. Fire can burn even iron. It is so potent. But when the fire is extinguished, the residue is mere charcoal. When you touch charcoal, your hand becomes black. Thus, in either case, the contact is not beneficial. What happens when you come into contact with Divine fire? All your bad thoughts and bad actions are reduced to ashes. This is the sanctity attaching to the performance

of *Paada namaskar* (prostrating at the Feet of the Lord). You are affected by the qualities of the person you associate with.

### Seeking the Lord's Feet is seeking forgiveness

The inner meaning of seeking the Lord's Feet is that thereby the Lord will forgive the sins of the penitent. But mere holding of the Feet is not enough. One must be genuinely repentant and declare that he will not commit similar offences again. Only then he will secure atonement. It is a common practice among rural folk to advise anyone who has committed a wrong to hold the feet of the person whom he has wronged. Once a man holds the other's feet, it means that he has sought and secured the latter's forgiveness. Nowadays, with all the courts and legal processes, no one attempts to hold the feet of anyone. In the old days in the villages, if a man fell at the feet of another, the latter had no options but to forgive the supplicant. Embodiments of the Divine Atma! Envy, hatred and anger are causing havoc among men. Anger has been described as incense offered to sin. Therefore while you are worshipping the Lotus Feet or writing the Lord's name, you have to get rid of these three evil traits. Destroy the ego, do your duty and help mutually. Once the ego is destroyed, then anger will subside. Carry on your work with joy. Be friendly towards each other. It is only when you behave in this manner that you will realize the benefit of worship of the Lord's Sandals. Together with these they should also purify their hearts.

-- Compiled from Divine discourses on March 15 1992; October 7 1993; and July 8 1995. (S.S. Speaks Vol. 25, 26 & 28.)

### The Worship of The Feet

The next stage in this pathway to God, is to hurry to the temple or shrine where the Lord has been invoked by millions for centuries. (It is of course our good fortune today that directs us to where His actual physical presence is available and the direct impact of His grace is possible). There, we worship him by *paadasevanam*, service to the Feet.

Swami has elaborated on this rite of worship. 'When a person walks along a road, his shadow slides unharmed over slush and bramble, hollow and hump, because, as you can see, it has attached itself to the Feet! Man is God's



shadow. He can overcome the hurdles of living and the handicaps in sadhana if he holds on to the Feet of God.'

Devotees deem it a gift of grace, when Swami allows them to touch his Feet. In days gone by, He used to agree to their request to worship His Feet, the *gurucharanam*, with formal prayer, every time they arrived at His residence. This prayer for the Feet was done by chanting the 108 names, which summarize his Divine attributes and *leelas*, while offering flowers at his Feet with each name that was recited. On the occasion of my 60th birthday, my wife and I were given the chance of performing this *paada puja* while we chanted the 1008 names of Himself while at Shirdi. Another memorable occasion was on the culmination day of the Dasara festival when



the Mother (Sai) is worshipped as Durga-Lakshmi-Saraswati. A few of us were granted the unique chance of worshipping those Feet with the recitation of the 1008 names of Mother who is glorified as the embodiment of Truth, goodness and beauty. Swami has also said that undue importance should not be ascribed to the numbers 108 and 1008. Numbers are recommended only to discover whether, amidst the mechanical rotation of names, someone name may taste sweet and induce us to stay longer and probe deeper into its mystery and wonder.

As the devotee performs *paadasevanam* with all earnestness, the urge to offer continuous adoration grows more and more insistent and he seeks to establish a regular routine of ritual, which can keep him active most of the time, quaffing the love of the Lord. This stage is *archanam*; sincere involvement in these spiritual exercises creates so much love for the Lord that His beauty is seen in every flower, His majesty in every sunrise, His mercy in every cloud and

His features in every face. Loving fellow men, in whom the Lord is latent, gives one even more joy than loving an idol or image in which He has to be imagined and invoked. This discovery awards the pilgrim access to the next stage, *Vandanam*, worship with humility and thankfulness, worship through purity of thought, word and deed. The devotee gets transformed into a servant who totally surrenders his will to that of the master, which role now establishes him in the stage of *dasyam*. *Dasyam*, when it is unre-served, wins grace so plentiful that the relationship is divinised into *Sneham*, friendship. Nothing is sought, nothing is kept back. Whatever the master has, the servant has. Friend-

ship brings them so close that they are not 'two' any more. In fact, the ninth stage, the Victory of *Atmanivedanam*, the acceptance of the individual self by the omni self, is won!

Swami's infinite mercy has summarized these nine stages in words that describe the same path in a masterful and different manner. Man is born, he says, with the question '*koham?*' (Who am I?) on his lips. He discovers an answer, '*Dehoham*' (I am the body) only too soon; after a series of knocks through the years against the pranks of fate, he revises it later into '*dasoham*' (I am a servant, an instrument). Still later, he realizes that his will is but an echo of the Divine will that directs the cosmos and its constituents. He is aware of the truth of '*Soham*' (That, I am). Finally, when the ideas of '*So*' (That) and '*aham*' (I) which together constitute *Soham* melt into one indivisible awareness, OM alone remains as the conclusive answer at the end.

--Extracts from 'Pathway to Peace' PRASANTHI,  
by N.Kasthuri



*"I have no one Name to which alone I respond.  
I answer when addressed by any Name. All Names are Mine.  
Or, rather, you are the ones who name Me."*

- Baba

# Easter Reflection



Easter Sunday is remembered as one of the most celebrated events in Christianity. It highlights the passage of victory over human suffering and death as God / Yahweh redeems the Historical Jesus, the Avatar in the Piscean Age.



Liturgically speaking, the Christian churches all over the world celebrate Easter Sunday as the climax of human experience from physical bondage to divinity as clearly demonstrated by the Jesus Christ. Easter Sunday falls under the Easter Season following immediately the Lenten Season when the priest officially blesses the whole congregation at the early dawn where Jesus' face covered with violet (representing repentance and conversion) is unveiled.

In the Philippines, the celebration of Easter Sunday is even more colorful and lavish known as "Salubong" - here the statues of Jesus and Mary are religiously brought to face each other, (hence where the word was derived) while the whole crowd cheer to the arrival of an angel usually played by a small girl coming down from a high platform with the background music of hallelujah (a hymn praising God). This is accompanied by firecrackers exploding and church bells pealing. The whole festivity goes on to its solemn moment when the priest officially lights the First Candle, Easter Candle (used for lighting candles in the church). The First Light



symbolizes Christ presence enthroned in all believers' heart. The ritual goes at length in blessing the First Water (used solely for infant baptismal rites). This sacred water marks the removal of the original sin inherited from the first man / woman succinctly described in the Book of Genesis under the Story of the Fall of Man. All Christina churches reflect

this life-giving mood through the color white vibrating festivity and merriment.

From a theological perspective, Easter reflects one of the mysteries (from Gk: mysterion = that which was hidden is now revealed) in Christ's life. The whole gamut is woven inextricably in the doctrine of Paschal Mystery. This doctrine teaches Christ's birth (Joyful Mystery), suffering / death (Sorrowful Mystery) and resurrection (Glorious Mystery). To facilitate this commemoration, the rosary (a sacred religious object consisting of beads) was born. This cherished object highlights the Paschal Mystery through the recitation of the Lord's Prayer (popularly known as Our Father), Hail / Holy Mary Prayer (stressing Mary's role as Mediatrix between God and man) and Glory Be Prayer (exultation to the Holy Trinity / Triune God).

*-by Bro. Mar Valencia, Youth Coordinator  
SSSO, Philippines*





## From Our Regional Coordinator

- Dr. V.K. Ravindran

The new millennium has arrived. The challenges facing man today remain as a legacy of the last century. The era of information technology at the close of the 20th century brought with it positive as well as negative effects on the social life of the common man. Globalization has brought the outer world into our homes and with it the impact of the western culture was seen to affect the youth, and the people of most countries. This has resulted in the erosion of Human Values and the decadence of the social fabric of the societies. The tool of the information technology - the internet gave access to the realms of information hitherto unknown and with it came the ill effects thereby bringing about a profound change in the character of the present day youth. Abuse of the Internet became a common feature with scams, spasms, smut, hackling and crackling, and netiquette.

Today values that were handed down from generations to generations are at stake and the present generation does not yearn for religious or spiritual values. Their only thought is to achieve prosperity through whatever means thinking that it will give pleasure and peace of mind.

One of the greatest statements made by Bhagawan at the close of the last century during the Dassera Celebrations in September 1999 has struck the inner chords of all Sai Devotees and Leaders. He bemoaned thus, ***"Swami has been speaking to you various spiritual matters for the past 60 years. But of what use? I have told you, all that is to be told. It pains me to see that my loving words have not made any change in you"***. The Avatar of

the century has decried the impact His teachings have made - no change or transformation in the heart of his Devotees. Many leaders go on preaching His teachings without practicing them. Let us all heed to the call of the Avatar.

He has declared that the new millennium will usher in the new golden era of Peace on Earth. The thrust of Sai's Teaching will bring that effect in all people of the world and the new millennium will see the transformation.

What about the Leaders and Sevaks of the Sai Organization? Surely there is a need to strengthen our spiritual base not only through the information that Sai has given us for the last 60 years but to contemplate on it and put into the practice His teachings and thereby, become his efficient instruments. There is an urgent need for us to realize this. We need to awaken the consciousness within us so that we may blossom into earnest seekers and finally evolve into a liberated personality to merge in the Supreme.

Finally I would like to wrap up with what Baba has said, ***"Saying that your life is Swami's message and indulging in wicked activities and unrighteous deeds in treacherous. That constitutes your message, not My message. You can declare that your life is Swami's message only when you take the path of truth and righteousness, install peace and love in your heart and uphold non-violence."***

***I am Love. I shower Love. I share Love. I am pleased with Love. Love is God. God is Love.***

***- Baba***

## SAI ACTIVITIES IN BRUNEI

Events that were organized by Brunei Bhajan group in Nov. and Dec of 1999.

1. Akhanda Bhajan at the Gurkha Temple on 13th Nov. 1999. The Bhajan session began at 7 pm and went on until 9 pm. Almost 70 devotees participated.
2. Swami's 74th Birthday Celebration was held again at the Gurkha Temple. For the Brunei Baba devotees this was a grand occasion and

nearly 150 devotees were there. This celebration began with morning Suprabhatam at 5.45 am followed by a Bhajan of 6 songs. In the evening we had 2 hours Bhajan.

3. Millennium Bhajan was held on 31st Dec. from 8 pm until 12.15 am of 1 January 2000 to usher the new year. There were 50 devotees at the temple.

## SAI ACTIVITIES IN INDONESIA

### Spiritual Activities

Dassera was celebrated at the Sai Center with bhajans, a short program performed by the BalVikas children, depicting the ten Avatars of Vishnu and a dance revering the Goddess Durga.

Diwali was organized by the youth. They invited their parents as well as the Senior Committee Members of the Sai Center for the bhajan session. Role-plays on Human Values, quiz on Swami's teachings and our Tradition, Religion, Culture and several games were also carried out.

**Akhanda Bhajans:** The 24-hour bhajans were held from 6 p.m. on 13<sup>th</sup> November up to 6 p.m. on 14<sup>th</sup>. This was participated by all the various bhajan groups of the center, including the Youths and the BalVikas.

### 74<sup>th</sup> Birthday Celebrations

In the early hours of 23rd Nov 1999, the Sai devotees of Jakarta gathered to offer their humble wishes to Dear Lord Sai. The morning celebrations

were followed by an evening of soul-stirring bhajans. Celebrations included a cultural event held on the 28th of the same month. The program included musical performances and the Birthday message of Swami. There were heartwarming performances by the Balvikas children, the youth as well as the senior members.

The **New Millennium** was welcomed with bhajans, a quiz on Swami's Life, as well as several other games. At the stroke of midnight, the Arathi was performed and good wishes for the year ahead were exchanged.

### Service Activities

#### Village Adoption

A village adoption program, which was to aid an impoverished village, was launched a year ago. It was divided into three parts: medical, nutrition and cleanliness. The medical aid was provided by way of administering Hepatitis-B vaccination to the children less than 10 years of age. To date, 800 children of the village have

been successfully inoculated against the disease. Poorly nourished children were given nutritious food supplements such as rice grains, lentils, brown rice and brown sugar. A water tank and water filters were also installed in the vicinity to provide clean water. An upcoming project in medical aid for the skin diseases the villagers suffer from.



### Education

#### Teachers Training Camp

The E.H.V wing of Jakarta organized an EHV teacher's training camp in 'Puncak', a hill station. The camp was conducted in January 2000 by the E.H.V coordinators who received training in education in

human values at The Institute of Sathya Sai Education in Thailand. The participants of the camp included teachers, young graduates as well as non-Sai devotees.

### **Sathya Sai School**

Since its inception in July 1999, the Sathya Sai elementary School has witnessed numerous problems, which were humbly accepted as gifts of grace from our dear Lord, for only He understands the mystery behind the scenario. At present, the school is providing elementary education to children till the third grade. However, with the grace of our Lord Sai, in the future the organization hopes to expand the school with the aim of providing educational services up to the university level.

### **Other Activities**

#### **Youth Sadhana Camp**

On 9th-10th October 1999, the youth of Jakarta organized the second National Youth Sadhana camp, which was attended by over 180 persons. The theme was "Youth can transform Youth". The three-day camp comprised of workshop sessions on Leadership, EHV and Nine Codes of Conduct as well as dramas and role-plays on Human Values. There was also a Human Value mural competition. One of the camp's objectives was to enlighten the youths on the structure of the Sai Organization in Indonesia. With regard to this, five Regional Youth Coordinators were appointed and several guidelines were established on how to set up a

Sai Study Group.

#### **Free tuition Classes**

In response to the pledge made by SAI during the 2<sup>nd</sup> World Youth Conference, the Youths of Jakarta have set up a free tuition class for English Language commencing 12<sup>th</sup> February 2000. To begin with, these classes will be held once a week for those aged 6 to 16, and in the studies, Human Values will also be integrated.

#### **Newsletter**

After a gap of 2 years, the 'Sai Message' newsletter resumed its monthly circulation. All events of the Sai center are covered. Divine discourses, quotes, articles from the youth members are included in this newsletter.

## *Report on the Second World Youth Conference November 1999*

*- Submitted from Malaysia*

A total of about 900 overseas delegates (including Youth Advisors, National Sai Leaders, Central Coordinators and Zonal Chairmen) from some 63 countries participated in the conference. The targeted participants for the 2<sup>nd</sup> WYC (Overseas) were youth coordinators and youth leaders.

The program of the 2<sup>nd</sup> WYC (Overseas) focused on three main areas i.e.

- a) Leadership,
- b) Impact of Globalization and
- c) How to ensure Peace and Harmony for mankind.

The following principles have been adopted:

1. All SAI youth will work under the umbrella of the Sai Organization in their countries and take active part in their centers.

2. They will undertake special activities that will focus on youth development – to mani-

fest youth talent and self-confidence.

3. They will attempt to promote sadhana in their respective families along with them.

The youth pledged to SAI to fulfill the following:

1. Make the Nine point Code of

Conduct a guide for their life.

2. They will try by thought, word and deed to be ideal examples for other youth to follow.

3. They will try to bring all members of their families together for weekly sessions of



spiritual togetherness – following their own respective cultures and traditions.

4. “Youth Alone Can Transform Youth”:

(a) In every country, they will undertake one project of significant benefit for welfare of society and especially for youth. For example, adopt at least one village or depressed, high rise slum area in an urban environment. Responding to SAI’s call on September 1999 that “I want you to become ideal leaders, make use of your education to serve the poor... conduct free tuition classes”, the youth pledged to set up free tuition classes for poor children.

(b) They will also set up at least one “Sathya Sai Com-

puter Education Center” in every city for the poor.

They will thus try to transform the youth of urban and rural poor – into not only users of computers but also into “composers” as desired by Swami.

5. SAI Spiritual Camps – an annual meet, where they will at the end of the Camp, leave behind in the area a permanent legacy of SAI Love in the form of a Sathya SAI Children’s Playground, a Sathya SAI Children’s Library or any such project that will have sustainable impact and benefit for the poor.

6. In fulfilling the above projects, the SAI youth will carry the torch of SAI through love, sacrifice and service around the world. They will also leave

permanent legacies of education and human welfare for the benefit of society.”

The WYC Convenor, on behalf of all youth prayed to Bhagawan that in as much as there is an Annual Ladies Day and a Human Values Day, there should be an Annual Youth Day where the world youth can report to Bhagawan on the work done by them. He concluded by asking all youth to go home and have Bhagawan Baba always by their side by asking Him to ‘Take my Hand Dear Sai and walk me through this land’.

- Summary Report presented by Bro. J. Jagadeesan, Convenor of the 2<sup>nd</sup> WYC(Overseas) during the Valedictory Session on 21<sup>st</sup> November 1999



### *News from the Institute of Sathya Sai Education, Thailand*

At present, the fourth Diploma Course organized by the Institute is in session. Thirteen students from nine countries are attending and this time there are two teachers from the Philippines. The purpose is to train all the teachers who will be involved in setting up the first Sathya Sai Schools. In our region, the Institute is considering arranging a special teachers’ training workshop in Manila also.

On February 27th, the Institute has the pleasure of welcoming Dr. Michael Goldstein from the USA as a special guest. He was instructed by Bhagawan himself to come to the Institute to address the students. It coincides with the official opening of the new Teachers’ Hostel at the Sathya Sai School. Along with Dr. Goldstein, H.E. the Ambassador of India in Thailand will also preside. This current Diploma Course will end on March 19th after all the students have made their formal presentations.

### **African Institute of Sathya Sai Education**

The first Diploma Course offered by the African Institute of Sathya Sai Education commenced on 17th January 2000. The Institute is located on the premises of the Sathya Sai School in Zambia and twenty-five professional teachers registered. The next course will be in early May 2000. The response from the local teachers in Zambia for the May Diploma Course is overwhelming. Nevertheless, there are some places left for applicants from other countries.

### **UNESCO Conference**

Preparations for the Conference in September are underway. Special working committees comprising of many countries have been set up so as to share the responsibility and work. More information on page 31.



---

## SAI ACTIVITIES IN THE PHILIPPINES

---

**Dr Art-Ong Jumsai** visited the Philippines on Oct. 2 and 3 1999. On Oct. 2, he addressed all the active workers at the Central Coordinating Committee (CCC) Venue. Speaking about the Sri Sathya Sai Education in Human Values program, he stressed that the biggest seva one could contribute to was education. Devotees present in the meeting were asked that they should do something, and plan to be part of the Mission. He inaugurated the first phase of **Sri Sathya Sai School** (a day care center at Barangay Halayhayin Pillillia, Rizal) on Oct.3. Following this was a Teacher training seminar for public and private school teachers. This was attended by 137 teachers and 20 devotees.

On October 20 a special Bhajan to commemorate "**The Day Sathya Declared His being Sai Baba**" was held at CCC Venue. This Bhajan was offered as a prayer to shower His Grace on the sick and needy in the Philippines.

The finale events and awarding ceremony for the **Contest on Values through Photos** was held on October 25 at Francisco Santiago Hall, PCI Bank Tower I Makati. Dr. Ravindran and Sis Viji were the chief guests. It began with the lecture on Christ and Human Values followed by a cultural program by the participating schools. The award winning photos have been published as a desktop calendar for the year 2000 and distributed free.

A nine-member delegation attended the **Second World Youth Conference** in Prasanthi Nilayam. The delegations report is published separately.

**Global Akhanda Bhajan** was held on November 13-14 at the CCC Venue, participated by a good number of devotees.

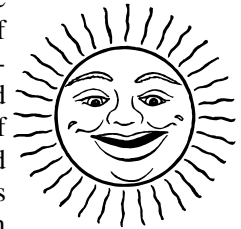
In commemoration of **Ladies Day**, Nov 19 and **Human Values Day**, Nov 20, a seminar on 'Value parenting and spiritual resource management' was held at the Hindu Temple.

On December 11, Dr Jumsai again conducted the **SSEHV training** for the 80 teachers of UNO School, an exclusive Chinese school in Manila. On December 12, the seminar on Value Parenting was held at EDSA Shangri La. Mr. M. Yupitun, President of Universal Wisdom Foundation showed his enthusiasm and willingness to pursue SSEHV to all Chinese schools in Metro Manila. Others schools also informed that they will invite resource speakers from our organization to their next teacher training by year 2000.

On December 19, **Christmas** was celebrated with the children of Pillillia. EHV children of Pillillia and Sai teen youth participated in the program which included a drama (in tagalog) on the nativity of Jesus Christ and Human Values. More than 400 people attended the Holy mass and watched the whole program.

**Usher the New Millennium with Sai** was started on De-

ember 19, the first day of the 14 days of continuous bhajans (as scheduled and done in the residences of officer bearers). Christmas day Bhajan on 25 December (7<sup>th</sup> day) and finale on January 1, 2000 (14<sup>th</sup> day) was held at CCC venue. On January 1, there was chanting of 108 Gayatri Mantra, which was opened by a good lecture and workshop on proper chanting and the meaning of Gayatri Mantra. A good number of devotees and non-devotees participated in this finale event.



### Experience of Delegates

The Philippines delegation to the Second World Youth Conference comprised five youth participants, two advisors and three children. For about half of us, this was the first visit to Puttaparthi. And, none of us participated in the First WYC. So, we went with a lot of excitement and expectations, and now we have come back with a lot more excitement and happiness. But more than that, we have come back with hearts and minds full of Swami. In particular, Swami's discourse on 21 November 1999 will never leave us. Nobody said anything soon after we came out of Sai Kulwant that day, but all our eyes were a little swollen, like those of most of the brothers and sisters around.

The most overwhelming moment was when Swami declared with his hands raised, “if you do your duties, I will come to you, you don’t have to come here”. The true meaning of “SAI LOVE” became clear right at that point.

Everything that you do and any activity that you undertake has a true meaning behind it. For instance, eating: the strict timetable at the different canteens conveyed to us the true meaning of “*Annam Brahma*”, that we have to wait for, and hence respect, food. The orderly queuing and the lottery system that is practiced for Darshan convey the importance of patiently awaiting our turns and of the Divine Will.

The Divine Presence was vibrant, and Divine Vibrations were prevalent and plenty in Parthi. Everything happened systematically right from the start (zipping through Manila traffic to the airport on time, and breezing through with our excess baggage!) to the finish (smooth arrival back in Manila) for us. We were so lucky that we got *Darshan* on the first day itself, despite our late arrival after 4 p.m.

While every session was important, the country-level session on Peace and Harmony was perhaps the most important in terms of formulating action-oriented plans. Here, we formulated and presented the following, under an overall umbrella of SAI (Study, Act, Inspire) 2000, at the individual, family and society levels:

*Individual* – amongst the delegates, taking personal oath to implement a process of individual transformation through

(strict) adherence to the Nine-Point Code of Conduct

*Family* – Conveying the importance of Family Sadhana to Sai Devotees; in particular, emphasizing the importance of joint family prayers; participation in Sai activities; strengthening of Study Circles at respective centers

*Society* – here, we identified projects of two types: (i) initiating a newsletter on Human Values for which Youth (Sai as well as other youth) will contribute – this will call for liaison with principals of schools and colleges; (ii) initiating a service project led completely by Youth, – for this purpose, we identified Pillillia Village, given our ongoing involvement with the Sathya Sai School there

Particularly after what Swami has said in His 14 Oct. 1999 (Dussehra) Discourse, we feel that Philippines has to make at least one or two humble contributions to be Blessed at the 75<sup>th</sup> Birthday. We are now brainstorming ideas for utilizing all the Sai Vibrations and Blessings showered on us during our 10-day stay in Parthi.

At a personal level, we feel so fortunate and Blessed after our visit. Our two-year old daughter knows a number of great uncles and aunties now. And, looking at her say “Sai Ram” to everyone and sing all the Bhajans that she learnt from the wonderful group-singing in tents was just marvelous.

*Bro. Ramesh Subramaniam (leader of the Philippines team)*

On 12 Nov.1999, we went to Darshan Hall at 16:15 hours, almost right after we arrived in Parthi. For the first time in my

life, I saw Swami in person, in His glowing Divine Presence! His robe was luminous and glowing orange, and He was shining brightly; His head was also shining and glowing. I felt emotionally great and happy. The next day at the *Akhanda Bhajan*, I saw Swami at a very close distance – He glanced at me and stood in front of me for quite a long time! I was extremely happy! For the next three days, I could not see Swami, much as I wanted to, due to the Cultural Program rehearsals. On 18 Nov. 1999, all the WYC delegates got special front seating for darshan. Bhagawan gave his Divine Discourse; while I was not able to understand everything, I could feel clearly that Swami loves every one of us. One thing I cannot forget in His speech was that all of us come to Parthi not because of our money or wealth, but only by His will. Nov. 20<sup>th</sup> was a very special day, as Swami watched us perform in the Cultural Program! I had thought that we would stay until after the Birthday, however, due to some ticketing issues, we had to leave Parthi. It was with a very heavy feeling that I left. Upon return to Manila, I found that everything was in order with my studies with Swami’s Grace. I know Baba’s Blessings and Guidance will be always with me.

*- Sis. Rona Ivy Samson*

The only way I can describe my experience during this first ever and wonderful visit is “Blissful” or with some Indian vocabulary that I am learning, “full of Ananda”. I got a glimpse of the Lord for the first time in person on 12 Nov.

1999, when we went to the Bhajan immediately upon our arrival. Were I was not able to take my eyes away from him?! Although we were at a long distance from the inner room, I wanted Swami to glance at me! I attended almost all the morning and afternoon *Darshans*, except on the three conference days. Working on fixing our mural (the Philippine contribution) was quite a task, but I don't think any of us felt even tired after straight 9 hour-nights consecutively for at least 3 days! My yearning and



prayers for a glance from Bhagawan were answered on 15 Nov. morning: I was so lucky to get a front seat Swami slowly entered Sai Kulwant Hall, my eyes were fixed on him: I had only one thing in my mind – “My Lord, Please look at me into my eyes”. Swami then came to our side, and he came near where I was seated and stood a good 3 minutes. Not only that, he looked straight at me for about 35 to 40 seconds! That was enough for me, the fruition of all my prayers and the journey to Prasanthi Nilayam. His Grace that day answered my dreams and prayers for days on end before leaving Manila. I also

had the Divine Blessings to see Him even closer during the Youth March Past, when I went so close to him to place the Philippines flag. Just that proximity is enough for me. I also greatly enjoyed the workshops, and the absolutely wonderful brothers and sisters from various countries. You see absolute Sai Love in all of them. I have made a great number of friends. The lessons we learnt, and the Action Plans that we collectively developed will certainly guide us in the Philippines as we embark on our Year 2000 Program. Sai Ram.

- Bro. Mar Valencia

My hard prayers were answered when I heard that I was accepted as part of the Philippines delegation. At the age of 62, one is no longer a Youth, you see! But I can vouch now, the Divine Vibrations in Prasanthi Nilayam will make anyone energetic! Otherwise, I don't know how else to explain those long nights spent chiseling and hammering away to fix the heavy mural that we took from here! The mornings were rather cold, but I went for *Darshans* at 3 a.m. most days. I think what just overpowers you is the sheer volume of the Devotees thronging to see Swami, that tells you all about how powerful the Divine Presence is. My first close *Darshan* was on a morning a few days into our stay, I can never forget the vibration I got from Swami's proximity. I have come back to Manila a fully-satisfied and contented man.

While I am perhaps above the age limit, I did attend all the workshop sessions, and assisted my team-mates in drawing up Action Plans. Now, it is our task to begin the implementation. With Swami's Grace, I am sure I can contribute to the maximum extent.

-Bro. Vic Marcelo

This was our fifth visit to Baba, and as always, one is filled with happiness. While participation in the WYC was the excuse, having *Darshan* was the prime reason! Although I have just crossed that magic border age to qualify as a youth, my two boys, who are rapidly stepping into youth-hood got this wonderful opportunity to come to see Him. Swami's work never tires anyone, so it was no wonder that one still felt fresh after long days and long nights going to *Darshans*, attending workshops etc.. My yearning this time was for all of us in the family to get *Pada Namaskar*. I was immensely happy when my entire family and I got an opportunity to take part in the Program! All our wishes and dreams were fulfilled on 20<sup>th</sup> Nov., just after the Program, when we got the glorious chance to touch His Lotus Feet! It is our goal now to carry on His work. But we worry not, for He will be there with us, as He has said, “if you do your seva work with pure love, I will come to you, you don't have to come all the way here!”

- Bro. Gul Ramchandani and family

*My life is My message and My message is Love.*

— Baba

## SAI ACTIVITIES IN SINGAPORE

With Swami's Grace, Singapore Sai devotees are actively involved in various events from November 1999 to February 2000. These include the annual Akhanda Bhajans and Swami's 74<sup>th</sup> Birthday Celebrations and the special events of a millennium celebration, a youth workshop on 29<sup>th</sup> Jan 2000 and the Regional Convention to be held in Singapore on 26<sup>th</sup>/27<sup>th</sup> Feb 2000.

We in Singapore are also looking forward to more momentous events being planned and organized to uplift the Sai devotee in particular and the society in general. Always, there is the reminder of the purpose of the Sai Organization as laid down by Bhagawan in the World Charter., viz.,

"Awaken in Man the awareness of the Divinity INHERENT in him" by propagating through practice of the basic principles of *Sathya* (Truth), *Dharma* (Righteousness), *Shanti* (Peace), *Prema* (Love) and *Ahimsa* (Non-Violence) set by Bhagawan Sri Sathya Sai Baba."

### Akhanda Bhajan

Akhanda Bhajan 1999 was held on 12<sup>th</sup>-13<sup>th</sup> November. There was great unity shown among all the centers in their readiness not only to sing at the Akhanda Bhajan but also to do their part for the preparations and seva activities during the Bhajans. The hall was decorated with devotion by the sevadals and provided the right setting for the Bhajans. About 4000 persons were estimated to have attended the Bhajans with about 1500 being present during the closing hours. All present felt vitalized by the highly spiritual environment created by the Akhanda Bhajan done to promote world peace. Probably the most blissful were the numerous devotees who both sang and did seva.

### 74<sup>th</sup> Birthday Celebrations

The Singapore Central Organization celebrated Swami's 74<sup>th</sup> Birthday at large Toa Payoh Sports Hall with a whole day

program which included Paduka Pooja, Bhajans, SSE children's cultural variety program and spiritual talks.

The decorations created a feeling of being at Puttaparthi. Large numbers of devotees thronged the hall during the day. During the closing hour there were about 2500 people present to enjoy the bliss that comes with celebrating Swami's Birthday together. A number of devotees were enthralled by the celebrations.

The children presented delightful programs on various themes taken from spiritual epics. One of the dramas was presented with children all younger than 12 years. The young children touched everyone's hearts with their earnest efforts and evident devotion to present at the Divine Feet their offering towards making the Birthday celebrations really memorable.

### Millennium Event

A special event to mark the

passing of 1999 and the arrival of year 2000 was organized specially for Sai devotees. More than 700 Sai devotees attended the event

on 31 December at a wedding hall at the Ceylon Road Temple. Bhajans, games and folk dance were held. The highlight of the event was the time from 11.55 p.m. on 31 December to 12.20 p.m. on 1 January. The few minutes Sai-lens was followed by Swami's Darshan sharp at 12 MN (in the form of a very large image from a projector). The subsequent Bhajan session was where everyone enthusiastically sang chorus while a video tape showing Swami leading the singing of Bhajans was played. A number of devotees were teary-eyed and expressed lovingly that this was the best New year Eve event they had ever attended.



Spending the last few minutes of 1999 and the first 20 minutes of 2000 with Swami in one's thoughts and mind was highly uplifting.

### 75 Lion Dance

As stated in the first issue, Swami has graciously accepted the paper by Singapore to have the honor to do a **Lion Dance performance** consisting of 75 lions at the 75<sup>th</sup> Birthday celebrations in Puttaparthi. These lions will do a dance and form words such as AUM, Happy

Birthday etc. Preparations are going progressively fast with nearly 100 devotees practicing their footsteps and the ladies organizing the stitching of the lion body dress. People of all walks of life and of all ethnic origins (Chinese, Indians, Caucasians and others) have registered to participate in this offering of Bhakti seva to the Lord.

### Youth Workshop

A youth workshop is being organized for 29 January in Sin-

gapore to disseminate and discuss the proceedings of the 2<sup>nd</sup> World Youth Conference held recently at Puttaparthi. One of the aims is to convey Swami's Message to the youth .



## *Sri Sathya Sai Regional Convention*

### REGION X, ZONE III

Brunei, Indonesia, Malaysia, Philippines & Singapore in conjunction with the 7<sup>th</sup> world conference

*Theme: CHALLENGES FOR NEXT MILLENIUM -*

### *INFORMATION TO TRANSFORMATION*

The 7<sup>th</sup> World Conference for Sai Organizations is to be held at Puttaparthi during the 75<sup>th</sup> Birthday celebrations of Bhagawan on 23<sup>rd</sup> November 2000. In conjunction with this, a directive has been issued for all Regions to hold Regional Conventions based on the format of the forthcoming 7<sup>th</sup> World Conference. This is to enable all active Sai devotees throughout the world to contribute their ideas and suggestions, which will in turn be compiled for deliberations by the delegates at the 7<sup>th</sup> World Conference itself. Our Region, Region X (Far East I) Zone III has the honor of holding the first of these Regional Conventions and set the standards and format for the other regions to follow. This will be held on **26-27 February 2000**, at Singapore Expo, the latest and just opened convention/exhibition center in Singapore. (Accommodation for all delegates has been arranged).

SSO World/Regional Leaders who will be addressing the Regional Convention are:

|                    |   |
|--------------------|---|
| Sri Indulal Shah   | Chairman of the International Organization            |
| Bro. Ryuko Hira    | Chairman, Zone III                                    |
| Bro Art-Ong Jumsai | Director, Institute of Sathya Sai Education, Thailand |
| Bro Jegatheesan    | World Youth Coordinator                               |
| Bro Dr Ravindran   | Central Coordinator, Region X                         |

Other Leaders (Country Coordinators, Conveners, et al)

It is really a great honor to have them gracing and sharing with us their insights into Bhagawan's Teachings. There will be interactive workshops and. Cultural programs from all participating countries. Each delegate will be pre-selected to attend at least one of these workshops and their contributions will be documented and collated for deliberation at the World Conference.

We look forward to seeing each one of you. Sai Ram!



**UNESCO**  
**Principal Regional Office for Asia and the Pacific**  
**(PROAP)**

**Asia- Pacific Center for Educational Innovation for Development (ACEID)**

***STRENGTHENING VALUES EDUCATION: INNOVATIVE APPROACHES TO TEACHER  
EDUCATION FOR VALUES, PEACE, AND INTERNATIONAL UNDERSTANDING***

*Date: 25-29 September 2000*

*Venue: Prasanthi Nilayam, Puttaparthi, Andhra Pradesh, India*

The International Conference is organized by UNESCO-ACEID (Asia-Pacific Center for Educational Innovation for Development) and the Institute of Sathya Sai Education, in collaboration with the Flinders University Institute of International Education, Adelaide.

The Conference will provide a venue for interactive exchange of views and contribute to the evolution of networking among teachers.

Conference registration closes on **31 July 2000**. There is no fee for registration, materials, refreshment breaks and meals. Accommodation will be free of charge in Prasanthi Nilayam. Those interested in participating in the conference, and/or presenting papers, kindly contact ISSE immediately for brochure and registration form.

Conference of the Millennium! The Sathya Sai Organizations around the world have formed several Committees for the conference. **The Organizing Committee** consists of persons from UNESCO and ISSE and will initially be based at the Bangkok Office of the Institute. **The Books/Publishing Committee** will print all the brochures, as well the Conference Proceedings. **Conference Secretariat (Malaysia)** will provide secretarial services to

all the speakers and the Organizing Committee. **Welcoming Committee (Thailand)** will receive delegates upon their arrival in Prasanthi Nilayam. **The Program Committee (United Kingdom)** will be in charge of the Conference program and make sure that everything proceeds smoothly and punctually. **Room/Light & Sound/Video/Photo Committee (Japan)** takes care of all conference venues. Prayer rooms for the major religions would be set up for private prayer and meditation. **Registration Committee (Northern Europe)** is responsible for the registration of all delegates and giving out all the conference materials. **Accommodations Committee (Brother Harshad Patel)** will coordinate the allo-

cation of rooms for the delegates. **Food and Refreshment Committee (Italy and Southern Europe)** is responsible for all meals and breaks for the participants. **Protocol Committee (Sri Lanka)** arrange the protocol to be adopted for the members of Royal Families, Ministers and other important persons. **Souvenirs Committee (USA)** is responsible for arranging all the souvenirs, gifts and other Conference paraphernalia.

Sri Sathya Sai Seva Organization of **India** will organize the following committees: Translation, Medical Care. Travel Arrangement, Communications, Book Sales, Public Relations, Security Committee, Banners and Signs, Field Trips and Visits, and Airport Welcoming.

**Cultural Program Committee (Brother J. Jagadeesan Malaysia)** will present three cultural programs on the nights of 26th, 27th and 28th September, 2000. **Exhibition Committee (Zone 5 – Africa and Middle East)** will prepare an extensive exhibition on the theme of Sathya Sai Education in Human Values.

All inquiries and correspondence should be addressed to:  
The Organizing Committee for the UNESCO Conference  
c/o The Association of Sathya Sai Education  
108 Sukhumvit 53, Bangkok 10110, Thailand.  
Phone: +66-2-2620833, +66-2-2587592 Fax: +66-2-2587679  
Email: [isse@ksc.th.com](mailto:isse@ksc.th.com)



GOD gives an ear to the prayers that rise in all languages and even from the silence of the dumb. He has no trace of anger or worry. You too have no reason to develop anger and anxiety. When the teeth bite your tongue, do you get angry with them for hurting? Do you break the teeth that hurt it so? No. Teeth and tongue are both yours. Similarly, he, who hurts you, and you are both limbs of the same body, God. Feel that Oneness and avoid hate. God is on the lookout for the inner vision. He blesses those whose hearts are so vast, that they can take in all His children. How can He be pleased when you are so selfish and narrow-minded, that you send away His children from the doorstep of your heart.

- Sri Sathya Sai Baba

## Buddha Poornima

Sri Sathya Sai Organization, Buddhist Secretariat

*Participants from  
all Buddhist countries  
Coordinated by Sri Lanka*

*See You at  
Brindavan*

**Special Functions**

**Many cultural  
events**

17 May 2000

