



Sai Jewels

Regional Newsletter—July 2002

SRI SATHYA SAI ORGANIZATION,

REGION X

Brunei, Indonesia, Malaysia, Philippines, and Singapore



SAI JEWELS

REGIONAL NEWSLETTER

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

YEAR OF EDUCARE

July 2002, No 11/2002

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Thought For the Month

A silent heart
without words is far
better than a prayer
of words without a
heart. Prayer that
emanates from the
depths of the heart
is real prayer.
- Sri Sathya Sai Baba

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The Human Body is a Magnet

The entire universe is a manifestation of the atom. The water we drink, the air we breathe, the sounds we hear – are all composed of atoms of the five basic elements (space, air, water, fire and earth). Every atom has a form. There is no object in the universe without a form. Every person begins to learn about any object only in relation to its form. For example, after seeing a flower, there is no need for the finger to point it out. So also idols were used to point out God. The form (idol) is an expression of the Divine. Until God realization comes, idols are essential. After God realization, there is no need for idols.

How does a square yard of cloth made into a national flag acquire its value? The value is derived from the fact that the flag is a symbol of the victory achieved in the freedom struggle. Victory has no form, but the flag represents the achievement of that victory. The fragrance emanating from a flower has no form, but the flower has a form. Love has no form but the mother who exhibits the love for her child has a form. All objects in creation have to be respected. Without the body there can be no action, without action there can be no fruits. Hence the body - with a form - is the basis of everything. It is impossible to conceive anything in this world or any kind of worship without a form. Nature consists of the five elements. It is the source of all minerals, source of all food; it is the sustainer of life itself. There is nothing wrong in adoring nature. Gratitude is also a form of worship.

Magnetic power of Nature

Nature has immense magnetic power. Every object is affected by this magnetic power. The object also gets magnetized in the process and acquires magnetic power. Scientists are trying to understand this power of attraction in nature. For example, thousands of people go to a temple or church for worship. The magnetic power of the earth extends to the idol in the sanctum sanctorum. The thoughts of worshippers are also attracted by the idol. Thereby the power of attraction in

the idol gets intensified. The rituals performed for the idol also enhance its power of attraction. This can be noticed if a couple of nails are kept near a magnet. After two days, the nails will also get magnetized. So also in any temple or church, due to the power that goes forth from thousands of worshippers, the power of attraction in the idol intensifies immensely. Thus in the world, there is no object without this power. Atomic energy is present everywhere. The Divine is Omnipresent.



All are endowed with electromagnetic energy, atomic power, heat and other forms of energy. The magnetic energy is the most important power in man. Man's body is a powerful dynamo. The entire body and limbs constitute a generator. There is a steady supply of current from the body. Everything in man is Divine power.

Today's scientists have performed several experiments to ascertain Einstein's statement that energy can neither be created nor destroyed. Newton too echoed similar sentiments. He realized that the power of gravity could not be destroyed. It has no specific point of origin or destination. Newton investigated in great detail about such a Divine power. He was a great scientist who understood the force of gravity associated with earth. Wherever he looked, he saw the magnetic power in every thing; he too concluded that this energy could not be created or destroyed by anyone. However, it could be transformed from one form of energy to the other. For example, the magnetic energy can be transformed into electrical energy. Electrical energy can be transformed to light energy. Though the basic magnetic energy can be converted into any type of energy, it itself retains its original identity. It can vary in intensity - ebbing and growing as necessary. It changes all the time but never diminishes



away. As long as the earth is there, the magnetic strength remains. It attracts our steps; it attracts our vision and our hearing.

The magnetic power is present in all objects in the world. All thoughts in man's mind have this magnetic power. From magnetic energy is derived electrical energy. The strength of the electrical energy is related to the strength of the magnetic energy. When the electrical energy and magnetic energy come together the divine power operates. Divine power does not come from outside, it is within human beings. Electrical energy is the source for the power of light and for atomic power. Atomic power is present in thoughts and speech. Thus, magnetic energy is the basis for all forms of energy. It is this energy that accounts for speech, for singing and all other activities.

Less desires, better memory

Man when born, was without any desires. He was in a pure and pristine state, steady and peaceful. All the strengths of man were at their highest intensity. In the eyes of every man, there are one hundred and thirty million light receptors that enable him to see. On his tongue, there are three million taste buds. There are further five million cells in his ears that help him in his hearing. The entire body of man is a Divine experience itself. Ancient man was so pure that when he touched any object, the object would get stuck to him! Such was the extent of Divine powers that pulsed through his body from head to toe. As desires multiplied, the Divine powers in him started to recede. You can test this idea now itself. Suppose you have thirty such desires. Out of the thirty, eradicate three of them completely. You can easily feel the difference in the energy flowing through the body! Your memory too increases. The sages of yore could easily recount from memory incidents that happened long ago and recite things learnt a long time ago. This was because they had minimal desires in them. Desires must be gradually curtailed. As desires multiply attachment increases. This leads to more and

more bondage. Bondage causes suffering. Our own desires create bondage. Reduce your desires and you will be peaceful. It is rightly said, "Less luggage, more comfort."

When earth was first formed there was only pitch darkness everywhere. Nothing was visible. At that time everyone prayed. As a result it rained heavily for crores of years. It is an effect of this deluge that the oceans formed. After the rains, the clouds cleared. Gradually the stars appeared. The sun too shone and showered its rays on the earth. The light enabled man to go about his daily life, grow crops and eke out a livelihood. When there was total darkness man had no desires. As light gradually appeared so did man desires, because he could now see the creation. Today, his day begins with desires! However, during the night he is not assailed by desires. Hence, darkness appears to give no scope for desires.

How to earn Grace

Love is the basis of everything. Without love, truth cannot be experienced. If there is truth, we can have peace. From peace, Bliss can be obtained. Bliss is like a wave pulsating throughout the creation. It would soak the hermits in the deep forests who were lost in the contemplation of God. When this bliss touched them, the sages would go into fits of ecstasy. They walked and lived all alone in dense and fierce forests. What weapons did they possess? Guns and bombs were obviously unheard of! They had a great deal of faith in God. This faith was like a big bomb in their hands, which enabled them to accomplish many things. There is plenty of Grace that God can give. But it is at a depth! Some effort is required to obtain it. To fetch water from a well, one needs to tie a rope to a bucket, lower it into the well and draw the water out. You are neither tying the rope to the bucket nor are you lowering the bucket into the well. To get the water, tie the **rope of devotion** to the **vessel** of your **heart** and lower it into the **well of God's Grace**. You can receive the **water** of pure **bliss**.

- Compiled from Divine discourses on 27th Feb. '95 (Sathya Sai Speaks Vol. 28), and 24th May 2002.

Immortality through Sacrifice

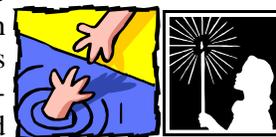
What is immortality? If the life strength remains in the body forever, we regard that as immortality. **True immortality is to be able to completely identify oneself with the aspect of God and completely forget the aspect of the body.** We consider death as the passing away of life strength from the body. If at all times, we are immersed in thoughts of the body and its comforts and if we forget the aspect of the soul or *Atma*, then, that is death. Only when we recognize the sacred connection between birth and death, the sacred desire of securing immortality will sprout within us. To be able to understand this permanency of the soul or *Atma* is the real meaning of attaining immortality.

Immortality can be achieved not only by doing good deeds, keeping good company, and having good thoughts (in the material world and in all matters relating to our daily life) but also, by imbibing the strength obtained from reciting the sacred prayers.

Positive and Negative pole of life

In the context of everyday life, the good work we do is like the negative pole but the divine strength that we get through the utterance of Vedic mantras and regular prayers is like the positive pole. Both the positive and negative should be in their appropriate strength. By doing good deeds, we can keep this negative terminal in good condition but if we have no regard for the strength that we get from the divine prayers, then, there would be no positive terminal and we cannot get the full strength. Today, whatever good we do in the worldly context, is being done from an external point of view and we are not giving it the necessary importance to make it go and seep inside the heart. We are doing several things to attain a higher position or to get a good reputation or just for the sake of exhibition or in the hope of getting some fruit. Each one can judge for himself whether he is doing something to get the fruit of it or not. Of all the things that we do, those that are intended for Self Satisfaction, are very few. All kinds

of work that we do, which are not intended for satisfaction of the self, can be described as actions that are temporal or actions related to the material world. We can get Self Satisfaction only when we have Confidence in our own Self. It is only then that we get the capacity for Self Sacrifice. It is only after you have the capacity for Self Sacrifice, can you get Self Realization. Thus one gets immortality through sacrifice and it is for this reason that all ceremonies have been intended to symbolize sacrifice.



Equal mindedness

Our scriptures have classified human behavior into three categories: fish, animal, and tortoise. A fish will stay or live only in water; once taken out of water, it cannot live or survive for any length of time. An animal, on the other hand, can survive only on land; if you put the animal in water, it will not be able to survive. A tortoise is an amphibian and can live either in water or on land equally well with the same comfort. These three characteristics can be compared with three kinds of human behavior. The first category of men is those who want to live within society because they cannot live in isolation. They are like the fish; they just cannot survive if they get out of the society or family. On the other hand, individuals who are like the animal always enjoy being in isolation. They need solitude and they feel uncomfortable if they are amidst society. The third category—the tortoise like individuals are those who will always have the thought of God. These individuals will never forget God wherever they are—whether they are alone, in the family or society. They will remain peaceful, irrespective of whether they are isolated from society or not. This characteristic of the tortoise is very essential to develop equal mindedness.

- *Summer showers in Brindavan 1974 (pages 112 & 223)*



From Our Regional Coordinator

- Dr. V.K. Ravindran

The conscious practice of Service

(Seva Sadhana)

By the time this issue comes out we would have been in the midst of our International *Seva* (Service) Conference that will be held at Parthi during the Guru Pournima Celebrations.



Bhagawan Sri Sathya Sai Baba has always emphasized time and again the importance of spiritual practices in performing *Seva*. Very many organizations like the Lion's Club and the Rotary Club are offering services to society and they have done it with so much dedication and concern for the society at large.

But you and I must agree that what is missing in their generous effort is the spiritual base in thought, word and deed. Once we do *Seva* with an underlying feeling of spirituality, that will take us step by step towards liberation.

We should understand that it is not for the sake of Sathya Sai that we engage ourselves in *Seva*. God is not interested in how much of *Seva* you have done but He wants to know the motive behind the *Seva*.

This is the basic philosophy of Sai. He urges us to perform *Seva* but first we must evolve ourselves into spiritual beings. Even in the Nine point Code of Conduct the very first step is Prayer and Meditation followed by Bhajans at a family and community level. He has also emphasized on the need to have *Satsang* (good company) and regular reading of Sai literature.

This will help us to imbibe spiritual knowledge and practice. With His Guidance and with such spiritual back up then if we offer any form of service it becomes the highest form of worship.

Baba has time and again warned us against EGO and that all Service activities should be done with humility and sincerity.

Many hurdles may await us while undertaking this spiritual path but when we surrender ourselves to Him and then engage ourselves in *Seva* it will make our life easy and our life full of *Ananda* (bliss).

I will end this short message with a quotation from Sathya Sai Baba:

“Duty with love is desirable

Duty without love is deplorable

Love without Duty is Divine.”

Activities in BRUNEI

Mahashivarathri 2002

On 12th March, as part of the Mahashivarathri celebrations, we had a bhajan session from 7:00 pm to midnight, with a good turnout of devotees. The altar area and the temple were well decorated, and everyone present enjoyed the bhajans, including many new comers who attended the function.

Two sisters from our group were blessed with the opportunity of being at Puttaparthi during this period and were able to witness the Lingodbhawa or emergence of the lingam and subsequently narrated their experiences of the event to the group here.

Ramanawami celebrations

On 21st April, a special bhajan was held at the temple premises in conjunction with the Ramanawami day, again with a good turnout.

Buddha Poornima

On 26th May, in conjunction with the Buddha Poornima day, the temple was decorated with candle lights, lanterns and the ceremony of freeing of captive birds. This was done especially with the help of some of the Bud-

dhists in our group. A special bhajan was held at the centre. We were also joined in by some of the Buddhist Nepalis from the Gurkha Reserve Unit.

Two of our Sisters attended the Buddha Poornima celebrations in Whitefield. They were in total bliss after their participation. They felt really blessed – one of them had the opportunity to offer Sri Sathya Sai Baba a rose and the other one had the opportunity to sing during the International Bhajan. This was a unique experience for both of them. The celebrations were held on a grand scale.

Service Activities

A Garage sale was held on the 3rd March to raise funds for the daughter of two of our Sai devotees, who had long standing kidney disease, and needed a kidney transplant in India. The mother was the matched donor for the transplant, but was unable to afford the expenses. In the garage sale, we had food stalls, stalls for electrical items, plants, clothes, books, music items, soft drinks and a section for requests for songs mainly our bhajan songs. The food stalls were very popular, with most of

the food items sold out by



midday. The public turnout was good, and most importantly the team spirit in this service activity was good. The money collected was given to the parents of the patient, who have since undergone the transplant successfully. There were also contributions to the patient from other well-wishers.

Easwaramma Day

The Bal Vikas / EHV children took part for the Easwaramma day celebration, which was held on 23rd June because our teachers were away at White Field for Buddha Poornima celebrations. Children performed in the wonderful dance drama, the performance included yoga education.



Educare in Indonesia

Valentine's day at the Old Folks' Home

On Valentine's Day this year, the children of the Balvikas paid a visit to the elderly people. They gave them valentine cards, which they had prepared earlier during the week. The children also put up a short entertainment program for their benefit after which they sang and danced with the elderly. This simple gesture of love brought tears of joy to their eyes.

Children's Appreciation Day

In an effort to appreciate the talents of the children, Bal Vikas celebrated a Children's Appreciation Day on April 7th, 2002. All parents of the children were invited and so were the elders of the Sai Centre. The evening started with a dance performance by the small children to the song "We are the Children of SAI". A brief introduction to the classes conducted in Bal Vikas was then given, followed by an explanation of how this Children's Appreciation Day came about. Next, with audience participation, some children performed a few human value songs. The highlight of the evening was a drama entitled, "Die Mind – be a Diamond!" – a play based on Man, Mind and the five senses. The evening was a delight to everyone present!

Bal Vikas celebrates Earth Day

On the week of Earth Day, the Bal Vikas joined people all around the world in Global Tree-Planting. They planted trees in front of the Sai Centre and were also taught to love and talk to the plants as this helps the plants to grow faster. The importance of trees and their benefits were explained to the children.

Sadhana Camp - Theme: Life is a Game – Play it!

When Baba says, "Life is a game, play it", it can be taken to mean different things by different people. Can it mean, for example, that

life is not to be taken seriously? To play properly one must be non-attached and realise that the game is in the playing, not in the result or in gains or losses incurred! This camp aimed to make the teens realize the splendour of living life as a game and playing it in accordance to SAI's ideals, rather than wasting it away in idle pastimes and temporary pursuits.

S.E.A.L. (Simple Expressions and Acts of Love) Of SAI

This program was launched in February 2002. The objective is to carry out simple acts whenever possible to inspire love and laughter amongst everyone around. The first act of love was expressed on



Valentine's Day of 2002, when the teens prepared refrigerator magnets with Sathya Sai Baba's quote on love and gave them out to devotees who came to the centre for bhajans on that day. Everyone welcomed this unexpected act with smiles.

The next heart-warming act was on Holi day, the festival of colours. The teens greeted devotees with coloured powder and sweets, once again bringing delight to many of them.

TRAC (Tradition Religion Aspiration and Culture)

On April 21st, the youths organized a TRAC event wherein the guest speaker, Dr. Suresh Govind (Malaysia) enlightened the audience on several aspects of the Hindu religion, culture and tradition. With his fun and entertaining style, he enamored as well as inspired them. The youths also presented a few interludes by way of a game show, which quizzed the audience on the Hindu mythology. Another program presented was a short skit, entitled "Why...?", which answered questions

such as, why do we light a lamp, why do we make offerings to the Lord and why do we fast.

Hepatitis-B Vaccination continues

The youths, and now along with the teen youths, continue to provide for free hepatitis-B vaccinations to children under the age of 10. Last year, nearly 600 children were inoculated against the virus. This year, a new batch of approximately 1000 children will be inoculated. Along with this, the youths will also provide the 5-year booster shot to 800 of those children who made the very first batch of this project in the year 1997.

Sadhana Camp

A youth *sadhana* camp was held on the weekend of March 23rd and 24th. The camp commenced with bhajans and offering of the *Aarathi* to our beloved Bhagawan. Next was an ice-breaking session, held to create a comfortable atmosphere amongst the youths at the camp. This was followed by a talk on self-image – the importance of a good self-image and ways to improve one’s self-image. The first evening ended with the learning of the *Lingashtakam*, a prayer wherein we offer our humble salutations to Lord Shiva. The fun-filled activities included a treasure hunt, in which all the treasures were the ornaments of Lord Shiva. The youths were divided into several groups, and

each group had to collect their treasures and assemble them correctly on a picture of Lord Shiva. The youths had a lot of fun looking for the treasures. The session that followed the treasure hunt was an explanation on the significance of these ornaments. Another session held was demonstration of a *havan*. Since many youths do not know why and how a *havan* is performed, we asked Brother Komang (a *Vedantin*) to perform one for us and explain its whole significance. The youths were overwhelmed at the vibrations created during this *havan*. We ended the camp with bhajans and offering of the *Aarathi* to Bhagawan Sri Sathya Sai Baba.

**When sandal wood is rubbed repeatedly,
The fragrance from it increases.
When the sugar cane is chewed
again and again,
Its juice gets sweeter.
When gold is heated in the
crucible repeatedly,
It becomes purer and brighter.
Noble ones adhere to righteousness,
Through all the vicissitudes of life.
Human life is most precious in this world.**

Social Action in MALAYSIA

Social Action Initiative (SAIRAM) for Afghans

Introduction

The September 11 Tragedy took the world by storm. What followed later was the fleeing of Afghans who sought refuge at camps set up along the Pakistani border by UNHCR.

A humanitarian aid program was launched under the auspices of the Sri Sathya Sai Central Council of Malaysia. This was similar to the two earlier humanitarian missions to North Korea in December 1997 and for Gujarat in 2000.

The project

A blanket donation program was launched at a shopping complex in Kuala Lumpur to encour-

age the public to buy and donate a pack of 3 blankets in a box. Each box carried the message “Family to Family with Love” and a column for the donors to pen down their prayer.



The weather at Roghani camp, Chaman where the Malaysian team had set up camp was cold ranging from 10 degrees Celsius to about – 4 degrees Celsius. Hence the Malaysian Sai Council Blanket program was seen as an essential aid to the refugees.

The blankets were collected and packed and shipped to Karachi via a commercial liner and the same arrived after 10 days. Due to the Eid holidays there our SAIRAMA team had to personally be there to clear the goods through Customs and to secure tax exemption clearance. Then a military logistics company was identified to send the goods to Chaman.

Our team then flew to Quetta to seek approval of the Pakistan Commissioner for Afghan refugees for the goods to be delivered to the camps. Travel permits were also secured from the Baluchistan province Home Affairs Ministry. These procedures required an overnight stay at Quetta and about 8 hours of wait the next day. Despite the harsh conditions Swami ensured a pleasant stay for our team. The team however was not spared the horrendous sight of human suffering which reflected the need for unity and peace to be maintained at all times everywhere.

The trip touched the hearts of the SAIRAMA team and led to realization that transcending ethnic, religious and personal beliefs was the need for love and peace that would be the binding force to unite the human race. Our team had an audience with the Foreign Affairs Minister and our Defense Minister prior to the trip. Baba had thus ensured that we had a safe trip and a successful mission to Afghanistan.

Sathya Sai School, Kuala Lumpur

The Sathya Sai Primary School officially opened its doors on 7th January 2002. The school offers the National school curriculum,

which is taught in the National language. (Bahasa Malaysia). However a strong foundation in English is also maintained. Chinese and Tamil are also taught. There is extensive exposure to value education based on the Education in Human Values programme. Sai volunteers serve vegetarian meals during break. The school currently operates from the Pure Life Society, whose building is occupied at a rental of RM1 per annum!!

Four full time qualified teachers are employed in addition to the volunteer teachers who come once a week to teach Tamil, Chinese, Telugu, Music and Art.

With Sathya Sai Baba’s Grace the school hopes to grow in the years to come and be a fully fledged primary school with six standards by the year 2005, offering quality education at little cost.



In the present society, there are three classes of people, the rich, the middle, and the poor. A man can become rich only through the cooperation and help of others. Everyone should express gratitude for all the help received from society by sharing and serving selflessly. Wealth amassed and hoarded by the rich is like stagnant water. Just as blood must circulate in the body to avoid a blood clot, money too should circulate. Or else, the economy would come to stand still. Duty not properly discharged and money not properly channeled leads to poverty.

- Baba

Activities in the Philippines

Spiritual Activities

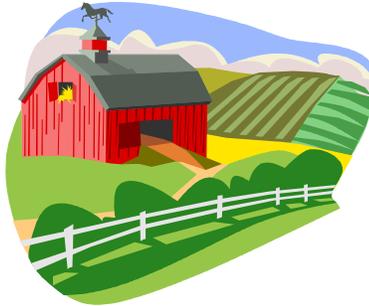
Sri Rama Navami was celebrated at the CCC venue and was well attended. On this day, Swami's Discourse was broadcast through the Sai Global Harmony Radio for the first time in the Philippines. Regular bhajans once a week, and Study Circle, once a month, are going on smoothly, at the houses of the officers of each group, with the participation of newcomers.

Sathya Sai School, Pililla Devotional and Study Circle group was initiated on March 10, 2002. Participated by twenty five Filipinos from the area (college professors, teachers, and housewives) con-

ducted in the local language. SSSO Secretary Sis Didi Samson did a brief orientation about the organization and the purpose of the Study Circle, followed by Christian songs and a Study Circle. Participants enjoyed the session and we look forward to move on and encourage more people to join in.

Service Activities

All the three regular monthly service activities are undertaken by volunteers. The distribution of milk and essential supplies for 42 orphaned infants and children in Antipolo has been expanded. We now try to provide supplies that will be good for one whole month. Essential goods that can support 75 needy families for one week are also distributed every second Sunday of each month. Volunteers cook and serve vegetarian food for 110 aged people on the last Sunday of each month. The Missionaries of Charity who provide the venues for all these activities appreciate the spirit of Sathya Sai Seva, which is "Love All, Serve All".



Educational Activities

Educare classes for children are being conducted every Saturday and Sunday at the CCC Venue. There are currently 16 children enrolled in the classes.

The third phase of the Sathya Sai School Pililla project; the construction of the school building started on April 18, 2002. It is estimated that this project will be finished by mid August 2002.

The Sathya Sai School, Pililla under the supervision and administration of ISSE Director, Dr. Rosario Acierto, admitted twenty five children (3rd batch) for the preparatory classes for the school year 2002 to 2003. Twenty children (from our 2nd batch) were admitted for Grade I. Fifteen children (from our 1st batch) were admitted for Grade II.

New Building for Sathya Sai School, Pililla

The new premises for the School in a plot of 1,600 sq. m. is under construction since early April and is expected to be completed by the end of July. Every week, several episodes have been happening confirming the abundant flow of Divine Grace. Over 25 local workers have been mobilized, and Sathya Sai volunteers are overseeing the construction. Dr Kalyana Sundaram, who is here on a special short-term assignment from India for the Light Rail Transit in Manila, sacrificed his time, and provided several expert inputs as the chief engineer. The School will have a basement room, a large stage, and even a terrace garden, which are all his special contributions. All volunteers felt as if Swami answered the prayers for an expert hand to advise us on technical matters. The School plans to formally move to the new premises, after a brief ceremony on 18 August.

Educare in Singapore

The Sathya Sai kindergarten in Singapore opened its doors to children on January 2 2002. It has three classes, Nursery, Kindergarten 1 and Kindergarten 2. There are 14 children currently enrolled in the kindergarten. It is a school dedicated to bringing up children of character. Based on the teachings of the founder of the Education in Human Values program, Sri Sathya Sai Baba, it believes that -

“True education is that which fosters pure feelings. To have virtues is the true meaning of learning. Only when man cultivates the feeling of love, can there be equality. Good conduct is the hallmark of a true human being”.

Here are the views of the persons running the day-to-day affairs of the kindergarten.



“Your child is gold. Give them to me, I’ll make them into ornaments” said our Founder. This is a constant reminder for me to bring out the good character from every child. Every value imparted to children is a refreshing value for the teacher. To all parents and teachers, children are our joy givers and healers too. My dear parents, you will definitely reap the joy later by looking at your child’s wonderful character. Let us all put our hands together and work for every innocent child.

Sis Vijaya, Principal

How to practice Educare

How can values become more meaningful and more effective in our day-to-day life? It is not enough to teach or communicate values; they have to be felt first. For this the foremost is the practice of 3HV – that is the synchronization between the head, heart and hands. The hand should carry out what the heart has approved of, from the ideas emanating from the head. One has to live the values and experience them. This will lead to the implementation of Educare. Such practice on a day to day basis to children brings about

character building which is the very basis of education. Our kindergarten’s motto is “the end of education is character”. To achieve this, the teachers and parents have to be role models. The true meaning of Educare is to “bring out the best from within”. Then education will be for life and not mere living.

Sis Himabala, Head, EHV

The implementation of Educare

Both you and I are involved in the most precious duty of Educare - bringing into practice the love within us to all of the creation and especially to the dear lovable children enrolled in Sri Sathya Sai Kindergarten. The Kindergarten has been setup with two prime objectives. First objective is that of teaching the children to ensure that they will have the proper foundation to pursue their primary school studies. In achieving this, they are provided with the facilities and carefully and thoroughly guided to learn the curriculum prescribed by the Ministry of Education. The second objective, which is also of equal importance, is that of the constant awareness

and practice of the human values as recommended by the system of Sathya Sai Education of Human Values.

We are in the middle of the first year. Reflecting back on the activities and feedback received, I am glad to see that not only are we making good progress in attaining both the objectives but the future also looks very promising. Millions of thanks to the principal, teachers, volunteers and parents and of course the children for so lovingly putting in their wholehearted and dedicated effort.

Bro Vashdev Khialani, Supervisor

Teaching is an Art

A few years back, our Founder told us that there are three types of teachers: (a) complaining (b) explaining and (c) inspiring. Clearly the goal of a teacher is to be one who can be inspiring. We now live in the midst of a society that is affected by rapid change. How would children adapt to this modern age? In this context, the role of a teacher is quite demanding.

Teaching, like art, needs concentration and dedication. The tools available with the teacher are love and discipline. A good teacher should be attentive to what the children say and do. The teacher should respond appropriately since each response is like a stroke of the paintbrush. The teacher should respond in a way that will bring out the inherent values in each child while sustaining the child's interests. A good teacher will not only impart knowledge from books but also guide children along the correct path in life.

Being a good teacher means three things: i) being cheerful ii) being knowledgeable and iii) being prepared. The next thing for the teacher is to use the magic of love and discipline. In this way a good teacher gets transformed into an inspirational teacher, the children bring out what is latent within and learning gets transformed to a holistic process, just like the making of a beautiful piece of art.

Bro Shanmaganathan, Teacher

Art competition

What is "my best gift for others"? This was



the theme of the Art competition that was held on the afternoon of April 27th. Children were invited from various kindergartens in Singapore. There were various drawings for the children to choose from. One was that of a boy helping an old man in a wheel chair. Another was showing the love in Singapore in the shape of a heart. There was yet another where the child was helping her mother. These drawings depicted various human values.

It was a wonderful afternoon and the children arrived at the kindergarten with glowing smiles. They registered, picked up their badges and sat down in the hall eagerly waiting for the competition to start. Soon they were in their classrooms. They picked up the drawing that they felt most happy with, sat in a comfortable position and started colouring. They were soon immersed in colouring, letting their imagination flow while focussing on the theme of their drawing. The judges came and saw what the children were doing. They asked the children why they chose their drawings. The children shyly and happily showed the specific things they had done in their drawings.

Their drawings reflected the inherent values that they cherish in their lives. Each drawing was an expression of pure feelings. It was not difficult to understand when the judges said that it was a tough decision to choose the winners! However, what was more important was that every child felt as a winner. They were so eager to tell their parents what they did. The drawings were displayed on the

walls and the parents saw them along with their children. It was so pleasing to see the smile on their faces. One of the children wrote in her drawing “my best gift to others is my smile. If you give a smile, you get back a smile”. This certainly made us reflect on simple things that we can do for others and make them happy which in turn makes us happy.

While the children were busy showing off their artistic talent at the Art competition, the parents of these pre-schoolers shared some very thought provoking ideas on “Parenting.” As parents, we all want to give our children the best of everything. In view of this we are very busy looking for a good school for our children as well as all kinds of enrichment classes and tuition classes that we sometimes lose focus on our primary responsibility. “The primary” responsibility of a parent is to mould the character of their child. This has got to be done with love and parents have to lead by example, as parents are the children's first teachers. Parents, hence being so important and influential in their child's life have some very important duties. At our Kindergarten, we have outlined five main duties of pre-schoolers' parents. These are:

1) Monitor the behaviour and activities of children.

2) Ensure the practice of human values at home.

3) Help your child develop self-confidence.

4) Guide the child to develop good habits.

5) Provide feedback to teachers.

Based on the above duties some very interesting examples were presented to the parents for about twenty minutes. Then a questionnaire was given to all parents to see how well they know their child. Parents took about ten minutes to answer nine very simple questions about their child. Then all were asked to share their experiences so that it will benefit all.

People serving at the Kindergarten

Vashdev Khialani (Supervisor)

Vijaya (Principal)

Himabala Goteti (Head, EHV)

B. Shanmaganathan (Temporary Teacher)

Joti Jashan (Administration)

Shyamala Ramakrishnan (School Projects Coordinator)

Poonam Khialani (Social Activities)

Raju Goteti (Secretary)

Gary Seaton (School Maintenance)



CHILDREN'S CORNER

The gift of an Axe

Long, long ago there were two brothers. Their names were Hari and Ravi. Both of them were very devoted to their parents. They were always fighting to prove their mettle to their parents. Each one thought that he was serving the parents better. This made their parents very unhappy.

One day, the father, a learned man, smiled and told his wife that he could not watch the two of them fighting to please them always. If they continue to have such selfish desires of doing better than the other and outsmarting each other then, such a desire would lead to greed and eventually separation between them. So he wanted to teach them a lesson. He called his sons and told them to go to the neighboring town to make a living. He wanted them to come back home exactly a month later and tell him how they had fared. The father would then decide which son was more resourceful.

Both of them took up the challenge and left home immediately. Hari went north and Ravi headed south. Hari apprenticed with a blacksmith and worked hard. Though he was good at the trade, he realized that he had a long way to go. So too Ravi, worked hard as an assistant to a woodcarver. He was good at carving too but knew that he needed to work hard to refine his work. At the end of one month, both received their salaries. They had made almost the same amount of money. They decided to buy presents for their parents secretly without each other's knowledge.

Hari moulded the blade of an axe. Ravi also thought of an axe, but he carved a beautiful handle. When they reached home, the father received their gifts. He laughed and said, "Of what use is a beautifully carved handle without the sharp blade of an axe? Of what use is a sharp axe without a nice handle to hold?"

The father went on to explain that though the brothers were two different beings with different natures, they must be bonded together with a purpose in life, just like an axe with a sharp blade and a beautifully carved handle.

To cut the tree of ignorance, you need the fine axe of a sharp intellect. The handle with its carvings is the body that should be kept strong and healthy.



How does God Act?

A king once posed four questions:

1. What does God eat?
2. When does God weep?
3. When does God laugh?
4. What is God doing now?

Nobody could give a satisfactory reply. At last, a poor farmer came along and answered all the questions. He replied:

1. God eats away the ego of man.
2. God weeps when man forgets him.

3. God laughs twice: Once when two brothers partition a piece of land saying this much is mine, that much is yours; and again when a doctor assures a patient, "I shall certainly cure you."

To the last question, he would say nothing. When the king repeated the question, the farmer said, "Let us trade places and then you put the question to me." The king readily agreed. The farmer's reply was, "This is what God is doing now, elevating the poor and humbling the rich."

- Swami Shantananda Puri



Study Act I *inspire* YOUTH Page

Learn to love them

Once there was a gardener who planted many trees, nice plants and flowering shrubs in his garden. At the end of the month of hard work not only the flowering plants came up well but also a lot of weeds. He tried to weed them out but in spite of his best attempts, he could not do so. He used all possible methods that could be employed or implemented. He consulted many experienced gardeners and horticulturalists. But still he could not get rid of the weeds. Finally, he went to the royal gardener, the one who was a master of all gardeners. He told him, "Sir, I have used all the methods that can be used but, still the weeds cannot be got rid of totally." The master smiled and said, "I can understand your problem. Sometimes, I too face the same problem. When every type of treatment has failed, and you cannot really weed them out, just learn to love them."



Palace and Earth

A king, having built a huge palace approached his teacher and solicited his comments. The magnificent palace impressed the teacher, but when the king went on boasting about his palace, as to how wonderful and strong it was, the teacher told the king, "This palace is definitely beautiful, but the Earth that sustains it is still more beautiful and that Earth is God's creation."



The Tree is not leaving me

One day, a man felt so suffocated in life that he approached a master and said, "Sir, I am caught by this world. I do not know how to get out of it. The Master said, "I shall show you how to get out of it, but come with me for a week." The master walked ahead and the student followed. Suddenly the master walked faster and got out of the sight of the student. The student heard the master shouting from somewhere. He could not figure out what exactly he was shouting, but he hurried in the direction from which the sound came. To his utter amazement and dismay, he found the master holding on to a huge tree and the shouting, "The tree is not leaving me. The tree is not leaving me." The student said, "Sir, how can you say that the tree is not leaving you. Just leave it and you will be free." The master smiled and replied, "I want to tell you the same thing. Which part of creation is holding on to you? You hold on to everything and cry that the world is holding on to you." The student understood and walked away.



- Tattvaloka, May 1999 and Nov. 2000.

SEVA - The Road to Immortality

After receiving the e-letter from respected Brother Ryuko Hira about the grand service projects at the Super Specialty Hospitals, I had been contemplating for several days on the inner meaning of the sacred prayer “Na Karmana Na Prajaya Dhanena Tyagenaike Amritatvamanasu” (it means, Neither through rituals, nor progeny, nor even money, but only through Sacrifice can immortality be achieved). On this Buddha Poornima day, I received the SEVA model as a flash on how Sacrifice brings about everlasting happiness. The word **SEVA** is an acronym where **S** stands for Sacrifice through Ceiling on desires; **E** stands for Effectiveness— such as through contribution of time as in all Sathya Sai Service projects; and **V** means Values based approach. For example, in all Sathya Sai activities there is no money or donation solicited from the public by the organizers. Contributions are solely through devotion and motivation where each one gives out with the fullness of his heart. This spirit of Sacrifice will bring about a change in the social order resulting in the **A** that stands for Ananda (that is eternal bliss).

The Sathya Sai service projects are unique in that the organizers normally announce the projects at general gatherings (such as prayer meetings), and invite interested persons to join. These projects, therefore, require some sacrifice on the part of the organizers. In the beginning, sometimes, the organizers may have to practically buy all the items needed for the projects. But this sincere act of sacrifice not only benefits the needy, it also brings about an inspiration among the indirect participants, when its spiritual significance is understood.

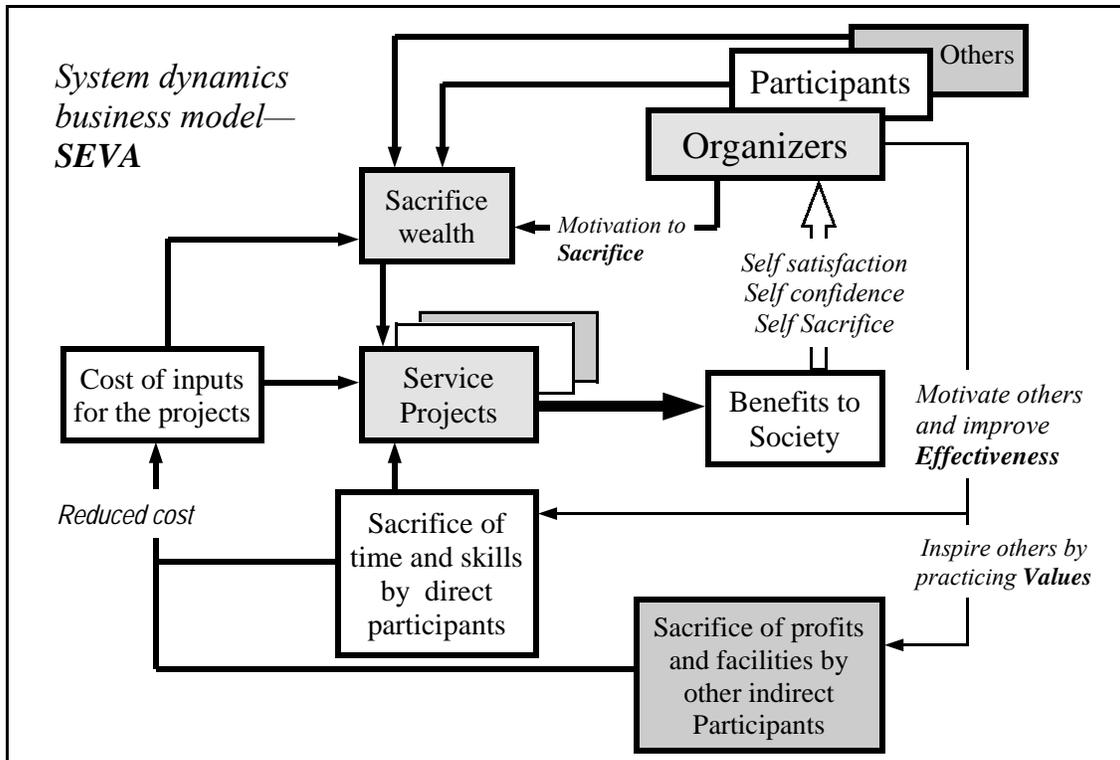


Sacrifice is different from charity. In the latter, the participant is among many others who each contribute a small sum of money. But sacrifice involves a significant amount of money and effort on the part of the participant. The gratitude of the needy recipients gives self-satisfaction for the organizers and participants. Sacrifice without expecting any material reward, brings about this motivational impact and new participants join the organizers.

In the next stage, parts of the projects get sponsored through in-kind services and new participants also contribute money voluntarily. Overall, the total money spent on the project by the organizers is reduced. The success of the projects gives self-confidence to the organizers, and all participants enjoy the good company of each other. They endeavor to expand the size of the projects, and in the third stage, begin to sacrifice more and more and contribute in-kind services, by cutting down on their own extravagances, through the practice of ceiling on desires.

Consequently, they inspire many others, including well to do and influential persons, who offer their facilities and services either for free or at cost. Finally, the cost of the projects, comes down even more. When this level of impact is achieved, the effectiveness of the projects improve significantly, as most of the components of the projects, except for the materials, are all provided by volunteers. The organizers thus become inspiring leaders in the society. Such persons are welcome everywhere as many gratefully appreciate their noble activities. Many individuals have taken this path of SEVA and become inspiring examples. They touch the hearts of many when they interact in society. Several new persons assist in the service projects, some contribute their time and knowledge, some contribute with donations voluntarily, some even aspire to become organizers. When this transformation is achieved, there will be peace and harmony in the society. All the people involved will experience everlasting happiness.

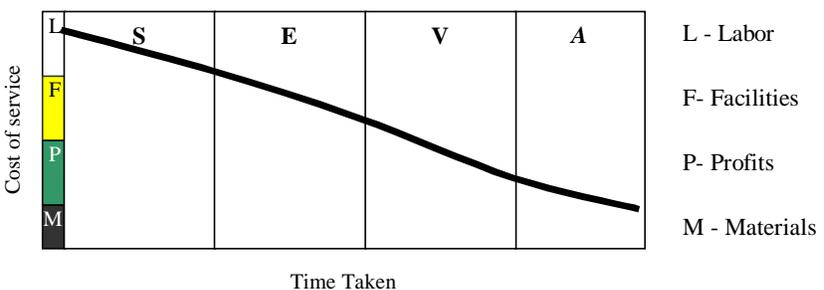




I will explain this “system dynamic business model” using the example of serving food to the poor. In the first stage, the organizers sacrifice; buying the food and giving it to the poor. In the second stage, they improve effectiveness; volunteer participants offer to cook the food in the homes and organizers buy the basic materials and take care of the distribution. In the third stage, observing the self-sacrifice by the organizers, who practice the ceiling on desires, a volunteer restaurant owner offers the use of his restaurant; the organizers buy the material and pay the workers. In the last stage, a new social order of sacrifice and selfless service emerges; the restaurant owner and his staff cook and distribute food, as organizers.

The Values based approach is crucial for all service projects. The organizers have to live as examples of Purity and Unity. The positive vibrations in the projects will motivate others in three forms: (i) recipients / observers of seva (if they can afford) become donor participants, (iii) recipients / observers of seva (if they cannot afford) contribute free labor and technology, and (iii) other indirect participants (or suppliers) begin to sacrifice profits (either through motivation, or due to guilt of being excluded from the project). The third group of participants will get transformed gradually.

For example, the Super Specialty Hospitals at Puttaparthi and Bangalore have reportedly brought down the cost of a life saving open heart surgery from thousands of dollars to a mere \$466 per person. This is a grand achievement of Sacrifice, confirming the SEVA model.



- Dr. K. E. Seetharam

The story of a Saint and a Scientist

Throughout the ages, the evolution of mankind has been the result of one great inner prompting – the quest for knowledge. While the scientists searched the outer world for knowledge, the saints turned within to seek the solution. While the scientist deals with the material aspects of life, the saints turned to the metaphysical. In ancient India, every saint was necessarily a scientist. He could study the motion of stars and planets and foretell their effects on the world. He could wield weapons with the same dexterity with which he could unfold the *Vedas* and *Shastras*. He could predict the future with amazing accuracy.

Sage Vyasa, who lived 5000 years ago, predicted that in the *Kali* Age, all the lamps would be burning upside down. Today we find all or most of the electric lamps fitted to the ceilings glowing upside down. Sage Sisruthi performed the first known brain surgery 2500 years ago in his unsophisticated hermitage successfully. In the field of *rasayana* they were able to convert base metals into gold, the science of alchemy. The *siddhas* of south India were well versed in the science of *kayakalpa* or the elixir of life. With the help of certain herbs and chemicals they were able to prolong life in the human body indefinitely. In short, these saints were well versed in the all branches of science and were able to give the much needed spiritual dimension to every scientific discovery. Unfortunately, at some point, a split occurred. A whole new breed of rational human beings who call themselves scientists emerged, scientists who believed nothing beyond science. Then the endless debates between the saint and scientist continued.

The saint and the scientist meet

The scientist spoke about the innumerable scientific discoveries and inventions, how much effort they had put in and how much fruit mankind was reaping because of it. After he finished his talk, the saint spoke in a

gentle voice, “All this is an illusion, the whole universe is but a dream, you and I are also mere entities in this dream.” Now the scientist was baffled. He sought a reasonable explanation for this ‘wisdom’ of the saint. If this whole universe is a dream which never existed before nor will exist afterwards, what is the cause of this illusion and what is this illusion? (You see, saints do not laugh at the ignorance of the innocent.) The saint said, “O knowledgeable scientist, you are aware of the discovery of colors. Sunlight is a mixture of seven colors. When this white



sunlight falls on objects, they reflect a particular color and absorb the rest. If the reflected color is red, then we say the object is red and so on. In reality all objects are colorless. Colour is an illusion created by light. When we switch off all the lights, there is total darkness. Even this beautiful room with all its wonderful colours and several beautiful shades becomes a blank piece of architecture. Even a painting that is worth millions of dollars becomes a blank piece of canvas every night. Yet people believe that the world retains its colors even during darkness, which is an illusion. Just as colours come and go with light, the universe too comes and goes with the dream of the Cosmic being. Understand this illusion and be disillusioned.” The amazed scientist was bewildered and dumbfounded. The saint too retreated into his silence. Let us hope that at some time in the future, science will realize its origin in spirituality and submit itself like this hypothetical encounter.

Tug of war

Spirituality has God at its center and makes sure that man rises from the lower ranks of animality to the higher ranks of divinity, in the ladder of evolution. Man + values = hap-

piness in his individual life + peaceful social commitment. **Science has at its center the gross material world.** It wants to prove that everything in this world conforms to a particular law – “Nature is everything”. This is where the tug of war comes with spirituality. Spirituality always embraces science and the scientific method of investigation, but science denies God and the existence of a superpower claiming that man is everything.

Science pampers Man

Man is nurtured, pampered and even governed by science today. Once the distant moon was God for us, today we have learned to walk upon it; the heart was once a noble part of the human anatomy, today we can have a new heart – a transplant; we can sit in our cozy homes and conduct the businesses of the world through a computer shop in Singapore or New York; we can sit in our offices and have live video conference or teleconference with somebody in America, another in New Delhi, a third in or Germany and yet a fourth in outer space simultaneously!

Why do we need God?

Well, if man has mastered the entire space, why then do we need God? We need God because there are certain things that we do not have, but we also need God because there are so many things that we have. When we were small our mother took us to the prayer room and showed us a framed photograph and told us that, that was God and that we should pray to him. We would start then at that tender age, believing in the concept of God, talk to him everyday, pray to him, tell him everything that we could not confide to our parents too lest father would scold us even ask his help for the forth coming examinations. Thus, as we grew up God became our friend, confidante, soul mate and saviour.

Values in Mathematics

Let us analyze some concepts. Ancient scriptures describe God as eternal, one without a beginning and one without an end, one who cannot be comprehended by the human mind. In mathematics, there is the concept of infinity. George Canter who researched on infinite

sets said, ‘a line consists of infinite number of points, a square contains an infinite number of points, a 3D cube also contains an infinite number of points, therefore infinity is the largest known quantity to humanity.’ Proceeding in the reverse direction, he said, ‘a point can also be divided into an infinite number of points, and infinity is also the smallest known quantity.’ That is why we say that the *Atma* is smaller than the smallest, and larger than the largest. He added, ‘Take a line of 5 cm. It has infinite number of points. Erase 3 cm from it and you have removed infinite number of points. The fact is that the remaining 2 cm still has infinite number of points.’ This is exactly what the *Upanishads* say:

‘Poornamadah poornamidam poornaath poornamudachyate

Poornasya poornamaadaaya poornameva vasishyate.’ This means that, that is full, this is full and when the full is taken from full it is still the full that remains.

Sri Sathya Sai Baba has said that every deed performed by our ancients has a deep inner significance behind it. He has said that if possible, let God not exist, but in any language there is no word to describe an entity or concept that does not exist. Therefore if a word God exists and consequently many religions have been developed around it, it does mean that God exists.’ Scientists have said that the atom is the smallest indivisible matter, this atom is present everywhere. If an atom could be present everywhere, why not God who is subtler than the subtlest, subtler than the atom itself. By induction, Baba has proved that God is omnipresent.

Science - the son of Spirituality

Millions of years ago, when the ancients tried to describe God, they saw this diversity everywhere and said, not this, not this. But when they perceived the reality, the unity that God had, they were dumbfounded and knowing that words would be failing to explain divin-

(Continued on page 24)



Divine Management

In the Sathya Sai Institute of Higher Learning, the Divine Chancellor Bhagawan Sri Sathya Sai Baba stresses on practical knowledge and character building, which is the essence of Educare. Faculty and Students of the Institute experience this everyday in the classrooms as well as during their daily lives. These two articles illustrate this aspect of Education.

Padmashree Prof G Venkataraman, then Vice Chancellor of Sathya Sai Institute of Higher Learning, delivered an inspiring talk on August 21, 1996. This day also coincided with the 10th anniversary of the management programme in the Institute. Excerpts of the talk are given below.

Today, our institute crossed a major milestone. Ten years ago, on this day, we started a programme in management. Looking back, I would like to ask myself, "What has happened in this programme?" Management programmes are not very unknown. They are in many schools and the paradigm or the model that is to be copied is Harvard Business School. Are we a copy of the Harvard Business School? This is the question most people ask. There is no shortage of the copies of the Harvard School.



However, ours is very different. *For the first time in the history of management, there exists a school where management is based on fundamental Divine values, I won't even say human values.* That is what is unique about our institute. People often say that values are very nice but the world is so terrible, will the values work? This is the question that is repeatedly asked. Values work! Our students who have graduated have shown this, again and again. As if to reinforce it to us, our students this morning staged a wonderful play. It was not a fictitious play based on an imagined script. It was based on real life experiences of our past graduates. They were confronted with moral dilemmas of various kinds. But in every case, they stuck to the principles and the lessons and values they absorbed In the Sri Sathya Sai Institute of Higher Learning. That is the reason why people come and pick up our graduates without our running any placement programme or without our advertising or anything because our students have absorbed these values. Now, on this very important and happy occasion, we students, in this institute, are singularly blessed with the wonderful outpouring of Divine advice. It was something unique because it was very specific and so extraordinary.

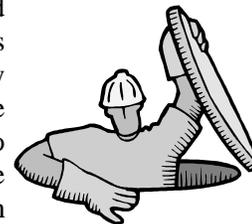
With the permission of Sri Sathya Sai Baba, I would like to share a few of the nuggets because they are valuable for the whole world and for the whole of humanity. Everybody talks of management and we talk of the Toyota factory, Honda factory or something like that. Baba said, "Why do you have to look there? Look at your body because it is a factory. Do you realize it is a factory? There are so many units working there all the time. How do they work? Every organ in the body does its own duty and minds its own business. The stomach, heart and lungs do their own duties." That is the first lesson we learn.

Another lesson is silent cooperation. Swami gave a wonderful example. A person is walking through the bushes and he has no shoes. He does not want to step on thorns, so the eye keeps on looking for the thorns. It sends a silent message to the feet, so as to avoid the thorns. Supposing there are some bushes on the way and the feet cannot stop, but the hand comes to the rescue and pushes the thorns aside. He also gave a beautiful example for help in times of distress. For example, there is an ant and it bites your right hand. Immediately, the left hand comes and picks up the ant and throws it away, silent cooperation.

So He said, “Why are these things happening in the body?”

Two reasons: The first reason is that all organs obey their respective *Dharmas* (Right Conduct). The other reason is that the controller and general manager of the body is God Himself. He said, “If every factory works like the body, like God designs the factory to work in *Dharma*, which is observed by the body, then there is no need for any problem.” Therefore, we can throw away all the books on Japanese style or German style of management since this book of management is right with us and we are walking with it all the time. I cannot get rid of it even if I want to. All the lessons we want are there. It is such a wonderful lesson. Here we have this book and we are never even consulting it. What a wonderful lesson! Can anybody even give such a wonderful lesson? That is the kind of lesson we get day-in and day-out.

I would like to share with you one incident just as an example of the kind of excellence that is brought out of all these students who absorb this. It is not merely that they go out in the world. Even before they go out, they give examples, which come through. This happened this year during the summer course, many of you may not be aware of it and I would like to share it with you. I became aware of it at the time of the comprehensive examination just after the summer course. This student is no longer with us, he has graduated. One day, during the summer course, there was a drainage block in the Brindavan kitchen. That kitchen was supplying food for something like 1500—2000 people everyday, during the summer course, an enormous task. Many boys were assisting in the task. Some of them were doing cleaning work and others were serving and so on. When the drainage block occurred, the sewage water began to come in the kitchen. It was a very health hazardous situation. People tried all sorts of things but nothing would happen. More and more sewage water was coming. Then, they went and opened a man-hole, which they realized was right outside the kitchen. They found something blocking there. What to do? They took a long rod and were poking here and there, but nothing happened. Everybody was saying phone this man and phone that man. Then what happened was one of the students just took off his shirt and went into the gutter. The water was up to his neck, but he felt the block with his hand, pulled it out and lo and behold, the sewage water began to drain very fast and in an instant the problem was solved. Nobody asked him to, but he just did it. That is the kind of lesson that our boys observe.



Sai student

- From Study of Sathya Sai

(Continued from page 22)

ity, they thought that it would be best to enjoy divinity in silence. With this age-old wisdom of the scriptures, *language can no longer impart any information. Science is the prodigal son of its mentor, spirituality. Though we have realized that religion without science is blind, we have yet to realize that science without religion is lame. It is the little men of learning who squabble around men of eminence have always bowed their head before divinity. Albert Einstein said, 'There is little doubt that man has a boss over him, this boss whom we scientists call as Energy, saints call him God.'*

- compiled and contributed by Dr. Lakshmi Seetharam

The Physical heart is on the left side, while the Spiritual heart is on the right. The Left is to be left. After sometime, leave the Left, that is, the physical and material, and follow only the Right not the Left. Fill your heart with good thoughts and feeling. All worldly education is just to earn a living. What university did the birds and beasts attend? The purpose of true education is to attain bliss.

– Baba



Divine Pointers on Educare for Students

On 13th March 1995, the Divine Chancellor Sri Sathya Sai Baba called a few II Year undergraduate students inside the interview room. Then followed a delightful session of questions and answers. To set the tone, however, Baba asked the first few questions.

☺ On the Importance Of Education:

“What is Education? It is generally considered to be ‘knowledge’. What is the aim of education? Concentration of mind. Not mere collection of facts. What is the essence of education? Education is for life, not for a mere living. And what is the end of education? It is Character. Character means good behavior, good discipline and good manners. Many boys study only to empty their heads in the examination. This is like Polaroid camera. You don't get a negative in Polaroid camera—only one photo. But in the other type of camera you can get negatives. Whenever you want you can get the photographs. Your studies should be like that, whatever you study should be imprinted in your mind. Whenever you need, you should be able to use it. So, don't study merely for examinations. Study for life.”



☺ On Memory power:

Later, a student asked Baba, “How to develop memory power?” Baba replied, “Don't talk too much. It may cause a decline in memory power. To have good memory power, you should have purity, patience and perseverance. Boys waste energy. Wastage of energy diminishes memory power.”

☺ On Attitudes towards examinations:

In the same interview Baba said, “You should welcome tests. Tests are very important. For, if you pass the test, you will go to higher classes.” He reiterated the same point six months later, when He called us again on 20th September. He said, “You should welcome tests. You should not try to postpone them. Everything in life is a test. Test gives you rest

and rest is the taste of God. Even when you select your clothes, you spend a lot of time testing them. Similarly, you should welcome tests on yourself.”

☺ On the Importance of writing:

“You must practice writing. You read at home but write in examination hall. This is not good. You should practice writing the answers too.”



☺ On the Importance of contemplation:

“These days you go on reading page after page. You must read two pages at a time and think over what you have read. When you read twenty pages at a stretch, it is like a Polaroid film. You cannot make copies later. But when you read two pages at a time, it will be like a photo negative; whenever you want, you can take copies out of it. When you study this way, the *pustaka* (book) and your *mastaka* (head) become one and the same.”



☺ On how many hours to sleep:

“It is not good to stay awake the whole night. Beverages like tea and coffee may help you stay awake, but studying during the night will diminish your memory power.” “But how many hours of sleep do we need? Six hours? Even if after six hours, we feel sleepy, what to do?”

Baba gave the answer in the audiovisual room of the Institute when He spoke to M.B. A., M.F.M, M. Tech students, He said, “Boys of your age need 7 to 8 hours of sleep. Go to

bed early. Think of what you studied till you get sleep. That is contemplation. Get up early—at 4:30 a.m. But, do not sleep during daytime. Also, don't rush to the Institute immediately after you finish lunch. Sit on a chair, close your eyes and take rest for five minutes.”

☺ *On Anxiety:*

“Come examinations, assignments, seminars and with it anxiety. How to overcome it?” In the same session at the Audio Visual room, Baba gave the answer, “When you get deep into work, you get enthusiasm, not anxiety. When you have deep interest, there is no room for anxiety. So, get involved in your work.”

But should we continue to stare at our books when we don't feel like studying? He said, “When you have no interest, don't sit in front of the open textbook just to satisfy others. Go for a short walk. Sing Bhajans. Come back with enthusiasm and interest. Then study. If you make a show of studying, but with little interest, even that may go.”



☺ *On other matters:*

...Said Baba, “Faith in yourself and Faith in God, this is the Secret of Success.”

- by N S Ramnath (Taken from Sai Nandana)

Face difficulties with Fortitude

There was once a gardener who nursed his master's garden with great care, bringing water for each sapling in a pot from a distant well. With such dedication, he earned the love and respect of his master. One day he was weighed down by family problems. Putting the pot of water aside, he sat down dispiritedly. He tried hard but could not clamber out of depression. “What am I worth? Am I meant to be a gardener all my life? People everywhere are enjoying comforts and peace of mind. Why not I? I must be a pauper, a sinner.” He demeaned himself thus.

At this point, the pot spoke, “O Gardener! This frustration over a trifle is unworthy of you. Only through difficulty is the desired fruit attained. Look at me. I started out as mud, trampled by everyone. Then a potter picked me up. He mixed me with water, crushed me, mounted me on a wheel, spun me around, hammered me, fashioned me into this shape and roasted me in fire at length. That is not all. I had to endure endless pain from buyers who assessed my quality by knocking me with their fingers. Only after enduring such hardships, I am worthy of being carried on the *heads* of human beings today. Had I given up in despair, could I have earned this lofty state?”



Whoever wishes to achieve success must similarly experience various trials. Happiness is not born out of happiness. Conquering difficulties alone grants lasting peace. The body is given to undergo ordeals! Provided our attitude is correct, troubles only serve to enhance our courage and strength.

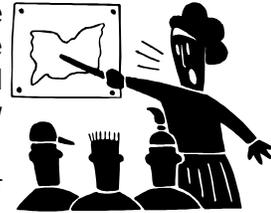
- Summer showers in Brindavan 1991

Messengers' Corner

Omniscient Teacher

When I look back at the tapestry of my own life, I find how He has led me from a shy young boy who had lost his mother to this point where I stand in the sanctum sanctuary of the universe in His very presence lisping the words that He utters. I remember the lessons that He has taught me vividly, but let me tell you the very first lesson that I learnt from Him.

I was a young boy in a high school in one of the metropolitan cities in this country, going my way, filling the sewers of filthy existence with my life. It was at that time when in front of our school we had cinema theatres and my student friends advised me that the best way to learn things of life is not in the classroom but to spend one's time within the four walls of the cinema halls. There were three cinema halls there and I spent most of my days there. It was then that Lord Sai decided to change my life, He stepped into my life and my life has never been the same again.



One day when we went to Brindavan, I, along with my father, Baba called us for an interview. As we entered, He looked at me patted me on my cheeks and said, "Good boy." I was very happy with this, because I thought it was a certificate from Swami and also that nobody knows what I really am. It was at that point that Baba looked at my father and asked, "Where are the others? Go and call them." As my father went out to call them, Baba beckoned to me lovingly, looked into my eyes and said, "Where were you yesterday afternoon?"

The day before that had been a Saturday so with a straight face I said, "I was in the classroom. Swami, I was at school."

"Since when has the classroom been shifted to the cinema theatre?" He questioned.

He went on to describe the seat I had occupied, the friends I had gone with, the film I had seen, and the actors and actresses. By that time, my father entered. Baba looked at him and then at me and I shuddered. My father was a very strict disciplinarian and I knew, that this would be a day to remember. But it has become a day to remember for a totally different reason and that is this. Swami looked at my father, smiled at me and said, "Good boy, but bad company." And it was at that moment, brothers and sisters, I surrendered to this Lord. This Lord who could have shown His omniscience to my father and to those around Him, but chose to keep this secret so that I may change, that I may transform.



This is the Master whom we have with us, this is the teacher who has manifested for our sake. He is there with us day in and day out, our secrets are known only to Him and He will lead us unto the very end. Our good fortune lies in the fact that Sai will not dilute the lessons He wants to teach for our sake. No! He will lift us to the level where we can understand the lessons that He wants to teach us. He is so kind, so merciful, so loving, yet, He is so stern and will not spare us if we don't learn the lessons, He will repeat it again and again as we have been seeing. Everyday in the evening, He spends so much time repeating the same lessons for our redeeming. He wants to save us from ourselves. Let us pay our homage to this *Guru*.

It is a thankless job to save man from what he has made of himself. On the board of His life He writes, "My life is My message," and He wants us to copy it on the slate of our life, but what have we made? We have scribbled so much on the slate of our life that there is hardly anything that we can find. Then He wipes the slate clean, He means past is past, forget the past. Change your life from today. What homage can we pay unto this Lord, except offering ourselves unto Him?

- Dr. T. Ravi Kumar (July 30 1996)
Taken from the Study of Sathya Sai

Sathya Sai Education Officers' Column

Second Certificate Course on Sathya Sai Educare

19 July – 18 October 2002

The Second Certificate course on Sathya Sai Educare (SSE) based on the principle “**Values cannot be taught, they have to be lived**” will be from **19 July to 18 October 2002**. The course comprises a residential intensive learning at the **ISSE, San Pedro** for one month from **19 July to 18 August**, and self-learning by practice for two months from **19 August to 18 October**.

- First, all students will follow a values-filled daily routine through the duration of the course in a residential atmosphere, comprising morning and evening prayers, meditation sessions, meetings, and group discussions, and vegetarian meals, all of which will bring about a *self-transformation* in them. There will be limited interaction with the external world – like TV, magazines, etc.
- Next, they will receive about **70 hours** of lectures on education in values, its significance, the teaching techniques, and other relevant topics by inspired persons, who practice these aspects.
- Third, the students will daily observe experienced teachers conducting SSE-integrated class sessions for primary grade school children.
- Fourth, the students will “learn by doing”, under the guidance of trained teachers. They will teach, up to 6 hours everyday, SSE-integrated classes in a primary grade school environment.
- During the residential course, each student will also prepare one individual thesis, in which the student will document the important aspects of SSE, one’s individual transformation, and how the student plans to apply SSE in the future teaching career. Finally, the students will practice in their own schools the Educare program for two months. The final presentation will be tentatively around the **end of October**.

Successful students will be recommended for receiving certificates at the Convocation of the Institutes of Sathya Sai Education to be held at Prasanthi Nilayam, India in November 2002.

Activities of the Institute in 2002

Indonesia

29-30 June 2002 : Seminar on Strategy for Operationalising Educare in Indonesia at Bali for 150 teachers.

30 June 2002: Inauguration ceremony for Sathya Sai Kindergarten, Bali.

Educare links around the world

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

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

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

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

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



Editor's Note:



This issue is submitted at the Lotus Feet of our Divine Master on the eve of Guru Poornima. As there was no May issue, the August issue is published in July. The next issue will be in November. We appreciate your understanding

We sow the seed of Thought and reap the fruit of action. From the seed of Action arises the fruit of behavior. From the seed of Behavior comes the fruit of character. The seed of Character yields the fruit of Fortune. Thus, from Thought to Fortune, the chain of human progress can be perceived.

-Baba

