



Sai Jewels

Regional Newsletter—May 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

May 2000, No 03/2000

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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@skyinet.net

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Thought For the Month

Reduce the luggage you carry about, when on the journey of life. All that is not 'you' is luggage! You are not the body. So the body is an item of luggage. The mind, the senses, the imagination, the desire, the plans, the prejudices, the discontent, the distress – all are items of luggage. Jettison them soon, to make your travel lighter, safer and more comfortable. Learn this lesson watching the great, who are humble and simple. They are the elders whom you should admire and follow. They are the people who bring forth your tears when they pass away; there are others who bring forth your tears, when they pass your way! they are to be avoided.

- Sri Sathya Sai Baba

Health and Human Values

Human life is based on six constituents—the five basic elements and the Atma. To recognize this fact, three paths have to be pursued. One is to recognize within one's self the presence of Nature and the Divine. A second path is to recognize in God the cosmic creation and one's self. The third path is to see in Nature the presence of God and one's self. It is only when knowledge is acquired by these three paths that knowledge of Self arises.

The Divine pervades the minutest and vastest

The world is described as *Prapancha* because it makes known these five attributes in creation. For the evolution of the Cosmos, the *pancha bhuthas* (the five elements, ether, air, fire, water and earth) are needed. To nourish the five elements, the *pancha koshas* (five sheaths) have to be developed. They are the *Annamaya kosh*a (physical sheath), the *Praanamaya*, the *Manomaya*, the *Vijnaanamaya* and the *Anandamaya* (the vital, mental, wisdom and bliss sheaths). The sheaths have to be sustained by the *pancha pranas* (five vital airs). The five vital airs are contained in the *Avatar* (Divine incarnation). They are: *Praana*, *Apaana*, *Vyaana*, *Udhaana* and *Samaana* (life breath, down-breath, side moving breath, upward breath and balanced breath). These five vital airs arise from the One that is their source. They originate by the Will of the Omniself. The secret of creation cannot be explained. The five kinds of vital airs or life-breaths are not only present in the body, but are cognizable in all the five basic elements. The Prana is in the Sun. *Apaana* issues from the earth. *Samaana* emanates from ether. *Udaana* issues from Air. *Vyaana* arises from Fire. In these five elements, the five life-breaths are immanent. Close to each one of these life-breaths, the reflections of man's actions are present.

Picture on health,
Human body

As you sow, so will you reap

There is a shadow that closely follows every object. Likewise, the reactions of each action of man closely follow the Prana. When the life-breath leaves one body and enters another, the results of one's actions follow the Prana to the other body. The Prana enters another appropriate body in accordance with the results of the actions in the previous body. Hence, one can reach a worthy state in life by

doing good deeds and cherishing good feelings. You cannot get a mango fruit by planting a lemon seed.

Man may fancy that he is capable of achieving anything. But his achievements are solely related to the nature of his actions. The Creator sends each one at birth with a garland made of the results of his good and bad deeds in his previous birth. The scriptures exhort men to adhere to good thoughts and good deeds as the only way of realizing a good life. The fruits of your actions will be reaped only by you. You alone are responsible for your joys and sorrows. God is in no way responsible. He is only a witness. But if you pray to Him with all your heart and soul, the effects of all *karmas* will disappear like a mist. Devotion will free man from the consequences of his deeds. If man devotes a small fraction of the enormous time he devotes to his wealth, family and position, to thoughts of God, he need have no fear about the Lord of Death. If one does not think of God even for a moment, how can he hope for peace of mind?

As is the food, so is the mind

Every activity of man is dependent on the energy he derives from the intake of food. The spiritual *sadhanas* he ventures upon depend for their success on the quantity and quality

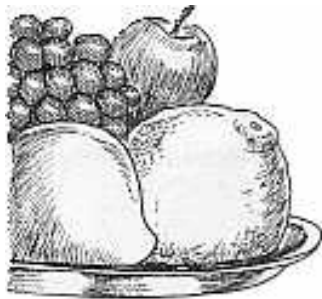
of the food taken by the spiritual aspirant. The most external of the five sheaths that enclose the Atmic core, namely the physical sheath, has impact on all the remaining four. It consists of the material, flesh and bone, built by the food that is consumed by the individual.

Food is generally looked down upon by ascetically minded spiritual aspirants and treated as some thing, which does not deserve attention. But, since the body and the mind are mightily interdependent, no one can afford to neglect it. As the food, so the mind; as the mind so the thoughts; as the thought, so the act. Food is an important factor that determines alertness and sloth, worry and calm, brightness and dullness. The scriptures classify food as *Satwic*, *Rajasic* and *Tamasic* and relate these types to the three mental modes (gunas) of the same names.

Role of food in maintaining thoughts

Those who wish to use the body properly and see that they have good thoughts and perform good acts, have to take note of two factors - regulation of diet and regulation of their environments.

You should not consume any kind of food merely to appease hunger. You must take only *Satwic* food. Our thoughts are determined by the kind of food we consume. The body is cleansed by water. The mind is purified by Truth. It is only when what is conducive to Truth is taken that you can pursue the path of Truth. As the body is a sacred shrine you should not take in any intoxicating substances.



Picture on food

What is *Satwic* food?

Common view is that fruits and milk constitute *Satwic* food. What the mouth consumes, is not the only thing that goes into the body. Other sense organs like eyes, ears, nose and hands also 'consume' objects from the outside world. Through the eyes, you have to see only what is pure. The power of sight should be used only for sacred purposes. It is only when they use the eyes in a pure and godly way will they be receiving *Satwic* impressions through the eyes. The ears also need pure food. This means that you should listen only to sacred speech and hear only matters about the Divine. Always hear good and pleasant things about others. In this way you must safeguard the ears from pollution. Only then will you be "consuming" *Satwic* food through the ears. Only fragrant and sweet smelling scents should be absorbed through the nose. If you inhale foul air, you are likely to breathe in disease-producing germs. You must inhale pure air in a clean open space. Even the hands must "consume" pure food. This means that you must perform good acts with your hands. That is the way to, treat the body as a temple.

Avoid *Rajasic* and *Tamasic* food

Man is the only living being, which dislikes raw food found in the natural state. All other animals eat things, as they are---grain, grass, leaves, shoots, fruits. Man boils, fries, melts, mixes and adopts various methods of cooking in order to satisfy the cravings of the tongue, the eye and the nose. As a consequence, the food value of these articles are either reduced or destroyed. When the seeds are fried, they do not sprout; that is clear proof that the 'life-force' is eliminated. Therefore, uncooked raw pulses just sprouting are to be preferred. Also, nuts and fruits. The coconut, offered to the Gods, is a good *Satwic* food, having good percentage of protein besides fat, starch and minerals. Food having too much salt or pepper is *Rajasic* (passion-rousing) and should be avoided; so also too much fat and starch, which are *Tamasic* (disposed to inactivity) in

(Continued on page 12)

Nearness to God

- Easwaramma Day Message

In ancient days the sages, who did penance and had a vision of the Reality, declared that they had realized the Divine, whose effulgence was that of the sun, beyond the darkness of ignorance. They also taught that God is the embodiment of Truth and had to be experienced as such. They declared that one who does not see this truth is akin to an animal. Truth issues from *Prema*. In this world there is nothing greater than love. The more you love, the more blissful you become. Divinity is the embodiment of love. Love shines as the eternal truth in every one's heart. This love has to be experienced and shared with all. When love is directed towards the ephemeral world it is attachment. When it is directed towards God it is true love. Worldly experiences confer only temporary happiness. Love towards the Supreme Self, who is eternal and changeless, will confer eternal bliss. This is true devotion.

True devotion is love for love's sake

Devotion is not merely offering several types of worship or going on pilgrimage. True love for love's sake alone constitutes devotion. It is the love flowing from a pure heart unpolluted by selfish motives. Love is the intimate bond of relationship between the devotee and the Lord. There are nine types of devotion. But they are not equal to Pure Love. If you want to realize God, it is enough if you pursue the path of pure love. Sages spent their time in the forests amidst wild animals. They lived amicably side by side with them. The animals did not harm them. With the sole weapon of love, they were able to tame the wild animals.

From truth to peace

When you plant the seed of Truth in the heart and make faith take deep root, with the rain of chanting God's name, peace blossoms,

yielding the fruit of Liberation. Sow the seed of Truth in your heart. The deeper the root of faith goes down, the stronger will be the tree of life. You must provide water for the flourishing growth of the tree by means of singing the glory of God. Only then the flower of peace will bloom and from this the fruit of liberation will be attained. Human life has four stages. It can be described as a four-storied mansion. Any structure can be safe and sound only when the foundation is strong. *Brahmacharya* (youthhood) is the foundation for the structure of life. The first floor is the stage of *Grihastha* (householder leading a married life). The second floor is *Vaanaprastha* (preparatory to renunciation) and the third floor is *Sanyaasa* (Renunciation).

Three worlds are within everyone

There are three states of consciousness in man - the waking state, the dream state and the deep sleep state. All the three states are in every individual. The Gayatri mantra "*Om Bhur Bhuvah Suvah*" is related to these three. We think that *Bhuuloka* is the world that we live in, *Bhuvarkaloka* is heaven and *Suvarloka* is beyond that. This is not correct. All the three worlds are in our heart only. The outside world we see is the material world formed of inert matter. You may ask how this can be called inert when there is a lot of movement. The world that you see is *Bhu* and the air is pumped into a tire we see this force in play, which causes the tire to bloat. *Prana* (Life - force) is *Bhuvah*. Because of the *Prajnaana*, which is inside, the life force is able to cause vibration and activate the limbs. The source of *prajna* is *Suvaha* (Radiation). When you analyze in this manner, it will be seen that *Bhur-Bhuvah-Suvah* represents the forces of Radiation, Vibration and Materialization. It is the existence of these potencies in man

Picture of gayatri
devi

that makes human birth very precious.

The meaning of Gayatri Mantra

In the Gayatri Mantra, the unity of body, mind and soul is depicted in the first line as "Bhur - Bhuvah - Suvaha." The next line "Bhargo Dhevasya Dheemahi" means: "Throw away the darkness." "Dheeyo yonah Pracho dhayaath" means: "Let the effulgence of the Divine dispel the darkness of ignorance." Gayatri is pervading everywhere. It consists of three deities, Gayatri, Saavithri and Saraswathi. Of these, the first one is master of the senses. The second is the teacher of truth and the third is the master of speech. Hence it is Trinity of the senses, the mind and speech. Gayatri is hailed as the Mother of all Vedas. Gayatri has five faces and is the embodiment of all deities. Description of the glory; meditation and prayer are all contained in the Gayatri Mantra. A prayer becomes meaningful only when you stabilize your mind and turn it towards God. The basis for this is to meditate, pray and experience. It is essential to achieve harmony in thought, word and deed. Gayatri is teaching this great lesson.

Significance of Upanayanam

Every small word or phrase in a *mantra* has immense inner meaning. It cannot be dismissed as superstition. Modern education has ruined our culture. You should know the meaning of the *mantras*. People want the fruits of meritorious deeds but they indulge in sinful actions. Youth today must pledge themselves to speak the truth, develop love and have unshakable faith in God. They will then be able to establish peace in the world. This is the significance of the sacred thread ceremony. *Upanayanam* is a sacrament that makes a boy fit for pursuing the highest wisdom. There is no difference between one child and another at the time of birth. All are born out of the mother's womb only. This is the first stage of life. The second stage is getting the initiation of Gayatri at the time of *Upanayanam*, when the boy becomes a *Dvija* or twice born. He is then purified. The third stage is *Vipra*, when one has mastered the

study of the *Vedas*. The fourth stage is *Braahmana* when he actually realizes the *Brahman* through the knowledge of the Self. One becomes a *Braahmana* not by birth but only when one realizes the Supreme.

Those of you who have had this sacred teaching of Gayatri today are very lucky. On this very auspicious day, you have all taken a second birth. You must forget the past. The present is very important. From today onwards you must develop love of God and get a good name. Though God is the Creator of all beings, you must understand that while God created mud and water, it is the potter that is responsible for creating a pot by mixing the mud and water. Similarly God has created consciousness and matter. Your father and mother have together given you your body and brought you up. It is, therefore, your duty to make your parents happy. If you don't please them, or if you ignore them, you cannot be happy. You must develop love for your parents, study well, imbibe the sacred culture of your country and lead noble lives as ideal sons of your parents.

Gayatri will protect your body, make your intellect shine and improve your power of speech. That is why Gayatri is considered to be very important for this second stage of your life, which you are entering today. You should live in accordance with the prayer: Let us grow together, live together and develop love together. From such living, you get divinity. Unity leads to purity and purity to divinity.

All mothers are Goddesses

Today is Eswaramma day, the day of the Mother Goddess. All mothers are goddesses. The mother can be compared to the earth and the father to the seed. Unless the seed is sown in the earth the plant will not sprout. You cannot ignore the father and mother who



Message of the Avatars and the Epics

- Buddha Poornima Message

The following is the fourfold formula for all people. Welcome good company. Eschew all association with the evil-minded. Perform meritorious acts ceaselessly. Always discriminate between the transient and the everlasting.

This vast cosmos, consisting of moving and unmoving objects, is permeated with Truth. All names and forms are founded on *Dharma* (righteousness). *Dharma* is the form of God. The *Atma* (spirit) that is present in the subtlest of the subtle and vastest of the vast as a witness is verily the *Brahman* (all-pervading consciousness). All the objects in the universe are made of atoms. The atom is the embodiment of the *Atma* (spirit). Hence there is no place in the universe without the *Atma* or *Brahman*.

Forgetting the spiritual basis of the universe man gets entangled in misery through his worldly attachments. It was out of recognition of this truth that Buddha declared: "Everywhere there is sorrow. Everything is momentary and everything is perishable." To consider the worldly things as permanent is the cause of sorrow. If man recognizes that the world is permeated by the *Brahman*, which is all bliss, he will free himself from the cause of sorrow. He fails to recognize the Divinity that subsumes the whole of Nature or the phenomenal universe. Instead, he regards the Divine as a natural phenomenon and though the workings of the Divine can be seen in Nature, man in his folly fails to recognize the Divine. **Nature in its myriad forms is the effect. God is the cause. The entire cosmos is a manifestation of cause and effect** Hence



the universe is a manifestation of the Divine.

See the divine in every human being

Man should realize that the five basic elements which constitute the universe are common to all mankind and should be enjoyed as such. He should see the Divine in every human being. This was the purport of the prayer: *Buddham Sharanam Gachchaami* (I seek my refuge in the Buddha). The second prayer is: *Sangham Sharanam Gachchaami* (I seek refuge in the Sangha). The implication of this prayer is that, after getting enlightenment, one should enter society to serve it. The third prayer is: *Dharmam Sharanam Gachchaami* (I seek refuge in Dharma). This means that for the sake of upholding *Dharma*, one should use one's *Buddhi* or the enlightened intellect and engage himself in social activity. Possessing intelligence, if a person does not do social service, he cannot uphold *Dharma*. It has been said that man had been given a body essentially to pursue *Dharma*.

What is that people need today? These are three things. A heart pure and white like the moon, speech soft and sweet like butter, a face that is loving and kind. These are lacking in the world today. The entire atmosphere is frightening. There is harshness in speech. There is no softness in the heart. Today, on the contrary, people are hard-hearted. Fill your hearts with compassion. Let your speech be sweet and truthful. You will then be truly human.

Non-Violence is the first *Dharma*

The observance of non-violence has been described as the highest form of *Dharma*. All the violence in the world today is due to the fact that people do not lead righteous lives. People do penance and perform various kinds

of rituals, but they have secured no peace. Why? Because they have not sought to find out who they really are. This inquiry should lead to the realization that one is the Divine in human form and deeming the body as the basic reality, men are misusing the body and the talents and qualities given to them. They are failing to recognize how to use their endowments for redeeming their human birth.

Among the teachings of Buddha to the world, the foremost was *Ahimsa* (not causing harm to anyone). Non-violence is not merely refraining from inflicting injuries on others with one's limbs or weapons. Non-violence has to be practiced with *Thrikarana Shuddhi* (purity of mind, tongue and body). There

sacred lore. What other ornaments does anyone need? Only by the harmony of the mind, the heart and the tongue, there should be unity in thought, word and deed.

Avatars and Dharma

The role of every *Avatar* (incarnation of the Divine) is to establish the reign of Truth and Righteousness, banish all that is evil, false and unrighteous in the world, and help to manifest the divinity in mankind. It was to establish the reign of righteousness, that the advent of the *Rama Avatar* took place. There is no greater *Dharma* than Truth. In order to uphold the promises given by his father, Rama chose to go in exile to the forest. Likewise, in the *Krishna Avatar*, the Lord declared: "I incarnate from age

What Buddha taught to his devotees

Once Buddha set out to seek alms. He was approaching a village where there were a number of devotees of Buddha. At that time, some wicked persons confronted him on the way and abused Buddha in various ways. Buddha sat on a rock nearby without proceeding with his journey. They continued abusing him in worse terms. Buddha sat down saying, "If abusing me gives you pleasure, enjoy it yourselves." Exhausted by their abuse, they were preparing to leave. At that time, Buddha told them, "I stayed here all the time because if I had gone to the village, my devotees there would not have spared you, if you had indulged in all this abuse in front of them. It is to save you from this calamity that I had put up with all your abuse, given you a free rein and stayed here."

"I am happy that today without incurring any expense or taking any trouble I could give so much pleasure to all of you! What a fine day for me!" exclaimed Buddha.

Buddha also brought home to them another lesson. He asked one of them, "Child! A beggar comes to your house asking for alms, you give him some food. If the beggar says, "This is not the alms I asked for, and I will not accept it", what will you do?" The man replied, "I will keep back the offering." Buddha said, "In the same manner, you attempted to offer me the alms of your abuse. I did not accept it. To whom does it belong? It remains with you. So, you have only abused yourself, not me!"

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should be no ill feelings, which is a form of violence. To cause harm to others through the body is also violence. No one should be harmed even by speech. The speech should be sweet, pleasing and wholesome. All actions should be helpful to others.

Buddha laid down three rules for all actions. All acts done by the hands should be good. The proper ornament for the throat is truth. For the ears, the best ornament is listening to

to age to establish *Dharma*." When you listen to these declarations, it will be clear that *Dharma* is the supreme ideal. What is *Dharma*? Any act that is done with purity in thought, word and deed is *Dharma*. The history of the world is replete with stories of the great men who have upheld *Dharma*. Buddha also had to face criticisms from his contemporaries. These are the familiar experiences of all *Avatars*. No incarna-

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The Divine Dispeller of Darkness

- Guru Poornima Message

One's actions determine one's future. Actions are a result of three things: Thoughts come first; giving expression to them is another. Acting according to one's words is the third. The mind is responsible for thoughts, the tongue for speech and the hands for actions. The combination of thought, word and deed represents the human state. They account for man's pleasures and pain. Hence, man is accountable for his actions. No one can escape from the consequences of his deeds. But anything can be achieved through God's grace. Hence man should strive to win God's grace.

Accountability for one's actions

The results of one's actions are realized over different periods of time. In some cases, the results are immediate, as, for instance, when one slips and sustains a fall. In some cases, the results occur after a few minutes or hours. For example, the food you take in the morning is digested after two hours. When you sow a seed in the ground, it takes some months or years to grow into a tree and yield fruits. Some imagine that they can get away with bad deeds because the consequences are not immediate. The consequences are bound to occur some time or other.

There are three types of actions. *Sukarma* relates to good actions that produce good results. *Vikarma* relates to bad actions that have bad consequences. *Akarma* relates to the fruits of actions in previous lives. People who may have done no actions of any kind in their present lives may still suffer from the consequences of their actions in previous lives. The effects of past deeds can be mitigated by earning God's grace. Everyone has to face the consequences of their actions, though he may not know how, when or where these conse-

quences may occur. Man can reverse the consequences of bad actions by performing good deeds and invoking God's help.

Develop detachment and sacrifice

The first need is to develop the spirit of sacrifice and get rid of attachment and possessiveness. Then, the yearning for God grows. All are entitled to receive God's grace according to their merits. It is like drawing upon a bank according to what you have deposited with it. There are three ways of getting money from a bank. One is drawing on your deposit. In spiritual terms, this means realizing the fruits of your past actions. The second means is

raising a loan on the security of your assets. This corresponds to the grace you get by your current good deeds. The third means to get money from a bank is to have a good surety to the loan you wish to raise from the bank. Spiritually, this corresponds to securing God's grace through the medium of a guru

(preceptor). Who is the *guru*? He is the Divine dispeller of the darkness within you.

Install God in your heart

Forgetting this basic truth, people run after men wearing the ochre robe who profess to impart a *mantra* (prayer) and stretch their palm for money. This is not what is meant by *Guru*. Install God in your heart. The vibrations that emanate from the heart will elevate you spiritually and confer Divine wisdom. This wisdom has been defined as Constant Integrated Awareness. To acquire such wisdom you have to keep your mind pure as a mirror, using earnestness as a cloth, dipping it in the water of Love and wiping the dust on the mirror (in the form of bad qualities). This



wisdom cannot be acquired from books. It has to be got through, self-examination and self-correction.

Three different types of Gurus

There is the Guru who gives you a *mantra* (sacred formula), tells you its potentialities and directs you to repeat it sincerely and steadily. He is the *Deeksha* Guru; the initiation into the mantra is called *Deeksha* in ritualistic parlance. He assumes that his duty ends with the gift of the *mantra* and the command to use it with conviction and care. He does not direct the pupil to master his senses or guide him to march forward and attain the victory. For the pupil the *mantra* forward is a formula to be repeated in a parrot like way. He might not even know that it is a precious gift, but without the spiritual discipline of self-improvement, the gift has no value at all. The second type of Guru recommends the worship of one or another of the forms of Gods. Another set of Gurus teach lessons destined to change your consciousness. These are the teacher-gurus. But all these types ignore the One and divert attention, adoration and devotion to the many, which are only relatively real. They do not lay down methods by which purity and clarity can be won. They are afraid to antagonize the animal urges in their pupils. Their teachings fill the head but do not thrill the heart. All types of God assert that God, Nature and man are distinct, whereas they are all really based on the play of Maya on Brahman. They deal with subsidiary not the Primary, the diversity not the unity, the trivial not the true

The signs and qualities of a true Guru

The true Guru is the one, who has no ego or selfishness, and who can raise the disciple to his own level. The signs of a true Guru are large-heartedness, absolute selfishness, and purity in living, freedom from acquisitiveness, absence of envy, and equal mindedness in his conduct towards everyone. Freedom from envy is an essential quality in a guru or disciple, because envy is the root cause of many evils.

The Guru's role is to lead the disciple on the

Godward path. He must teach the true purpose for which each of his sense organs is to be used- his eyes, his tongue, and his limbs. All the senses are to be used for discovering and experiencing the Divine. Only then he can be revered as a Guru.

The guru is in the heart

Today is *Guru poornima*. The real significance of *Guru poornima* does not consist in worshipping the *guru* with some offerings, but getting rid of the darkness of ignorance. *Poornima* refers to the full moon, but the full moon symbolizes the mind filled with delight. There is close association between the mind and the moon. *Guru poornima* signifies the elimination of all darkness and evil from the mind. *Poornima* refers to the full moon with all his 16 aspects being illuminated by the sun. In man, these are sixteen black spots: the six enemies (lust, anger, greed, infatuation, pride and envy), the two *gunas*, (*Rajas* and *Tamas*), and the eight types of conceit (based on lineage and scholarship, wealth, youth, beauty, position and penance). It is only when man gets rid of these sixteen evil traits, that he will be able to realize his oneness with his Divine. Who is the one who enables man to achieve this state of fullness? It is the Guru. Guru refers to one who has transcended the qualities and has no form. What is the mantra they really need? It is the understanding of their true nature. This mantra is within them. Each contains within him the *mantra*, *tantra* and *yantra* (the spiritual message, the method of practicing it and the instrument for implementing it). Your process of breathing contains the mantra you need. *Yantra* is your physical body and *Tantra* is your heart. When you have in you all the

The sound of Mantra has the power of transforming the impulses and tendencies. The Greatest all mantras is the AUM.

- Baba

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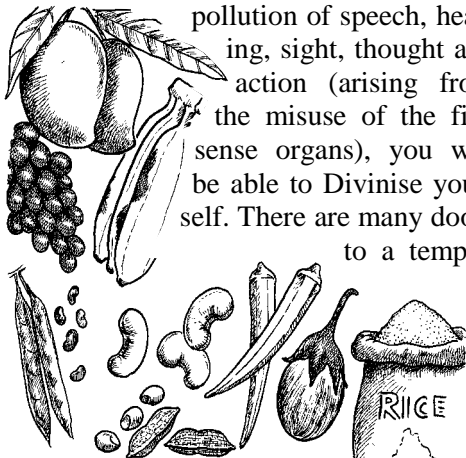
their effects on the body, should be avoided.

Intake of too much food is also harmful

Simply because tasty food is available and is being offered, one is tempted to overeat. We have air all around us but we do not breathe in more than we need. The lake is full but we drink only as much as the thirst craves for. But overeating has become a social evil, fashionable habit. The stomach cries out, 'Enough,' but the tongue insists on more, and man becomes the helpless target of disease. He suffers from corpulence, high blood pressure and diabetes. Moderate food is the best medicine to avoid bodily life. Do not rush to the hospital for every little upset. Too much drugging is also bad. Allow nature full scope to fight the disease and set you right. The type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much your self-control is lessened or heightened. Polluted air and water are full of maleficent viruses and germs and have to be avoided at all costs. There are four pollutions against which man has to be vigilant of the body (removable by water); of the mind (removable by truthfulness), of reason (removable by correct knowledge) and of the Self (removable by yearning for God). **God is the Doctor. Seek Him, rely on Him, you will be free from Disease.**

Five gates for the temple of the body

When you get rid of the evils associated with pollution of speech, hearing, sight, thought and action (arising from the misuse of the five sense organs), you will be able to Divinise yourself. There are many doors to a temple.



They are intended to let in devotees who seek to worship God. Gateways in temples are intended only for devotees to enter. Similarly there are for this temple of the body, five gates. When we build a house and erect doors in it, they are for the use of our kith and kin and not for all stray animals to walk in. If animals enter, the doors are shut against them. Likewise, the doors in this sacred body should be kept open only for sacred and divine entrants. It ceases to be a temple if unholy objects are allowed to enter it.

Mental purity is related to purity of food

Man commits many offences, knowingly or unknowingly, not only in this life, but also in previous lives. The imprint of these actions is carried by the associative memory over many lives. When the mirror of the mind is soiled by these relics, the mind cannot perceive anything in its true state. This is the reason why man is unable to recognize his own true nature. Hence, it is necessary to cleanse the mirror of impurities by regulating one's food and recreational habits.

It is important to ensure that the food that is eaten is obtained by righteous means. Many of the ills that men suffer today are due to the fact that the things they consume have been got by unrighteous means.

Hence, to purify the mind the first prerequisite is pure food. But it is not always possible to ensure such purity in every respect at all times. To get over this difficulty, the way out is to make an offering of the food to the Divine and regard it as a gift from God. To the question, "Who is God?," the answer is given in the *Gita sloka* which declares that the Lord dwells in everyone as *Vaishwanara* and digests the food that is consumed. Before eating, the food is offered to God, it then becomes a gift from God. All the impurities are thereby removed. This helps the process of cleansing the mind. This practice has to be kept up continuously.

- Compiled from Summer course discourses -SSS Vol. 14 Sept 21 '79; Vol. 17 Oct. 1 '84; Vol. 23 May 20 & 25 '90; Vol. 24 May 27 '91.



SATWIC

Bean and Pasta Soup

*1 onion, chopped
1 celery stalk, chopped
2 carrots, chopped
5 tablespoons olive oil
5 cups vegetable stock
3 cups peeled tomatoes, chopped
1 ½ cups pasta shapes
3 cups canned beans, drained (red kidney, beans, or chick peas, can be used)
½ cup spinach, washed
salt and freshly ground pepper
2/3 cup Parmesan cheese, freshly grated*

Place the chopped onion, celery and carrots in a fry pan with the olive oil. Cook over medium heat for 5 minutes. Add the stock and tomatoes and bring to a boil. Reduce the heat and simmer for 10 minutes until the vegetables are just tender. Add the pasta and beans and bring the soup back to a boil, then simmer for 8 minutes until the pasta is cooked. Stir frequently to prevent the pasta sticking.

Season to taste, add the spinach and cook for 2 minutes or more. Serve, sprinkled with cheese.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Thai Rice with Pineapple

*2 cups cooked long grained rice
¾ teacup boiled green peas
1 chopped green chili, optional
1 teacup chopped pineapple pieces
3 tablespoons raisins
1 red bell pepper, seeded and chopped
3 tsp soy sauce
3 tablespoons oil
salt and freshly ground pepper
Cilantro (coriander) leaves*

Heat the oil in a large pan.

Add the green peas, chili, pepper and pineapple and cook for a few minutes.

Add the rice, raisins and salt, pepper and soy sauce. Mix well.

Serve hot garnished with cilantro leaves.

"To catch the reader's attention, place an interesting sentence or quote from the story here."



Caption describing picture or graphic.

Study Act Inspire YOUTH Page



The true spirit of prayer lies not in ostentation, but in a sincere and deep meditation of the Lord.

Arjuna was fond of making long and ostentatious prayer to God. He would every day throw cartloads of flowers at the feet of Shiva's image, and conduct worship with great ceremony in a spacious hall reserved for the purpose, lit up with numerous lights. He would use nothing but gold and silver vessels for prayer and would spend hours in the external forms of worship. Bhima, on the other hand, never sat for prayer and did not appear even to go to the temple. All that he did was to close his eyes, as if for meditation, for a few minutes before dinner. Arjuna began, on account of this difference between them, to look down on his brother and think highly of his own piety and worship.

Krishna, from whose observation nothing escaped, noticed this, and, with a view to bring Arjuna to his senses, proposed to him, a trip to Mount Kailash, the abode of Shiva. Arjuna suspecting nothing, gladly consented and the cousins were soon on their way to the Himalayas.



Cartload of Flowers

They had not gone far, when they met a man who was dragging a cart loaded with flowers of various kinds. Arjuna asked the man where he was taking the flowers, but the man was so absorbed in his work that he did not reply.

"Let us follow the man and find out for ourselves," said Krishna. To their surprise they saw him empty the cart by the side of a huge hillock of flowers, all half-faded as those in the cart. They had not stood long observing this when they saw several hundreds of similar carts all loaded with flowers approach the same spot and empty their contents there.

Arjuna's curiosity could no longer be controlled, and so he asked the men where those carts came from. After repeated questioning, one man said: "Sir, pray do not disturb us, we have brought only 500 carts of flowers and more than 500 yet remain in the temple. They are the flowers with which one Bhima, worshipped our Lord yesterday, and now it is hardly two hours more for his today's prayer, and we must remove all of them within that time. So pray do not disturb us.

True Spirit

Arjuna's surprise knew no bounds, and to reassure himself he asked: "Is it Bhima or Arjuna that you speak of? My friend, I am afraid you are mistaken." The stranger replied: "Pooh, Arjuna! Not at all. It is Bhima that makes such glorious prayer and not his brother Arjuna who merely makes a display of his worship."

Just then there came there another man bearing a small basket of flowers, and Krishna addressing him asked: "Whence my friend these flowers? Whose offerings are they?" The man replied: "Oh they were offered yesterday by an ostentatious man who lives on earth, known as Arjuna."

Arjuna hung down his head with shame and addressing Krishna said: "Why did you bring me here? Let us leave this place. You might have warned me of my self-conceit and ostentation at home and saved me all this labor and mortification. I confess I thought highly of my prayer and regarded Bhima with a sort of foolish contempt. I now see that his short meditation before dinner is more valuable than all my showy worship."

Krishna smiled and said nothing.

- Glory of Mental worship (YOUTH CORNER) an extract from 'Rambles in Vedanta' - B.R. Rajan.

CHILDREN'S CORNER

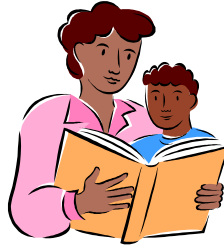
Allan's Secret

Allan and Steve were two brilliant boys. They attended a primary school in Chaguanas and were both in Standard "V". They were very close friends and each one loved the other as his own brother. In every examination, they topped the class, Steve in first place and Allan in second.

One day, Steve's mother, who was a widow, fell seriously ill. Steve looked after her day and night but she grew weaker daily. After two months of suffering, she died. It was her last wish that Steve would be well cared for by his aunt and uncle. Having missed school for two months, Steve had to study day and night as his examinations were drawing nearer. But the memory of his dear mother disturbed him a great deal. As a result of Steve's misfortune, everyone thought that Allan would surely be first in class this time.

The examinations were over. The teacher was very surprised when he went through Allan's answers. Although the questions were quite simple, Allan had not answered some of them. He therefore sent for Allan and asked

him why he was unable to answer those questions. For a moment Allan stood still, wondering whether he should tell his secret to the teacher.



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

Very sadly, he replied, "Sir, you know Steve has been first all the time. He recently lost his loving mother and is now an orphan. If he does not get the first place in class, that would be another cruel blow to him. I did not answer those questions because I wanted Steve to get first place. I thought that would cheer him up and make him happy too."

He then continued anxiously, "But, Sir, please keep this secret. Don't tell anyone else because if Steve finds out about it, he will become more miserable. He is my best friend and I want him to be happy."

For a moment the teacher was speechless. With a look of admiration, he patted him affectionately and said. "My dear boy, today I am very proud of you."

- Taken from EHV Teachers' Hand book (West Indies Edition)

The coconuts and the boons

A priest and a merchant together performed austerities for a long time to propitiate the Lord. The Lord became pleased with their penance and gave them darshan. He presented three coconuts to the priest and one to the merchant and said, "Now return to your respective homes along with the coconuts. After performing prayers, you may wish for anything you want. Then break the coconuts. Your wishes will come true."

The priest was very happy that he had more coconuts than the merchant. The merchant

was very intelligent and was not perturbed for having got only one coconut. He went home cheerfully. The priest, too, went home sailing on winds of wishful thinking, planning out all the things he would wish for, before breaking each coconut.

When he reached home, he performed the prayers as instructed by the Lord. He was about to wish for something and had lifted up the coconut to break it. Exactly at the moment, his wife spoke from behind, "Since you have three coconuts, please get what you want with two of them. With the third one, please wish that my people should become

rich." The priest became very angry with his wife for making such a demand. He shouted at her, "Riches for your people! MY FOOT!" and broke the coconut with anger. The last words were still ringing in his ears when the whole house got filled with human feet resembling the priest's foot. His words had literally come true. There was no place to move about. Thousands and thousands of feet lay everywhere. Both husband and wife were horrified. The wife cried out, "How many feet have you got? How are you going to live with all these feet hanging from you? Please break the second coconut wishing for all these feet to go away." The poor priest could think of no other way. He took up the coconut and broke it wishing that all the feet should go. The moment the coconut broke, his wish came true. All the feet vanished including his original two feet. Now he lay there, a torso without even the stumps of legs. Now what was he to do? He lifted up the third coconut and broke it wishing that

his original legs should come back. All the three coconuts were gone and the priest remained as poor as before.

The merchant on the other hand went home, calmly discussed with his wife what they wanted best and after prayers broke the coconut wishing, "in time, my wife and I should lay out great grandson in a golden cradle on the fourth floor of my own house, while all our relatives along with our sons, grandsons and their wives witness the ceremony.

- Taken from *Sri Sathya Sai Bal Vikas Teachers' Handbook* (compiled by Sis.Devaki Shankar)

The Sooty Buddha

In Tibet there is a temple with a thousand Buddhas, and a devotee selected one for his worship. Every day he would bring some costly incense and a ghee-fed lamp and place it before his chosen Buddha. However, he observed that the fragrance of his incense would drift towards the other Buddhas and this upset him. What he bought was very costly and he felt it should all be for his own Buddha and for none else.

As he pondered over the situation with great concern, he came up with an idea to prevent the fragrance from going to the other Buddhas. He was a bit of a carpenter, so he got some boards and created a wall all around his Buddha.

Now he started burning his lamp incense and was very pleased to see every bit of the fragrance and light he offered, was going right to his own Buddha. However, within a week, much to his dismay, his Buddha became black with all the smoke confined within his shrine.

If you are the kind of person who wants all happiness in life for yourself and none for others, you are like that man striving not to let any fragrance go to any of the other Buddhas. Walling yourself in with "me and mine" constricts your soul and limits your happiness. The Buddha, or the spirit within you, becomes sooty with selfishness.

When you limit everything to yourself, you find no happiness, just sorrow. On the other hand, if you adopt a process of activity, which opens your heart and frees the soul instead of constricting it, you will find that when you turn within, the Buddha within your heart shines bright and your spirit is joyous.

- by Swami Jyotirmayananda

The Stream of Miracles

1948: The New Year arrived in colorful glory. As we were waiting for the New Year greetings, the postman came and gave us the auspicious letter - the golden letter from our Swami. It was a beautiful greeting card with lovely scenery. He wrote down the names of every one of us and, after sending us all blessings and good wishes in plenty, He asked us all to go and visit Him soon. We did so immediately.

One day, after the Bhajan was over, we were all sitting round Him stringing flowers into garlands. Along with us, He too was stringing the flowers. At this work, none of the ladies could equal Him! Is there any art that He is not proficient in? He was making the garlands charmingly thick. He got up suddenly and said, "Come on! Come on! Mother Ganga is coming to visit us." He stood near the huge main gate. After opening the gates, He stood at the center with outstretched hands, and said, "All of you stand back. None of you should go even one inch beyond

these outstretched hands of Mine. See there. Ganga is rushing here." With great ferocity, its waves rising high in the sky, the river was approaching us, fuming and frothing with a roaring noise. It came quite near. "Oh, God! It may swallow us!" We children felt scared. The river came very near to Swami. It was touching the hem of His robe. Except the roaring water, we could not see any trees or shrubs that were there till then. Sai Maa extended His hands forward and touched the river. The stretch of water under His hands immediately became serene. The river water beyond His outstretched hands was still frighteningly turbulent. Swami glanced at us and said, "Go inside, and bring flowers, coconuts, turmeric powder and kumkum." After we brought them, we all offered flowers, turmeric powder and kumkum to the River Goddess. We were still nervous. Swami broke the coconuts, offered them to Mother Ganga and, keeping His palms on the surface of the river said, "We are very happy that you came to visit us. Now, please go back, Ganga!" While saying this, He affectionately patted the waves with both His hands. As if thrilled by His gentle touch, its fury subsided, and it receded completely. We rubbed our eyes and gazed in disbelief in all four directions. Not even a drop of water was to be seen anywhere

around. There was no trace of water on the ground. Swami's robe also was dry. Surprise! A mighty surprise! It went back as suddenly as it had come. How nicely the river halted before Swami, as if a wall was built with its waves! We were baffled. Because Swami was standing still, we felt worried that the river might come back! The Director of these marvelous miracles laughed out loud and pointed His feet to us. A garland of big jasmine flowers was woven around His small, cute Feet! He took it into His hands, smelled it, and distributed the flowers from it to everyone. Each jasmine flower was almost the size of a rose, and was softer to touch than cotton. Its sweet fragrance soon spread in all directions. We reverentially placed those flowers on our closed eyes and then wore them in our hair. We could not understand this miracle, however hard we tried.

A little distance from the Mandir was a garden of basil plants. They were not grown as separate plants, but looked more like clusters of shrubs. As in Krishna's Brindavan, they appeared as beautiful, bushy arbors. I have never seen such arbors anywhere else. We gathered heaps of *Tulasi* (Holy Basil) leaves and began preparing garlands with them. He said, "Whoever makes a garland that comes

exactly to My feet from My neck, I will give a gift. Do you want to know what the gift it will be? Two Padanamaskarams." Guessing His height, all of us began busily stringing the basil leaves. Very casually, without being flustered the least bit, Swami also started making the garland, talking and joking all the time. Whenever we were plucking tulsi leaves, He would disappear. We would call out to Him. We would search for Him behind every arbor. Failing to find Him after a thorough search, we would implore Him to come back, and he would walk out of the very same arbor which we had thoroughly searched a few seconds earlier. When we exclaimed in wonder, "How is this possible? We searched every branch, every leaf." Swami would laugh heartily. Another wonder was that, though made to size, none of the garlands seemed to fit Him, except the one made by Himself. The little thief then mischievously asked, "To whom shall I now grant Padanamaskarams?" As if He did not know who would win!

Next, He asked us to collect all the garlands and make a round ball of them. He made women and men stand on either side of Him. The ball was thrown from one side to the other and, standing in the center, Swami invariably caught it to the merriment of all present. Swami swiftly responded to the shouts of women and men, "Swami, watch out!" "Run to the left!" "Move to the right!" and so on. As the game progressed a, strange feeling overtook us. It was more a trance than a thought. A sweet forgetfulness pervaded us from head to foot. It was a totally new dimension of awareness. We felt as if we were holding Swami's hands and going round and round with incredible speed. Those swift movements made us feel as if we were floating on air. So great was our feeling of happiness and peace that we felt we were transported to some strange, exotic world! We did not know how much time was spent like this! After some time, we all returned to the Mandir. We could not walk steadily on the ground. We still felt as if we were floating in the air. We sang bhajans. We finished dinner

and swarmed around Swami's cot. Someone said, "Swami, I have been feeling dizzy since evening. It is not a headache. It is a strangely sweet, new sensation." Swami replied impishly, "It is not ordinary dizziness. You are feeling dizzy because, all evening, you had been dancing with me." At first, there was a silence as if no one understood Him. But soon, one after the other, we began saying, "Swami danced with me. Swami danced with me too." When I asked, "Could this be true Swami?" Swami, our Krishna, said with a tinkle of laughter, "This is Rasaleela. Our hearts exploded like a volcano. Amazed, we stared at Him with open mouths and wide eyes, our hearts filled with a treasure trove of nectarine bliss. "Oh! So this is the Rasaleela we read about in the Bhagavatam," we told ourselves. But still we did not fully understand. Swami said, "In those days, Krishna used to play like this with the Gopikas. Krishna simultaneously danced with each one of the Gopikas as proof of His all- pervasive presence in the universe. That is what you too experienced today. It is that rare joy that supreme bliss, that is making you feel as if you are floating in the air. That sweet thought is making you feel frenzied with happiness. You are all very fortunate. You have been praying for, and waiting for, this boon from many aeons, from many previous births. Today's experience is only a sample of Divine Grace." Taken aback, we all fell at Swami's Lotus Feet. It was like a plunge in the Ocean of Bliss. The thought of the privilege given to us was still ticking us. The next day also, we continued to feel dizzy as if we were still going round and round in our play with Swami. However this day, more than the previous day, we were able to comprehend the divine ecstasy and the sweet experience which swamped our minds. It was some incomprehensible state of bliss, a strange forgetfulness. A new, "hard-to-describe," energy seemed to be coursing through our bodies, as if we had a bath in a stream of soothing moonlight. It was a hard-to-isolate, heady response. We were laughing to ourselves. That fascinating feeling elevated us to the heights of ecstasy, and our bodies

Sai Revelations

Youth is not related to age

The body is constituted of the five elements, the five sheaths, the five life-breaths and the five senses. Up to one's fiftieth year, one may be described as experiencing youth. Youth hood should be dedicated to purposeful activities. Youth is not related to age. It is will power that determines one's age.

When one reaches **sixty**, it is a custom to perform *Shanti* prayer for the purpose of subduing the six internal enemies (lust, pride, etc). On reaching **seventy**, a person attains the state of the Seven

Sages, the Seven Oceans, the Seven musical notes, the Seven colors. The seven colors come from the sun's rays. The sun's rays are eternal. The Seventieth year symbolizes the attainment of the saintliness of the *Saptharishis* (Seven sages who constitute the constellation of Ursa Major, the Great Bear). On attaining the **eightieth** year, you must become one of the *Ashtagrahas* (eight planets). On reaching the **ninetieth** year, you have to acquire the strength of one of the *navagrahas* (nine planets). On reaching the **hundredth** year one should merge in the ten organs of sense and action and get rid of the body consciousness.

- From SSS vol. 28

Significance of offering your hair to God

All acts of worship have a spiritual significance. Nowadays, people do not understand their inner significance, but give up not only their hair but also waste a lot of money and return home without making use of the trip.

In olden days pilgrimage to holy places was performed with sincere devotion and chanting of Lord's name. But, these days, people go by buses and cars, gossiping all the while, and indulging in unholy pursuits. The tonsure ceremony in which one shaves his head completely and offers his hair to the Lord of their worship signifies your giving up your *Tamasic* qualities (ignorance and lethargy), which is symbolized by the hair on the head. The hair is black. Giving up the hair indicates giving up *Thamo Guna*. You have to assimilate only that which is *Satwic*. You may install idols and worship them. But do not forget the inner significance of all worship. All external activities are necessary only to help you to get into the spirit of non-duality and experience unity in diversity.

From SSS vol. 27

What is the inner meaning of offering a coconut to God?

We never offer the coconut as it is. Try to break the coconut as it comes from the tree; the shell is covered completely by a coat of fiber. You cannot break the nut by hitting it with even a crow bar, but take off the fibrous armor, then breaking it becomes very easy. We remove the fiber that covers it and offer the fruit to God, after breaking it into two halves - free from all the external fiber. This is the symbol of destroying the ego and surrendering to the Lord. So, you have to remove the fiber of desire for sense objects and then go before the Lord devoid of desire and anger; there you declare that you are ego-less by breaking the coconut into two. By breaking the coconut, the water in it flows out. The heart is the coconut and it is covered by the fiber of desire. The water that flows out is the '*samskara*' or purification. The fibers on the surface are the desires. We must strip the heart of all desires and offer the core without the fiber. It then becomes an offering to God. If we aim at a state of no birth and want liberation from the cycle of birth and death, the core acquires a different significance. If we

plant a coconut as it is, in course of time and by watering it, another plant will grow out of it. At the time of germination, there is water in it. At that time, the kernel will be clinging to the sides of the fruit. The water in due time, gets dried up and the kernel shrivels and begins to drift away from the external surface of the coconut. If we try to get the kernel out, plant it and water it, nothing will happen. Our body may be compared to the shell and our life to the kernel. Our *samskaras* are the waters inside the coconut. As long as there are *samskaras* within us, the heart will always cling to the body consciousness just as the kernel clings to the fruit.

Control of the senses helps us to get rid of all evil tendencies. When your mind is troubled by bad thoughts, try to sit in a place and think of God, then you will be happy. Several great saints have taught the path of acquiring control over your senses. They used to offer to God all the tendencies that arise from the senses. They used to dedicate all their actions to God because they could divert their senses in the right channel. Their senses were not touched by temptations of sins.

When you do any action just to please God, no evil result will flow out and cause you any suffering. What is offered to God is totally free from all defects and imperfections.

- SSS Speaks Vol. 5 and SSB 1974

Fluorosis

The menace of fluorosis is there all over the world. Many diseases are caused by drinking water that is polluted. **If there is only one milligram of fluoride in a liter of water, it is safe.** The presence of more than one milligram may cause sickness. If there is 4 to 5 mg of fluoride in a liter, it affects the teeth and is positively injurious to health. It is found on investigation that the fluoride content in water varies from 1.5 mg to 10.5 mg in many rural areas in India.

The fluoride that is contained in underground water sources varies from 1 mg to 300 mg per

liter. In many areas, aluminum factories are established. Fluoride is made use of to a large extent in these factories. This mixes with air and the polluted air affects the people. It enters the stronger portions of the body such as bones and teeth. A portion of this fluoride is excreted through urine. The ignorant are not aware of the serious damage caused by this fluoride to their health. Fluorosis causes pain in the joints and affects the bones at the back, etc. It also affects the movement of the joints and weakens the bones. In some cases, hands and legs are bent out of shape and the victims can hardly do their daily work. Yellow and black spots on the skins are signs of a person suffering from fluorosis. Some germs such as bacteria also enter the system and cause a lot of damage to the human body. Viruses also cause diseases. Polluted food also accounts for the spread of these disease-carrying germs. Meat, fish, black and red salt, black coffee and tea also cause spread of fluorosis and aggravate it further.

Ways and means to combat fluorosis

There are some types of antidotes that can be consumed with food to prevent fluorosis. You should take sour things like lime, orange and tamarind in greater quantity. You can also take more of tomatoes, potatoes and vegetables with Vitamin C. You should also take more of carrots to build the bones. Intake of such food items in a liberal measure will help to combat the incidence of fluorosis. Besides these, consuming of green leaves which contain a lot of calcium will also help in keeping off fluorosis. Food is the main factor in maintaining good health or causing diseases.

Consumption of yogurt will help one to a great extent to combat the onset of this disease. Modern youth take black tea and coffee (without milk though milk is available) thereby inviting the disease. Some take black and brownish salt, which contains more fluo-

ride. They should avoid this and take only white purified salt. It is only by propagating such practical preventive steps that Government can play its role in checking the spread of this disease.

Support and Food are essential for life

The disease of fluorosis is caused by contamination in food, air and water. Earth, fire and ether are the elements constituting the essential basis for human life. Water and air constitute the Life Force. While ether, earth and fire are the basis, water and air are essential for life. Water and air provide the food for the sustenance of life. While the three elements - earth, fire and ether form the support, the other two - water and air form the food. You get water and air from the earth. Longevity depends on regulated diet and habits.

How to get pure water

One simple method is to mix lime and sand in water in a proper proportion and stir it up slowly taking 15 minutes for the process. Allow it to settle down for 5 to 6 hours. You will see the sand deposit at the bottom. If this is done before bedtime, the water will be

clear by the next morning. The water thus purified can be used. You can make use of pure alum also for this purpose.

The main constituents of the body should be in proper balance. Any imbalance will affect the health and curtail the life span.

- From SSS vol. 27

Significance of the thumb and fingers

Hold your right palm, spread it vertically before you! You find that the thumb points towards you and is keeping apart from the other fingers. That represents the *Paramatma*, which is aloof and unaffected. The forefinger is the *jivi*, the self, attached to the three *gunas*, the three-stranded complex of the objective world. It seeks to mix with this, that and the other, to show this and mark out that; it is ever busy identifying objects and so it gets the company of only the three qualities (*gunas*). But, once let it turn towards the *Paramatma* (Supreme Self), let it achieve *Saamipya* (proximity) with it! Then it will lose contact with the *gunas*; it and the thumb will form the *Chinmudra*, the sign of the *Purna*, the completed consciousness.

- SSS Speaks Vol.4

(Continued from page 11)

three, why go to anyone for a message? It is a sign of weakness and ignorance.

Your true Guru is God alone. He transcends all *gunas*. He is beyond all forms. He is the only one who can dispel the darkness of ignorance and light the lamp of Supreme Wisdom. It is a mark of ignorance to go after nondescript preceptors and seek messages from them. Strengthen your faith in the Atma.

Seek to enjoy Atmic bliss

God cannot be perceived by the spiritually blind, just as a blind man cannot understand what is meant by the whiteness of milk. God is infinite bliss. He is formless, but He can

assume any form He wills. How can anyone attempt to describe the nature of God?

Contemplate on God with a pure heart. There is no greater spiritual exercise. But, as long as men are attached to worldly objects they can make no progress in the spiritual field. On this *Gurupoornima* day, try to transform your heart making it pure and sacred. This purity should be manifested in everything one does: in his thoughts, in what he sees or says and in all that he does. It is only when you display such purity that you can become embodiments of the Divine Atma.

- Compiled from SSS XIV SSS XVIII; SSS XX111; SSS XXVIII

The end of Education is Character.

The end of Knowledge is Love.

The end of Culture is Perfection.

The end of Wisdom is Freedom.

(Continued from page 9)

tion was free from calumny. All good causes also suffer from criticisms. Peace and good result from the work of the *Avatars* in spite of these attacks and impediments.

Buddha's first teaching was: "Give up bad company." In his wanderings, Buddha used to take with him some young men. Some persons criticized Buddha, charging him with spoiling the young men. Buddha gave a free rein to his traducers. He listened quietly to their accusations and left without uttering a word in reply. When the disciples asked him why he chose not to reply to the criticisms Buddha said that unanswered criticisms returns to the critics who made them.

By not getting excited over the angry words of a critic, one becomes superior to the critic. Otherwise, one descends to the same level as the critic. Bear no ill will towards anyone.

Buddha carried on his mission in this spirit of equanimity and tolerance.

Significance of Buddha Poonima

We are celebrating today as Buddha Poonima. What does Poonima (full moon) signify? It signifies wholeness. When the mind is filled with love, it achieves fullness. As long as the mind is filled with darkness (evil thoughts) there is no meaning in celebrating Buddha Poonima. Get rid of this darkness. Without the light of love in the heart, what use is there in having illuminations outside? Light the lamp of the Divine in your minds. Banish hatred and envy from your hearts. Man is the victim of two evil planets: attachment and hatred. To escape from their grip, the only way is to cultivate love.

- Compiled from SSS Vols. XXIX and XXX



THE POOR RICH GIRL

Once when Lord Buddha was traveling and preaching the message of help and healing, the news spread in and around Kasi, (a holy place of worship in India), that famine is raging. Buddha called all his disciples.

"This is the time to serve and win blessings."

Thus saying, he looked around, his eyes rested on a rich man amongst them.

The rich man said, "Lord! I would gladly give away all my wealth, but as you know all my wealth cannot feed the hungry they are so many!"

Buddha turned his eyes on the rest of the disciples. From a corner a feeble but firm voice came, "Master," she said, "I am a poor shopkeeper's child. Bless me my Lord! And I shall feed the hungry."

"You" There was almost a simultaneous question from all present!

The girl quietly but boldly answered. "Yes! My brothers, I am the poorest in your midst, but am I not the richest too? Have I not my share in the wealth of the wealthiest in your midst? I shall call at every home and say: "Give me my share for the service of the poor!"

And no surprise. All gave out on their abundance to feed the poor.

Famine disappeared, by the effort, courage and faith of the poor, rich girl!

-Taken from *Seva, A Flower at his Feet* by Grace J. Mc. Martin



From Our Regional Coordinator

- Dr. V.K. Ravindran

Om Sai Ram.! My most humble Pranaams at the Lotus Feet of Bhagawan Sri Sathya Sai Baba. Let me start this message with a quotation from Sri Rabindra Nath Tagore:

A new outlook, a new dawn has come. It will involve sacrifice. The Age of Transformation has set in and we must let go of our old conservative ways and usher in the new Millennium with the assurance that the winds of change have started blowing across the world and soon we will see the dawn of the Golden Era that Swami prophesied, many years ago:

“A revolution - more powerful and pervasive than any that man has undergone so far - neither political, economic, scientific nor technological, but deeper and more basic, is now on. It is the spiritual revolution. This revolution has Love as both its means and its end. It will awaken the springs of love all over the world in the fields of education, morality, law, politics, commerce and science. It will inspire man to loving service, revealing the brotherhood of man and the fatherhood of God. Everyone wherever he lives, whatever his status and whichever his faith, can share in this revolution and be an instrument for the liberation of mankind from its own Ignorance.”

DO we realize as to what Swami has implicated? He has implied that every one of us is a part of the ongoing change. There is light at the end of the tunnel and all those who have pledged to be His sevaks are immensely fortunate for it is a time of renewal, of a ‘rebirth’.

What Swami expects of us is the sharpening of the intellect and the inner vision so that we can see Sai in one and all.

As the 75th Birthday of Swami draws near many countries in our region have taken upon themselves to perform active seva as an offering to Sai on his Birthday. Let us all fulfill the pledge that we have undertaken.

The Sai Convention at Singapore has driven home the same point that we have to rise solidly behind this impending change. One of the utterances of Sri Indulal Shah at the Sai Convention was that Education in Human Values would spearhead this transformation.

“The seeds for the same are being sown in the auspicious year of the 75th Birthday of the Lord, September 25, 2000 be a red-letter day when the international Conference on Sri Sathya Sai Education sponsored jointly by the World Body, namely UNESCO and our Institute Sathya Sai Education, Thailand will be held in the Divine Valley of Prasanthi Nilayam. These are all His *Leelas* to usher in the Golden Era for Peace and prosperity for which the entire world is hungry”. The mission of the Sathya Sai Avatar is unfolding and will soon gather speed.”

The role of our organization is in no way small. We must join hands and strengthen the EHV Wing so that it will spearhead the Organization in the new Millennium.

At the same time every Sai sevak must perform intensive individual and family sadhana so as to raise his level of consciousness to become part of this change. The Lord expects us to do our part in all faith. Let us pray to Him to lead us on this Sai path to immortality.

“Look to this day!

For it is Life, the very life of life;

In its brief path

Lies all the varieties and realities of your existence;

For yesterday is but a dream,

And tomorrow Is only a vision,

But today well lived –

Makes yesterday a dream of Happiness,

And every tomorrow a vision of Hope,

Look well, therefore, to this day,

Such Is the Salutation to the Dawn!”

This Avatar has come in order to achieve the supreme task of uniting all mankind into one family through the bond of brotherhood, and of affirming the Atmic Reality of each being; the Divine which is the basis upon which the whole Cosmos rests, will thus be revealed and people will thus Recognize the common Divine heritage that binds man to man, so that mankind can rid itself of its animal tendencies and rise to the Divine which is its goal.

- Sri Sathya Sai Baba

*1st Sathya Sai Regional Conference
of Region X, Zone 3
26-27 February 2000, Singapore*



(Continued from page 7)

are responsible for your birth and growth. Even if you become the Prime Minister you must remember you owe your birth in the world to your mother. You must develop humility and discrimination as a mark of education.

If you worship the mother you worship God

You have to acquire knowledge of the Spirit along with worldly knowledge. People refer to Brahma, Vishnu, and Maheshwara. No one has seen their real forms. Brahma is the creator. The essence of creation is in everyone. The physical bodies of your parents have this essence and they are both the cause of your birth. They bring you up and protect you. This is their aspect of protection. If you worship the mother, you worship God. The child has to be given education and brought up properly. Your father does this and so he is '*Vishnu*' the sustainer. *Maheshwara* is a giver of boons. He grants boons easily. By respecting the teacher who imparts this discriminatory knowledge you respect *Maheshwara*. A true son should seek the truth. He should not leave this pursuit for selfish reasons. If you go on concentrating on your family alone till death, what is it you derive finally? None of these people will come with you on your final journey. It is the love of God that will come with you even after death. Develop love and sanctify your life with that *Prema* principle. Chant the Gayatri morning, noon and evening. I bless all of you that you may sanctify your life in this way, making it useful and meaningful.

- Discourse in Sai Ramesh Hall, Brindhaavan
on 6-5-1995 & 30-5-95



(Continued from page 18)

felt light floating in the unfathomable, un-
be strolling in some strange new territory.
experienced, something that can never be de-

- Condensed from '*Anyatha Saranam Nasthi – Other than you*

predictable Sea of Joy. It seemed to
This is a sweet thrill that has to be
scribed in words.

refuge there s none'- by Smt. Vjaya kumar

SAI ACTIVITIES IN BRUNEI

With Swami's blessings, and with the inspiration we got from the Sai Convention, we are in the process of carrying out the following projects.

Seva

Quilting project: We plan to make 75 quilts in conjunction with Swami's 75th Birthday, from all strata of people of Brunei. 70 of the quilts will be made from both of the centers, and the rest one from each of the countries that form Region X. The theme will be, '**Love expands and unites**'. In conjunction with this, a logo competition, has been held, to select the best logo, that depicts the theme. This has received a good response among the devotees. Members have shown great interest in starting the project. A blood donation drive has been planned.

With the assistance of the Social Welfare unit, we plan to assist in the repair of the home of an incapacitated person.

Educational

The children of the Balvikas have recently, as part of their project of 'Ceiling of Desires', collected money, which was sent to educate an orphan in the Ramakrishna Ashram in Salem, India. The orphan has written back a letter, thanking the children for their effort.

A 'Human values' drama will be held, which will involve other groups in the participation of the drama. The children involved in the drama will be from different groups, and will depict the importance of human values in this present society. It is planned to be held in the later half of September. The drama should help us to promote the need to have EHV classes amongst the children here.

For the Sai Darshan exhibition, 4 paintings were sent from Brunei, done by the Balvikas students here.

A photographic competition will be also held, on the theme of Human Values, and

the exhibits will be displayed. Prizes will be given to the best few exhibits.

Spiritual

Rama Nawami and the Hindu New Year were celebrated with bhajan sessions in which other Hindu groups also participated.

It is proposed that a **Sadhana camp** be held, in which, leaders of other countries in the region can participate and share their experiences, and inspire us in the various activities.

Others

We had a successful picnic to the pine forest here of 19th March, where about 70 to 80 members including children had a fun outing, with games and trekking, and good fellowship. Members from the other center in the Seria also joined us. In fact, we plan to have another similar outing again soon, and it will be good interaction for the members, and fun for the children.

SAI ACTIVITIES IN INDONESIA

SPIRITUAL SADHANA CAMP was held on the weekend of 12TH & 13TH February in Puncak attended by youths of Jakarta. Amongst them, were also new comers who were non-Sai devotees and senior members as guests who enjoyed and marveled the camp.

There were many spectacular activities carried out. Talks on various topics like Influence of Role Models in our life, Benefits of implementing EHV in our daily lives. Workshops on different case studies based on day to day problems that we encounter in our lives were given to each group to solve. Movie screening depicting Swami giving darshan to all His devotees made each one present there feel Swami's presence and brought tears to some.

The path of spirituality is also filled with fun – a spectacular game was conducted wherein different rounds like guessing the bhajans from its tunes, identifying God forms according to their instruments and symbols from props, and much more.

Debate on Vegetarianism was conducted among the vegetarians and non-vegetarians. The Sadhana camp concluded with a heart-warming session of bhajans.

FUN FAIR FOR UNPRIVILEGED CHILDREN – The youths of Jakarta hosted a

fun fair for the unprivileged children from the village of “Kapuk Muara” (The adopted village). Various stalls with different, exciting and fun games were set up. The most significant ones were the Question & Answer booth, where the children were asked questions based on EHV, health & other educational topics and those who answered correctly were given coupons to play the games and win the prizes. Interestingly, more than the games stalls, the Question & Answer booth was the most crowded one!

“*Sai youth towards 2000*” - This booklet was compiled for the benefit of those who couldn't attend the National Youth Sadhana Camp and the 2nd World Youth Conference. Youth activities, future resolutions, workshops' resolutions as well as Swami's discourses were included in this booklet.

Tuition Class – In response to the pledge made by the youths of the world during the 2nd WYC, the SAI youths of Jakarta started free English tuition classes commencing February 2000. These classes are divided into three levels - Beginner, Intermediate and Advanced, and from these, approximately 20 children are benefiting.

BALI ACTIVITIES

Seva: The youths of Denpasar planted trees in the vicinity of an institution for handicapped children. They also made a layout of the landscape of gardens at the school of this institution.

EHV: The Denpasar youth are actively involved in the weekly EHV classes held for children every Sunday. They organize the seating arrangement for the children, tell them value-based stories and are a major force in the Bal Vikas teaching program. They attend to a total number of 125 children.

In Sidetapa, EHV classes are conducted by the youths of Denpasar once a month, which is attended by approximately 170 children. These youths also conduct such classes in Desa Simpar, Karang Asem, in which there are 40 children altogether.

New Year Celebration:

The devotees at Denpasar celebrated the dawn of the new millennium with an event including dramas and songs on Human Values, study circle on the topic “The Role of Women in the New Millennium”, workshop sessions as well as a video screening of Sathya Sai Baba.

Role of Youths in Sai Study Groups:

- As sevadal during bhajans
- Core of organizing commit-

tee during Baba's Birthday celebrations

-Bhajan leaders on Tuesday sessions

-Translators of Swami's teachings into the local language

-Help in the development of Sai Centre in Simpar and Nusa Penida.

BOGOR

-Study circle twice a month

-Bhajan practice for youths

-Blood donation drives

-Scholarship for children

-Regular visits to orphanages and old folks' homes

BANDUNG

-Assist in Bal Vikas classes

-Mandir cleaning – monthly activity

-Free tuitions for children of orphanages

-Youth bhajan team

-Regular Study Circles

-Clothes donation drives

DAGO (BANDUNG)

-Free Medical Camp

-Distribution of basic nutritional necessities

-Training classes in Light Meditation

-Publishing of Bulletin

-Set up of Library

SURABAYA

The youths of Surabaya have set up a Library in the Sai Center. They are also actively involved in the training of Teen Vikas.

Action Plans:

To alleviate water problems in the outskirts of Malang

To conduct East Java Sadhana Camp

To set up Bal Vikas and Youth Vikas wings in centers of neighboring areas.

MY EXPERIENCES WITH BABA

SAI ACTIVITIES IN MALAYSIA

J E Disaster Project

One year ago, on the 1st April 1999, there was an outbreak of The Japanese Encephalitis (JE), which hit Bukit Pelandok, Kampung Sawah and Sungai Nipah, all being little towns in the district of Port Dickson in the State of Negeri Sembilan. As this is a vector borne disease originating from a virus found in pigs in certain conditions, the authorities ordered the evacuation of people in these affected areas in addition to the culling of pigs reared in the farms there.

About 248 families were evacuated out of which 42 families (including 4 Chinese families) were given temporary shelter by NGOs of Port Dickson . The Sri Sathya Sai Central Council of Malaysia adopted 10 families until July' 99. On the 11th July 1999, the families were allowed to return to their respective homes. However many families lost their loved ones to the disease, many of whom were sole breadwinners and many more were now faced with the prospect of being out of work as their source of income i.e. pig rearing had been destroyed. Their plight was highlighted in the Singapore press as well and the Singapore devotees under the leadership of Bro.Wee

Lin contacted our Bro. Sree Jayan, Vice President (Service) on what could be done to help these unfortunate families.

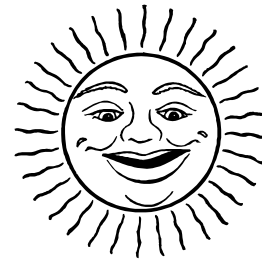
On the 12th Sept. 1999, 5 devotees from Singapore visited the families concerned in Bukit Pelandok and decided to supply dry rations to the most severely affected families for one year until Bhagavan's 75th Birthday.

A multi religious Bhajan session was also held in the area on 10th Oct. 1999 when a bus load of devotees visited the victims. After the Bhajans, cakes and blankets were distributed.

During Deepavali 1999, dry provisions were distributed to 36 needy families, including 22 Chinese families and 5 devotees from Singapore were also present. On 4th Dec. 1999 a dilapidated house was reconstructed for a needy family and counseling plus motivational talks were given to boost the morale of the affected families.

On the 5th Dec. 1999, a specialist medical camp was held where 282 victims were treated or referred to the Government Hospitals. Doctors, specialists and volunteers from all over country rendered their services. Dry provisions were also distributed to 36 families.

This year, on the 8th Jan. 2000 after a review some families were excluded and "new" needy families included. Dry provisions were delivered to a total of 40 families including 24 Chinese families. During the Chinese New Year, 24 Chinese families were given extra goodies and cakes. Currently dry provisions are being supplied to 38 families.



Brief Reports on the Various Wings of SSSCCM

Service

Apart from the JE Project, the Sai Centers carry out their regular service activities including visits to Hospitals, Old Folks Homes, Handicap Homes, conducting Medical Camps etc. In addition and more specifically, the centers are also busy with the SAI 2 – a National Service Project intended as a gift of love to Bhagawan Baba on the occasion of His 75th birthday this year. All are hard at work to complete the tasks of carrying out the required minimum of 75 repairs to dilapidated

homes, 75 free surgeries, free tuition classes, free legal advice, provision of 75 wheel-chairs and securing 750 organ donors.

Spiritual

Bhajans, Sadhana Camps and study circles are conducted in the usual manner. Recently Shivarathri and Rama Nawami were celebrated at various Centers. Many Centers also conducted special prayers to commemorate the Hindu New Year.

Education

In conjunction with the SAI 2 project the Education section is working together with the Sai 2 Tuition Coordinator to ensure that the tuition classes proceed smoothly and effectively, especially in addressing certain problems faced by the pupils. A two day "Exposure course" was conducted on the 8th and 9th Jan. 2000 at the Pure Life Orphanage in Kuala Lumpur for all those interested, be they teachers or otherwise. The course content was:-

- a) Behavioral problems and learning difficulties of slow learners.
- b) How to teach languages and mathematics to slow learners and what to expect in the classroom.
- c) How to make simple teaching aids and language games.

The presenters for this course were experienced classroom teachers with vast knowledge in their field. In addition a mentor/ mentee scheme was also launched. The objective

of this scheme is for every teacher who takes on a class to become a mentor to a child or a number of children. The teacher then becomes responsible for the child's emotional well being and keeps in constant touch with the child even after the contact tuition hours to monitor his/her progress.

Ladies (Wanita)

A Ladies Millennium Camp on Leadership/Satsang Lessons Plans was held in Kuala Lumpur on the 18th and 19th March 2000. The objective was to demonstrate methodologies, techniques and modules that may be implemented during monthly Wanita Satsangs.

Youth

The Youth actively participate in all center activities by involving themselves in Seva and Spiritual activities. They have also inspired and roped in the participation of non-Sai youths in social activities such as visits to Old Folks Homes, hospitals and handicap centers. They have also involved themselves in the adoption of Tamil schools in the estates and rural areas and have rendered free tuition to the children and counseling to their parents.

A Teen Youth Coordinator's Training Camp is to be held on the 30th April and 1st May in Penang. The objectives of this Camp is twofold :-

to understand and learn how to utilise the present "terrain" in which youth and especially teenagers are exposed to day

to day life and how they can face the challenges of life by upholding Human Values ;

to help youth leaders understand how to create programs for a dynamic, alternative, joy-filled and value oriented lifestyle for youth within the Sai Movement and in the community. In this context Teen Youth Coordinators will be shown how to hold effective Teen Youth programs.

Sai Chinese Affairs (SCA)

The Chinese devotees along with their non - Chinese brothers and sisters conducted Chinese New Year Bhajans and programs to usher in the Lunar New Year in February this year.

Wesak - Buddha Poornima Celebrations in May 2000 at Whitefield, Bangalore will be attended by a delegation from Malaysia. This is in preparation for next year, wherein, Malaysia/Singapore will be the chief organizers. Our brothers and sisters will thereafter be a part of the task force organizing the event next year.



SAI ACTIVITIES IN THE PHILIPPINES



Sri Sathya Sai School, Pillilia

The first Sri Sathya Sai School (SSS School) in the Philippines will be inaugurated on 6 May 2000. By the grace of Swami, the preparations, which began in October 1999, after the visit of Dr Jumsai, progressed faster than expected. The School is located 40 km away from Metro Manila in the town of Pillillia. This school will be the first Sathya Sai School to start from the Kindergarten level. It will begin with three classes with 20 children each, between ages 4 and 5 respectively.

A high-level advisory board has been formed, comprising H. E. Indian Ambassador Upal, Board of Director representing India for the Asian Development Bank, Sri C. Ramachandran, Mr. Mariano Yupiter, and Ms. Jing Reyes, who are eminent business persons. Ms. Rosario Acierto, who chairs the governing board, is already implement-

ing the SSEHV program in her own school, which has more than 1000 children; most of her teachers were trained by Dr Jumsai. Sis. Rosalina and Sis. Maria from Pillilia, the first two teachers of SSS School, successfully completed their diploma course at ISSE, Thailand, in March.

The School will house a science library for children (4-11 years). It is being set up by Shruti Chander, a girls' scout student, who is working towards the Golden Award project. The basic plan is that the library will initially have 300 books, through donations from individuals, bookstores, and other organizations. The books will be devoted to the different sciences, including hygiene; posters will be used to create a visual impact for this learning. Depending upon feasibility, an addition of videos, CD-ROM, and other interactive materials (such as puzzles) could be added.

It is also proposed to establish a computer-training center at the school venue, for the youth of that area.

A nine member delegation attended the 1st Sathya Sai regional Convention held in Singapore.

The following activities were proposed for the Philippines:

- Work towards increase in awareness at the individ-

ual, family, and community level sadhana. To bring this about, workshops on 9-point code of conduct, light meditation, parenting, and vegetarianism will be held.

- Publications for newcomers, especially Filipino Christians to help them understand and participate in SSSO activities in the right perspective.
- Youth project—painting competition on “respect for elders” to be held this year.

At the Regional Convention at Singapore, Philippines was given the privilege to host the Regional Institute of Sathya Sai Education. We pray to Bhagawan to shower His Immense Grace to achieve this by His 75th Birthday.

Spiritual and service activities are being conducted regularly. SSEHV children and their parents had their joint workshop before the classes closed for the first annual vacation.

SAI ACTIVITIES IN SINGAPORE

Singapore was Graced by Swami to hold the first Regional Convention in conjunction with the World Conference to be held in Puttaparthi in Nov 2000. The convention began with a pre-convention program on 25th Feb which included visits to Sai Places of Interest such as the Sun love Home for the mentally incapacitated and disabled people. In the evening, Bhajans were held at a Sai Center Building followed by dinner for all overseas guests.

On 26th February, the Convention opened with an Opening Extravaganza, - a mixture of dance, drama and music. For this, the youths were helped on a voluntary basis by a director from the professional Asian Theatre. This is definitely one of Swami's Leelas evident during the entire proceedings of the Convention. About 1,100 people took part in this Convention. Singapore, the host country, was honored to welcome Sri Indulal Shah, International Chairman of the Sathya Sai Seva Organization, Dato' Jegatheesan, World Youth coordinator, Bro Dr Ravindran, our very own Regional Co-coordinator, Sis Lorraine Burrows from ISSE Thailand as Special Sai Family Guests. Nearly 360 devotees from Malaysia, 20 from Indonesia, 10 from Philippines and 4 from Brunei participated in the Convention. After the welcome speech by Bro Wee Lin, Sri Indulal Shah started the proceedings with his keynote address on the theme of the Convention, Information

to Transformation. To many of the devotees, it appeared that the message was Swami's. Dr Ravi, Sis Lorraine and Bro Seetharam then shared their views on the theme from the viewpoint of Organization, Education and 9 point of conduct. Workshops were then held on Spirituality and human values with the emphasis on promoting transformation.

As part of the evening cultural program on the first day, the EHV Wing children and gurus put up a musical drama, 'Master the Mind'. It was superbly choreographed by Sis Gowri Mehta and Bro Anu from Mumbai. Many thanks to them for their efforts which Sri Indulal Shah described as sufficient to provide the objectives of the whole Convention to those who understood and followed the teachings inherent in it. Singapore then hosted a dinner for all the overseas guests with special Chinese Vegetarian food.

The next day included invigorating addresses by Dr Ravi, Dato Jegatheesan, Q and A

sessions and finally the closing speech by Sri Indulal Shah. Malaysia then brought the Convention to a fitting climax with their dynamic closing extravaganza.

The most gratifying event was the Unity seen throughout the Convention. Sai devotees from all over and the various sections of the Sai Organization worked together in unison and harmony to make the Convention a highly memorable success. Many a time, Swami's Hand was evident in helping to make the various events progress smoothly. Overall, it was a resounding success. Sri Indulal Shah sent the following message on reaching home:

"Let me congratulate the successful millennium event of 1st Regional Conference and proper systematic follow up will add to our satisfaction for further pushing up the activities of the Organization. The



Conference has made us conscious of Priorities in the coming year. Just as coordination of Individual with family has been insisted, likewise co-ordination between members of committee of a center should become part of a system on an ongoing basis. The underlying principle is to form a Sai Society and make every devotee conscious of Bhagawan's message to be part of Sai's Mission. I am really obliged to you to make me part of the Conference, which is going to be a guiding factor to other 19 conferences yet to meet.

I am sure the process of Unity amongst office bearers will continue with such successful conference where Divinity pervaded which increases our responsibilities."

Congratulatory messages also poured in from Dato Jegatheesan and Bro Hira. Reports of happiness and thanks were also received from many delegates for having a Convention full of Love and the Brotherhood of Man.

Painting of 75 Homes

In conjunction with Swami's 75th Birthday and as an offering to him, the Central Organization is embarking on a project which targets to paint 75 homes of needy elders staying alone in low cost housing from the period of April to September 2000. Each month (last Sunday), about 12-13 homes will be painted. Since we have 13 registered centers in Singapore, we plan to get about 10 people from each center to

help first do a spring-cleaning of the house and then start painting. Each center will also contribute food and drinks.

Vegetarian workshop

On the 1st and 2nd of April, the Ladies wing organized a workshop entitled Inner Peace, Spirituality and Vegetarianism which was conducted by Sis Penny and Bro Ravi Jeyawardene from Sri Lanka. On the 1st day, there were 2 short sharing sessions: - one for 70 Sai sisters and the second for 50 Sai Youths. The 2nd day was a session by all Sai devotees and a remarkable number of 270 people turned up. The workshop was well received by all. Sis Penny was a knowledgeable and resourceful speaker who shared her many experiences with Swami and the importance of becoming vegetarian not only for one's health but also for the peace and well being of the world. She highlighted that meat eaters needed 3 times as much water and land (due to the rearing of livestock) than vegetarians. The livestock was also kept in claustrophobic conditions to better the economic returns of the owners. The pain, anger and hatred felt by the unfortunate animals would also be passed on to the meat-eater as well as cause a karmic backlash.

Youth Workshop

Inspired by the World Youth Conference 1999 which the Singapore youths attended

last November, they decided to hold their own Singapore Sai Youth Conference 2000 on January 29, 2000 from 2—5 pm for the benefit of all who didn't manage to get to go in November. This Conference touched on the 3 workshops that were held in Puttaparthi - Leadership and You, Impact of Globalization and Peace & Harmony. Besides the workshops, there was a presentation on Significant youth activities, personal thoughts by a few Sai sisters/brothers, and a workshop discussion as well as presentation and songs. Overall, the participants requested for more such workshops.

SSEHV Guru Training in July 2000

A one and a half day workshop emphasizing the proper preparation, conduct and follow-up by Gurus for their EHV classes is to be conducted in July 2000. The emphasis will be on practical hands-on experience and all participants will be encouraged to become full gurus by conducting at least 12 lessons during the follow-up period

Overseas Projects

One of Swami's blessings for Singapore is to involve many Sai devotees in many projects outside Singapore, such as the new Sai Darshan building in Puttaparthi, aid for the needy in Batam, Indonesia and Bt Pelandok, Malaysia and even involvement in selling Sai literature in faraway Taiwan.



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

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

God is residing in your own heart, but you have locked that heart so that Love cannot enter. So, He is silent and unresponsive. The door need not be opened for you to become aware of the God within. It is ever open for Love: knocking is unnecessary. Love will automatically make the heart beat with light and delight. Expansion is the essence of Love. When a lamp is lit from another, there are two where there was one. The first one did not stop emitting light. You can light a million lamps from one; yet the first one will not suffer at all! Love too is like this. Share it with a million, it will be as bright as when it was alone.

- Sri Sathya Sai Baba

UNESCO CONFERENCE

INSTITUTE OF SATHYA SAI EDUCATION,
THAILAND

*Participants from
all countries
Coordinated by ISSE*

*See You at
Puttaparthi*

Special Functions

**Many cultural
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25-29 september 2000

