



Sai Jewels

Regional Newsletter—May 2001

SRI SATHYA SAI ORGANIZATION,

REGION X

Brunei, Indonesia, Malaysia, Philippines, and Singapore



SAI JEWELS

REGIONAL NEWSLETTER

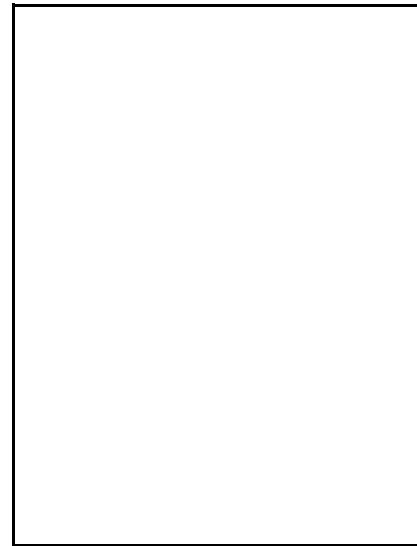
Sri Sathya Sai Organization, Region X: Brunei, Indonesia, Malaysia, Philippines, and Singapore

YEAR OF LOVE

May 2001, No 07/2001

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Thought For the Month

*Duty with love is
desirable.*

*Duty without love is
deplorable.*

*Love without Duty
is Divine.*

- Sri Sathya Sai Baba

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VESAK—Buddha Poornima

It was Buddha, who was born in this land of India, who roamed around the land of India and taught that the highest *dharma* is *ahimsa*. Buddha performed penance of many kinds for twenty-five years. He met many great sages. He also listened to great divine discourses, studied a lot of scriptures, but he was not satisfied. He sacrificed everything and went around in search of truth. He said, "*Dharman Sharanam Gacchami.*" We have to take refuge in *dharma*, we have to practice *dharma*, teach *dharma*, and experience *dharma*. Today *dharma* has declined. People think that money is everything. Earlier, people believed that if wealth is lost, nothing is lost; if health is lost, something is lost, and if character is lost, everything is lost. Today, everything has been reversed, people feel: if character is lost, nothing is lost, if health is lost, something is lost, and if wealth is lost, everything is lost. In the world today, every man is going around money. Money is not important, character is important. We have to control our senses. Only then you can attain bliss. The most important thing for man is bliss.

From Faith to Bliss

The True path starts with *Where there is faith, there is love.* faith and ends with bliss. *Where there is love, there is peace.* By recognizing the inner *Where there is peace, there is truth.* significance of the five *Where there is truth, there is God.* senses given to us by God, *Where there is God, there is bliss.* we can understand what bliss is. We study many scriptures, but they have their own limitations. We have to study the infinite book, the big book of the world. Also, we have to attain friends in this world. Who is our friend? Only God is the eternal, permanent, and sacred friend. With the help of this friend, we can study the infinite scripture of the world. We should understand five important things when we take up the study of this infinite scripture.

The five requisites

First good vision, second, good listening,

third, good action, fourth, good feeling, and fifth, good deeds. Good vision: Vision is the gift of God. We should develop good vision. Then you can attain divine

grace. When you control your vision, other senses can be easily controlled. All the things that you look at are imprinted in the heart and will keep coming up again and again. How sacred is the vision! Forty lakhs (1 lakh=100,000) types of effulgence are there in the eyes. We are misusing this power of radiance. When we look at wrong things, so many lakhs of radiance can be lost. There are thirty lakhs of taste buds on your tongue. Through foolish talk we get rid of many of those taste buds. Control the vision, control your tongue. By misusing these two, half of your life is lost. Next is good listening. When you have to listen to wrong things, leave that place and get away from there. With bad listening, three fourth of your



life is lost. With good vision, you will develop your effulgence; the effulgence will shine forth in you.

Meaning of SAI

Truth is a way of life.

Dharma is morality; Sacrifice is good reputation. The human community is that which practices the unity of Truth, Sacrifice, and Righteousness. The divinity that is latent in our intelligence should be put in the path of *dharma* and installed in society. When we install it in society, the nation will prosper. That is the meaning of the word 'SAI'. When you attain the three transformations you can get this divine power. That is: individual transformation, social transforma-

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Greatness of Mother's Love

The scriptures have declared: “Revere the mother as God, father as God and preceptor as God.” The mother confers the body, the father protects it, the preceptor imparts knowledge and wisdom. For the human body the mother, father and preceptor are to be deemed as divine. But, for the pursuit of life the Divine is the only God. The mother and father are residents of the home. The preceptor dwells in his *Ashram*. But only God can reside in the heart. It is true that mother, father, and preceptor are divine, but they are not entitled to dwell in the heart. They have to be revered, adored, and made happy. God alone deserves to be worshipped.

Goodness vs. Greatness

Many parents desire that after the education of their children is over, they should get married, get a good job and achieve high positions in life. Out of their love they want children to achieve greatness. What is the difference between greatness and goodness? *A good man sees divinity even in a human being. A great man sees the human even in God.* Ravana was a great man who had performed great penance. He was very powerful. But seeing Rama in human form, he considered him as a mere human being. On the other hand, Rama saw the Divine in all beings. That is the mark of goodness. In a good man, you find total selflessness.

Why mother is given importance

In this world there are many types of relationships, but none equals the relationship that exists between the mother and the child. It is because of this intimate relationship with the mother that one's own country is called motherland. Similarly, one's own language is called mother tongue, not father tongue. Among the parents, first place is given to the mother, next comes the father. Not only in day-to-day life, but also in the field of spirituality mothers and women are given the highest regard. For example, when we mention the names of Divine couples such as Sita

Rama, Radha Krishna, etc., names of the goddesses come first. What is the inner significance of this? Mother represents Nature, which is the manifest aspect of Divinity. Similarly, the body and the Atma, the creation and



the Creator, are closely interrelated. The body cannot function without the Atma. The Atma cannot be experienced without the body.

The mother fosters you, nourishes you; she knows your choices and fulfils all your needs. It is the mother who teaches you the sacred principles like love, compassion, forbearance, tolerance, and sacrifice. Your blood, food, head, and money are all gifts of your parents. You do not receive these gifts directly from God. All that is related to God is only indirect experience. You can only see the parents directly and experience their love. Mother shows the father, father takes you to the preceptor, and preceptor directs you to God.

Who is Easwaramma?

She is the mother of *Eashwara*. This was not the name given to her by her parents. But after her marriage, Kondama Raju (Swami's grandfather), being one of wisdom and blessed with a vision of the future, started calling her Easwaramma (mother of *Eashwara*). She was christened as Namagiramma at the time of her birth. But Kondama Raju told her that Easwaramma was the most appropriate name for her, as he knew that she was going to become the mother of *Eashwara*. She was born in such a poor family that she did not even have proper food to eat. All that she had to eat was *Ragi Sankati* (gruel prepared from a coarse grain). Even I too eat *Ragi Sankati* only. Many people in Karnataka eat *Ragi Sankati*. I like it very much. I do not relish rice, curry, etc. *Ragi Sankati* with groundnut chutney is My favorite food. Both *Ragi* and groundnut are avail-

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The Power of Love

Today is full moon day. Moon is the presiding deity of the mind. That day is Poornima in the true sense of the term, when the mind is filled with pure love. Let your mind shine brilliantly like the moon on a full moon day. This is possible only when you fill your mind with love.

Power of Love

The main aim of human life is to acquire the knowledge of the Self. The ability to distinguish between the permanent and the transitory, the ability to control the internal and external senses, yearning for liberation and the path of inquiry, all these four depend on devotion. *Bhakti* (devotion) means pure, unsullied, and selfless love towards God. In this world no other virtue is greater than love. Love is truth, love is righteousness and love is wealth. This world has originated from love, is sustained by love and ultimately merges in love. Every atom has its origin in love. There are innumerable powers such as atomic power, magnetic field etc., in this world, but the power of love transcends them all. It is from love that the five elements have emerged. It is love that shines brilliantly in every individual. The love of a mother towards her child is affection. The love that exists between wife and husband is infatuation. The love that exists among friends and relations is attachment. The love towards material objects is desire. Love directed towards God is known as devotion. It is only love that encompasses and permeates the entire world. None can exist without love even for a moment, be it human beings or animals or birds or insects. This love is the very form of God. There is nothing that love cannot achieve in this world; it can even melt the hardest of rocks. When the principle of love in every human being is unified it becomes cosmic love. The more you develop love, the more you will experience bliss. It is love that takes the form of bliss.

Speed of love

Earth revolves around itself at the rate of eighteen and half miles per second. It takes one year for the earth to revolve around the sun. Light travels at an incredible speed of 1,86,284 miles per second. It takes 22,000 crores of years for light to go around the universe. Even if man were to travel at the speed of light, it will take 22,000 crores of years for him to circumambulate the universe. Who can live for such a long period of time? Man is not able to live even for hundred years, leave alone 22,000 crores of years! But, the speed of love is such that it can circumambulate the universe in one second. The speed of light may be estimated, but not the speed of love.



Good and Bad co exist

God is the creator of this world. He is the presiding deity of action. You cannot have a table unless there is a carpenter. You cannot construct a house unless there is a builder. Likewise, for everything there is a creator. Every human being is expected to be a friend and well-wisher of the world. Man should be able to see good even in bad. That is the true quality of love. Pleasure is an interval between two pains. Pleasure and pain co-exist in God's creation itself. Take for instance how God has made the human body. The bright and beautiful face has pitch dark hair above it. But, in fact that adds to the beauty of the face. Likewise, pleasure has value only when pain is associated with it. Good and bad co-exist in everything.

Three teachers in everyone 's life

There are three teachers for everyone. The first are the parents. They sacrifice and give comfort to the children. Parents teach their

(Continued on page 22)



From Our Regional Coordinator

- Dr. V.K. Ravindran

Pranaams at the lotus feet of our divine master Sri Sathya Sai Baba and love to each and every member of the Sai family.

Man today stands at the crossroads. Family as an institution is breaking down and even threatening the very fabric of society. The world today is beset with all sorts of crisis – social, economic, political, moral, environmental and above all, the identity crisis. Man does not know who he is!

In our present day world, we find that violence has become almost a creed or a culture. We have all read in the newspapers of the violence carried out on the innocent children in schools in Colorado and in California. Social goodwill and brotherly love have faded away and is now replaced by violent actions resulting in the disruption of peace and solidarity.

“Man is no longer in harmony with Nature. He has lost his human values. That is the cause of all natural disasters of today, says Bhagawan Sri Sathya Sai Baba. What has caused this erosion and decline of Human Values? We may attribute our troubles to any number of the external causes, but the fault lies within us—each one of us in the society, each one of us who runs the social and political institutions.

So it is human beings who have to be **reconditioned** or **transformed**. It is only through **self-transformation** that we can achieve **universal transformation**. For this to happen, **transformation must first start in the mind of Man.**

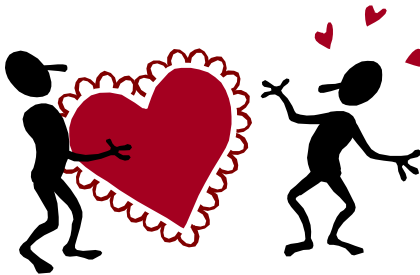
Further, since life compels us to act, we must apply our minds to learn to **act in dharmic way**. Thus, a basic change in our **belief system** is necessary. For this, we must have an open mind and have a **readiness to change** our views and habits in the light of **rational thinking, higher knowledge, lofty ideals and universal vision.**

For blossoming of human excellence we have to inculcate human values into our personal lives, families, profession, economics, politics, and all social orders. Man is the unit of the family which is the unit of the society and unless man’s actions and beliefs change, all efforts to transform the world will be bear no fruit.

Therefore, let us make a firm resolve now. **I will, through the practice of Human values, transform myself into a real Human Being, whose destiny is to become Divine. This, in turn, will make the whole world Divine, and our era will become a Golden Era of Divine Values.**

Messengers' Corner

Your innate tendencies depend on the feelings you cultivate in your heart.



For example, a paper has no smell of its own. If it is used for wrapping delicacies or jasmine flowers, it acquires the smell of the item wrapped in it. The heart may be compared to a paper. If good feelings are packed in it, you will certainly develop good tendencies. See good, hear good, and do good.

SAI ACTIVITIES IN BRUNEI

Shivaraathri celebrations

On Shivraathri day on 21st February, there was a special bhajan held at the temple from 7.30 to 9.30pm, and some of devotees continued the vigil for that special night at their homes. A few of our devotees had gone to Puttaparthi, to be part of the celebrations there and be blessed with the Lingothbhawa, witnessed by the large number of devotees there. They carried back their experiences to the devotees here.

Rama nawami celebrations

On this special day, the Sai devotees and other Hindu devotees had special prayers and bhajans at the Hindu temple with a very good turnout for the function.

Chanting of Gayatri Mantra

With Swami's blessings we have started chanting of the Gayatri mantra for 108 times at different devotees' homes weekly, on Fridays, to promote the value of the mantra in daily life and to encourage more of the devotees to use it for the protection and well being of their families and as part of Naamasmarana.

Garage Sale

A garage sale was held on 8th April 2001, to raise money for the earthquake victims in Gujarat. It had been a successful venture, and we have been able to raise some money for the victims. Items sold included clothes, books, fabrics, electrical items, plants food items made on the spot and drinks. It also served as an excellent opportunity for Sai fellowship in joining hands for a common goal—service.



Planned activities

Over the month of May will be Easwaramma Day and Buddha Jayanthi activities.

Service

Narayana seva, with feeding of some of the construction workers have been carried on special occasions, with food prepared by some of the devotees.

SAI ACTIVITIES IN INDONESIA

76 OPERATIONS FOR THE NEEDY

The youths have taken up the task of organizing 76 surgeries to our needy brothers and sisters living in the impoverished areas. The



project commenced early this year and with Bhagawan's grace, it is hoped to be completed by His 76th birthday. The youths first survey impoverished areas in the city and then identify people in need of surgeries, but lacking the funds and resources to do so. These patients are then brought to a few doctors for preliminary check-ups and to hospitals for subsequent treatment.

YOUTH SADHANA CAMP

On the weekend of April 7th and 8th, 2001, the youths held a sadhana camp with "Individual Sadhana" as the underlying theme. Some of the topics of discussions included "Significance and Benefits of the Gayatri Mantra," "Cleansing the Mind" and "Stress Management."

TEEN YOUTH SEVA ACTIVITY

The Hepatitis-B vaccination project, which was first launched by the youths in 1997, is now being continued by the teen youths. The objective of this project is to inoculate children under the age of 10 against the Hepatitis-B virus. Under the guidance of the senior youths, the teen youths have begun a new phase of the vaccination project. Each phase takes 6 months to complete and consists of three injections per child. The first injection is followed by a second after a month and the third shot is given after 5 months. Altogether, the vaccinations are being administered to approximately 1000 children.

The following poem on Sadhana Camp has been composed by one of the youths.

The Sadhana Camp

*Amidst nature's lovely pastures and hills,
The Sai youths had an experience of thrill.
Yes, it was the thrill of divine spirituality,
With Swami as the center of divinity.*

*The Bhajans sung echoed in our hearts,
As each assigned youth then performed their parts.*

*We had spiritual games, debates, case studies,
And food, cakes and other edible goodies.*

*The unity of all religions was unveiled,
For who can surpass Sai's divine shield.
The video show of Sai brought tears in
everyone's eyes,
And led to many more strengthening spiritual ties.*

*The Sai family, dear devotees will grow,
In its surrounding shall evil certainly bow.
As we all returned with lighter and purer hearts,*

*The voice within said, "My child, this was just
Your spiritual start".*

-Manoj I. Vaswani (Jakarta, Indonesia)

**Do not speak
a Truth that is unkind,
nor a kind Untruth.**

SAI ACTIVITIES IN THE PHILIPPINES

February 2001

On February 21 – 22, at the CCC Venue, Shivaraathri was celebrated with special Vedic chanting, stotras, and bhajans. Children of EHV had prepared Shiva lingams made of play dough and clay, to which they offered flowers and rice during the chanting. A good number of devotees and non-devotes participated in the 12 hour program. We felt Swami's presence throughout the program. At about midnight, honey appeared in the life size picture of Baba and in the finale, during arathi, amrita gently flowed from Shiva's picture. It glided from the crescent on Shiva's head. Two teaspoons full of amrita was collected and distributed to all.

March 2001

With Swami's blessings, on March 11, a good number of Christians successfully initiated the *Devotional group for Christians* at the CCC venue. The first part of the program consisted of Christian prayer songs. The second part was the study circle. Discourses of Sathya Sai Baba pertaining to Christmas and teachings of Jesus Christ were discussed. Healthy reflections and discussions led to the conclusion that His life and teachings encompassed all spiritual beliefs. The second session was successfully carried out on April 6, 2001. Regular sessions will be conducted once every month.

April 2001

On April 2, at the Hindu temple, SSO members as well as other community members celebrated Sri Ram Nawami with special Vedic chanting and *abhishekam*, reading of the Ramayana and Bhajans. On April 7, the Sathya Narayana prayer on full moon day was carried out at the same venue. This has been organized by SSO for the past two years on every full moon day in order to inspire other Hindu community members to under-

stand the inner significance of the Sathya Narayana prayer.

From April 19 – 25, Dr. Art ong Jumsai, Mrs. Jumsai, and Sis. Loraine visited the Philippines mainly to conduct teacher training in Cotabato city, Mindanao. Details of the training at Mindanao are included in the ISSE report. On the 19th, Dr. Jumsai addressed a large group of people, mainly parents at the CCC Venue after special bhajans that included Christian and Buddhist songs. Sis. Loraine added on the need for parents and teachers to work hand in hand. On the 22nd, there was a session on light meditation conducted by Dr. Jumsai, at one of the Bhajan venues. The next day, on the 23rd, he gave an inspiring talk at the Asian Development Bank for the professional staff and others involved in Education. The topic was 'Education for Transformation'. Stressing on the need for strong Values integrated education in schools, he spoke on the recent amendments in the constitution of Thailand, which aims to cover the entire nation under its free, Values oriented educational approach. The education specialists of ADB were keen to know that Thailand has introduced Human Excellence as the cornerstone of its education policy and how the Sathya Sai School, Lamnarai (Thailand), works.

Buddha Poornima in India

A few delegates represented the Philippines for the first time at the Buddha Poornima celebrations in Whitefield. Two of them, (Sisters Francesca Tan and Judy Ong) were blessed to sing in front of Sri Sathya Sai Baba at the main program on 7 May 2001.

6 May 2001

1st Anniversary of the Sathya Sai School, VESAK, and Easwaramma Day

Easwaramma Day is a very special day now in the Philippines! It was on 6 May 2000 that

the Sathya Sai School, Pililla was inaugurated. The year 2001 is also very special for Buddhists in the Philippines, since the Government of the Philippines has recognized Vesak Day (Day of Birth, Death and Enlightenment of Buddha). These events were celebrated at a public function attended by over 250 guests on 6 May 2001, under the auspices of ISSE, Region X and the Universal Wisdom Foundation, Philippines. About 50 children from Sathya Sai School, Pililla, Philippine Academy of Sakya, Philippines Buddhist Foundation, and the SSEHV (Manila) Group, participated and performed memorable song and dance numbers, focusing on **Values, Education, Service, Ahimsa and Culture (VESAK)**.

The Buddhist monks began the program by chanting sutras. Brothers and sisters from various Buddhist organizations in the Philippines also shared thoughts on Buddha's teachings. His Excellency, the Sri Lankan Ambassador to the Philippines, presided over the function and gave a special talk on the origin of Buddhism, in India and Sri Lanka.

Dr. Rosario Acierto, Director of ISSE, Region X, spoke on the principles of SSEHV and presented certificates of recognition to the Sathya Sai School children and teachers.

VESAK II 17-21 May

Dr Ravindran will conduct an Officers' Training seminar on 17 May. On 18 May, the Pasig group will be inaugurated as "Sai Paadam", the Metro Manila I center.

The Second Sathya Sai Preventive Health Care Medical Camp will be held on 19-20 May 2001, Saturday and Sunday at Pililla.

On 21 May, Pradosha Kala Pooja with vedic chanting will held at the Hindu Temple.

The Central Coordinating Committee of the SSSO, Philippines can be contacted by email at ccc_sssophil@skynet.net.

Reports on activities in Malaysia and Singapore will appear in the August 2001 issue.

-Editor



Once emperor Ashoka was traveling in a forest. He noticed a Buddhist monk coming in his direction. The emperor at once got down from the horse, went to the monk, prostrated before him and placed his head at his feet. The minister who accompanied him was dismayed at this. He felt that a great and mighty emperor should not have placed his head at the feet of a monk. So, he thought that he would counsel the emperor about this. One day, he said to Ashoka, "O emperor, you wear a crown on your head. You are a valiant and powerful emperor as well as an erudite scholar, revered and honored by all. Why did you place your head at the feet of a Buddhist monk when we went to a forest?" Ashoka smiled and did not say anything. After a few days, Ashoka asked him to get the head of a sheep, a goat and also that of a man. Ashoka commanded him to keep these heads in the market for sale. The heads of goat and sheep were sold in no time, but nobody came forward to buy the head of man. Ashoka then told him to offer the head of man free of cost to anyone. But nobody was prepared to take man's head free of cost even. The minister returned and reported to this to the emperor.

Ashoka then spoke to the minister: "The other day, you asked me as to why I had placed my head at the feet of a monk. You have now realized that the human head carries no value, for nobody wants to take it even free. The head attains immense value and sanctity only when it comes in contact with the Feet of noble ones. The sight of holy men destroys all sins; their touch liberates you from Karmic consequences; and conversation destroys all sufferings." Wisdom then dawned on the minister. He realized that one should seek the company of great men while one is still alive. Once the body is gone, nothing can be done.

Divine Presence in Mindanao

Two teacher training seminars and intensive workshops were held at Notre Dame University, Cotabato City, Philippines, under the auspices of ISSE, Region X. This gave a new perspective in teaching to some six hundred participants. The seminar-workshops were offshoots of the international conference on 'Strengthening Values Education' held in India in September, 2000.

Planning and coordinating seemed to be an ordeal. It entailed a lot of hard work, courage, and patience especially since the speakers were foreigners and in this far-flung, war-stricken land, foreign visitors have always been looked at with apprehension. But this did not discourage me. My desire to give my colleagues and friends an opportunity to attend a seminar with an ISSE touch was greater than the obstacles.

The first seminar that was proposed was for the professionals of Cotabato City, particularly the business people and the graduate students of Notre Dame University. The proposal was approved by the officers of ISSE, region X and on February 23-24, 2001, a Forum on Economic Analysis and Human Values was held at the Tanghalang Michael Clark of Notre Dame University. There were 75 participants. Dr. Seetharam was the only speaker who made it to Cotabato. The participants appreciated the seminar and everybody enjoyed the very lively discussions, exchange of ideas and the workshops.

From the comments of the participants and from my own assessment, we needed to extend the knowledge learned to our private school teachers who really need help in this area. Since our aim is to help and give service to all, we thought of inviting the public school teachers in all levels- elementary, high school, and college professors in Central Mindanao and to all school administrators and personnel.

Once more, the proposal was approved by ISSE X in March 10, 2001. I was very happy

then but after a while I came to realize that I was alone in Mindanao to do all the planning and executing. I felt so depressed and lonely just thinking of the big responsibilities ahead. But the Divine Baba did not forsake me. Through the help of the board members of the Institute, who really gave me encouragement to continue, we planned the activities through the use of modern technology—text messages, e-mail, fax, and long distance calls. With Baba's intercession and love, everything went well. The local seminar turned out to be an international seminar with almost 600 active participants in the whole Central Mindanao. The seminar was a great success! The different activities went very smoothly in spite of the heat inside the gymnasium. Many participants found it difficult to leave the gym because they might miss something important. Everyone was listening attentively and most were taking down notes. Participants were punctual and were able to bear the heat and discomfort in the gymnasium.

Participants were impressed by the commitment and caliber of Dr. Art-Ong Jumsai and Sis. Loraine Burrows. Both are competent speakers and they were able to answer the questions of the participants very clearly and comprehensively. Many of the participants found the seminar unforgettable and remarkable. The speakers sharing of personal experiences were inspiring and helped deepen the integration of the Values. The speakers did not impose their beliefs and faith on the participants.

During the closing ceremonies, Notre Dame University gave plaques of service awards and appreciation to both speakers. The Cotabato City Mayor, Mr. Rodel Manara came to deliver the Inaugural Address while Fr. Eliseo R. Mercado, President of NDU gave the Key-note Speech.

- by Dr. Erlinda P. Zurita, Dean, Notre Dame University, Cotabato City, Mindanao

Inanimate things do have emotions

Nothing ever happens without proper reason, however accidental or mysterious it might appear. The roots of a tree go deep and are out of sight. Here are some instances wherein Sri Sathya Sai Baba has demonstrated to all of us that the Lord's mercy and compassion extends to the animal and plant kingdom, why even to the so called inanimate objects! (In His own words, during a conversation with Hislop on this topic)

“I was telling Hislop, in Bombay at Dharmakshetra, the same thing. The bridge towards Lanka was being built over the straits, so that Rama and His army could march across to the realm of the demon King, Ravana, where Seeta was interned. The valiant monkeys were plucking mountains and leaping vast distances in space with those peaks hoisted on their shoulders, so that they could be thrown into the sea to create a passage for Rama! The monkeys had formed a queue all the way from the Himalayas down to the southernmost point, where the bridge was fast coming up. When the causeway was completed, word went fast along the queue that no more hills are needed and each monkey placed on the ground, wherever it stood, the hill it had on its shoulder at the time. One hill, however, did not sit quietly. It started bewailing its fate! "Why was I removed from where I was and why am I now refused? Alas! I was elated that I was destined to serve a Divine purpose; I was overjoyed that the armies of Rama and Rama Himself would walk over me. Now, I am neither there, nor where I was!" It shed profuse tears. News reached Rama, and His compassion was great. He sent word that in His next Avatar, when He will come again upon His mission in human form, He will certainly bless the sorrowing hill. This was the *Govardhana* mountain that Rama (as the boy Krishna) lifted on His finger and held aloft for full seven days, in order to save the cowherds of Gokul from the deluge of rain that *Indra* dared inflict on them!



Another episode that occurred in Dharmakshetra, Bombay (again in His own words)—

“I related this story to Hislop, when he asked Me whether inanimate things too had emotions and feelings of disappointment and despair. Once, I asked that about a hundred saris be brought, so that I could select some, for distribution to the women workers at Anantapur who are helping build the Sathya Sai College there! I selected 96 and asked them to return four to the shop. I kept the four aside and the 96 were placed in my room. Later, when I passed the table on which the four discarded saris were kept (Hislop was standing by the side of that table), it was noticed that the cardboard box that contained the four was dripping tears! The saris were weeping (!) that they could not get appreciation from Me and were declared unfit. Yes! They had shed tears. You may ask whether this is ever possible. I answer, there is nothing in this world, which has no heart, which is incapable of feeling joy or grief. Only, you must have the eye to see, the ear to listen, the heart to respond!”

The above incident ended with the merciful Baba accepting those rejected saris and distributing them to a selected few to be kept as mementos.

- S.S.Speaks Vol. 11

CHILDREN'S CORNER

As you sow, so you reap

An elderly man and a youngster were waiting for the bus. It was a long wait and both were impatient to reach their destinations. Finally the bus arrived jam packed. It seemed that there was place for only one more person to squeeze in. The young man thought to himself, "I am busy. The old man is hardly likely to have anything to do. So I should take the bus first." At the same time, the old man thought, "I am old. The youth has the stamina to wait longer. So I should get in first." They both edged to the front and as the bus stopped, they began jostling one another. In the middle of their argument, the bus left without both of them.



Angry with the older man, the young man shouted, "Who do you think I am! I am the son of Mr. Lalchand, the rice merchant. My car broke down today and my father had already taken his car by that time. There is also a strike by the taxi drivers today. So I was forced to take a bus. It is indeed my ill luck that I had to meet some one like you."

As soon as the old man heard these words, his scowl faded, and a smile emerged on his face. He said, "Then you must be Haresh! I am so happy to see you. What a small world it is. I am Hirachand, your father's uncle. Back in our village, we are so proud of your father for making it big in the city." The minute Haresh heard these words; he apologized to the old man. The old man brushed aside the apology graciously.

When the next bus came, the story was delightfully different. Hirachand said, "Get in. You are already late. I will take the next bus!" Haresh replied, "No uncle, it is hot today. You take the bus. I will get into the next one."

- Lata Seetharam

Life Time Plan



Planting of trees is considered a sacred task in many eastern countries. An old Japanese was once planting a sapling in his garden. A foreigner passing by observed the ceremony with much interest.

When the old man's attention was drawn to the stranger's presence, naturally he asked the stranger what had drawn his attention and interest. The stranger replied, "This particular species will bear fruits after 50 years. I was wondering whether you look forward to enjoying the eating of its fruits?"

The old man slowly got up and straightened himself. He pointed to the stranger a tall, full-grown tree some distance away and said, "That tree was planted by my grand father. I have been enjoying eating its fruits for the past few years. The fruits of this sapling, I trust, will give years of enjoyment to my grand-children."

There is a CHINESE saying "If you plan for a year, plant a seed; If you plan for a decade, plant a tree; if you plan for a life time, develop the youth".

- adapted from a grand ma's tale



SATWIC MEAL

Tofu With Capsicum

Ingredients

2-3 Capsicum (red or green or mixed ones)

1 cake Tofu (Soybean curd)

Green Chilies

Fresh Coriander

1 tsp cumin

1tsp Coriander powder

1tsp mixed spice powder (optional)

1 Tomato

1 clove Garlic

Ginger

1tsp Salt

1 Onion

1 tbsp Oil

Cut the tofu and capsicum into big square pieces. Chop tomatoes, green chilies, garlic, and ginger. Take a pan with oil, put cumin, garlic, and ginger with chopped onions. Sauté it until it turns brown, then add tomato, sauté it little while and add all the spices cook it for few minutes. After 2 minutes add tofu with capsicum. Cook it for 5 to 8 minutes. Serve hot with bread or rice.

Baked Cauliflower With Tomato Sauce

Ingredients

Cauliflower -1 medium

2 Onions chopped fine

5-6 Garlic cloves minced

2 Green Chilies finely chopped

A little Ginger root minced

1 cup Tomato Sauce

2 tblsp Chili - Garlic Sauce

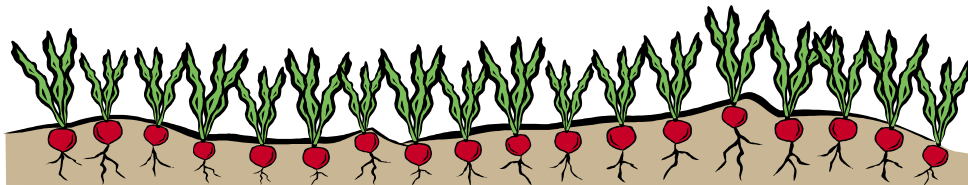
Salt -to taste

Oil- 2 tbsp

Break Cauliflower into big florets and make sure to cut the stem a little short of the flower.

Wash it well and boil it in water with a pinch of salt for 5 minutes. Drain the water. Heat oil and add the chopped onions and garlic and ginger and chilies. Fry on high heat for about 3-4 minutes. And then add tomato sauce to it and also chili garlic sauce. Fry for another 3-5 minutes.

Take a baking dish and arrange the florets, spread the sauce on top of this and bake at 325°F for about 25-30 minutes. Serve hot with fresh baked bread and hot tomato soup.



Two heaping cups of patience, one heart-full of love, two handfuls of generosity, one head-full of understanding, a dash of humor, sprinkle with kindness, add plenty of faith and mix well, spread over a period of life time, and serve to everyone you meet.

Study Act I *inspire* YOUTH Page

Who is greater – Lakshmi or Narayana?

This is a story about the Gods. It deals with the greed of men.

It was a fine day in heaven. Lord Narayana and his consort Lakshmi were talking away, when Narada, the celestial sage entered and attracted their attention. Narayana asked Narada whether the denizens of the Earth were happy. Narada replied that since they worshipped Him and won His Grace, men everywhere were quite happy and prosperous. At this, Lakshmi (who was the Goddess of Wealth) was afflicted with jealousy and anger, for; Her share in conferring happiness on man was not acknowledged. She challenged Narada to prove that Narayana was more adored than Herself down on earth.



Narayana accepted the challenge. Donning ochre robes, He transformed Himself into a monk and went down amongst the villages and towns, preaching the Path. Thousands flocked at these meetings and listened to the enchanting oratory. They followed Him from place to place and adored Him with effusive enthusiasm. He was being carried along on a huge wave of devotion and adulation.

Lakshmi saw this and could not contain herself. She was overwhelmed by envy. So, she too donned the robe of an ascetic person and came down to the very region, which Narayana had conquered for Himself. People were drawn towards Her by the effulgence of Her presence; many came away from the meetings addressed by Narayana to bask in Her Presence. A few invited Her to their homes for dinner. She agreed but declared that it was a vow she had undertaken, not to eat out of plates other than her own. She said she would bring Her own plate, cup, drinking vessel etc. The host was only too glad to comply with her request.

Lakshmi took with her a plate of gold, a cup and a water vessel – all made of gold! The host admired and adored her more for this display of pomp and wealth. But, he was astounded and delighted, when after dinner; Lakshmi said she was leaving the plate, cup, and vessel at the host's home since that was also part of her vow.

When the news spread that it was highly profitable to invite Lakshmi to dinner and to adore her, there was a huge clamor for her grace and millions deserted Narayana's discourses and hovered around the giver of Gold. People prayed to Narayana to go back from where he came from since they had no time to receive him or listen to him. Lakshmi was monopolizing their attention.

So Lakshmi came back to heaven, to meet Narayana who was already there. She asked Narada, "Who is worshipped more, Narayana or Lakshmi?"

Narada replied with another question, "Whom are you worshipping?" Lakshmi answered, "What, I worship Narayana of course." Narada answered, "Know that it is Narayana's grace that is helping you to bestow those gifts of gold which make men worship you."

Lakshmi's pride was humbled, but man's foolishness continues.

- Sathya Sai speaks, Vol. 13.

Yoga and Health

Yoga is not just for the ochre clad monks, renunciates in the forest and celibates. Modern investigations show that in today's machine age, it is the ordinary man who actually needs Yoga. Man struggles the whole day to feed and foster his family. This exertion and motive makes him restless and robs him of his sleep. He then resorts to artificial means to induce sleep and rest to the body, like taking sleeping pills or taking intoxicating drinks. This artificial induction has disastrous side effects and combined with the lack of rest, causes heart diseases, blood pressure, etc. The hurry and insatiable greed of man have brought in their wake a host of mental maladies.

Research has hence concluded that Yoga is ideally suited for all these problems. Due to lack of rest, the body weakens causing the breathing process to speed up. This in turn spoils the lungs. As the blood circulation also speeds up, a stage arrives when blood pressure sets in. Medicine cannot cure it completely and hence Yoga is prescribed.

The Healing Power Of Yoga

Professor Carlton researched into these problems and declared that the Yoga Shastra of Patanjali shows a sure remedy for this malady of the modern man. Inspired by the investigations of Carlton Cane, Professors of Hawaii University like Elliot, Shuton and Johnson began researching into Yoga. Professor Johnson in the beginning doubted the efficacy of Yoga; but as his research progressed, he realized the great power of Yoga. He concluded that the clue to the problem lay in controlling the vagaries of the mind. He along with other Professors further stated that the practice of Yoga fosters physical and mental stamina and people could remedy their mental afflictions without spending a pie. It was shown that the bliss and vitality enjoyed after two hours of sleep could be got by just twelve minutes of Yoga.

Experiments were conducted on the prisoners in a jail in Old Mexico to find out the exact

cause for the rapid rise of mental patients amongst the prisoners. They concluded that the problem was caused not by food, but by tension and worry. The professors made the prisoners undergo Yogic practices, to rid them of their mental tension. In a short time, the patients became normal. The patients not only made a total recovery, but gained great happiness due to the practice of Yoga.



The practitioners of Yoga began to shun drugs, intoxicants, and even stimulants and evinced a keen interest to intensify their Yogic practice. There are about four hundred thousand students who practice Yoga in Mexico.

Sage Patanjali devoted his entire life to the study of Yoga and declared that health is most essential for life. He stated that the well being of the body depends on discipline. He defined Yoga as the observance of discipline for the physical, mental, and spiritual well being.

Importance of Discipline

Patanjali prescribes some major disciplines as pre-requisites for deriving the benefits of yoga, notably with respect to diet. The food taken is to be both limited and nutritious. Since food and water are only medicines to cure the ailment of hunger and thirst, they should be taken in that spirit. Taste should not be the yardstick to eat food, for it is only to protect the body that one eats, after all. By reducing chilies, salt, tamarind etc. from their diet and by eating less, they could stay healthy. Patanjali states that excess food weakens the nerves, causing blood pressure problems. Man becomes prone to excitement easily.

In Germany, a research conducted on monkeys showed that when primates practiced sitting silent for 3 to 4 hours daily, soon became

very intelligent, developed their memory, and were highly enthusiastic in some cases, even more than man! A similar experiment on a student considered dullard and roguish, showed that with the help of Yoga, in just a few months, the boy became one of the most intelligent and well-behaved boys. Encouraged, even the boy's 70-year-old father took to Yoga. Soon his body was functioning with the vitality of a 50-year-old man!

What is *Dharana*

It is the single-pointed concentration of some chosen object. It is not very difficult. If practiced well, it leads us on to *Dhyana* (meditation) easily. It is said that with the power of Yoga, one can control anything, including the evil from entering the mind through the senses. Senses are like doors to houses, where only authorized personnel may enter. Yoga helps strengthen this guard.

This absolves us of animal qualities like ego, restlessness, fickleness, anger, jealousy etc.

The importance of *Pranayama*

Yoga is not a mere physical exercise. It involves exercise of breath as well. It is known by the term *Pratyahara* and *Pranayama*. *Pranayama* involves the three processes of *Puraka* (filling in the air) *Kumbhaka* (retaining the breath) and *Rechaka* (breathing out). The observance of time is very important with regard to *Pranayama*. The time taken for inhalation, retention, and exhalation should be the same. The entire exercise should be natural without any strain. The air taken in goes through the nerves of the right nostril (*Ida*), retained at the *Sushumna* (between the eyebrows) then released through the left nostril (*Pingala*). *Pranayama* should be performed with meticulous care, lest it should damage the lungs and the brain. Breathing should also be without any strain and panting. Some boys pant heavily after running. But a good runner does not pant even after running. As we have to keep ingredients for cooking in proper proportion to ensure cooking, so also inhalation, retention and exhalation should be in proper proportion.

Yoga is Control of Thoughts

It believes that the world is made of atoms, each of a different nature. It also believes that there is a connection between one atom and another. For example, a stone thrown into a lake generates a series of waves, which travel to the shore. Similarly, a thought that arises in the lake of mind surfaces and spreads to the borders of the mind. Good and bad thoughts that arise in the lake of mind have their impact not only on the mind, but on the body as well. Thoughts determine the good and evil in a man and it is these thoughts, which make the mind. Hence, Yoga gives utmost importance to the control of thoughts.

Different kinds of Yoga

Sage *Pathanjali* has prescribed eight kinds of Yoga in his text for man to enjoy health and happiness. These eight are *Yama*, *Niyama*, *Asana*, *Pranayama*, *Prathyahara*, *Dharana*, *Dhyana* and *Samadhi*. *Yama* is the control of inner sense organs whereas *Niyama* is discipline. *Yama* is sense restraint. Whatever we take, we should take from good people, because thoughts of good people also exercise their impact. Hence, whatever we do, we should do with a sense of devotion, firmly established in the feeling that the Lord is everywhere. The Lord manifests Himself in different ways according to the prayers of His devotees.

Harmony of the Three H's

We have the patience to stand in queues to see a cinema, but we don't have the patience to pray sincerely even for an hour in the temple. We come out of the temple as fast as we enter into it. We display monumental patience in temporary and ephemeral things, whereas we want to hurry up in spiritual matters. A total reversal of this attitude is essential. That is 'Yoga'. People should discriminate between what is good and what is bad. To some people, the worldly life appears to be very good and they derive pleasure out of it. The pleasure, which they obtain out of temporal activities, is momentary. You derive temporary satisfaction by satisfying your hunger at a canteen by eating two pieces of bread. But, after two hours you become hungry again. The pleasure we

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obtain from activities of this kind is known as *Santhosha*, (some pleasure), whereas the joy we obtain from spiritual matters is Bliss. Pleasure arises from the Head, Bliss springs from the spiritual Heart. The head is the seat of responsibility; the heart is the seat of right. Hence, the heart and the head are equally important to man. Think well and perform with hands whatever good you have thought. The essence of Patanjali's Yoga sutra is the harmony of the three H's - head, heart and hand. Patanjali's *Yoga sutra* professed the supreme quality of unity. Unity is nothing but harmony of heart, head and hand. Unity leads to purity and purity leads us to Divinity. Every-

thing will be extinct when we reach Divinity.

- Summer Showers in Brindavan 1993.



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tion, and spiritual transformation. That is what is represented by the three letters 'S', 'A', 'I'. 'S' means, Spiritual change; 'A' is Association change; 'I' is Individual change.

The five life principles

The five senses are the five life principles of man: Truth, Righteousness, Love, Peace, and Non-violence. Not only man but even for animals and insects these are important. If we lose Truth, we lose one life breath. Upon losing Truth and Righteousness, two life breaths are lost. Then, there is no Peace and Love becomes lifeless. Because these four values become lifeless, man lives an artificial life. Everywhere today we find violence. Buddha said, "We have to protect *ahimsa*." When we protect non-violence, Love emerges. When love emerges, there is peace. When there is peace in the world, man follows the path of *dharma* and Truth emerges. Therefore, it is man's responsibility to protect his five life principles.

True meaning of the word MAN

In the word Man: **M**, is *maya*, (illusion) give it up; **A**, have the vision of the *Atma*. And **N**, attain *nirvana*. Buddha gave up *maya*, had the vision of the *atma* and attained *nirvana*. Buddha attained fulfillment of his name, M-A-N. Every man has to attain divinity. What is liberation? Giving up body consciousness is lib-

eration. We should enter from individuality into society, from society into creation; from creation we should merge in divinity. We should attain the unity of the individual, society, creation, and God. We should develop social consciousness; we should aspire for social welfare. When you want to aspire for social welfare, there should be spiritual change in you. 'S' for spiritual change. 'A' for society, change in society. Individual change is 'I'. That is the principle of 'SAI' - the unity of the three paths of action, devotion, and wisdom. **S** - Service (action); **A** - Adoration (devotion) and **I** - illumination (wisdom).

When Buddha was ready to attain Nirvana, he called a disciple nearby who was his nephew, Ananda. Ananda was shedding tears. Buddha got up, "Ananda, I am attaining Nirvana. Are you unhappy? For many years I did penance for this. I am very happy, why are you shedding tears of sorrow?" Ananda was the son of Gautami. Gautami brought up Buddha. Mayadevi, the mother of Buddha, died within eight days after his birth, then Gautami brought him up. She gave him the name Gautama. Ultimately, his name became Siddhartha because he fulfilled all his aspirations.

Buddha developed discriminating power, that is why he got the name Buddha. Man should

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have two types of discriminations: one is individual discrimination, second is fundamental discrimination. Individual discrimination leads to selfishness and self-interest. We should have fundamental discrimination. Ananda recognized this and also attained Nirvana. The true ideal is to show others how to do it. Many people are heroes on the platform, but in practical life they are zeroes. We should become heroes in practical life. That is the ideal of Buddha.

Today man, is a *yogi* in the morning, in the afternoon he enjoys pleasures (*bhogi*), and in the night he becomes a sick person (*rogi*). That is the type of spiritual practice and discipline: morning he does meditation, afternoon he eats well, and sleeps well in the night. It is not spiritual practice. We should constantly be like a *yogi*. Whatever you see, whatever you listen to, whatever you do, it should be full of divinity.

God is in this body, the body is in society, and God is in society. That is the Atmic principle. Worldly friendships, come and go. The

friends say "hello, hello" when they come, ultimately it becomes "hollow." We should develop permanent friendship that is divine friendship. God is your true friend, take God as your friend; world as a book, heart as your preceptor.



Love is the highest Value

There is no value higher than love. Love is God, live in love. Develop that love principle. Buddha, Jesus, Allah, Rama, Krishna, Vishnu, Ishwara, you may have any name of God. One God has many names; everybody is the embodiment of God. Any salutation to anybody goes to God. When this creation itself is so sacred, what about the Creator? Without God there is no creation, without creation there is no society, without society there is no individual. Individual to society, society to creation, creation to creator, we have to experience that type of divinity.

- Buddha Poornima - June 30, 1999

The significance of the Ochre Robe

What is the symbolism of ochre robe worn by the mendicants and sages? Ochre symbolizes "the redness of fire." The ochre is like the brilliantly shining orb whose power burns anything that comes near it. The mendicant who has given up all worldly pleasures, wears this ochre robe so that he may keep his vow and not be attracted by the world again. The world is like a magnet and we are the iron. But if you cover the magnet with a thick cloth, its attracting power is reduced. That is the importance of the ochre robe. It acts only as that barrier that reduces worldly attachments.

If you were to think in the *satwic* plane, the ochre robe symbolizes the calmness of the soul. It is said to be pure, symbolizing creation and destruction. Creation began out of great chaos and will end too in confusion. The mendicant says, "Oh, Supreme Lord, I wear this robe to be constantly aware, whatever my state, of being your devotee." If you take the scriptures or any holy book, you cover them with a cloth when you keep them inside the cupboard so that you can protect and preserve them. That cloth should be of the finest quality. Only then is it worthy of being placed with the Lord. So too is the ochre robe. In another sense, the ochre robe symbolizes the vermilion worn by the Mother-as when the sun's rays becomes dark in hue. It is also considered as knowledge and purity. The ochre draws you inward, to the very root of your nature.

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able in our village. Easwamma was illiterate. When I see the egoistic attitude, perverted mentality and ostentatious behavior of the present-day educated people, I feel it was better that Easwamma did not have any schooling.

Women Symbolize Sacrifice

The house mirrors the qualities of the housewife. The women, barring a few exceptions, never stray away from the path of truth and righteousness even in the face of adversity. When the mendicant stands at the doorstep stretching his hands for alms, the husband may possibly drive him away, but the housewife always comes forward to give alms. There may be dispute over property matters between the father and the son, but the mother always tries to calm down the son with good counsel. The mother will always pray for the welfare of the son wherever he may be.

Importance of Mother's Blessings

It was part of the ancient tradition that when the son wished to set out for the battlefield to secure victory or go to forest to perform penance, he would first go to his mother and seek her blessings. In those days, what the mother declared proved prophetic. Whenever a mother conferred her blessings on her son, the Divine was present there to declare, "May it happen so." Besides mother's blessing, Divine grace is also necessary. Without earning God's grace, the mother's blessings alone will be of no avail. *It is to demonstrate to the world the importance of reverence for the parents and the need to receive their blessings, that Swami also makes it a point to visit the Samadhi of the parents of this body twice a year.* In reality, Swami has no filial love for parents as such, but Swami adheres to this practice to serve as an example to the world.

Lava and Kusa became heroic children because of their great mother, Sita Devi. It is the noble thoughts of the mother that make the children great. It was because of the noble behavior of Lava and Kusa that their mother, Sita, became renowned. When Lava and Kusa were engaged in a battle with Rama, Lava aimed an arrow at Rama with the prayer that if

his mother was a supremely noble woman the arrow should render Rama unconscious. Rama became unconscious when the arrow hit him. The mere thought of his mother lent so much power to his arrow! This shows that when you cherish the mother and seek God's grace, the blessings of the mother become more powerful. However great a mother may be, if the son does not have the grace of the Lord he will not be able to accomplish anything great. For this reason, mothers always pray to the Lord to shower His grace on the children.

The real parents

Human birth implies the existence of parents. The parents are instrumental for birth but they are not the cause. However even as instruments, elements of divine love are present in them. Human birth is the progeny of Truth as father and Love as the mother. Even if natural parents are absent, one should not forget the real parents – Truth and Love. When Truth and Love beget Wisdom as son, the true lineage of man is established. Truth is sacred, valid for all times, it is unchanging. Love is eternal. Truth and Love also have a daughter, who can be identified as Peace. Hence Wisdom should be the characteristic quality of men and Peace and serenity should be the distinguishing quality of women.

- Taken from Easwamma day Discourses in 1985, 1997-2000



(Continued from page 6)

children in a practical way by taking good care of them. The second teacher is the preceptor who guides the student in exercising his discrimination and taking the right path towards realizing the divinity within him. The third teacher is your own conscience. In fact the best teacher is one's own heart. **Time is the best preceptor, the world the best scripture and God the best friend for man.** Nature and God, the creation and the creator cannot be considered separate. In nature everything functions according to its specific qualities. To bring out the divine qualities in it, all things have been endowed with certain qualities. They are the *Satwic*, *Rajasic*, and the *Tamasic*. These have been described as Brahma, Vishnu and Maheshwara or Eashwara.

The Gunas and the Trinity

Brahma, Vishnu and Eshwara represent the defied expression of the three qualities. The Trinity represent the three *gunas*. There are five elemental powers in Nature. To understand the process of creation starting from Space, we have in succession Air, Fire, Water, and Earth. Nature has to be understood in two ways, one in respect to creation; the other in relation to every day experience. So also, the order of Brahma, Vishnu, and Eshwara in respect to creation has to be reversed. Eashwara means the lord of the heart, His divine

power is present in everyone's heart. From the heart, the mind emerged. Mind corresponds to the Vishnu principle. The mind is all pervasive. From the mind, Speech has come. Speech is the embodiment of Brahma. Thus Eashwara, Vishnu, and Brahma symbolize the heart, mind, and speech. The unity of all these is the Atma. Hence each of the three should be revered as one supreme guru in three forms.

Currency for the Divine Bank

Today we find people depositing their money in banks. Likewise, deposit the power of your senses, your mind and wisdom in the bank of God. They will never diminish or decay, they will continue to grow forever and will be returned to you in times of need.

You may change the shape of the jewel, but gold remains changeless. The value of gold decreases as it is mixed with various metals like copper, brass, etc. Likewise man by birth is highly pure and most valuable. But on account of his association with evil desires and bad company, he loses his value. Fill your hearts with love. There is no wealth, no *Dharma*, no meditation greater than Love.

- condensed from SSS Vol 15, Vol. 21, Divine discourses on 28 July 1999 & 16 July 2000



Meaning of the Prayer to the Guru

*Guru Brahma Guru Vishnu
Guru Devo Maheswara
Guru Sakshath Parabrahma
Thasmai Sri Gurave Namah.*

This prayer has a profound and sacred inner significance. Guru Brahma - The Brahma referred to here is the Speech, Guru Vishnu refers to the all pervasive Mind, present in all beings. Guru Devo Maheshwara refers to the seat of the Heart. Guru Sakshat Parabrahma: means that the unity of speech, mind and heart represents the Atma, which should be revered as the Guru.

The Trinity of these three are within us. This is the meaning of the three words *Bhur*, *Bhuvah*, *Suvah* in the *Gayathri Mantra*. *Bhur* means earth. The earth is made up of materials. Therefore, the human body, which is also made up of materials, is called *Bhuloka*. This can also be referred to as materialization. *Bhuvaha* means life force (*Prana*). It is this life force that makes the body move. It is known as vibration. *Suvaha* means wisdom. This is known as radiation. Human being is a combination of materialization, vibration, and radiation. Turn your vision inward. There you will find God.

I am a Vegetarian

I am a vegetarian since birth and so are my brothers and sister. My father by profession was a Naturopathic Doctor and a Doctor of Nutrition who instilled in us the value of being a vegetarian. Furthermore, my grandfather the late ELIAS V. FELIX was involved in the teachings of Theosophy that made him realize the value of vegetarianism. He practiced yoga until his last breath. He was our inspiration.

A spiritual life can be successfully gained and maintained if meat is discarded, for, a flesh diet stimulates the body and mind into intense activity, lustful propensities and enfeebles the moral and spiritual nature. "The flesh warred against the spirit, and the spirit against the flesh." The use of flesh meat has a tendency to animalize the nature, and to rob men and women of love and sympathy, which they should naturally feel for everyone. As we grew older we got involved in a society where the main food that was served consisted of a flesh diet, and one was left with no choice, but forced to partake.

I acquired a cyst formation in my right breast and underwent an operation. After a year I felt a bigger growth in my left breast, which was accompanied with pain. The ordeal of another operation prompted me to think of a way to prevent further growth of the cyst. My father when he was still alive taught us that a vegetarian diet could prevent severe illnesses. Then I realized I should go back to how I had been brought up, a vegetable lover. Amazingly, abruptly after a week of eating only vegetarian food, I noticed that the cyst formation and the pain completely disappeared.

According to the Holy Scriptures, neither human beings nor animals were flesh-eating creatures in the beginning. The original diet of the human race consisted mainly of fruits, nuts, and grains. Human beings and animals cannot take the elements directly from the soil and convert them into foodstuffs. The

vegetable kingdom therefore provides the food upon which both men and beasts can subsist on.

When animals are diseased, and if we eat their flesh, we plant the seeds of disease in our own tissue and blood. With all kinds of food, water, and environment pollution prevalent, our immune system will not be strong enough to resist illness. Also, given the fact that many cannot afford hygienic conditions of freezing and storing meat for longer durations, what they are eating is not exactly 'clean'. The liability to take disease is increased tenfold by meat eating. The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh-meats.

Those who eat meat feel stimulated after eating this food, and they presume it makes them stronger. After one discontinues the use of meat, one may feel weak for some time, but when the system is cleansed from the effect of the meat diet the weakness will no longer be felt. Gradually, one will cease to crave for the same diet that was once thought of as essential for the body. It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and better enjoyed, without its use. Grains, fruits, nuts, and vegetables, all contain sufficient nutritive properties necessary to make good blood. We do not need flesh food at all; God did not create animals for the purpose of our diet.

Let the same amount of money that is used to purchase meat be used to purchase vegetables and fruit.

- Contributed by Sis Didi C. Samson



Institute of Sathya Sai Education

ISSE Thailand

Diploma in Sathya Sai Education

ISSE, Thailand has been regularly conducting diploma courses and advanced diploma courses twice a year.

Purpose and Aims of the Course

Apart from studying the philosophy of Sathya Sai Education in Human Values, its theory and practical application, there is an emphasis on spiritual development, the goal of which is self-transformation. In order to be a good teacher or trainer we have to first practice living the values and

become a worthy example. A large part of the course is group dynamics, learning to live together in harmony. The accommodation for example teaches us how to live together in a small space learning to share and adjust. Every aspect of the course provides an opportunity for growth and transformation of the students.

Practical Teaching Experience

An important part of the Diploma Course is gaining practical teaching experience. Much of the time is spent in the classroom, and lectures are mostly held during the weekends.

If anyone has a special talent that can be shared with the children, such as art, music, drama, dance, sport etc. please let us know so that we can arrange special classes or activities.

The next Diploma Course begins on May 19th and ends on August 3rd 2001. It will be attended by 20 students from the following countries: Indonesia, Philippines, Iran, Spain, Germany, UK, Canada, USA, Argentina, Mexico, Estonia, Kazakhstan, Sweden, and South Africa.

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ISSE, Region X

First Certificate Course

With Baba's Grace, the Institute is preparing for the first certificate course on SSEHV, to be held from 9 July to 6 August 2001. About 12 teachers from Region X countries are expected to participate. The training will be conducted by Sis. Loraine Burrows and teachers from the Philippines.

For further details and sending teachers from your countries, kindly contact

Sis. Michelle Asiddao at isse_ph@yahoo.com.

Reports on recent activities of ISSE, Region X are in pages 9-11.

Children are like a tender sapling ...



Discipline is essential in everyday life. In this age of information and e-commerce, experts tell you that discipline will curtail freedom of expression. Freedom of expression should be allowed to develop creativity. Creative expression or freedom of expression used within the boundaries of discipline is excellent.

It is like putting a fence around a tiny sapling. When the sapling is very small and tender, it has to be protected from stray animals, watered with care and ensure that it has sufficient sunlight and protection. The same sapling when grows bigger, and grows into a big tree, it will no longer need the fence and extra care. It will in turn give protection and shade to the same stray animals that would have otherwise eaten it. It also gives shade to the person who comes to chop it! So also, the fence of discipline is necessary in the early years of the child.

Voice of the ISSE Alumni

It's been a little bit more than a year since Sathya Sai Education touched my life.

I had just finished college and returned to live with my parents in Chihuahua, a city in the north of Mexico. I wasn't sure of what to do next but one thing seemed to be clear in my mind. I wanted to be involved in some kind of project that helped the world be a better place (the shared dream of many idealistic young people). Five years of studying international politics at college left me with a sense that there was something seriously wrong with the way the world is being managed by it's leaders. It was clear that the change had to come from the roots and I wanted to be part of it. I didn't suspect what was in store for me!

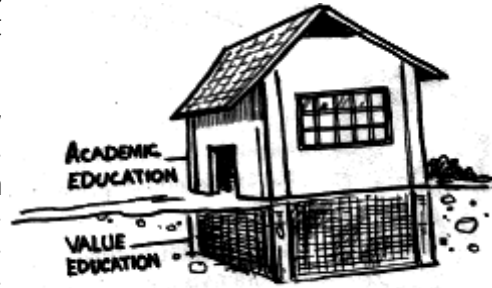
I did not know much about Sai Baba at that time. I knew something about Him from my parents—my mother had told me about some kind of education programme she was helping with, but I was not really interested in it. A couple of weeks after my return home, a friend of my parents who coordinates the Sathya Sai Education in Human Values Programme, called me and said that she had been thinking about me. She felt I might like to get involved in the programme. We met and after a very inspiring conversation I was convinced that somehow this was what I had been looking for.

I had been thinking for a while that I would like to teach

one or two courses in political science at a local high school on a part time basis. I knew from my studies that education had been widely used by governments for different ideological purposes. I had never stopped to think of the great effect it has in moulding the character of every child, the importance of the role of the teacher, or the effect it would have on all aspects of my own personality.

After hearing about the programme, I decided to dedicate myself for some time to work with the groups of over-worked SSEHV volunteers. Our state has experienced a rapid growth in the adoption of schools and in teachers' training, this requires a lot of effort and time. Most of the volunteers are over worked and I reckoned that I could wait for a couple of months before getting a job. That's when I heard about the existence of the Institute of Sathya Sai Education in Thailand and that it offered residential Diploma Courses. I decided to apply and had the full support of my parents and the SSEHV group. At this point I had been going to the local-Sai Centre for a couple of months and I had a strong feeling that if I was accepted to do the course, it was a clear sign that this was going to be a lifelong commitment.

I came to Thailand for the first



time in May 2000 and expected to stay for 3 months and... I'm still here!. After finishing the Diploma Course I came with a couple of other students to the ISSE Office in Bangkok to help in the organization of the Strengthening Values Education Conference that was to be held last September at Prasanthi Nilayam.

After the Conference we had the most beautiful experience: the Graduation Ceremony where Sri Sathya Sai Baba gave us the blessing of receiving diplomas from His Divine Hands. We were all so blessed by Him, none of us expected that much grace for ourselves and our families. After the graduation there was an opportunity to go back to Thailand to study for an Advance Diploma and at the same time help at the ISSE office. After consulting with my family and the SSEHV group from Mexico, I decided to go back at the beginning of 2001 and stay for a full year.

The whole experience at the ISSE has been beautiful although at times quite hard. We hear from our teachers; that the course is more about

being at the school, interacting with the group and our own TRANSFORMATION. The bookish knowledge is important, but not the main part of the course.

Have I been transformed? It's hard to say (maybe you would have to ask my parents!). But one thing I know deep within myself is that human values are the most important thing in my life. I know that the students and the teachers we'll be training back home will perceive everything I am. Right Conduct, Truth, Peace, Love and Non-

Violence have to be lived in all aspects of my life; in every feeling, every thought and every action. It's a challenge and everyday, with the Grace of our Lord, we are working closer towards it.

Right now it's hard to see how being a student at the ISSE has changed my life. I'm still here and every day is a lesson whether it is answering emails, having conversations and interacting with the teachers or visiting the Sathya Sai School. At the end of December I'll go back to Mexico and in January 2002. I'm planning

to start teaching in a high school as well as studying for a Masters in Education. After Sathya Sai Baba talked to us during the Graduation Ceremony about the importance of being prepared and educated, many of the ISSE students (and teachers) are going back to school to get different levels of qualifications and I find myself thinking of even studying a PhD. But one step at a time...

- Paola Contestabile ISSE, Thailand

Educare - "Skill the Knowledge"
*Contests on Human Values in Science,
Mathematics, and Arts*

ISSE Region X has announced a contest for Schools and Colleges to illustrate how human values can be learned, and practiced in everyday life. Contact the Sathya Sai Education Officer in your respective countries and get more details. All Children (including SSEHV children) are welcome to join.

Deadline for preliminary submissions: July 4, 2001

All Sathya Sai Education Officers (SSEO) of Zone 3 and other countries are requested to contact and coordinate with the SSEO of Philippines (Dr. Ramesh Subramaniam) at Email: isse_ph@yahoo.com

Free Education For All

*“For health, heart is important;
For knowledge, head is important;
For the body, water is essential. All these three should be provided **FREE**. They should not be commercialized, as these come from God.*

- Baba

All gifts of Nature and God are invaluable and are available free-of-charge. The sunlight, the air, the rain, and so on are all available free-of-charge. For all the things that we pay a price, the buyer and seller decide the price. The buyer tries to get the lowest price, by comparing several sources, and seller wishes to sell at the best (highest) price available, by comparing several buyers. Strangely, the price is decided by this illusion, in which the buyer thinks that he got the best price and the best worth of the money given, while the seller is happy to have made a profit, by getting a price more than his original cost of goods sold. The reality is that the price of a good would reach the lowest point, when there is equilibrium in the market; ideally it has to reach zero again! The most precious things cannot be bought, but only gotten! Such things which one cannot afford to buy, can be got “free” and not for a fee. The love of a mother for a child, the knowledge from a teacher, is like the blessing of God.

***Free education is not a charity for the poor and those who cannot afford;
it is but a form of selfless service,
for the future society.***

Plants and trees yield fruits, for many years, to anyone, and not necessarily to those who sowed the seeds. Similarly, we should give our knowledge to the young children and inspire them to serve the future society, with love and compassion. By giving food and money to the needy,

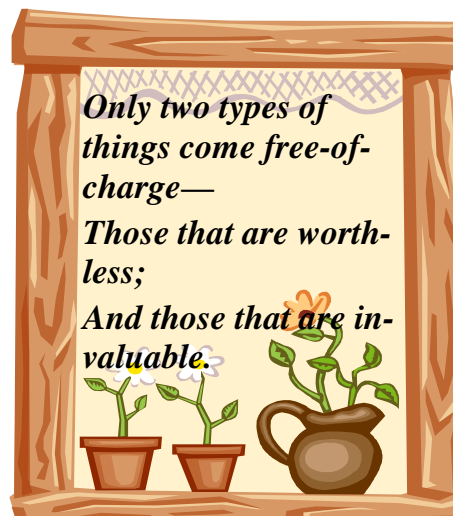
we can
receive
n a m e
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temporarily. The only way to become immortal is give one’s knowledge with love. Jesus said, “It is not enough to give the fish to the hungry, better to teach him how to fish.”

*Administrators of schools and educators wonder how education could be free-of-charge? They ask relevant questions: **Who will pay** for salaries of the teachers, Buildings, and other costs?*

The Values-based Sathya Sai Schools in which fees are not charged now serve as models demonstrating that the new paradigm of free education for all, is feasible, and brings sustainable benefits in terms of nurturing a caring society and responsible future citizens.

In the current system of education under which tuition fees are charged, the administration of a School has become yet another business, and the administrators are only concerned with the problem of maximizing revenues against increasing costs—as they are unable inspire the community and parents to bring grants, and in-kind services. They resort to charging high fees and cutting costs, which includes paying low salaries to the teachers. The quality of education has become a secondary concern! Consequently, competent persons do not aspire



A Qualitative comparison of the income and expenses for a typical school, where fees are charged, and the Values-based Sathya Sai Schools, which offer Free education.			
	Current Schools	Sathya Sai Schools	Positive impact of Free Education
Income			
Fees to students	High	Zero	Builds Character in the students.
Monetary Grants from benevolent people	Minimum	High	Community appreciates the noble service and funds flow in.
In kind contribution	Low	Very high	In a feeling of gratitude, people participate voluntarily.
Expenses			
Salaries for teachers and administrators	Varies (high to low)	Normal	Staff practice ceiling on desires and do not demand high wages.
Support staff	Normal	Low	As people volunteer, the paid helpers are not needed.
Utilities (electricity, etc.)	Normal	Medium	Ceiling on desires cuts down wastage.
Books, teaching aids	Normal	Medium	Stresses more on experiential knowledge and intuition.
Supplies (notebooks, etc.)	Normal	Low	Ceiling on desires cuts down wastage.
New building and equipment	Medium	High	By inspiration people provide grants.
Major indicators			
Educational quality	Normal	High	Students develop Skills.
Values	Medium	High	Students practice good values.
Student problems	High	Very Low	
Impact on society	Normal	Very high	A Better community develops.
Impact on future society	Not known	Very high	Peace and Harmony in the Nation.

Legend for Qualitative Rating (in the increasing order): Zero, Very Low, Low, Medium, Normal, High, Very High.

to serve as teachers. Sri Sathya Sai Baba says, "Education is a noble profession. A teacher is a shining light, and a messenger of God. If this light shines

brightly, it can illumine several lamps, without losing its own light! Such education aims at inspiring the young minds on the human values and instilling in

them good character." In the Sathya Sai Schools the administrators and teachers inspire the community .

- Dr. K. E. Seetharam

We wash our clothes to remove the dirt from it. We mix the detergent in the water and use the solution for washing. Consider the detergent as Service and the water as Spirituality. If you wash the clothes only in water, i.e., Spirituality, it will not get clean. Likewise, a dry soap powder cannot be used to remove dirt. Both water and soap are required to achieve the result. So when you expect the grace of god you have to undertake Service with Spiritual practices.

-Baba

