



Sai Jewels

Regional Newsletter—November 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

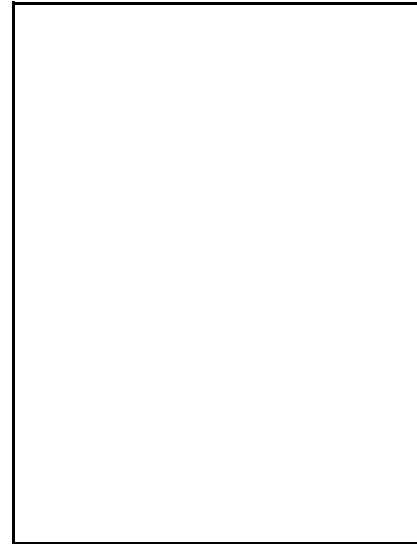
November 2000, No 05/2000

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Thought For the Month

*Trees bear fruit for the
benefit of others;
Rivers flow for the good
of others;
Cows give milk to
nourish others;
The human body is for
rendering service.
There is Bliss in
sacrifice.*

- Sri Sathya Sai Baba

Divine Discourses at the International Conference

The five values are the five life breaths of man

This world is a manifestation of the five elements - Earth, Water, Fire, Air and Ether. True education teaches the proper use of the five elements. This is the true value-oriented education the world needs today. Value is for education, education is for life, life is for love, love is for man, man is for spirituality, spirituality is for the world and world is for peace. So, one should travel from value to peace. Man is endowed with five life-breaths, which are the divine powers latent in man. The five human values are the manifestations of these five life-breaths. When Truth is put into practice, it becomes Righteousness. Truth is expressed in words, while righteousness is expressed in action. Without the foundation of truth, the mansion of righteousness cannot be built. Peace is the reflection of *Dharma*. As long as man has desires, he can never attain Peace. Mind is the basis for desires. When the mind is controlled, such a state of thoughtlessness is true peace. The fourth human value is Love. It has originated from the principle of *Atma*. **Love is the manifestation of Truth.** It is pure, steady, effulgent, attributeless, formless, ancient, eternal, immortal and nectarine. These are the nine qualities of Love. Love hates none, unites all. Non-violence shines as the undercurrent of the remaining four values, namely, Truth, Righteousness, Love and Peace. These five values are verily the five life-breaths of man. When the electric current of truth flows through the wire of *dharma* and enters the bulb of peace, you get the light of love. Speak the truth, speak in a palatable way and do not utter truth that is unpleasant. The first one is moral value, the second is social value and the third is spiritual value.

Skill the knowledge

Students should hone their knowledge to skill, not kill it. Only then will there be balance in their lives. Today, students are killing

their knowledge, meaning they are putting it to misuse. Their mental power is then lost and the inner reality is subdued. All that is seen in the external world is transient. One can develop inner vi-

sion and maintain balance in life only when one hones one's skills from knowledge.

Ecological balance

Today this balance is lost, as man is robbing mother Earth of her resources like oil, petrol, iron, etc. Hence, we find earthquakes, floods and such other natural calamities devastating people. Balance in human life and in nature is equally important. Even marine life is dwindling due to so called advancement in science. Advancement in science is welcome but it should not lead to ecological imbalance. The world at large should benefit from science. Everything, including food, water and air - are all polluted. It is the foremost duty of students to cleanse the world of pollution. **Cleanliness is Godliness.** Keep your body, mind and the surroundings clean.

Parents, teachers, and Patrons of education

Elders should sow the seeds of human values in the tender hearts of children. They will grow into gigantic trees and give shelter to many in future. It is said, "**Start early, drive slowly, and reach safely.**" Human values should be taught to the children right from the Primary School level because they are the future leaders of the nation. A single person cannot establish this. All have to get together. Will a single thread make a cloth? When several threads are interwoven, a cloth is produced. Anything can be achieved by co-operation. This handkerchief is so strong only



because of the togetherness of all the threads. If you take the threads singly they will break easily. Speak gently. Never show anger towards children. **You cannot always oblige but you can always speak obligingly.** Between teachers also transactions should be pleasant. Human values cannot be acquired from books nor be taught by mere oral instruction. It is like training in physical exercise. Athletics can be taught only by example. Children imitate elders. In fact, some parents mislead their children. For example, if the father does not want to attend a particular telephone call, he tells the son to utter a lie, saying his father is not available. In this manner, children are taught to speak untruth. **Help ever, Hurt never.** When a student takes to wrong path, he ruins himself, whereas if a teacher takes to wrong ways, he will be ruining the lives of hundreds of students. Hence a teacher, who moulds the careers of students, must cultivate virtues and lead an ideal life. A teacher is like a water tank and students are the taps connected to it. As is the water in the tank, so is the water that comes from the taps. Therefore, the teacher must have a pure heart and virtues so that he can impart the same to the students. A teacher is like a guidepost. If the guidepost itself is loose, how can it point to the right direction? The children should show gratitude to their parents, as they owe their food, blood, head and money to their parents. Today people are ready to believe all that they see on television and Internet. Internet is like a waste paper basket. Follow the 'inner net', not the Internet.

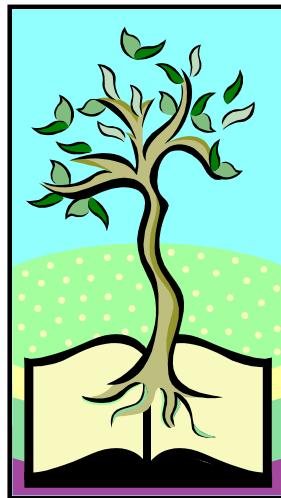
Time and Money

Today students are acquiring education with self-interest in mind and craving for money. **Money comes and goes but morality comes and grows.** Cultivate Morality. Once you have love for God, money will follow you of its own accord. **Time is God. Time wasted is life wasted.** Each one has to enquire whether

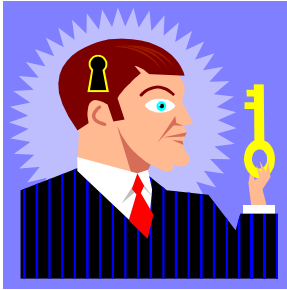
he is making proper use of time. One may be wealthy but all his wealth is useless if he lacks character. After death, are you able to carry even a fistful of sand with you? No. Your bank balance will not follow you. It will remain in the bank only. So, character is most essential, not money. It is not enough if the students get good marks; they should take care that they do not get bad remarks. Only then will their marks have value.

Education and *Educare*

There are two aspects to education. One is related to worldly education, which is nothing but acquiring bookish knowledge. We find many who are well versed and highly qualified in this. The second aspect, known as '*Educare*', is related to human values. '*Educare*' means to bring out that which is within. Human values, viz., Truth, Righteousness, Peace, Love and Non-violence are hidden in every human being. One cannot acquire them from outside. 'To bring out' means to translate them into action. What is the end of education? **Character is the end of education.** What is the essence of education? **Concentration is the essence of education.** What is the aim of education? **The aim of education is not only acquisition of knowledge, not**



only cultivating human qualities, but attaining Divinity. Education is meant for life, not for a living. That which is manifested by '*Educare*' cannot be seen by the eyes, cannot be heard by the ears and cannot be felt by the mind. But all that education confers can be seen, heard and felt. **Education fosters desires and leads to rebirth, whereas '*Educare*' confers immortality.** There will be no rebirth. Innate divine qualities like truth, righteousness, peace, patience, forbearance and love cannot be seen by the naked eye and they lead to no birth. Modern education gives rise to desires, which form the basis for rebirth. The innate values alone can control the desires. Inner voice leads to



detachment. To attain detachment, you must obtain release from worldly bondage. Here is a small example. When you insert the key into the lock and turn it to the right, the

lock opens; you turn it to left, it gets locked. The heart is the lock, the mind is the key. You get attachment, when your mind is turned towards the world. When it is turned towards God, you attain liberation. It is the same lock and the same key that are responsible for bondage and liberation.

Purity, Unity and Divinity

Each limb of the body has a specific role to perform. When the eyes spot a fruit on the top of a tree, the legs will walk towards the tree; the hand picks up a stone and pelts at the fruit. When the fruit drops down, the fingers pick it up and put it in the mouth where it is masticated by the teeth and sent to the stomach. Thus we see that all limbs of the body have to work in a coordinated manner to perform even a small deed. With such unity prevailing in the house, anything can be achieved.

The richest man in the world is one who has contentment. One who is full of unfulfilled desires is the poorest. Wealth or poverty is related to your desires.

Four kinds of knowledge

The first is *bookish* (superficial) knowledge. Next is *general* knowledge, the third is *discriminatory* knowledge, and lastly *practical* knowledge. You have to arrive at the level of practical knowledge. What is the difference between individual and fundamental discrimination? Individual discrimination is based on selfish gains. It is not right. Fundamental discrimination is based on the well-being of all people. The marks that students get in the examination are not true marks. True marks arise from the heart. Your conscience should assert repeatedly and firmly

what you are doing is right.

There are three terms - "Conscience" "Conscious" and "Consciousness". Consciousness is the all-encompassing Divinity. From this all-pervasive consciousness, conscience enters the body. The Atmic principle in your body is conscience. Conscious is the awareness related to the body and the senses. Follow the dictates of the conscience.

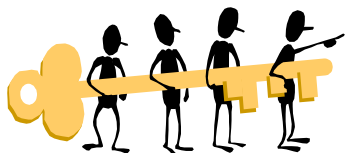
On Sacrifice

Happiness can be attained only through sacrifice. After taking food, if you do not excrete the waste material, your stomach will get upset. Once you breathe in air, if you do not breathe out, your lungs will get damaged. Likewise, sacrifice is the wealth you have earned for the welfare of others. Trees teach the lesson of sacrifice in the sense that they not only bear fruit while they are alive, but also give away their body to be used as firewood once the life goes out of them. Amongst teachers, a tree is the greatest. On the foundation of Self confidence, you must raise the walls of self-satisfaction and construct the roof of self-sacrifice. This mansion determines your life. Then you ultimately attain self-realization.

Less luggage makes travel a pleasure

Your desires are the luggage in the journey of your life. You will have peace of mind only when you reduce your desires. If the body temperature crosses the limit of 98.4°F, fever sets in; if there is a change in the normal blood pressure (120/80) ill health issues; even eyes can see only up to a certain intensity. The retina will get burnt if you try to see excessive light. Thus, God has set certain limits to everything in his creation. So, man should keep a check on his desires. Only when he leads a regulated life, can he enjoy health and happiness.





Questions and Answers

Swami offered to clear doubts of participants and graciously answered the following questions that were submitted.

1) Swami, please enlighten us how to maintain balance of the five elements by the practice of human values in a practical way. What is the practical procedure?

EHV is education in human values. In these three letters I have already enlightened you on what is education. Consider it a 3HV, i.e., Heart, Head and Hand. The harmony between these three is 3HV. We say proper study of mankind is Man. Head, heart and hands should co-operate and function in harmony. There is no human value greater than this. The thought, word and deed must be the same.

2) Swami, you have said 'skill' the education. How does one skill the education?

We know that education is external while human values are internal - hence the blunt edged education must be sharpened by the internal honing using human values. The imbalance caused by the external education is balanced by the skill of human values (the keenness of the mind). When the skill and knowledge are joined, the scale becomes balanced. Therefore education should also be balanced leading to clear insight or inner vision. The key words are education, skill and insight. Even for meditation, skill is necessary. If you sit still in a quiet corner allowing your mind to wander all over, your meditation is worthless. If you cannot concentrate, you cannot meditate. Thus, for the inner processes, skill is necessary. Concentration has to be cultivated. Wisdom is the goal of concentration. Wisdom is achieved by the dedication of the fruits of action; by sacrifice.

3) Swami, the mass media like radio, video and internet are having more and more effect!!

All are transient, passing clouds that come and go. It is an utter waste of time and is business oriented. Do not hanker after internet; turn to the inner net. Concentrate on inner vision. Sanctify your inner faculties. Then only can you unify and get access to human values. Human values, when internalized, become a sacred force and manifest as ideals.

4) Are devotion and spirituality necessary for a teacher?

Of course, without doubt. Let him have faith in his chosen faith. Without devotion, he is no teacher. He is in charge of several students. He has to set an ideal for all of them. For this, Divine grace is also necessary. All that you study is only material (inert). You have to convert it into energy. That is divine power. How can he be a model? Like a physical instructor who instructs by doing, he has to teach by being. Devotion has also to be taught by practice. Then it will be imprinted in the minds of the students.

5) Swami, emphasis on education and academic achievement is gaining importance. How should we bring 'spirituality' back into the main stream of education?

Yes, 'spirituality' is very necessary in education. This spirituality has to arise from confidence. Where there is confidence there is Love. Where there is Love, there is Peace. Where there is Peace, there is Truth. Where there is Truth, there is Bliss. Where there is Bliss, there is God. In fact, without faith you can have no faith even in your mother. Once you have confidence that a person is your mother, you love her. The confidence in your husband makes you love him. So, confidence leads to love. Love takes you to peace. Peace produces the truth and as soon as truth manifests, you achieve bliss. This Bliss is Godhead itself. So, confidence is necessary. It is this loss of confidence that is the cause of lack of spirituality in the world.

An Offering of Love

"I do not accost one particular date in the calendar as My Birthday for I consider the day when Divinity blossoms in your heart as My birthday in you. Therefore each of you should initially celebrate such a day as My Birthday. The day you resolve to practice My advice, and to engage in Sadhana (spiritual discipline) is My true birthday for you. The 23rd day of November which you now honor as the day on which I was born, is only like any other day if you celebrate it in a routine, ritual fashion. Adore man: the adoration reaches Me. Neglect man: you neglect Me. Of what use is it to worship the Lord and suppress man who is His counterpart? Love for God must be manifested as Love for man and Love must express itself as Service."

Meaning of Bhagawan

The term "Bhagawan" stands for Divinity. The syllable 'Bha' stands for effulgence, 'ga' for one who gives and 'wan,' means one who is capable. So, "Bhagawan" means the one who is capable of spreading light and effulgence to the world. This Divinity is latent in you. The principle of Atma is one and the same in all.

Spiritual practices confer Awareness

Just as fire is needed till the rice is cooked, so also the spiritual practices are needed till you realize the innate Divinity. When you sow seeds, how can you expect crops if there are no rains? Even if there are rains, you cannot expect crops if you do not sow seeds. So, both human effort and Divine grace are needed to achieve success. Though butter is present all over the milk, one cannot see it, unless one curdles the milk and churns it. Likewise, Divinity can be experienced, only when one makes appropriate efforts. Human effort is like churning of milk. Once the butter is separated from the milk, it will not get mixed with milk again. If you partake of the



churned butter, your entire being experiences it. Likewise, you will become one with Divinity once you have experienced it.

Through Body, experience Divinity

Swami's body is human. So are all yours. How do we expound the unity principle? There are three forms of this principle of oneness: unity of substance, unity of matter and unity of action. This piece of cloth is a single entity. There is yarn in it. The yarn is made of cotton. When all these are woven together, you get a piece of cloth. If you unravel the material, the cloth, the thread and the cotton all fall apart. When such a combination of matter in different forms is made, a simple object is produced. This is material unity. While the Names and Forms are different, the substance (5 elements) of all bodies is the same and is suffused with the five sensory perceptions (sound, touch, form, taste and smell) and the five life principles. This body is a den of corruption, full of diseases, continually changing, how can it cross the ocean of life? Certainly, this body is transient. Keep your mind firmly on the Feet of the Lord and surrender to it.

When the five elements are separated from the body, it loses its identity. Once life has left, the body, it is only fit for burial or cremation; the elements fall apart into their original form. Therefore, before the body perishes, make all effort to experience the Divinity within. The body is *Karmakshetra* (center of all activities), the Heart is *Dharmakshetra* (center of righteousness) and Divinity is enshrined in the heart as *Brahmakshetra*. So, to understand the pure Divinity, it is necessary for you to purify your heart. *Karmakshetra* and *Dharmakshetra* are in the same body. Divinity intervenes and separates them.

- Sanathana Sarathi, Nov 1991 and 1998.



From Our Regional Coordinator

- Dr. V.K. Ravindran

In this issue of Sai Jewels you will find the Summary of the International Conference on 'Strengthening Values Education' that was held at Prasanthi Nilayam from 25 to 29 September 2000.

The Clarion call of Bhagawan in His inaugural address to the delegates was 'Education should foster Values'. Swami goes on to say that modern education fosters only our intellectual growth but not our virtues. '*Of what avail is Education if it does not inculcate Virtues in Man?*' Knowledge should give us the power of discrimination (*Viveka*) and it should be converted into Skill in action. It is the responsibility of the elders, parents and teachers to teach children the importance of human values that will confer purity of thought, word and deed. On the goal of Education, He spoke thus:

Values are for Education, Education is for Life, Life is for Love, Love is for Man, Man is for Spirituality, Spirituality is for the World and the World is for Peace.

How beautifully Swami has enunciated the need for values based Education. He reiterates again and again that it is of no use if values are merely incorporated in the school curriculum and if the parents and teachers themselves are not the custodians of virtue and morality. '*The end of Education is Character*' says Baba. Parents and teachers must become exemplars of pristine character. He reiterates time and again that we should foster divine qualities and it is only through Purity, Patience and Perseverance that Divinity can be experienced.

The world is fast losing its ecological balance as man has become selfish and is robbing Mother Nature of her reserves and resources. This has resulted in floods, earthquakes, volcanic eruptions and other devastating natural calamities. Moreover human beings are exhibiting animal and demonic qualities, as is seen everyday in the news media. Human life will find fulfillment only when ecological balance is restored and maintained and when human beings inculcate in them Divine qualities.

We therefore have to limit our selfish desires and it is only then that we can have peace of mind and live like ideal human beings. For this the yardstick is selfless Love (*Nishkama Prema*). How can we expand this Love to the Society and the world at large? This task of fostering human values can truly be accomplished only by well-organized, dedicated Sai sevaks whose mission should only be to become catalysts in this transformation.

Transformation of man must come from within his Mind. It is only by inculcating good values like love, duty, truth, morality sincerity, dedication and peace that we can bring about this paradigm shift. It is possible if all the Educators of the world join hands together as instruments in the Divine Mission of '*Dharmasthapana*' in the world.

The transformation starts with the individual. Swami has given us the necessary tools for transformation but it is for us to take up this challenge right now and earnestly work towards the golden Age that Bhagawan has promised. Let us all come together and start this process of Internalizing Human Values and bring about the redemption of our lives from "*the unreal to the real, from darkness to light, from evanescence to immortality.*"

This inspiring message from Bhagawan exhorting the delegates to draw out a program of Human Values to transform mankind has left an indelible mark in the hearts of all delegates who attended the conference. More such conferences will be held worldwide to bring about this awareness.

In the end, Dr.A Parasuramen of Mauritius read out the Prasanthi Nilayam Declaration, which was adopted unanimously by the delegates. I pray that all Sai Educators abide by the declaration and let us pray for Bhagawan's Blessings to be chosen as His instruments to bring about this collective transformation.

SAI ACTIVITIES IN BRUNEI

Spiritual

Special prayers and bhajans were held on Krishna Jayanthi on 22nd August 2000, with a good turnout, with the Krishna Conscious group also joining us in the prayers till midnight.

Shirdi Sai's Birthday on the



27th of September was celebrated with special bhajans, at the temple venue. This was followed by the Navarathri prayers for the nine days. A special Bhajan is planned for the Akhanda Bhajan day in November, and the main celebrations will be for Swami's Birthday, where a bigger turnout is expected.

Seva

The proceeds from the EHV drama held earlier, will be sent to orphanages in the neighboring countries and the handicapped center here. Quilts made, are being distributed to the cancer center and to the needy overseas, including some to Puttapar-

thi. Money derived from the sale of the quilts will be used to buy blankets for the needy in some of these countries. A jumbo sale is planned for the end of the year to raise money for charity projects. Blood donation drive is planned for the next month.

Education

There are plans to expand the Balvikas classes, and if possible to the other center.

One of our center members had been a delegate at the International Conference on strengthening Values education recently at Puttaparthi, to bring home the messages for us, regarding recent developments in EHV.



The morning shadow moves in front of you; however fast you run, you cannot catch it, or the shadow may pursue and you cannot escape from it. This is the nature of desire. You may pursue it or it may pursue you. But you cannot overcome it or match it. Turn the desire inward, then it yields substantial results.

- Baba

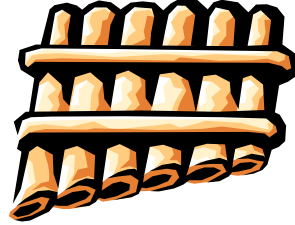
SAI ACTIVITIES IN INDONESIA

75 Operations for the Needy

In conjunction with Swami's 75th birthday, the youth of Jakarta have pledged to carry out 75 operations for our brothers and sisters in need. Since the month of September, the youth have been surveying impoverished areas in the city and identifying 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. The youths are working tirelessly to present to our beloved Bhagawan this gift of Love, based on His maxim, "Service to Mankind is service to God".

Teen Youth Seva

The teen youths of Jakarta were introduced to Swami's Ceiling on Desires program recently, wherein they were then given a month-long as-



signment of putting a ceiling on their expenditure. The money saved was then used to purchase the ingredients of cupcakes, which the teens collectively baked. These were then served to a group of teenagers with speech and hearing impairments. The teens also played sports, such as basketball, badminton, table tennis, and made friendship bands with them. At the end of the session, a few sport items, such as basketballs and ping-pong balls, were handed over as a token of friendship.

SSEHV Classes

The SSEHV classes for children, which commenced on September 1st 2000, are now held regularly in the Sai

Center. Young adults who, for the past one year, had been attending the EHV classes under the guidance of EHV coordinators trained in Thailand, conduct these classes in the local language, Bahasa Indonesia. In today's world, where moral, ethical and spiritual values are on a decline, these classes attempt to restore human values in mankind. They target children who are 6 to 12 years of age.

In the recent International Conference on Education held in Prasanthi Nilayam, I got the opportunity to participate in the World Musical Orchestra, which was one of the cultural programs planned for the event. Many countries participated in this and over 50 musicians united to speak in an unanimous language – music, the language of the soul. And our program was aptly named SOUL – Symphony of Unity and Love.

The *Angklung* Experience

The group from Indonesia was to play ethnic Indonesian musical instruments made from bamboo. This opportunity to play the *angklung* before Bhagawan in His physical manifestation was beyond a dream come true – for such a thing had not even occurred in my dreams. After all, how could a drop of water ever imagine the magnificence of the ocean! The anticipation of participating in such an orchestra sent ripples of excitement in me. It was enough to overcome the fact that

we'd have to miss afternoon *darshans* and all bhajan sessions for the sake of our rehearsals. Eight long hours everyday until the day of performance – it was quite exhausting.

However, things took an exciting turn when we started rehearsing in the Poornachandra Auditorium. The prospect of Swami coming to the auditorium any moment kept everyone on their toes, fully equipped with their cameras too! And Bhagawan did not let his devotees down. Every now and again, He came to watch the cultural performers getting their

parts right. Sometimes, He'd do it discreetly, just by peeping through the backstage curtains, reminding us of a little child lured by curiosity to inspect the source of the noise. Sometimes, He'd come as a director, watching closely and giving directions. When the musical group was rehearsing, Bhagawan would also come on the stage. He would peep through the curtains, watch us play and quickly go back just as we realized that He was watching. Once, He came on stage and inquired regarding the various kinds of musical instruments and of the musicians as well. What was most overwhelming was that a few words from Him seemed to lift everyone's spirit to amazing heights. After Swami's visit, there was no mistaking the increased gusto in everyone's playing!

Finally came the evening everyone so eagerly awaited for. Since the orchestra was the first program on the agenda, all musicians were ready and seated back stage, and there was a tangible feeling of excitement saturated in the air. Then, to the pleasant surprise of everyone, Bhagawan came backstage and spoke to some of the musicians. His *darshan* had a tranquilizing effect on me. I felt a kind of calm confidence that seemed to well up from inside.

Coming out on the stage, I wasn't as conscious

of the tens of thousands of people that filled the auditorium as I was of Bhagawan, seated in the front row, keenly watching the musicians as we filled up the stage. Fortunately, despite the massive sizes of the musical instruments, I got a clear view of Swami and my eyes took in as much as they could. I think I'd even forgotten to blink at that point! The whole performance went very well, and towards the end, the crowd joined in our music with their loud and rhythmic clapping, elevating the spirits of the musicians even higher still. My joy knew no bounds when Swami raised both His hands in blessings at the culmination of our performance.

That evening, basking in the euphoria of the program, as we musicians were bidding farewell to one another, we learnt that all cultural performers were to get "special *darshan*" the next day. This turned out to be not just the icing on the cake, but also the cherries on top, for Swami gave all cultural performers *pada namaskaram* as well as saris for the ladies and suit materials for the men. The emotions felt at that point are beyond the description in words. And the memory of this event is a precious gem that will adorn my treasure chest forever.

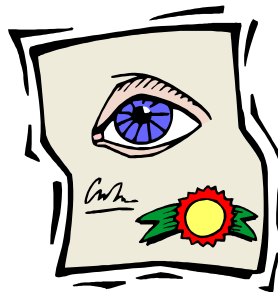
-Reshma Daryanani

SAI ACTIVITIES IN MALAYSIA

Service Wing

SAI 2 was launched on 21st May 1999 as a gift to Bhagawan on the occasion of His 75th Birthday. Securing organ donation pledges was among the many projects carried out.

Mr. K. Subramaniam or K.S. Maniam as he was popularly known as, was a retired planter who lived from 18 March 1936 to 24 July 2000.



He died of a stroke at the University Kebangsaan Hospital Malaysia, Kuala Lumpur. He left behind a wife and

3 children. Prior to his demise, the entire family had pledged to donate all their organs under the SAI 2 project. To fulfill that pledge, his widow dutifully requested the attending doctors to do whatever was necessary before his body could be taken home. In view of the nature of his ailment, the doctors could only remove his corneas for transplant. His mortal remains were taken to his home for

the funeral after the corneal removal. The family of the late Mr.K.S. Maniam was relieved to see that his body suffered no disfigurement as a result of the said operation and infact he looked as peaceful as he did at the time of his departure. The bereaved family did not hesitate to honor his pledge and are grateful that he was of service even after his demise.

Spiritual Wing

In order to further propagate Bhagawan's Message and to reach out to the people, Sai Symposiums combined with an exhibition (with exhibits in Tamil) were successfully held in various parts of the country. Everywhere 300 to 400 people (excluding Sai Devotees and Bal Vikas children) attended and benefited. The exhibits in Mandarin are now ready and soon enough Sai Symposiums for non-English speaking Chinese communities in rural areas will be held.

Ladies Wing

The Ladies released a booklet "Role of the women in the New Millennium." This was produced at the request of Sri Indulal Shah and was distributed last year for the Ladies day celebrations. The booklet comprised of Swami's quotations on the many roles women play as wife, mother, daughter, etc. Under each heading, suggested activities in response to Swami's call for Sai ideals are stated.

Next the ladies came out with a manual entitled "Sainitas Dynamic Action Plans for the New Millennium." This publication provides guidelines on how to implement the objectives of the ladies wing in accordance with the terms of reference given by Sri Sathya Sai Council of Malaysia. Its contents are based on the experiences and feedbacks of sisters who had taken part in various sadhana camps, fellowship sessions, and seminars. There have been requests from other countries for this manual.

Leadership Camp

A training camp on the theme 'Making a Positive Change' was held for the regional ladies coordinators and potential leaders. Emphasis was placed on effective ladies satsang.

Ladies Sadhana Camps

These camps are held in order to forge a sense of unity among sisters; to explain the process of implementing the guide book to all regional and center lady coordinators and to implement action plans for the year. Workshop sessions, case studies and discussions to illustrate the theme were the highlights of the camps.

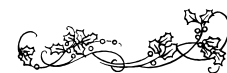
The Ladies Day celebrations were held this year on the 19th and 20th August 2000 in Malacca. Our Ladies from the various regions in Malaysia got together to share the wonderful experiences of their activities. The theme of

the celebration was "Women of the New Millennium." A cultural program was held on the 19th and a handicraft session the next day. Basically the goals and objectives for the new millennium were discussed and reinforced.

Education

Training sessions are conducted periodically at various regions in the country for Sai Office Bearers. These sessions are held to enhance their leadership skills and spiritual development to make them better leaders of their respective centers. The sessions were beneficial in promoting: -

Deeper understanding of oneself and others; Open mindedness; Closer relationships with team members; Spiritual nourishment; Greater understanding and love for the spouse and others around them; Humility; Greater ability to handle life and Center problems; Relaxation and calmness while being dynamic; and Awareness of one's strength and weaknesses. It cannot be denied that these training camps have been useful to Office Bearers especially in identifying and taking steps to alleviate their personal weaknesses. These training camps have been so useful that there have been requests that facilitators conduct sadhana camps at the various centers.



SAI ACTIVITIES IN THE PHILIPPINES



Medical Camp

We organized the first **Sathya Sai Preventive Health Care Medical Camp** on 28 October 2000. The camp benefited 700 children and 200 adults. 14 doctors from the Philippines assisted Dr. Ravindran and Dr. Viji Ravindran, who guided the preparations and led the Camp. All felt the Divine presence of Bhagawan at the Camp, as so many sick people came in spite of the rain. About 40 children were given lenses and frames. We also

brought one child who needed an immediate surgery to the Government hospital.

75th Birthday Celebrations

Bhagawan's 75th Birthday will be celebrated with a whole day program, of morning prayers, special seva (500 bags of essential goods) to the needy, and special bhajans on 23 November. A 2-hour cultural program, "Culture and Human Values for Peace and Harmony", will be held at a public auditorium. The program includes Hindu, Buddhist, Chinese and Christian devotional dance drama and music by SSEHV children; students from public and private schools trained in SSEHV; and professional artists.

Calendar: "See Always Inside", SAI 2001

We will be releasing on 23 November a wall Calendar **SAI 2001**, comprising the winning entries of the Contest on *Human Values through Mural*, organized in September.

Institute of Sathya Sai Education

With Bhagawan's Blessings, we are now preparing for the Inauguration, of the **Region's Institute of Sathya Sai Education** (as proposed by Sri Indulal Shah at the Convention in Singapore) on **14 December 2000**. The Institute will be located at the Casa Del Nino Science High School, Laguna. Dr. Rosario Acierto and Dr. Ravindran will be the first Directors of the Institute.

Experiences of Diploma Students

We have been fortunate to send four teachers to the ISSE, Thailand for the diploma courses and Bhagawan awarded their diploma and medals on 30 September 2000.

"This was the first visit for both of us to Thailand, and surely we had a lot of Divine grace to get the opportunity to train at the serene atmosphere of the Institute. While we have been teachers for many years now, just a 3-month course at the Institute has taught us one important, and perhaps the most critical lesson: to put children first. Our response to anyone asking "What are you teaching?" has always been that "we teach Science, Math, English, etc. But our answer now would be

"we teach children". The second most important lesson that we learnt is to "practice what you teach and preach". We are earnestly trying to put these two lessons into practice at the Sathya Sai School, Pililla, the first such school in the Philippines. While our respective teaching backgrounds are different, we are now finding that education oriented towards human values is quite different from what we have taught so far. The School in the Philippines has been operational from May 2000. Village Halayhayin, where the School is located, being very small and all of the community being Christian, our initial task was to talk to the parents to convey our experience in Thailand, and the second task was

to prepare the students. The latter was very simple, as all the 4-5 year old tender stems bent very fast! And, upon seeing the effect of the SSEHV education imparted to these adorable children in less than 3 months, the first task of convincing the parents turned out to be even simpler! The parents are now eager to confirm that the children will be able to continue in the School in Grade 1 and so on. While we were not able to attend the Diploma Convocation Ceremony in Prasanthi Nilayam, the account of Swami's Discourse on 30 September 2000 and our diplomas and the beautiful medallions blessed by Swami have made our resolve stronger to serve the cause of SSEHV in the Philippines, for which we seek more Divine Blessings."

- Mrs. Maria Luisa G. Payot and Mrs. Rosalina Gonzales
- Teachers at the Sathya Sai School, Pililla

"It was the first time for us to be away from our families, but we have returned with a feeling that we left them for a good reason, although 2 ½ months was quite a long time! At first, we were concerned about mingling with our classmates, because our group of 18 was very diverse. In the first few days after our arrival, we kept asking ourselves why were we there, and what was God's plan for us! In fact,

the first day we arrived at the Institute, we started to observe the place and started imagining what will happen to us in 2 ½ months! But all these concerns and fears were allayed by our really wonderful fellow students first, then, by our loving and kind teachers. While language was an issue, the Sathya Sai School children were all adorable as well, and we could feel their warm acceptance for each one of us. They all made us feel that we were loved and special. The teachers were true models of what a real teacher should be like. It was like we were in a dream, in a place full of love and people filled with love. In the end, the time flew too fast that at one point we wanted to stay longer! The vibrations at the Institute were so powerful that one of us (Olive) saw an image of Bhagawan Baba walking in the Cafeteria! Upon reflection, one could realize that it was indeed a Divine Manifestation. Overall, the visit to the Institute and the learning have certainly made us better individuals, and more importantly, better teachers. The experience will also guide us in our roles at the forthcoming Regional Institute of Sathya Sai Education, proposed to be launched at our School in the near future."

- Ms. Michelle Asiddao and Ms. Olivia Bacani
- Casa del Nino Montessori School, San Pedro, Laguna



Experience of the Delegates

Four eminent persons from the Philippines attended the International Conference in Prasanthi Nilayam in September. Mrs. Arceñas was one of the plenary speaker. Excerpts of the experiences of the other three are presented here.

"My participation in the Conference has been very enriching. I do not like to speak about it simply as a conference, but also as a trip that has enriched my inner feeling, which is equally important as the significant learning gained. While I was very eager to participate in the Conference and see in person Chancellor Baba, my visit was uncertain due to a Notre



Dame University program that I was planning at the same time. In a twist of fate, and ironically through a demonstration of violence between the rebels and armed forces in Mindanao, the program got cancelled and I got the opportunity to visit Prashanti Nilayam to strengthen my resolve towards peace and education. I could only

thank the Divine Providence for the unexpected change of events.

The Conference was morally and spiritually enlightening as is Chancellor Baba's guid-

(Continued on page 21)

SAI ACTIVITIES IN SINGAPORE

End of Education is Character

Our Singapore Sai devotees really took this to heart and made the months of August, September and October 2000 full of activities related to education and character building. Singapore took part in many ways in the "Strengthening Values Education" conference in Prasanthi Nilayam, Puttaparthi, Andhra Pradesh, India held in September 2000.

Our Sister Priscilla and her group of young and young-at-heart, (with late fifty's Bro. Chong Ah Mun being the most prominent among the latter) really enthused and provided so much selfless service to organize and arrange for the highlights of the multi-school display during the cultural performance on the first night. Bro Kenneth and other youth also involved themselves in a part of the 2nd cultural performance with Malaysia. All were thrilled by our Beloved Lord's *Darshan* during the rehearsals and actual performance.

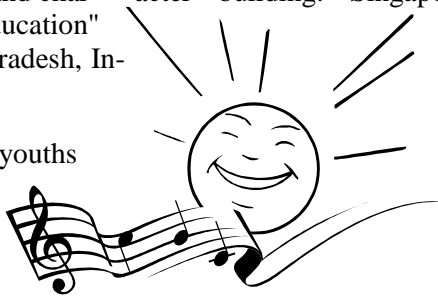
We were also blessed with more involvement in the administration of the Conference providing the secretarial pool of transcribers.

Singapore sent one representative for the Conference. She is a teacher working with the Ministry of Education, who is in charge of Values Education for schools in Singapore.

Youths between the ages of 18-25 from Singapore were invited to be part of the Youth

Forum. Each of the youths were known as Agent. The reason why all of us were known as Agents was because we were all on a mission - the mission of SMILE - "Serving Mankind Inspires Love Everywhere". As agents throughout the Conference, we youths had our own Youth forum discussion. We youths had the opportunity of hearing the experience of a Sathya Sai School teacher who shared with us her experiences of a teacher and how she took Grade 8 class to an AIDS hospital. We also heard from another Zambian teacher who spoke about "Inspiring through Love". He gave us a heartfelt talk about how the love of his teachers from the Sathya Sai School in Zambia helped the students achieve human excellence.

In addition, there was also opportunity for the youths to get together in groups to discuss action plans that will benefit the communities. The second last day of our Youth



forum saw us youths getting together to discuss our action plans. According to agent Ranjana, one of the youth representatives from Singapore, "The youth forum provided us with ample opportunity to get to know youths from all parts of the world. Furthermore, I got to learn to sing Value version songs based on popular music from top vocalists ranging from Britney Spears and Bob Marley. In addition, I have got to develop action plans that will benefit my community and to hear action plans from youths from the other parts of the world"

Just before going to Puttaparthi, a Special Musical concert was held in September 2000 by the Spiritual Wing. This provided a SAI PRASHANTI NITE and benefited 81 children from Welfare homes with education bursaries.

Nearly 800 Sai members and their families attended this blissful night of music.

Application has also been made on 9th October 2000 to the local authorities in Singapore to approve the setting-up of SRI SATHYA SAI PRESCHOOL, SINGAPORE. The Ministry of Education has approved on 27th October 2000 and we are awaiting the Planning authorities approval. With Swami's Grace, this is expected to be in November 2000 and then start up will be in March 2001.

A follow up session was held in early November for the Gurus who had undergone training in July. Apart from consolidating their training and obtaining feedback, the



information from the Values Conference was distributed to them.

Akhanda Bhajans, Birthday Celebrations and all other Sai events are expected to be held with improved participation in this 75th Year of the Advent of the Lord.

Chaitanya Jyothi, formerly called Sai Darshan, is now almost ready and planned to be officially opened by our Beloved Lord on 18th November 2000. Our Singapore devotees were blessed by

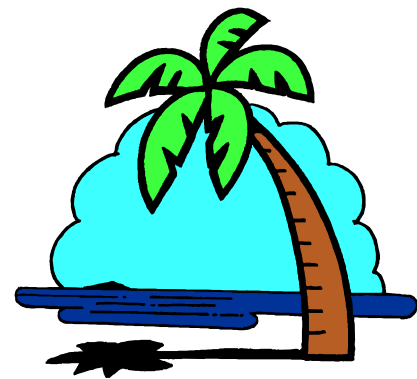
Swami to participate actively in the exhibits there the Koa fish pond, the landscaping and various other aspects of the building.

With Swami's Grace, Singapore Sai devotees will also be performing the 75 lion dance and also skydiving jump on His 75th Birthday Celebrations as an act of devotion. In all, almost 200 Singapore Sai devotees are praying to Swami to be present in Puttaparthi for these celebrations and the 7th World Conference. Singapore has nearly 20 delegates for the World Conference and is also blessed to participate in a part of the Conference administration.

How to go for the Real Coconuts?

*"Here is a coconut tree and on top there are the coconuts. This tree has a shadow that extends for a distance on the ground. A man who wishes to secure the coconuts climbs on the tree. At the very time he is climbing the tree, his shadow may be seen climbing the shadow tree. And when he plucks the coconuts, his shadow may be seen as plucking the shadow coconuts. The man who climbs the real tree secures the real coconuts and at the same time, his shadow self climbs the shadow tree and plucks the shadow coconuts. But if the man does not relish the task of climbing the real tree, and instead limits his action to climbing of the shadow tree, he will not get satisfaction from the shadow coconuts." **The shadow tree represents the World. The shadow coconuts represent worldly prosperity. The real tree represents spiritual life and real coconuts represent the fulfillment of life. Thus, the person who devotes his life and energy to spiritual values will automatically get worldly benefits.***

- Baba



(Continued from page 18)

what you are. Feel sorry for all your wrong doings and begin a life of pure kindness and love you will become beautiful again." She did exactly as the sage said and became a beautiful person again.

- Adapted from a grandmother's story

CHILDREN'S CORNER

Kindness pays

Once upon a time, there lived a king with two queens. He was very partial to the younger queen. This caused a lot of sorrow and pain to the elder queen. One day, she decided to leave. She left the palace and walked towards the river. On the way a withered bush begged her to remove its dead leaves and give it life by watering it. The queen being a kind person, cleaned the bush lovingly, poured a pot of water at its base and walked on. She then came across a starving cow that cried out to her for help. She cleaned its shed and brought it a bucket of water and a bundle of hay. After making sure that it was comfortable, she walked on.

She came to a hermitage and bowed before the old sage sitting outside. She saw that the hermitage needed cleaning and its roof needed repair. She repaired the roof with thatches, then swept and cleaned the hermitage. She cooked a simple meal for the sage and served him respectfully.

As she was leaving, she bowed before the sage and he blessed her. He told her to take a dip in the river and come back. She did as he told her.

She came out of the river after just one dip. She had changed into a woman of great beauty and grace! The sage asked her to go back to the palace. He blessed her saying that the king would love and cherish her. Overjoyed, the queen walked back. She again came across the cow, now healthy and full of milk. It offered her milk. After she drank it, the cow blessed her with strength and goodness. While walking back, she also came across the bush now full of flowers. The bush offered her its flowers. She placed some on



her hair and it smelled wonderful.

When she reached the palace, the king was thrilled to see her, so glowing and graceful. Seeing this, the younger queen became very jealous of the elder queen. She wanted to be as beautiful as her. The elder queen was happy to share the secret of her luck with the younger one and told her where to go.

The younger queen also walked towards the same river. On the way, she came across the same bush that was dry again. When it asked her for help, she replied rudely, "I am not your gardener." As she walked on, she passed the cow that was starving again. When it cried out to her for help, she scornfully told the cow, "I have better things to do than clean your shed and feed you." Finally she reached the hermitage. She did not care about the dried leaves on the ground or care to clean the hut. She did not even bother to greet the sage politely and pay her respects to him. She straight went up to him and asked him to bless her with the same beauty as the elder queen.

The sage smiled and said, "Daughter, I do nothing. It is your own goodness that blesses you. Go to the river and take a dip. You will get what you deserve." The queen went to the river and took a dip. When she got out of the river, she was horrified! She had become ugly! She took another dip. This time she looked uglier than before. Weeping, she rushed back to the sage and asked him why he had cursed her.

The sage replied, "No one can curse you or bless you. It is your own mind that blesses you or curses you. You are jealous, proud and selfish person. The river only showed you

(Continued on page 17)



SATWIC MEAL

Sprouts soup

Ingredients

½ cup sprouts (your choice)
1 tbsp. cabbage shredded finely
1 tbsp. carrot grated
1 onion grated
1 potato boiled, peeled & grated
1 garlic flake crushed
1½ tsp. Corn flour
½ tsp. Oil
Green chili sauce to taste
Salt to taste
½ tsp. sugar

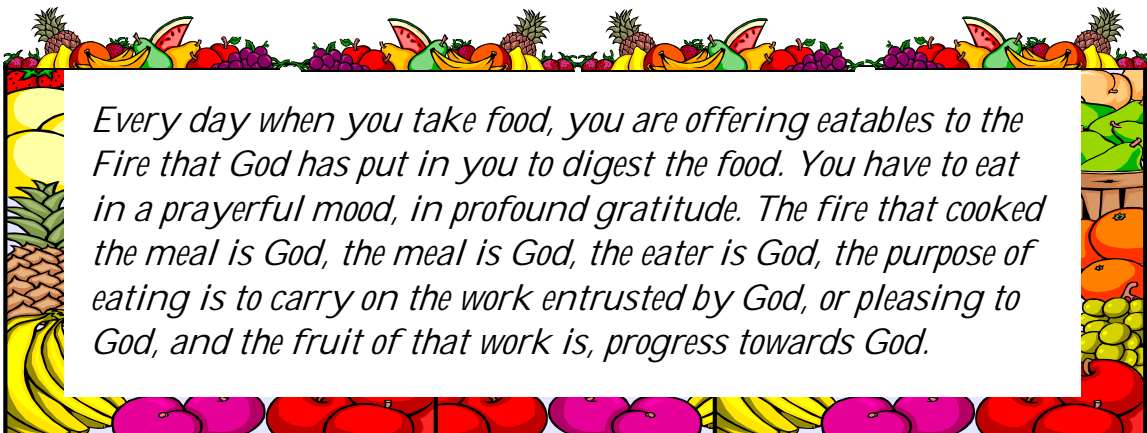
Boil washed sprouts in 4 cups water. Drain and keep aside separately. Mix the corn flour in ¼ cup water. Keep aside. Heat oil in a heavy pan, add onion and garlic, stir-fry for a minute. Add carrot, cabbage, sprouts, and potato. Stir for 2-3 minutes. Add the stock (water in which sprouts were boiled). Boil and simmer for 5 minutes. Add salt, chili sauce, sugar and corn flour paste, stirring continuously. Boil for 2 minutes. Serve steaming hot, with wheat bread or garlic rolls.

Baked Vegetable casserole

Ingredients

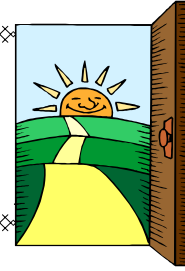
1 tomato, chopped
1 onion, sliced
1 capsicum, sliced
1 carrot, cubed
1 potato, cubed
8-10 French beans, chopped
2-3 baby corns, cut into big chunks
1 raw cooking banana, chopped
1 tbsp. plain flour
1 tsp. white vinegar
½ tsp. soy sauce
½ tsp. Sugar
Salt to taste
3 green chilies finely chopped
1 tbsp. Oil
½ cup grated cheese

Combine potato, beans, baby corn, banana, and carrot. Boil them in salted water till tender. Drain and keep aside. Heat oil, add onion and capsicum, stir till tender. Add chilies, tomatoes, vinegar, soy sauce, salt, and sugar. Stir and cook for a minute. Add boiled vegetables. stir. Sprinkle flour all over. Transfer to a casserole, sprinkle cheese. Bake in a hot oven till the vegetables sizzle and are done.



Every day when you take food, you are offering eatables to the Fire that God has put in you to digest the food. You have to eat in a prayerful mood, in profound gratitude. The fire that cooked the meal is God, the meal is God, the eater is God, the purpose of eating is to carry on the work entrusted by God, or pleasing to God, and the fruit of that work is, progress towards God.

Study Act Inspire YOUTH Page



Revered Chancellor, respected elders, and fellow youth. Good morning.

I am honored today to present before you – not only one voice of a youth, but also collectively, the voices of all the youth present here before such a prestigious gathering. The youth forum consisted of over 40 youth representing more than 15 countries of the world: Brazil, Canada, Chile, Columbia, Venezuela, Uruguay, Mexico, America, Indonesia, Malaysia, Thailand, Japan, Zambia, Singapore, Australia, New Zealand, Germany, Slovenia, and Qatar. We were identified as private investigators. The reason for this title, is to examine “Who Am I?” before we figure out “where am I going?” We need to reflect before we respond. Look inwards before searching for the answers outside ourselves. So, the first day of the youth forum was spent on self-introspection and asking the question, what is the purpose and value of my education? One of our first missions as private investigators was to integrate values into modern music. The creativity and energy generated was a clear indication of “**information to transformation**” in action. No longer should we, the youth, be referred to as “generation X” an unknown variable, for we have an identity. Nor should we be referred to as “generation Y” because we have access to have unlimited sources of information. We are a generation accountable for our actions and our actions speak louder than words. We are, generation SMILE!

Our first talk emphasized transformation of oneself through service. This can be through 3H – unity of Education for the head, love from the heart, and using the hands to serve. Only when these three, head, heart and hands are brought together with love that we can inspire. The next speaker inspired us by sharing his experiences on how he himself was transformed through acts of Love and Kindness. Through this transformation of Love, he illustrated how he was able to use past experiences, to in turn, give back to the community. The first speaker spoke about Service, the second about Inspiring through love, the final speaker introduced the concept of **SMILE** – an acronym for **S**erving **M**ankind **I**nspires **L**ove **E**verywhere.

The youth then made action plans with the hopes that we will return to our respective countries and apply our knowledge, skills, and talents towards serving our communities and being an inspiration to others. Therefore, the concept of SMILE is to Serve and Inspire. Wherever we go, whatever we do, we should always remember to smile. When we think of SMILE, we think of serving, motivating, inspiring, and loving in order to attain human excellence. The ultimate goal SMILE, then, is to encourage all youth to set up service projects in their respective countries. Whether aspiring as doctors, computer engineers, musicians, creative writers, educators or as students, we must learn to infuse values and love in all we do. On the final day, we shared our action plans, commitment and dedication for giving back to our communities. For example, from the west, a group of youth came up with plans to integrate music and movement for motivating the elderly. From the East, three youth proposed to assist overexploited construction workers by providing nutritional food and clean clothing. Keep in mind; plans are only dreams until they are put into action.

Remember SMILE – Serving Mankind Inspires LOVE Everywhere.

To the Chancellor, I would like to offer on behalf of the youth, 46 SMILE action plans.

To the world, we offer you a ray of HOPE through the notion of SMILE.

- Ms. Himela Bahadoorsingh

At the Valedictory Function, on 29 September 2000, Prasanthi Nilayam

(Continued from page 15)

ance: Education is not merely for earning a living, it is for life, a more meaningful and worthwhile life; and the very essence of education is character". I have brought home a number of significant pointers from the Conference. To list a few: (i) Love is God; it is the foundation of the very source of the mind. The experience of oneness can be derived from Love; (ii) the task of education is to develop man into an exemplary person; (iii) Truth is a fundamental life principle without which humans cannot exist; if there is no Truth, there is no Righteousness; (iv) the reflection of righteousness is Peace; there is no Peace today because of the drowning desires and expanding wants of people around the World; (v) Help Ever, Hurt Never – violence at all levels should be curbed through the development of the attitude of Non-violence; (vi) where there is unity, there will be purity of thoughts and proper orientation of actions; (vii) true education consists of leading people to improve quality of life through attaining peace; and (viii) education should help make students the embodiments of human values such as Love, Truth, Right Conduct, Non-violence and Peace.

Many implications can be derived from the above pointers. True education entails a wide range of knowledge and values. Educators should therefore be equipped properly with the right mindset and necessary skills to impart human values and guide the learners to lead a peaceful life with the rest of the world in harmony. This perhaps will place a great demand on curricular revisions, especially with regard to teacher-education. There should be a shift of interest from too much specializa-

tion and pursuit for academic excellence to the formation of human values. Greater focus should be placed on the character component of the teacher-trainees, so that they themselves practice and radiate those values. There should also be greater regional and international co-operation for strengthening polices and curriculum for values education."

- Dr. Erlinda Zurita, Dean, Notre Dame University

"It was a rewarding and spiritually uplifting experience to have been in Prasanthi Nilayam with a large number of delegates, and in the presence of Bhagawan Baba. Never having been to India before, we had a mixture of expectations and excitement. We have come back with a sense of fulfillment. While we attended the Conference sessions, we were also more than eager to see Baba in person and hear his discourses. Initially, the query that we had was in what ways the teachings of Baba are different from those of the other universal teachings that have been handed down to us, say in Buddhism or other beliefs. But, exploring more about it, one gets a feeling that Baba's teachings on the five human values are so basic and simple, yet they are based on a rather profound construct. All of the teachings we have can be succinctly characterized and summarized by the five human values. It would then follow that adherence to these values will guide us to become better human beings. Once we, as adults and teachers, imbibe these values fully, they can be passed on to the children, who will absorb them even more easily. The events in Prashanti Nilayam have given a lot of insights for us to undertake service activities in the Philippines."

- Mr. Mariano Yupitun and Mrs. Jing Reyes
Universal Wisdom Foundation

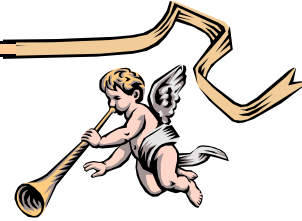


The **black bee** has a proboscis with which it can bore a hole through a strong bamboo or even through the human body. But when it enters a lotus flower and lotus folds itself, the bee is unable to get out of its tender petals because it is immersed in the enjoyment of the honey in the lotus and forgets its real strength. Likewise, man today, forgetting the Divine that is present within him, is immersed in worldly concerns and mundane pleasures. Divinity is ever present in man in all its purity.

- Baba



The joy of Christmas



When Jesus was born three Arabian kings came to see Him. Overjoyed at the sight of the newborn, the first king said to Mary, "Mother, you have given birth to a child who loves



God." The second said, "Mother, you have given birth to a child who will be loved by God." The third king said, "Your child is not different from God, both are

one and the same." The inner meaning of this is that, *the one who loves God is the Messenger of God; the one whom God loves is the Son of God; the one who understands the principles of unity becomes one with God.* Every human being is a messenger of God, born into this world by the Will of God. Jesus pointed to three stages. The first, "I am the Messenger of God." He wanted to propagate the message of God. The second, "I am the Son of God." The son has a claim to the father's (God) property of Truth, Love, Forbearance, Peace, and Righteousness. Only when man practices these virtues, he deserves to be called Son of God. The third, "I and my Father are One." This stage is attained when the principle of unity is realized. When Jesus reached this stage, He had no suffering at all; He was always blissful and was prepared for anything. Even at the time of crucifixion, he was smiling, because He realized that He was not the body. Body is bound to perish, but the indweller is God Himself. Jesus understood that body was merely a vesture, and He was the indweller. You should have the firm faith that you are the Messenger of God.

Death is the dress of life

He said, "All are one my dear son, be alike to everyone." The body is bound to change and will perish. It is merely a vesture of the individual soul. Give up body attachment and develop attachment to the spirit. The principle of love is supreme. Love is God, live in love. God is like fire and you are like coal. When coal is exposed to fire, coal becomes one with fire. So also, when you come in contact with God you become one with Him. Have total faith in God.

Unity of the Head, Heart, and Hand

Peace is essential for man at three levels—body, mind, and soul. This is why we chant "Shanti," or Peace, three times. Man can attain peace only by developing love for God. Follow the heart, which is steady and unwavering. *Unity of head, heart, and hand* is essential. This is *the true significance behind Christians crossing themselves.*

Test is the taste of God

When it was decided that all the devotees of Jesus should be crucified along with Him, even His closest devotees, Peter, Matthew, and St. Paul refused to identify themselves as His followers. Can these be true devotees? One should be prepared to sacrifice anything for the sake of God and His message. That is determination. Determination gives rise to sacrifice, which leads to immortality. Once, an angel appeared in the dream of John and handed a book asking him to read and digest its contents meaning, putting into practice the essence contained therein. John resembled Jesus in all respects, as he constantly contemplated on Him. "As you think, so you become." If you think of God incessantly, you will assume His form. God will never impose on you suffering, which you cannot bear. He tests his devotees so that their faith in Him can

strengthen and purify their hearts. It needs a great effort on your part to cleanse a stained vessel. Difficulties are meant for cleansing the vessel of your heart. Initially Paul hated Jesus. One day Jesus appeared in his dream and asked him lovingly, "Paul, what harm have I done to you, why do you criticize me? All your travails are consequences of your own actions; I am not responsible for your suffering." Then Paul was transformed and attained sainthood. Jesus transformed many sinners into saints. Matthew was a tax collector. He would meet fishermen regularly and inquire as to how they acquired faith in Jesus.

World is zero; only God is the Hero

Zero gains value when One precedes it. Moon is zero, sun is zero, world is zero; only God is the Hero. Everything comes to naught in the absence of this Hero. A hero becomes a zero if he forgets God. Have total faith in the Hero, God.

Christmas is a 'holy day' not a holiday

Christmas falls in the month of March, not in December. Since it is very cold in December and people are confined to their homes, they utilize this time to celebrate Christmas. Actually, Jesus was born in the month of March. With the passage of time this fact has been distorted and misinterpreted in the Bible. When Jesus was a small boy, His parents

took Him to Jerusalem to attend a fair. After sometime, Mother Mary not finding her son Jesus by her side believed that He had lost His way in the crowd and searched for Him frantically. Ultimately she found Him listening to the sermon of the priest in the temple. That reminded her of the prophetic words of one of the Arabian kings, who visited Jesus at the time of His birth, that He would love God. She hugged her son and shed tears of joy. Jesus said, "*Mother, you can find me in the company of God, but you have been searching for me elsewhere. I consider divine proximity as my greatest wealth.*" *There is a profound message in this. Man is in search of God without realizing that He is all-pervasive. He is the embodiment of love and can be attained only through love.*

- Excerpts from Christmas discourse 1998; C.W.B.S.S.B.



The ticket to Heaven

Once three persons reached the gates of Heaven. One of them declared that he was



the master of all scriptures and there the gates should be opened to let him in. The guardians of the gate said, "You are familiar only with the texts. You have no practical experience. You may not enter."

The second man said: "I have performed many rites and rituals." The guardians told him: "You have performed the sacrifices for selfish aims. You may not enter as well."

The third person, a farmer, neared the gates and said: "I am a poor farmer, owning a hut and two acres of land. I have been offering food and drink to the passersby and giving them shelter when necessary. I have shared with them whatever little I had. This is all that I have been able to practice." The guardians said: "You may enter."

This story by Bhagawan illustrates the truth that only those who are prepared to sacrifice what little they have for relieving others in need, are entitled to enter Heaven.

How Different People View the New Year

For a householder, in general, the New Year is a happy occasion and yet another chance to rejuvenate himself. There are however, three types of people--the *Satwic*, *Rajasic* and *Tamasic* - whose natures make them view the New Year differently.

The *Satwic* people somehow see no change in a New Year, for it is neither the repetition of the past, nor different from it. Why? Because the true meaning of the New Year is that a man should shed his desires (*vasanas*) gradually, year after year. He realizes, after a year of toil, the fruits of his *sadhana*. He moves one step forward in his evolution. He knows that the year alone has changed, but not the 'I'. So, why should the nature in him change? Waves may rise and ebb, but the ocean itself remains the same. However, the symbolism of a New Year to a 'Realized one' is a moment of Awakening. You may ask what this awakening is. It is quite simply Happiness.

The *Rajasic* people are cognizant of the past and hope the future will be better. In another sense, they prefer to have a party at home—as spending money is anathema.

For the *Tamasic* people, the New Year is the closing of the past. They eagerly wait for the future, and hope. It is a day of pleasure seeking, partying and spending money.

Take another analogy.

The *Satwic* person when he sees a garden with jasmine creepers perceives a wonder of the Lord's creations. He will but pluck a few flowers and offer them to the Lord; not all, because he realizes that the bounty and beauty of nature is for all and not for him alone. Thus, to him the New Year is like the jasmine plant that keeps blooming every year.

The *Rajasic* will see the flowering plant and think, 'It is a beautiful plant, how I wish it grew in my backyard. But, then, it would cost much to maintain.' So, he just sees it and goes away.

But the *Tamasic* sees the garden and starts thinking how to pluck the beautiful jasmine flowers and string them for his wife or daughter.

- Adapted from *Tattvaloka*, Jan. 1999



Satwic person

Rajasic person

Tamasic person

What we should ruminare on in the New Year

Time is consuming the body. God is the Consumer of Time itself. Time is powerless against those who have taken refuge in the Over-Lord of Time. Man's joys and sorrows, happiness or misery are not dependent on Time. They are based on man's actions. Time has no relations or friends. Time is not subordinate to anyone. All are subject to Time. Hence, if one has to realize the Divine, who is the Lord of Time, one has to carry out His injunctions.

New Year does not bring Joy or Sorrow

Happiness and sorrow have to be experienced in worldly life, they are inevitable like sunset and sunrise. We think New Year will give better experiences. No, it is the mind that is responsible for pleasure and pain. If your mind is good you will find anything good. When you eat at 10 a.m. you do not go on eating every hour without break. You have to give a break for the food to be digested. So also when you experience pleasure it has to be digested before you meet with another bout of such experience. Just as you have to do some exercise for helping the food to digest, you have to go through the exercise of confrontation of pain after experiencing pleasure.

Joy is not derived from the mere advent of a New Year. All want to know whether the New Year will bring better progress and improvement in the general condition. Regard every second as a New Year and act on that basis. You need not wait for the passing of twelve months to embark on any enterprise. Transform yourselves every moment.

Elevate yourself to experience God

It is the consciousness that is experienced in the interval between one thought and another. Once, a man holding a timepiece in his hand and listening to the endless tick-tick of the

second-hand asked the time-piece whether it has any rest at all. The timepiece announced: "I have all the rest I need. It is the interval between one tick and another!" The "rest" is given by the "Rest watch." "Watch" means "look out." Seeing the watch, you have to look at the "rest" indicated by it. This is the way lessons are learnt in the spiritual journey. For instance, there is the example of the ocean. All kinds of rivers flow into the ocean. It absorbs all the waters, but its level hardly rises and all the water that comes in becomes saltish. What happens to the water that rises from the sea as vapor and cloud? It is pure and sweet. The clouds, when they produce thunder, proudly declare that by going up from the sea, they have achieved eminence as well as purity. Moreover, the clouds come down as rain and nourish the crops on earth. Can all the waters of the ocean nourish a farm? No. Only the transformation of the seawater into vapor and clouds can serve this purpose. If one wishes to go up spiritually, one has to get away from the low level. Only then, will it be possible for a person to engage himself in service to others.

*Happy
New
Year*



Bid farewell to bad qualities

When we are bidding farewell to the year and welcoming the New Year, we give send off to one while welcoming the other one. So also, we should bid farewell to bad qualities and welcome good divine qualities. Offer all your bad qualities to God. Only He can take them and bestow His grace on you to foster good qualities. Suppose you have a soiled, torn and mutilated currency note, no one will accept it. But, if the number is intact, the Reserve Bank will accept it and give a good note of same value in return. Similarly God will accept the bad qualities only if they are offered with sincere devotion and repentance.

- Condensed from New Year discourses, 1993 & 1994.

Know Yourself – Who are you?

If you ask a person, "Who are you?" he answers, "I am the son of..." Or he may say that he is a doctor or a lawyer. Or he may say, "American", "Indian", and "Italian". None of these are correct. When you base your identity on your father, you speak out of body-consciousness. Doctor or lawyer is your profession. And third response is your country of birth. These answers are like an artificial dialogue heard in a cinema. Your true nature is *Atma*. No one can change the conscience in each person. You may change countries and behavior, but not the conscience.

The ONE principle present in everyone is the *Atma*. Modern people do not perform such subtle investigations and so, do not believe these truths. They dedicate their time, body and actions to this temporary, physical existence. Hence, they give only worldly responses. *Atma Jnana* (knowledge of the Self) is the best kind of knowledge. Once you have *Atma Jnana*, you may blend other sciences in it. *Atma Jnana* is the ocean, worldly sciences are rivers. All rivers merge into the ocean.

Take an example. Rice may be your staple food. But you do not eat rice alone. You mix vegetables and curries in it. With such side dishes you can enjoy a tasty meal. Take the rice of *Atma Vidya* and mix into it the dishes of worldly knowledge. This will lend taste to your physical life. In any situation, *Atma Vidya* must never be renounced. If you recognize the Divine spark present in yourself, you become the knower of the omnipresent Divinity also!

Brahma, Vishnu and Maheshwara

The principles that teach and nourish *Atma Vidya*, sustain its awareness and protect it are known as Brahma, Vishnu and Maheshwara. These are only names. Today, there is no one who has seen these Beings. Yes, we see them

in cinemas and books, but no one has seen them directly.

Truly, who is this **Brahma** and where is He? Brahma is the Creator. The subtle secrets of the Creator are present in every mother and father. The parents who bestow this physical body on you have all the qualities of Brahma. Make every effort to understand the sacred

principles in your parents. Your mother is the basis of your birth. She sustained you and brought you into this world. The one who created you is none other than your mother. The mother fosters her child in hundreds of ways, like Brahma. Therefore, when you respect your mother and worship her, you worship

Brahma. That is why mother is considered equal to God.

Birth is not enough. The means to live must be provided to the child. When the child ventures into the world, it must be taught right behavior. The ways for earning respect in society must be inculcated. Education and a home must be furnished. All these are responsibilities of the father. Lord **Vishnu** sustains and protects the souls created by Brahma. That same Vishnu is the father. When you worship and honor your father, you truly worship Vishnu.

Next **Maheshwara**. He is described as *bhola* (innocent) by devotees. He is known for granting every desire, without hesitation, even if the boons might result in trouble to Him! He is one who can be easily pleased. You know the story of the demon Bhasmaasura. Maheshwara gave him the boon of burning anything with his palm. Then He Himself ran to escape the demon's palm! What does this mean? Maheshwara grants desires without prejudice or hesitation. A *guru* teaches all without preference. To one who wants proficiency in mathematics, the

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What is the Form of God?

*Love has no form but the **Mother**, who gives Love, has a form.*

***Fragrance** has no form but the fragrant **Flower** has a form.*

***Bliss** has no form, but **God** who's nature is Bliss, has a form!*

What is this form of God? It is unattainable, beyond comprehension. It can be anything. For example, what is the form of wind or water? You can see water and feel wind but they have no forms. When do they acquire forms? When you fill air in a balloon, it assumes the corresponding form. Water acquires the form of its container. In the same way, the **formless God assumes the form cherished by the devotee.**

The devotee's feeling itself is the form of God. This has been called *bhaava-roopam* in our scriptures. To know this form of God, meditation is recommended. God appears as the embodiment of whatever feelings the devotee meditates upon. If we think of God as benevolent, He appears so. If we think of Him as destructive, that is how He appears. So, all forms of God are dependent on your feeling. It is not possible to limit Divinity as being "this" or "that".

"With hands, feet, eyes, heads, mouth, And ears pervading everything, He permeates all worlds."

God is everywhere as energy. This is what scientists call atomic energy. But even the atom can be sub-divided. There is nothing in this world without a form. Every place has a form, seen in a map. That is why, ancient Hindus worshipped Mother Earth as a manifestation of Divinity. But modern scientists ridicule this practice.

Scientists question: Earth is just soil and rock. Why pray to it?

Ancients explain: Soil gives us food. The Sun

causes rain, day and night. All these are necessary for life. It is our culture to worship those whose benevolence sustains us. Nothing can exist without the five elements - Earth, Water, Sky, Fire, and Ether. So what is wrong in praying to them?

Scientists say: Fine, the five elements are okay. But why pray to a stone idol? How can it be God?

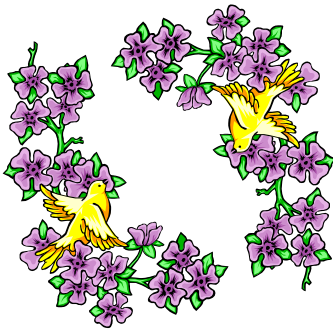
The ancients reply: God is everywhere! Why not worship Him in the rock?

Scientists argue: But the rock has no awareness.

Here everyone should realize an important point. On the Independence Day, we raise our national flag aloft. We salute it. Why? It is just a piece of cloth, composed of threads. It has no qualities or awareness. It flutters with the wind and lies limp in

still air. What virtues of the flag make it worthy of respect? It is a symbol of independence won after arduous struggle. Similarly, although Divine Consciousness is everywhere, we need signs and symbols to remind us of it.

Atheists simply cannot exist when we enquire in this manner. Today the world revolves around money. Sometimes when you drop a currency note on the ground by mistake, you touch it to your eyes as a mark of respect. Why? The currency is only bamboo and grass pulp, isn't it? What awareness or individuality does it have? None. Then why do you honor it? Not just devotees, atheists also worship money! Do atheists say, "No, thank you, I do not want money"? No, atheists also desire it! They honor the seal of the Reserve Bank, which makes the paper valuable. Similarly you display your grandfather's photo and garland it when he passes away. Does your grandfather still exist in the photo? No, the photo is only paper pulp. So why do you respect it? It is his symbol.



Yes, this is rock. But the rock is a symbol of the omnipresent God. The form of God, for the devotee is concentrated in the rock! Thus, Hindus worship not rocks, but God in rocks, in the Earth and in idols. You may ignore some practices if you wish, but no one has the right to condemn or weaken another's faith. Each one is entitled to his own faith. Just as one person's breathing (*shvaasam*) cannot be substituted for another person, one's faith (*vishvaasam*) is personal also.

Condensed from Divine discourses, SSB 1995.

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teacher teaches math. If another desires physics, that is taught. The *guru* teaches whatever ones wishes to learn, to anyone who comes with the desire. When the student's desires are not elevating, he advises him accordingly. No student turns back from a *guru* empty-handed. Thus, the *guru* is equal to Maheshwara. When you respect your *guru*, you really worship Maheshwara.

- compiled from various Divine Discourses

Prasanthi Nilayam Declaration

29 September 2000

Human Values for All through Education

It was declared:

All children have a right to equal opportunity to receive the best and free education that would bring about good character and human excellence; and

Human values must be an integral part of all subjects taught in the education systems of the world; and,

All governments should be encouraged to develop and implement laws and policies which enable values in education to be an integral component of teacher education, professional development and student learning experiences; and

Education in human values, peace, and international understanding should be taught across the entire teacher education curriculum; and,

In order to implement the above, a voluntary network of educators sharing the education goal of human excellence will be established for educators to exchange ideas, experiences and promote values educations.

The Prasanthi Nilayam Declaration will be submitted to UNESCO, the United Nations and other international organizations for further consideration and action.

Spirituality in Athletics

*“Fearlessness will be fostered through games and sports. Every athlete should develop spirituality, good ideas, and clean behavior in his life. You may question how there can be spiritualism in athletics. We play several games football, volleyball, basketball, throw ball etc., But there is a close link between these games and our daily life,” says Baba. In one of his discourses Baba vividly explained how these four games illustrate a spiritual understanding within us. Our life is like a **football**. So*



far there is air in the ball, which is our egoism, we will be kicked by the two players of pleasure and pain. So far the air in the ball, our egoism is there, we cannot escape kicks in life. If the air or egoism is gone, then kicks will cease. And in the football court, on one side the team consists of six passions of lust, anger, miserliness, illusion, pride, prejudice and the other team consists of truth, duty, peace, love, non-

violence, and discipline. And these two contestants can never agree. The fight is eternal. Good wants to win the bad and vice versa. This is the eternal struggle. And the success and failure signify our pleasure and pain and our pure and impure acts. And in this game the ball is to be kicked through the two goal posts for a goal. The two posts are the Dharma (duty) and the Brahma (Divine) pillars. The ball of life should pass through these, to reach the goal of life. And those that win the football game represent the bachelor's life. And the saying goes – ‘A bachelor is the equivalent of a hundred monkeys.’ And in the youthful stage of life only this constant struggle of good and evil goes on. And a celibate often faces several troubles. And at every step he receives the kicks of life, of the football. Yet the youth, the celibate, continues the struggle of playing, to win the goal. It is the characteristic of the celibate life, narrates Baba.

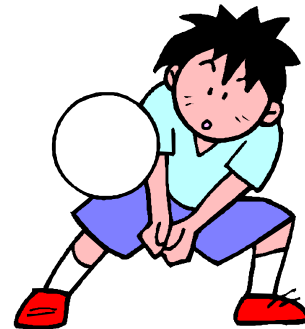
The Second one is the game of **basketball**. In this game also the two contestants are the good and evil. And the ball of life is attempted to be thrown in the net of worldly life. They play hard and derive pleasure by throwing the ball of life enmeshed in the net, the life of entanglement. They feel discouraged

if they cannot throw the basketball in the net. A celibate becomes a married man, when he fails in his attempt at celibacy. If



he wins in his celibate life, he becomes an ideal person in the world. So the game of basketball can be compared to the life of a married man, exhibiting his active and emotional life.

The third one is the game of **volleyball**. In this game both the parties strike the ball from end to end, without be-



ing fallen to the ground. And there is a net fixed high dividing both the parties. But the ball should not be allowed to fall. One fails who lets the ball fall down.

We come to the fourth one, the game of **throw ball**. Since the ball is heavy it is difficult to throw it to a distance. The ball falls near. The players try to throw the ball far but cannot throw it full length. This signifies

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Tailoring education to Human Values – Press Report in Zambia



A math teacher asked his pupils to subtract how many cows a farmer with 10 cows would have if seven were stolen. Such an example is negative because it introduces acquiring material wealth through theft, to the child's innocent mind. A positive example would be to ask pupils to calculate how many cows a farmer would remain with, if he gives out five of the ten cows to the son who has come. The second example does not only teach subtraction but also introduces the values of love and sharing. It is better than the first example that introduces stealing.

The anti-Christian Russian communists realizing the impact of education used it negatively during the days of the USSR to brainwash citizens that God did not exist. The famous Russian biologist even announced in the Russian media that measles was more common among baptized children than the unbaptised ones. Despite the world making great strides in education, one thing that is clear is that there is something wrong with modern education with its emphasis on the curriculum and moulding of a person's character. The rift between being educated and being civilized or well be-

haved seems to be growing bigger, all the time. Western education is being questioned for its failure to shape a person's character.

There is a great need to retrain a man through education to ensue that human values are manifest to create peace, understanding in local, national and international domains. Six hundred and fifty participants from 78 countries gathered in Puttaparthi, India to attend the international conference on 'Strengthening Values Education'. The five-day conference was organized by the Institute of Sathya Sai Education (ISSE). The conference which attracted both western and eastern academics internationally addressed the wrongs in modern education that has ignored human values like Truth, Right Conduct, Peace, Love and Non-violence whose exclusion lead to superficially 'educated' graduates devoid of human values.

On the first day, Dr. Art-Ong Jumsai, an internationally acclaimed academic and NASA scientist emphasized the goal of the conference on gaining information for transformation of the child into a better human being. He talked about the importance of incorporating values into all school subjects

from kindergarten to university level regardless of their religious background. The UNESCO Secretary General, Dr. Leonarda Jakantalle from Lithuania, talked at length on education in her own country revealing that some of her country's problem were a clear manifestation of distorted values education. She said that her country had one of the highest suicide rates in addition to low birth rate. She disclosed that 28% of Lithuanian youth are addicted to drugs. 'In such a situation introduction of human values education is necessary,' she said. Ms Christina Churcher, an MP from Ghana made an arousing speech in which she emphasized that introduction of human values in education needed participation of policy makers like politicians. Dr. Yassin Shankar of Canada said there was a great need to revolutionize education. 'We are facing a global crisis in education'. He confessed that despite the importance of human values in education, he had never heard any lecture on the subject in his entire lecturing career. An internationally acclaimed educationist, Dr. Teeraikiat Jaeronsatasin from Thailand pointed out that bookish

knowledge was superficial knowledge. 'The two types of discrimination knowledge are individual and fundamental. The latter enables us to think whether our action would be good for all before it is carried out,' he said. He narrated one of Sathya Sai Baba's many quips that say, BA degree is BAD and MA degree means MAD and PhD as Permanent Head Damage, to the delight of the delegates. He explained that the joke lampoons modern education, which only makes the so-called intellectuals divorce from real human issues that matter in society. A western academician, Dr. Francis Schoonmaker said human values in education were vital in disclosing that the world was in great need of repair both morally and spiritually. She pointed out that most of the negative actions are recorded in the subconscious mind, which many educationists ignore in teaching. 'Textbook knowledge is useless without human values. She said that the only time the world can be content is when education helps to bring peace and tolerance in the world, which is torn by wars and intolerance. Mr. James Lee from Britain said that effective education should enable students to be independent and confident even if they were away from school.

Several academicians and educationists recognized the

importance of human values in education saying any education that is devoid of human values is missing an important link in moulding human character. A University of Zambia don, Dr. Peter Chomba Manchishi who has studied the SSEHV at Sathya Sai School in Ndola gave a case study of his findings. The school, opened in 1992, is unique in that the curriculum includes the blend of human values left out by other schools in the country which enables pupils to advance both spiritually and morally to develop self-confidence, self-respect in their conduct in life. The school has a 100% gradua-



tion rate despite pupils coming from disadvantaged backgrounds. 'These were the same students who were branded as ill-disciplined and rebellious ruffians before joining the school,' he said. Victor Kanu, the Chairman of Sathya Sai Education in Africa, gave a paper on regional and international co-operation for strengthening policies for values education. Mr. Kanu said human values are the

goals of the entire international community as accepted by international conventions and declarations therefore education should be oriented towards human values. These values are important because they have far-reaching implications and thus should be the core subject and integrated at all levels of learning in the national curriculum. It is also critical in teacher education because teachers play an important role in the moulding of characters of children. Teachers can also learn about them through books, experiences of others, in-service training and workshops. He cited Thailand and Zambia as classic examples.

At the end of the workshop on Sept. 29 the participants signed the **Prashanti Nilayam Declaration on "Human values for all through education"**. The participants said they would ensure that all children have a right to equal opportunity to receive the best free education that would bring about good character and human excellence; and that human values must be an integral part of all subjects taught in the education system of the world. They also said they would ensure that all governments are encouraged to develop and implement laws and policies which enable values in education to be an integral component of teacher education,

professional development and student learning experiences. The declaration also incorporated infusing EHV, peace and international understanding to be taught across the entire teacher education curriculum in order to implement voluntary network of education sharing in order to achieve the education goal, of human values excellence through exchange of ideas and experiences to promote EHV.

The Prashanti Nilayam Declaration will be submitted to the UNESCO, the United Nations and other International organizations for further consideration and action. Maybe the declaration can help meet the observation of the 1996 UNESCO report on learning that states that 'Since war begins in the minds of men, the defenses for peace should also begin in the minds of men'.

(Continued from page 29)

that man should try to throw away the emotions and passions and their entanglements; whatever may be the difficulties he is beset with.

Baba explained all the details of the philosophic significance of these four games. *“The game of football indicates the life struggle of the bachelor struggling between good and evil. The game of basketball represents the life of a householder who wants to enjoy more and more pleasures of worldly life enmeshed in the net of worldly ways. Volley ball game indicates the aged and retired life; where man tries to lead a righteous life, unhindered by worldly entanglements. And throw ball signifies the struggle of man in the last phase of his life to eschew completely the emotions and passions. These*

four games signify the four stages of man's life. And in all these four games man should try to win the game of life,” thus Baba explained



to the students present.

It is really surprising that Baba saw spiritual implications in the games one commonly comes across in everyday life. It is given to Him only to expatiate intricate philosophical points through simple common examples. Baba has disproved the idea that the philosophy of the conservative puritans is age-old and timeworn, but in fact, it is the one having relevance in day-to-day life.

- Taken from 'Light of Love' by K.Krishna Mohan Rao.

Editor's Note:



With Swami's blessings, this issue commemorates the second year of Sai Jewels. We sincerely thank all the editorial contributors and coordinators who untiringly supported the issues in the first year of publication. We are also grateful to the readers for their encouragement. We pray to Bhagawan to constantly shower His Immense Divine Grace on all of us and guide us in continuing this service.



The body is similar to a plot of ground. Every soul is a farmer to whom the plot of ground is given. The extent of the ground, the change of the weather it is exposed to, are all predetermined. But the farmer is at liberty to till the ground, to manure it, and raise crops, or neglect it. Similarly, there are elements of freedom as well as elements that have been predetermined in the life of all of us. The laws of the Divine recognize both of these. Man is endowed with a Will but not Free Will. Only the Divine has Free Will.

- Sri Sathya Sai Baba

