



Sai Jewels

Regional Newsletter—November 2001

SRI SATHYA SAI ORGANIZATION,

REGION X

Brunei, Indonesia, Malaysia, Philippines, and Singapore



SAI JEWELS

REGIONAL NEWSLETTER

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

YEAR OF LOVE

November 2001, No 09/2001

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Thought For the Month

When a plane flies across the sky, it leaves no mark on it, no streak that lasts, nor furrow or pothole that interferes with further traffic. So too, allow all feelings and emotions to cross your mind but do not allow them to leave an impression.

- Sri Sathya Sai Baba

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Unity and purity-message of Ramzan

When we speak; our expressions begin with 'I' and revolve around 'I'. 'I' am walking, 'I' am sitting, 'I' am eating, 'I' am seeing – Who exactly is this 'I'? This 'I' denotes three aspects. First, 'I am this body'; second, 'I am the life-force in it'; and third, 'I am the Atma or Divine soul.'

'I' the body: Expressions like 'I am dark, I am fair, I am short, I am tall, or I am young, I am a Hindu, I am a Muslim,'- concern the body only. When a person is unconscious or in deep sleep, he is not aware of any of these characteristics of the body. All these attributes adhere or fall off when time elapses or when circumstances change.

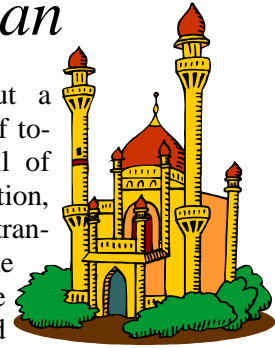
'I, the Individual being Principle or Life Force: We say, 'My intelligence is not clear,' or 'my mind is perplexed.' This aspect of the 'I' too, is linked with the body through the objects-senses-mind-reason complex.

'I, the Atma: The body is mortal; but the Atma is Immortal. The Atma persists in unaffected glory while waking, dreaming, sleeping, and beyond. The gross body is active in the waking stage; the subtle I-consciousness is alert in dreams, the causal Atma is dormant as 'I' in sleep. The real Atma has no exclusive affiliation to one body, one country, one nation, or one sex. It is in every being everywhere, in bird and beast, plant and tree. It is all pervading and immanent in India, Russia, America, England, all over the world.

Quran – the voice of God

All founders of religions have heard this impersonal Voice of God revealing the Truth that activates the entire Creation. Just as the Vedas (revealed sacred scriptures) were 'heard' and propagated as 'heard', the Quran too was 'heard' by Hazrath Muhammad. The Quran has *Salat* and *Zakat* as the two eyes. *Salat* means prayer; *Zakat* means charity. Those who consider charity as a high duty and elevate their consciousness through prayers and continuous meditation on God are Muslims. Islam is a word that denotes not

a particular religion but a state of mind, the state of total surrender to the Will of God. Islam means dedication, surrender, peace, and tranquility. Islam denotes the social community whose members have achieved supreme peace through surrender to the All Merciful, All-Powerful God and who have vowed to live in peace with their fellowmen. It directs attention to the One in the Many, the Unity in Diversity and leads people to the Reality named God.



The Atma can never be hurt

Every human being has three basic needs - food, clothing, and shelter. Seeking to fulfill them, man has developed a variety of foods ignoring the real purpose of eating. Clothing has to be worn to protect the body, but we are attaching enormously exaggerated value to clothing. Of course, one must have a house to live in and lay the body down for rest. The Gibran, asks why build these gigantic dwellings then? They are erected not for oneself but to hoard one's treasure and riches. Gibran says these mansions are tombs erected by the dead for the living. Hazrath Muhammad announced the message of God that he had heard to the townsmen of Mecca. At that time, people did not give heed to the Divine Declarations. They forced him to leave the place. But, he knew that truth will win and God will prevail. He knew that the insult and injury were only for the body; the Atma can never be hurt.

True meaning of Ramzan

The Ramzan month is set apart for the holy task of bringing into memory and practice the teachings that Hazrath Muhammad conveyed and attaining that stage of unity and purity which is truly divine. Islam gives importance to the Moon, which regulates the months. When the New Moon is sighted, the Ramzan fast begins and when the New Moon is seen

again, the fast ends. 'Fast' does not consist in merely desisting from food and drink. The fast starts at sunrise and is broken only after sunset and is observed most rigorously. During Ramzan month rivalry is avoided. Waking as early as three or four, prayer is started, and throughout the day, the constant presence of God is sought to be experienced. This is the meaning of fast. Husband and wife live apart though in the same home, mother and children both follow the same spiritual regimen and an atmosphere of brotherhood is maintained. The body, the senses, and the mind are subject to rigorous discipline.

The Quran lays down that all men should cultivate the sense of unity, of interdependence, of selfless love and of the immanence of Divinity. Generally, all men take food for the body five times a day. An early cup of coffee in bed, breakfast two hours later, a heavy lunch at noon, tea at four and a fat dinner at nine. Islam prescribes food for the spiritual nature of man and directs that it be taken five times a day, as prayer. For the arousal of the Atmic consciousness, for earning spiritual joy and for promoting the manifestation of Atmic illumination, prayer is prescribed as many as five times a day, from the dawn of discretion up to the moment of death.

Prayer is a group activity

Prayer in a group produces beneficial vibrations. Islam promises a greater flow of ecstasy when God is adored by a huge concourse of yearning hearts. All of them bow low at the sight of the Masjid. They sit in rows with their knees bent and lean forward until their palms and foreheads touch the ground in humble submission to God's Will. Misunderstanding, conflict and enmity should not disturb the serenity of the occasion.

Unity is the basic teaching of every religion. Faith in Unity is cardinal. Without it, no system of belief and conduct can be a religion. God is one and the teachings in all faiths that exalt man are all on Love, Compassion, Tolerance, and Sympathy. The tragedy is neither the Mohammedans, nor the Hindus, nor the followers of other religions are practicing these values in daily life.

Islam teaches that God's Grace can be won through justice and righteous living; wealth, scholarship, and power cannot claim it. Holy Love alone can please the Lord. Ramzan brings together in bonds of love kith and kin, near and far, friend and foe.

Islam stresses on The 3 HVs

Islam insists on full co-ordination between thought, word, and deed. Since Islam means surrender to God, all who in a spirit of surrender and dedication, live in peace and harmony in society, do really speaking, belong to Islam. Muslim holy men and sages have been emphasizing that we must inquire into the validity of the 'I' which feels it is the body and the 'I' which feels it is the mind and reach the conclusion that the real 'I' is the Self, yearning for the Omniself - God. The Ramzan month, the fast, and prayers are designed to awaken and manifest this realization.

- condensed from Divine Discourse on 12-7-1983



*In Islam, the expression **Salaam** is used as a form of greeting. 'Sa' here is the combined expression of **Saalokyam**, **Saaroopyam**, **Saameepyam**, and **Saayujyam** (seeing the divine, having vision of the divine, getting closer to Him and merger into Him). 'la' means merger. When these expressions are combined and merged into one – you have **Salaam** – **the merging of the Many in One**.*

Revelations on the Life of Jesus

Son of God

In his twelfth year, Jesus and his parents, Joseph and Mary, happened to go to a Jewish festival in Jerusalem. In the jostling crowds, Jesus got separated from his parents. After a frantic search, Mary found him in a temple listening to a speech of the High priest. When Mary told Jesus of the anxiety they felt when they missed him, he replied, "Why should you worry about me? When I am with God, who is my Father, why should you have any fear on my account?" Jesus thus revealed that he regarded himself as the Son of God.

Forty days of penance

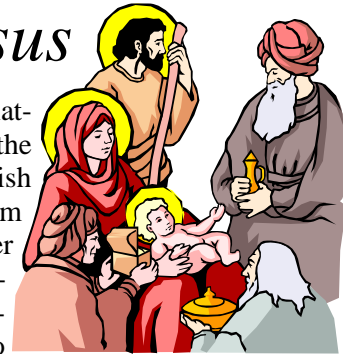
Jesus grew up in Nazareth till he reached thirty. After Joseph's passing, he sought his mother's permission to embark on his divine mission. He got baptized by John the Baptist and spent forty days in penance in the forest. During the penance, he prayed to God for three things: First, that he should be blessed with the quality of loving everyone equally; second, that he should have the strength and forbearance to suffer patiently any indignity or persecution the he might be subjected to by anyone; and lastly, that he should be enabled to use his God given body wholly in the service of God.

First Disciples of Jesus

After forty days Jesus emerged from his penance with the faith that his prayers had been granted. He encountered the fishermen at Galilee, who became his first disciples. He told them that he had come to establish the reign of love on earth and that they would be his helpers in his mission. He spoke to them about the preciousness of human birth and urged them to seek the kingdom of God within themselves. He told them the following parable:

In the river the water is flowing in a swift current. But even the tiny fish are able to swim in it and move about merrily. In the same river, a huge elephant caught in the rapids, is likely to get washed away or drowned

despite its size. Whatever the speed of the current, the small fish are able to swim freely in the river and enjoy themselves. But an elephant is unable to



survive in it. Therefore, what you need to swim in the river is not bulk, but the ability to swim. *Likewise, man who is caught up in the ocean of worldly existence needs, not so much metaphysics, scholarship, or detachment, but an abundance of the grace of Divine love.*

All are messengers of God

Jesus proclaimed the fatherhood of God and the brotherhood of man. When Jesus was born, three wise men followed a star to reach his place of birth. Seeing the newborn, they bowed to the divine child in their hearts. Before leaving, one sage told Mary, "He loveth God." This means that Jesus is a messenger of God. A messenger loves his master, but the master may not so easily love the messenger. The second sage said, "God loveth him." This meant that he is the Son of God. The third sage said, "He is God." This is exactly what Jesus said, "I and My Father are One."

The inner meaning of this is that all human beings are messengers of God. A messenger of God must propagate the divine teachings of God to the world. We have to demonstrate to the world the purity, the truth, and the love that the Divine symbolizes. When you lead a life of purity and morality, you are entitled to regard yourselves as Sons of God. In the Bible, it is recorded that Jesus washed the feet of His disciples. When they asked him why he was doing so, he answered, "I am washing your feet as your servant, so that you may learn to serve the world."

Every man to begin with is a messenger of God. When he fulfills his duties as a messenger, he realizes that he is a Son of God and then achieves



From Our Regional Coordinator

- Dr. V.K. Ravindran



The world is in the grip of a global crisis of an immeasurable magnitude following the September 11 attack on World Trade Center in the United States. Under the changed world scenario it is a time for us to pray for peace.

Let us see what Swami says of such times.

“People tell me that mankind is on the brink of destruction, the forces of hypocrisy and hate are prevailing in all continents. There is no need to tell me this, for I have come precisely for this reason. When the world is on the verge of chaos, The Avatar comes to still the storm raging in the hearts of men. Prashanti (the higher peace, calming of perturbations) will be established soon and the demonic deviations from the straight Divine path will be corrected. Dharma will be revived.”

- Sathya Sai Speaks Vol VIII, page 66

How reassuring! Baba has always guided His devotees. I am told by Zonal Chairman Bro. Goldstein that no Sai devotee was affected by that catastrophic incident. It is our faith in Sai that would steer us through these trying times. Baba has reiterated time and again, “I am ever concentrated on the task for which I have come – the laying down of the Sathya Marg of Dharma and the spread of the knowledge and practice of Dharma.”

Let us therefore pray sincerely for world peace. Let us chant the “Gayatri Mantra” 108 times weekly at Bhajan centers and daily at personal level for world peace. Let us support Swami in the task for which Bhagawan Baba has come to this world, “the task of uniting the entire mankind as one family through the bond of brotherhood, of affirming and illumining the Atmic Reality of each being in order to reveal the divine which is the basis on which the entire cosmos rests.”

Brothers and sisters, this is the time for us to pray for peace and send love to all beings without discrimination of caste, creed or religion. Let us, with full faith, head towards the Golden Era when, as Bhagawan had declared, peace will dawn on Earth and prevail.



Messengers' Corner

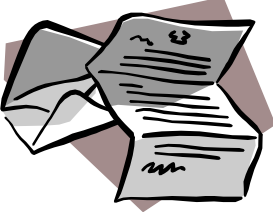
Letters To SAI

Life with our dear Lord Baba has had me come to understand Him, in simple words as the 3 A's – the All-knower, the All-doer and the All-giver.

Blessed by a number of experiences of His Divinity, I'd like to share one of them which took place in 1982, on one of our trips to Puttaparthi. One evening, my sister and I sat in the room, arguing endlessly with our father, whose faith in Baba has earned us His Divine grace, about the probability of Baba reading all the letters which He collects from thousands of devotees everyday. Naive girls that we were of His Omnipresence, we didn't know that this was the beginning of a beautiful revelation.

The next morning, after Darshan and His first round of interview, Baba told my father to call us inside for an interview. As soon as we were seated in the room, Baba took the bundle of letters He had collected that morning and put them all on His lap. And slowly, He began opening the first letter. My eyes filled with tears seeing our Divine Lord reading each and every letter in that 20-minutes interview. No conversation took place, yet so much was said. As soon as He completed reading the letters, He gave us Pada namaskar and said so sweetly, "Now you can go," and He got up and walked us to the door.

I walked out of the interview room promising to myself never again to question, challenge or doubt the All-knower, All-doer, All-giver. It is also a blessing to realize that through mere letters we can earn the Grace of the Lord which I am sure all of us are aspiring for.



- Preeti Harjani
Indonesia

Illumination

Om Sri Sai Ram. Pranaams at the Divine Lotus Feet. Esteemed elders, dear sisters, and brothers.

Once a preacher was going to speak in a town he had never been to. When he reached the town, he wanted to post a letter to his relatives back home. Not able to locate the post office, he saw a small boy standing in the corner and asked him for directions. The boy gave him very good directions, and the preacher was able to find the post office. The preacher was very impressed with boy and said, "My son, why don't you come to church tomorrow? I will show you the way to God." The boy replied, "You don't even know the way to the post office, how can you show me the way to God?" This is the state of education today.

In the ancient times, there was only *Vidya*, *Acharyas*, and *Vidyarthis*. There was no education, no teachers, and no students. These

three words may appear to be the English equivalent of the three Sanskrit words. The English words cannot convey the true meaning of the Sanskrit words.

Vidya and Education

First of all, let us look at *Vidya*. What is the difference between *Vidya* and Education? If I go back in my history, at least to my great grandparents, basically I come from the northern part of Sri Lanka. Before I moved here, I lived in a town called Jaffna, where two Sinhalese and two Tamil families lived together. We used to get along very well until the ethnic problems drifted us apart. Slowly the two communities developed an enmity towards each other. This affected me also.

Some time back, a person came to my house and asked me how he could get admission for his child in Puttaparthi. As I was talking to him I asked his name. I was shocked to find that he was a Sinhalese. I was taken aback, but since he was guest in my house, I went on talking to

him. As I spoke to him, I slowly realized that there was not much difference between him and me. He had done a lot of work in the Sathya Sai center back in Colombo and we doing similar things here. What I had read about Sri Lanka in the newspapers, heard on the radio, and seen on the television was education. However, what I had experienced when I met that person was actually *Vidya*. *Vidya* is that which illumines, whereas education is just a load of information. It is a load of information that piles up like a wall and in the end divides man.

Acharya and Teacher

The first teacher of man and of children is a box with a bunch of electronic circuits, a screen, a dial, and very often a remote control—the television. Recently, a psychologist did a experiment with a group of 3 to 4 year old children. He asked them a question. Suppose I have a ball on the table. If I roll the ball off this table, would it fall down immediately or would it stay in the air for a few seconds, and then fall down? Ninety percent of the children replied that it would stay in the air for a few seconds and then fall down. What is the reason for this answer? If you see any cartoon, Tom and Jerry or Bugs Bunny, you would notice that when the cat jumps off a house, or falls off a cliff, it stays in the air for two or three seconds, looks towards the audience and then falls down immediately. This is what the first teacher of man has taught. It is creating a maya, illusion, within the maya of the world.

The first acharya is the mother. The lap of the mother is the first school. The mother is selfless while the television is selfish. The programs on TV are shown because an advertiser has sponsored the program. He advertises the product hoping that people will buy it. Whereas, the mother is interested in the progress of her own child.

Students and Vidyarthis

A *Vidyarthi* is one who seeks *Vidya*.

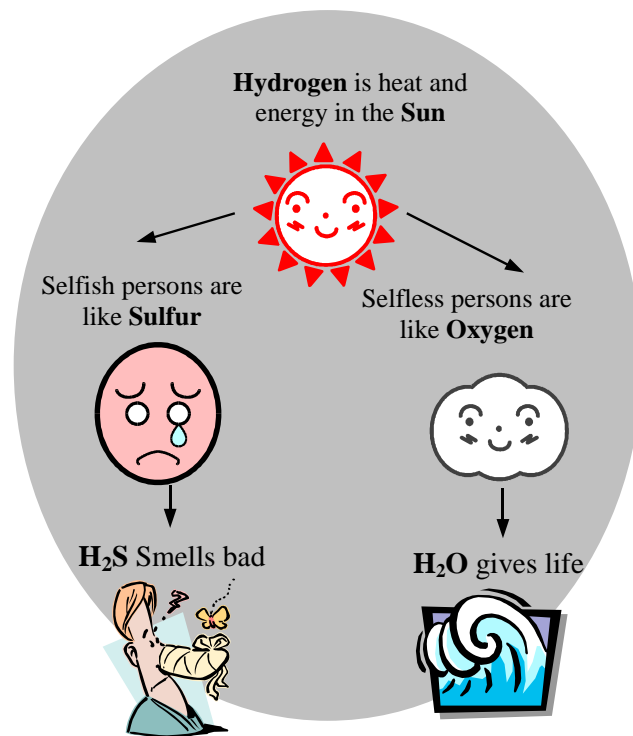
Vid + ya = That which illumines. A *Vidyarthi* need not search for anything new in this world. Everything is already there. It only has to be illumined so that we can understand the inherent truth. On the other hand, a student goes to school and pursues education so that

he may get a degree, a good job, and prosper in life. Thus a student is merely a *Vishayaartha*, one who is interested in the material world.

Education, in its true sense, is not all negative. It can be likened to the following example. Suppose you have Hydrogen and Oxygen. Oxygen is useful to all beings in this world. Hydrogen may not be actually essential in the gaseous form. But if you combine Hydrogen and Oxygen, you get water which is extremely useful to mankind. In the same way, if you combine *Vidhya* and Education, they can help man can soar high, like the two wings of a bird.

When we get knowledge, we should not be proud that we have a degree. When we get a small amount of knowledge, if we reflect on it, we will find that there is much more to learn. We cannot really come to the end of education. This realization brings the attitude of humility. The greatest men are the most humble people. If you are a great man and you are more worried about your greatness, it is difficult to maintain it. But when you are humble, greatness comes automatically.

- Excerpts from speech by Sri Ramanan Mahalingam (II M Sc) on 24 July 1996



SAI ACTIVITIES IN BRUNEI

Spiritual

Krishna Janmashtami

This was celebrated on the 12th August 2001 at the temple, with a large gathering, including the Krishna Conscious group. This included bhajan songs and the function continued till midnight. At the end arathi was performed. The temple was decorated with lights and a well decorated cradle with BABY KRISHNA was the main attraction.

Ganesha Chaturthi on 22nd August 2001

The Balvikas children and the parents, gathered and made Ganesha idols with clay, and subsequently held special prayers followed by bhajans. The children were explained the significance of the whole ritual and special prasadam was served.

Service

A food stall and a stall for selling used items was held in conjunction with the Malaysian independence day function, to raise funds for the Chaitanya Jyoti building. It was a successful venture and the participants enjoyed the activity. Various food items were made at the stall and in addition various savouries and sweets were sold. The stall was popular although only vegetarian food items were sold.

Narayana Seva had been carried out in conjunction with Guru Purnima and the Krishna

Janmasthan functions. Food parcels were distributed by the children of the Balvikas group.

Education

The Balvikas group children from both Modules, made a presentation to the Sai group – on the 'Nine point code of Conduct'. They presented each point and elaborated on its significance to the whole bhajan group of devotees.

Picnic for unity

The Balvikas children and the parents had a picnic outing at Bukit Shahbandar, followed by a trip to the beach, as part of fellowship among the members.



Chanting of the Gayathri Mantra

This is being carried out every Friday from 5:00 pm, with chanting of the Gayathri Mantra 108 times, in the homes of different devotees in rotation.

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**Education confers Humility,
Humility adds Credentials,
Credentials ensure Prosperity,
Prosperity assures Right Living,
Right living grants Peace and Joy,
Both here and hereafter.**



SAI ACTIVITIES IN INDONESIA

Education

Orphanage Visit: The children of the Bal Vikas, Jakarta, were taken on a orphanage visit recently wherein they interacted with the orphanage children and gave them food and clothes. This visit was organized with the purpose of stirring in our children compassion for the less fortunate ones, at the same time to evoke a sense of gratitude for all of life's luxuries they enjoy.

Spiritual Picnic: To the delight of the children, the Bal Vikas teachers took them for a picnic amidst Nature's beauty – Puncak, a hill station off Jakarta. There the children played several games and were quizzed on their knowledge in religion and spirituality. They were also taken to a Shiva temple and the significance and symbolisms associated with Lord Shiva were discussed. The picnic rejuvenated the children of Bal Vikas, for they understood that spirituality can be fun too. This picnic also helped develop a more comfortable relationship between the children and their teachers.

Teen Youth

Sadhana Camp: Another Sadhana camp was organized for the teens of Jakarta, this time the theme was "Reaching for the Stars". The camp primarily aimed to help the teens understand better the need to rise above trivialities and achieve their goals and ambitions in life. Many of the teens who attended are facing cross-roads in their lives, constantly enveloped in self-doubt and thus hindering themselves from making decisions and achieving their dreams. The objectives of this camp included:

To help the teens develop self-confidence;

To highlight latent talents within each one, hence promoting their self-confidence;

To guide them set goals in their lives

and steps to achieve them;

To understand that perception plays a very important role in day-to-day living; and

To help them make contact with their inner-self—their best guide.

Hepatitis-B Vaccination Seva: The project of inoculating children with the Hepatitis-B vaccine that the teens took up six months ago, has now been completed. They were the working force in this seva, taking up various tasks such as registration, doctors' assistants, entertainment and crowd-control. They also organized the food and drinks which the patients were provided with at the end of the seva. Altogether, over 500 children under the age of 10 have been vaccinated by the end of this project.

Youth

Service: Early this month, a study circle on the topic of "Seva" was carried out. In this session, Swami's message on service were brought forth and discussed among the youths of Jakarta. The talk was put into action the following weekend when the youths visited a home for



mentally handicapped children. It was a piteous sight that greeted them. The children were barely able to move, and most who could, weren't in control of their movements. The youths spent some time with them, singing, dancing and giving love.

School Adoption: The youths of Surabaya have adopted a school in Malang recently. The school had stopped operating due to lack of funds. The teachers had not been paid for months and the students were not able to pay their tuition fees. The youths have tried to help them by paying one year's fees for all the seventy five students there.

Ashram visit: One of the recent seva projects saw the youths of Surabaya visiting an 'ashram' for new-borns and toddlers. There were many abandoned children crying in a room and their sad state stirred the hearts of the youths. They were actually very well behaved children and were just happy to receive that undivided attention. Baby supplies, like pampers, baby oil, porridge, milk, vitamins, powder, baby soaps, shampoo, were donated to the home. The youths plan to carry out similar visits on a regular basis in the future.



Bi-monthly bhajan sessions: The youths of Yogyakarta conduct three-hour bhajan sessions bimonthly to pray for the safety of the country. Other seva activities include regular visits to Old folks' homes, orphanage visits

by the Ladies Wing, and conducting EHV classes integrated with Hinduism in four places in the city.

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SAI ACTIVITIES IN MALAYSIA

Buddha Poornima in Brindavan 5th to 7th May 2001

When the Sri Sathya Sai Central Council of Malaysia announced the pilgrimage trip to Brindavan sometime in March for the Buddha Poornima festival, which was to be held from the 5th to 7th May 2001, the response from the devotees from all parts of Malaysia was simply overwhelming. The participation of Chinese devotees alone numbered 200.

About two to three months before the celebration of Buddha Poornima, the National Sai Chinese Affairs (SCA) had already begun to have regular weekly singing practices for its Choir members in order to present the Choir to Bhagawan Baba. Those devotees/members of the SCA Choir who were not staying in or around Kuala Lumpur but were interested in singing for Baba, were sent cassette tapes of the selected songs to enable them to practice singing at their respective homes in all parts

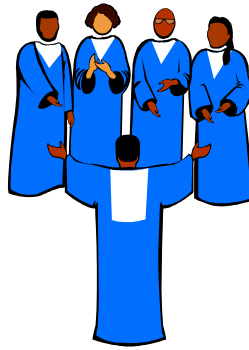
of Malaysia. Bro. Yong Yoon Futt very ably modified songs such as "Akhanda Jyothi Jalaavo" and "Dhimiki Dhimiki Dhim" in Chinese as well as in Sanskrit so as to be suitable for Choir singing. However to enable the songs to be sung in perfect harmony was no easy task. However Bro. See Kim Boon was more than up to the task as he conducted and trained the choir singers with great patience, perseverance, skill and talent thereby moulding them to sing in "One" melodious voice.

Upon reaching Brindavan, the choir members were overjoyed when they were informed that they were to perform not on stage but instead would be singing in the Sai Ramesh Hall for our beloved Bhagawan on the morning of the 7th. Baba stood on the specially erected platform in the said Hall throughout the whole presentation by the Malaysian Choir. All the members sang their hearts out with such love, devotion and vibration that the whole hall was totally immersed with

Baba's radiating love which was simply overwhelming. After the presentation, the thunderous applause by the devotees present in the Hall took sometime to subside.

In addition to the privilege of presenting the Choir, a group of twelve Malaysian male devotees were also given the honor of leading our Lord all the way from His residence to the said Hall amidst the beating of the "Kompang" drums (the traditional method by which Malays in Malaysia greet their esteemed guests). Meanwhile ten Malaysian women devotees all dressed in their best traditional Malay costumes, lined the path leading up to the Hall, each carrying the "Bunga Mawar" (gaily decorated poles). They were thrilled at having a close up view of Bhagawan.

A fascinating drama was also put up by the Malaysian youth entitled "Divinity Brings



Unity" – which was directed by Bro. Suresh Govind. The drama depicted the universal message that encompasses Buddha's teachings which is directly relevant to the problems inherent in society today. The drama exhorts us to put into practice Buddha's teachings which provide valuable advice on the conduct of individuals, families and society at large to fulfill their destiny.

Malaysian devotees were also active in assisting to wrap up thousands of Malaysian sweets called Dodol, which was donated by a devotee, in colorful wrappers. They also helped the Singaporean devotees in to prepare the festival feast.

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Country Editors, Malaysia



The Human Workshop – The Divine Instrument

Educare is the total multi-dimensional application of Sai teachings for various segments of the global society. The feature that makes Sri Sathya Sai Educare so different from the many curriculums that have been designed is that, the entire effectiveness of the course content depends on the human person, termed the human workshop, which when carefully nurtured becomes the divine instrument of the Lord. As Baba has so often reminded us *"Be like the flute, an empty reed free from all egoism so that my melody can flow un-interrupted and fill the air with its divine vibrations."*

The importance of the teacher

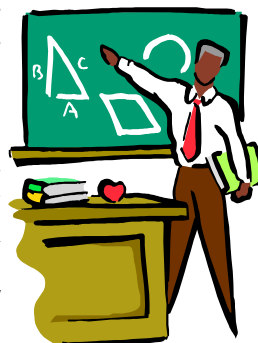
Before any course content can be written for the child, it is absolutely important that the teacher go through an intense sadhana and a strictly structured program to mould himself/

herself into a person who will be able to inspire by example rather than rote learning. Many years ago a pupil of mine wrote a startlingly revealing observation, which read like this:

We walk into the classroom and take our seats at our desks. The lesson begins. She stands before us like a mountain of solid stone. A worn out face with cold eyes staring down at us. We open our books. She looks around the class. A solitary figure looking for faults.

How much will a child learn or remember from such a teacher?

There is a growing demand for values education globally. Increasingly the Sathya Sai teacher has earned a reputation for bringing to teaching compassion, love and understanding. We are being flooded with requests for helping



children with special needs, not handicapped and disabled but problematic children with very low emotional quotient. There is a growing need for us to reach out to society and equip ourselves to meet the challenges presented by such children.

Mentor—Mentee program

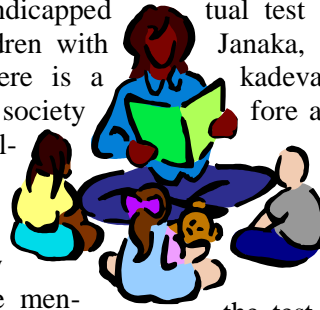
In Malaysia, we embarked on a very daring and ambitious program, the mentor – mentee program. We designed a detailed little booklet in which the teacher kept details of the child’s background and any noticeable changes in behavior patterns. The Sathya Sai teacher had to be the personification of compassion. A team of experienced teacher trainers who were deeply steeped in Sai teachings worked on a manual that could help the volunteer teacher to understand the child more. Apart from the well-structured weekly classes for children of the members of the organization, we decided to help disadvantaged children who were lagging behind in the school system. Pressurized by rigorous examination demands many of these children were ignored, and in the process their already injured self-confidence was totally eroded.

I can think of only one solution to today’s problems - *“Bring spirituality back into the classroom and the teacher especially, should be a spiritual person”*. What is spirituality? In a multiracial country where there is complete religious freedom and yet one has to be sensitive to the beliefs and rituals of another, it is safer not to touch on religion. But the time has come when we must realize the great difference between being religious and being a spiritual being.

In an attempt to deepen our prayerful life we begin to meet regularly for prayer, for sharing experiences and helping each other in our journey towards a more spiritual way of life. Much emphasis has been given to the spiritual sadhana of the individual, especially the teacher. The 5 D’s – Devotion, Discipline, Discrimination, Determination and Duty need to be strictly adhered to.

The Test

A story often related in India tells of the spiri-



tual test given by the great saint, King Janaka, to his would be disciple, Sukadeva. To test the young devotee before accepting him for spiritual training, Janaka required Sukadeva to tour the royal palace while carrying in the palm of his hand an oil lamp filled to the brim. The condition of passing

the test was that Sukadeva was to observe minutely (and subsequently report to the King) every item and detail in each palatial room, without spilling one drop from the brimful lamp.

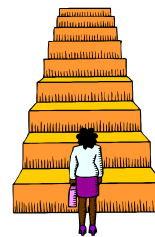
The meaning of the test is that the spiritual aspirant must learn to keep his attention centered in God, not allowing his thoughts to wander from Him for a moment, lest the oil of divine communion be spilled, while at the same time he performs accurately to the last detail his duties in the world.

Today more than ever the teacher appears to rapidly recede into the background. The child learns, indeed sometimes more effectively, through the multimedia techniques so easily and cheaply available at home and at school. It is therefore vital for us to re-evaluate our roles as teachers in the lives of the child and the parent.

How does our Divine Teacher Sri Sathya Sai, draw millions to His Lotus Feet? Can we dare work towards nurturing that one tiny spark of divinity within us, that will draw our children away from the dazzling multimedia attractions to the teachings of the Universal Teacher? Each time Swami addresses us with the endearing term - Embodiments of Love – I am inspired to use this human workshop as the Divine instrument.

-Sis Gana Jaga Deva (Malaysia)

Excerpts from the talk at the Bal-Vikas Gurus Conference, Prasanthi Nilayam, July 2001



SAI ACTIVITIES IN THE PHILIPPINES

Sadhana Camp

Seminar-cum-Workshop on *Educare* – Education, Devotion and Unity: for Realizing the Divinity Within, 20 October 2001

The Advent of the Avatar Day (20 October) was celebrated in a special manner, with a Sadhana Camp devoted to enhancing awareness of Sri Sathya Sai *Educare*. The Camp was held at the Insular Life Building Auditorium, and although there was a major typhoon, about 70 members and other newcomers participated. *Educare* children and students from Casa del Nino Science High School (where the Institute of Sathya Sai Education, San Pedro, is located) opened the Camp by chanting prayers. The Camp closed with special bhajans. There were special sessions and group discussions on:

The Significance of the Five D's, namely Devotion, Discipline, Determination, Duty and Discrimination; EHV for Parents, with an Interactive Quiz on Parenting; The Law of Karma and Five Resources, which included a game on sharing depletable and renewable resources that we all have from nature (Love, Time, Food, Knowledge, and Wealth); Light Meditation; Significance and proper methods of conducting study circles and bhajans; *Educare* for youth and, Inner significance of Christian festivals.

Regular Activities

Regular bhajans at the three centres, Sathya Narayana Pooja and Pradosha Kala pooja at the Hindu Temple, service activities and *Educare* classes are going on smoothly with definitely more participation by newcomers.

On 5 August 2001, a **new Seva Project** (to be performed on the first Sunday of every month) was initiated, as part of which milk and other essential food items will be distributed for 43 needy infants and children at an orphanage run by the Missionaries of Charity,

Antipolo, Rizal Province.

The **ISSE study circle** was initiated in August 2001. Teachers who have been trained in the First Certificate course of July 2001 meet once a month, to discuss and study Sai literature. The 3rd ISSE Study Circle was held on 10 October at the ISSE venue in San Pedro.



Special Events

An **Intensive Teachers' Training** on Education in Human Values for the college of Education of NDU was held at Cotobato city, Mindanao between 21—25 October. This was one of the largest training ever conducted in the region, in terms of its impact as all the 236 participants were would-be-teachers around the country.

On 28th September, to commemorate **Shirdi Sai Birthday**, a special Bhajan session was held at the Hindu temple. About 200 persons attended.

A Special **Bhajan and *Educare* Awareness Session** were held on 13th October. About 40 new persons, including Education specialists attended at which the Sathya Sai Education Officer gave a talk on the Sathya Sai School and training by ISSE.

A Special **Bhajan was held on 26th October** the Vijaya Dasami Day, in which *Educare* and other children were invited to undergo *Vidhyarambha* (or Initiation of Learning).

The second phase of development for the **Sathya Sai School** was announced. It has been decided to purchase a piece of land by Swami's Birthday and construct a building before the next school year.

Sis Divina Samson

Email: didisamson@hotmail.com

Country Editor, Philippines

Report on the Intensive Teachers' Training on Education in Human Values for the college of Education of Notre Dame University (NDU)

That teachers in the conflict prone Mindanao province of The Philippines are eager to play a catalytic role in promoting love and peace was evident yet again, for the third time, during the recent Intensive Teachers' Training. All kinds of roadblocks were encountered during the planning and implementation of this training. Due to the security situations, Dr Jum-sai, Sis Loraine, and other resource persons from ISSE, Region X were unable to go to Cotabato city. The organizers were full of enthusiasm and inspired by the Divine. While all roadblocks served as challenges, they decided to go ahead. In all, there were 236 participants, comprising students of the graduating class of the college of education. As all the participants were would-be-teachers around the country, this became the largest training ever conducted in the region, in terms of its impact.



The opening ceremonies were full of surprises and silence was the only power that made them through. Welcome remarks were given by Dr. Erlinda Zurita (Dean of the Graduate School, NDU, also Director ISSE Region X). The dean of the college of Education, Dr. Luvizminda Machan talked on the DECS Values Education Framework. Miss Delma Yuarata (teacher trainer, elementary school department, NDU and ISSE, Thailand alumnus) explained about Information to Transformation stressing that Education should be the transformative agent of change and the best way to make it effective is to initiate self-transformation first. You do not need to change the whole world - just change yourselves and the whole world will be changed too. Dr. Zurita supplemented that if information is received correctly, we will have Human Excellence. Lesson Planning was taken care by Teachers Delma, Rodeliza Albay (also ISSE alumnus), and Dr. Zurita.

The team tackled teaching strategies, integration of values in the curriculum, silent sitting and meditation. Workshops included Communication Arts, Arts & Music, Social Studies/History, Math, Science and Extra-Curricular activities. The preparation of instructional materials was integrated during the workshops done by the students when they were on hands on with teaching strategies. The workshop on classroom management was lively because participants were asked to act out in front. The organizers did not expect that they could manage such a large crowd, but everything went on smoothly.

The most touching part was towards the end when participants pledged their commitment to continue and uphold values. The pledge of commitment was done in a very solemn manner. Lights were switched off and a big red candle was lighted in front of the group. The participants gave the pledge of commitment while holding hands with one another. They really felt that their noble mission as teachers is not theirs' alone. They felt the need to work together in unity, in harmony to be really successful in radiating values to children or to their students. The Dean pledged to continue the intensive training every year to all graduating students of the college of education. She also expressed that they need the help of ISSE in order to continue with this kind of project. The very touching lines they gave were:

"We will be giving our greatest share in molding the future of our country. Our first task is the cultivation of virtue in the hearts of the students. We will help our students to transform knowledge into wisdom and to express wisdom in character. We will dedicate our lives in the education of human values. We will make a difference of a lifetime. We will radiate to draw out from them the values of truth, love, peace, right conduct, and non-violence. We will immerse ourselves with our students in joy and love that bind us together without calculating the rewards we will receive."

The training ended with such joy in our hearts. Words were not enough to describe how we felt during those ending hours. The love of God was with us during those trying moments - God is always with us and Swami was there watching and guiding us through those trying moments.

SAI ACTIVITIES IN SINGAPORE

August, September and October are normally the quieter months used for preparation by Sai Devotees for the eventful month of November, the month of the Advent of our Lord. However, in Singapore, these months were full of activity.

On 22nd August, the inauguration of the premises of the SRI SATHYA SAI KINDERGARTEN was carried out. Being also the Day of Ganesha Chaturthi, the ceremony commenced with children and youth performances on episodes involving Lord Ganesha, continued with Ganesha and Sai Ashotrotham and completed with Ganesha Bhajans. The devotee bringing the invitation for the event to Puttaparthi to our Beloved Swami was enthralled when Swami purposefully approached him and accepted the invitation. The more than 300 devotees present at the occasion must have surely felt Swami's Presence as all agreed that the event was full of devotion.

Sai Prashanti Nite was then celebrated on 30th September 2001 with a 'jugalbandhi' of devotional music and songs from renowned musicians and artists flown over from India. 76 education bursaries were also given out to needy children to help and encourage them to pursue their studies. The event also saw the award of "Achiever Against All Odds" to a disabled Singaporean who in spite of his affliction with Down's syndrome had not only retained but demonstrated a great zest for life. More than 600 Sai devotees were present at this celebration.

5th & 6th October 2001 culminated the quarter with a two-day workshop and Sadhana camp on Sai Educare and Parenting for Sri Sathya Sai Educare teachers and devotees by Dr Judo. All of us are very well aware of the de-

lightful and loving talks that Dr Judo invariably gives; this time we all felt that he must have had a special place in his heart for us in Singapore as his talks conveyed in the best way possible the Message of Swami.

These three months celebrations have set the stage for the Sai month of November with its Akhand Bhajans and 76th Birthday Celebrations. We pray to Swami that He continue to Guide and Direct all of us on the right path and Bless the world with eternal Peace and Bliss.

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Country Editor, Singapore



Once St. Francis of Assisi was riding home from the market. He saw a leper on the way. The leper was in a terrible condition; a terrible pus was coming from the pus that oozed from his wounds. Francis was horrified and he went away as fast as he could. But then he remembered the phrase from the Bible, "desire what you formerly despised, despise what you formerly desired." Immediately he turned back and went to the leper and showered his love on him. He wrapped up the leper in a blanket, put him on his shoulder and started walking towards a home for the destitute. On the way he suddenly found that there was no weight on his shoulder. He put down the bundle, unwrapped the blanket and found there was no leper in it! Thus, when he overcame his sense of ego and pride, he became a messenger of God.

- a parable

CHILDREN'S COR-



Nothing can equal Divine Music

Tansen was the musician in the court of the famous moghul king Akbar. He was a great singer. He used to sing to Akbar every night. Akbar was very fond of music. Birbal, his chief minister also loved music very much. One day after the music program, Akbar and Birbal were taking a stroll on the lawns of the palace gardens. It was a moonlit night.

Akbar said, "When Tansen sings, I feel delighted. His music is Divine. He is the best singer on earth."

"Yes my king, but Tansen does not agree. He thinks his teacher Haridas is the best singer and that his teacher can influence both inanimate and living beings by his music," said Birbal.

Akbar called on Tansen immediately and said, "Tansen, I heard that your teacher (Guru) sings better than you. I cannot believe it. I thought that you were the best singer on earth."

Tansen said, "Your Majesty, my guru is the incarnation of the divine singer Tumbura. No one can sing like him." "Then I must hear your teacher's singing. Please bring him," said the King.

Tansen replied that his teacher was a free man and would not come even on invitation. Akbar was slightly displeased and said, "Tansen I must hear him sing. What shall I do?" Tansen suggested that they go and listen to his songs at his hermitage. Akbar ordered his minister to make arrangements and the next day Akbar with his retinue got ready to leave in a special chariot.

Tansen warned that if the entire retinue went along to the hermitage, his guru may refuse to see them. Birbal agreed too. Then the Emperor with Tansen and Birbal left for the hermitage in a chariot. As soon as they came near the hermitage, they got down from the chariot and walked to the hermitage. Birbal and Akbar waited under a tree. Tansen went in to find out whether his teacher was in a mood to welcome them. Shortly he came back and took them in.

Tansen introduced them to his guru and informed him, that they had come to listen to his songs. Haridas said, "Oh King, your desire to hear me sing is just. But I cannot sing when I am asked to sing. An urge in me sometimes explodes and comes out in the form of music."

The king was disappointed and angry too. Then Birbal took Tansen out and said, "Your guru is not willing to sing before the Emperor. What are you going to do to make him sing?"

"I have only one way. If some one starts singing in wrong tunes then my guru sings to correct them," said Tansen. "Then you go and sing a melody in wrong tunes, when he sings to correct you, we can hear him sing," suggested Birbal.

Inside the hermitage Tansen started singing a composition with wrong notes and out of tunes. Haridas got angry. He admonished Tansen and started singing himself. It was divine music indeed. Akbar enjoyed it. Akbar and Birbal got the blessings of the teacher before they left. On their way back Akbar said, "Tansen why not you sing like your teacher?"

"However hard I try, I cannot sing like him." confessed Tansen. "Why?" enquired the Emperor. Tansen looked at Birbal. Birbal said, "Your Majesty I know the reason. I will tell you if you do not get angry." Akbar encouraged him to speak.

"Tansen's singing is not in any way inferior to that of his teacher. It depends upon the type of music. **Tansen sings to please you. But his teacher Haridas sings to please the God.** That is the difference." explained Birbal.

-stories from Tales of famous musicians



SATWIC

Lentils cooked with Spinach

Ingredients

250 gms spinach, chopped
1 cup moong dhal (small yellow lentils)
2 onions, sliced
2 green chilies, chopped
6 tomatoes, chopped
Salt to taste
2 tbsp. butter
A little ginger, chopped
3 tbsp. cooking oil
50 gms coriander leaves, chopped

Cook the chopped spinach, tomatoes, and lentils with 4½ cups water. Add salt to taste. Keep stirring the mixture to prevent it from sticking to the bottom of the pan. Meanwhile, in another pan, heat oil; add the chopped onions, ginger and chilies and fry until the onion turns slightly brown. Add salt to taste. Add the cooked spinach – dhal mixture to it and cook for 5 more minutes, stirring occasionally. Garnish with coriander leaves before serving.

Macaroni with cheese and Vegetables

Ingredients

400 gms boiled macaroni
200 gms mixed vegetables,
1½ cups grated cheese
2 onions, chopped
2 green chilies, chopped
3 green capsicums, chopped
3 tomatoes, chopped
2 pieces garlic, crushed
2 tbsp. chili-garlic sauce
2 tbsp. olive oil

Salt to taste

Heat oil in a pan, add crushed garlic, chopped onions, green chilies, capsicum, and stir-fry for few minutes. Then add tomatoes, mixed vegetables, salt, and cook for 5 minutes. Keep this cooked mixture aside. Add the cooked macaroni to this mixture. Add one cup of grated cheese, chili - garlic sauce and mix well. Transfer the whole mixture to a Pyrex dish, sprinkle ½ cup grated cheese on top. Bake in a hot oven for 5 minutes before serving.

There are three 'purities' to be observed regarding food; purity of provisions; purity of vessels in which the food is prepared; and purity of the persons who serve the prepared food. The nature of fire determines the type of smoke that comes out. As the smoke, so the cloud; and as the cloud, so the rain. The type of rain determines the harvest. The kind of harvest determines the food that we get out of it. The kind of food we eat will determine our ideas. For all our ideas, it is our food that is responsible. If we eat Satwic food sitting in a clean place, we will have clean ideas.



Study Act I *inspire* YOUTH Page

Fill your hearts with love

A great sage, while on a pilgrimage, reached a village where a learned teacher was expounding the teachings of *The Bhagawad Gita* to a large number of people assembled there. The teacher would read the text; the disciples would repeat the verses and then the teacher would give the appropriate commentaries. One particular disciple was found sitting in a corner profusely shedding tears. All the other people were holding the sacred text and were repeating the lines, listening to the teacher's words very attentively. Their facial expressions would constantly change as the text was being expounded. Sometimes they would be joyful, sometimes serious. But the disciple sitting in the corner was not having any experience like that. His facial expression did not change at all. He was only shedding tears.



The sage observed all this. He addressed the man and asked him, "Why are you crying? When the *Gita* is being expounded in such a joyous way, what is the reason for your sadness?"

The man replied, "Master, I do not know who you are. I do not know Sanskrit. I cannot even pronounce the verses. Since I do not know Sanskrit, I do not want to repeat these verses in the wrong way because I may be committing a sin that way. Therefore, I was just picturing in my own heart Krishna giving this *Gita* to Arjuna there on the battlefield. Krishna was seated in the driver's seat; Arjuna was sitting behind him in the chariot. I was crying because I was imagining Krishna having to turn his head back for such a long time, trying to convince Arjuna of these great truths. Keeping his head turned like that must have given him a great deal of pain. If only Arjuna had been sitting in front and Krishna at the back, then it would not have caused so much trouble to the Lord. Thinking of that hurts me very much."

The sage recognized that here was a true devotee. The man was experiencing so much love for Krishna and had immersed himself so deeply in identifying with the Lord giving the *Gita* teachings to Arjuna, that he had become a part of Krishna, himself. The sage concluded that experiencing such feelings was far greater than merely listening to and repeating the *Gita* verses.

Most of us are busy writing everything down reverently in our notebooks while listening to such elevating talks. Some of us may be holding the sacred texts close to our hearts, trying to follow the verses, trying to learn them. But these are all just outer activities. These will not evoke deep feelings of devotion. If we want our hearts to become completely saturated with the essence of the teachings, we must seek the inner experience. This can be happen only by putting the teachings into practice in our daily lives. Practicing even one of them will be more than enough. If we fill our head with all the contents of the book, our heads will become just another book. What counts is what you get imprinted on the book of your heart. Even if only one of these teachings is imprinted in your heart that will be all that is needed. Let your heart become saturated with love. That is enough. Instead of filling your head with scholarship and book knowledge it is far better to fill your heart with love.

-story told by Baba

Karma—the Cause and Effect

In the August 2001 issue of *Sai Jewels*, the Law of Karma has been mentioned on pages 4 and 5. Here, it is discussed in more detail.

The word Karma is short and crisp; it is used freely by all. But the idea and ideals it conveys are of great significance. Karma is not simply physical; it is mental, verbal, and manual. Each one can read into it as much value and validity as his reason can unravel. Karma is a stream that flows faster and faster turning the wheel of life, keeping it incessantly active. It subsumes every activity of man—worldly, scriptural, and spiritual. All the three strands are intertwined. *Worldly Karma* entails merit or demerit. *Scriptural Karma* is saturated with the experience of generations of good seekers; *Spiritual Karma* devotes itself to the cleansing of the heart so that the indwelling God may be reflected therein.

Karma of Creation

Karma means movement or that which urges movement. Air moves in space, the moving air results in heat. The friction caused by the aerial motion makes the latent heat manifest. Living beings are able to maintain the temperature of the body so long as the air is breathed in and out. The quicker the breath, the warmer the body. Warmth is the characteristic of Fire. Fire is the origin of water. The sun raises clouds. The particles of water get mixed with other components and then, harden into 'earth'. Earth produces and fosters plants and trees, which provide grain to feed and foster man. The seminal fluid that produces progeny is the gift of the grain. Thus is the Karma of creation effected and continued. So Karma is observable here as movement, as progress, as evolution and as hereditary effect. It is only natural that this vast flow and constant movement must have something fixed and unmoving as the base and support. This is exactly what is called as the Atma.



The law of Karma also runs the motions of the stars, the planets, the galaxies, and other heavenly bodies in space. The same law directs and controls all that happens in all the worlds. No one can penetrate the time and space when Karma was not. What, why, when and how events do happen is beyond the capacity of man to predict with accuracy. They are laid down from eternity to eternity.

Just as work being done or an activity that is engaging one can be referred to as Karma, no work or no activity is also Karma! Seeing a person calm, quiet and doing nothing we infer that he is free from activity. Men are sometimes busy doing work and sometimes busy with keeping work away from their attention - they are engaged in Karma as well as *Akarma*. If man is not engrossed or attached with the Karma he does and is engaged in it as his duty, as his way of worship, and if he is not attached to the fruit of his action, then he can practice *Akarma* even in Karma. This is the highest sadhana or effort.

The mystery of breathing

The very first act with which the career of a living being starts is 'breathing and vibration of vital airs'. It is a wonderful, amazing mystery. No human being resolves at the time of earthly life, to draw in and breathe out air that exists around him. Breathing proceeds without being willed or wished for. Doubts may be raised as to how anything can happen to man without his knowledge or resolution! Some may say, 'Nature is the cause.' The question still remains, 'What exactly is Nature?' Others may say—Breathing begins when life ends, it is automatic, a natural act. But these words again do not explain anything. It is indeed surprising that the act of breathing is a mystery even to the person who breathes.

Power of Will induces Karma

When we reflect on the fact that *yogis* (spiritual mendicants and practitioners of yoga) exercise their Will and stop their pulse beat and their inhaling-exhaling process, we

realize the power of Will in inducing Karma. The nature of an individual is molded by desires, aspirations, attempts, and achievements. He also designs his future life through his own decisions and deeds. The force that his 'reason' exerts on him and that directs his Will in specific directions is known as *Prakriti* or Nature. When it is discovered that one's own level of intelligence is the prime factor in determining one's inclinations and desires, then it is easy to follow the means by which one can win release from the hold of Nature.

Karma and its consequences

Can the consequences of Karma be overcome by the grace of God? Yes, but one should not worship God, only for the sake of overcoming Karma. If one worships to get His grace, then all Karma will become ineffective by itself. There are three different kinds of Karma. *Prarabdha* Karma is that which we are presently undergoing and experiencing. *Sanchita* means all the past Karma. *Agami* refers to Karma that will follow in future. *Prarabdha* is in between the *Sanchita* and *Agami*, and we are experiencing this on account of the previous *Sanchita* Karma. The result of what we do now will come in future. For example, we have a storeroom in which we stock all our rice. The old stock that is stored in the room is called *Sanchita*. When we want to cook, we bring some rice from the storeroom. What we bring for cooking today is called *Prarabdha*. What we cook now and eat today will pass out tomorrow. Some of it may come out soon in the form of a belch. So, we cannot escape from *Prarabdha*; we must experience it in this life. Even though there is *Sanchita*, if one tries to lead a pure life, one will be able to change even *Sanchita*. There may be big stones in the rice. These are the results of our bad actions. Before we cook, we try to remove the stones from the rice. So also it is quite necessary that when we experience *Sanchita*, we can overcome the bad effects to a great extent, just as we make the rice clean.

Another example. A running bus has dust following it. Karma can be compared to the running bus; the *Prarabdha* can be compared to the dust that follows it. When the bus stops,

the dust comes and falls over it. But when the bus keeps on



running, the dust will be only at a distance. So when we are satisfactorily doing our daily duties, the dust of *Prarabdha* will be at a distance and behind us without affecting us.

How long can we travel in a bus? We have to stop somewhere. This road is of three kinds - Work, Worship, and Wisdom. The first kind of road (Work) can be likened to the village road. This Work is related to Karma and dust will always be there. But if you pass some distance, you will come to a better road, a tar road. That can be likened to Worship. Here, the dust will never fall on the bus. If you go still further you shall reach the highway (the road of Wisdom). *The road of Karma is called the village road. Bhakti or Worship is the town road or the tar road. Wisdom is the highway wherein there is no possibility of the dust coming.* By following the path of Karma, *Prarabdha* can never come to an end. But, if we do the Karma in such a way that we perform all actions for the pleasure and satisfaction of God, in worship and dedication to Him, no *Prarabdha* can trouble us.

One should never be afraid of the effect of Karma. If we think that the effect of Karma is inescapable, then what is the use of praying? Even if *Prarabdha* is there, the grace of God can remove the effects of *Prarabdha*. Take the example of a bottle of injection that expires in 1970. Though the medicine is still there in the bottle in the year 1972, it will have no effect at that time. In the same way, there may be the medicine or *Prarabdha*, but by the grace of God, its effect can be blunted or weakened to a great extent. When we can become beneficiaries of God's grace; He will annul the effects of all Karma.



- compiled from SSB 1972 & Sathya Sai Vahini

Secrets in Creation

For crores of years, there existed only darkness. At that time, the sun and moon did not exist and there were no living creatures. Nothing was seen. Then it rained heavily for lakhs and lakhs of years. This resulted in the formation of oceans. From the oceans, rivers originated. Then there was light in this world, and one could see the sun and the moon. Human habitation came into existence only after this entire process that took place for many crores of years.

-Dassera discourses 1998, page 78.

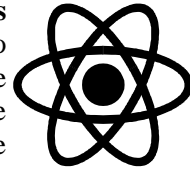
Oceans contain air needed by the Earth for more than ten years. One lightning in the sky emits enough electricity required for the entire world for twenty years. By building gigantic dams and storing huge quantities of water in one place, the earth goes down in that area and consequently goes up in other areas, like a seesaw. The indiscriminate exploitation of natural resources by scientists and technologists such as various types of mines for extracting minerals, mica, coal, petrol and other oils results in imbalances and pollution of five major elements leading to catastrophes like volcanoes, etc. The rapid and excessive proliferation of industries, factories and automobiles, etc., with the excessive pollution of the atmosphere is responsible for the increasing incidence of diseases like eosinophilia, asthma, deafness, pneumonia and typhoid, etc. However, Science per se is not bad, what is necessary is that man must put it to proper and judicious use.

Light travels at the rate of 186,000 miles per second. Even with such a tremendous speed, it takes lakhs of years for light to travel around the families or constellations of the sun and stars. In the milky way that is visible to us, there are innumerable stars unknown to us. The light from some of the stars has not yet reached the Earth, despite the lapse of aeons since their creation.

- SSS July 1992, page 145.

Nature has many mysteries

in her make up. Man is able to unravel only those that are cognizable through his five senses; he does not realize that there is a vast unknown beyond the purview of the five faulty instruments of perception that he has. Did you know that from every being and thing, constantly, without intermission, millions of minute particles and millions of vibrations are issuing forth? Certain substances like camphor emanate so much of these that a lump disappears in a few days. The bodies of others also affect us by these emanations and we too affect them in the same way. For good or bad, we are interacting in this manner inescapably. Naturally the growth of the body is affected, as well as its health and strength, by the contact or company we develop. These emanations are intensified when dirt accumulates, or sewage collects, or drains are choked. Sanitation rules are framed to reduce the possibility of disease spreading from such areas.



- SSS Vol 9, page 139.

People who consume animal products, which form part of the cycle arising out of the polluted ocean products, are afflicted by cancers of various parts of the body and by heart attacks. Seven crores (70,000,000) tons of fish are being taken out of the oceans every year resulting in the depletion of fish population leading in turn to inadequate cleansing of the ocean. This upsets the ocean and increases pollution.

Today, the reason why human population is increasing is because of the attitude of the people. For man to eke out a living, to fill a small tummy of his, God has created plenty in the world. God has created a large amount of rice, a large amount of fruits, a large amount of wheat. While God has created such good food, yet we go and eat meat and



fish. All the fish that we kill and eat are reborn as human beings.

Another instance. Even a hard stone can melt and can flow and can ultimately take the form of a human being. Take the example of a huge rock. If in that rock, you can bore a hole and put a seed, the seed is not going to sprout and become a tree. After some time the rock gets dried up by the sun and gets soaked in the rain water and gradually gets crumbled and becomes dust. If in that dust which has come out of the trap we put a seed that seed will sprout and become a plant. The plant will become a big tree. From that tree we will get fruit. Man eats the fruit; the food that has thus gone into him again becomes a source of a new human birth. Here we see that a hard stone changes into soft dust. Out of that soft dust, came a plant, the plant became a tree and the tree gave the fruit. Fruits were eaten by man and out of the coordination came another human being. Thus if we enquire in depth into these things, we will realize that whatever may be the nature of the material, the divinity that is contained in man can transform that material into another human being.

- SSB.1977, page 182.

Man contains in him the infinite cosmic power that pervades the universe. The power contained in man is the same as the universal power outside the body, which is like a balloon that bloats by the intake of air. The air inside the balloon is the same as the air outside. When the balloon bursts, the air inside the balloon merges with the air outside. Similarly, when the body perishes, the Cosmic divine in man becomes one with the Universal power outside. There is infinite power in man, power that is beyond comprehension. What is the power that makes the earth revolve around itself? The power is within the Earth itself. This energy present in man and other objects is termed cosmic energy.

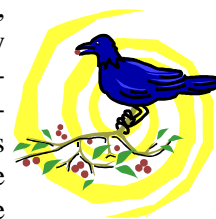
The sun derives its power and energy and ef-

fulgence from this cosmic source. He is fire incarnate. How does this fire emerge? Heat is produced when the hydrogen in the Sun is converted to Helium. In this process eight forms of energy are noticed: Kinetic energy, heat energy, light energy, magnetic energy, electrical energy, chemical energy and atomic energy. Scientists have calculated that every second the sun is losing many billion units of energy. Nevertheless the sun will continue to be a source of energy for millions of years. The sun is the presiding deity of the intellect. He is the deity of intelligence and he illumines the intellect in man It is that same cosmic source that accounts for the power of the human mind and the marvelous power of the eye to see the most distant stars. In spiritual parlance, this power is described as an inimical force. In science, this is called, magnetic force.

The magnetic power of attraction is present in all objects in the world. All the thought in a man's mind have this magnetic power. From magnetic energy is derived electrical energy. Electrical energy is the source for the power of light and atomic power. Atomic energy is present in thoughts and speech. Thus magnetic energy is the basis of all forms of energy. It is the energy that account for speech, for singing and all other activities.

- SSB 1993, page 3 & SS April 1995.

Scientists and technologists today are proud that they have grasped the secret of the five elements – sky, wind, fire, water, and earth. But they are still unaware of the intimate relationship every element has with man and his daily life. The sages of the past have delved into the mystery and revealed it to the world. Notice that, birds do not rest on the ground at night. They prefer treetops. Why? Because they seek to avoid the heat latent in the earth but patent to them. Man is unaware of this fact, but birds know it.



- SSS Vol 9, page 279.

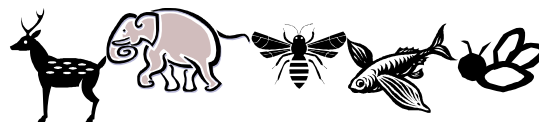
Darshan, Sparshan, and Sambhaashan

All living beings are bestowed with the five senses —smell, taste, sight, touch, and hearing. Animals use one or many of these senses, while human beings are capable of using all these. We may have noticed that a dog will prefer to “smell” the visitor to check whether the person is a guest or not. Cats and monkeys choose to lick and bite any new object to confirm whether it can be eaten or not. Did you know that many animals do not see color pictures of the world as we see—they see in black and white? Many animals do not feel pain the way human beings do. Finally, animals do not hear or respond to sound and noises in the same way as humans do.

The five senses are vital. They are correlated with the five elements and the five resources. It is also interesting to observe that other living beings (insects, birds, and animals) are slaves of any one of the five senses. For example, the deer is a slave of sound; elephant—touch; firefly—light; fish—taste; and bee—smell. Human beings are slaves of all five senses! Animal tendencies will predominate when man becomes a slave of the sense of smell and taste. Baba says, “see no evil, do no evil, hear no evil”. How to do that?

First, the nose and tongue should be restrained. By developing good habits, we should control the desire for food and pleasure. There are many inspiring stories, which reveal that only by overcoming the desire for food and pleasure can we progress in spiritual life. That is why several austerities comprise mainly fasting.

The eyes, limbs, and ears should then be trained, by reading and absorbing to illumine the intellect, engaging the body in acts of service, and listening to spiritual knowledge, respectively. How nice it is, that Baba helps us achieve each of these by offering us His Divine audience (*Darshan*), by allowing us to touch the Divine Lotus Feet (*Sparshan*), and by talking to us (*Sambhaashan*). Let us analyze the preconditions for the *darshan*, *Sparshan*, and *Sambhaashan* and their merits.



Senses-expression	Elements	Representation	Values
Ears, sound	Space	Light, Vibration,	Love
Limbs, touch	Wind	Air bubbles, movement,	Truth
Eyes, shape	Fire / Sun	Energy, Action,	Right Conduct
Tongue, Taste	Water	Resources, minerals,	Peace
Nose, smell	Earth	Land, All living beings,	Non-violence

Darshan

Baba has said many times, that only those who have been blessed by Him can come to Prasanthi Nilayam. There are many new comers who have been able to visit this abode already, although many long standing members of the organization have not been there yet. There are stories of people visiting Prasanthi Nilayam, after a call from Baba in their dreams; some did not know about such a place before but they somehow reached this abode. How do these things happen? Baba says, that **Purity** is the qualification for the *Darshan*. To have the sight of the Divine, one has to be really pure or crave for purity (repenting for the impurities within), and make earnest attempts to remove impurities within. The divine audience is achieved depending on several other factors, such as individual’s own merits (in the present and past lives), the prayers of others, and Divine mercy. Divine mercy flows on everyone without precondition. When the rain pours, the water falls down and benefits all the people in a large town! Baba says that He gives all, takes nothing. He also says that expansion is His Life.

Sparshan and Pada Namaskaram

The Divine grace flows from Baba's Feet to us, each time we touch the Lotus Feet. Baba has said that He wills the flow of a special energy. Many who have received *pada namaskaram* will attest to this fact. It is a special experience, which cannot be explained in words. The person has to be sufficiently pure and peaceful to fully receive and retain the Divine grace received at such an occasion. Normally, the person is overjoyed, as it is a rare experience! But there is more to it. Baba says that we should sit quietly after every *Darshan* (and most importantly *Sparshan*) and try to store the spiritual energy received. Otherwise, the energy just flows back to Him (meaning, it just leaves us).

I would like to offer two examples to illustrate this point. Can we fill a glass with water, if it is filled with something else already? Also, can we also fill a vessel, which has holes at the bottom? A glass filled with something else corresponds to a person with a confused mind and heart (with too many thoughts and doubts); and the vessel with holes corresponds to the person lacking in faith (he still doubts the Divinity of Baba). Children are the best examples of persons with a clear mind and full faith. The young ones listen to their mothers with full attention and faith! Can we not become children of the Divine Mother, Baba?

The *pada namaskarams* have been granted to people, perhaps for undertaking some important tasks or service projects in the Divine mission. This is like a preparation. Ordinary people cannot comprehend time properly nor control it. Therefore, the cause-effect relationship between the *Sparshan* and undertaking important projects in the Divine Mission may not be evident to us. But Baba is always aware of the past, the present, and the future. His *pada namaskaram* prepares us for a future role in the Divine mission. We should aspire to be active workers in the service projects in the Divine mission so that we automatically become eligible for His *Sparshan*. Baba has said, "To whom much is given, much will be demanded from him as well."

Sambhaashan

Many wait patiently for the personal interviews granted by Baba. Baba says that the yearning must come from within one's heart. Baba asks us to completely surrender to Him. Some do this but many others do not. As for those who do, Baba talks to them and guides them personally, like a father, a mother, a friend, and a master. Baba also guides many more through dreams and other divine revelations. In the past, some have received handwritten letters from Baba. The best way to surrender our egos could be to regularly write letters to Him. Baba receives thousands of letters each day. He has declared that He reads them all and answers them too. We can first develop this habit of writing to Him, and surrendering our egos to Him completely. Then, He may grant us His *Sambhaashan*.

Mantra

Every word spoken by Baba is a mantra and a *upadesa*. There are several episodes in which Baba spoke to a group of persons in one language, but each one heard Him in the language that he understood. The divine discourses are nothing but the simultaneous *Sambhaashan* with all of us at one time. The audience comprises a vast variety of people of different physical and mental ages—the illiterate, students, children, household women, scholars, etc. Astonishingly, everyone enjoys and understands the discourse! There are no special audio-visual effects. In fact, Baba allows some one to translate His words in English, so that some may understand the Telugu words and their meanings. However, for those who have surrendered to Him with full faith, the translation would be irrelevant! There are several people who understand neither Telugu nor English, but still enjoy the discourse! That is the greatness of His *Sambhaashaan*. Let us all pray to Bhagawan to constantly shower us with His *Darshan*, *Sparshan*, and *Sambhaashan*.

-Dr. K. E. Seetharam, ISSE (San Pedro), Philippines
serving Region X

- based on talk at "Homage to the Divine Chancellor", 5
July 2001

Institute of Sathya Sai Education



THE FIRST CONFERENCE OF SATHYA SAI SCHOOLS

20-21 November, Prasanthi Nilayam

Registration of delegates: 18-19 November

November 20

INAUGURAL FUNCTION

Sai Kulwant Hall (7:00 —)

Conference introduction

Dr. Art-ong Jumsai

Bhagawan confers diplomas to graduates of the Institute

Divine Discourse

Exhibition Hall (behind South Block)

Session I (10:00 – 12:00)

Vision of Sathya Sai Educare (SSE)

Sri Indulal Shah

SSE – The Veda for the 21st Century

Dr. Judo

Session II (13:00 – 15:00)

Methods of Teaching in Sathya Sai Schools

Dr. Art-ong Jumsai

An Innovative Approach to SSEHV

Victor Kanu

Session III (19:00 - 20.30)

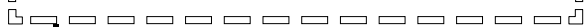
A Sharing of ideas and Cooperation between Sathya Sai Schools

chaired by Dr. Pal Dhall



The Participants comprise:

- The principal and one senior teacher of all existing Sathya Sai Schools, and from Schools with approved plans for opening in the very near future.
- The director and one senior officer of Regional and national Institutes of Sathya Sai Education, operating Sathya Sai Schools in their countries.
- Inspectors of Sathya Sai Schools in accordance with SAI 2000.



for all Sathya Sai Schools around the world following the principles of *Educare*, so that the students graduating from these institutions will attain excellence both academically and spiritually and will become exemplary citizens of their country and the world.

November 21

Exhibition Hall (behind South Block)

Session IV (9:00 – 12:00)

Innovative Management of SS Schools

Bro. R. Hira

A New Look at Methodology for SSE

Sis. Loraine Burrows

An Innovative Approach to Teachers' Training

Kay Scovill

The Future of Sathya Sai Schools - Action Plan

Dr. Judo

Session V (13:30 – 15:00)

Experiences of Sathya Sai Schools in the Divine Presence

DIVINE VALEDICTORY FUNCTION

Sai Kulwant Hall (4:00—)

Report on the Conference

Victor Kanu

Decisions and Action Plans for Sathya Sai Schools

Dr. Judo

Divine Valedictory Address

November 24

MEETING OF INSPECTORS & FACULTY OF SATHYA SAI SCHOOLS

Exhibition Hall

Quality Assurance - SAI 2000

Dr. Art-ong Jumsai

Procedure for Inspection of Sathya Sai Schools as per SAI2000

Sathya Sai Education Officers' Column

Philippines

The Securities and Exchange Commission and the Department of Education, Culture and Sports (DECS), has granted permission, covering technical education, to the Institute of Sathya Sai Education, San Pedro (covering Brunei, Indonesia, Malaysia, Philippines and Singapore).

The Sathya Sai School, Pililla, has been endorsed to provide elementary to college level education by DECS as well as the Commission on Higher Education.

In addition, the DECS Offices in Mindanao have requested the Notre Dame University (NDU), to offer a Master's Level course in Values Education, based on *Educare*.

- Dr. Ramesh Subramaniam (email: rsubramaniam@adb.org)

Fiji

The 11th National Convention 2001 on Spiritualizing Education through Human Values was held at the Sri Sathya Sai School, in Lautoka. The same day, the Sathya Sai School was inaugurated. The Regional Coordinator for South Pacific, Mr. Arthur Hillcoat and National Sai Education Coordinator, Dr Pal Dhall both from Australia were key speakers. Dr Pal Dhall gave an overview of *Educare* and its Global concern. The two day convention held in Fiji Islands, was an achievement after the crisis of a coup and political instability.

- Sanjay Kumar (email: sanjay@manaclub.com)

Nepal

A six member high-level committee is preparing teaching materials for trainers and also for the teachers of Primary schools. (Sis Chandrakala Kiran: exSecretary Ministry of Education; Sis Usha Dixit - Under Secretary MOE; Sis Savitri Sharma, Shanti Basnet both ISSE Thailand alumni; Bro Yanta Kumar Maskey - Ex-teacher British Gurkha school; Bro Manan Raj Pokhrel - Senior Teacher, Sathya Sai School, Nepal). The final write up is expected to be completed within this year.

- Sushil K Sharma (email: issen@htp.com.np)

Kazakhstan

In March 2001, a conference and 3 day seminar on spiritual and moral education took place in Almaty upon the initiative of Sarah Nazarbaeva, the First Lady of Kazakhstan. The 450 participants included the vice-premier Tasmagambetov of the Kazakh government, Minister of education, Almaty Mayor, principals of schools, university rectors and regular teachers. In September, a new subject "Self-knowledge" was introduced in several schools as an experiment, at the initiative of the First Lady.

- Irina Chumachenko (email: gwen@nursat.net)

Activities of the Institute in 2001

Singapore

1-2 September: Follow-up Seminar (Sis Loraine Burrows) on Teaching techniques.

Philippines

Manila

25 September: Value Parenting (Dr Lata Seetharam) at Bharati Womens' Association, Manila. 60 persons attended.

13 October: Introduction on Educare (Dr Ramesh Subramaniam) for education specialists. 15 persons attended.

Cotabato City

15 October: Orientation (Sis Rodeliza Albay) for teachers and administrators of a new early childhood program school.

21-25 October: Intensive training (details in page 15) for 236 graduating students of college of education Notre Dame University, Cotabato City.

Editor's Note:



With Swami's blessings, this issue commemorates the third year of Sai Jewels. We sincerely thank all the contributors, country coordinators and the editorial team members who untiringly supported the issues in the two years 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 vehicle of Human life is drawn by the senses. The senses are driven by the intellect, with *Viveka* (the faculty of reasoning), and *Vairagya* (Renunciation) as the reins. The two wheels are the wheel of Time and the wheel of Karma. The spokes of these wheels are the rules of Righteousness, bound by the rim of Divine Love. The Self is the rider and he will not come to any harm if the axle is Truth and the goal is Peace.

-Baba

