



SATHYA SAI NEWSLETTER

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SATHYA SAI BABA'S MESSAGE FOR THE JUNE NEWSLETTER:

MY DEARS! WHAT IS PRIMARILY NEEDED FOR ONE WHO WANTS TO ULTIMATELY SURRENDER HIMSELF ENTIRELY TO THE LORD IS A CONSCIOUSNESS OF PERFECT SECURITY UNDER THE PROTECTING GRACE OF THE SUPREME LORD. THIS CONSCIOUSNESS CAN NEVER LEAVE US IF WE CONSTANTLY PRACTICE THE REMEMBRANCE OF HIM. VERILY, REMEMBRANCE ITSELF IS DARSHAN*. THE REPETITION OF GOD'S NAME MUST LEAD TO DEDICATION OF ALL YOUR ACTIONS TO HIM. THIS REMEMBRANCE WILL BE YOURS EVEN WHEN YOU ARE INTELLECTUALLY AND PHYSICALLY ACTIVE IN ALL THE WALKS OF LIFE WHEN YOU CONSIDER THAT THOSE ACTIVITIES ARE PERFORMED IN THE NAME AND FOR THE SAKE OF THE LORD. DURING YOUR OFF-MOMENTS DO NOT FAIL TO KEEP YOUR THOUGHTS ENGAGED IN THE CONTEMPLATION OF GOD AND AT THE SAME TIME MEDITATE UPON THE TRUTH THAT ALL YOUR PHYSICAL AND MENTAL POWERS HAVE THEIR SOURCE AND INSPIRATION FROM THE COSMIC ENERGY OF THE DIVINE.

WITH BLESSINGS,
BABA

* 'Darshan' is the spiritual blessing of seeing the Lord.

QUOTATIONS FROM THE TEACHINGS OF SATHYA SAI BABA

The only method which you can adopt to escape from the coils of the mind is the cultivation of pure intelligence. This is the sum and substance of all spiritual discipline. And the intelligence gets cleansed of all partiality and prejudice, hatred and greed, only by the adoration of God through Love poured out to all the beings created by God and standing witness to His glory and beauty. Share love with all; earn the treasure of love, store it in your heart and invite all to share it.

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Love, not lust, is the essence of a happy life.

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In this large gathering, there are people who speak many different languages. Each individual can understand only his own language, and would like to be addressed in that language. But there is a language of the heart, which everyone can understand and which all would like to hear. That is the language which I speak, a language that goes from my heart to yours. When heart speaks to heart, it is love that is transmitted, without any restrictions. Trials and turmoil, excitement and enjoyment, searching and suffering - these are the same for all mankind. A responsive heart listens to them with sympathy, and answers with love.

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The secret of happiness is not in doing what we like, but in liking what we have to do.

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Spiritual practices (sadhana) are required to control the mind and the desires after which it runs. If you find that you are not succeeding, do not give up your practice but do it more vigorously, for it is the subject in which you 'failed' that requires special study. Spiritual practice requires inner as well as outer cleanliness. You do not feel refreshed if you wear dirty clothes after a bath, do you? Nor do you feel refreshed if you put on clean clothes after skipping the bath. Both are needed, the external as well as the internal.

Children believe you when you tell them that a policeman will catch them, or a ghost will 'get' them. They are full of innocent fear, obedience and confidence. But having grown old and filled your minds with all kinds of ideas, theories and arguments, you must use your discrimination to discover God the hard way. This much, I will tell you: there is no escaping it. All creatures have to find God some day, either by a short or a long route.

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Patience is all the strength man needs.

THE SRI SATHYA SAI CENTRAL COMMITTEE OF AMERICA AND THE
SATHYA SAI NEWSLETTER

The Sri Sathya Sai Central Committee of America was founded at the Second World Conference of Sathya Sai Organizations, held at Prasanthi Nilayam (India) in November, 1975. The purpose of the Central Committee is to act as an advisory and controlling board to oversee the activities of the Sathya Sai Baba centers in the United States. The guidelines for the centers were given by Baba for the benefit of the American devotees, so they may strive to fulfill the ideals set before them.

The full guidelines are now available (see p. 4) and cover the establishment, activities and conduct of Sathya Sai Baba centers. In particular they emphasize that there is to be no connection between these centers and the collection of money, solicitation of members or in the dispensing of spiritual 'blessings'. The purpose of the center is to provide a meeting place for those who wish to learn, discuss and practice the teachings of Sathya Sai Baba, and to serve as an information point or 'signpost' for individuals interested in these teachings. There are no intermediaries between Sathya Sai Baba and the devotee, or the public; those who engage in Sathya Sai organizational activities do so as their own personal sadhana (spiritual practice), as one of many steps on the path to Self-Realization. Advertising, publicity, the sale of techniques, teachings, mantras, the charging of admission fees to meetings or other functions, or any other practices which commercialize Sathya Sai Baba's message or associate it with the spiritual 'marketplace' are prohibited. Books, recordings, and other informational items are produced and distributed without any personal profit for any individual.

The SATHYA SAI NEWSLETTER, published by the Coordination, Communication and Information Committee of the Central Organization, is available by subscription to individuals anywhere in the world. Its purpose is to provide, for those who are interested, the message and teachings of Sathya Sai Baba in Baba's own words, significant information about Sathya Sai organizational and social service activities, and a variety of other features of general interest. In future issues of the NEWSLETTER, a directory of centers in America and their meeting schedule will be provided, as well as a list of sources for information, publications, recordings, films and other materials related to Sathya Sai Baba. A partial list of sources is included in this NEWSLETTER.

Each NEWSLETTER will begin with Baba's message, written in English for each issue, followed by quotations from a variety of sources. Because the original English translations may pose some difficulties for American readers (many Sanskrit words are retained and certain English phrases not common in American usage are found), certain editorial changes have been made. This has been done, however, based on suggestions made by Mr. N. Kasturi, the translator of most of the material reproduced here.

SAI FAMILY ANNOUNCEMENTS

GUIDELINES FOR SATHYA SAI BABA CENTERS

Copies of the guidelines have been sent to all centers whose name and address were on file. A set of guidelines may be ordered from the Book Center in Tustin. Centers are requested to respond promptly to the questionnaire included with the guidelines. Those interested in starting centers should write to the Credentials Committee for information (addresses-p.7).

BIMONTHLY MEETING OF OFFICERS

The officers of the Central Committee will hold bi-monthly meetings on the first Sunday of the month, beginning in September. A special meeting of the officers and Board of Directors of the Central Committee will be held on July 11 in the Los Angeles area.

ENGLISH BHAJANS

We are compiling a selection of English bhajan songs that can be sung in the traditional Indian style for use in centers desiring to mix English and Telugu bhajans. You may send suggestions, either in writing or on tape, to the Bhajan Committee c/o the Central Committee office.

MATERIAL FOR PUBLICATION OR REPRODUCTION

Individuals who wish to donate materials related to publications, films, tapes, photographs, information, NEWSLETTER, etc., are requested to write directly to the committee listed in the Directory. The use of any material is at the committee's discretion, and depends upon a variety of factors, including quality, overall interest, reproduction cost, etc..

'CELEBRATION' - A NEW FILM

'CELEBRATION', a new film by Richard Bock, is a one hour presentation on Sathya Sai Baba's 50th Birthday celebration in India, and includes extensive material on the service activities of the Sathya Sai organizations in India. For further information, write to the Film Committee.

NEW TITLES AVAILABLE

The Book Center in Tustin has the following new titles available now: SATHYA SAI SPEAKS, Vols. 8 and 9 (Discourses of Baba in chronological sequence); CHINNA KATHA, a selection of stories used by Baba as illustrations during discourses; WHAT IS TRUTH?, a selection of discourses illuminating the True nature of man and the universe; BHAGAVAN SRI SATHYA SAI BABA IN AMRITSAR, DELHI etc., describing Baba's visit to North India and discourses given there.

SEPTEMBER NEWSLETTER

Starting in September, the NEWSLETTER will contain dates of major Prasanthi Nilayam festivals, information on Baba's activities in the previous 3 months, and interviews or contributions from devotees who have recently returned from India.

REPRINTED ARTICLES FROM EARLY EDITIONS OF "SANATHANA SARATHI"
(The magazine published at Prasanthi Nilayam since 1958)

FEBRUARY 1959 -

DEVOTEE: Swami, please bless everyone to attain Liberation; then, the whole world will be really happy.

SWAMI: For me to give such a blessing goes against the freedom you possess. Once the sadhana (spiritual practices) needed to attain that blessing are taken up, the blessing will come of itself; it is not something that can be granted! Is there any need to pray to the sun to shower its rays of sunlight and to make them fall on you? Shining is the sun's nature. If only the obstacles between you and the sun are removed, and you stand right under its rays, the sunlight will fall upon you by itself. Similarly, if you keep the obstacles of delusion, attachment and ego between you and the rays of God's grace, whose fault is it if the rays do not fall on you? What can the rays do?

DEVOTEE: This is as good as saying that we should keep ourselves away from the traits of ego and attachment.

SWAMI: Why do you say "as good as saying?" I AM saying so emphatically, over and over again! If you seek the rays of grace, strive without wavering. Instead, if you prefer to wallow in this dirty pond, then you need no grace. But remember, even if it seems unnecessary now, you will crave for Liberation later on, or after a few more births. You cannot escape from the task of renouncing delusion and ego - it has to happen some day. So why suffer until that day comes? Why can't you attain Liberation by becoming pure as quickly as possible? Strive for this from today... no, from this very minute. Only, do not go to extremes in your efforts. Be patient and steady.

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OCTOBER 1969 -

THE ESSENCE OF LIFE (a message from Baba)

Life is a market. In life, giving and taking, bargaining and speculating, are part of the game. Life has its ups and downs, its profits and losses, its joys and sorrows, depreciations and appreciations and balance sheets. But the giving of Devotion (Bhakti) in exchange for Liberation (Mukti) is the most powerful business of all.

The proof of the rain is the wetness of the ground; the proof of true devotion is the peace of mind that the aspirant has attained - the peace which protects him against the onslaught of failures, the peace in which he is unruffled by loss and dishonor, the peace that does not disturb his mind with anger, hatred, jealousy, conceit and the lower passions, the peace which makes him feel tranquil, unconcerned and unattached

under all circumstances and with all human natures. Know that you are the embodiment of that peace.

Religion is a personal encounter of the individual with the Supreme. Do not unsettle anyone's faith - God is One. Each one comes from God, is of God, is Himself God. Each individual is a lovely flower in the garden of Allah. It is only in this world that spiritual progress can be made. Annihilation of ego and dissolution of desire can be accomplished here and now, or else going and returning back to this transient world is sure...

God wants of you no big showy things. Offer Him your little gifts of love and He will accept them as His holy food.

The true devotee should be a good farmer. The farmer removes the thorny bushes and weeds; the devotee removes wasteful and wicked thoughts from the heart. The farmer plants, plows, waters, sows, manures and then fills his granary with a rich harvest. The devotee plows the heart with good deeds, waters it with love, manures it with faith, plants the saplings of repetition of the Lord's name (namasmaran), fences his Self with discipline and good company (satsang), and then reaps the harvest of wisdom (jnana).

Man should become human first; that is the first task. Religion follows next, but must be preceded by a thorough heart cleansing.

O child of God, fill thy world with love and longing, with selfless service. So be thou a source of blessing to many.

SOME RECENT QUESTIONS AND ANSWERS WITH BABA

QUESTIONER: At the meeting it was mentioned that people doing other kinds of meditation (other than the meditation on light recommended by Swami) should not join a Sathya Sai Baba center?

SAI BABA: This yoga and that yoga is not the answer. Yes, they may join even if doing other meditations. Let all unite in the one goal. God is reached only through love. Pranayama subjects the heart and lungs to strain and pressure. The health must be good. Devotion (Bhakthi yoga) is best. A big mixture will only create confusion. The meditation on light is safe and sure and leads directly to the goal.

QUESTIONER: But if one has been initiated into another meditation, Swami's book says it is wrong to change.

SAI BABA: The goal remains the same. There is just some change in the pathway, the method employed. Meditation on light is real meditation. Light is formless, eternal, divine. It is the safe way and the sure way; but above ALL is LOVE. At the beginning we should carefully consider and investigate the meditation or sadhana that we propose to adopt. Who is the guru? What is the result? If then we have full confidence, full confidence that it will take us to our spiritual goal, then go ahead and stay with it. But it is a spiritual goal that we aim for, not a physical goal, not a goal at the sensory level.

(continued...)

QUESTIONER: But how can I get that self-confidence that I do not have?

SAI BABA: To do bad things, you have the self-confidence to go ahead with the bad things. The self-confidence is also there to do good things. Everyone has self-confidence.

DIRECTORY OF ADDRESSES AND SOURCES OF INFORMATION AND MATERIALS

1. SRI SATHYA SAI CENTRAL COMMITTEE OF AMERICA OFFICE:
P.O. Box 46290 Cole Branch
Los Angeles, California 90046
2. SATHYA SAI NEWSLETTER SUBSCRIPTIONS AND CORRESPONDENCE AND
COORDINATION, COMMUNICATION AND INFORMATION COMMITTEE:
P.O. Box 668
Soquel, California 95073
3. BOOKS AND OTHER MATERIALS (PUBLICATIONS COMMITTEE):
Sathya Sai Baba Book Center of America
P.O. Box 278
Tustin, California 92680
4. FILMS, CASSETTES, PHOTOGRAPHS AND OTHER MATERIALS AND
FILMS, TAPES, RECORDS, TELEVISION AND PHOTOGRAPHY COMMITTEE:
Spiritual Advancement of the Individual Foundation
7911 Willoughby Avenue
Los Angeles, California 90046
5. INFORMATION FOR THOSE INTERESTED IN STARTING SAI CENTERS:
Credentials Committee
P.O. Box 47-B
San Ysidro, California 92073
6. BHAJAN COMMITTEE:
c/o Central Committee Office
7. MEDICAL AND SERVICE COMMITTEE:
6304 Marywood Road
Bethesda, Maryland 20034

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"I need nothing, however great or small, in this Universe. At no moment has desire affected me for any thing or activity. I am the person come to give, not to receive. And, what you can offer me is just this: pure, unadulterated love. When you offer me that, I derive bliss (ananda)."

Baba, SATHYA SAI SPEAKS, Vol. 9

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