



SATHYA NEWSLETTER

Sathya Sai Newsletter
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SATHYA SAI BABA'S MESSAGE FOR THE SEPTEMBER NEWSLETTER:

MY DEARS! NISHKAMA-KARMA* IS THE KARMA OF LIBERATED OR PERFECTED SOULS. THAT IS THE IDEAL HELD OUT BY THE GITA. THE BOUND OR ORDINARY SOUL BY HIS VERY NATURE IS INCAPABLE OF NISHKAMA-KARMA. SO LONG AS ONE IS BOUND ONE CANNOT GIVE UP THE SENSE OF GOOD AND EVIL. SO THE GITA'S STANDARD OF ACTION IS A THING WHICH EVERYONE SHOULD ASPIRE TO ACHIEVE. THE TEACHER WRITES IN HIS CULTIVATED HAND THE HEAD LINE OF THE COPY BOOK AS AN EXAMPLE FOR HIS PUPILS TO COPY. AT FIRST THE PUPIL MAY DESPAIR OF EVER ATTAINING THE STANDARD OF THE TEACHER'S WRITING. BUT BY GRADUAL PRACTICE HE CAN COME UP TO THE SAME EXCELLENCE AS OF THE TEACHER'S HAND-WRITING. AS YOU CANNOT CONTENTEND THAT THE COPY LINE OF THE TEACHER IS OF NO VALUE TO THE TAUGHT, SO ALSO THE TEACHINGS OF THE GITA ON NISHKAMA-KARMA CANNOT BE SAID TO BE OF NO VALUE TO THE EARNEST ASPIRANT AMONGST THE ORDINARY MEN.

GITA DOES NOT RECONCILE A LIFE OF ATTACHMENT WITH A LIFE OF NON-ATTACHMENT. YOU WILL ADMIT THAT SUCH A RECONCILIATION IS IMPOSSIBLE. GITA SEEKS TO TRANSFORM AN ORDINARY MAN INTO AN EXTRAORDINARY ONE. IT WANTS YOU TO RISE ABOVE THE CONDITIONED AND RELATIVE LIFE AND REALIZE YOUR UNCONDITIONED AND ABSOLUTE LIFE. THIS IS THE GOAL A SPIRITUAL ASPIRANT HAS TO ATTAIN. IF AN ORDINARY MAN CANNOT "DIVEST HIMSELF ENTIRELY FROM ATTACHMENT" HE WILL ALWAYS REMAIN AN ORDINARY MAN TIED DOWN TO THE SENSE OF GOOD AND EVIL AND BE THEREFORE SUBJECT TO THE BONDAGE OF KARMA.

WITH BLESSINGS,
BABA

* 'Nishkama-karma' is action with no desire for its' fruits.

QUOTATIONS FROM THE TEACHINGS OF SATHYA SAI BABA

Meditate on the Truth and you will find that you are but a sparkling bubble upon the water.

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Man's life should be dedicated to the highest purposes. At a time when man is willing to sell his glorious destiny for short-lived sensual pleasures, and the country is standing on the verge of crisis, we need, more than ever, the strength and inspiration of our ancient spiritual and moral values. Man is not born to eat, drink, sleep and enjoy himself. He is the inheritor of Immortality, a seeker after eternal Truth, through which alone he can attain his ultimate goal.

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There is no happiness greater than contentment.

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Absolute purity or perfection is not beyond man's capacity. It is possible for him to be perfect. But to obtain this absolute truth, beauty and goodness, man has to struggle hard. He should put forth ceaseless effort, deep understanding and hard discipline (Sadhana). Man should regard himself as a representative of Divinity and not just a man. It is his duty to cultivate such qualities as reflect the Divine within him. He should develop these divine qualities and spread them around him in society. This is the best and only suitable remedy for many of our contemporary problems.

QUESTIONS AND ANSWERS - These are excerpts from conversations with Sathya Sai Baba, recorded after each meeting by Dr. J.S. Hislop.

H: Is not praying to God the same as begging?

Sai: To beg from an equal puts you down and him up. But to ask God, you rise up to his level. You must ask God. To ask God is perfectly all right. It is not begging.

H: But I had thought that since God knows each problem, that if it was appropriate to remedy the trouble God would do so without being asked.

Sai: Important answer! No! It is your duty to ask God. Words must be said, and the words must correspond to the thought. The thought must be put into a true word. It is true enough that the Divinity knows all. But He requires that the true word must be said. The mother may know that to maintain life, the child requires food. But milk is given when the child asks for it.

H: Then, it is really all right to ask God?

Sai: When there is a real need, God should be asked to provide. A child asks parents for peppermint candy, and the parents give. When older, it asks the parents for property, and it receives. It is by right that the child asks, and it is by right that it receives. A child may ask a stranger for peppermint candy once or twice and expect to receive it. But even if he asks for it, he may not expect to receive property from a stranger. But God is not bothered by a multitude of small requests, and He will certainly give things of great value. Therefore, one should always ask God to meet one's needs. It is the individual's right to ask. There is no question of begging.

QUESTIONS AND ANSWERS, con't.

H: Swami said that in praying to God, the petitioner raised himself to the level of God. In order to make such a prayer, in what state or condition should one first put himself?

Sai: It is not necessary to put oneself into any particular state of meditation.

H: Usually, the idea is that one should go to a quiet place and be in a quiet mood when he wishes to pray.

Sai: Whenever and wherever you put yourself in touch with God, that is the state of meditation. You may feel that 1 P.M. in California is not a good time to call me for I may be asleep in India and that I should not be disturbed. I know you have felt like that once or twice. But, I am omnipresent; I have no such limitations. I never sleep. At the middle of the night, I turn off the light and rest in bed, because if the light is on, devotees will gather. I have no need of sleep. But you need at least four hours of sleep.

H: If I am walking in the street, with people around, and my mind engaged with things I must do, is that a good time for prayer?

Sai: At the beginning, one might need some special set of circumstances for clearing the mind for concentration on God. But in a little time, if one finds that God is omnipresent and becomes aware of Him, and one's thoughts are centered on God, then no matter where you are, it is the same, and prayers may be addressed to God and the prayer will reach Him.

H: Swami says that God is omnipresent. What meaning does Swami give the word, 'omnipresent'?

Sai: Omnipresent means everywhere at the same time all the time.

H: If a person is not having any material or worldly needs, then what is the proper subject for prayer?

Sai: Peace of mind. One should pray to God for peace of mind.

H: I am surprised. I thought Swami said that peace of mind has to be secured by oneself working on his desires and getting rid of them. And now Swami says we can pray to him for peace of mind!

Sai: How can you be free of desires? Now, at this moment you are with Swami, and you are free of desires. As soon as your wife has a pain, you have the desire that she will be well, and you pray to Swami to cure her. At any time, a desire may come up, and where is your peace of mind? Whereas, if God answers your prayer for peace of mind, He must, by having granted that boon, automatically fulfill your needs and desires. First you want a chain from Baba, next day you want something else, a ring; both are made of gold. Why not ask for the gold and then all the desired objects are from that gold.

H: When Swami says, 'peace of mind', what is the meaning he gives to that phrase?

Sai: There is some small confusion in terms, for there is no mind as such. Mind is a web of desires. Peace of mind is no desires, and in that state there is no mind. Mind is destroyed, so to speak. Peace of mind really means purity, complete purity of consciousness. All spiritual practices are aimed at purification of the heart.

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The pure heart is the inner purpose of all disciplines.

Baba

A RECENT VISIT TO INDIA: SUMMER COURSE 1976

Bob Bozzani, of Capistrano Beach, Calif., and his son Greg, had the good fortune to attend the Summer Course in Indian Culture and Spirituality given by Baba in Ooty in June. Ooty, at a 7500 foot elevation, is in a beautiful setting, and Bob agreed to share some of his impressions with us:

'The course was about Indian culture, traditions, and the study of scriptures such as the Vedas, Upanishads and the Bhagavad Gita. Most of the class lectures were given by the professors and students of the Sathya Sai Colleges. The two weeks were wonderful, with Baba constantly giving Darshan and prompting and directing every movement of the summer course. Several days had passed before it dawned on me what grace was bestowed in allowing Father and Son to attend the course together. At that moment I realized that I was learning to be a better father, husband and better person.

Most of Baba's daily discourses started by telling a story of Krishna from the Bhagavad Gita. The message became apparent that the experiences that Arjuna had and the battles he fought are the same ones we are fighting today: the constant struggle in determining what is right and wrong action. In all of the discourses Baba encouraged us to take the lessons of old and apply them to today's life. It is difficult to be a man, woman, father, mother, husband, wife, child, worker, etc. in this world, but as Sai Baba keeps telling us, he wants us to do our tasks correctly and set an example.

It is difficult to describe the love that flows from Sai Baba and the feeling of peace and bliss that descends upon you. The total of it makes one realize how insignificant our petty desires are, what little we really know and how magnificent the glory of God really is. Carrying that feeling away with you is the difficult part, though Baba tells us, and deep down we know it, he is with us always and we should have no doubt about that. Only time will tell what Greg and I really learned from those two glorious, unforgettable weeks with Sai Baba.'

BABA'S PROGRAM BETWEEN MAY 6th and AUGUST 20th:

6th May: This was the Death Anniversary of Srimati Eswaramma, Swami's mother. There was a poor feeding and an afternoon discourse, and other functions. (Prasanthi Nilayam)
10th to 14th May: Bombay. 20th May to 5th June: Summer Course in Ooty. 31st May: Calicut, the foundation stone of a residential school at Sri Sailam, on a hill overlooking the seashore. Many thousands had Baba's Darshan as he travelled in Kerela state.
5th June: At the closing of Summer Course, Baba narrated his life and childhood and materialized a medallion with 18 precious stones depicting the states of India, with 100 Sanskrit slokas engraved on it stating the activities of Sai in the next 46 years. 26th June: Prasanthi Nilayam, Eswaramma statue unveiling at the high school.
11th July, Guru Poornima festival and high school dedication.
1st August: Bangalore. Discourse at Lal Bagh to present awards to Whitefield College students. 8th August: New school inauguration.
17th August: Prasanthi Nilayam, Birthday of Krishna and festival of cows; evening discourse by Baba.

(Courtesy of Sri Ranganayakulu, Prasanthi Nilayam)

INDIAN FESTIVAL DATES: The following are the approximate dates of Festivals usually celebrated at Prasanthi Nilayam, between September 1976 and April 1977. Those marked with an asterisk are "Major" festivals each year, with many special functions pertinent to each festival, and large crowds in attendance. The other dates are celebrated on a much smaller scale. These dates are from a South Indian calendar and are not an "official" Ashram schedule.

- *September 24, First day of Dasara (Navarathri)
- *October 2, Last day of Dasara Festival (Vijayadasami)
- October 21 (evening), Deepavali
- *November 23, Baba's Birthday
- January 1, Vaikunta Ekadasi
- January 14, Pongal (Sankranti)
- *February 16, Mahasivarathri
- March 20, Yugadi (Telugu New Year)
- April 13, Tamil New Year

REPRINTS FROM 'SANATHANA SARATHI'

March 1969

You desire a sweet drink, but instead of sugar, you drop salt into the cup, imagining salt to be sugar. That is the state of man today. He craves for peace, but does not know how to attain it. The means he adopts do not lead him to the anticipated end. A large percentage of the people who come to me ask for Moksha, Self Realization or Liberation from the bondage of grief and joy, birth and death. But when I offer to bless them with the consummation of their wish, they do not come forward; they would rather have it five or ten years later. So all the thirst and craving for Realization is just a pose, a fashionable slogan, nothing more. Man must be sincere; his word must be in conformity with his feeling; his action must be in conformity with his word. Resolve on this practice, at least from today. Do not be false to yourself.

February 1959

(By a devotee)...I was in distress. Fate was sterner than what I thought at first. When I complained of my distress one day, Baba said that if the sugar cane is not to go dry and its sweet contents are to last for sometime, its juice must be extracted in time, after proper crushing and then boiled until it is made into jaggery or sugar.

He, like a goldsmith, tests our metal and throws it back into the red hot coals of spiritual fire, and when it is not up to the mark, fans it into flames, until he sifts the pure from the dross.

WHEN IS BABA COMING TO AMERICA? ... is the question most frequently asked to (and by) Sai devotees. Baba has said he would come at an appropriate time, but we do not know when. In December, 1976 Baba told the officers of the Central Committee that arrangements for such a visit would be made through this organization, and we will directly notify all those on our mailing list (made up of NEWSLETTER subscribers) as soon as any definite information is received. But until such information is received, we can only wait. On this subject, Swami once said: "Baba will delay until further base is built in America. However, I can go informally anytime. The devotee need only call me and I will appear at once."

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. COORDINATION, COMMUNICATION AND INFORMATION COMMITTEE and
SATHYA SAI NEWSLETTER (SUBSCRIPTIONS AND CORRESPONDENCE)
P.O. Box 668
Soquel, California 95073
3. INFORMATION FOR THOSE INTERESTED IN STARTING SAI CENTERS:
Credentials Committee
P.O. Box 47-B
San Ysidro, California 92073
4. BHAJAN COMMITTEE:
c/o Central Committee Office
5. MEDICAL AND SERVICE COMMITTEE:
6304 Marywood Road
Bethesda, Maryland 20034

The responsibility for distribution of Sai materials in America is in the hands of two non-profit organizations run according to Baba's directions. Books and other materials are available from The Sathya Sai Baba Book Center in Tustin, run by the head of the Publications Committee, Mrs. Elsie Cowan. The Film, Tape, Record, Television and Photograph Committee (Chairman, Mr. Richard Bock) in Los Angeles is responsible for the distribution of these materials. All are advised to deal directly with these organizations.

6. BOOKS AND OTHER MATERIALS (PUBLICATIONS COMMITTEE):
Sathya Sai Baba Book Center of America
P.O. Box 278
Tustin, California 92680
7. FILMS, CASSETTES, PHOTOGRAPHS AND OTHER MATERIALS and
FILMS, TAPES, RECORDS, TELEVISION AND PHOTOGRAPHY COMMITTEE:
7911 Willoughby Avenue
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"Man always aspires for bliss. How is he to get this bliss? First he must know that which must be learned, that which must be forgotten, and that which is his destination. Until he learns that the body is impermanent, there is no happiness. Until he forgets the world as something that is real, there is no happiness. Until he realizes God as his destination, there is no happiness. But today we only talk, we do not practice. We all say the body is transient, but we do things, bad things, to keep the body satisfied. We all know the world as unreal, but we struggle for worldly values. We all say God is the only Truth, but we go far away from this truth."

AN IMPORTANT NOTICE TO SAI DEVOTEES IN AMERICA

Individuals are attracted to Sathya Sai Baba and the Sai Organizations with a variety of motives; occasionally, non-spiritual motives are mixed up with sincere ones. It is not our place to judge the activities of any individual or organization; however, those who choose to use the name of Sathya Sai Baba must be expected to adhere closely to his principles and teachings.

The Central Committee receives reports of Baba's name being misused and misrepresented in a variety of ways, sometimes for commercial profit, for self-aggrandizement, or to support or endorse activities unrelated to Sathya Sai Baba's teachings and in obvious conflict with his principles. Baba has asked that devotees be publicly warned against having contact with such individuals and organizations. In accordance with this wish, the following items are brought to your attention:

1. A group based in New York, known as "Yea God Family" of the "Pond" and run by a man known as "Gil" or "Freedom" has, according to reports received by us, seriously abused the hospitality of Sai devotees and centers by travelling around the U.S. in a bus and representing themselves as part of the "Sai Family". The habits, practices and methods of this group are far different from those taught by Baba. The Central Committee recommends that no hospitality of any kind or nature be afforded to these people.

2. The International Social Service Foundation, headed by Mr. S.S. Rajah of 865 West End Ave., New York, lists Sathya Sai Baba as "Patron and well-wisher" and names other Sai devotees as being affiliated with their organization. No permission has been granted for use of these names, nor is there any connection between this group and any accredited Sathya Sai organizations.

3. Bharat Travel Service of 50 E. 42 St., New York, has used the names of Sai devotees without permission in promoting commercial travel to India; Sathya Sai Baba's name is also used in their advertising. Devotees are requested to have no contact with ANY commercial venture that uses the name of Sai Baba or his devotees in order to promote their goods or services, and to inform the Central Committee of any such promotion they receive of this nature.

4. All are warned that "chain letters" such as those circulated by the so-called "Swami Narain Movement" should be destroyed and discouraged.

The Central Committee will take whatever steps are necessary to prevent such misuse of Baba's name, and requests your cooperation by informing us of any questionable situations and by refusing to be a party to such ventures. If you ever have any doubt about the validity of any use of Baba's name or of the names of individuals in this organization, please contact the Coordination, Communication and Information Committee immediately.

Thank you.

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