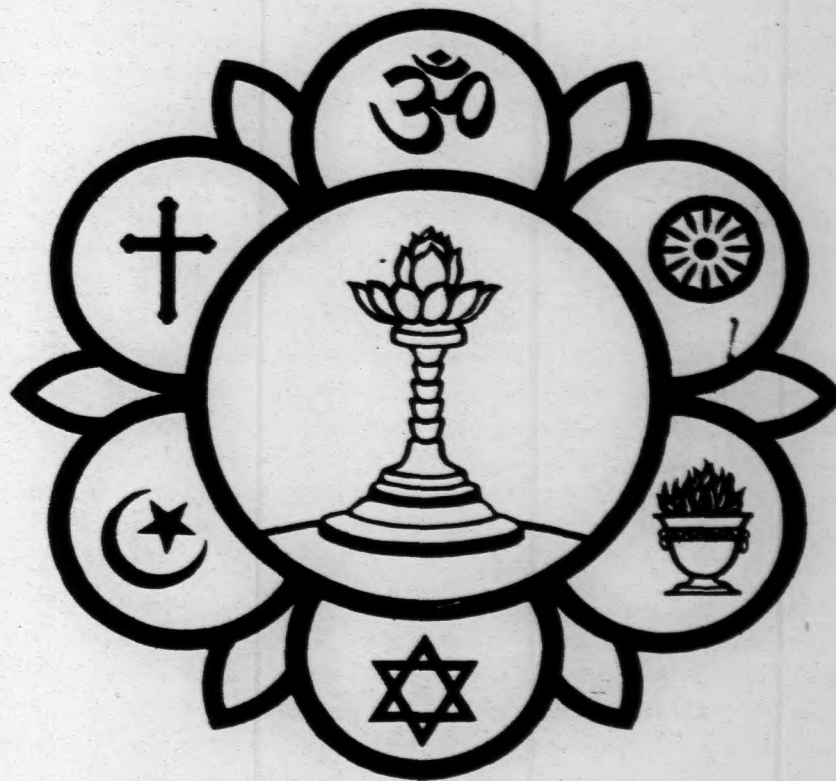


Sathya Sai Newsletter
1800 E. Garvey Avenue
West Covina, CA 91791

SATHYA SAI



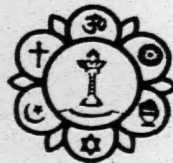
Newsletter

SPRING 1983

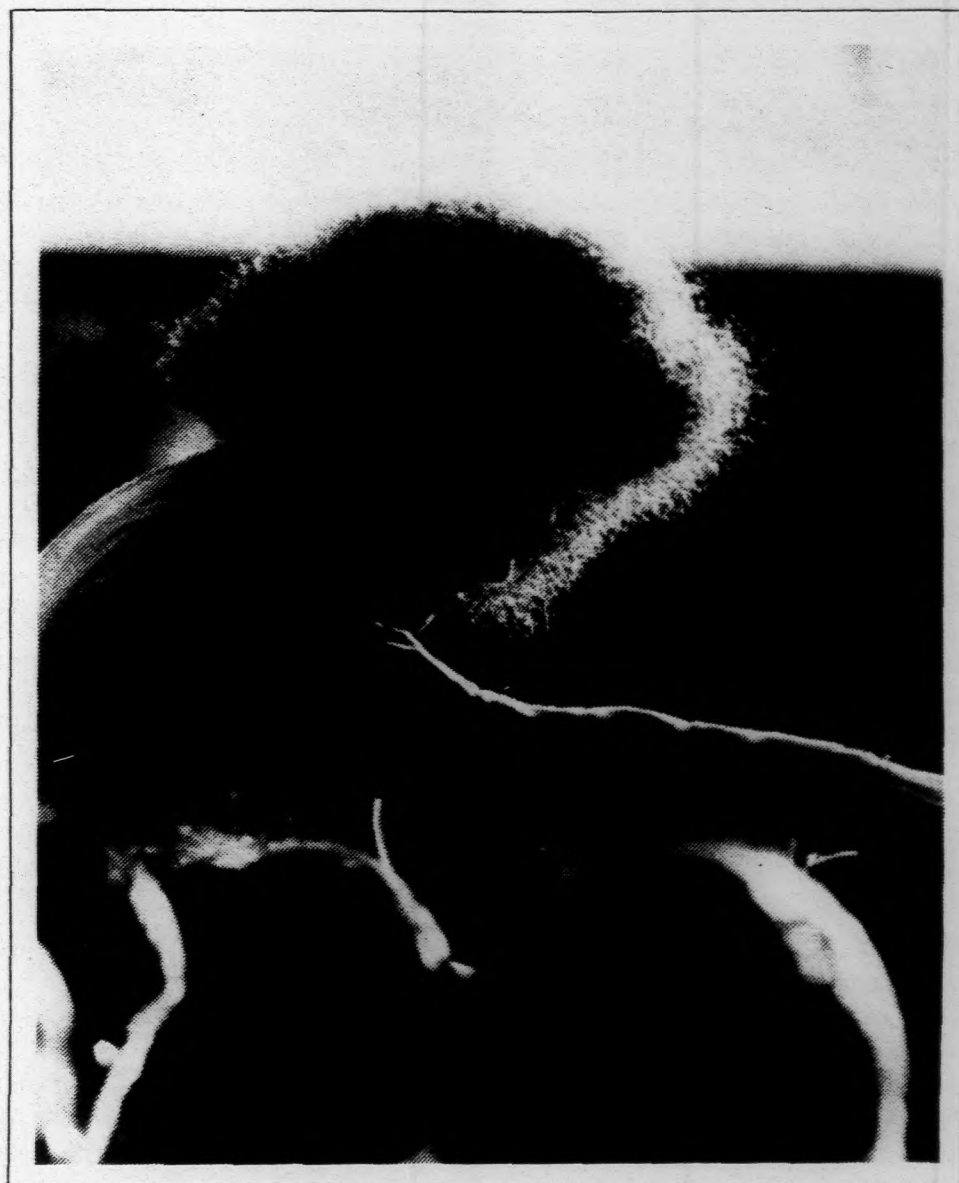
Vol. 7 No. 3

TABLE OF CONTENTS

Quotation from Sri Sathya Sai Baba	1
Easter Sunrise Grace	2
A Visit from Sai?	3
A Joint Announcement to the American Sai Family from the Sathya Sai Baba Council of America and the World Council of Sri Sathya Sai Organizations	4
A Gift to Baba on His Sixtieth Birthday	6
Mother Sai - a Poem	9
Baba Descending as the Holy Spirit	11
Welcome to New Sathya Sai Baba Centers and Study Groups	16
New Books Available	17
Video and Cassette Tapes Available	17
Questions and Answers (continued)	18
Activities of Sathya Sai Baba Centers from Across the Nation	22
An Opportunity to Share	25
Mark Your Calendar for These Sai Retreats	26
Children's Corner - Blind Bartimaeus	27
International Symposium in Rome, Italy	30
Teachers' Conference in India	30
Canadian Sai Organization Established	30
"Mother" Serves her "Children"	31
Sai Speaks on Motherhood	32
The World -- My Mansion	33
Subscription Information ... Inside Back Cover	



This publication is dedicated with love and devotion to Bhagavan Sri Sathya Sai Baba.



There is an intimate relationship between the atmosphere, the clouds that roam through it, the rain that falls from them, the crops those rains feed, the food that the crops provide, the character that the food induces in the persons consuming it, and the attitude of the nation composed of such persons. Food feeds the head. It should be such that the head is made clear and calm. The head should be used to know God. If you sing aloud the glory of God and fill the atmosphere with divine adoration, the clouds will pour forth the sanctity through rain on the fields, the crops will take it up and sanctify the food, and the food will induce divine urges in man. This is my main message. This is the service that each can do for himself, and others.

Baba

EASTER SUNRISE GRACE

At dawn on Easter Sunday, 1982, Swami left 7,500-foot Mussoori after three heavenly days spent in this jewel of hill stations. His car led a caravan of automobiles down the one-lane, switchback road leading to the valley below. Going before and trailing behind were police jeeps, which pulled over to the side of the road all up-coming traffic so as to give Baba's caravan a clear right of way.

The air had a cool 'sweater and woolen shawl' crispness at that altitude, and we bundled up inside the cars as the first glimmerings of the Easter sunrise came over the far hills.

Coming up the mountain road towards us was seen a small vehicle with a single flickering light. It turned out to be a scooter, with an older man driving and an older lady in a sari sitting behind. When the police jeep pulled them over, the road was too steep to park a scooter on, so they went up a little farther to a small turnout. They both looked thoroughly chilled as they huddled there on the scooter by the side of the road.

Just then, Swami's car came into their view. When the old couple recognized Baba, they suddenly became animated and waved their arms, expressing through their movements surprise, joy, and deep adoration. Of course they were also disappointed, having come so far, starting out in the middle of the night to get up the mountain for Swami's darshan and now realizing that they could get only a glimpse as he sped by.

But Baba stopped his car and got out. For a moment, the couple couldn't believe their good fortune. Then, as Bhagavan waited patiently, the woman produced a little camphor lamp and the man a garland. Swami lit the jyothi (flame, light) and they performed arathi to him, garlanding him and waving the light before him, as all of us watched, spellbound, from our cars. Then Baba made some vibhuti (holy ash), put some on their foreheads, and gave them both padnama-skar (the privilege of bowing at the feet of a great spiritual being). So sweet. So sweet. Baba was lit up with smiles as he got back into the car. The couple sat down by the side of the road with hands folded in devotion and tears streaming from their eyes. As our cars slowly wended past them, one almost felt that the two had reached their life's ambition.

It was a fitting Easter sunrise, for we had seen Baba in essence: pure love, pure sweetness. For me, those five minutes were the highlight of the trip.

Al Drucker
India

A VISIT FROM SAI?

The following is in response to the many inquiries regarding the possibility of Baba coming to this country.

We have received word from Swami, in the form of a telegram to Dr. Hislop, that plans for any visit to the United States are indefinite at this time.

Because of the tremendous amount of work that has been done to provide for Sri Baba's trip, there is now a great deal of useful information on hand. The information, along with our prayers, will be presented to Sri Sathya Sai Baba in the near future.

For the eternal absolute, the Paramatma Tatwa, the universe is the mansion. Going from one continent to another is only the master moving from one room to another in that spacious mansion. I am no alien to any country. I am native to all parts of the earth.

Baba, 1968
In East Africa

A JOINT ANNOUNCEMENT TO THE AMERICAN SAI FAMILY
FROM THE SATHYA SAI BABA COUNCIL OF AMERICA AND
THE WORLD COUNCIL OF SRI SATHYA SAI ORGANIZATIONS

Dear Sai Devotees:

Bhagavan Baba has appointed Dr. Michael Goldstein as Chairman of the Sri Sathya Sai Baba American Service Organization. The organization has been formed under the auspices of the World Council of Sri Sathya Sai Organizations, of which Dr. Goldstein is the member for America, and the International Committee for Celebration of the Sixtieth Birthday of Bhagavan Sri Sathya Sai Baba, of which Dr. Goldstein is also the member for America.

The duties of Dr. Goldstein are set forth as follows:

1. To organize a series of public meetings in American cities that will bring Bhagavan Baba's message and teachings to the American people.
2. To adopt and implement various programs sanctioned by Bhagavan Baba as sadana for devotees during the three-year program preceding the Sixtieth Birthday.
3. To search out opportunities for Sai Seva (service) on a national scale, and present these opportunities to the American Sai family.

The Sathya Sai Baba Council of America welcomes Dr. Goldstein and the new Sai Organization as part of the Sai Presence in America and will give all possible cooperation in making the program a success.

The service program will start with a national event, the gift-of-blood to the needy event. The blood-gift program is one-hundred per cent voluntary, and nobody with the least reservation should participate. Moreover, every safeguard and selection process of the American Red Cross will apply in order to safely limit participation to those individuals who are physically able to participate. Dates and places will come from Dr. Goldstein to the Council Directors and the Directors' Seva Committee.

A tentative plan for the first public meeting is to hold it in Los Angeles.

The first plan to aid the Ceiling on Desires program will be the publication of the "Ceiling on Desires" diaries. These are to be placed in the book inventory of the Sathya Sai Book Center of America and may be ordered from that source.

As additional Seva opportunities are uncovered by Dr. Goldstein, the Council will pass them on to the Centers with suggestions as to how best to put the program into effective practice. The mechanics of this will be worked out with the Council Directors, the Center Presidents and the Directors' Seva Committee.

J.S. Hislop, President
Sathya Sai Baba Council of America

Dear brothers and sisters of the American Sai Family:

Bhagavan Sri Sathya Sai Baba has directed that an American service organization be formed under the auspices of the World Council of Sri Sathya Sai Organizations and the International Committee for Celebrations of the Sixtieth Birthday of Bhagavan Sri Sathya Sai Baba. The duties of the organization are as follows:

1. To adopt and implement various programs approved by Bhagavan for the three year celebration of His Sixtieth Birthday.
2. To organize a series of public meetings in American cities that will bring His Message to the American People.
3. To find service activities that will give all American Sai Centers an opportunity to participate.

Publications will be distributed by the Sathya Sai Baba Society in Tustin through the gracious cooperation of Mrs. Elsie Cowan. After the Sixtieth Birthday, the new service organization will become a branch of the Sathya Sai Baba Council of America. Current plans of the Sri Sathya Sai Baba American Service Organization are as follows:

1. Printing and distribution of Ceiling on Desires booklets.
2. National blood donation drive.
3. Public meeting in Los Angeles.

Specific instructions and recommendations will be forthcoming shortly from Council Directors and members of the Directors' Seva Committee.

Let us join together as fellow members of the American Sai Family and do His Work in a manner that is worthy of His Name!

Michael Goldstein, Member
World Council of Sri Sathya Sai Organizations



A GIFT TO BABA ON HIS SIXTIETH BIRTHDAY

We recently returned from visiting Sri Sathya Sai Baba in India where we were with him in Bombay, Whitefield, and Puttaparthi, for a week in each place.

Looking back over this visit, I think that the one point which Baba stressed most emphatically, both in his public discourses and in group and private interviews, was the recently proposed ceiling on desires program. He obviously gives it top priority in the planning for his sixtieth birthday in November 1985. Baba frequently made it very clear that he does not want material gifts from devotees on that day, but that effectively reducing our desires from now until then would be a gift he would prize above all else.

He repeatedly referred to four main areas in our lives which are being constantly controlled by our desires, namely, the way we handle money, food, time, and energy. He pointed out that in the lives of everyone, except the very poor, there is a shocking amount of waste which he wants reduced to a minimum in these four areas.

In Sri Baba's wise and compassionate way, he did not say that devotees completely give up all their desires, as that would obviously be too drastic a step. Everyone needs a certain amount of money and food to survive, but few are sufficiently disciplined to impose limits or budgets.

Budgeting has become a dirty word and implies to many people rigorous self-denial, usually because it was imposed on them in childhood by their parents without clear and understandable reasons being given.

Now Baba, our Sai parent, is specifically asking us to budget, but not as an onerous task, but rather as the one gift which he has requested for his sixtieth birthday. How could we refuse such a request from one who spends his entire life giving to all of us?

Baba elaborated on the four categories (money, food, time, and energy) and gave some pointers on how we can eradicate waste from each.

Money needs to be looked at first as it determines, to a large extent, what we do with the other three. He referred to the fact that in this one respect the poor are more fortunate than the wealthy, as they have fewer temptations to be wasteful. He pointed out that the wealthy, both individuals and countries, need to cut down waste and use the resulting savings to help those in less fortunate circumstances. Thus, Baba ties the ceiling on desires program directly into his other priority, namely, service.

Some devotees, when they first heard about the new thrust of ceiling on desires, felt overwhelmed and did not know where or how to begin to put it into practice. I have been asked to share some techniques which have been found to be effective in helping people to be released from desires which stand in the way of their contacting the God within. Before starting to put this program into use in our daily lives, we need to bear in mind two factors: first, that we have two and a half years to work on it; secondly, we do not need to attempt to work on it all at once.

It appears that the four areas fall quite naturally into two pairs: money and food; time and energy. It might be helpful to concentrate on one pair at a time. When Baba mentions food, he means far more than the food-stuff which we eat at our regular meals. It includes anything we take in by way of our five senses, tasting, seeing, hearing, smelling, and touching.

When considering money, which is the chief means by which we are able to gratify our desires, we need to become aware of how we are using it, for one of the main obstacles to budgeting is the lack of a definite idea of how much is spent and on what. As a beginning, it is extremely helpful to make a list of tangible things like the cost of food and clothing, as well as expenses such as rent or house payments, electricity, etc. Such a list will show where there is a need to cut down on some items.

Baba gave several examples. One of his favorites was that in India a woman can wear only a certain number of saris in a week, yet many wealthy ladies have trunks and drawers full of unused or rarely worn saris that are therefore being wasted. Another example was that many rich people are in the habit of giving very elaborate and costly dinners to which they invite other wealthy friends who could well afford to feed themselves and, therefore, do not need such extravagances lavished upon them. He advised that it would be preferable if the money was used to feed those who do not have enough to eat. He also mentioned indulgence in such habits as smoking, drinking, going to the races, and other kinds of entertainment which have no real value as an uplifting agent.

As you start to list your expenditures, you will see a pattern begin to emerge which will enable you to decide where you can start to cut down. However, it is advisable to pick one item at a time for a specific period, such as a week, and concentrate primarily on limiting your indulgence in that area. Other things will come to your

mind as you proceed and you can then make a note of them for reference in the future. But, don't be tempted to take on more than you can reasonably handle, especially in the beginning, or you will find that you will become discouraged and may want to give up the entire project.

You will begin to realize that you have to weigh certain things very carefully. For instance, the kind of life you lead will determine how much you need to spend on certain items. For if you live a very quiet life you will need fewer clothes than if you are active and out in the world a great deal. Baba mentioned cutting down on travel expenses by taking a train instead of a plane. In this case, you would need to decide if you could use the extra time which would be required to complete your journey in a useful way. Otherwise, you would be saving money, but wasting time. He also mentioned hotels in which most people spend so little time that they do not need an expensive one in which to merely sleep. However, a less expensive one may be situated so far from where you need to be most of the time that you would incur more expense in travelling to and fro than you would save. In these cases, a compromise would be the solution.

This whole exercise could be contemplated as a heavy burden or it can be viewed as a fascinating adventure, as well as a challenge to see how, by using your wits to follow Baba's instructions, you can save money, food, time, and energy for use in some constructive project.

In the next issue, I will explore the second pair of areas where there may be a need to avoid wasting time and energy. In following issues, I will share various techniques for helping to curb desires, and, in some cases, where it is advisable to eliminate them along with some of the negative emotions such as anger, greed, envy, and jealousy which so often accompany them.

In this way, perhaps we can make a concerted effort to give Baba the gift he has requested. May he bless our efforts and give us the necessary strength and determination to succeed.

Phyllis Krystal
Pacific Palisades, California

MOTHER SAI

People say He tests
 please don't make me laugh
Some say He ignores
 don't make me hysterical
Some say He is God
 please let's not be trivial

He tests so far beyond any test
 that to say test is
 to totally diminish His approach
He ignores and rejects so deflatingly so
 that the mind is rendered helpless
 and the soul has nowhere to go
He is so much God that
 to say He is, is frivolity

What can we do ?

At best hope that the dust where He
 walks will free us from this world
He creates, free us from the
 self-imposed shackles of bondage, ignorance, and the like
 free us from the craving of sense pleasure
 free us from karma and the birth/death cycle
 free us from the subtle pulls of recognition, pride, and
 immoral yearning
 free us from the want to be free

Hail Him who creates the seven seas and all that exists within
 who put each star in orbit
 and told the sun what temperature to stay at

Who laughs as jivas dance
 pretending to also play a part
 only all the while
 through the harpsichord of
 feeling
 emotion
 spirit and devotion
He pulls the chords and enacts the drama

Oh Father Sai

You are fierce

You are, you are, you are

hence I'll look to Mother Sai

Just take my hand, and take me through

take my all and take me home

and if the Father should give me that stern look

you be there, grab my hand

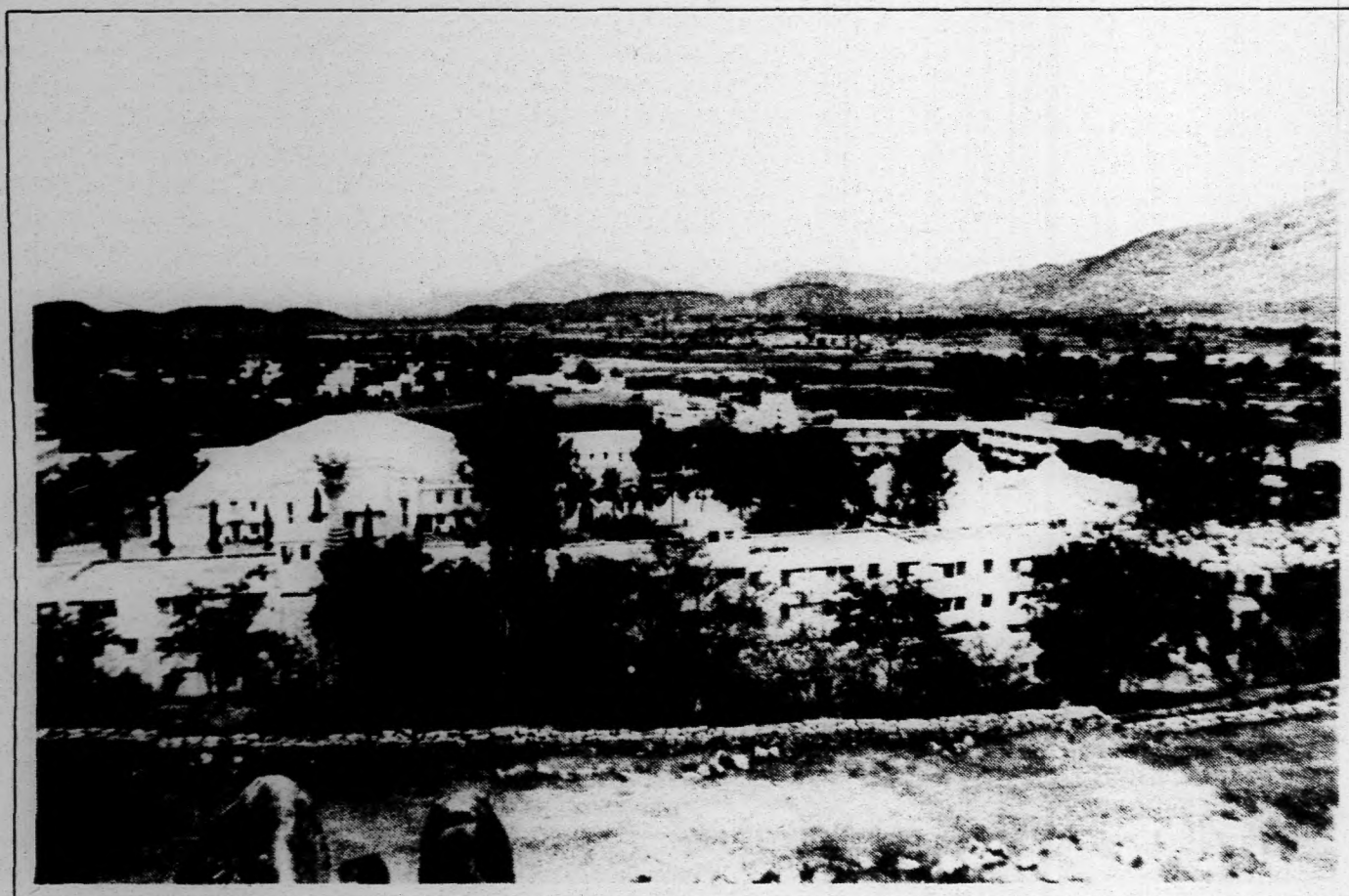
both if need be, and just take me through

in Love in Peace

in Thee, forever in Thee

Om Shanti, Shanti, Shanti

Michael J. Hollander
New Jersey



View of Prasanthi Nilayam from the hill overlooking the ashram.

BABA DESCENDING AS THE HOLY SPIRIT

In my room at Prasanthi Nilayam, awaiting the beginning of a most sacred Hindu festival, Dasara, I contemplate that very auspicious time in Christianity, the Holy Week of Easter. A particular Easter, April 1977, is clearly imprinted on my mind. On that Good Friday, I had an overwhelming experience that awakened me from the deep spiritual sleep I had been in for years.

On holiday from teaching at the university, I was spending Easter vacation at a very beautiful place, Esalen Institute, on the Pacific coast in Big Sur, California. For five days, while attending a seminar, I found myself inexplicably immersed in thoughts and images of the Christ story. I say inexplicably because I thought I had long since abandoned my Christian roots and freed myself of all religious fetters. But during this Easter week many warm remembrances of childhood Bible stories filled my consciousness, bringing profound joy and inner peace. My plan had been to spend my last two vacation days returning to my home, but some inner voice was now inviting me to remain one more night in this lovely setting to continue experiencing my own calmness.

I went to the office to arrange for another night's lodging, but was told there was no room at the inn. I remember feeling a little like Mary and Joseph in Bethlehem. When I left the office, I met a warm, friendly soul with whom I had exchanged nice contacts during the week. As we talked, she offered me her extra room. It seemed the cosmos was making sure I remained that night.

I went to purchase a meal ticket, but was told none were available. The place was crowded with more people to feed than there was food. Remembering it was Good Friday, the day Christ had suffered on the cross to save mankind, I decided I could certainly forego one meal on this holy day. But, as I went to get a cup of tea, a friend handed me a plate of food. Again, I was being totally cared for, just as Mary and Joseph at the birth of Christ.

What a strange course of events! I, a fallen-away Catholic, spending so much time thinking of Christ. Growing up in a strict Catholic family, I was very devout until college graduation. Then I stopped going to mass, deciding Catholicism was no longer right for me. No longer could I blindly follow the religious rituals that were not providing any meaningful inspiration for my new life as a career woman. I even decided to give up on God. Certain there would be no further need for it, I remember throwing out my college Bible, which

I had used in many theology classes.

Now, eight years later, as I looked at the beautiful Pacific Ocean, I was contemplating how Jesus spent His time in the garden after the last supper. I was aware that He knew all that was to happen, but let the drama be enacted because of His overwhelming love of mankind.

After a lovely evening tuned into God and nature for the first time in many years, I retired. My room had a skylight through which one could gaze up at the starlit sky, and I arranged to sleep directly under that window.

As I relaxed and reflected on the wonderful events of the past week, a star suddenly started from the heavens. Streaking through the sky, becoming brighter and brighter, it entered my room through the skylight. It was awesome. I was utterly stunned and amazed. I must explain I do not use intoxicants and have never had visions, hallucinations, or unusual imaginings. Being a fairly conservative college teacher, this was outside my known realm of experience. At first, I was truly frightened, but then the children's story of Pinocchio came to mind, in which the star entered Gepetto's shop and the wooden toys began to do the dance of life. The room shone with a very strong light. Everything was clear and beautiful. It was totally overpowering and I was awed and wondering. I remember saying, "Is this happening to me? Is this a dream? Am I asleep?" But I was totally awake and my mind was perfectly clear. Yes, it was really happening!

The star flashed streams of light, and as they flashed, I heard a very loving voice giving clear directions about my life. The messages were very simple and there was no doubt this was guidance from above. First, the sweet voice said, "You need to give up sugar, particularly colas." This star knew me very well. Usually I spent mornings observing students at the hospital before rushing to the university for afternoon lecture class. On the way, I would stop at the vending machines for a candy bar and two colas for my lunch. I knew this was not good but it seemed I needed God's intervention to change. The voice also told me to become a vegetarian, become celibate, and begin to worship God.

Then I was told to come and live at this institute in June to begin the study of natural medicine. I was told not to worry about my job, my house, or anything. All my needs would be met. This was astonishing, as I had been very interested in alternative healing methods and had been wishing for a way to leave the traditional health setting. Again, I was receiving direct orders from the divine to fulfill a deep inner desire.

During the star's presence I remember feeling afraid, and the image of climbing up and down stairs came to me. To go down was to descend into darkness and the unknown, while to go up was to follow light and learn the real truth. As I recall this particular part of the experience, the Asatoma Prayer comes to mind:

"Lead me from the unreal to the real;
Lead me from darkness to light;
Lead me from death to immortality."

Even in that instance, Baba was imparting an essential teaching. I pray he will lead me to continue climbing these stairs to him.

After the star left, I rose, completely overwhelmed at what had occurred and so filled with energy I knew I could not sleep. I walked down to the rocks on the beach, and here I realized the true significance of this event. Gazing at the ocean and sky, I noted two white birds flying overhead. They appeared very much like doves, which evoked thoughts of the sacrament of confirmation in the Catholic Church. It is taught that, one receives this sacrament, the grace of the Holy Spirit enters your body and you become a full disciple of Christ. The symbol for confirmation is the dove.

In my Catholic childhood, I remember memorizing all the answers from the catechism to be well prepared for any question asked by the Bishop during my confirmation ceremony. As a twelve-year-old, I eagerly anticipated this occasion which would complete my commitment to Christianity.

In our small Nevada town, the parish church held confirmation only every two years. This was a big event with many preparations, rehearsals, and other things necessary for an important event. The Bishop came, I answered his questions, was anointed with the sacred oil and supposedly accepted as Christ's disciple. I was disappointed, disillusioned, as I felt nothing significant had changed inside of me. What was the meaning of all this ritual? It seemed merely a chance to get a new dress, some presents and have a celebration.

Then about twenty years later, on a Good Friday on the California coast, I suddenly and unexpectedly received the sacrament of confirmation. This was the experience I yearned for as a child. Without any doubt, the Holy Spirit had entered my body. After complete alienation from religious beliefs, I was experiencing that same feeling Christ's apostles had when the Holy Spirit descended forty days after Christ arose from the dead. As I was now an apostle, I was now also Paul. I vividly recalled the account in the Bible when Paul, on

his way to Damascus, had a light appear before him and a voice speak to him from above. He was so awe-struck, he immediately converted to Christianity and thereafter dedicated his life to spreading Christ's message throughout the world.

My given name is Pauline; my patron saint is Paul. It is no wonder Baba chose to reveal his divine presence to me through an experience with light. How special we are to him as he individualizes our experiences while we are led to his divinity.

I returned home the next morning with an entirely new understanding of God. I began to explicitly follow the directions of the star. I looked for my old theology notes from college and remembered discarding my old Bible and thought, "Oh, how foolish I was to think I could throw God out of my life." I now knew He was totally with me and I could not live this life without experiencing God. Deciding I needed a new Bible, I went to purchase one. There were many versions but not the one I had studied so hard in college. A few days later, in a place with used books for sale, my eyes fell on an exact replica of my old Bible. I purchased it and was very happy to have my old friend back in my life.

The star had told me to live at the Institute in Big Sur, so I began my plans. I applied and was accepted for a three-month work/study program. I completed my teaching assignment and prepared courses for the fall semester so someone else could carry on my duties. I was sure I would not be returning.

Arriving in Big Sur June 1st, I felt a sense of complete well-being which affirmed my new life direction. Shortly I discovered a Catholic hermitage eleven miles from the Institute. I began attending mass regularly, feeling comfortable in the cloistered environment. Walking into the chapel that first time, I felt I had returned home after a long absence. The monks were very kind, treating me as a fellow spiritual seeker. In strong contrast to my rigid religious upbringing, they seemed open and accepting of a vast range of spiritual paths.

Two weeks after arriving at Esalen, I heard of a morning meditation period, which was followed by bhajans (holy songs). That was my first exposure to Baba and I think he captured me with the bhajans. I loved singing them as it was very reminiscent of singing Latin in the choir as a child. As then, I did not know the meaning of the songs, but the sounds simply captured my heart.

I began reading about Swami. The first book, VISION OF THE DIVINE,

disclosed Swami's trademark, TPS, which had been inscribed on a medallion he materialized. It means Tara (star) Puttaparthi Sathya; in other words, the star of heaven incarnated at Puttaparthi in the form of Sathya (truth). I knew then it was he who came as that wonderful star on Good Friday night, completely changing my life. Before long I was in India to experience his divine human form. First he makes his presence known in a form we easily recognize; then he reveals to us he is all forms.

When I received the Holy Spirit that night, I became not only a full disciple of Christ but also part of a much larger family: the family of all mankind that is soon destined to receive the Holy Spirit. The father of this world family is our beloved Sri Sathya Sai Baba, who has incarnated in human form to spread his divine love. He has promised he will bring this troubled world of diverse religious cultures and hostile factions together again in love, into one family. He gave us a wonderful view of the world family when he said:

*There is only one language, the language of the Heart;
There is only one religion, the religion of Love;
There is only one caste, the caste of humanity;
There is only one God and He is omnipotent.*

That is the true communion, the holy union of the Father, the Son and the Holy Spirit within us that we are all praying for. May God bless the world to experience this golden age very soon.

Polly Kirby
Big Sur, California



Photographs, drawings, and literary contributions are always welcomed by the SATHYA SAI NEWSLETTER. We reserve the right of discrimination in selecting and editing material for publication. Send contributions to: SATHYA SAI NEWSLETTER, 1800 East Garvey Avenue, West Covina, California 91791.

WELCOME TO NEW SATHYA SAI BABA CENTERS

ARCADIA, CALIFORNIA

Robert Bozzani, 1943 Wilson Avenue
Arcadia, CA 91006 (213) 355-2628

SHELTON, CONNECTICUT

Dr. Ramesh Wadhvani, 2 Brook Pine Drive
Shelton, CT 06484 (203) 929-9659

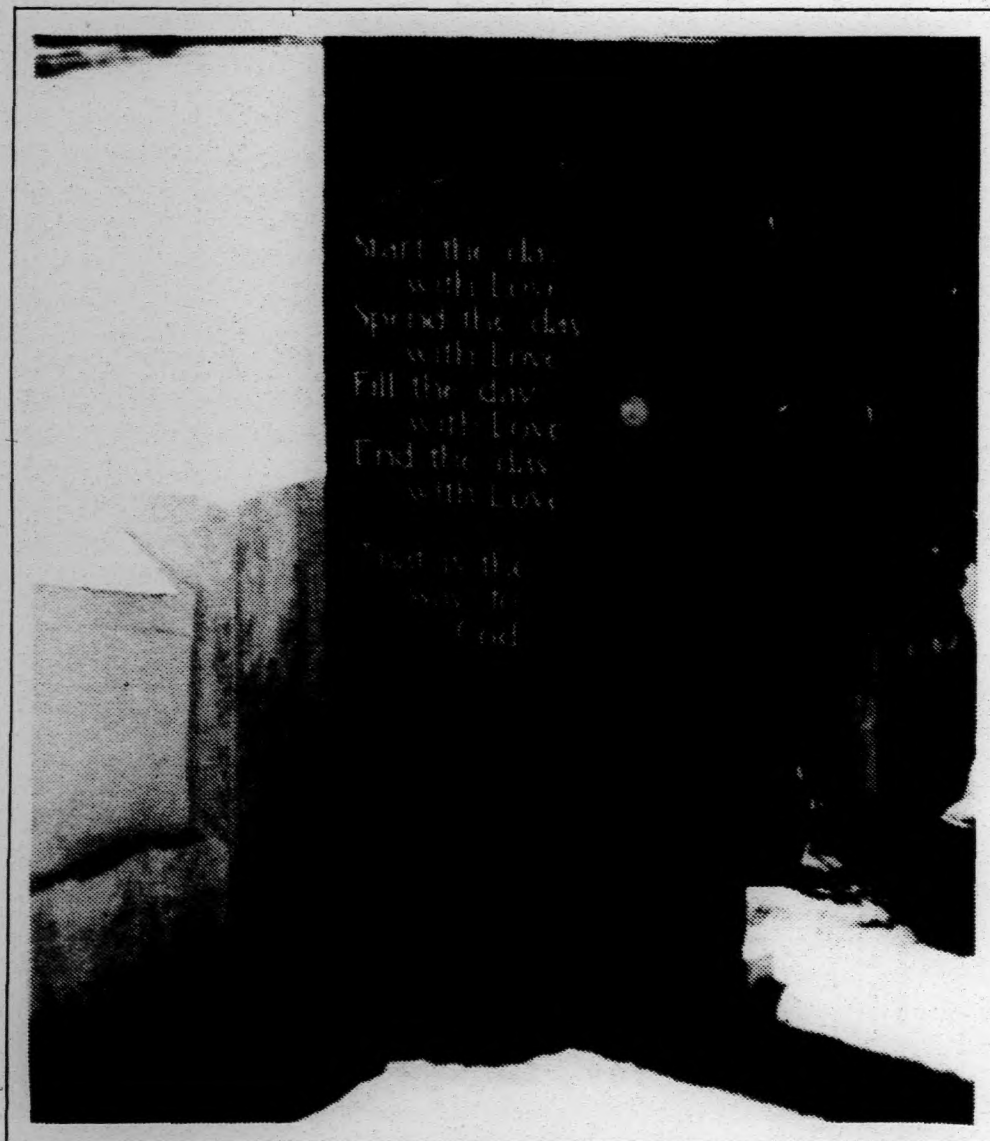
WELCOME TO NEW SATHYA SAI BABA STUDY GROUPS

WILKES-BARRE, PENNSYLVANIA

C. Rajagopalan, 221 Joseph Drive
Kingston, PA 18704 (717) 288-5077

SALT LAKE CITY, UTAH

Robert McKay, 160 North 1340 West
Salt Lake, UT 84116 (801) 533-8116



NEW BOOKS AVAILABLE

Sri Sathya Sai Baba Book Center of America
P.O. Box 278
Tustin, California 92780
(714) 669-0522

THE TRUE FLOWERS FOR WORSHIP A divine discourse by Sri Baba at the Dharmakshetra in Bombay, May 12, 1981. The discourse begins: *When the mind is cleansed of all its dross and impurities, and noble and pure feelings are cultivated, then will dawn the Vision of Wisdom, and the entire creation will be glimpsed in its true light as the Supreme Godhead.* Price: 40¢

TEACHER'S HANDBOOK FOR THE COURSE IN HUMAN VALUES Edited and written in part by Dr. V.K. Gokak and Professor S.R. Rohidekar. This series of material has been designed for the Sri Sathya Sai Bal Vikas Education Trust for use during the hour set apart every week for moral instruction. It has been compiled chiefly for moral and spiritual learning. Price: \$1.20

LESSONS FOR STUDY CIRCLE Published by the World Council of Sri Sathya Sai Baba Organizations. The World Council presents, in one book, the necessary topics for proper understanding through Study Circle sessions, to help each in his/her way to gain happiness and peace. Price: \$2.05

VIDEO AND CASSETTE TAPES AVAILABLE

Sai Foundation
7911 Willoughby Avenue
Los Angeles, California 90046
(213) 656-9373

SC-018 SAI POORNACHANDRA BHAJANS, sung at Dasara, 1982. A new stereo cassette tape. 75 minutes long. Price: \$6.00

THE AURA OF DIVINITY video tape is now available with Spanish sound track.
VHS & Betamas NTSC-Price:\$49.00
PAL System -Price:\$59.00

QUESTIONS AND ANSWERS

Given by Sri Baba at the gathering of East African Rotarians and Lions Club members July 6 and 9, 1968. Continued from SATHYA SAI NEWSLETTER, Winter 1982-83, Volume 7, Number 2.

While on the subject of questions and answers, it is best that the four grades of questions be clearly understood. Questions are generally classified into four groups: (1) trivial, (2) low, (3) passable, and (4) praiseworthy. Questions that are raised in order to drag another into a controversy and, later, to inflict a humiliating defeat on him are 'trivial.' Questions that are posed in order to demonstrate one's own cleverness and skill are 'low.' Questions which announce the intellectual equipment and reasoning faculty of the questioner are 'passable,' and belong to the third class. Questions that are asked with the sincere desire to remove one's doubts are 'praiseworthy,' and belong to the highest class. It needs no mention that the sages, monks, and ascetics came to Rama with the fourth type of questions only. Baba

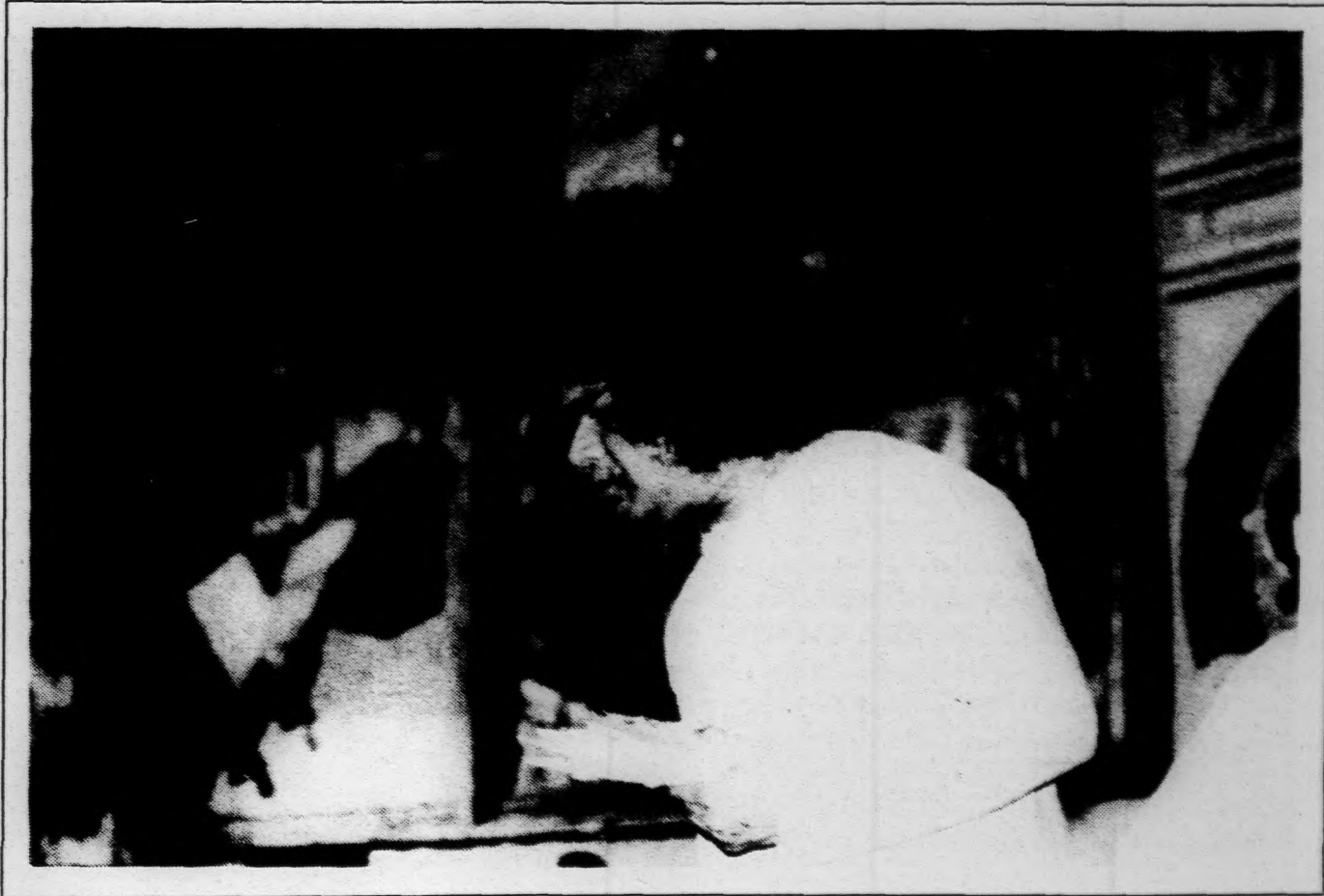
Question: Swamiji, our children ask us about God. They argue that there is no God. They ask us to prove to them the value of religion. What shall we do ?

Baba: Yes. Children are growing up in an atmosphere of irreverence, competition, and pride. They do not observe their parents praying to God or worshipping Him or adoring Him in gratitude for all the favors received. Show them that religion has made you more peaceful and happy, more courageous and independent, more open-minded and liberal. Then they will themselves realize the value of religion. Children start questioning like this about the age of fourteen or fifteen, isn't it ? What have you done all the fourteen or fifteen years to instill faith, humility, reverence, and fear of sin in them ? It is in the home, through the mother, the father, the elders, that the children learn these lessons. They are to be shaped into perfection as a sculptor shapes a boulder into an inspiring image of a saint or sage or even God. Parents and schoolteachers have to shoulder this responsibility.

Question: But, Swamiji, teachers are paid such low salaries.

Baba: That is no reason for them to shirk their responsibilities.

Once they have agreed to serve as teachers, they should not play false to the trust imposed upon them and accepted by them. That would be treason to the children. They should not do something which they teach their pupils not to do. Parents must strengthen and supplement the teachings which the schools impart by their behavior and conversation at home. There must be coordinated endeavor by parents, teachers, and leaders of society to imbue the children with ideals of love and service.



Question: Swamiji, how can we acquire ananda, spiritual bliss ?

Baba: Ananda is not something you can acquire or procure from somewhere outside you or from someone other than you. It is in you all the time. It is your genuine nature. You are ananda. That is why I address you as anandaswarup. When you experience ananda it is prapti-prapti (getting the already-gotten), not aprapta-prapti (getting the not-gotten). This gentleman here with a book needs, let us say, five shillings urgently. He asks the doctor sitting by his side to lend him the sum. The doctor agrees, but even as he is

saying so he takes the book casually into his hands and, turning over the pages, he finds between the leaves a five shilling note ! He gives it back to the owner, saying, "You don't need a loan now. This is yours. You had it all this while, only you didn't know you had it." This is getting the already-gotten. Ananda is gotten like this. The guru or spiritual master or preceptor reveals to you the treasure of ananda which you had but which you had forgotten or neglected or discarded or never knew of.

Question: We are trying our best, Swamiji, to know the source of ananda. But this adhi (mental pain), vyadhi (bodily pain), and upadhi (physical sheath) do not end and we have no peace.

Baba: Do not put the three things together, for the adhi and the vyadhi affect the upadhi only. They cannot affect 'you', who are only residents in the upadhi. How can your car be 'you?' Meditate on this truth and, by practice, make it evident in your consciousness at all times. Then adhi and vyadhi will not affect you. They will pass harmlessly by.

Question: What is the best time of the day for meditation, Swami ?

Baba: The best time is from 4:30 or 5:00 a.m. You are refreshed by sleep. All will be quiet around you. There will be no tension in the body and mind. Or you can select 7:00 p.m. Your day's work will then be over. You will not have a heavy stomach for you have not yet had your dinner. If the day's work is not exhausting or if it is of a more or less routine nature then you can start meditation at about 7:00 p.m.

Question: Can a person having high blood pressure take up meditation?

Baba: Oh, yes, he can. In fact, meditation will help him. It is soothing and calming. One must continue dhyana, or meditation, until one realizes that all is suffused with divinity. In the beginning, during meditation, a person might naturally experience some visions and sounds which spur him on to a greater intensity. Later they become not so prominent, and yet enthusiasm should not be allowed to flag. But why this insistence on a definite time ? Wherever you are, whenever you get the chance, you can recite the Name of God. When you walk to the office and walk back again, have the Name on the tongue and the Glory in the mind.

Question: How then are we to use the rosary, Swami ?

Baba: No rosary is needed. Counting the number of times you utter the Name may be a source of encouragement in the beginning. But, after a time, it is unnecessary. It is a needless distraction, and it may even cause pride or dejection.

Question: Can study of the Sastras (moral code) help?

Baba: It can to some extent. They are like signposts. They indicate the direction and perhaps the distance to be covered. But they can give you no idea of the ups and downs which you will have to encounter as you go along. Only the actual journey will reveal these to you. Engage yourselves in karma (duty, work, human activity) in a dedicatory spirit and then you realize that He is omnipotent and omnipresent and the spirit of adoration and surrender will become well-established in you. At last you will realize that you and He and all else are but one. Thus karma leads to bhakti (devotion) and bhakti to jnana (universal wisdom). Proceed from wherever you are along the road to jnana. A cow is tied by a rope to a post. It can graze all around the post within the radius of the length of the rope. When it has grazed that area the master will untie it and take it to another post, or he might lengthen the rope so that it can graze over a further area. But first the allotted area must be grazed. Otherwise there can be no gift of grace.

Question: Swamiji, we have now got in you the supreme doctor. Give us all some medicine to cure our ills.

Baba: How can a doctor give one medicine for all ? Each one has to be diagnosed separately and given the medicine he needs. Four patients may complain of stomachache, but the ache may be caused by indigestion or gastric trouble or local injury or appendicitis. I shall meet with you individually, and give the advice you need.
The End

God has no desires. He is above wants. He is full, free, ever contented. He has neither attractions nor aversions.

Baba

ACTIVITIES OF SATHYA SAI BABA CENTERS FROM ACROSS THE NATION

NEW YORK - The Sai centers of the greater New York area held their Spring Sadhana (spiritual discipline) Retreat at the St. Francis Monastery, Oyster Bay, Long Island, March 3-5. The theme of the retreat was "Inner Sadhana," and Dr. Hislop was the guest speaker.

Registration was limited to fifty participants who practiced the sadhana of silence for the entire weekend.

They experimented with chanting group prayers, using the Gayatri Mantra, Baba's prayer for his devotees, St. Francis' prayer, and the 108 names of God in Sanskrit and English. The group prayer sessions were effective and gave a feeling of inner peace.

Dr. Hislop's talks were inspirational and filled with love for Swami. He shared some of the answers given during his recent interviews with Baba, and explained the difference in jnana (wisdom) and bhakti (devotion) approaches to the divine. His lectures gave both encouragement to engage in sadhana and inspiration to increase the spiritual disciplines now being performed.

Local directors of the Council of America Bill Clegern and Anne Sohani conducted workshops on, respectively, the themes of meditation and devotion. Service Committee member Fred Greenberg's workshop was on inner sadhana.

Due to the beneficial results, practicing members recommend a period of silence for all retreats. As Swami says, *It is only in the depths of silence that the voice of God can be heard.*

Anne Sohani
New York

The Flushing, New York, Sai center celebrated Shivaratri on Friday, February 11, during heavy snowstorms. Those who attended had to stay until Sunday, due to lack of transportation caused by the snow. The time was well spent sharing Sai stories and singing bhajans.

The Manhattan, New York, Sai centers (Downtown and Planetarium Station) entertained the patients at Goldwater Memorial Hospital, Sunday, March 27. Some devotees were performers and others manned the wheelchairs, taking patients to and from the entertainment area. These centers have been doing volunteer work at the hospital on a monthly basis for over a year.

Devotees from the Queens and Brooklyn Sai centers entertained the residents of Little Neck Nursing Home, Sunday, March 27.

The combined New York City area centers have donated carloads of clothing to the Brooklyn center for distribution to the needy. The clothing was given to the residents of the Buswick Shelter for the Homeless, the Bedford-Stuyvesant Shelter and the shelter for battered women and children. Thanks to all who participated in this project. Also, many nursing homes appreciate clothing for their residents. If possible, contact one in your area to see what is needed.

NEW JERSEY - The South Jersey Sai center distributes meals to the elderly and disabled residents in their area every month. They work with the "Meals on Wheels" program in their community. The center has been performing this service regularly for over a year.

Northvale, New Jersey, celebrated their Shivaratri Festival on Saturday, March 12. The February celebration was cancelled due to heavy snow. Many devotees from the New York area centers joined them. During the evening an enlightening talk was given by Mr. Subba Rao on the benevolent Shiva aspect of the Divine.

NEW MEXICO - In the Land of Enchantment, they feel doubly blessed and enchanted by the Lord for having their group inspired to form the Sathya Sai Baba Center of Albuquerque. On April 9, 1979, they officially became a center with a membership of eight adults and two children. Although the number has not increased rapidly, "they now have nine adults and five children". The members say "their devotion has grown by leaps and bounds".

The center's service program is individual, but none the less intense. One member teaches a religion class in the public schools in which he uses many of Swami's teachings. He has included viewing AURA OF DIVINITY, and is presently engaged in developing a curriculum in Education in Human Values for possible use in the public schools. Two other members serve at a local hospital. Another assists the poor through the St. Vincent de Paul Society, and works with the sick, elderly and dying. Others serve by applying the Lord's teachings at home and in the workplace. Three members have obtained Swami's darshan on several occasions, and two more plan to visit Baba early in 1983.

Immediate goals are to inspire all members to participate in the fifteen minute talks, after singing bhajans, and to plan for their first sponsored retreat.

The divine path is the path of love. It leads you to the source of love — God. Cleanse your hearts of evil, follow the divine path with steady faith, and attain the goal. The central core of all great religions is the same: devotion and love. The true meaning can be grasped only by the heart.
Sathya Sai Baba

CALIFORNIA - By Baba's grace, the West Los Angeles center has ten members. Other devotees often attend their Saturday afternoon open meetings, since several other centers are in close proximity. Some of these long-time devotees are coming forward to lead bhajans for the first time, as visitors to this center.



ARIZONA - The three Arizona centers (Mesa, Phoenix, and Tucson) combined their resources and imagination to present a large, open meeting for center members and invited guests. The meeting was held at the Camelback Inn in the Phoenix area on Saturday, March 26, and presented part of a Sai film and six speakers. The theme was "How Sathya Sai Baba's Teachings Changed My Life." Each of the speakers presented refreshingly unique viewpoints, anecdotes, and aspects of Sai's teachings. The afternoon affair was presented with panache and dignity in a friendly setting. Refreshments were served, during which time guests could ask questions of members and browse through the books which were offered for sale.

It was estimated that 350-400 people attended. Invitations were issued but no one was turned away even if they were not invited guests. Also, in keeping with Baba's guidelines, no one was charged a fee. All charges were paid anonymously by private donations made by center members only.



AN OPPORTUNITY TO SHARE

This is an open invitation for contributions to a unique new book called SAI BABA'S ULTIMATE MIRACLE. The aim of this particular book is to capture the totality of the Sri Sathya Sai spiritual experience as recounted by his devotees. So, if you have ever had a special encounter with Baba, we would love to hear about it.

Anything and everything well be welcomed and appreciated. Perhaps you have a memory of Baba that relates to love, meditation, healing, detachment, higher consciousness, devotion, discipline, compassion, sadhana or service, etc. The range and variety of stories and subjects is endless. The only request is that the stories be based on direct encounters with Baba and that they in some way illustrate Baba's very special spiritual message.

Prema Books reserves the right to edit any material for possible inclusion in SAI BABA'S ULTIMATE MIRACLE. Please send all anecdotes and inquiries to: Prema Books, 310 West End Avenue, New York, New York 10023.

MARK YOUR 1983 CALENDAR FOR THESE SAI RETREATS

<u>DATE</u>	<u>KIND OF RETREAT: TITLE OR. THEME</u>	<u>LOCATION</u>	<u>INFORMATION & RESERVATIONS</u>
May 13-15	Hosted by Sai centers of Lompoc, Ojai, Santa Barbara and Ventura	Camp Colby 20 miles from Pasadena, California	Mr. Kent Pearce 666 Cedar Place Ventura, CA 93001 (805) 643-1514
May 27-30	6th Midwest Regional Conference Hosted by the Sai center of North St. Louis	St. Louis, Missouri	Mr. Allan Woods 28 Robert Avenue St. Louis, MO 63135 (314) 524-0345
First week-end in July	2nd Annual Rocky Mountain Regional Retreat	Rocky Mountains of New Mexico	Mr. Randy Houdobre 935 Alameda Rd. NW Albuquerque, NM 87114 (505) 898-3186
July 17-23	Sathya Sai Children's Camp (children only)	Camp ValCrest In the Angeles National Forest near Pasadena, California	Mrs. Diana Jorgensen 919 Tico Road Ojai, CA 93023 (805) 646-5233
September 16-18	Hosted by Sai centers of Phoenix, Mesa and Tucson, Arizona	Sky Y Camp Prescott, Arizona	Mrs. Dixie Cooper 5301 N. 14th Pl. Phoenix, AZ 85014 (602) 266-9497

Please contact the persons indicated for details regarding cost, clothing, equipment, directions, and transportation.

CHILDREN'S CORNER

BLIND BARTIMAEUS

Here is a story about a man. He had a long name. He was called Bartimaeus and he was blind.

He lived in a town a long way away called Jericho. It was a lovely town with beautiful trees and flowers. But Bartimaeus couldn't see how beautiful it was. He could see nothing at all. Everything was black like the night, and so he had to use his ears to help him to know what was happening.

Bartimaeus wasn't very happy, either. People were sometimes nasty and unkind to him. They got cross with him when he couldn't see where he was going. They didn't bother to talk to him or listen to him when he had something to say.

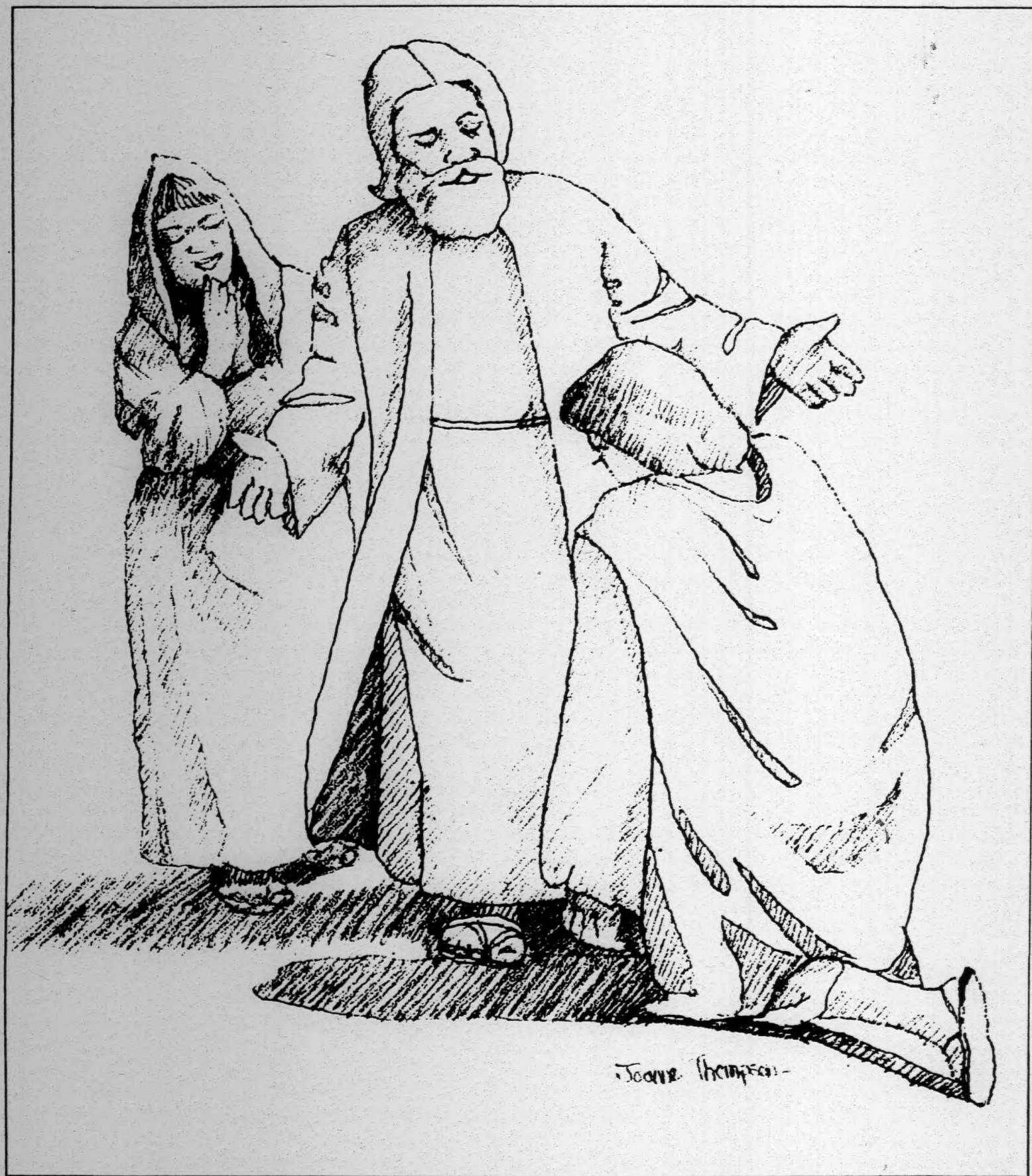
He wasn't able to do any work because he was blind. But every day some kind friends helped him and took him by the hand and led him to the side of a busy road. He sat down and held out a little bowl. As people passed by on their way to Jericho, they sometimes dropped some money into his bowl. Sometimes his bowl was nearly full and he could buy some food to eat. Other days it was nearly empty and he had to go to bed hungry.

Although he couldn't see what was happening in the street, he could hear things. He heard camels going by. Clomp, clomp, clomp went their feet. They went slowly. He heard donkeys going past. Clipper-ty clop went their feet. They went quite quickly. He could hear the sounds of people's feet as they walked past, too.

Well, now I will tell you about one very wonderful day that Bartimaeus had. The day started in just the same way as any other day. His friends took him to his usual place and the time went by slowly. "It's a good day," thought Bartimaeus as he heard the coins falling into his bowl, and he knew that he would be able to have a good supper that night.

Bartimaeus noticed that there was a noise in the distance, and as it gradually got louder he knew that a large crowd was coming.

"What is happening?" he asked someone who was passing by. "Jesus is here," they said. Bartimaeus had heard of Him. He knew what Jesus could do. He could make people who were ill better. He knew that Jesus could make him see if only he could get to Him. How excited



Bartimaeus was! He decided to try to talk to Jesus.

He cried out, "Jesus, please help me!" The people tried to stop him. "Be quiet," they said. "We want to listen to Jesus. He is telling us about God."

What would you feel like if you were blind and you had a chance to be made better? You wouldn't be quiet, would you? He gave another cry: "Jesus, please help me."

Just then a wonderful thing happened. The noise of all the people stopped and Bartimaeus heard Jesus' voice. Jesus was saying, "Bring that man to Me."

The people helped Bartimaeus to Jesus. Then he heard Jesus' voice speaking to him. Jesus said, "What do you want Me to do for you?" Bartimaeus answered at once, "Lord Jesus, I want to be able to see." Immediately Bartimaeus could see again.

He could see the camels and donkeys going along the road and all the people around him. But, best of all, he could see Jesus.

Do you remember how unhappy he was because people were not always kind to him, and they did not listen when he wanted to say something?

But now he had Jesus for a friend. He is the best friend anyone could have because He cared about Bartimaeus and He heard when he called to Jesus. Jesus is a good friend for you to have, too, because He loves you and cares about you. You can talk to Him about everything.

SRI SATHYA SAI BAL VIKAS QUARTERLY
Volume 10, No. 2



Children must know the amazing handiworks of God, the most amazing being themselves. They can well understand that they are not merely a bundle of two hands and two feet, head and stomach. They can picture a Force within them which directs all their acts. Through bhajan and through sravan (listening to stories and scriptural texts about God), these elevating truths can be instilled in them by teachers and parents.

SATHYA SAI SPEAKS
Volume VII

INTERNATIONAL SYMPOSIUM IN ROME, ITALY

On October 30th and 31st, 1983, an International Symposium will be held in Rome. The topic will be "Unity is Divinity; Purity is Enlightenment." Bhagavan Sri Sathya Sai Baba has blessed this auspicious occasion.

The aim of this congress is to reaffirm the fact that peace and prosperity in the world cannot be ensured except through a realization of the brotherhood of man, and the fatherhood of God. The search for unity which underlies the apparent multiplicity, by means of purity of thought, word, and deed, leads ultimately to the goal of human life.

During the course of the Symposium, five committees will be formed by the delegates, one for each of the topics listed: 1) Sathya Sai's Ideals in Our Daily Life; 2) Science and Spirituality; 3) Human Qualities and Divine Nature; 4) The Essence of All Religions; and, 5) Unity of Mankind.

For further information write to: Mr. A. Craxi, Round Building, B-6, Prasanthi Nilayam, Anantapur District, Andhra Pradesh, South India, 515134.

TEACHERS' CONFERENCE IN INDIA

The Overseas Bal Vikas Teachers' Conference will be held at Prasanthi Nilayam on August 13th to 18th, 1983. Bal Vikas (education in human values) teachers, and individuals interested in becoming teachers, planning to attend the conference should contact Michael Dave, no later than April 30th. Please note that accommodations will only be available for teachers during the conference. Mr. Michael Dave, 6255 Sunset Boulevard, Suite 1214, Hollywood, California 90028.

CANADIAN SAI ORGANIZATION ESTABLISHED

On March 5th and 6th, the Inaugural Conference of the Sri Sathya Sai Baba Coordinating Committee of Canada was held in Toronto. Dr. Viswanath Singh was unanimously selected as chairman. We congratulate our Canadian brothers and sisters.



"MOTHER" SERVES HER "CHILDREN"

At the long-time devotee's house in Madras where Swami stays when he visits that city, there is a good-sized lot with a two-story house. In the area between the house and the street, more than 100 devotees sit throughout Sri Bhagavan's stay, singing bhajans most of the time.

Upstairs, there is an apartment for Swami, and down the hall a couple of doors is another room, set aside for those individuals who are traveling with Swami as members of his party.

The enclosed veranda at the front of the house accommodates a dozen or so people who are either close friends of the family or devotees who have been called for the much-longed-for interview with Sri Baba.

Outside of the property, the street is jammed with many thousands of people, and for the duration of Sri Bhagavan's visit the police have to divert normal traffic in the area. Only a pedestrian could work his way through the crowd, where everyone has pressed together to see the house and watch the door for a glimpse of Swami when he comes out to give darshan.

This was only the second visit of my wife and myself to India to be near Sri Bhagavan, and everything about him was very new to us.

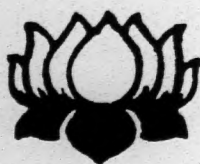
In the upstairs room where the people of Sri Baba's party would gather, from 10:00 a.m. to early evening, lunch was ready. Swami came in, and indicated that he would eat later with the family of the host and their close friends. The lady of the house would have the privilege of personally serving food to Sri Bhagavan. But, in the upstairs room with his travel party, Sri Sathya Sai was the "Mother" who would serve these few members of his "family" who had come to Madras with him. It was with a true maternal solicitude that he would add food to a plate that was almost empty, and inquire if the food was good.

My wife and I were the only "new" people there, and Victoria was having some difficulty using her fingers (this is the custom in most of India) as "spoon and fork." Swamiji at once noticed this, and watched for a moment or so. Then he moved to her side and asked her if she liked the Indian food. She replied in the affirmative, but of course stopped eating as soon as Swami came to her. He took a

spoon, filled it, and put it to her lips. "Eat", he said. She obeyed. He refilled the spoon and again put it to her lips, just as a "Mother" would help a young child.

At that very moment, to Victoria's dismay, there came an interruption. Another member of the party, seeing what was going on, exclaimed, "Look! He is feeding her!" No sooner were the words said than Swami lowered the spoon to the plate and moved away. And gone forever was Victoria's most unique experience of having Sri Sathya Sai Baba give food to his child.

Dr. J.S. Hislop
Baja California, Mexico



SAI SPEAKS ON MOTHERHOOD

Women are the mothers of the coming generation. They are the teachers of that generation during the first five years of life. The mother is the first of the five Maathas (Mothers) that the Indian child encounters: Deha-maatha (the mother that gave birth to this body), Go-maatha (the cow that gives sustaining milk), Bhoo-maatha (the land that grows the crops which feed the body), Desa-maatha (the native country that gives protection, care, love, rights, and chances to serve and elevate oneself to one's full height), and Veda-maatha (the heritage of spiritual treasure that reveals the aim and purpose of human life, and takes one step by step towards the goal of self-realization). The Deha-maatha must reveal to the child the glories of all the other four, so her responsibility is the greatest and the most crucial.

SATHYA SAI SPEAKS
Volume VI

THE WORLD -- MY MANSION

There are four things in which every man must interest himself: who am I, wherefrom have I come, whither am I going, how long shall I be here. The four Vedas give the answers to these four questions. All spiritual inquiry begins with these questions and attempts to find out the answers. Suppose there is a letter put into the post box without the address to which it should go or the address from which it has come. It will not reach anywhere. It is a waste of time to have written it. So too, it is a waste to have come into this world if it is not known wherefrom you came and whereto you go. The letter will go to the dead letter office! The jivi (resident of the body) will be caught in the cycle of birth and death and can never find itself. For this, Atmavichara (inquiry into the nature of the atma), and for the successful arrival at the correct answers, Sadhana (spiritual discipline) is essential. The answers must become part of your experience.

Sadhana must be done in a disciplined, systematic manner, in an atmosphere of virtue. Just as we have electric fans in the room to cool the atmosphere and make it possible for a large gathering to sit comfortably, so too the fans of sathya (truth), dharma (righteousness), shanti (peace), and prema (love) are necessary to reduce the sweltering heat of djnana, asathya, anyaya, and akrama: ignorance, falsehood, injustice, and indiscipline. In a world where dharma is being insulted and denied at every turn, shanti and tolerance are the roads through which man can save himself.

This is the sum and substance of what I have to tell you and what you have to cultivate. In every act, have tolerance, patience, and mutual help. In the family, cultivate patience and mutual respect; in the community, have dharma and justice; in the community of peoples, have the ideal of peace. The body is said to be the tabernacle of God; the world is the body of God. A pinprick on the toe is immediately recognized as an injury to the self because the toe is part of the self-same body. So too, suffering in one corner of the world is as much the concern of the Lord as suffering in any other. When the Andhra State was formed, someone told me that I had been taken out of the Madras state and made an Andhra! I told him that the whole world was my mansion and that Madras and Andhra were rooms in that mansion! The world is a temple, the temple of the Lord, His body where He resides.

When I was coming by car to this place, I passed through several

streets and I found several pandals (temples) and halls decorated, because they were having religious discourses there and readings and expositions of sacred texts and scriptures. Crowds of listeners had gathered in each place, there was no lack of enthusiasm for sabhas (assembly halls) and bhajans (holy songs). And yet, atheism is rampant and the number of people who deny God and decry Godward-bound aspirants is increasing. Why? Because eating the food does not by itself guarantee digestion. Practice of even a thousandth part of what one has read or heard can alone help in giving peace and joy.

What is wanted now is uthsaha, dhairya and viswasa: effort, courage, and faith. In effort, you must follow a regulated routine learned from some adept in the field. For courage, you must feel your own importance for your uplift. Never call yourself a sinner born in sin, bred in sin, and engaged in sin. No, that kind of self-condemnation ill becomes a child of God, an amrithaputhra. In every one of you, God is the moving spirit, the very Soul. How then can you be evil, when you are here for fulfilling God's purpose, according to His will, His plan, His law? He has endowed you with many faculties so that you may seek Him and reach Him. You are not therefore a helpless, neglected individual undergoing a sentence of death. You are anandaswarupa, born to a rich heritage, which is yours for the asking. Only you do not ask. Have faith in your destiny and work gladly and steadily to attain it.

Bhakti (devotion) is simply the rakthi (affection) towards Bhagavan or God, affection towards the Supreme. One need not fly away from hearth and home to cultivate it. If the seed is planted far away from the parent tree, does it become any different? Boil it and then of course it will not grow again and burden the world. Similarly, boil your instincts and impulses and scorch the sensory cravings that enslave you. That brings you nearer to God, wherever you may be. From the ocean of milk, when it was churned by the devas (gods) and asuras (evil forces), there emanated the cow of plenty, the tree that grants all wishes, the goddess of wealth, the four-tusked-elephant of Indra and also the deadliest of poisons, halahala. Similarly, the mind of man is churned by the forces of good and evil every day and there emanates from the same mind both good and bad. The bad comes because the mind flows towards sensory pleasures and is lost in the swamps of greed and envy, of lust and pride.

When the lion awakes from sleep and roars all the tiny animals, that



held sway till then, take to their heels. So too, when you awake and repeat the Pranava Mantra (the vital vibration of Om), all the paltry animal instincts that strutted about in the darkness will flee. In your own heart you have the Entity which is beyond time and space, and if you go on contacting it by the Pranava or by any other symbol, the wild thoughts and impulses will not dare to approach. If you have the grace of God, no graha (evil) can harm you. Maleficent influences even from the most powerful combination of planets, with which the astrologers terrify you, will disappear in a trice. In order to get that grace, there are two prescriptions: priyam vada, speak lovingly, so far as the world is concerned, and sathyam vada, speak the truth. Prema (love) is the weapon. Vichara (inquiry, discrimination) is the wheel which must be revolved perpetually to get the light of prema. Until prema emerges, you have to be in the darkness of hatred, where even the slightest movement creates fear and suspicion.

Never yield to indolence or despair. Suffer loss and grief gladly; they help to toughen your personality. The diamond is found amidst rocks; you will have to blast through the vein to get gold. Follow the strict regimen that the doctor enforces in order to make the medicine yield the best result. The battery of your "car" is charged when you come to Puttaparthi or when you go to some other holy place. Or at least that should be the aim of pilgrimage. Charge the battery of your sadhana and then, after you return home, do not keep the car idle. If you do, the battery will run down. Take the car around and keep it going, then the battery will charge itself. So also, if you do not continue the sathsanga (good company), the sathpravarthana (good attitudes) and bhajana (holy songs) and namas-marana (repeating the Lord's name), then all this charging becomes a waste.

I have not come for propaganda or publicity or gaining disciples or devotees. I am yours and you are mine. Where then is the need for publicity? I give not lectures but mixtures for your mental health and moral reinvigoration. So take my words as medicine necessary for your health.

Madras, 1960
SATHYA SAI SPEAKS
Volume 1

SATHYA SAI NEWSLETTER
SUBSCRIPTION INFORMATION

Address all correspondence to:

SATHYA SAI NEWSLETTER
1800 East Garvey Avenue
West Covina, California 91791
Editor & Publisher, Barbara Bozzani

Published Quarterly, with Annual Rates of:

	Two Years	One Year
United States	\$ 8.00	\$ 4.00
Canada & Mexico	\$13.00	\$ 6.50
Columbia, Venezuela, Central America, Bahamas, the Caribbean, Guam & the Phillipines. . .	\$17.00	\$ 8.50
South America (except Columbia & Venezuela), all European countries	\$19.00	\$ 9.50
Asia, Pacific Ocean Islands, Africa, Indian Ocean Islands & the Middle East	\$21.00	\$10.50

For foreign mailing (except Canada & Mexico) the subscription cost is computed for air mail. Foreign subscribers please send international money order or bank draft. Other subscribers send check or money order; no cash, please.

To obtain back issues of the SATHYA SAI NEWSLETTER:

Volume 1, No. 1 - Volume 3, No. 1	\$.50 each plus postage
Volume 3, No. 2 - Volume 7, No. 1	\$.75 each plus postage
Volume 7, No. 2 (Spring 1983 onward)	\$1.00 each plus postage

☐ Please send _____ annual subscription(s). I have enclosed a check or money order payable to the SATHYA SAI NEWSLETTER in the amount of \$ _____.

☐ I have moved and my new address is listed below. (Please let us know as far in advance as possible of any address change so your service will not be interrupted.

NAME _____

STREET _____ APT NO. _____

CITY _____

STATE _____ ZIP _____

SATHYA SAI NEWSLETTER
1800 East Garvey Avenue
West Covina, California 91791

ADDRESS CORRECTION REQUESTED

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID

West Covina
California 91791
Permit No. 1060



SP/83

An X in the box indicates, according to our records, your subscriptions has expired.

SATHYA SAI NEWSLETTER, Spring 1983, Vol. VII, No. 3, c. 1983,
Sathya Sai Baba Council of America. All rights reserved.
Reproduction in whole or in part, without written permission,
is prohibited.

PRINTED UNDER THE AUSPICES OF THE SATHYA SAI BABA COUNCIL OF AMERICA