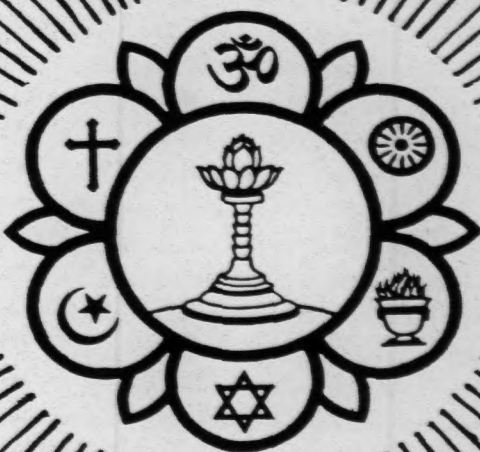
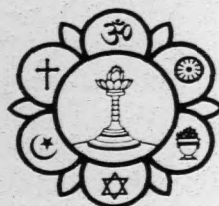




SATHYA SAI Newsletter

SUMMER 1991
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SATHYA SAI NEWSLETTER

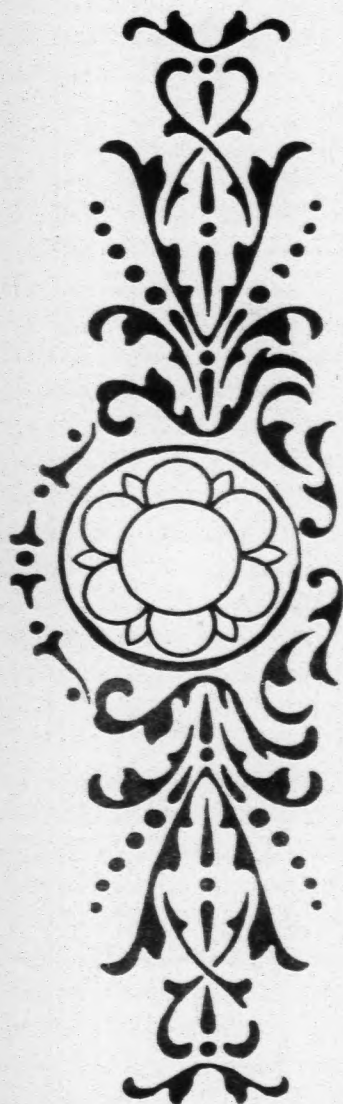


*This publication is dedicated with love and devotion to
Bhagavan Sri Sathya Sai Baba*

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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.



The pain which we have to experience, the misfortunes which come to us, and the troubles which we have are not things which arise externally, nor are they God-given. They are simply the result of our own actions. It is only weakness that causes man to blame someone else for the troubles and misfortunes that he has.



Sathya Sai Baba, Kodaikanal, India

--Sathya Sai Baba
Summer Showers on the Blue Mountain, p 66

SAI SPEAKS TO FOREIGN VISITORS

On April 10, Baba leaned over the balcony of the hall, in Kodaikanal, to respond to a call from one of His foreign devotees sitting on the ground below. The request was for an interview for a group from the U. K. Swami replied, "Yes, yes, come in the morning." Immediately a chorus of voices arose from various groups, calling out the names of their countries and making the same request. Baba then said, "Yes, yes, all foreign devotees come." The following morning, *Seva Dals* checked passports and admitted all foreigners to the *bhajan* hall for "interview." Sathya Sai Baba spoke as follows:



WHAT IS THE STATUS OF HUMANITY?

What is mankind? The proper study of mankind is man. Human life is very precious and valuable. It is sacred and holy. Life is truly worth living. But today, without recognizing the value of life, people are misusing it by involving themselves in worldly pursuits and sensual pleasures. Sensual pleasures are enjoyed even by birds and beasts. If people also try to enjoy only physical pleasures, what is the difference between man and animal?

Where is mankind at present? At the lower level is the animal nature. In the middle is humanity and at the top is Divinity. Mankind is in the middle, but must develop higher aspirations. Today people are always looking downward; therefore, they are getting to be like animals. How can humanity attain Divinity? They keep saying the words, "God" and "Divinity," but if they want to attain Divinity they have to begin looking upward and relinquish lower thoughts.

People may acquire education and powerful positions, but they are not able to reach the highest stage of life. Therefore, first and foremost, people should try to control their desires gradually. As long as desires go on multiplying, good human qualities will decline and decrease. There are three different states involved here: doing, seeing, and being. Doing is engaging the body in actions. Seeing is experiencing with the mind. Being is to be in touch with the *Atma* (indwelling Divinity), which is changeless. If you want to attain this changeless Divinity, *Atma*, you have to control the body, which is doing, and the mind, which is seeing. The body is like a water bubble. The mind is like a mad monkey. So you should not follow the instincts of body and mind. You have to follow the conscience or *Atmic* principle! Today's spiritual aspirants are not following their conscience but are following the body and mind. People should have a firm mental resolve.

WHAT IS YOUR PURPOSE?

You have entered into a spiritual path and have come here [to India] after giving up a lot of physical comforts and sensual pleasures. You have traveled long distances and spent a lot of money and time. After having come here, what are you doing? What is your aim? What is your feeling? With what purpose did you come here? You have to inquire into these matters properly. You have come with a spiritual goal but are developing more and more worldly thoughts and attachments. You're developing too many connections and new relationships. Having left your kith and kin to come here, you are now developing unnecessary bondage. You came with the purpose of being liberated from bondage, not for getting into more attachments. This is very wrong! You should develop only superficial relationships and say, "Hello, hello. How are you, how are you?" and "Good-bye, good-bye!" Otherwise you are going to pollute your mind and miss the goal. There are a lot of interpersonal relationships between men and women, and the mind is becoming like that of an animal. This is totally wrong. In spiritual life it is necessary that you develop detachment (*vairagya*). You should get detached from worldly life and get attached to Divinity; get attached only to God.

You may be repeating God's name (*japa*), and meditating (*dhyana*), but what are you attaining by doing these spiritual practices? You are sitting with eyes closed. This is not *dhyana*! Your mind is wandering like a monkey. By doing this kind of *dhyana*, you are actually wasting time. Time wasted is life wasted. If you cannot control the mind, then indulge in selfless service (*seva*). Don't sit idly and waste time. In some situations you are unable to understand Divinity. Divinity is everywhere. You are Divine Power. Try to recognize your own Divine status. Don't roam about here and there in search of Divinity. It is a mere waste of time, money, and energy.

Follow only one path and have only one thought, "Less talk--more work." There is too much talking going on. Because of excessive talking, spiritual energy is being wasted. A small example: There is a radio. Once it is turned on and sound comes, electric power is used. The body can be compared to a radio. Intellect is the switch. Talking is the sound. Electricity is the energy. So, because of excessive talking, you are wasting a lot of energy. Because of this waste of energy, you will develop allergies, and because of allergies, you will develop weakness. Because of weakness, you are not able to perform any work, and ultimately you will become mad. This is not the goal of spiritual practice.

Continued . . .

EXPERIENCE DIVINE POWER

Whatever work you do, you should perform it as God's work. This is real spiritual practice. Another small example: There is a pan filled with water, and suppose you add some salt to the water. Before putting it in the water, the salt is in your hand. You are able to see the salt and grasp it in your hand, but once you add it to the water, it dissolves, and you cannot see the salt. Even if you dip your hand into the water, you cannot feel the salt. Is it not there? It is there. But what is the proof? You cannot see it with your eyes, and you cannot feel it with your hands, but once you put a drop of water on your tongue and taste it, then you know that there is salt in the water. What is this tasting? This is a real experience. Similarly, the omnipresence of the Divine has to be known only by experience, not by mere studying of scriptures or in other ways.

To have that experience, you must have confidence and determination. Whatever may be the trials and tribulations in life, you should have firm and steady confidence. Instead, your path is full of jumps and bumps. This is not correct. You have come here with a lot of faith and devotion, but you have not chosen the right path. Nobody has taught you the right path. You think that whatever you are doing now is correct. It is not so! First, you have to use your discrimination and

analyze everything to see whether it is good or bad, right or wrong. Once you start inquiring whether a thing is good or bad, your conscience will give you the correct answer. If you are doing something wrong, your conscience will not be satisfied. First and foremost, you must control the mind and reduce physical relationships as much as possible.

The body is an instrument. It is an inert thing. The mind is also an inert thing. The inner power behind the body and mind is *Atma*. It is the *Atma* which gives strength, spiritual power, and energy to everything. Take the example of a car: The car has lights. There are bulbs, and it is through them that you get the light. Does the bulb give light? No, no! Not so! It is the electric power which goes through the bulb and gives is the electric power the light. When you sound the horn, it from inside which makes the horn blow. The tires move on the road. It is the power from the engine which moves the tires. Similarly, the body is like a car. Eyes are the bulbs. Mouth is the horn. Legs are the tires. Mind is the engine. Intellect is the switch. Divine Power is the electricity. Without this Divine Power, the body cannot function. It is the most important thing!

REDUCE DESIRES & DEVELOP PEACE

The body, mind, intellect, and senses are only instruments. [Swami showed

His handkerchief.] What is this? It is a piece of cloth. But it is not cloth, it is only a bundle of threads. It is not threads, it is only cotton. First, it is cotton; second, thread; and third, cloth. Without cotton, there are no threads. Without threads, there is no cloth. Similarly, thoughts are like cotton, desires are thread, and the mind is like cloth. The mind is a bundle of desires. If you want to destroy the cloth, you have to remove the threads one by one. If you reduce desires gradually, then there is no mind. Less luggage offers more comfort, and makes the journey a pleasure. Life is like a long journey. Desires are the luggage. If you reduce your desires, your journey will be comfortable. Too many desires! Too many desires! Too many desires! As desires increase, you become more restless. The moment you reduce desires, you will get peace.

Many people are saying, "I want peace. I want peace." How many words are in the sentence, "I want peace"? There are three words: "I," "want," and "peace." "I" is ego. "Want" is desire. If you remove ego and desire, then you will be left with only "peace." A small example: You want to receive a book from Swami. Swami sends it to you in a parcel. Once you receive the parcel, unless the outer wrapping is removed, you cannot see the book inside. Similarly, peace is given to you in a parcel wrapped with ego and desire. Once the wrapping of ego and desire are removed, then you can obtain peace.

GOOD THOUGHTS GOOD COMPANY

The body has only a temporary existence. Sooner or later it is going to perish. So you should not try too much to protect it. The body can be compared to an iron safe. It is inert, but you use this iron safe to keep valuables in. The safe has no value, but the objects stored inside are precious. The valuable things inside the body are sacred thoughts, sacred feelings, and sacred acts. All these are like diamonds kept inside the safe. You take good care of the safe because of the precious things stored inside. If there are no valuables inside, the safe has no use. You will throw it out. It is through being in good company that sacred thoughts and feelings are developed. [Swami raised both hands, indicating first one hand and then the other.] For instance, this is fire which is God; and this is *Jiva* (individual soul) which is coal. You have to bring the coal of *Jiva*, or individual soul, in close proximity to the fire which is God. As coal comes near fire, the fire ignites the coal. In relation to this, if there is a breeze, the coal catches fire even more easily. When both are present, oneness [with God] is more easily attained. Nearness does not imply physical proximity. It means mental nearness. Physically you may be very near, but mentally you are far.

You have mad thoughts, bad company, and crazy desires. Under these cir-

cumstances how can you attain Divinity? For example: A frog may be sitting on a lotus flower while bees are coming from afar, drinking the nectar and going away. You also are coming close, but of what good is that if you are not drinking the nectar of Divinity? You should be like bees, not like like frogs. Frogs just jump all around the lotus flowers. You are also like doubting Thomases, so full of doubts.

DEVELOP CONFIDENCE

You love your spouse and mother because you have confidence in them. Because of confidence, you develop love. Where there is love, there is peace. Where there is peace, there is truth. Where there is truth, there is bliss. Where there is bliss, there is God.

You are not always full of confidence. Sometimes you have doubts. Without confidence, you will not have any peace of mind. Have self-confidence. Where there is self-confidence, there is self-satisfaction. Where there is self-satisfaction, there is self-sacrifice. Where there is self-sacrifice, there is self-realization. So, self-realization depends on self-confidence.

You are sitting in this hall [in Kodai-kanal, India]. What is the basis for this hall? It is the foundation. Without the foundation, walls cannot stand. Without walls, there is no roof. With-

out a roof, the building has no use. So self-confidence is the foundation. Self-satisfaction is the wall. Self-sacrifice is the roof, and self-realization is life.

WHO ARE YOU?

Know yourself. Who are you? You say, "This is my body, this is my mind, my hand, my leg, etc. Who am I? I am separate from the body. I am separate from the mind." You say, "This is my handkerchief. Kerchief is separate from me. This is my chair. Chair is separate from me. This is my body. Body is separate from me." In this manner inquiry continues by saying, "Not this, not this," which in *Vedantic* parlance is known as, *Nethi, Nethi*. I am not the body; I am the changeless *Atma*. The mind always changes like a mad monkey. Do not follow this monkey mind. The body also changes. When you are born, you are called a baby; later you are called a child; at 10 years of age, a boy or girl; after 30 years of age, a man or woman; after 75 years of age, a grandfather or grandmother. It is the same person, but different names at different ages. The body is changing, but God is changeless. God is immortal.

What is immortality? Removal of immorality is immortality. What is immorality? It means bad qualities like ego, anger, jealousy, desire, etc. If you remove bad qualities then you will obtain immortality. This is important. This is very important!



Sathya Sai Baba being greeted by His elephant, Sai Gita.

Japa (repeating the name) and *dhyana* (meditation) which involves only sitting, are just stunts. I don't like them. *Dhyana* has come to mean only sitting and posing as if for a picture session while the mind is wandering. That is merely wasting time. Don't believe in people who teach that way. They are only stunt men; they are mind-killers, hunters. Don't follow them. Be always happy. Always think, "I am God, I am God."

You are not one person. You are three persons. The one you think you are; that is the body. The one others think you are; that is the mind. And the one you really are; that is the *Atma*. The body that you think you are is conscious. The mind that others think you are is conscience. The *Atma* which you really are is consciousness. Conscious (body) is full of ups and downs. It is

like a water bubble. Conscience (mind) also changes. Consciousness (*Atma*) is permanent. So don't follow the body or mind. You are consciousness. You are God. Think that you and God are one. In the beginning stages, it is not proper to think, "I and God are one," because if you say, "I and you are one," it is not right. I and you leads to we. I and you are we; we and we are one. So develop the confidence that Divinity is within you.

You are *Atma Swarupa*, which means, "I am *Atma Brahman*, or the Universal Absolute." Develop such confidence, and avoid external vision. Having come from distant places, Swami knows you have a lot of devotion and a lot of love for Swami, but you are misusing that love. Let there be direct love between you and God. Do not focus that love in other directions.

Continued on page 26

"WHY FEAR WHEN I AM HERE?"

A picture of Baba went off to battle, carried in the uniform pocket of my son, a nonbeliever, but one who was ready to "try anything," as he and his Abrams M1A1 tank became part of the recent war in the Middle East.

In the midst of my terror over living in the front yard of the largest military buildup in history, not to mention the backyard of what many feared would be the "Mother of All Battles," seeing my son off to war was up there among the hard lessons of my exhausting life.

I wish I could say I easily passed the test, graduated finally into a higher grade from a primary school with horrid final exams, but I reacted emotionally to this life event, as well.

How did I wind up living in Saudi Arabia? Because I've been a working-at-it devotee of Sai Baba since 1983, I would like to think He planned this, giving me a sort of "bonus" for my empty nest years, a reward for surviving the single-handed raising of four children and years of hard work.

I joined the Foreign Service hoping they would send me to India to live, paying me while I spent blissful weekends at Baba's ashram. For those of you who have never lived in Saudi Arabia, let me hasten to tell you that living here isn't all bad.

The Arabian heat, so dreaded until you experience it, deliciously wraps its arms around you most of the months of the year. Winter news from home only makes the weather more attractive in comparison, as you enjoy the out-of-doors in summer cottons while the folks back home are shoveling snow.

Yes, indeed, this assignment was a gift from Baba, who knew I needed a rest, so off He sent me to a pleasant, sand-filled pasture.

Leaving home wasn't easy, however. Once the train destined for Foreign Service life was in motion, there simply seemed to be no getting off. All circumstances--and Baba?--pushed me in that direction no matter how large my fears became. Anxiety over leaving the familiar for the unknown included separation pangs from my beloved Indianapolis Sathya Sai Study Group. How would I cope without the *satsang* of my fellow devotees, the therapeutic weekly singing of beautiful *bhajans* to the Lord, and a group setting in which to perform service to others? Knowing in my head that God is everywhere and in everything, I headed off to Saudi Arabia, hoping in my heart to find other devotees.

Armed with a helpful letter from a devotee who had previously resided here, the official Saudi Arabian con-

tingent of the Sathya Sai Organization was found with only two telephone calls. It was a lovely surprise to discover that on the other end of the line was a woman I had met a couple of years earlier when she and her family were visiting her husband's brother in Indianapolis. I recalled thinking at the time, when our group had gone to the brother's house for a special *bhajan* session, that these people surely resided in a strange place. Now here I was, living an hour away from them, and I was thankful to have found them.

Before long, I was hopping a bus one day a week immediately after work for the relaxing ride to their house, where I was fed a delicious Indian meal and then joined a faithful band of women who had been singing *bhajans* together for five years. A couple of months later, the husbands and children of the women began attending our sessions, enlarging the joyful sound. My new life was complete.

But I have digressed from the war, the end of my personal peace. From August 2nd onward, the date of the invasion, my faith began slipping away. Long working hours, with no days off, served to keep me immersed in the event and created a state of exhaustion which left me with little remaining energy to think or feel beyond the daily experience. My new *bhajan* group was too far away for the little spare time I had, breaking a tangible tie that I needed. News that my son's

armor unit was deploying to Saudi Arabia and the inner certainty that there was going to be a war threw me into a tenuous emotional state. These feelings grew out of control the day after I rode in a bus with my son and his platoon to the port where they picked up their tanks and drove off into the desert. Fear grabbed me and refused to let go. Tears were always at the surface. Baba became a distant and fading memory. Calling on Him didn't work. Terror for my son became all there was.

Often, during the period between the invasion and the early weeks of the air war, when I was at my lowest points, beloved Sai Baba friends, concerned about my welfare, called just when I needed a reminder of the truths of life. One friend suggested I begin reading *Gita Vahini* and recognize the similarities between Arjuna's anguish and my own. The book moved from the shelf to my nightstand and stayed there, the marker stuck on page two. My active spiritual energy was off.

One day the government, belatedly, decided to give gas masks to us civilian Foreign Service workers, people who are supposed to endure any condition the world has to offer with calm good cheer. The rest of the local population already had gas masks. Civil defense announcements during Scud and Patriot explosions over our heads admonished citizens to, "put on your gas mask." We had none. On the above-

mentioned day, not only were we given gas masks, but we also sat through a terrifying lecture about the horrors of chemical warfare. For me, it was the final straw. I could not see that this was my perfect opportunity to sing, "Why fear when I am here?" and to live it, as well. If anyone needed to call on their Charioteer, it was me. Instead, I only wanted to escape. Which is what I did the first week of February.

Sensing my deteriorating emotional state (not a hard task, since I was crying off and on during the day and continually asking the one armor-learned person at the Consulate to reassure me that the M1A1 was superior to other tanks), I was allowed by my supervisor to depart post for a month's rest and recuperation.

I flew to Virginia, into the arms of my older daughter who thinks she's my mother, to begin the shoring-up process. Next, in Florida, I rocked in the cradle of my parents' love and concern and nourished myself on my mother's good cooking. Then, as the land battle began in the Middle East, I felt I needed to be home in Indianapolis where my first, never-seen grandchild awaited me. This forced me to cut short my other visits. Indianapolis had never looked so good. With tears in my eyes, I kissed the fat, three-month-old cheeks of little Clifton when his mother and my younger daughter met me at the Indianapolis airport.

Ensconced in the safety of familiar surroundings, with family and friends nearby, I awaited the dreaded ground war. It started . . . and stopped. First, I was flooded with relief. My son was safe. Then remorse and a sense of failure washed over me. Nothing my Study Group members said to me helped. The opportunity to live through this difficult life experience with peace and equanimity, holding firmly onto the Divine Feet of Sathya Sai Baba, was lost to me forever.

I came back to Dhahran in early March. During the crisis, a Study Group member had mailed a quote of Baba's to me. I had put it where I could readily see it. I had thanked my fellow member, but I never really took it into my heart. When I walked into my house, it was there. I read it again. "Let Me tell you one thing: However you are, you are Mine; I will never give you up. Wherever you are, you are near Me; you cannot go beyond My reach."

I became filled to overflowing with love and thankfulness. The hidden beauty of my experience slowly unfolded. I wasn't abandoned; I was loved. When I couldn't go on, Baba was there. When I felt alone and separate, He spoke to me through the calls of my friends. When I could take it no longer, He soothed me with the love of my family. When I thought I was a failure, never able to say "devotee" again, He hastened to call me His own.

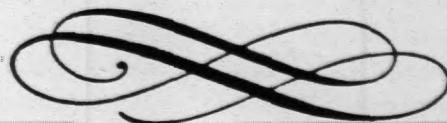
Through the illusion of separation, I finally grasped the reality of total surrender. Through the pain of emptiness, I felt the full impact of His love. Through the strengthening of faith, I doubt I can ever fear again.

--Barbara A. Rodgers
Dhahran, Saudi Arabia

Postscript: My precious son is now back from the desert. He volunteered for rear detail in order to remain in Dhahran. His unit--V11 Corps, A Company, 2-70th Armor--will return to Germany without him. The other night at dinner, a friend asked him the name of his company. Not knowing they had names, I could only smile to myself when he replied, "Avatars."

Do not be bound by attachments. Engage yourself in the discharge of your duties. Do not be made happy by success or sad by failure. Be ready to renounce all that is harmful, then--through discrimination--you can beat the drum of victory! Great declarations such as these reveal the highest truth and the glory of God.

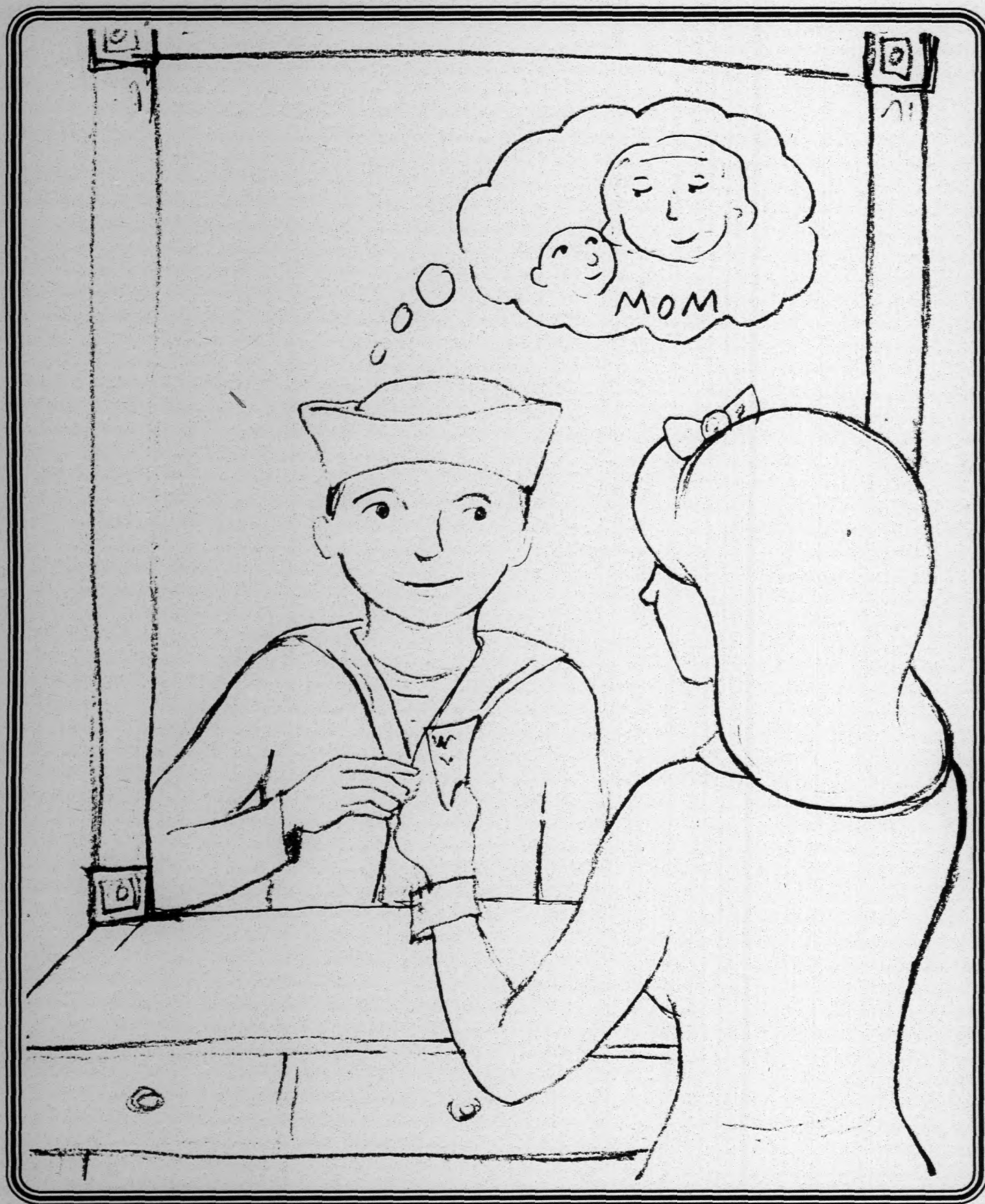
--Sathya Sai Baba
Teachings of Sri Sathya Sai Baba
p 23, no. 35



THE DESERT

Reflected moonlight
And the clear sky guide my way.
As I move at night
Cactus and distant hills, rest.
Where am I going?
What do I expect to find?
I stop to sit on white sand.
My heart and breath slow.
Within, and around, silence.
I am this desert.

--James R. Todd, Jr.
Barlett, Illinois



Illustrated by --Christine Panushka

CHILDREN'S CORNER:

A MATTER OF RANK

One day, shortly after the United States had been attacked at Pearl Harbor, Brigadier General Theodore Roosevelt, Jr.* was waiting at an airport to board a plane. While he was there, a sailor stepped up to the ticket window and asked for a seat on the plane that General Roosevelt was about to board. "I want to see my Mother," the sailor explained. "I haven't got much time."

The rather sarcastic young lady at the ticket window was not impressed. "There's a war on you know," she said, turning down his request on the grounds that his priority wasn't high enough.

At this point General Roosevelt stepped to the window and told the girl to give the sailor his seat. Captain Hy Sheridan, an American pilot who was standing with Roosevelt, looked surprised saying, "General Roosevelt, aren't you in a hurry too?" "But Captain Sheridan, it's a matter of rank," came the reply. "I'm only a general. He is a son!"

Each and every day of the year there are countless opportunities for all of us to show thoughtfulness for others. The greatest truths are the simplest and so are the greatest men.

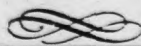
--A. W. Hare

Adapted from

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*Theodore Roosevelt, Jr. (1887-1944) was the son of United States President Theodore Roosevelt. The younger Roosevelt died while commanding American infantry troops in France during World War II.



Have complete kindness toward all beings and, also, the spirit of self-sacrifice.

--Sathya Sai Baba

Teachings of Sri Sathya Sai Baba, Page 33, No. 19

THE INNER-VIEW ROOM

Sathya Sai Baba often uses the medium of dreams to instruct people at a distance. Some are intensely personal, and others deal with more general issues that may be of benefit to share. Perhaps there are people who will find the following dream as illuminating as I did:

I was in a room with Baba. It was light and spacious, and we were the only ones in it. There was a door to the outside that was left open. Swami appeared preoccupied, so I contented myself with just watching Him and remained inconspicuous. Soon a young lady came in, went over to Baba, and started talking with Him. When they were finished, she sat down, and Baba began walking slowly around the room. I decided that if I wanted to speak to Him I had better approach Him.

He said, "You have problems, don't you?" and He proceeded to enumerate all the habits, pastimes, and attitudes which were hampering my spiritual progress.

I thought to myself, "Baba, I know that You are aware of everything I've ever thought or done. Please tell me what I should do."

At that He stopped talking and just patted me on the shoulder and walked

off. In fact, He had told me what to do a long time ago.

Soon a few more people came in and sat quietly for *darshan*. Then more entered who just seemed curious. Then more and more began to wander in, who obviously didn't belong there, talking loudly, and behaving inappropriately. I knew Swami hadn't called all these people in. Where were the volunteers who were supposed to keep out the crowds?

At that point Sai Baba walked into an adjoining room and shut the door. I began to feel separated and forlorn, knowing He might not come back as long as this crowd was loitering here. A fellow came up to me whom I recognized as one of the few who came in for *darshan*, and said, "You know, I think there's a lesson in this."

Immediately I awoke, and as consciousness dawned, so did the realization that the room is my heart!

As I pondered it, I understood that the people wandering in are my desires. If I want to maintain the Inner-View, I have only to keep out all desires that interfere with making Swami my only desire.

--Michael Steely
Medford, Oregon

JOY OF SURRENDER

YEARNING FOR... & GIVING UP

Once there was a man called Kanaka who was born of a low caste. He was an ardent devotee, yearning in unbearable anguish to see Lord Krishna. So, he went to Udipi, where there is a famous Krishna temple established by the great sage, Madhwacharya. Being of low birth, Kanaka could not enter the temple and see the charming statue of Krishna. He stood before the outer door, but the statue was hidden by a post in front of the shrine. He went round the outer wall and sought a crevice amidst the stones through which he could earn a faint glimpse. He saw a stone was loose, so, with his fingers, he scooped out the mortar and made a narrow chink. When he looked eagerly through it, he saw only the back of the statue. Nevertheless he was overcome with delight. He danced in ecstasy singing the glory of Krishna. Just at that moment, the idol turned toward him, and Krishna granted Kanaka the full vision of His charm and majesty. Yearning was rewarded with grace. Yearning leads to surrender, and surrender gives the highest joy. Leave everything to His will, accept whatever happens, whether pleasant or painful.

The *Gita* says that if you give up righteousness (*dharma*) and take ref-

uge in Him alone, then He will save you from sin and wipe your tears. Giving up *dharma* does not mean that you can bid farewell to virtue and righteousness, it means that you have to give up the egoism that you are the "doer." Instead, be firm in the faith that He is the Doer of every deed. That is genuine giving up.

GURU POORNIMA*

On *Guru Poornima*, the counsel that I can give you is this: Do not hate anyone, follow the *Gita's* prescription for spiritual health, "Do not do harm to any being." The reason for this injunction is that God is the Indweller (*Atma*) in everything that exists. So, injury inflicted on any being, even self-injury, is sacrilege. Love is transformed into poison if hate contaminates it. You cannot love some and hate the rest, for that hate will foul the love and make it deadly. Love comes automatically to the realized soul, but the spiritual aspirant (*sadhaka*) has to cultivate it by means of selfless service (*seva*) and inquiry into the unity of the Indwelling God. Love must flow not only from the tongue or the head, but love must flow chiefly from the heart.

On *Guru Poornima* day, people generally take initiation into spiritual life from some preceptor or get directions for some vow, fast, or vigil. These

preceptors cannot claim the status of the great gurus. The guru worthy of being extolled is the sage who has transcended name and form and is beyond the effects of the three *gunas*** or attributes. He is neither good nor bad, neither passionate nor dull, neither enthusiastic nor disinterested. He is unaffected, calm, content. He is the *Atma*, having realized that the *Atma* is the One and Only. He makes you cast off the fear of death and birth, he renders you fit for the vision of the Eternal Absolute Truth.

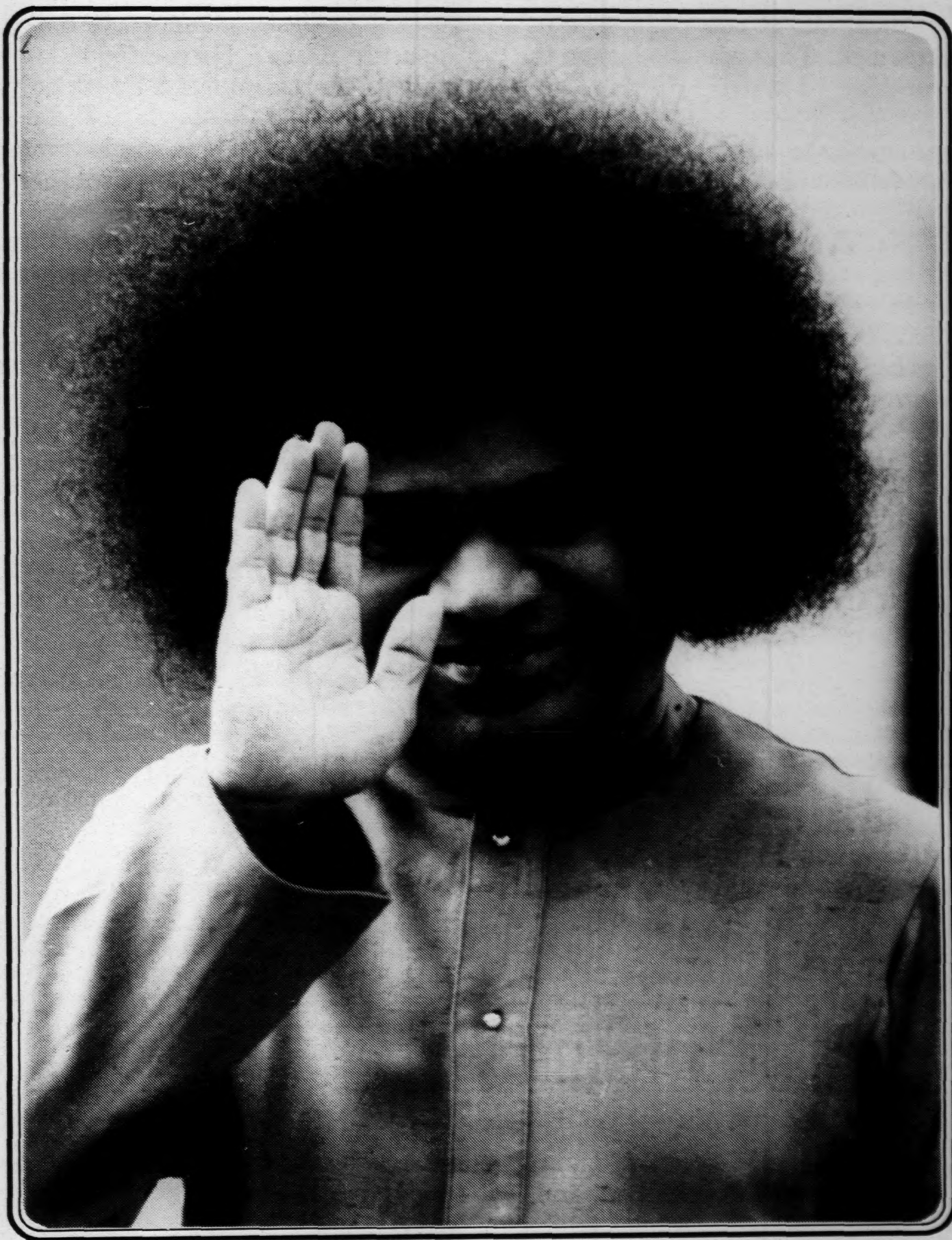
If you do not come across such preceptors, do not get downhearted. Pray for guidance, and from your own heart you will receive the *Gita* (song of God) that you need from the Charioteer who dwells within. You can easily get plenty of preceptors the moment you seek, for it has now become a profession full of competing practitioners. Each one is trying to collect as many disciples, as much money, and as wide a reputation as he can. There are some who have developed swollen heads, while others suffer from short sightedness, bitterness, or "itching palms." How can persons, challenging each other with controversy, be revered as gurus when, along with the elation of scholarship, they do not possess the ecstasy of Divine Experience? They are not fit for holy mission.

However fine the paper, however artistic the envelope, however poetic the composition of the letter, it will not

reach the address posted when it lacks the stamp. So, too, the trappings, vestures, shawls, robes, and rosaries are ineffective. They cannot reach the addressee, God. That which will take their prayers to the addressee is the stamp of dedication and devotion.

ATTACHMENT

He who seeks a guru can find him in every word spoken within his hearing, in every incident that happens around him. The deity, Dakshinamurthi (presiding over human endeavor) was walking along a wide seashore alone, immersed in deep meditation. He turned toward the waves and watched the unending succession of breakers. He saw a twig on the crest of a wave in the distance. It was being passed on from one wave to another until it was cast on the sands of the shore, near where he stood. Dakshinamurthi was astounded at the egoism of the ocean that would not give asylum to even a tiny twig. Sensing his reaction, the ocean declared, in words that He could understand, "Mine is neither egoism nor anger, it is only the duty of self-preservation. I should not allow the slightest blot to deface my grandeur. If I allow this twig to mar my splendor, it will be the first step in my downfall." Then, Dakshinamurthi smiled, admiring the vigilance of the mighty ocean. He perceived the incident to be a great lesson in spiritual endeavor. The slightest twig of desire, if it falls on the mind, has to be imme-



diately lifted out of the pure waters and thrown off. That was the lesson to be learned.

The *Ramayana* teaches that Sita had to suffer separation from Rama as a result of the tiny desire to own the golden-hued deer. If only she had cast it out of her mind as the ocean did. Be free from the bondage of desire. This is the refrain in the *Ramayana*, the *Mahabharatha*, the *Bhagavatha*, the *Bible*, the *Quoran*, and all scriptures.

FROM THE HEART

Ramadas had piled up a large mass of palmyra leaves, on each of which he had written a song about Rama. One day, when his eyes fell on the heap, a thought struck him, "Did I compose

these songs for my pleasure, or for the pleasure of Rama?" He wanted to know which songs had pleased Rama so he could fling away those which did not. He decided to throw the whole bundle into the Godavari River, and let Rama save those of which He approved. Almost the whole lot sank to the depths, only 108 floated and were recovered. They alone had come from the heart. The rest smacked of cleverness, artificiality, punditry and pedantry. Prayers must emanate from the heart where God resides, and not from the head, where doctrines and doubts clash.

--Sathya Sai Baba

Adapted from

Sathya Sai Speaks, Vol. VII, pp 78-86

Second American Printing, 1985

*This year, 1991, *Guru Poornima* will be recognized by devotees on July 26. It is a day set aside to honor the guru or spiritual preceptor. For followers of Sathya Sai Baba it is a time to pay homage to our beloved Sai.

**The three *gunas* are the human attributes or qualities of *sathwa* (good, noble), *rajas* (passion, activity), and *thamas* (lethargy, ignorance, inertia).



IN YOUR PRESENCE

You smiled, and light filled the world.
You laughed, and music was born.
You looked, and love touched my heart.
You spoke, and grief was gone.

--Anonymous

DATES TO REMEMBER: JULY THROUGH DECEMBER 1991

Friday, July 26, Guru Poornima Day, a day set aside for the adoration of the guru or spiritual preceptor.

Monday, September 2, Sri Krishna Jayanti, gives recognition of the birth of the *Avatar* Krishna.

Friday, September 13, Ganesha Chaturthi, honors Lord Ganesha, who is the remover of all obstacles and ignorance.

***Sunday, September 22, Blood Donation Day**, to give blood at your local hospital, Red Cross, or blood bank.

Friday, October 18, Dasara or Vijaya Dasami, this festival starts 10 days before Oct. 18, and is dedicated to the Divine Mother.

Monday, November 5, Deepavali or Diwali, or the Festival of Lights, commemorating the victory of righteousness over wicked forces.

***Saturday and Sunday, November 16-17, Akhanda Bhajan**, a continuous 24-hours of devotional singing dedicated to world peace and celebrated in Sai Centers around the world. It begins on Saturday at 6:00 PM and ends at 6:00 PM on Sunday.

Saturday, November 23, the 66th Birthday of Sri Sathya Sai Baba.

Monday, December 2, Hannukah, the beginning of the Jewish holy days, proclaiming victory over the oppressor.

Wednesday, December 25, Christmas, the celebration of the birth of Jesus.

*To be confirmed later

--Central Office of
Sri Sathya Sai Organizations
Prasanthi Nilayam, India



Let all desire and attachment be for God. He is eternal, and He alone is the source of all joy. For all the rest, love a thing only as a thing. Love man only as a man. Love God fully.

--Sathya Sai Baba
Teachings of Sri Sathya Sai Baba
page 8, no. 7

SPECIAL ANNOUNCEMENTS

WHERE ARE THE WRITERS?

Circumstances have shown that our subscribers like reading about the Sai experiences of other devotees. Since our files have become depleted of those wonderfully interesting accounts, we are asking that the *Sathya Sai Newsletter* readers share some of their Sai Baba stories, lessons, and observations. We reserve all rights in selecting and editing. Let us hear from you at: *Sathya Sai Newsletter*, 1800 East Garvey Avenue, West Covina, CA 91791.

WE NEED YOUR HELP

Several of you have complained (and rightfully so) that the *Sathya Sai Newsletter* is sent in a clear plastic wrapper. This is because, in years past, it was sent without protective cover and the *Newsletter* often arrived damaged.

The staff is aware that plastic is not ecologically sound. We need your help in finding a substitute that protects the *Newsletter* from the slings and arrows of outrageous treatment by the U.S. Postal Service. We've also done some investigating into using recycled paper. So far, recycled paper goods are too expensive and not easy to obtain.

If any of you have facts (only the facts, please) on availability and prices for biodegradable plastics and/or recycled paper products that would be more kind to our planet, please contact us at: *Sathya Sai Newsletter*, 1800 East Garvey Avenue, West Covina, CA 91791.

--Editor

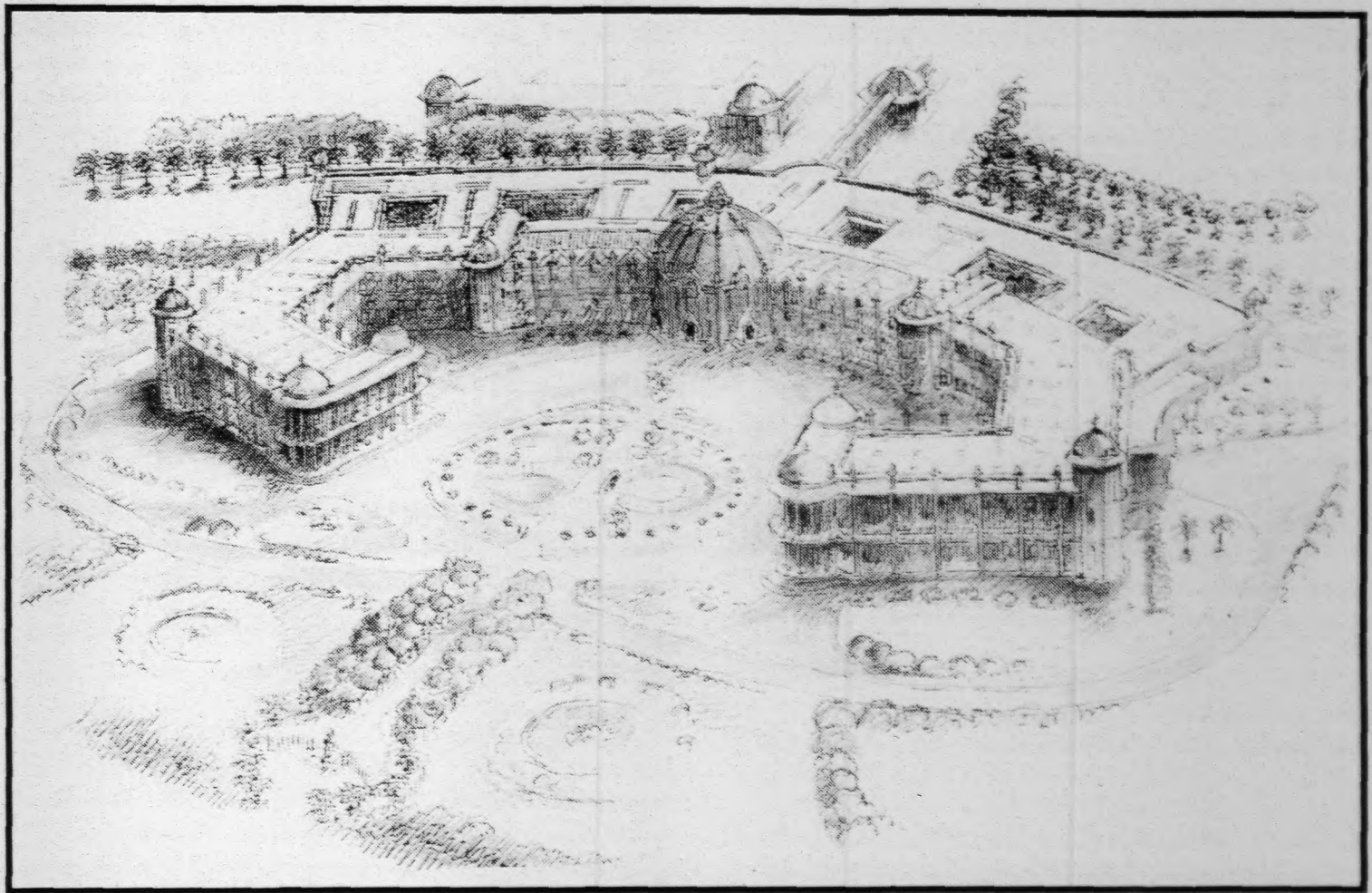


Acquiring things that add to comfort, that intoxicate, and give a passing sense of happiness, is not the goal of life. This road has no end. Wants and longings multiply endlessly. Contentment is a will-'o-the-wisp. Egoism becomes deeply rooted. Discrimination is dulled. Thirst grows with each gift and cravings increase. Happiness cannot be acquired by accumulating material objects.

--Sathya Sai Baba

Thought for the day

Prasanthi Nilayam, Nov. 20, 1985



An architectural drawing of the hospital.

THE SRI SATHYA SAI INSTITUTE OF HIGHER MEDICINE

Bhagavan Sri Sathya Sai Baba teaches us with His illuminating Words and demonstrates to us with His lofty Actions the Eternal Truth that we are all seeking. He has taught us that our lives will be transformed by the grace of God when our thoughts, words, and deeds are consistent and noble. Now, in education and medicine, He is demonstrating to us that human civilization will be transformed by the grace of God when the plan, structure, and function of our institutions are consistent and noble. Our minds select the direction our lives will take. True education provides our minds with a map for our Godward journey. Our bodies must carry us to our Divine Destination. Superior medicine maintains the body in proper repair so that the journey can be accomplished.

Education and medicine are provided by God and are the right of all men and women regardless of economic condition, caste, creed, race, or religion. The Sri Sathya Sai Institute of Higher Education exemplifies these ideals. Education which emphasizes the development of self-discipline and character alongside the acquisition of skills and knowledge is offered free to all people.

On November 23, 1990, Bhagavan Sri Sathya Sai Baba announced that the Sri Sathya Sai Institute of ~~Higher Medicine~~ Hospital would be inaugurated on November 22, 1991. With this announcement, Bhagavan Baba has begun to demonstrate to mankind the proper function of the institution of medicine.

The proliferation of medical technology and the resulting escalation of costs have rendered superior medical care inaccessible to the common man, especially in developing countries. This new superspecialty hospital will offer cardiology, cardiothoracic surgery, neurology, neurosurgery, nephrology, urology, renal and urologic surgery, and oncology to all people free of cost regardless of caste, creed, race, or religion. In the first phase of the hospital plan, the departments of cardiology and cardiothoracic surgery, with their associated ancillary and supportive services, will be established in a 100-bed facility. Ultimately, the hospital will have a complement of 300 beds. Concomitant with the construction of this new hospital, the existing hospital in Prasanthi Nilayam will be upgraded from a 37-bed facility to a completely equipped and suitably staffed modern 100 bed general hospital.

The new superspecialty hospital complex will be located on 50 acres of land about five kilometers from the Prasanthi Nilayam Campus, across from the recently built Sri Sathya Sai Airport. Construction has begun and is proceeding at a rapid pace. The plans have been prepared by world-renowned architects. The magnificent edifice will reflect the great spiritual traditions of Prasanthi Nilayam. The best equipment available in the world is being acquired by a well-coordinated international effort. Every department will be provided with the most modern tools to render the highest standard of medical care. The Institute will be a center of excellence in higher medicine, provide facilities for postgraduate studies and staff exchange programs with similar centers of excellence in the USA, European nations, and other countries.

The cost of the entire project is estimated at one hundred million dollars. Fifty million dollars will provide for the construction and equipment, and the additional fifty million dollars will establish a core fund to perpetuate the policy of free care for all in need. While only a few will be able to donate, all of us should

strive to understand the spiritual significance of this revolutionary project and its value to the spiritual progress of mankind. Let us rejoice and offer a prayer for the success of this great event.

--Michael G. Goldstein, M.D.



APPLICATION FOR HOSPITAL STAFF

A. The Sri Sathya Sai Institute of Higher Medicine is building a super-specialty hospital which will provide free treatment for patients requiring services in cardiology, CTV surgery, neurology, neurosurgery, nephrology, urology, pulmonary medicine, and oncology. Every department will be provided with the most modern tools to render the highest standard of medical care. The Institute will be a center of excellence in higher medicine, providing facilities for postgraduate studies and staff exchange programs with similar centers of excellence in the USA, Europe, Japan, Australia, and other countries. During the first phase of its development, the following senior staff are required for the various departments:

B. 1. Senior consultants in cardiology, CTV surgery, pathology, anaesthesiology and radiodiagnosis.

Qualifications prescribed:

(i) A recognized basic medical degree included in the Indian Medical Council Act, 1956.

(ii) A recognized post graduate degree in the concerned specialty (DM/M.Ch/FRCP/FRCS/DNB as the case may be.)

(iii) At least 12 years experience in the concerned specialty after acquiring the post graduate qualifications mentioned under (ii).

2. Junior consultants in cardiology, CTV surgery, microbiology, hematology, blood bank, and anaesthesiology.

Qualifications prescribed:

Same as under (i) and (ii) for B. 1. above.

(iii) At least 6 years experience in the concerned specialty after acquiring the post graduate qualifications.

3. Senior residents in cardiology, CTV surgery, blood bank, anaesthesiology, and radiodiagnosis.

Qualifications prescribed:

Same as under (i) and (ii) for B. 1. above.

4. Senior biochemist: Ph. D./M. Sc. in biochemistry with at least 8 years experience in clinical biochemistry in a large hospital. Should be familiar with the use of automated and computerized laboratory equipment and all of the biochemical procedures required for patients in cardiology, neurology, urology, and related specialties.

C. All posts are nonpracticing and full time.

D. These posts are to be filled on a regular basis and do not include visiting short time consultants, who may be considered at a later phase of development of the hospital.

E. Religion is not a criterion for selection and appointment.

F. Relaxation of any of the qualifications laid down may be made in exceptional cases based on the recommendations of the selection committee.

G. The application will be considered along with those received from candidates within India who apply for these posts.

H. Dedicated and qualified candidates who are willing to take up, as a challenge, this unique opportunity to offer advanced medical care to the rural population of India may send their detailed biographical data to the following address in order to arrive on or before July 31, 1991. The applicant should indicate the latest date by which he/she can begin work, if selected.

I. Address to which application is to be sent:

**Dr. M. Balasubrahmanyam, M.D.
Sri Sathya Sai Institute of Higher Medicine
Bangalore Office
Brindavan, Kadugodi Post
Bangalore 560 067, India**



The world is a huge hospital and humanity is bedridden. . . . Render gratitude to the doctors who diagnose your diseases and prescribe remedies, and the nurses who tend you back to health. . . . Praising the doctor might induce him to take pity on you, but your illness can be cured only by taking the medicine and obeying restrictions on food , drink, and your habits.

*Sathya Sai Speaks
Vol. II, p 64*

A LETTER FROM BABA*



Through complete self-surrender, the mind becomes still, the ego-sense disappears, and the soul merges into the infinite silence of the spirit. When this state is attained, a human being becomes one with GOD and all his actions flow out in pure spontaneity. The background and basis of his manifest life is then this supreme spirit which animates, activates, and illumines his entire life and its movements. Just as a variety of pictures with different kinds of gestures and movements appear on a white and spotless screen, leaving an impress upon it, and as the pictures cannot be exhibited without the screen as the background, so all the phenomena of the universal manifestation and its playful activity are seen on the screen of the silent and still spirit of the Divine. Therefore, it is rightly said that the universe is not a creation but a projection from the divine and immortal Reality. The aim is to realise our identity with this immortal spirit, and its manifestations. It is now that we think, speak and act as the divine power wills in the perfect freedom of the soul. We enjoy a peace and joy which is simply ineffable. This is the goal.

With Love and Blessings

*Sai Sa/5- Sai Baba
(Baba)*

*A letter written for the Sathya Sai Newsletter

REAL DEVOTEES

There is only one love, but there are many, many paths. Love between husband and wife is called attachment. Love of a mother for the child is called maternal love. Love between relatives and friends is called friendship. Love between you and God is devotion. It's only a difference in names, a difference in forms, but love is God. Live in love. You should not keep on changing this love. Many people tell me when they come here, "I have come alone." Next week they say to me, "Swami, this is my girl friend." The second week they say to me, "This is my wife."

Why did you come here? If you want to develop friendships or other relationships, you don't have to travel long distances and come here! You are wasting your money and time. And what are you achieving? Even in real life, you separate time for meditation from office time. Life is only one, not double. A wife and husband may sleep on the same bed, but their dreams are separate. Before marriage, the wife is separate and the husband is separate. Before the birth of a child, who is the son, who is the mother? All these relationships are like passing clouds. They come and go, but Divinity comes and grows. Don't have too many connections. Have only one, your connection with God. That is real devotion. Don't mix with others too much. Don't wander here and there because God is within you. God is always with you, in

you, behind you, above you, below you, and around you. That is real love. That real love should not waver or get diluted.

Sometimes you get some bad thoughts, but you should control them. Become a master; control your senses. A master of the senses is not a slave to the senses. Always have a master plan. This is most important. You are all real devotees, otherwise you wouldn't travel long distances to come here. Swami loves you, but sometimes your mind wanders here and there. Even during meditation your mind is jumping and bumping like a plane hitting air pockets. Always think about God and chant God's name. There is only one God. You can think about any name or form of God: Jesus, Allah, Buddha, Zoroaster, Ishwara, etc. See unity in diversity. Jewels are many, but gold is one. Stars are many, but sky is one. Beings are many, but breath is one. Nations are many, but earth is one. Names are many, but God is one. You have to attain this type of oneness. That is real devotion. Don't keep on changing your mind. When the mind becomes fickle, life becomes a waste.

Embodiments of Divine Love! You have come with so much faith and devotion, so follow the right path. Having come to India and spent so much money and time, you should take back diamonds. What is this diamond? DIE-MIND. Mind should be eliminated. Diamonds

are very precious and valuable. As long as you have mind, you have no value. So offer your mind to God, then you will become valuable, and you will have a pure mind. That will sanctify your love.

DON'T WORRY, GOD IS YOUR FRIEND

Having come such a distance, develop good thoughts. Don't develop too many attachments. Attachments lead to restlessness. As restlessness increases, concentration decreases. So the reason for lack of concentration is likes and dislikes. If you like someone, get married. But do not spoil your mind with friendship, better to get married. Friendship is very bad; it is not good. Have only friendship with God. Your only real friend is God; worldly friends are not real. If you have money in your pocket, have power and a good position, everybody says, "Hello, hello." When you don't have money or power, they don't even say, "Good-bye." But God is not like that. He is always with you. When a pond is full of water, thousands of frogs live in the pond. If the pond dries up, all the frogs hop away. No water, no frogs. This is the nature of worldly friendships. God is your only friend. Others are only companions.

Don't worry about attachments. What is the shape of worry? Worry has no shape. It is only a mental experience. Since neither happiness nor worry are

anything but experience, enjoy, enjoy! Then you will experience peace.

There are many types of knowledge in the world, but not all of them are important. One is practical knowledge. Develop practical knowledge in solitude. When you are alone, there is no discord. When you have two bangles on your arm, they strike together and create a sound. One alone is bliss. Two together is discord and controversy, maybe even divorce. Sit alone. Walk alone. You will be very happy.

Detachment does not mean going to the forest. Have relationships heart-to-heart, but not body-to-body. The body is only temporary and full of grief. Develop *Atmatatwa* (contemplation of the *Atma*). Wherever you are, think of God. If you cannot control your mind and contemplate God, then engage yourself in selfless service. Don't worry too much.

BEGGARS & MONEY

A lot of foreigners come here, and beggars see them and ask for money. Because they have good hearts, they give money to beggars. This is very bad, because beggars are misusing that money, and you are responsible for that. Beggars go and buy alcohol with that money, they get drunk and spoil their health. Who is responsible for this? It is you because you gave the money, so the sin will come to you. If they are hungry, feed them. If they

are in need of clothes, give them clothes. Because you give money to beggars, their numbers are increasing, and eventually they start stealing from your handbags and picking your pockets. So do not encourage bad habits. Never give money to beggars. Money makes many wrongs. Money makes many thieves. Money is not important; money has no value. It can be compared to a pair of shoes. If your shoes are of the right size, you can walk with comfort. If they are too big you cannot walk. If they are too small you cannot walk. So have enough money, but not too much money. People with too much money cannot sleep well. They are always afraid.

SURRENDER

Today people are ready to surrender to anybody. While riding in a car, they surrender their trust to the driver. While sleeping at night, they entrust everything to the night watchman. They give all their clothes to the *dhobi* (laundry person) for washing and trust him. When they go to a hair salon, they surrender their heads to the barber. Mankind is surrendering to everyone except to God. Surrender to God. Man and man are equal. Man has no authority either to accept another's surrender or the right to surrender to another. There is only one master, that is God.

Don't seek different types of gurus. You will be confused. If you love God, think about God always. These Indian

gurus are not good. All they want is your money. They are not good leaders. They are only beggars-- not biggers. Don't trust them. A really big person will have heart-to-heart connections. That is love. You are not able to recognize that love. By wandering here and there, you are losing your devotion. Stay in one place; have one path, one name, and one form. Swami is not forcing you to do this or that. It is your Source, not by force. That is real Divinity. I don't want anything from you except love, love, love. It is pure love that has the greatest value. It is worth more than millions of rupees. Material things are less valuable. Love is truly valuable. Have that valuable love. If you go to any sacred place and they demand money, that means it is not a truly spiritual place. So don't stay there. Real spirituality is only love for Love. If you develop that kind of devotion, you will have spiritual peace.

WHEN SAI DOESN'T TALK TO YOU

You are all very good people. You come with great aspirations, undergo a lot of physical discomforts, and spend a lot of money. But you are not receiving enough joy because of fickleness of the mind. Do not have fickleness of the mind. Swami's grace is abundant. You are worried because Swami did not talk to you. Swami does not waste any time. Morning and evening I am

granting interviews, not only here but also at Puttaparthi. But because of increasing crowds, it is not possible to see everyone. Have a heart-to-heart relationship. When the time comes, I will talk to you. Without worrying, think about God with love. Don't have too many connections. Have only limited relationships. Talk only if it is essential. Don't have unnecessary conversations along the roads. If other people see you talking on the roads, they will misunderstand. They will say, "Sai Baba's devotees have come here, and they are all talking." Be quiet. Silence is God. In silence the heart expands, and there is expansion of love and expansion of life. In talking, there is contraction of love, which is death. Love everyone but have limitations. For example: If the body's temperature is 98.6 F, that is normal. If the temperature goes to 99 F or above, fever is starting. Also, blood pressure of 120/80 is normal. If it goes to 90 it is abnormal. The eyes can see well with a certain intensity of light. If the light is too intense, you cannot see, and the retina will be damaged. Life is a limited company. There is a limit to talking, a limit to seeing, and a limit to eating. See no evil, see what is good. Hear no evil, hear what is good. Speak no evil, say what is good. Think no evil, think what is good. Do no evil, do what is good. This is the way to God.

Thinking bad thoughts, seeing and doing bad things are all animal quali-

ties. By seeing bad things, how can you expect to acquire good human qualities? So, don't see bad things. Don't indulge in bad activities, and do not hurt anybody. Always be happy. Happiness is union with God. What is the secret of happiness? Happiness is not doing what you like, but liking what you have to do. So learn to develop the right path. Swami's grace is abundant. Swami is always experiencing your love. Swami is not angry with you. You came for Swami. Swami is here for you. So have and always enjoy this connection.

Time is very important. Time wasted is life wasted. Whenever you have time, think about God and about spirituality--not marriage, etc. There is no happiness in marriage. It is five minutes of happiness and 23 hours, and 55 minutes of worry per day. Sometimes you cannot disclose your unhappiness to others, so you feel bad inside. There is no happiness in marriage. If you want to marry, go ahead and get married, but be happy. You should not have too many wives or husbands. The human heart is a single-seat sofa, not a double-seat sofa, and not a musical chair. Have one wife, one husband. If your spouse dies, you can have a second wife or second husband; otherwise no other wife or husband. That is real character. Life is three-fourths character. Without character, life is a living death, so develop character.

continued...



Baba giving a discourse last November, 1990.

[Sai Baba addressed one young man; What do you want? [The devotee replied, "I want peace of mind."] What can I do? As long as you *want* peace, there is no peace. [Then with a wave of His hand, Swami manifested a ring and put it on the young man's finger.] Is everyone happy? [The foreign devotees responded with a chorus of, "Yes!"] Have a happy life! Now sing me a song.

--Sathya Sai Baba

Kodaikanal, April 11, 1991

The group sang this *bhajan* with enthusiasm:

*Charana Kamala Bandho Sai Natha Ke
Charana Kamala Bandho
Jo Trishnavanto Piyo Charanamrita
Jivaname Pave Anando*

English translation: Adore and worship the lotus feet of Lord Sai. Whoever drinks the nectar of immortality at His feet attains bliss in life.

SATHYA SAI BOOK CENTER OF AMERICA

305 West First Street, Tustin, California 92680, USA

(714) 669-0522

When you have leisure time read good devotional books. Even from these books, take what you need and discard the rest. Be careful, do not get entangled in all kinds of nets and traps.

--Sathya Sai Baba

The Greatest Adventure With Sai To Sai, First Edition, 1981

FINDING GOD, My Journey to Bhagavan Sri Sathya Sai

Baba by Charles Penn. A vivid, heart warming, autobiographical account of one man's search for Truth. His quest for God started during childhood and continued until 1965, when he found Baba. This is Mr. Penn's third book.

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A compilation of Baba's discourses to college students given during a special summer course in 1990. This volume is welcomed by devotees everywhere since the last book in the *Summer Showers* series was published in 1979.

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SATHYA SAI BABA These four volumes make up Baba's biography through 1979, and were formerly titled *Sathyam-Sivam-Sundaram*.

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