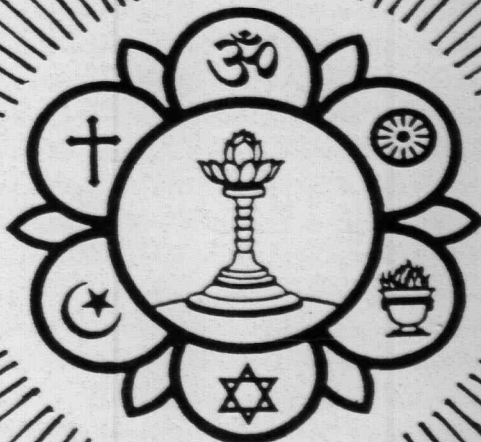




SATHYA SAI **Newsletter, USA**

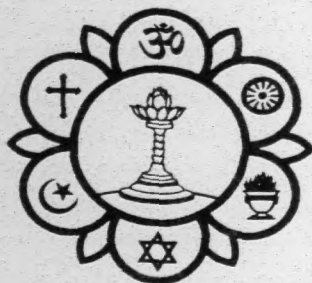
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Sathya Sai Newsletter, USA

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

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*The Sarva Dharma symbol, the logo of the Sri Sathya Sai Organization,
depicts the unity of all religions.*



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—Barbara Bozzani, Editor



Once, during a conference in London, Gandhi was asked, "Where is God?" Gandhi replied, "God is that mysterious power from which the worlds around me originated, through which they disintegrate, and is the base on which all creation rests and moves."

This Power is so mysterious that, as the Vedas declare "Words that attempt to describe It turn back defeated. Even the mind with all its imaginative power cannot reach It. All things rise from It, exist in It and merge in It."

One point has to be emphasized now. Things that are not definable, that cannot be delineated, are usually dismissed as false. Only those things which can be perceived by the senses are accepted as true. We assert that we have a mind, but has anyone ever been able to see the mind? Has joy or bliss any form? They are experience-based, not sense-based. God is not seen with these eyes, but the vision is possible if one can earn the eye of jnana or wisdom—clarified and purified knowledge.

—Sathya Sai Baba

Sathya Sai Speaks Volume XV, pages 126-127

Sai Speaks

Practice At Least One Teaching

*More effulgent than the sun,
Purer and whiter than snow,
Subtler than space,
The Supreme Self pervades
everything,
From the minutest particle.*

*Holding everything within Him,
Illumining everything
By His consciousness.
The divine Brahman* is in you,
And you are in Brahman.
There is no difference
Between you and Brahman.
What greater truth can I convey
To this holy assembly?*

God Follows the Rules & Time

Embodiments of divine *Atma*! When *Narayana* (the Lord) takes human form, He must follow His own regulations, even though He is the director of this cosmic drama. He has assumed a role in the cosmic drama, and therefore, He must enact it; He should act according to the role that He has taken. It cannot be more or less. It should be appropriate to the role in the play. When God takes human form, He must set an ideal example for humanity.

Persons like *Hiranyakasipu* and *Hiranyaksha* (demon kings) had hatred toward God and even made attempts to attack God. They had investigated and experimented with the five elements (sky, ether, air, water and earth) and denied the existence of God. God waits for the right

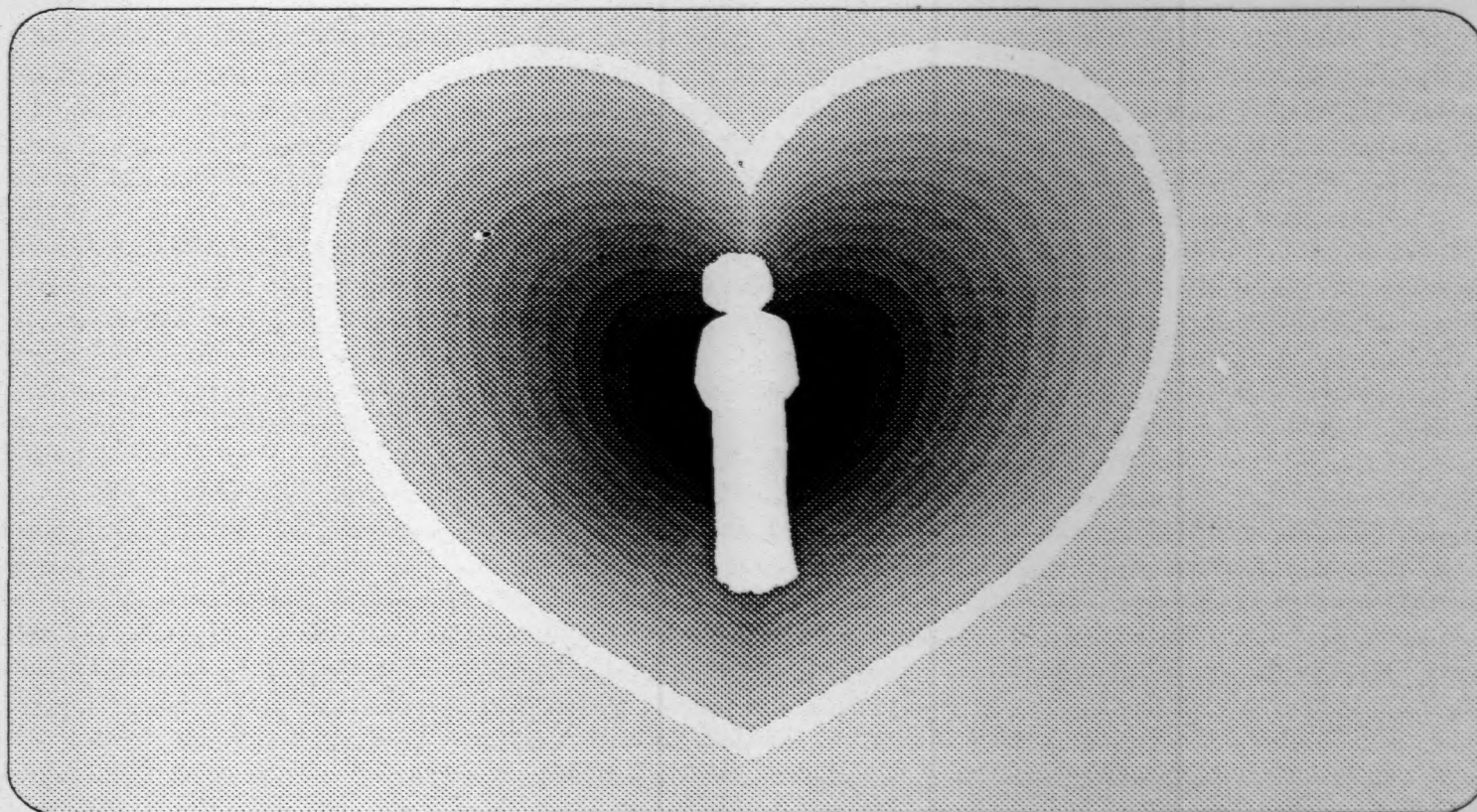
time which is appropriate to the situation and circumstances pertaining to a role. God being time and the one who transcends time, took the fearful form of *Man-Lion* (*Narasimha Avatar*) and killed *Hiranyakasipu*.

When Krishna incarnated, He had to act according to His role and follow His own regulations. Though *Sisupala* was hurling abuses at Sri Krishna, Krishna was not mindful of them. Sri Krishna waited for the appropriate time; for only when the cause, the time and the necessary actions are in fruitful combination will the event happen. Krishna was patient until the time was right. When the moment for action came, Krishna put an end to *Sisupala*. In the *Bhagavad Gita*, it is mentioned that Krishna was fearful of King *Jarasandha*, and that He ran away and hid from *Jarasandha*. But when God is omnipresent, omniscient and omnipotent, where can He go? Where can He hide? Therefore, this is only an illusion.

When one has faith in the ways of the Lord and abides by the will of the Lord, only then can the Lord be understood and experienced. The Lord also has to discharge His duties according to the role He takes in the cosmic play.

For instance, there is the example of *Draupadi* in the *Mahabharata*: Though *Duryodhana* and *Dussasana* (wicked *Kaurava* brothers) humiliated *Draupadi* (wife of the *Pandava* brothers) in various ways in the court, Sri Krishna was calm and

**Brahman* is the Universal Absolute, the God of creation. Words cannot describe It.



...worldly actions give you only temporary benefits. Permanent benefits can be derived by following these four *purusharthas* or human goals: *dharma* (which is righteousness), *artha* (earning a living through righteous behavior), *kama* (desire for liberation) and *moksha* (liberation from birth and death). But unfortunately, people are influenced by the benefits derived from worldly actions. They have forgotten their true nature and are conducting their lives in the wrong way.

An actor in a play will read the whole script, so he knows the play from the beginning to the end. But in each scene, he will act appropriately according to his role. He has memorized the entire script, but he does not perform the entire play in one scene. He has to appear in each consecutive scene and act, sing or dance according to the requirements of that scene. Similarly, God also has taken a role in this

What We Eat

The food you take gives strength to the body. Only if it is taken in moderate amounts will it give enjoyment and good health. Excessive eating causes ill health. The same food which gives enjoyment can turn into poison. Because of that, people suffer from diseases. Food, only when taken in moderate amounts, gives physical and mental health. Similarly, there should also be certain limits for acquiring wealth. If you go beyond the limits, it can lead to danger. You will lose your prestige and respect in society. Because of acquiring excessive wealth, one may become arrogant and lose one's sense of discrimination between right and wrong; one becomes a prototype of Duryodhana who exemplifies greed, rather than Karna who was noted for his generosity. Whenever you acquire wealth, your spirit of sacrifice and gener-

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didn't intervene. Why did Krishna not destroy the wicked Duryodhana then and there? The reason is, the time had not yet come for Him to act. Bhima (a Pandava brother) was destined to be the instrument for slaying Duryodhana. According to the divine play, Duryodhana had to meet his death at the hands of Bhima, not of Sri Krishna.

During Krishna's lifetime, He was the target of attacks and accusations by many wicked persons. But the Divine has no likes or dislikes. Wicked people and good people, both acquire their powers and wealth according to their conduct and worldly actions. The power and wealth acquired by worldly actions are called *prabhavam*, and these benefits are only temporary.

The Role We Play

Worldly actions give you only temporary benefits. Permanent benefits can be derived by following these four *purusharthas* or human goals: *dharma* (which is righteousness), *artha* (earning a living through righteous behavior), *kama* (desire for liberation) and *moksha* (liberation from birth and death). But unfortunately, people are influenced by the benefits derived from worldly actions. They have forgotten their true nature and are conducting their lives in the wrong way.

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divine cosmic play. He has to act according to the role He has taken in each scene and follow certain rules and regulations. In Bharatiya (Indian) culture, the greatest importance was given to sacrifice and righteousness; the people had the determination to establish justice and practice truth. Such a sacred and ancient culture has been forgotten by modern society. People are carried away by the ephemeral world, so they perceive it as permanent; they have forgotten their own true nature. In today's world, you find people entertaining wicked thoughts and indulging in evil actions never heard of before. Today, everyone has an intense thirst for wealth and position. No doubt, money is necessary for meeting one's daily needs, but there should be a limit. Even the vast ocean abides by its limits; when it swells beyond its bounds, there is disaster.

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osity should also increase. Today, people are accumulating more wealth, but their spirit of sacrifice is decreasing.

Wealth, Greed, Power

*For a person who cannot enjoy,
what is the use of having wealth?
For a dog who drinks a little water,
what is the use of a flowing river?
A greedy person can never be satisfied,
even if he has large hoards.*

In these times, people are accumulating more and more wealth, and they are becoming more and more greedy. Because of this miserly attitude, people have forgotten their true nature. When money that is acquired by righteous means is not giving you happiness, how can you expect to be happy by earning money in an unrighteous way? An excess of money will never confer peace or happiness. If you have an excess of money, use it for charitable acts; through such sacrifice, you will acquire peace and happiness.

Next, is the thirst for power. From the villager to the topmost person in a city, everybody is after power. Power, too, has certain limits and obligations. What kind of person deserves to acquire power or position? Only a person who possesses strength of education, intellect, reputation, character, and sacrifice deserves to have power. Without knowing the real meaning of power and position, one starts from the position of head of a town and aspires to be president of the country. To acquire power and position, people involve themselves in unrighteous acts, treading the wrong path. They lose their morality and create conflict among the innocent people who are living in peace and harmony. They are even committing murders

and other violent acts for power! Loving bonds and relationships between brothers are destroyed. In their thirst for power, people are indulging in unrighteous acts and forgetting their true nature. This is very dangerous! If you are destined to acquire certain power or position, it will certainly happen; but to some extent, you may have to make an effort. It is said in the scriptures, "Nothing great can be achieved without restraint." Both wealth and power have to be used with restraint. But at the present time, these restraints have been violated. In no other age, nor during the time of other Divine Incarnations (Avatars), has this thirst for wealth and power been as rampant as it is today. Because of this, nations are subjected to insecurity and unrest.

The public is failing to recognize the nature of Divinity. Though God also has a role in this cosmic play, He is waiting for the appropriate time to act. It takes time for unripe fruit on the tree to become ripe. The moment the fruit ripens, it drops to the ground of its own accord. Similarly, when the right time comes, you should be ready to face the consequences of good or bad. Your own actions are responsible for good and bad. Good actions will yield good results. Based on this, it is said that, "The mind is responsible for bondage or liberation." So you should see to it that your mind is proceeding on a sacred and righteous path. You should be involved in righteous acts and selfless service; you should wish and hope for the welfare of society. Only then will the sacredness of your mind be retained.

What is the real reason for unrest, agitation and lack of peace in society? It is because of our bad thoughts. You blame and accuse others for your suffering and

unhappiness. This is wrong! The other person was only an instrument. It is only your wicked thoughts that punish you. It is only your good thoughts and actions that can bring you happiness.

Choose Your Behavior

Good and bad depends on your own behavior, and not on God's grace or God's anger. God is like a postman who delivers a letter. He delivers a letter to one house and a similar letter to a neighbor's house. In the first house, after reading their letter, they are crying and stricken with sorrow; but in the neighbor's house, after reading their letter, they are happy and rejoicing. The postman was not responsible for either sorrow or happiness. He was only an instrument in delivering those letters. It is the content of the letters that is responsible for causing sorrow or happiness. Similarly, God is an Eternal Witness who is just delivering the fruits of your actions—good or bad—which are causing your joys or sorrows.

Today, there is more and more ego, pomp and show in people. You cannot expect peace and security with such qualities. Will God's grace reach such people? No, no. Whatever education, wealth, or power and position one may have—if one has ego and pride—one will never receive God's grace. A stream of water always flows in a downward direction, never upwards. One who is obedient and humble will receive God's grace. Ego and pomp are comparable to the upward slope, while obedience and humility are comparable to the downward slope. God's grace is comparable to the stream that can never flow upwards, however forcefully you may try. So if you want to win God's grace, you should have obedience and humility; you

should respect elders, and be content with what you have. Do not hate anyone. If you hate others, how can you expect them to love you? This is not possible. When you want everyone to love you, then you should love everyone. This is what is said in the scriptures, "What you think, you become." Our thoughts and actions are responsible for our good and bad.

A History Lesson

If you look at the history of India, you will realize how peace-loving Indian people are. Only when India was invaded did the people try to defend themselves; they never invaded other countries. Indians never adopted unjust and improper behavior—truth, righteousness, character, and forbearance were their very nature. But today, for the sake of position and power, people are ready to forego integrity and morality.

Vladimir Lenin, the Russian revolutionary, killed his friend for the sake of the revolution. The Communists of East Germany and Russia were the subject of public anger, because they were immersed in material pursuits for their own selfish pleasures. They forgot about the welfare of the people. That is why the public revolted, putting their injustices to an end.

The Turkish soldiers who invaded and exploited India, killed their own brothers and fathers to seize the reins of power. This shows how greed, and the desire for power and position changes man into a demon. By contrast, look at what happened in the scriptural story of the *Ramayana*.

Sri Rama went to the forest in exile for fourteen years, giving up His kingdom to obey the command of His father. One day, Rama and Lakshmana (Rama's brother) were resting in the shade of a tree.

They heard the sounds of an army marching, horses galloping and elephants trumpeting. Lakshmana climbed the tree and saw a huge army coming toward them. With dust in the air, visibility was poor. However, Lakshmana recognized it as the army of Bharata (another brother of Rama) when he saw their flag. Lakshmana immediately alerted his brother, Rama, to keep his bow and arrow ready. Sri Rama asked him, "Why?" Lakshmana replied, "Bharata has listened to his mother's advice, and he is raging a battle against us. He does not want us to live peacefully, even in the forest." Smiling, Rama said, "Lakshmana, Bharata will never stoop to that level of cruel behavior. He is coming to meet us because he was not there when we left Ayodhya."

When Lakshmana expressed his doubt as to why Bharata should come with an army if he wanted just to meet them, Rama reassured Lakshmana by saying, "Bharata is bringing people with him to allay their anxiety and agitation, and to have my *darshan* (to see a great spiritual being). Lakshmana, you do not realize the truth that a prince, born into the lineage of Ikshvaku, would never cause bloodshed for the sake of seizing the reins of power. The king who enjoys a kingdom because of bloodshed is really not a king at all. It is not possible for such a person to be born into the lineage of Ikshvaku. The rule of conduct for the Ikshvaku kings is that they inherit the throne by righteous means, and rule with the consent of the people. Only one who is adept in service deserves to rule a kingdom. One cannot become a master without being a servant." Thus Rama pacified Lakshmana. Meanwhile, Bharata came running, shedding tears and falling at the feet of Rama, crying,

"Oh brother! Oh brother!" Lakshmana asked for forgiveness after realizing the truth. In ancient times, people did not adopt unjust ways or create agitation to win a kingdom. "Speak the truth and follow righteousness," were the two tenets of ancient India. But in modern times, people kill truth and imprison righteousness.

Truth and Righteousness

People, today, do not speak the truth or practice righteousness. That is the reason why India is subject to all this unrest and lack of peace. Today, every individual must try to uphold truth, righteousness and the ancient culture. This is the duty of everyone. This is the service they can do for the nation. There is no need to join the army, use firearms and bombs, or win a battle to protect the nation. If they protect truth and righteousness, that will protect the the nation and the world.

Twenty years ago, Mr. K. M. Munshi arranged a large public gathering in Bombay. He brought together many people with great intellect. Nowadays, people with great intellect have many doubts. Truthfully speaking, people who think they are intelligent do not have intelligence at all; this is just the influence of ego and pride. All of you know how people of great intellect behave in that kind of an assembly. They were arrogant, they were discussing their advanced scholarship and future plans. Swami was the chief guest at that assembly, and Mr. Munshi was seated next to Swami. Mr. Munshi requested Swami to clarify various doubts these modern intellectuals had on various aspects of spirituality and righteousness. They started asking Swami many questions, and Swami gave appropriate answers that touched their hearts. Then, a

very intelligent person challenged Swami with this question, "Russia is manufacturing many tanks and bombs, and America has great power and weaponry. What will happen to the fate of India? They do not manufacture any such weapons, so should not India also manufacture such weapons and tanks? Please clarify this doubt." Swami replied, *"Oh mad man! The real great power is to provide food, shelter and clothing to the people. Today, Russia has an unlimited amount of weaponry, but her people do not have enough food to eat. What is the use of having bombs when you cannot provide the basic amenities to the people? They are wasting crores (tens of millions) for the sake of weapons; Swami does not agree with this attitude."*

Then, another person asked, "How can we retaliate when foreigners invade us?" Then, Swami replied, *"What is the name of our country? It is 'Bharata Desh' (the land that has attachment to God), so the epic, Mahabharata, is very important for Bharata Desh. Who are the heroes in the Mahabharata? They are the five Pandava brothers—Dharmaraja, Bhima, Arjuna, Nakula and Sahadeva. Among them, Arjuna was very powerful, and because of his penance, he had acquired the great weapon, Gandeeva (a powerful missile). He also had many titles; those titles are not like the titles given by the present Indian government. In spite of all his power and prowess, Arjuna implicitly obeyed Dharmaraja's (his elder brother's) commands. The other brother, Bhima, had great intellectual and physical strength. He could uproot a big tree with his left hand, but he, too, obeyed his brother's commands implicitly. Why? You may compare Arjuna with the great power and weaponry of America, and Bhima with the physical*

strength of Russia; but both of them surrendered to Dharmaraja (who was the embodiment of dharma). So if we uphold and practice dharma or righteousness, automatically, the other two—namely, strength and weaponry—will come under the control of righteousness. However powerful one may be, one is minuscule in the face of righteousness. So for Bharatiyas (the people of India), righteousness is the principle life force. "When Swami gave this reply, people applauded for fifteen minutes. But Swami chided them saying, "There is no use for this applause. Instead, all of you should travel the path of righteousness and get rid of evil thoughts."

Don't Just Listen, Do!

There is no use in just listening to discourses. There are many people who read the *Ramayana* everyday, but what is the use if one doesn't obey their father's command? Today, there are discourses on the *Bhagavad Gita* at every street corner, but is there anyone who practices at least one of its teachings? If we spend all our time gathering information, when will we have the time to practice? You have been studying all your lives. Truthfully, in Swami's opinion, the one who reads whatever book that comes to his hand is stupid.

To practice just one teaching is enough. To kill someone, you need a rifle or a pistol, but to kill oneself, a small needle is enough. Similarly, for one's improvement, it is enough to practice at least one teaching.

Today, people think that they know everything, but they do not know about themselves. The numbers of such ignorant people are increasing today in India.

Continued on page 33

Peace to All

Peace to all!

*A sky so blue,
so where does it end?*

*A leaf so perfect,
all five hundred trillion of them.*

*A grain of sand holds every secret of the Universe,
all zillion of them.*

*A child's laughter is the sound of Brahman,
and God's Love is the Power behind it all.*

*A sunny day in peace,
yes, it is like He says,
How can anything take away from the One Self?*

*It is the mind's job to surrender.
It is the work of the intellect to decipher,
and surrender some more.*

*It is the work of the heart to know Sai,
all of them, together in unison.*

Cosmic explosion

Truth undaunted

Bliss unknown

Peace to all.

—Michael Hollander
Montvale, New Jersey

The peace that pervades the heart can never be shaken for any reason; only peace of this kind is worthy of the name.

—Sathya Sai Baba
Sathya Sai's Golden Jubilee Book of Thoughts

The God Spectrum

It was the end of January. I was leaving Prasanthi Nilayam after spending seven weeks of a very special trip. I felt a deeper inner connection with Swami than ever before. I spent most of the seven weeks being quiet, if not always silent. As a result, I experienced—for the first time—waves of inner stillness.

We then left for our vacation. We shopped, toured and ate—shopped, toured and ate. I kept telling myself, “God is everywhere,” but it didn’t help. I was becoming restless. How much shopping, touring and eating can one do? There is a limit to self-gratification. I missed *satsang* (keeping good and godly company), *bhajan* (devotional singing) and *seva* (selfless service). I yearned to serve someone other than myself. After two weeks, I felt totally separate from Baba whom I consider my very center, my Self. A bronchial cold that lasted for weeks descended on me, forcing me to be more quiet and less outwardly focused. I began to spend part of each day resting; and the remaining part of each day shopping, touring and eating.

By the time we reached Hong Kong, after almost three weeks in Thailand, I was a wreck—physically, emotionally and spiritually. One afternoon, while in bed with my cold, I cried out, “Where are You? I know You are with me, but where, Swami, where?” The next morning my husband asked if I could come to a particular shop with him as he wanted to have a sport jacket made. He said he had found a good place for material.

When we entered the shop and they

turned on the lights, I was stunned! There in front of us was a large photograph of Sathya Sai Baba that my husband had not seen when he was in the shop the day before. This was not just any picture of Swami; it was the exact photograph we planned to use on the cover of the next Sai Baba book we were scheduled to publish. It was a photograph taken by an Italian devotee.

I asked the salesman if there was a Baba group nearby in Hong Kong. He gave us the details and said his boss attends weekly. Would you believe that the meeting turned out to be in the exact same building as the shop where my husband finally decided to get his sport jacket tailored?!

We spent an hour singing *bhajans* at the Sathya Sai Baba meeting. I wept with gratitude, feeling that Swami was saying, “Even if you’re not aware of me, I am here with you.”

You may wonder if going to a Baba meeting helped. I loved it, and it gave me a few hours of relief from my pain of separation. But it did not help completely, because, unfortunately, I continued to be outwardly focused on the world.

For three weeks, until I returned to my inner focus—*satsang*, *bhajan* and *seva*—I remained in despair most of the time. On the surface, I may have looked fine; but inside, I felt terrible. I was once again judging everyone, feeling fearful, angry and lacking in self-confidence. Where did all these old feelings come from? I thought, after more than nine years with Sai Baba, this part of me had

disappeared. Yet, I had returned to the woman I used to be.

As I became more centered again, I realized that this experience of separation from my Self was a great blessing. I realized how much grace I had been given these last years feeling so connected to Swami. A feeling of enormous gratitude welled up inside me.

I learned something extremely important about myself. When I turn my focus inwardly on God, when my life is filled with Him, I am able to witness and not judge; I am free of most fears and anger and I can witness what is going

on. I feel self-confident and happy. But when I lose my inner focus, I revert to all the old patterns. The six enemies Swami speaks of—anger, lust, pride, hatred, jealousy, greed—swarm around me. I see now that it is not that I have gotten

rid of these enemies as much as they are on another spectrum of myself—a spectrum I no longer focus on.

I wonder, do we ever really get rid of these enemies? Or is it more that our

focus changes to the “God spectrum,” forcing these enemies to give up their power over us?

—Judith Warner Sher
Faber, Virginia



A temple where God is adored as a living entity is as the heart to an individual. It is said that you should not sleep in a village where there is no temple, for the people there are certain to be so ungodly that your life is in danger amidst such unbelievers. God is the guardian, the corrector, the admonisher, the savior; consequently, people must get into the habit of calling on him as a living presence. The temple helps soften the hearts, it instills the virtues of compassion and charity. Greed and cruelty will spread in an atmosphere that has no devotion and no adoration to God.

Make yourselves into moving temples. Become aware of the God that resides in you. It is He who protects you, provides for you, and prevents you from falling prey to pernicious propensities.

—Sathya Sai Baba
Sanathana Sarathi, October 1982

Young Adults

The Role of the Devotee

Is the role of the devotee a duty or a responsibility? Sathya Sai Baba has said, *"No one has any inherent claim to any right. He has only responsibility. So do your duty."*

Our foremost and only duty as devotees is to God. We must eat, think and sleep God. The name of God should always be on the tips of our tongues. Everything we do should be for Him.

We also have a duty to our family, friends and all humankind, serving them as much as possible. This service is to be done selflessly and with God in mind. As we serve humankind, we are actually serving God and doing our duty to Him, as everyone is God. We should love everyone, as everyone is Divine. Bearing in mind that all are embodiments of Divinity in different forms, we do not have the right to pass judgment on them. We must see God in all forms, especially those who cause us trouble.

We have the duty to surrender ev-

everything to Him. We need to realize that God is the "doer," and that He leads the way. We want to be like Arjuna riding in the chariot with Krishna. We have to let God be the driver, and realize that we are the instruments through which His will is carried out. Let us have total confidence in God, and realize that everything that happens to us or to others, is always for the best.

We have a sacred task to see Sai's love in everything. Remember to praise and thank Sai when things go right, and also, when things appear to go wrong. Take the attitude that nothing has actually gone wrong. It is all part of the Divine plan, and it is for the best.

Duty is the righteous road. As we do our duty, we come closer and closer to Him. Sathya Sai Baba has said, *"The end of duty is enlightenment."*

—Nathan LaFratta, age 15

Excerpted from a talk at a Sai gathering

Duty is God. People are using the expression "duty" so often, in so many different contexts without realizing its inner significance. The word, duty, would have no meaning at all if there was only one individual. It assumes significance only if there is a society, or a community or, at least, two persons. We should understand the two aspects related to duty. These may be termed, "individual freedom," and "fundamental right." Individual freedom refers to the freedom an individual has, whereas, fundamental right brings into focus a person's relationship to society. People must endeavor to ensure that there is a proper balance between the two.

—Sathya Sai Baba

Summer Showers in Brindavan 1979, pages 6-7

The Sai Baba Book Minute

A few years ago, devotees of the Manhattan Center initiated a unique experiment to acquaint newer members with the richness of Sai Baba literature. Baba answers so many of our personal spiritual questions in His speeches, His writings and all the many books about His life. Therefore, it's essential for the devotee to have a notion of what they are, what they contain and how they can be used.

Working in the Manhattan Center's bookstore over the years, we have grown accustomed to a spirited barrage of questions about Baba books:

"There are so many books on Sathya Sai Baba, where do I begin?" "What's a *Vahini*?"* "Where can I find Baba's own words on meditation? on spirituality? on Christ?" "Does Baba talk about service?" "Where can I find Baba's speeches?" "What are the best books to give to a friend who's new to Baba?" "What are the *Summer Showers*?"** "Where can I find out about *Namasmarana* (saying God's name)?" etc.

The abundance of questions led us to the realization that members, and especially those new to the organization, have little knowledge of the power and variety of books by and about Swami. We

realized that we had to find a device to inform people about Baba literature. The result was "book night," a sort of giant round-table discussion with all center members on the panel. It evolved into a glorified study circle with everyone getting a chance to say a few words about his or her favorite Baba book.

It was easy to get the evening going. I stood at the book tables at the back of the meeting hall and held up one Baba book at a time, encouraging people to comment if they particularly liked the book. Initially, only old-timers joined in, but soon the entire room was eager to share, and the enthusiasm was almost palpable. The divine writings of Sathya Sai Baba took precedence as they are scripture: *The Vahinis*, *Summer Showers*, and *Sathya Sai Speaks****

Some volunteered to chat about the book that first brought them to Baba such as: *The Holy Man and the Psychiatrist* or *Sai Baba, Man of Miracles*. Others spoke of their identification with the spiritual journeys of Phyllis Krystal, Howard Murphet or Peggy Mason. Still others recalled with nostalgia the Baba volumes of Professor Kasturi, Dr. Jack Hislop, Diana Baskin and Joy Thomas. Every major book on the life and adven-

**Vahini*, a series of books written by Baba Himself and translated by Prof. N. Kasturi.

***Summer Showers*, a series of discourses by Sai Baba, given to college students and translated into book form by Prof. N. Kasturi.

****Sathya Sai Speaks*, a series of Sathya Sai Baba's discourses given publicly and translated into book form by Prof. N. Kasturi.

ture of the Baba experience was covered by the members.

It evolved into a rather emotional evening as the entire membership relived a stream of unforgettable moments at the Lotus Feet, via Baba books. As people shared book memories with obvious joy, I glanced around the room and was quite moved by the radiance in the eyes of the audience. People were glowing with the very same joy one sees in the eyes of someone returning from the ashram. So the evening proved to be an impressive experiment in *satsang* (keeping good and godly company) and one that stimulated members to experience a generous range of Baba books.

Quite recently, the idea to revive the Book Night developed into a totally new Sai Center book project. We call it the "Book Minute." Sometimes it stretches to two minutes, but the basic concept is to devote a special moment at every center meeting to orient members to more and more Baba books. And the result has been as popular as it is informative.

The Book Minute occurs after *bhajans* (devotional songs), before the main event of the evening in the part of the program where we announce the center's upcoming events and service outings. Since the Manhattan Center meets on Mondays and Thursdays, that involves two volunteers per week to talk about a Baba book. Members are asked to participate well in advance, so they have an opportunity to reflect on how a particular book has touched them. Initially, there was some reluctance and, at times, shyness on the part of the members to get up and share their feelings about a Baba book. Longtime members started the project rolling, and once the

membership realized that it was not only fun but important, we have had a steady and, I might add, eager stream of volunteers.

The variety of Baba books that we have covered in a number of months has been exciting. Some members have chosen old standards, while others have opted for the Baba speeches of *Sathya Sai Speaks* or one of the *Summer Showers* editions. All of the texts in the Baba book store are potential material. The largest group of one-minute speakers prefers to describe how a specific book has brought them closer to Swami or transformed their personal, inner world. Some people prefer to describe how a certain book has brought them a clearer understanding of a spiritual value. Others may choose an incident from a particular book on Swami that has greatly moved them. Many simply choose a book they love to talk about. Every participant includes a representative passage to transmit some of the flavor of the work. Just the other evening, one speaker chose to round off his appreciation of *Chinna Katha* by reading one of the short anecdotes in that work. The Book Minute has also been used as an informational device. Recently, the dictionary of spiritual terms, *Translations by Baba*, was done as a Book Minute to illustrate how it can be useful as a tool to understand the foreign words frequently used in His discourses. We even repeat some of the more popular books such as the new Murphree volume, because we discovered that members may have different observations on the same work. Actually, practically any approach to the books proves to be interesting because it involves sharing and learning more about the es-

sence of Baba. The power of the Book Minute as an integral part of programming at the Manhattan Center has become more and more obvious.

- First, it is quite popular, and the entire membership looks forward to that moment in the meeting. Obviously, the center's meeting time is limited. Yet, this particular addition takes no time whatsoever, and it is a wonderful accent to the evening's programming.

- Second, considering what the Book Minute communicates, delivers and inspires, it is magnificently time-efficient.

- Third, it is also an effective teaching tool that stimulates people to think, reflect and act. We have seen this at the Manhattan Center Book Store, because people continually request the books highlighted in the Book Minute and ask

us even more questions about them.

- Fourth, because so many diverse Baba books are pointed out to the members, it is inspiring readership of lesser known Baba books.

- Finally, a curious by-product of the Book Minute is that more and more members have the opportunity to stand up and participate. People who were previously apprehensive about speaking in front of the group find that one minute is not at all troublesome, and that it is quite gratifying. So the Book Minute has actually promoted greater participation by more and more people. It has brought us greater benefits and rewards than we originally imagined.

—Lorenzo

Sathya Sai Baba Center of Manhattan
New York, New York

Study of the scriptures and other texts can reinforce the spiritual urges already in people, and induce them to follow spiritual precepts. Do not treat the learning you derive from them as so much fodder for the brain. It must be sublimated into ananda (bliss) for the individual. Envy, pomposity, egoism—such evil traits have to be driven out of the individual.

—Sathya Sai Baba

Bharatiya Paramartha Vahini
pages 96-97

The proper plan of study is reading, reflecting and regular application in life.

Study is WORK. Inquiry into the value and application of what is studied is WORSHIP. The experience of the validity and the value of the practice is WISDOM.

—Sathya Sai Baba

Sathya Sai Speaks
Volume IX, chapter 9

Sai Speaks to Foreign Devotees

Everyone who is born must know the aim of life. Not only the aim, but one should recognize the purpose of life. The good and the bad of mankind depends on behavior. Behavior depends on the thoughts; thoughts depend on the mind; the mind depends on the thoughts. So when we make our thoughts pure, we will be pure. Thoughts depend on the food and the behavior of society. Food is essential. For example, we cannot put just any sort of petrol in an airplane. The airplane runs well only when we put pure white petrol in it. Similarly, when we eat all sorts of food, the body will be ruined. Thus, we should eat only *sathwic* (calming, pure, soothing) food. This food discipline is not only for foreigners but for all of mankind. All belong to the caste of humanity—color, name, form and dress may differ—but all belong to the human society. Similarly, whether it is the body of a German, an Italian, an American or a Japanese citizen, the entire system is the same. Therefore, a person on the spiritual path must have *sathwic* food.

Health is Essential

Everybody needs vitamins A, B, C, D and E. Vitamins and proteins are available in *sathwic* food. Proteins are in butter, milk and wheat; vegetables contain lots of vitamins. Both Indians and foreigners, due to habits, take to non-vegetarian foods and also to drinking alcohol, thereby damaging their lives. Health is essential to all human beings. When one is healthy, one can take to spiritual

pursuits more easily. But, at this time we are spoiling our health with our own hands. We should not subscribe to the feeling that people will be happy with only food, shelter and clothing.

The United States of America has a great name as being the land of *Kubera* (the embodiment of wealth). The people don't fall short of food, and there are no obstacles to pleasure. In spite of this, the number of deaths is more than in any other country. These are not ordinary deaths, they are unfavorable deaths. What is the reason for this? Is it that they have no food, medicines or cures for diseases? No! In Europe there is freedom. In Sweden, the government helps to provide all conveniences and comforts. There is no dearth of conveniences in the individual's life. Yet, the rate of suicide in Sweden is the highest of all countries. Not only that, but the number of divorces is also the highest. What is the reason behind that? It all depends upon the food that causes mental agitation. But, we should not feel that people are sustained by food alone. If people are composed only of skin, blood, nerves and bones, they can sustain themselves a long time only on food. But, people have two extra factors to consider: mind and spirit.

Smoking and Drinking?

When we feed the mind and the spirit properly, life will be more purposeful. For example, smoking has become fashionable today. In tobacco there is a dangerous poison, nicotine. The nicotine

poison will leave spots in the nose of a person who smokes. While smoking, carbon dioxide is produced. The carbon dioxide gas will not only damage the lungs, but get into the heart causing heart disease and cancer. If you want to know whether this is true or false, you can observe it by blowing smoke into a clean, white handkerchief. You will see black marks—completely black and reddish black marks. When the cloth has black spots, think how much more harm is done in the nose through which blood flows. And it follows that smoking is responsible for heart attacks and lung cancer. When the lungs and nerves are not healthy, it is difficult to control diseases, and the body degenerates; asthma and other diseases will follow.

Three-fourths of the human body is ruined because of smoking; one-fourth of the body is ruined due to drinking. In alcohol there are many chemicals that are responsible for intoxication and dullness of the nerves. Because of alcohol, people lose their intelligence, memory and become nervous. They are damaged one-hundred percent because of smoking and drinking!

What About Meat?

In spiritual endeavors there can be no stability and no concentration when meat is eaten. As the food, so is the mind. If one partakes of meat, one will have animal thoughts. For example, if the mutton of sheep is eaten, you must ask yourself, "What is the quality of the sheep?" They only follow, follow, follow. If you eat mutton, you lose discrimination. If you eat pork, you will develop the quality of the pig, i.e. arrogance. These things not only damage our thoughts, but they

amount to violence. It is a sin to kill the animal. You may reply that an animal was killed by the butcher. That is incorrect; it is only because you are eating them that the animals are being killed. If you stop eating animals, then no one will butcher them to sell in the market. Thus, sin is committed by the one who eats as well as the one who kills. Because of this incorrect type of food, we lose human qualities and acquire animal qualities.

Intelligence?

For a human being there are two important things to consider: head and heart. The head develops external qualities—anger, hatred, ego and jealousy—which come from the mind. All those external qualities are animal qualities.

There are many scientists who through experimentation discover machines and medicines. They also discover chemicals, weapons, gunpowder and bombs that kill people. We think of them as intelligent people, but the intelligence is perverted. All the ideas that have originated out of their heads come from animal qualities. Many eminent scientists have these qualities—not noble qualities. They are selfish and think, "Only my country must be protected." The feelings of "I" and "mine" are only animal qualities. To have sacred thoughts, we should eat only sacred food. Sai says, "*Help ever, hurt never.*" Most intelligent people are hurting and not helping. These eminent people are receiving Nobel Prizes, but it is not proper to award them those prizes.

The heart has qualities of compassion, love, sacrifice, sympathy and tolerance. It is only the heart that stands for noble qualities; God is in the center of

the heart. For example, you ask, "Where is God?" God is in the heart. "Heart" means related to God; heart is *Nivruthi* (inward union with the Supreme), not the physical heart but the spiritual heart. Out of the spiritual heart comes love, compassion and sacrifice. In Vedantic parlance there are two terms: *Pravruthi*, outward animal qualities, and *Nivruthi*, internal divine qualities. Animal qualities mean excessive desires, "I want this." "I want that." Mankind is bound by desires.

Put a Ceiling on Desires

For example, a young man has two legs, and he is single. After some time he says, "I want to be married." Desires start; he gets married. Now how many legs does he have? He has four. So long as he had two legs, he walked wherever he wanted. But after marriage, he has four legs; he lost some independence. After some time, he says he wants a son. Desires continue; he has a son. Then there are six legs; he is now more and more bound with six legs. Later he says, "I want a daughter." Then there are eight legs. When he has eight legs, he becomes fearful. Because of fear, he wants to hide. As the number of legs go on increasing, bondage increases. Where did he get the bondage? It was the result of desires. Therefore, control your desires. In Vedantic parlance, this is called detachment or renunciation.

You traveled all around the world to enjoy the bliss of spirituality. For this bliss, you leave your friends and family and come here. Having left friends and relatives, why do you form new attachments here? Instead, sacrifice, or you will always be in bondage. Life is a long jour-

ney, so less luggage creates more comfort and makes travel a pleasure. Detachment does not mean to leave home and family. The control of desires is detachment. Only then, can you attain purity in order to develop Divinity.

Limits & Discrimination

Do not hate anyone, love everyone. Have the thought that God is in everyone. Although Sai says love everyone, do not develop too much attachment to them. Say, "Hello, hello." "Good-bye, good-bye." This is spirituality; it is discipline. Everything should be within limits. Even love should be within limits. Talking, eating, enjoyment—all should be limited. When everything is limited, you experience true happiness. If things go beyond limits, you face danger. For example, the body temperature is 98.4 degrees Fahrenheit. If that is your temperature, you are perfectly normal. But when the temperature goes to 99, fever has set in. Also, your blood pressure should be 120/80. If the lower number goes up to 90, you may have heart trouble. The eyeball can visualize certain light intensity. But, if you look at light beyond that limit, the retina will burn. So life is a limited company. You should lead your life within limits.

Not only that, but we should have discrimination. We should decide whether a thing is good or bad, whether it is right or wrong. This type of discrimination is not found in animals. Among all species, human life is rare. However, we enjoy eating the way animals do. Like any of us, animals have a connection with family. Like man, animals also enjoy sensual pleasure. Then what is the difference between a human and an animal?

If you have the same qualities as an animal, then you are a two-legged animal. But, because you have the power of discrimination, you are a human being. You should have the appropriate behavior of a human being. Having been on the spiritual path, you should have sacredness and develop discrimination in all your habits.

What About Freedom?

There is the mistaken idea that it is good to move about freely. It is not good to move about everywhere. When asked, "Why do you go around?" Someone will reply, "That is freedom." Doesn't an animal move about freely? Don't birds also fly about freely? People argue, "Why not have freedom?" Because it is not right. The freedom that animals enjoy is the freedom of animals or birds. You experience your own freedom, human freedom. Because you are human, experiencing animal freedom is wrong. Animals at least have a reason and season for their traveling about, but humans have no reason or season. Therefore, we too should follow reason and season. What is our reason? We should follow the path that will not hurt others. We should conduct ourselves in such a way that we set an ideal for others. We should have the kind of conduct that satisfies God. That is the kind of life that we should have.

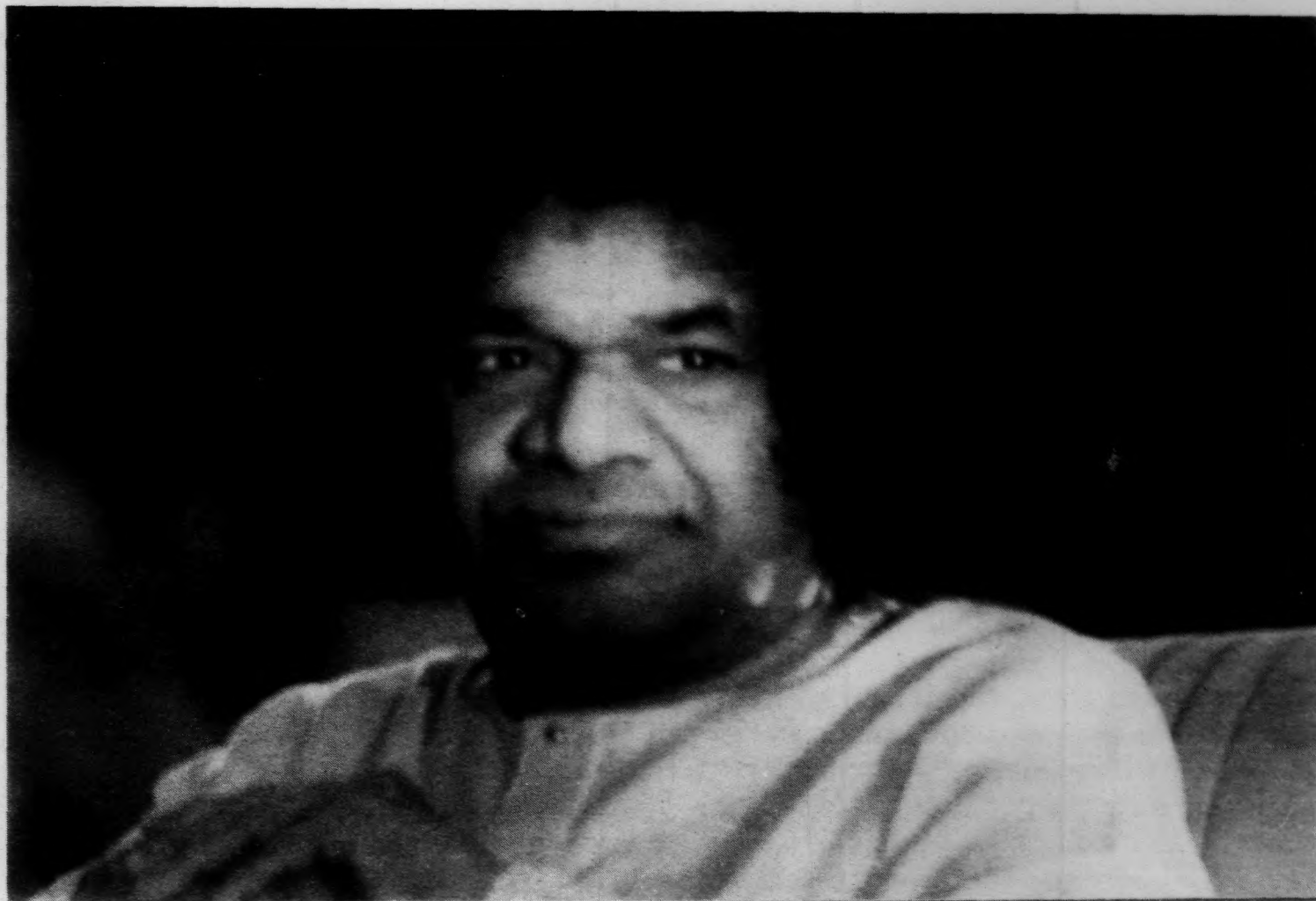
What sort of ideals should one have? Not bad but, of course, good ideals: One should talk less and work more. One should always tell the truth. One should do good, speak the truth and act righteously. Suppose you are facing a problem—don't tell the truth, and don't tell a falsehood—just keep quiet. That is the correct path. To have divinity and devo-

tion in your life, you need to adhere to a pious and good path.

Some people talk unnecessarily; they should control their talk. We should not look for the defects in others, nor speak ill of others. Instead, search for your own mistakes, and accent only the good in others. However, that does not happen today; people are hiding their own mistakes, and exaggerating the mistakes of others. That is not proper. Therefore, in the culture of Bharath (India), the wise sage, Vyasa, composed eighteen epics. The essence of all those epics can be summarized in these words, "Help ever, hurt never." If you cannot help then keep quiet. If you talk less, then you will be helping more.

Fight to the End, Be Successful!

In human beings there are both matter and energy. Who is a human being? Matter plus energy is equal to God. That energy is divine power. Many of you know that when listening to a radio for a long time, many units of energy are used. The body is like a radio, your heart is the station, and the vibration that comes out of the heart is the sound. If you use sound, the energy is wasted. So do not waste energy with too much talking. For this reason, the ancients observed silence. In silence you discover your own truth. Close your eyes and sit in silence. Then, out of the vibration comes, "So Hum." So is the inhalation, and Hum is the exhalation. So means "God," Hum means "I," I am God, I am God. The vibration in the teaching of *So Hum* declares, "I am God." In a day we repeat 21,600 times, "I am God. I am God. . . ." When we do not follow the teachings of the Self, what is the use of reading



“God is not separate from you. God is in you, and you are in God.”

books? To understand and to follow the inner voice is self-realization. When we follow our inner voice, we will get away from the outer, worldly, animal qualities. So by following the inner voice, we are following the inner master. When you follow the inner voice, then you face the devil. The moment you give up animal thoughts and behavior, you should fight to the end; then your game will end. This is the game that should be played today; this is what should be exhibited today!

God is not separate from you. God is in you, and you are in God. Some say, “You and I are one.” That is not right. I and you are we, not one. We and we are

one. That is the One. It is not proper to say, “I and I are one.” We should fight to the end and finish the game.

You come from distant places and bear many inconveniences. After having endured so many inconveniences, exercise some self-control. You are all good-hearted with noble feelings, and after you have spent so much, tolerated so much discomfort—you must now accomplish and be successful. Once you have achieved that, then you will have done a very big penance in your life.

—Sathya Sai Baba

Brindavan, Whitefield, August 27, 1994

A Letter From Dr. Goldstein

Dear Brothers and Sisters,

Sai Ram! I hope you have enjoyed these happy holidays. Let us realize that all days are holy days. Swami says, "*Time is God.*" Swami wasted no time during the Birthday celebrations in November 1994. Many important events were:

- A cultural program of performances by the best musicians and dancers in India took place for three evenings preceding the Birthday. Swami attended all performances, often staying until very late in order to give all of the artists the benefit of His *Darshan*. The program was attended by the Prime Minister of India, among other dignitaries.

- The dedication and inauguration of the Ophthalmology Wing of the Super Specialty Hospital took place on November 22, 1994 and the first eye surgery was performed.

- Convocation and graduation for the seniors of the Sri Sathya Sai Institute of Higher Learning, deemed University, took place on November 22, 1994.

- The Divine Birthday Discourse on November 23, and the *Jhoola* ceremony on the evening of November 23.

Central Coordinators' Meeting

There were meetings with the Central Coordinators of the 15 international regions of the Sathya Sai Organization. The Coordinators met for three days—November 18 through 20—in order to approve the proposed theme and agenda of the Sixth World Conference (to be held in conjunction with the 70th Birthday in November 1995), develop a plan for the

management of the overseas devotees' participation in the conference, plan an international cultural program for *Guru Poornima*, July 12, 1995, develop service programs of overseas devotees volunteering in the new hospital and overseas doctors doing volunteer work in the villages surrounding the ashram. These matters were put in a letter to Swami in the form of a proposal. Swami graciously gave an interview to all of the Central Coordinators and the International Chairman. He blessed and approved the plans placed at His Divine Lotus Feet.

Through all of these events, Swami provided daily sustenance for His devotees, for the institutions He has founded, for all of humanity, and for the entire universe.

Give Divine Teachings Life

Let our *sadhana* (spiritual practice) enhance, expedite, and illuminate our spiritual journey. Let us not become diverted by regarding our *sadhana* as an end unto itself. Let us not become attached to various programs, to our organizational status, or to our opinions and interests. Let us not forget the meaning of spirituality. We must change our outlook and our attitude. Our outlook must be to perceive no evil, to perceive only what is good. Our attitude must be to love all of God's children. Swami said that we must even love cruel and evil people. He said that we should regard evil and cruelty as a sheath that encloses the core of Divine Love in everyone.

Swami said that many Western devotees are complaining that they are faithfully performing their *sadhana*, and yet they are still experiencing worldly and spiritual difficulties. He said that many devotees are failing to understand the nature of spirituality. He said that broad mindedness is essential, and that now spirituality *"is a very easy path."* We must make sure that our thoughts, words, and deeds are correct by turning inward and asking ourselves, "Is it good, or is it bad?" "Is it right, or is it wrong?" "What would Swami do?" Then, we must act on the answer without hesitation. If the answer is not clear at first, we must persist in our inquiry, and the way will be shown. We must then act for God, with God, and actually, as God. Swami said that the *sadhana* of many devotees is not effective, because it is done primarily from body consciousness—not God Consciousness. Swami said, *"The devotees want liberation, but they are acting primarily from body consciousness. Liberation is thinking of God constantly."*

Just as Swami is manifesting His Divinity in greater and more tangible ways, He is expecting us to acknowledge, realize and manifest our Divinity in greater and more tangible ways. He is not speaking figuratively or symbolically. He is telling us what is good for us literally and realistically. He is expecting us to give His Divine Teachings life by living them.

We all know that we should be vegetarians and that alcohol and tobacco are not good for us. In His Divine Discourse on Birthday, Swami announced that we must give up meat, alcohol and tobacco.

We all know that a truly spiritual organization should demonstrate unity and love. Swami said that real commu-

nication results in understanding, and real understanding results in adjustment. We must put aside our petulant bickering, our egoistic excursions, and make the Sai Organization worthy of bearing His Name.

During November 1994, Swami stated on a number of occasions, publicly and privately, that His devotees must have firm faith—reflected in thought, word and deed—that the Lord is the doer. Swami reiterated on several occasions, *"This is a very easy path."* We must permit every thought, word and deed to be dictated by our inner voice of Truth. We must learn to watch the clouds of worldly events come and go in our sojourn through life, remembering always to be undaunted by the weather outside. We live inside.

Planning for the Events

The Agenda of the Sixth World Conference of the Sri Sathya Sai Organization commemorating the 70th Birthday of Bhagavan Sri Sathya Sai Baba follows this letter. In order that all devotees—regardless of whether they will attend the conference—may take part in the decisions resulting from this conference, it is necessary for all Sai Centers to conduct study circles on the format provided in the agenda. Consider your experience, what you have learned, how you have changed, what you are doing. Consider all of our programs in the light of this sequence. This should provide a broad perspective on our programs and on our organization. In order to arrange for the accommodations for all devotees who will attend the conference, it will be necessary for your Center President to give the president of your Coordinating

Committee a list of all devotees who wish to attend the Sixth World Conference. This list should have been submitted by **February 1**. [If you are interested in attending but have not submitted your name, contact your Center President].

Central Council, USA, Met in '94

On December 10, the Sathya Sai Baba Central Council of the USA met in Chicago. Saturday and Sunday mornings were filled with meaningful and harmonious discussions. The members reviewed Swami's Message and the events that occurred at the 69th Birthday Celebrations, reviewed the reports from the nine USA regions, discussed the agenda for the Sixth World Conference, considered the need for Sai Centers to be more loving, informative, competent and appropriate in greeting newcomers to the Sai Centers, examined two possible brochures for newcomers to the Sai Centers, discussed the Young Adult programs as they are currently unfolding, reviewed the Service Manual and *Bal Vikas* Guidelines that will be disseminated to the Sai Centers soon. In addition, the Council considered the revision of the *Bal Vikas* Manual and the new EHV Book that are almost ready for publication. The Council approved the USA National Service Project involving ecology that will be presented to the Sai Centers for the year of the 70th Birthday. Selections of new Center, Regional and Council officers were scheduled for 1995. Sai Centers will have selected new officers by **February 15, 1995**. There will be regional conferences convened by the Central Coordinators in **May and June**

1995, and the new Central Council will be appointed before the end of 1995.

On Saturday evening, the devotees of Chicago lovingly prepared a dinner for the members of the Central Council.

Schedule of Events

1. Sai Center Presidents give the Presidents of their Regional Coordinating Committees a list of those who will attend the Sixth World Conference to be held in November. This should have been done by **February 15**.

2. Sai Centers should have selected new Center officers by **February 15, 1995**.

3. Sai Centers conduct study circles on the Agenda of the Sixth World Conference that accompanies this letter. Submit the recommendations of your Center to the president of your Coordinating Committee before **April 15, 1995**.

4. The Central Coordinators will convene regional meetings in all nine of the USA regions for the purpose of reviewing the Agenda of the Sixth World Conference and selecting new officers for the nine Regional Coordinating Committees. These meetings will take place in **May and June 1995**.

This last Birthday was a deeply moving prelude to the 70th Birthday which will bring many changes. Let us apply ourselves to Swami's Message and thereby contribute in a positive way to that which will be. Let us use this time to strengthen our faith, renew our commitment, review our priorities and do what must be done.

In the Service of Sai
— Michael G. Goldstein, M.D.



Agenda

Sixth World Conference of the International Sri Sathya Sai Organization

As you have seen from previous letter, the Sixth World Conference of the International Sri Sathya Sai Organization will convene at Prasanthi Nilayam during the time of the 70th Birthday celebrations in November 1995. The following plans and preparations have been carefully and thoughtfully put in place for your education, information and convenience.

I Conference Orientation

We will all celebrate Sai's Birthday. Some of us will go to Prasanthi Nilayam to celebrate the 70th Birthday of our Lord, Bhagavan Sri Sathya Sai Baba; others will honor it in their homeland. Proper celebration of His Birthday consists of changing ourselves, our communities, and the world for the better. Where else can we deliberate on this theme? Where else can we experience the physical Presence of Divinity? Where else can we hear the Voice of the Universal Absolute? Where else can we embark on a new and noble, selfless and sacred path of life?

The Divine Mission of Bhagavan Sri Sathya Sai Baba is to effect the spiritual regeneration of mankind by teaching and demonstrating spiritual love. In order to participate in this great event, we must focus on personal, spiritual transformation. As a result of this personal transformation, we will learn to love without the constraints of "me" and "mine" and understand our social responsibilities to our

families, communities and our respective societies. The purpose of this conference is to give us a clear vision of our role and goal in the Sri Sathya Sai Organization.

In the words of Bhagavan Sri Sathya Sai Baba, "*The Name of Sai behind these organizations is intended solely to promote and spread faith in God and godliness among mankind. Their only objective is to turn the minds of men to noble thoughts and lofty ideals along religious and spiritual lines.*" The Sri Sathya Sai Organization consists of people of goodwill from all over the world who genuinely seek spiritual enlightenment by following the divinely inspired programs given to the world by Bhagavan Sri Sathya Sai Baba. We Sai devotees aspire to achieve union with God by loving, learning and doing in a manner prescribed by Sai. The Sri Sathya Sai Organization, through its programs of devotion to God, spiritual education and selfless service,* affords us the opportunity to apply ourselves to the Divine purpose of human life.

*These are the Three Wings of the Sri Sathya Sai Organization: Devotion to God, Spiritual Education and Selfless Service. It is expected that all Sai devotees would choose to actively participate in these three endeavors.

II Conference Objectives

A. Deepen our understanding of the spiritual essence of the Divine Message of Bhagavan Sri Sathya Sai Baba as it relates to ourselves individually, to our Sai Centers and Organization collectively, and ultimately, to our respective societies and the world.

B. Assess our current state of development as individuals, as Sai Centers, and as an international spiritual organization working within our societies.

C. From a deeper understanding and effective assessment of our current status, we will appreciate and build upon what is good, identify and overcome our problems, and do whatever is necessary in order to establish and maintain a truly spiritual organization that reflects the Divine Love and teachings of Bhagavan Sri Sathya Sai Baba.

D. From the global picture that will emerge from all regions of the world, we will develop new guidelines and materials, where needed, that will enable us to help ourselves and our communities to develop spiritually. Through this analysis, we will derive important resolutions regarding our activities: the direction and administration of our organization, and how the national organizations throughout the world should interact, what they should have in common, and what goals we can establish as individuals, as local Sai Centers, as national organizations, and as a worldwide organization.

E. As we succeed in incorporating the Divine Love and teachings of Bhagavan Sri Sathya Sai Baba into our daily lives, the purity and strength of our organization will grow. This growth will be mani-

festated by the spiritual transformation of our respective societies and the world. Bhagavan Sri Sathya Sai Baba has given us a vision of what can and should be in this world. We will establish specific objectives at the community, national and international levels that will bring us closer to the realization of that vision.

III Conference Procedure

A. Discussion

We will review and discuss the activities, the content, the materials, current state of development, and administration of all of our programs within each wing of the organization, keeping the objectives of the conference in mind. In order for us to maintain our spiritual focus and proceed in an orderly manner, the discussions will proceed according to the following formula: **Sai Experience, the impact of Love—Sai Wisdom, the knowledge of Love—Sai Transformation, the effect of Love—Sai Action, the result of Love.**

1. Sai Experience, the Impact of selfless Love. The inspiration of being in the Divine Presence of Bhagavan Sri Sathya Sai Baba, the Universal Conscience, awakening our own conscience, our inner voice of nobility and truth. We are inspired by His limitless, all-encompassing Divine Love. There are several aspects to our experience with Sai: The impact of His Divine Love, our perceptions of Swami—including what we see and hear, directly or indirectly—our thoughts about Swami, the emotions that are evoked by our perceptions and thoughts about Swami, and our intuitive experience of Swami; that is, what our hearts tell us about Him. Consider each of our programs keeping in mind the thoughts, feelings and

inspiration that Swami has provided through His Divine Love.

2. Sai Wisdom, the Knowledge of Love. As our experience with Sai permeates our being—as we study, absorb and apply Swami's teachings—the spark of experienced Universal Truth ignites within us the beginning of Wisdom. We realize who we are, understand the nature of selfless Love, and recognize the Divine purpose of human life. Consider each of our programs, keeping our knowledge of Swami's teachings in mind.

3. Sai Transformation, the Effect of Love. Our lives change dramatically as a result of our Sai Experience and our Sai Wisdom. Our outlook on life, our thoughts, our feelings, and our attitudes towards other people change profoundly. We love all without desire for reward or recognition. Consider each of our programs in the context of Divine Love.

4. Sai Action, the Manifestation of Love. Our identification with the inner voice of conscience is manifested in all of our actions. We are no longer motivated by selfish desires for sensual experiences, acquisition of material objects, or domination over others. We are motivated by a profound, selfless love for all of God's creation. We become selfless in our actions, serving the Divinity that contains all of creation and is manifested within all men and women. Consider each of our programs as an offering of selfless Love.

B. General Questions

Subsequent to the review and discussion as described above, the following questions will be addressed with regard to all programs in each of the Three Wings of our organization.

1. Experience

What is our experience with each of our Sai Organization programs? How are these programs inspiring us to lead spiritual lives? How can we intensify this inspiration?

2. Knowledge

What have we learned from each of our Sai Organization programs? How can we deepen our knowledge? How can we become inspired to incorporate more and more of what we learn into our daily lives?

3. Transformation

How have our lives changed as a result of our participation in each of the programs of the Sai Organization? How can we inspire greater spiritual change in our daily lives through our programs?

4. Action

What are we doing in each of the Sai Organization programs that results in spiritual experience, knowledge and transformation? What are we doing in each of the Sai Organization programs that reflects selfless Love? How can we inspire greater selflessness and love in our Sai Organization programs? How can we inspire more people to experience for themselves the joy of dedicating themselves to a spiritual life?

C. Specific Issues

1. Is respect for all religions reflected in our programs? (Devotional Wing and Educational Wing)

2. Is the language and culture of our communities appropriately represented in our programs? (Devotional Wing and Educational Wing)

3. Have we developed Sai Organization programs for our young adults? Discuss the structure, content and response

of your young adults to the program.

4. Discuss your service programs. How can we inspire more members to participate in service programs? Discuss the uniqueness of Sai Service. (Service Wing)

5. Have you developed a plan to welcome and provide orientation for the public to our Sai Organization programs? (Service Wing)

6. How can we have a greater impact on our respective communities with regard to the propagation of the Divine Message of Bhagavan Sri Sathya Sai Baba? (Service Wing)

D. Recommendations

Upon review, discussion and deliberation on the questions posed above, please formulate recommendations that will help us to achieve the conference objectives and fulfill the purpose of which Bhagavan Baba has so graciously lent His Name to this spiritual organization.

IV Conference Preparations

A. In preparation for this World Conference and in order to give Sai devotees who cannot attend an opportunity to participate, the agenda has been sent to all Sai Centers worldwide. Each Sai Center should consider all aspects of the agenda and submit their recommendations to their national organization. The national organization should send copies of these recommendations to their Central Coor-

dinators. These recommendations should be sent by the Sai Centers on or before **April 26, 1995.**

B. All Sai devotees will be welcome to attend and participate in the conference. For those Sai devotees who have not joined their local Sai Organization or those Sai devotees who have elected to separate from their local Sai Organization, this conference will provide an opportunity for them to reconsider their separation. Regarding participation in the Sri Sathya Sai Organization, Swami has said, "*All of you should take a vow to continually develop the Sai Organizations. Let all join in the activities. Never give up the Organization! Regard it as the breath of your life.*" In order for these devotees to be registered as conference delegates, they should inform their local Sai Organization of their intention to attend the conference. Swami has emphasized that participation in the Sai Organization plays a very important role in our spiritual development. In order for these unaffiliated Sai devotees to be registered as conference delegates, their names must be forwarded through their national Sai Organization.

C. All national organizations should have sent a list of their delegates to their Central Coordinator(s) and to the Central Office in Prasanthi Nilayam by **February 15, 1995.**

—Michael G. Goldstein, M.D.

The kind of service and sacrifice which the Sathya Sai Organization is rendering is indescribable. The basis for all that is the love that prevails among the members. From ancient times, the Upanishadic prayer has said: "May He protect us all; may He nourish us all." The spirit of oneness proclaimed in this mantra is preserved today only in the Sathya Sai Organization.

—Sathya Sai Baba
World Conference, November 1980

Notice the Weather!

Have you ever noticed that when the seasons change, each new day is like a mystery? For example, when the fall season comes along, the days grow shorter, it gets dark earlier and there isn't as much time to play outside. But, the leaves on the trees begin to turn into beautiful colors, and it's a great time for picking apples!

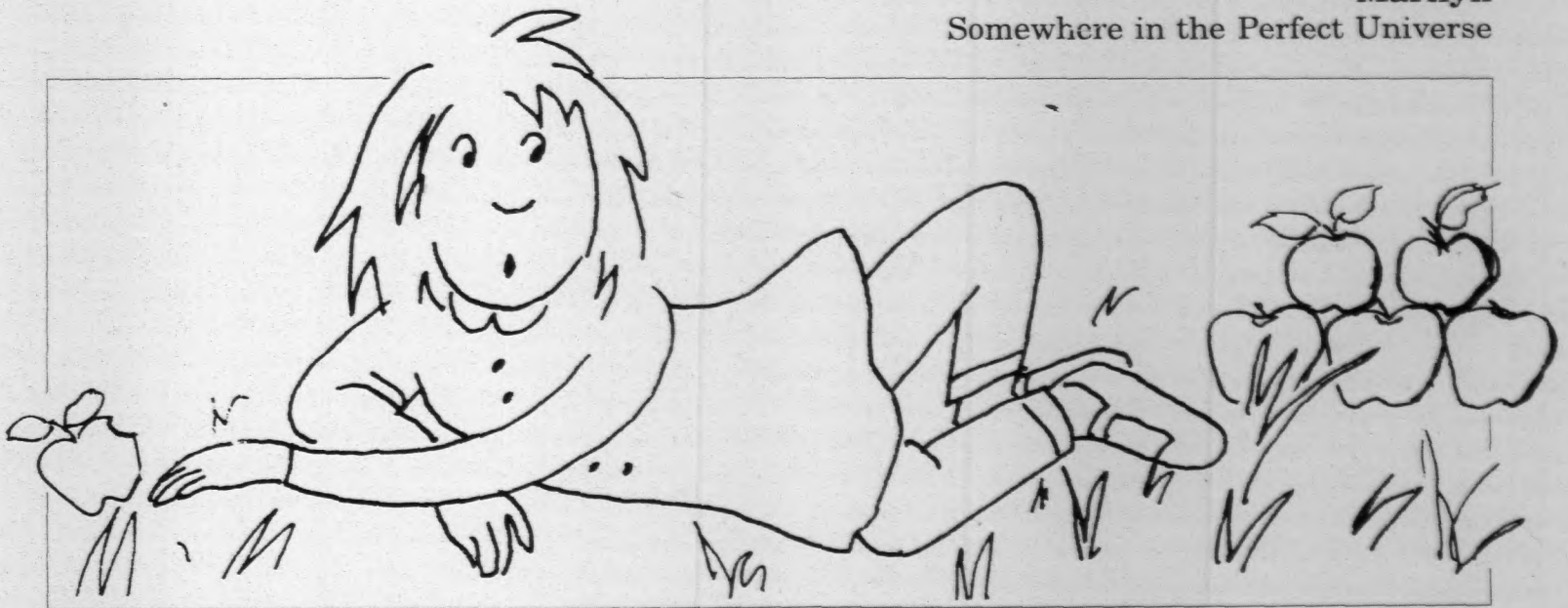
It's a mystery to us. Sure, scientists can tell us about these events, but do they really understand why it all happens? They can explain all the technical ideas, but can they tell us the real reason why we don't have summer for twelve months? No, they can't tell us why. Only God knows how and why He created this amazing world we live in.

Have you ever noticed how much energy you have on a cool day and how sleepy you can be on a warm day? Or what about how relaxed you feel on a warm day and how hurried you might be on a cold day? You see, God is the ultimate weatherman. He created a perfect universe with seasons that make absolute sense.

We have a job to do, "whether the weather" is hot or cold, or if the trees have leaves or are empty. We have to remember that we are to be examples of warmth in the winter and keep things cool if tempers get too hot in the summer. Our job is to be equal in all things, at all times and in all ways. We must be examples of the perfect seasons in this perfect universe so we may show others how God planned it to be.

—Marilyn

Somewhere in the Perfect Universe



Sai Conferences and Retreats for 1995

<i>Date and Region</i>	<i>Location</i>	<i>Information</i>
<i>April 7-9 South Western Region #3</i>	<i>San Predo Center Orlando, Florida</i>	<i>Pat Terry 1110 W. Ivanhoe Blvd., #1 Orlando, FL 32804 (407) 872-3096</i>
<i>May 19-21 Pacific Region South Region #8</i>	<i>Pilgrim Pines 39570 Glen Road Yucaipa, California (near Redlands)</i>	<i>Surendra & Shakuntala Patel 18212 Leaf Circle Huntington Beach, CA 92648 (714) 847-0043</i>
<i>May 27-29 Memorial Day weekend Mid Atlantic Region #2</i>	<i>Camp Akiba Pocono Mountains Pennsylvania</i>	<i>Rajen Ghayal 5 Foxcroft Drive Marlboro, NJ 07746 (908) 536-5775</i>
<i>May 26-29 Memorial Day weekend Northeastern Region #1</i>	<i>Russell Sage College Troy, New York (near Albany)</i>	<i>Murthy Cheruvu 3 Mockingbird Court Hopewell Junction, NY 12533 (914) 227-8567</i>
<i>May 26-29 Memorial Day weekend Region #4</i>	<i>Camp Wyman Eureka, Missouri (near St. Louis)</i>	<i>Dinesh Mehta 107 East Wesley Drive O'Fallon, IL 62269 (618) 632-7908</i>
<i>May 26-29 Memorial Day weekend Southwestern Region #9</i>	<i>Camp Charles Pearlstein 3400 Copper Basin Rd. Prescott, Arizona</i>	<i>Nula Falvey 717 West Virginia Phoenix, AZ 85007 (602) 258-3876</i>

<i>July 1-3 Independence Day weekend Pacific Region South Region #8</i>	<i>Casa de Maria Montecito, California (near Santa Barbara)</i>	<i>Allan Parigian 1458 La Luna Avenue Ojai, CA 93023 (805) 646-5250</i>
<i>September 1-4 Labor Day weekend South West Region #9</i>	<i>Bodhi Mandala Jemez Springs, New Mexico (near Albuquerque)</i>	<i>Michael Chavez 1524 Central S.E. Albuquerque, NM 87106 (505) 265-0930</i>
<i>September 1-4 Labor Day weekend South Central Region #4</i>	<i>Dallas, Texas (location not established at the time of publication)</i>	<i>Kalyan Ram Gunturi 10239 Lawler Lane Dallas, TX 75243 (214) 234-2265</i>
<i>September 1-4 Labor Day weekend North Central Region #5</i>	<i>Camp Ohiyesa Holly Michigan</i>	<i>Perry Smith 3555 Green Brier Dr. #40 Ann Arbor MI 48105 (313) 995-4266</i>
<i>September 15-17 Northern California & Nevada Region #7</i>	<i>Camp La Honda Santa Cruz Mnts., California (between San Francisco & Santa Cruz)</i>	<i>Stephen Field 1010 Noel Drive #17 Menlo Park, CA 94025 (415) 325-4788</i>
<i>September 22-24 Pacific Region #8</i>	<i>Cedar Glen, California (near Julian in San Diego County)</i>	<i>Connie Fox 2737 Fairfield Street San Diego, CA 92110 (619) 276-1356</i>
<i>October 27-29 Pacific Region North Region #6</i>	<i>Silver Creek Falls Conference Center, Oregon (near Portland)</i>	<i>Bavani Ayyar 13308 S.E. 181 Place Renton, WA 98058 (206) 271-4415</i>

The Earth—Help Ever, Hurt Never

The universe, including the house in which you dwell, namely the body, is composed of five elements: earth, water, fire, air and ether. Since the elements are divine emanations, they have to be treated with reverence and circumspection. Each element has to be used with some limitations, not as you wish nor how you wish.

—Sathya Sai Baba

Sathya Sai Speaks, Volume VII, chapter 2

Sathya Sai Baba has said that man is polluting the earth. The five elements, he says, are the vesture of God, and we must use them moderately, with wisdom, reverence and humility. In light of this, the Sathya Sai Organization of the USA has started a program of service to the earth called: The Earth—Help Ever, Hurt Never. All American Sai devotees are invited to join us in this venture.

From time to time, projects of service to the Earth will be sent out. The first two projects, on eliminating junk mail and reusing old eyeglasses have already been distributed. You are invited to discuss each project in your center, then decide whether it applies to you, and whether you want to put it into practice. These projects are voluntary, as are all programs within the Sri Sathya Sai Organization.

Just having projects is not enough. Like any service program of the Sai Organization, The Earth—Help Ever, Hurt Never, must be a spiritual program saturated with love, so that it is transformed into worship. In a discourse printed in *Sanathana Sarathi*, Septem-

ber 1993, Swami said, “*Spirituality consists in forgetting worldly concerns and immersing oneself in God.*” The true devotee, said Swami, “*is immersed in the Lord all the time and performs all actions as offerings to the Lord.*” Our services to the earth should be offerings to the Lord as well.

It will be seen, as The Earth—Help Ever Hurt Never program unfolds, serving the earth and reducing desires are intertwined. So this program will help us in our efforts to reduce our desires. In the discourse mentioned above, Swami talked about the Sai Organization’s fourfold program of Ceiling on Desires, enjoining everyone not to waste food, money, time, and energy. “*Avoiding waste of these four forms of gifts from God is spiritual sadhana (spiritual practice),*” said Swami, “*It is the means to self-realization.*”

Your ideas—for reducing, repairing, recycling—are welcome. Contact your service coordinator and get involved!

—Sathya Sai Baba Central Council
of the United States of America

People should regard service as the purpose for which they are given life. This feeling should flow with love.

—Sathya Sai Baba, from *Summer Showers*, 1979

Announcements

Ashram Accommodations

I have received communications from the Central Office in Prasanthi Nilayam regarding the building projects that are taking place in the village of Puttaparthi, outside the ashram. Some of the sponsors of these projects are soliciting support from overseas devotees. These sponsors are claiming that Bhagavan Baba has given His blessing to these projects. This is not true! Bhagavan Baba has not blessed or given His support to any building project outside the ashram. The ashram has not authorized anyone to collect funds for projects outside of the ashram. There are no plans for building residential dwellings outside the ashram. Accommodation facilities inside the ashram are continuously being expanded and upgraded. All devotees are expected to stay inside the ashram in the accommodations provided.

Sanctity of Centers/Organization

We must not equate the pleasure of social interaction with the spiritual function of the Sai Centers. This last November, Swami said to the International Coordinators, "*Satsang (keeping good and godly company) is merging into the conscience.*" Let us not permit the Sai Centers to become trivial and degenerate into social gatherings. We can be happy and still be dignified. We can be cheerful and still be serious in our spiritual intent.

—Michael G. Goldstein, M.D.

Saints and Sages

Throughout history, the lives of saints and sages have been a source of tremendous inspiration and positive guidelines for the way in which we live our lives with right action or *dharma*.

The *Sathya Sai Newsletter* is considering publishing one or two-page articles about various saints and sages from all cultures and religions who have made a positive impact on our lives.

Do you have a favorite story of a saint or sage that you would like to share? Please feel free to send us a short article about that soul who inspired or moved you.

Sathya Sai Newsletter, USA
P. O. Box 660908
Arcadia, CA 91066-0908
Fax: (818) 355-8284

Bharath (India) has gained wide renown through many sons and daughters who have sacrificed their all for the common good. The seed has to renounce its identity and become one with the soil, so that the tree might emerge.

—Sathya Sai Baba

Sanathana Sarathi, November 1982

Dates to Remember in 1995

Mark Your Calendar

This list of holy days is given to us by the Central Office at Prasanthi Nilayam and may be of special significance to Sai devotees in the United States:

February, 27, Monday, Mahashivaratri is observed during the new moon, symbolizing a renaissance and rededication to spiritual life.

April 1, Saturday, Yugadi is the Telugu Lunar New Year.

April 9, Sunday, Sri Rama Navami is the day to honor the Avatar, Rama.

May 6, Saturday, Easwaramma Day is recognized as the time to pay homage to the memory of the mother of Sathya Sai Baba.

July 12, Wednesday, Guru Poornima is a time to pay respect to the spiritual preceptor, guide or teacher.

July 23, Sunday, Global Handicapped Day is a time for helping the handicapped and to remember that they need help throughout the year.

August 19, Saturday, Sri Krishna Jayanti honors the birth of the Avatar, Krishna.

August 29, Tuesday, Ganesha Chaturthi honors Ganesha who is the remover of all obstacles and ignorance.

September 6, Wednesday, Onam

September 17, Sunday, Blood Donation Day Remember to give blood at your local hospital, Red Cross, or blood bank.

October 3, Tuesday, Dasara or Vijaya Dasami is a celebration of the victory of good over evil.

October 23, Monday, Deepavali The festival of lights commemorating the victory of righteousness over evil.

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

November 23, Monday, the 70th Birthday of Sri Sathya Sai Baba.

December 18, Monday, Hannukah, beginning of the 8 days of the Jewish holy days.

December 25, Monday, Christmas, the celebration of the birth of Jesus Christ.

—Central Office, Prasanthi Nilayam

*At the time of publication, this date was not established, but it is usually the second weekend in November.

Such people are considered to be great intellectuals and spiritual seekers. This is an insult to India. So you should practice at least one teaching.

Many of you have been coming here (to Prasanthi Nilayam) for thirty to forty years and have been listening to Swami's discourses. Swami has been teaching that one attains immortality only by sacrifice—not by great works, progeny or wealth. But how many of you are ready to sacrifice? How many people are practicing Swami's teachings? If you do not practice, what is the use of your coming here? You do not need to do everything, but at least practice one teaching.

Make God Happy

What pleases Swami most? There is only one thing, and that is love. Love is the powerful weapon of Sai. Swami has never invited anyone nor sent invitations to anyone, but many people come because they are attracted by Swami's love. There is nothing in this world that cannot be achieved through love. Some things may be achieved by other means, but through love even the Divine can be held in the palm of one's hand. You can even control God, and He will dance to your tune when you have love.

There have been great women throughout the history of India who won name and fame by their virtuous deeds—Sita, Damayanti, Savitri and Chandra-mati—to name a few. These women achieved great name with faith. Some of you have studied their history, but you are not putting into practice their messages and ideals. Your bad thoughts are responsible for this. The main causes for your inability to practice are selfishness, ego, ostentatiousness and pomp. Your bad hab-

its relating to food and recreation are responsible for these qualities. What should you do to get rid of these?

Eating, Drinking & Smoking

Today, anyone who believes they are devotees of God should give up eating meat. Why? Meat eating promotes animal qualities. It has been well said that the food one consumes determines one's thoughts. You develop cruelty when you eat the flesh of cruel animals. Not only this, but how cruel it is to kill other living things that are sustained by the same five elements as human beings. So people who want to be devotees of God must give up eating meat completely. How can you call yourselves devotees of Sai, or Rama, or Krishna, when you kill animals? Those people are real demons. Such people never get the grace of God. So whoever they are, whether Indians or from other countries, they should follow Swami's command. Give up eating meat, now!

Next, there is the question of drinking. The water that one drinks is life giving; it is sacred. It is wrong to drink intoxicants instead of such a wholesome drink. Alcoholic drinks are utterly obnoxious; they make people forget their true nature. It degrades the addicts, and makes them forget God. Alcoholics are not conscious of what they say or do. The very sight of such persons is revolting. In this way, drinking and wasting money on alcohol has ruined innumerable families. Of what possible use to the world are such derelicts?

Some people smoke cigarettes in addition to drinking. Smoking tobacco causes asthma, eosinophilia (lung disease), lung cancer and heart disease. You can easily demonstrate the danger caused by tobacco by keeping a white cloth near the



Sathya Sai Baba at the time of His birthday in 1992

smoke. There will be red blots on the white cloth. When a cloth can be spoiled by smoke, how badly will the blood vessels be affected by smoke? This will destroy one's health completely, and the life span will be diminished. So true devotees of God should give up these three completely: eating meat, drinking liquor and smoking tobacco. This cannot be brought about by government regulations; everyone has to decide for themselves. You have to realize the truth and be transformed on your own, not by pressure from others.

The Birthday Gift, Happiness!

Embodiments of Love! You think today is Swami's 69th birthday festival. But Swami does not have such desires. When Swami was on His way here, many people said, "Happy Birthday! Happy Birthday!" Why do they wish happy birthday to Swami who is always happy? Swami wants all

of you to be happy. Your happiness is Swami's happiness. If you want Swami to be happy, give this gift—give up eating meat, drinking alcohol and smoking tobacco. Such a gift would lead to your own well-being, and the well-being of society and the nation. Swami desires only the welfare of family, society and country. First of all, if you have the faith to follow Swami, give up these three bad habits this very moment. Do not postpone this until tomorrow. Today, this very minute, you should get rid of these bad thoughts and desires. This is the gift I desire from you. I wish all of you, Embodiments of Love, to practice this, and give happiness to Swami and lead exemplary lives in the family and in the country. I bring this discourse to a close with my blessings.

—Sathya Sai Baba
Prasanthi Nilayam
November 23, 1994

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One Single Stream Of Love by Elinor B. Philbin and Mandy Staffa—This volume is a collection of quotations by Sathya Sai Baba selected by Ms Philbin and features illustrations by Ms Staffa. 80 pages—\$5.25

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Cassette Tape

C-006 Sai Baba's Discourse and Bhajans (Devotional Songs)—This particular discourse was given on Baba's birthday, November 23, 1968. It is noteworthy because it was the first time in our memory that Baba announced publicly, to thousands of people, His mission. The discourse is translated and narrated by Prof. N. Kasturi. 1 cassette—\$2.50



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—**Sathya Sai Baba**
Prasanthi Nilayam
November 23, 1994

Sathya Sai Book Center of America

305 West First Street, Tustin, California 92680, USA
Phone (714) 669-0522 or Fax (714) 669-9138

Mrs. Mary Keane has retired from her post as manager of the Sathya Sai Book Center of America. She served in that capacity for many years, putting in long hours of dedicated service to Sai. Mary, as everybody calls her, seldom took time off; she was always there to listen, guide and advise her staff of volunteers as well as customers. Her cheerful presence will be missed. But the good news is that she will be available to the Book Center as an advisor. Mary, we all wish you a happy, healthy and holy retirement. Drop into the Book Center, we hope to see you soon and often!

New Books in Paperback

A Catholic Priest Meets Sai Baba by Don Mario—This book testifies to the profound impact that Bhagavan Baba has had on the author, and his conviction about the Avatar's mission. 285 pages—\$8.50

Life Is Love, Enjoy It! by Joy Thomas—This is the author's fourth and latest book in an ever-growing series of volumes. The other three books are: *Life Is A Game, Play It! Life Is A Challenge, Meet It!* and *Life Is A Dream, Realize It!* All the books in this series chronicle her poignant and amusing experiences since she first heard of Sathya Sai Baba. 198 pages—\$7.50

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Talking Books (Books on Cassette Tapes)

Summer Showers, 1990—These are discourses given to college students during the 1990 Summer Course by Sathya Sai Baba and are narrated by Mr. Hal Honig. These five cassettes are handsomely packaged in a protective, plastic, hardcover folder. 5 cassettes—\$10.00

The Holy Man and the Psychiatrist was written by Dr. Samuel Sandweiss—and can now be heard on cassette tapes. Dr. Sandweiss' story about his first trip to Sathya Sai Baba has been a perennial favorite, and narrated by Hal Honig. The cassettes are packaged in a hardcover folder. 8 cassettes—\$18.00

A Recapitulation of Sathya Sai Baba's Divine Teachings by Grace J. McMartin—The book chronicled Mrs. McMartin's experiences as they related to Baba's teachings. Her comments and selected Sai teachings can now be heard on tapes narrated by Mr. Honig. Cassettes are in hardcover folder. 9 cassettes—\$18.00

Braille Books for the Blind

Sathya Sai Speaks, Volumes I-XI, plus other books about Baba—Please contact the Book Center for a complete list of Braille books. They are being offered FREE to anyone who is interested. Please contact the Sathya Sai Book Center if you know any individual or organization that could make good use of these Braille books. (Limited quantity available).

Quiet My Mind

*Quiet my mind from
frantic searching
Help me to remember there
is greatness in little things
Move my hands, my heart,
my mind into right action
Uncover the child in me, and
let me teach by example.
Lord, mold me into the
good peasant who turns
from worldly attention
to quiet remembrance.
Let Your name be used in place of mine.*

—Jomarie Tripp
San Jose, California

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