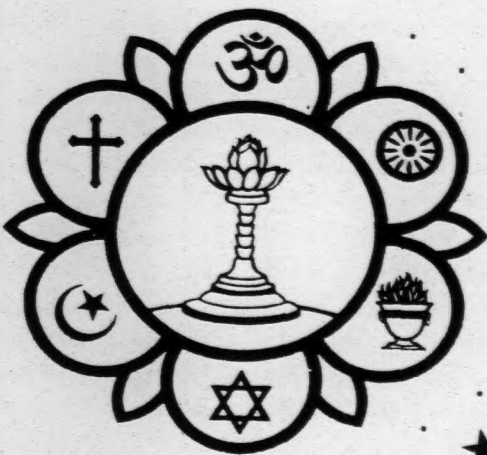




# SATHYA SAI NEWSLETTER, USA

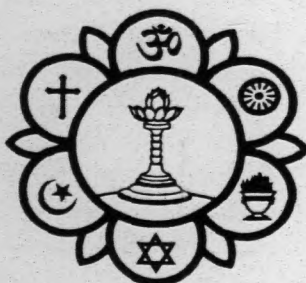
SUMMER—1996  
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JUNE, JULY, AUGUST

# Sathya Sai Newsletter, USA

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

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**Sathya Sai Service Opportunities**.....Compiled and Edited by **Judith Wechsler**  
(Enclosed Separately in this Issue)



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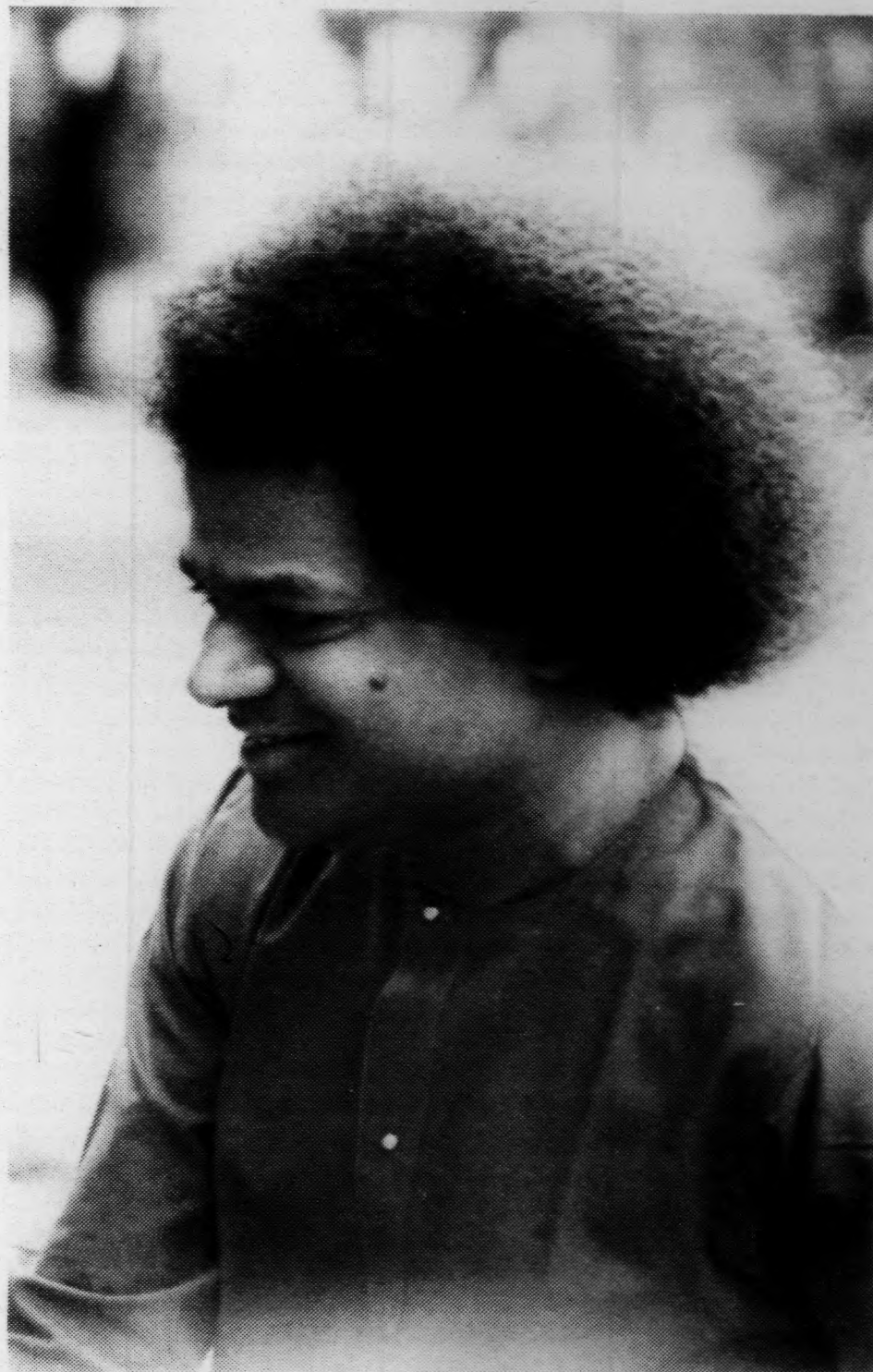
—Barbara Bozzani, Editor



## **Sai Speaks to Teachers**

*The ideal of Bal Vikas (now called Sai Spiritual Education) is to raise a generation of boys and girls who have a clean and clear conscience. The actual material studied is not as important as the creation of an atmosphere where noble habits and ideals can grow and bear fruit. The pupils follow the Sai Spiritual Education discipline and curriculum for only one day a week, and attend their usual schools on the other days. So, the impact of the teacher must act as a strong catalyst in the process of modification of the behavior patterns of these pupils.*

*The home, too, must feel the change in the child's behavior. It may be advisable to gather the parents together and give them guidelines on childcare, and on the higher ideals of family and social life. You can suggest to them ways and means to follow the work of Sai Spiritual Education in the proper upbringing of children, while allowing freedom to these children at home.*



**—Sathya Sai Baba**

*Sathya Sai Speaks, Volume X, Chapter 33*

# Sai's Message About Women

---

*Sathya Sai Baba proclaimed that November 19, 1995 was to be "Ladies' Day" in Prasanthi Nilayam. In His discourse, Baba recognized the contributions made by women in India and throughout the world. It was a full day of paying homage to the female energy, accomplishments of women, and their potential.*

*In the morning, there was a procession of women into the Poornachandra Auditorium, followed by prayers, talks, devotional songs, and the blessing of 70 cows that were given to 70 poor farmers in the area. In the evening, Sai gave the following discourse in the auditorium. Originally, no men were to have been included; however, there were some gentlemen who attended the discourse. No one can resist the opportunity to hear and see Lord Sai.*

—Editor



This created universe that we see is ephemeral, it is fleeting. Whatever is visible to our eyes now may not be visible at some other time. Wealth and youth, spouse and children, are all transient. Only two things are eternal—truth and reputation.

## *Mother's Influence*

Embodiments of Love: Human beings are considered to be the epitome of creation in this world which is teeming with millions of beings. In this vast creation, women occupy a very superior position. There are several instances which prove that women are really superior.

Was it not because of boons granted to Kausalya that the Divine took birth in her womb as Rama? Lava and Kusa (sons of Rama and Sita) became great as they were lovingly nurtured by their mother, Sita. Again, Shivaji (a famous Indian emperor) became valorous and great because of the loving care of his mother. Gandhi gained fame and a good reputation because of the care and encourage-

ment that he received from his mother, Putalibai. All people—great sages, warriors, various heroes, virtuous persons and even the wicked—are born of the womb of the mother. Women are the embodiment of Prakrithi Devi (the feminine principle of creation).

The *Gayatri* Mantra is said to be the basis of the Vedas. *Gayatri* is the feminine aspect. The Vedas are respected as "Mother Veda." Throughout the past, women have been praised and respected. Women occupy an important place in Vedic prayers, Vedic tradition and Vedic worship. From this, we can say that women have an exalted position.

In the Vedic mode of worship, the four Vedas have been named: *Sathya-vathi*, *Angavathi*, *Anyavathi* and *Nidana-vathi* (a name ending in *vathi* indicates that it is feminine).

The name *Satyavathi* signifies that God pervades the whole universe. God is not different from nature. Divinity is the embodiment of the Supreme, the Primal Person, Nature and Creation.



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Then comes *Nidanavathi*. *Nidanavathi* indicates that there are different paths one can take to reach God.

## *The Nine Steps*

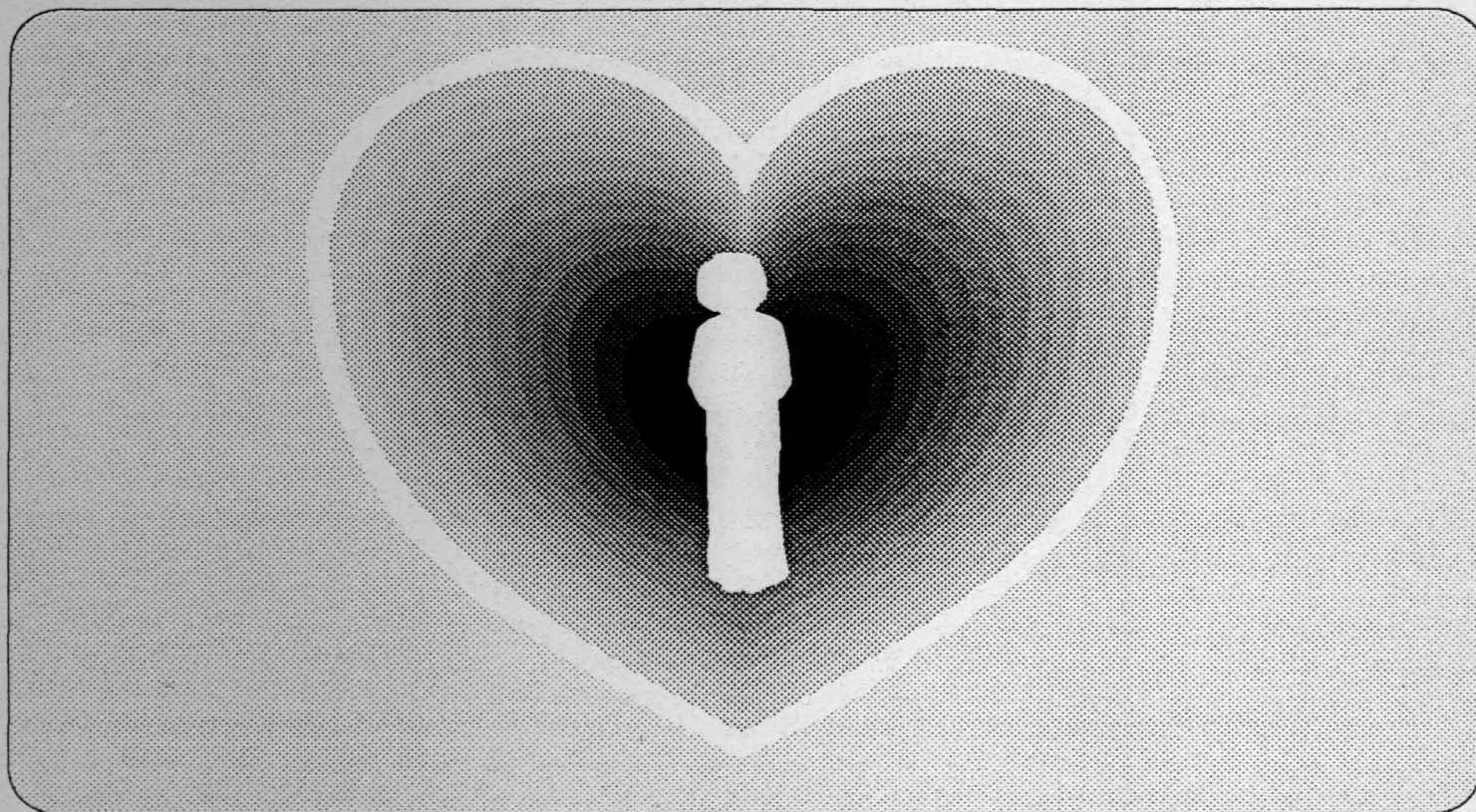
The Vedas declare that there are nine steps in the devotional pilgrimage toward God:

- Listening to the glories of God and His handiwork (*Shravanam*).
- Singing about the Lord and chanting His name (*Kirtanam*).
- Contemplating on the Lord and reveling in His beauty, majesty and compassion (*Smaranam*).
- Worshiping the Lord by concentrating on honoring His feet or footprints (*Padasevanam*).
- A regular pattern of systematic worship (*Archanam*).
- Reverence toward the Lord, seeing Him in all life and creation (*Vandanam*).

shipped in different forms. The Vedas declare that wherever women are respected and given their rightful place, there, Divinity is present with all the facets of its glory. Unfortunately today, respecting women is considered disgraceful and insignificant—something which is not proper.

The woman should be respected as the goddess of prosperity in the home (*Grihalakshmi*). She is the companion of her husband in the fulfillment of the duties and rights of wedded life, and she is a partner in the pilgrimage toward God and Self-realization (*Dharmapatni*). The woman is considered to be half the body of her husband (*Ardhangi*).

Nowadays, people feel proud when they win titles for their outstanding contributions in the fields of art, science and public life. These titles are insignificant. However, women hold titles which are



spouse and children, are all transient. Only two things are eternal—truth and reputation.

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The name *Satyavathi* signifies that God pervades the whole universe. God is not different from nature. Divinity is the embodiment of the Supreme, the Primal Person, Nature and Creation.



Just as butter is present in every drop of milk, God is present in every atom of creation.

*Angavathi* means that the five elements are present throughout nature—earth, water, fire, air, ether. Of these five elements, each one is more subtle than the other. The Vedas proclaim that these five elements are the forms of God. For that reason, this Veda is known as *Angavathi*.

The third name is *Anyavathi* which signifies that certain symbols stand for certain manifestations of God. For instance, Shiva is described as one who holds the trident, and is the “three-eyed one.” Vishnu holds the conch, the discus, the mace and the lotus in his hands. Rama is the one who holds the bow. *Anyavathi* worship suggests that each form of God has certain specific symbols.

Then comes *Nidanavathi*. *Nidanavathi* indicates that there are different paths one can take to reach God.

### *The Nine Steps*

The Vedas declare that there are nine steps in the devotional pilgrimage toward God:

- Listening to the glories of God and His handiwork (*Shravanam*).
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- Worshiping the Lord by concentrating on honoring His feet or footprints (*Padasevanam*).
- A regular pattern of systematic worship (*Archanam*).
- Reverence toward the Lord, seeing Him in all life and creation (*Vandanam*).

• Becoming a devoted servant of the Lord by serving all without a feeling of inferiority or superiority (*Dasyam*).

• Friendship with the Lord, a stage when the seeker feels so close to the Lord that one has the feeling that one is a confidant, companion and sharer of God's power, glory, triumphs and achievements (*Sakhyam*).

• Total surrender to the divine will of the Lord (*Atma Nivedanam*).

### *When Women Are Respected*

The feminine aspect of these names—*Satyavathi*, *Angavathi*, *Anyavati* and *Nidanavathi*—are attributed to the Vedas. Names are different, but Divinity is one. Therefore, we should not consider the feminine principle as something insignificant. From time immemorial, the feminine principle has been worshiped in different forms. The Vedas declare that wherever women are respected and given their rightful place, there, Divinity is present with all the facets of its glory. Unfortunately today, respecting women is considered disgraceful and insignificant—something which is not proper.

The woman should be respected as the goddess of prosperity in the home (*Grihalakshmi*). She is the companion of her husband in the fulfillment of the duties and rights of wedded life, and she is a partner in the pilgrimage toward God and Self-realization (*Dharmapatni*). The woman is considered to be half the body of her husband (*Ardhangi*).

Nowadays, people feel proud when they win titles for their outstanding contributions in the fields of art, science and public life. These titles are insignificant. However, women hold titles which are

permanent in nature. A house without a woman is like a jungle. So, men have a responsibility to give the respect and honor that women deserve and insure that they do not shed tears. The home where the woman sheds tears is bound to go to ruin.

Woman is the embodiment of these eight-fold powers which are known as the primal creative aspects of God (*Adisakthi*). They are:

- The aspect relating to the sound of Brahman or God (*Sabda-Brahma-Mayi*)
- The aspect which relates to moving and nonmoving (*Charachara-Mayi*)
- The aspect of effulgence (*Jyothir-Mayi*)
- The aspect of speech (*Vang-Mayi*)
- The aspect of constant happiness and joy (*Nityananda-Mayi*)
- The aspect of this world and the other world (*Paratpara-Mayi*)
- The aspect of illusion (*Maya-Mayi*)
- The aspect of prosperity (*Sree-Mayi*)

These are the names that signify the powers that are present in women. These aspects or titles are all facets of the Divine that pervade the cosmos.

### Other Feminine Qualities

Ladies also have the worthy name of woman or *sthree*. This word "*sthree*" has three syllables in it—*sa*, *tha*, and *ra*. *Sa* stands for good, pure or (*satwaguna\**) qualities. This signifies constant thought of God, cultivating nearness to God, and a super-causal state wherein the individual experiences unity with God. *Satwic* nature is inherent in women.

To some extent, women also have dull, lethargic qualities (*thamoguna*) represented by the syllable *tha*. *Thamasic* qualities do not mean merely eating, drinking and sleeping, which makes one lazy. *Thamoguna* also denotes sensitivity, humility and a mild temperament. Therefore, a woman initially starts her life with *thamoguna*, having a very passive, giving nature but being very careful to protect the honor and respect of the family. That is the reason why it is said in Andhra Pradesh, "You judge a house by looking at the housewife." As the homemaker, so the home.

The third syllable, *ra* stands for active, passionate qualities, (*rajoguna*). Here *rajoguna* does not denote aggressiveness or the fighting quality of a woman. If the situation demands, or if the respect of the family is at stake, women do not hesitate to even sacrifice their lives. Our history is replete with examples of women who have fought and won many a battle to protect their country and their honor. This is the characteristic of *rajoguna*. To fight for truth and to preserve and protect it even at the cost of one's life, is a sign of *rajoguna*.

Woman is the embodiment of *satwic*, *rajasic* and *thamasic gunas* or qualities. Today, in spite of having so many wonderful qualities, women are considered to be weak, helpless and lacking in strength, but that is not accurate.

### Secrets of Greatness

It is worth mentioning that whenever women have ruled India or abroad, they have successfully managed the

\*When *guna* is added to a word or is used as a separate word it means a quality, attribute or characteristic. The three *gunas* or qualities are outlined here as they relate to the ideal woman.



affairs of their countries without much disturbance or disorder, and have brought peace and harmony to their homelands. There have been emperors, but not one has ruled as well as Queen Victoria. Queen Victoria ruled her kingdom with great courage, justice and care. There were no complaints during her regime. Similarly, in the recent past, Indira Gandhi ruled over India with courage and fortitude. She earned a good name by sacrificing her life for the nation. Indira Gandhi was the only woman in the world who was Prime Minister of a country for 12 long years. Some men have ruled for only a couple of years, and during their short tenure created many problems.

Over the years, women have struggled, showing courage and fortitude, and they have dedicated themselves to the welfare of society and prosperity of the motherland. Therefore the poet, Valmiki (author of the epic, *Ramayana*), while describing women has called them, "Embodiments of Sweetness."

What is this "sweetness" in the nature of women? Valmiki said that it is the spirit of sacrifice that is sweet. For the sake of the child, the mother is prepared to make any amount of sacrifice. This quality is found only in women. If the child suffers from a critical ailment, the father may say, "It is better if the child dies." But, however fatal may be the disease, the mother makes every effort to save the child. Because of this spirit, women are called "Embodiments of Sacrifice."

Men do not have the same spirit of sacrifice as women. If any problem arises, men come forward with initial enthusiasm, but it is only women who resolutely fight until success is achieved.

Therefore, Valmiki described women as "Embodiments of Devotion," and he described men as "Embodiments of Knowledge." Men may boast that they are endowed with knowledge, but persons of knowledge and intellect have access only up to the doorstep of the Lord's audience hall. They cannot go beyond it. However, women who are the embodiments of devotion, can even enter the Lord's audience hall.

Therefore, if we refer to the ancient scriptures and read the lives of great women, we can understand the importance of women in the world. The lessons that Shivaji (a famous ruler of India) learned on the lap of his mother, Jijabai, made him a brave warrior and a great ruler. Rama could follow the most sacred and righteous path because of the tutelage from his mother, Kausalya.

Why was Gandhi called *Mahatma* (a great soul)? When Gandhi was a child, his mother took a vow that she would eat her first morsel of food only when she heard the song of a cuckoo bird. One day, it was past noon and she had not heard the cuckoo sing, so she did not have her food. Gandhi saw that his mother had not had any food, so he went to the backyard, and he started imitating the sound of the bird. After some time, he came inside and requested his mother to partake of her food since the cuckoo had sung. Gandhi's mother realized that it was not the cuckoo, but Gandhi who had imitated the sound of a cuckoo. She caught hold of his ears and shouted, "I am ashamed that a liar is born to me. I feel it a sin to call you my son. Man is the embodiment of truth. He should not resort to falsehood under any circumstances." Gandhi realized that his mother was very upset. The words of his

mother pierced his heart like a arrow. From that day on, he never uttered an untruth.

### *Mother—The First Teacher*

It is the mother alone, not the father, who can teach the right lessons to the child and make him or her tread the righteous path. In this modern age, it is the father who teaches his child to utter falsehoods. If the telephone rings when the father is sitting at the dining table and the father is not interested in talking to that person, he asks his child to inform the caller that he, the father, is not at home. So, is it the mother or the father who has taught the child to speak untruth? It is the father who teaches bad habits to the children. When did this practice actually start? It started in the *Dwapara Yuga* (the age that preceded our present *Kali Yuga*, the age when Krishna lived on earth, 5,000 years ago). It all started with Dhritarashtra, the blind king of Hastinapur who had 100 evil sons. Whatever wicked acts that his sons did, the king was simply blind to them and always said that his sons were good. Fathers who do such things are not good fathers. The father who asks his child to seek God is the true father. A teacher who imparts spiritual knowledge is the real teacher.

From ancient times, it is only the mothers who have taught their children lessons of truth, righteousness and love. The mother is the first guru to the child. Therefore, Indian culture emphasizes the importance of mother, father, teacher and God. In this order, the mother has the first place.

Why does she get the first place? It is the mother who carries the child for nine months in her womb, undergoes all

trouble and pain, sacrifices everything for the child, and nurtures the child with love. Therefore, you must honor and revere your mother as God. Once the child is born, it is the father who takes the responsibility to rear the child. So, also, revere your father as God.

Why is the mother given the leading place? You all know that we often say "Sita, Rama," but we never say "Rama, Sita." Sita's name comes first and is followed by Rama's name. Similarly, we say "Parvathi, Parameshwar," not "Parameshwar, Parvathi." In the same fashion, we say "Lakshmi, Narayana" and not "Narayana, Lakshmi." Why is it that the name of the woman comes first? Because women are the embodiments of nature and creation. It is only by worshiping nature that one can attain the universal soul (*Paramatma*). How can one who does not deserve the grace of nature ever attain *Paramatma*?

### *Grace and Honor*

In the Mahabharata War, all the 100 Kauravas (the 100 wicked sons mentioned earlier) had lost their lives. Dhritarashtra and Gandhari, parents of the Kauravas, were immersed in sorrow.

Krishna came to console them. Gandhari, the mother of the Kauravas, lamented over the loss of all her children and chided Krishna, saying, "O Krishna! Was there not even one among my hundred children who deserved your grace? Couldn't you have protected at least one child? What has been my sin? What sin have I committed?" Krishna replied, "Gandhari, do not be so hasty to scold me in this manner. When not even a single child of yours ever got the protecting look of his mother, how could you expect God to confer His grace on him?



From their very birth, did you ever look at even one of your children with your eyes?"

Gandhari had blindfolded her eyes with a piece of cloth [after her marriage to the blind king Dhritarashtra], and she had never seen any of her children. Therefore, how could such children, who had never had the protecting grace of their own mother, ever aspire to receive God's grace?

In the word "*amma*," which denotes mother, "*a*" is the first letter of the alphabet. So, too, mother is the first to be honored. Therefore, she is called "Mother Goddess" (*Mathru Devi*).

Four important injunctions of the Vedas are:

- Honor the mother as God
- Honor the father as God
- Honor the teacher as God
- Honor the guest as God

Mother gives birth to the child, and she alone has the authority to introduce the father to the child. It is the father who introduces the child to its teacher or guru. Then it is the guru who leads the child to God.

Nothing except truth and reputation are permanent in this world. You can attain this reputation only when you honor your mother, follow her command, and make yourself deserving to receive her love. Mother's commands should never be disregarded. If you have any doubts at all, then approach her in a pleasing way and get your doubts clarified. But never hurt her feelings. Anyone who hurts the sentiments of one's mother can

never be happy in life. One who wounds the feelings of his or her mother today, will receive the same treatment from one's children tomorrow. Therefore, you should first win the love and grace of the mother.

Even the Russians are aware of this truth. In Russia, December 8th is observed as "Ladies' Day." They give all the freedom to their women on that day, while the menfolk attend to the kitchen and other chores. Women spend the day in the service of society. They go to the hospitals and serve. The spirit of sacrifice that is expressed while doing service is only found in mothers. When a mother watches somebody shedding tears, her eyes get wet too. Women have so much kindness in them.

### *Run from Bad Company*

However, with the changing times, the hearts of women have become hard. What is the reason for this? Our thoughts are shaped by the company we keep. This world is full of bad elements. As the women of today keep company with such elements, their hearts have turned hard. In modern times, it is very difficult to find the company of good people. It was Einstein who said, "Tell me your company, and I shall tell what you are." Run away from bad companions, keep company with the good and noble, and do meritorious acts day and night. You should never entertain bad company, bad thoughts or bad actions, as the fruits of bad actions will recoil on you sooner or later. Therefore, be careful and vigilant right from the beginning.

*Please turn to page 30*

# Our Apparent Parent

---

*Baba is quite the, "apparent parent,"  
who magnificently offers all the just,  
righteous beauty one can show a child.  
We are toddlers in the "terrible two's" of duality,  
screaming "I want more! Me, Me!!!"*

*Can't we look within, deeply?  
The answers are so very clear,  
beneath this worldly veil we have created.  
We validate it all with assurance from the mind.*

*But what of the heart?  
What of the selfless nature we mask?  
Can't we follow our divine parent long enough  
to taste the nectar of real love?*

*We worry—"Will I ever see India?"  
"Will I get back to India?"  
"What if He doesn't notice me?"  
"What if I don't get a ring?"  
"What if He doesn't notice me?"*

*He sees all. He notices you.  
He's noticing you right now.  
And the ring? It's the circle of His love,  
found only, in your true heart.*

**—Marilyn Osoff**  
Sierra Madre, California



# The Key to Patience

---

*"Only patience, tolerance and love can bring success."*

—Sathya Sai Speaks, VIII, Chapter 23

*"Love suffereth long and is kind."*

—First Corinthians, 13:4

*"Be still before the Lord and wait patiently for Him."*

—Psalms, 37:7

I am a product of the Western World, specifically, the United States of America. My life has always been designed to plan and then to act immediately. Patience was a virtue that had its limitations, for certainly if there was something to be done, it had to be done, NOW!

I lived in that kind of time frame. Little did I know then, that my time was not the time in which Sathya Sai Baba existed, or what He had planned for me in the future.

Let me share with you the following events:

It was 1983, and I was on a teacher's sabbatical. I attended a World Conference for Teachers at Prasanthi Nilayam and listened to the presentations of the Education in Human Values (EHV) program (the full title is, Sathya Sai Education in Human Values). I was naturally in awe of everything that Baba told us. It was at that time that I committed myself to being an instrument of Sathya Sai Baba, dedicated to helping school children develop character.

The path became clearer as a group of us joined together with the intention

of writing an *Education in Human Values Manual* for American teachers. We began gathering stories, songs, activities and quotations. Excitement grew!

When I returned to the classroom, I began to use these new ideas. It was no surprise that the students were improving in their outlook and in their reaction to school, despite the fact that they were a "bottom class" and had been in trouble throughout their school careers. After all, this was Baba's program. He had created it, so I was confident that it had to work. And work it did, even to the extent of improving each student's academic abilities.

A few years passed, and more teachers began to use the program and observe changes in their students. I was thrilled, and as I went to the District Office, I was given a chance to expand the program into a greater number of schools. At the same time, we began to conduct EHV workshops throughout the United States. I was thoroughly convinced that this program was needed because of the fast decline of values evidenced throughout the country.

We continued to edit and re-edit the lessons in the manual, always wondering why this process was taking so long. Why couldn't this wonderful work be incorporated into every classroom immediately? Why wasn't every teacher ready to embrace this approach? After all, Swami has always said, *"Education is for living, not just for earning a living."* Surely everyone must agree. And hadn't my students and so many others improved their character and their academics? My

Western mind could not fathom this delay. It just did not make sense.

During a visit to Swami some years later, things began to gel. One evening in my room at the ashram, Dr. Ronne Marantz and I were going over the *Sathya Sai EHV Manual*, again correcting the lessons and writing some new ones. My husband was asleep, and it was through him that Baba sent us a message. Harry suddenly awakened, and told us of the dream he had just had:

"Swami came into the classroom holding onto a little girl's hand. She was attired in a pretty dress and was so happy to be present. I, the teacher, was behind a desk. Baba said, 'Teach this child.' With that remark, He went out of the room.

"The next scene in the dream, Baba was coming into the classroom which was completely chaotic. The little girl had turned into a monkey, leaping around, destroying everything in her wake. I was pulling my hair, distraught, not knowing what to do next. Sathya Sai Baba said, 'Patience. Patience.' And with that He left the room.

"Scene three showed Baba coming into the same classroom. The room was quiet. The little girl was no longer a monkey, but the sweet self she had been originally. I was teaching, and she was happily learning. Sai Baba had this to say to me. 'See, patience is all that was needed. Patience.' And He left with a big smile upon His face."

We were quite taken with this dream, but I must admit that I did not think too much about it until the next *darshan* (seeing a holy being). There I was sitting and awaiting the Lord's entrance, when across the compound came a large monkey. She bounded across the ladies with what appeared to be a planned mission, for she stopped at the northern section of the grounds and suddenly seated herself there. A monkey, I thought, reminding myself of my husband's dream. The volunteers looked perplexed, and before they could do anything, a group of baby monkeys came across the area right up to the mother monkey. She was awaiting their arrival, for as soon as they entered together as a group, they departed without a sound or a look.

What did this all mean? For me, of course, it reverberated with Swami's message of, "Patience." I began to understand His meaning of patience, not only as it related to teaching, but to life itself. It was a lesson in surrender to God's will, to God's time frame.

So here it is 1996, some 13 years from its beginning, and the *Education in Human Values Manual* is finally published and available.\*

It will not be long before the whole world will know of Sathya Sai Baba, His mission and His programs, and we will remember how blessed we are to have learned His message.

—Beatrice Flaig, Ithaca, New York



Sathya Sai Baba often says, "*Patience is the only strength man needs.*"

\*For those who may be interested, please see page 35 for more information about obtaining the *Sathya Sai Education in Human Values Manual*.



# What's Happening With Sai Spiritual Education?

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The National Sai Spiritual Education Coordinator, Mrs. Berniece Mead, is about to launch herself into one of the busiest times of her academic career. Yes, it's true that when one retires from one's life's work, Baba often takes over and "re-tires" them. And so it is with Berniece. Fortunately for us, she is one of Sai's "retreads." We say that with the greatest respect and best wishes to her as a dedicated teacher.

Mrs. Mead has begun a long journey across the USA to conduct teachers' seminars on behalf of Sai Spiritual Education.

On one of her recent trips to India, Baba was very specific that this is her mission, her assignment! He told Berniece, "*Talk to the parents; they are spoiling their children.*" And He went on to say, "*Tell the teachers to teach morals.*" Baba blessed her work, and gave her the confidence and energy to carry out this task.

When we spoke with Berniece Mead, she confessed that the packing and unpacking, traveling, changing time zones, etc., "is a big chore." She said, "But when I arrive on the scene, it all becomes God's expression of love." The joy comes when she is in front of an eager audience, as she feels their enthusiasm, and especially the love that flows from them to her, and back to the audience. She went on to say, "It's not like being involved with the ego. I just let God do all the work."

Some of the stories that people share, cause her heart to ache, she said, "But we are all instruments to do His work. And she continued, "We are fortunate to be able to do this work."

Mrs. Mead claims that her task is made easier since the teacher's manual is now available. She suggests that those who are thinking of attending one of the seminars would do well to prepare themselves by obtaining a copy of the book, entitled: *Sai Spiritual Education Teachers' Manual*. (Available at the Sathya Sai Book Center)

The seminars are always free. Baba has said that spiritual and secular education should be given to everyone without charge. The sessions last for one or two days. The first day is for parents, young adults, all who may be interested. The second day is for the teachers and aspiring teachers only. This schedule is subject to change:

- April 20—21 Boston area, Massachusetts (sorry if you missed it)
- April 27 Newark area, New Jersey
- May 25—26 (Memorial Day weekend), Portland, Oregon
- May 25—26 Ronne Marantz & Bea Flaig to conduct teachers' enrichment workshop at the Northeast Regional Retreat, Troy, New York
- July 5—6 Mesa, Arizona
- August 3—4, Chicago, Illinois
- August 10—11, St. Louis, Missouri
- August 17—18, Dallas, Texas
- August 29—30 (Thurs. & Fri.) before the Retreat at Jemez Springs, New Mexico

Contact your local Sathya Sai Baba Center, Education Coordinator for more information. If you are uncertain how to reach either a Center or the Coordinator, contact the nearest Regional Education Coordinator as listed:

- Northeastern Region #1 includes CT, MA, NH, NY, VT  
Sarojini Cooppan, 101 Elmwood Rd., Wellesley, MA 02181  
(617) 235-0702 or fax (617) 237-9317
- Mid Atlantic Region #2 includes MD, NJ, NY, PA, VA  
Deepa Awal, 400 East 85th St. #17-G, New York, NY 10028  
(212) 472-2999
- Southeastern Region #3 includes AL, FL, GA, SC, NC  
Unnikrishna Kizhakke, 1314 Carrol Dr., Pulaski, TN 38478  
(615) 363-6811
- South Central Region #4 includes AR, IL, KS, KY, LA, MS, MO, OK, TN, TX  
Doris Hampton, 5557 Pershing, #2, St. Louis, MO 63112  
(314) 361-6690 Wadejog@AOL.Com e-mail
- North Central Region #5 includes IL, IN, IA, MI, MN, NE, ND, OH, SD, WI  
Yash Pandhi, 220 N. Vine, Hinsdale, IL 60521  
(708) 789-3830
- Pacific Region North #6 includes AK, ID, OR, WA  
Sylvia Alden, P. O. Box 68, Neilton, WA 98566  
phone & fax (206) 288-2721 e-mail <salden1@mickey.esd113.wednet.edu>
- Northern California & Nevada Region #7 includes Northern CA, NV  
Sowgandhi Sridharan, 5558 Castle Glen Ave., San Jose, CA 95129  
(408) 257-4441
- Pacific Region South #8 includes Southern CA, HI  
M. Srinivas, 14711 Loyola St., Moorpark, CA 93021  
(805) 523-8348
- Southwestern Region #9 includes AZ, CO, NM, UT  
Mary Gibbons, 3424 E. Flower St., Phoenix, AZ 85018  
(602) 956-1554

*Above all, realize that children are precious treasures. Yours is the great task of rearing them to become devoted servants of God and sincere spiritual aspirants.*

**—Sathya Sai Baba**

*Sathya Sai Speaks, Volume II, Chapter 34*



# Young Adults Seeds That You Plant

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My daughter, Anasuya Gunturi, is in her third year at the University of Texas in Austin. She was a *Bal Vikas* student for more than seven years during her childhood, and she is very devoted to Sathya Sai Baba.

While away at college, Anasuya enjoys receiving letters from home. Her mother regularly corresponds with her. However, by nature, I am not a big letter writer. So, for a long time, I did not write. But knowing that the letters are important to her, I decided to start corresponding at least once a week, even if it meant some special effort.

Something strange began to happen. As I looked through some of Baba's books, I came across some of His old discourses. I thought that many of these discourses would appeal to young people because they were on various relevant issues. I started to copy excerpts from the books and enclose them with the letters to my daughter.

Anasuya enjoyed reading the teachings of Swami that she received. She

put them up on her bulletin board and told me that, whenever she felt low or discouraged, she would read the clippings and would feel better instantly.

Some of her friends who visit her dorm room noticed the quotations and began to read them. Baba's teachings are so applicable to young adults that they immediately feel drawn to them. The readings are interesting, refreshing and revitalizing.

I am pleased that the little thing I started has had such an impact, influencing so many young people. This experience brings to mind one of Sai's very wise quotations:

*"The result depends on the extent of your effort and your sacrifice. The results that you get will correspond to whatever seeds you plant."*

In my case, the results I got far surpassed the seeds I planted.

—Kalyan Ram Gunturi  
Dallas, Texas

*Any system of education that does not help—to discriminate between right and wrong, that does not instill the fear of sin and the love of God, that does not train you in the codes of humility and reverence, that does not widen the horizons of your wonder, nor encourage you to worship fully, nor serve your parents, and does not inspire you to dedicate your skills and attainments to the progress of your family, village, community, country, language and nation—stands condemned. The corruption and cruelty that are rampant can be traced to this grave defect.*

*As science and technology advance, humility and love should also develop to the same extent; otherwise, man becomes a menace to man.*

—Sathya Sai Baba

*Unity Is Divinity*, Sri Sathya Sai Books and Publications, Italy

# Service in Our Day-To-Day Lives

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Some time ago my husband, Marty, commented that when a person becomes committed to another human being, he or she begins treating that significant person differently. Unfortunately, that individual is treated with less respect, tolerance and understanding. He wondered why people tend to do this.

After that, I wondered too. What exactly is it that some of us do without really thinking when we're with our spouse or a family member? It seems that, when we're with friends, we tend to be aware of their individual needs, and we give them the space to experience life and to grow. We even let them make mistakes without judging them too harshly. But when we're with our family members, we can be quite the opposite regarding our reactions to their habits, their expressions, and even how they carry out a task around the house.

Maybe we should take a little time to look at how we could treat those closest to us. Being considerate of our family members by showing love, truth, right action, peace and nonviolence,\* is a way in which we can truly do service on a daily basis. For example:

- Loving them unconditionally, even when they make silly mistakes or hurt our feelings.

- Speaking the truth to our family members instead of saying what we think they want to hear, just to hurry up and get through the moment.

- Acting righteously by knowing when to step in and help them with a difficult task, or taking the time to listen to their frustrations.

- Knowing when to be "Sai-lent," or perhaps saying a prayer for them, so that they may know peace and harmony during difficult times.

- We can practice nonviolence by observing the first four values, and also by watching our thoughts, words and actions toward our loved ones.

How can we truly practice Sai's teaching, "*Service to man is service to God*," if we aren't conscious of our behavior in our own homes? Swami has said, "*It is very important that you start by doing the same in your homes as you do at Prasanthi Nilayam. Sai is in every member of the family, so start your service with the family.*"

He has also stated, "*Selfless service cannot be done if you are not doing it in your own home. You might be doing wonderful service outside—at hospitals, medical camps, serving the handicapped, or the elderly—but if you do not serve the members of your own family, all else is worthless. In fact, it will have a negative effect. All devotees must serve their families; only then, will they be qualified to do selfless service outside.*"

One way we can work on this to achieve success is, whenever a family member does something that causes us to have a negative reaction, or a nega-

\*These are the basic values that are taught by Sathya Sai Baba to His students and His followers. All other values and qualities originate from these five.



tive thought in us, say a quick prayer to Baba asking Him to “hurry” and speak through us. Then we could picture our very dear friend, Sai Baba, and think of what we would say to Him in that situation. It really works. Try it! You’ll be amazed at how quickly you’ll learn to incorporate the human values right under your own roof. What a great way of providing service each and every day. And what else does Swami tell us? He says, *“Service to others is really service to ourselves.”*

Sai has told us over the years that difficult conditions and difficult people are “gifts” to us. They create opportunities to really see where we are on the spiritual path. It also allows us to get back on course by being presented with challenging situations. We need to learn to welcome them and understand that challenges are given to us at specific times to teach us how to progress spiritually. Just think when someone stirs up our negative emotions, it is an opportunity for growth. We are so blessed.

I was taking a walk one morning when I came upon some of the most beautiful roses I had ever seen—there were red, yellow, orange and pink roses. They were perfect, and their fragrance was delightful. Then I was blessed with the following message from within:

“A rose is like a human being in many ways. A rose is beautiful, appealing and gracious. It makes us smile, and its fragrance makes us feel good inside. But to get to the rose, one must deal with the

thorns which can prick our fingers and cause pain. However, that does not get in the way of our trying to be close to the rose. We forgive the thorns, even though they can hurt us.

“People are like that, too; some have an outer ‘thorny’ part of their personality. They can hurt us, or make us believe that they are unapproachable. However, their true Self is filled with divinity, love and beauty. We must treat our fellow human beings as we do a rose. When we come upon someone, approach them sweetly, gently, lovingly, with a smile. Keep in mind that their outer layer of self is merely a temporary covering surrounding their true, divine Self.

“When we pick roses, we ignore the thorns or figure out how to work around them, and then place the roses in a protective vase, nourish them with water, and then put them in a special place to be enjoyed. When we approach human beings, we should ignore their thorns, nourish them with love, and put them in a special place in our hearts.”

If we continue to work toward this goal, we can’t help but do service on a day-to-day basis. Sathya Sai Baba’s teachings tell us:

*“Make your life a rose that speaks silently in the language of fragrance. Each petal is a good deed that you’ve done throughout the day. When your heart is pure and your mind is silent, the voice of God can be heard.”*

—Suzy Mendenhall  
Fremont, California



Baba often tells us that when we have a problem, keep saying, *“This is good for me. This is good for me.”*

# Children's Corner

## Learning the Spirit of Science

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*Science is a valuable tool,  
Taught to children at school.*

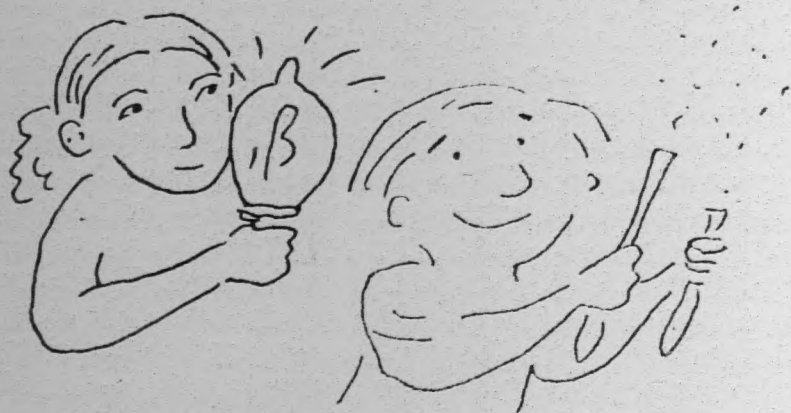
*It's man's exploration,  
Of God's wondrous creation.*

*Man can use science right,  
To send a space shuttle up in flight.*

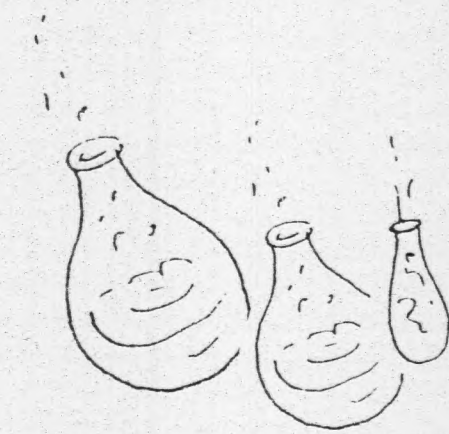
*Science should not be used by man,  
To destroy whatever he can.*

*From the depths of the ocean, to earth and sky,  
Man has explored low and high.*

*So, let us create and invent with our minds,  
To help, to serve, to save mankind.*



Illustrations by  
—Christine Panushka



—Ajay Kumar, written at age 7  
Sai Spiritual Education Student  
Huntsville, Alabama



# Sai's Message

## The Universe Is a University

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*This divine discourse was delivered July 25, 1975 by Sathya Sai Baba to the young women of the college in Anantapur, India. He spoke, revealing His plan for the education of women, and for an expansive perspective for living the "good" life. These ideas are as significant today as they were 21 years ago.*

—Editor



This day is a meeting between the past and the present, as all days are; for we in this college are wishing well for those who have graduated, and welcoming those who have just joined the classes. All moments are moments of crisis, when crucial decisions are urgently needed. Life is a struggle between the forces of good and evil, of joy and grief, of success and failure.

### *Why an Education?*

A doubt may arise whether in the face of this perpetual fight, people can ever escape from the bonds of duality. Is it after all a vain hope, a tantalizing prospect, or is it the sport of God? It is really the inescapable destiny of mankind, and it is to prepare you for that destiny that this college has been established.

A student said that the perusal of a load of books cannot make one an educated person. Education has to take care of body, mind, and spirit in addition to the intelligence. It cannot be confined to the four walls of a building. The universe is a university for those who care to watch, listen and learn. It is an awareness of life. The farmer, the carpenter, the smith, the sculptor, the merchant, everyone has the need to be aware of one's duties and responsibilities, skills

and standards which universal education must foster and fix.

### *The Two Halves*

Education is no bookworm affair; the process must include the study and appreciation of all trades, professions and guilds. It must encourage the acceptance of the good, and the rejection of the bad. Spiritual education is not a distinct and separate discipline. It is part and parcel of all types and levels of education. In fact, it is the very foundation on which a lasting edifice can be built. Secular and spiritual education are like the two halves in the seeds of beans or legumes; the germ that sprouts is in between, and it is fed by both halves.

The feminine is the foundation on which a peaceful and happy world is to be raised. When women are true and brave, kind and compassionate, virtuous and pious, the world can have an era of peace and joy. Young people have the capacity to grow into strong, straight *sadhaks* (those who are on a spiritual path) who can scale the heights of spiritual adventure, but they must have guidance. On the other hand, youths who possess evil temptations, evil examples, and evil advice are spread all around, most temptingly and attractively.

## *Beware of . . .*

There are two evil sirens that entice students into futility and frivolity, diverting them along the path of ruin. One of the sirens is called, "Dame Cinema," and the other is named, "Dame Novel." The films contaminate and corrupt. They pollute young and innocent minds; they teach crime, violence and greed. They destroy basic humanness, and degrade it into bestiality. Even ocher-robed monks are steadily dragged down to sin by the insidious influence of the cinema.

The novel, too, corrupts equally with salacious descriptions of bestiality. They both lead the young away into the wilderness of vice. They do not know, nor do they care to know, how to shape the young into self-reliant, self-confident, self-knowing citizens. These vital needs are ignored.

## *Education has a Short Lifeline*

There once was a student who held out his palm before a palmist for scrutiny. The palmist examined the lines with care, and announced that he would advance in education. The student was happy. It was predicted that he would amass large sums of money. The student's joy knew no bounds. The palmist declared that the lines indicated fame along with fortune. This filled the student's cup of joy to the brim, it could hold no more. Then, the palmist announced that the student's life would be short, and that it would end abruptly and rather soon. The student fell into a faint.

Education, too, has a short lifeline. It does not insure the skills and attitudes essential to live a life of peace and contentment. It is not "full," nor does it function in a comprehensive manner,

taking all the needs and goals into its orbit. The field of education is now concerned only with the cramming, book learning, reproducing from memory, researching trivialities, and awarding degrees which mean nothing special. And its products parade their purposelessness, shouting that God is dead and that virtue is a superstition. How can people exist without God, or God, apart from people? There can be no garland without the string that runs through the flowers. There can be no human beings without the inner kinship that God insures. He is the *Brahmasutra*, the thread of divinity, invisible but inevitable.

## *The Aim of the Institute*

A fortune has been spent on this college (the women's division of the Sri Sathya Sai Institute of Higher Learning, located at Anantapur in India). It is not intended to add one more to the hundreds of colleges scattered all over the country. It is intended to train a generation of women who know how to live the ideals which are treasured in Bharathiya (Indian) culture, and who will uphold the dignity and destiny of women.

The reason which prompted the establishment of this college is the need for women who, as future mothers, will foster the expansion of love to include all beings everywhere. The first step for this expansion is the home, where you must revere and please the parents who gave you this chance to live and learn. If you ill-treat your parents, or inflict grief on them, how can you ever gladden others with service and understanding? Expansion is the keynote of education. You know that when a balloon is filled to its capacity, it bursts and the





**Sri Sathya Sai Baba giving *darshan* to a group of *seva dal* (service wing) *volunteers*. These women, and many hundreds like them, volunteer each day to sweep, clean, prepare food in the canteens, give directions and instructions, as well as, maintaining order, safety and the pristine appearance of the ashram.**

air inside merges with the vast limitless expanse outside. Your love must also fill your home and your society, and finally burst even those boundaries and become worldwide. A drop of water held in the palm is soon evaporated. It is too much alone. But drop it into the sea, and it survives as a part of the ocean. It assumes the name and the taste, the majesty and might of the sea!

The women of the country should cultivate love, sow the seeds of love in all hearts, and shower love on the desert sands. Let the green shoots, the lovely flowers, the luscious fruits, the sweet harvest of nectar be earned by mankind.

That is my wish, my mission, my vow. When you earn a degree and go out of this college, do not ask, "What is the country giving me?" Ask rather, "Now, what can I give to my country?"

When students of today find despair or distress anywhere, they do not set about to reduce it. They pour oil on the flames and relish the damage that they cause. My aim in starting and running this college is to train ideal mothers, ideal sisters, ideal wives and ideal women. In fact, the curriculum which is followed in order to prepare you for the university examination is just a bait to draw you into this higher curriculum of character formation and development of universal love. The acquisition of information without transformation is a matter of pride, though there is very little justification for having such pride.

*"The feminine is the foundation on which a peaceful and happy world is to be raised."*

The earth is but a speck in the vast cosmos. India is a minute portion of that dot. Anantapur is a microscopic particle therein, and you are one of the many lakhs (hundreds of thousands) of human beings living here. So, what reason have you to thrust your pride on the attention of others and feel superior?

### *Be Behind the Times*

Women students and teachers have to be ever-vigilant that they do not attract the eyes and tongues of young men by their dress, movements, laughter, or behavior. Be a little behind the times; it does not matter. It is better than adopting fashions that outrage the traditions, conventions, and culture of this country.

Do not bring dishonor to your parents or disappoint them by acting contrary to their dearest plans. The reverence that you offer at the feet of your parents is, let me assure you, reverence that reaches me. There are some special lessons and items laid down in this college to instill in you faith and spiritual discipline. Teachers and students must show special interest in these, for they are the unique features of this college, designed for your good and the good of the country. Teachers, too, must be examples of sincerity, simplicity, mutual cooperation and love. They, too, must evince interest in prayers and other items of spiritual importance.

—Sathya Sai Baba

*Sathya Sai Speaks*, Volume IX, Chapter 50



# Gifts of God . . .

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Throughout our lives we experience events, situations and people who cause dual feelings—pain or pleasure, peace or anxiety, and love or hate—to surface in our consciousness. As normal human beings, we strive to attain love, peace and pleasure and try at all costs to avoid pain, anxiety and hate. This is only natural. But at some point, we are going to encounter the latter; therefore, how we choose to deal with these “negative emotions” determines our spiritual growth, and whether or not we will have to experience them over and over again. I am no different. All of my life, I made choices in daily living that would promote pleasure and comfort. However, the events in my life over these recent years have caused me to look at what we call “negative experiences” in a very different way.

In June of '87, I returned to Baton Rouge, Louisiana, to finish my degree in dietetics and nutrition at L.S.U. Meanwhile, my husband was working to complete his contract with a major electronics firm in Chihuahua, Mexico. For a time I was extremely happy, as I loved going to college and having the opportunity to expand my consciousness in new directions. (I had worked for the airlines 20 years prior to my husband's transfer to Mexico.) But my happiness abruptly came to an end, for I soon discovered my husband was involved with another woman in Mexico.

*“Baba became my constant companion, and my love and faith grew daily.”*

Shortly after filing for legal separation, it became apparent that I was also going to have to file for bankruptcy. And after that, my doctor informed me I needed major surgery. At times I thought the whole world was crashing in on me. Having few friends in Baton Rouge at the time, I turned to Sathya Sai Baba and found strength and solace that I had never known before.

The pain of rejection was unbearable; the anxiety of final exams was overwhelming; the resentment I felt was devastating; the fear of surgery was agonizing. I began to meditate each morning before school. When I wasn't in class or studying for exams, I was constantly talking to Baba—asking for guidance, strength and understanding. As I was having a hard time forgiving, I asked Him to send His divine love through me to my husband and his friend. I asked Baba to open my consciousness to His wisdom, so that I could pass my finals. I asked Him to remove my fear of having surgery, and I prayed that His will be done in my life and for the strength to accept His will.

Baba became my constant companion, and my love and faith grew daily. Soon I noticed the pain and resentment had dissipated. Not only did I

pass my finals, but I also made the Dean's List for academic excellence. And, although I did have surgery for removal of non-malignant tumors, the

operation was not needed after all. Today, my ex-husband and I are good friends, and I can talk to him with joy and gratitude in my heart.

Would I go through all of this again? You bet I would, for the relationship I now share with Baba grows more beautiful and more profound with each passing day. I know that for every step I take on the path of self-realization, He takes one hundred toward me.

And what else have I gained from these experiences? I have acquired many things—good friends, an interesting career, good health—but the most beautiful is the knowledge of Baba's unconditional love. Whenever I stumble and fall, due to ignorance and lack of wisdom, He is always there to pick me up, and gently guide me back onto the path. The greatest lesson I learned is that these pairs of opposites—pain and pleasure, love and hate, peace and anxiety—are transitory. Where there is one, the oth-

*"Would I go through all this again?  
You bet I would, for the relationship  
I now share with Baba grows more  
beautiful and profound each day."*

er is bound to follow. We must strive to accept both in our lives with equanimity, as gifts from God who is the only true, unchanging reality.

I'd like to share this quotation from Baba.

Perhaps you, too, will come to the realization that these divine lessons are truly signs of His grace, purifying us, and drawing us ever closer to His heart:

*"When you are happy, the risk of grief is great; fear of losing happiness will haunt you. Misery prompts inquiry, discrimination, self-examination and fear that worse things might happen. It awakens you from sloth and conceit. Misery is a real friend; it is an eye-opener; it promotes thought and the task of self-improvement. Misery also endows one with new and valuable experiences, so troubles and travails are to be treated as friends. It is best to regard both happiness and misery as gifts of God. That is the easiest path for liberation."*

—Betty J. Allevato, Norcross, Georgia

*Love for the Divine is devotion. Devotion is not something objective or concrete. It is an inner experience which springs from the heart. As you think, so you become. Hence, the heart must be filled with good feelings. The senses must be engaged in good actions. When the eyes are turned toward God, all creation appears to be Divine. When you wear the right kind of spectacles, you see everything clearly. But if the glasses are not correct, you get a distorted picture and your eyes are spoiled. Likewise, if your heart is filled with love for God, all your feelings are sanctified by that love. Other undesirable thoughts fall away. Devotees pray to the Lord to come and reside in their pure and tranquil hearts. Where the heart is impure, there is no room for God.*

—Sathya Sai Baba

Sanathana Sarathi, February 1988, page 41



# Selflessness

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*Some time ago, General Chibber gave a talk to Westerners at Brindavan. His presentation was so inspiring that I asked his permission to share it with the Sathya Sai Newsletter, USA. He responded enthusiastically, saying "Yes, yes, however you would like!" The topic was selflessness, and is reproduced here from my notes:*

**—Cathy Daub**

Sathya Sai Baba is moving mankind toward a new stage of development through the establishment of: purity of man, global economy and earth citizenship.

Selflessness has an important place in the overall design of this movement. Baba wants us to understand and experience who we are. He tells us directly that each one of us is God. We must understand this first and then plan to take an "action program" to experience it. There is one goal, one purpose in life—to make everything that we perceive as a form of God only.

In doing this we are bound to find difficulties. Swami gives us explanations and guidance on how to overcome these difficulties. The overall goal of our thoughts and experiences is that we must know we are God. However, really believing this and putting it into practice is one of the most difficult things to achieve.

Baba said to me, "*You know spirituality is very easy. All you have to do is understand—I am, I am—and experience that you are God. Know this. You are omnipresent.*" If we understand the truth that we are God, then mankind will be

better able to move forward. I wondered how I was to learn this. Baba gave me the project of learning how leadership may be improved. There can be no good, effective leadership unless its foundation is based on selflessness.

Each one of us is a leader. If leadership in the family is correct, the rest will take care of itself. The father pretends to be the leader, but really, it is the mother who is the leader. Why? Because the mother is the symbol of sacrifice and selflessness. I discussed selflessness with Swami one day and He said, "*Be careful. Selfishness is human; selflessness is Divine.*" And He added, "*People have been coming to me for fifty years, but not a brick has changed.*"

The human being is basically selfish. Egoism sees self-interest as the basis of morality. When we are asked to give up self-interest, we have problems. Toynbee,\* one of the most respected historians the world has seen, said, "Man may try to exploit the universe. If he follows this as a greedy desire, his conduct will be evil. But if it serves the interest of the universe and follows a loving desire, his conduct will be good. This involves a constant struggle that begins at the dawn

\*Toynbee, Arnold Joseph (1889-1975), British historian, analyzed history in terms of the growth and decline of civilizations. His thesis was that a civilization's survival depends on its ability to respond successfully to challenges, both spiritual and material.

of consciousness and is ended only by senility or death." It is this struggle that we must win and be victorious. Swami said that it is the only way to move toward our goal to experience that we are God.

Where does selfishness spring from? We can see the composite forces as a circle with desire in the middle and surrounded by jealousy, anger, attachment, greed and egoism. Selfishness is characterized by our desire for worldly things, for name and fame. It is self-centered individualism. If what we crave is not met, then the twin brothers of anger and jealousy spring up. They blind us. Baba says, *"All our suffering, all our pain, all our wrong-doing spring from this craving. They all lead to attachment. If one desire is fulfilled, it multiplies like oil on fire and flares up into much more. Egoism and conceit then get larger."*

The thoughts and actions of most humans are, first of all: "What am I going to get out of it? If I get something in return, I'll do it. If not, I won't!" This self-interest is the basis of humanity. "If I get what I want, all is normal." This selfishness has seeped into international affairs, too. A country's representative says, "If it is not in the interest of my nation, it is not for me."

Alexander the Great learned a lesson when he went to India. His final wish was that when his body was displayed at the time of death, his hands should be placed outside his body, with palms turned up. This showed that we come into the world empty-handed and leave empty-handed.

Baba tells a story about greed and selfishness that goes something like this: God, in the form of Vishnu, and his con-

sort Lakshmi, the goddess of wealth, were together one day looking at the universe to see if all was progressing well. With the gods, there is no sense of time; a couple thousand years can be moments. Vishnu looked at Lakshmi and said, "I think mankind is moving in the right direction. Look how even Alexander the Great learned his lesson 2,000 years ago." Lakshmi said, "No, they don't think of you, they think more of me, the goddess of wealth." They began to argue. So, they decided, "Let us go down to earth and see for ourselves."

Vishnu took the form of a pundit and went from village to village teaching mankind the purpose of life, eternal bliss. He was a very articulate speaker, and all eagerly turned out to listen to him. A few days passed, and Lakshmi came dressed in beautiful clothes and jewels. She was an equally good speaker, and the crowds, especially the ladies, came out to hear her. After her talks they would invite her into their homes for something to eat. However, when invited the first time, she refused, saying, "I have a problem. I can't eat from utensils already used. If you let me bring my own, I will come." They agreed, saying, "Very well, but you must partake of our feast."

So, she brought a gold tumbler, gold utensils, and a gold jug for water, and she ate. Then, she said to the hostess, "Since these are now used, you can have them; I have no use for them." At the next house, the same thing happened, and the news spread like fire that there is a lecturer who not only brings gold, but she leaves it behind!

By the time Vishnu reached Mysore, thousands lined up to see Lakshmi, all saying to her, "Bring your utensils, we



don't mind." Lakshmi then said, "I hear there is a pundit giving lectures. Get him out before I come." So, they sent Vishnu away. Wherever he went, he was told that the village already had a previous engagement. When Lord Vishnu realized how deeply man had fallen, he came to earth as a triple incarnation to move us toward our correct destiny, which answers the question, "How can we overcome our selfishness?"

About the time when the Super Specialty Hospital had been built in only five months, there was great excitement in Puttaparthi. One day, while I was sitting on the veranda, Baba came out of the interview room holding a letter that said, "Swami, what you have done is indeed a miracle! The Government of India would have taken five years to build this hospital!" I said to Swami, "Swami, this could make a wonderful case study to teach to the university students." He responded by saying, "*No! No money management!*" Then, he looked into the distance and said a Sanskrit sloka that put everything in the right perspective. The sloka in English means, "*Not through action, nor progeny, nor wealth, but through sacrifice alone can immortality be attained.*"

Without sacrifice, there can be no reaching the goal. But sacrifice what? Sacrifice selfishness and attachment. Give up anger and your desire for worldly things. Put a ceiling on your desires. That will help your progress. It helps us to become selfless.

What is selflessness composed of? Imagine that in the center of a circle is Faith in God. Around the center is Truth, Right Action, Love, Equanimity and Non-injury. We must strive to attain these selfless values. Have faith in the Cre-

ator. As Swami teaches, this is the direction for all of us.

Selfishness is embedded in each of us. Being selfless is easier said than done. There are very few who learn to be selfless. Who are they? They are Solomon, Jesus, Gandhi and Mohammed. Like Rama, there was not a trace of self-interest in them. They lived for humanity. Though some of them lived thousands of years ago, they still inspire.

What will help us to discard desires? The great sage, Vivekananda, explains, "I don't ask you to become totally unselfish." Baba said the explanation for this is, "*It is simply not possible!*" Baba also said, "*If you can't think of humanity, then think of your country. If you can't think of your country, think of your community. If you can't think of your community, think of the institution. If you can't think of the institution, think of your family. If you can't think of your family, think of your spouse. But for God's sake, don't only think of yourself!*"

It requires action, dedication and strong willpower to transform ourselves. The ultimate destiny of man is to achieve selflessness. Some Sai brothers once came to me and asked, "General, how much progress have you made moving toward your goal?" I thought awhile and said, "I've made some progress, but I'm nowhere near the goal." Squarely, the ball is in my court. I haven't worked hard enough to get there. When playing the game of golf, I wanted to bring my score down. I worked for hours every day. Most of my waking hours were devoted to it and, in two months time, I did it. The way to progress is not through knowledge but through practice.

Can selflessness work in today's

world? If you look carefully at any successful industry in the corporate world, you will find that there are one or two chief executives who are not motivated by name and fame. Those are the businesses which have maintained excellence, even in the corporate world.

Selflessness is the key to success even in the military. Germany is an example of military superiority. It was involved in two world wars and lost in both; yet, the German military was classified as the best fighting organization. Literary historians who have studied the German military have come to that same conclusion. How did they do it? The conclusion was that it was due to the German General Staff, a selected group of officers who provided clear leadership. It was the staff who created the foundation of the military regime.

Early in this century, a scholar doing research wanted to find out how such a superior organization was created. He went to visit the German field marshal and asked, "What is it you look for in an officer? What qualities do you consider when choosing your staff?" The field marshal reflected for a moment and said, "It's not so much qualities we look for. Rather, we look for the absence of one quality—personal ambition. If we find an officer who is a climber, who is interested in self-advancement, then we have no use for him. He's out. Our motto is, 'To be, then to do.'"

So here it is—selflessness—"be," and then "do" your duty without expecting any reward. That is selflessness at its very best. This is why, even though Germany was defeated in two wars, it came out with the superior reputation for its military organization.

All organizations which value excellence, regardless of who is on top, must look for the characteristic of selflessness. The military organizations do the maximum when they go to war. They inspire men to die for their country. Implicit trust in the leader is required. The leader must have a more expansive desire than himself to inspire others. In the USA, officers are given the credo of how to conduct themselves in peace and war. "Country first, then duty, and last, honor." Self-interest is placed last. In India, an officer is given a similar motto, but it is even more explicit. "The safety, honor, and welfare of country comes first, and then the troops come next. Your own ease, comfort and safety come last, always and every time." This ideal shows that country comes first, the men who serve come next, and your own safety is last, each and every time. That is a very high degree of selflessness and dedication; people are willing to risk their lives for a greater good.

By sacrifice alone, liberation can be achieved. But sacrifice what? Sai is not asking us to sacrifice family or our own welfare, but rather, to sacrifice desire, selfishness and personal recognition.

Look at the ashram and how it functions. Thousands of people are working for no benefit except selfless service. The volunteers leave their homes in Bangalore at 5:00 AM and walk to the bus with their meals. By the time we line up for *darshan* they are already working. They spend their whole day there and take the bus home in the evening at 9:00 PM. They receive no recognition, except the great joy of selfless service. The canteens work this way, too, as does the Super Specialty Hospital at Puttaparthi. Those



serving, pay their own transportation fares and bring their own food. They work a 12-hour day, cleaning, sweeping and working in the gardens. This is selflessness exemplified. Swami has provided this as an example, and as a forum for us to do selfless service.

Jesus said, *"Whoever wishes to be the first among you, shall be your servant."* Baba says, *"As long as you are clouded and thinking only of yourself, you can be certain that you will be cast into sorrow. You must travel from the stage of thinking I and mine, to we and ours, from selfishness to selflessness, from bondage to liberation."*

The by-product of selflessness is leadership and happiness. In it lies the nectar of the wisdom of saints and sages for thousands of years. There is an equation Baba has given us:

*"Happiness = the number of desires fulfilled, and the number of desires entertained."*

So, what does this convey? The larger the denominator, the more the desires. If the denominator is one, then what is fulfilled is also one, and we are one and are happy. Place a ceiling on your desires. Desire is the source of anger, envy, jealousy, egoism, hate and greed. Desires become larger than ourselves. Therefore, ideals for the greater good

are essential. Swami suggests that we differentiate between our needs and wants. Wants are endless. Needs are few. There is no better example than Swami Himself. He has four sets of clothes and eats little. He has little sleep and no holidays. Everyday, at all times, He is giving, giving. If we can be like Him, we have a direct flight to our destination of liberation.

Ultimately, we must appreciate that all desires, good or bad, are related to the body or the ego. God has no desires. So, we must transcend even the desire to be one with God, and then we will experience perpetual joy. Swami says that this is far greater than all the worldly pleasures put together.

Swami gave His students this poem:

*We Are All One*

*The bird with you, the wing with me.  
The goal with you, the way with me.  
The eye with you, the form with me.  
The things with you, the dream with me.  
So, we are bound, so, we are free  
You in me, and I in you.  
All are one, an integral whole.*

May we have the tenacity to put into practice what our Lord teaches us.

—Lieut. Gen. (Retired) Dr. M. L. Chibber  
From Notes Taken by—Cathy Daub



General Chibber and his wife, Dr. Chibber, will visit the USA in May to begin a series of workshops on **Leadership for Young Adults**. This will be an excellent opportunity for young adults, ages 17 to 30, to meet other devotees in their age group and acquire useful skills.

The General has written a book, approved by Sathya Sai Baba, entitled: **Sai Baba's Mahavakya on Leadership, A Book for Youth, Parents and Teachers**.

The workshops will take place at specified locations. There will be **no fees or donations accepted**. For more information contact your nearest Sathya Sai Baba Center. Participants might wish to read the General's book which is available at the Sathya Sai Book Center.

# Public Meetings, a Glorious Success

## Other Announcements and Information . . .

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Spring this year brought with it two very special events. One took place on the West coast and the other on the East coast of the United States. On Sunday, March 24, in Los Angeles, California, and again, on Sunday, April 14, in New York City, the U.S. Sathya Sai Organization hosted large public meetings that presented information about Baba, His mission and His message. Swami not only gave His blessings and approval, but also His guidance for the programs.

The site in Los Angeles was the beautiful Wilshire Ebell Theater, a well-known local landmark rich in history and artistic tradition. The location chosen for New York City was equally prestigious—Town Hall. That internationally known structure is located in the heart of the Broadway theater district, and has through the years hosted some of the greatest cultural events in the nation's history. The 1,250-seat Wilshire Ebell Theater, and the 1,500-seat Town Hall were each filled to near capacity, as the weather cooperated beautifully on both days. Inside, the elegantly appointed auditoriums were made even more attractive as a result of the loving and tasteful manner in which devotees decorated the stage with beautiful flower arrangements, and a solitary, life-size portrait of Baba. The portrait, being skillfully spot-lighted, served as a continuous reminder that Baba was there in actuality and was seemingly pleased with the way the program was unfolding.

Dr. Michael Goldstein, who gave some introductory remarks and served

as master of ceremonies on both occasions, stressed the universal nature of the Sai mission and message.

The principal speaker was the Honorable P. N. Bhagavati, Vice-Chairman of the International Human Rights Commission, United Nations, and former Chief Justice of the Supreme Court of India. Justice Bhagavati, who serves as a member of the Central Trust, presented a very comprehensive overview of Swami's teachings, colorfully punctuated with his own personal experiences with Sathya Sai Baba. He thus placed the significance of Swami's presence here on earth into a meaningful perspective.

The final speaker was the highly acclaimed and world-famous jazz musician, Maynard Ferguson. Mr. Ferguson, a Sai devotee for 18 years, charmed and enthralled the audience with his very relaxed and personable manner. He recounted many of the personal experiences he has had with Swami over the years. The Town Hall audience had the additional good fortune to be treated to a miniconcert by Maynard Ferguson's 14-piece jazz orchestra. They performed, "Sweet Baba Suite," from his recently released CD. The rendition received a standing ovation from the crowd, which persuaded them to perform an encore.

Each program concluded with the showing of an 18-minute video, produced especially for the occasion. It showed Baba giving *darshan*, portions of the 70th birthday celebrations, the dignitaries present, as well as footage showing the educational system, the Super Specialty



Hospital, and the Water Project. In his remarks, Justice Bhagavati commented on the significance of three Sai service activities, and noted the fact that they are all provided free. The service projects are in keeping with Baba's pronouncement that a good education, high quality health care, and pure drinking water are the rights of all, regardless of culture, background or socio-economic condition. The brief video enabled those in attendance to have a visual glimpse of the

wondrous happenings that are heralding the dawn of a golden age.

After two and one-half hours, devotees and persons new to Baba sensed that they had taken part in a most unique and spiritually uplifting experience. There were many smiling faces, much activity at the book tables, and a general feeling of happiness. All agreed that it was a very dignified program, with warmth, humor and love.

—William Harvey, Ph.D.  
St. Louis, Missouri



## *Other Announcements and Information . . .*

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•May we remind you, for **Sai Spiritual Education Seminars conducted by Berniece Mead**, National Education Coordinator, refer to pages 11-12 of this issue. The seminars will be held in select locations across the U.S.

•For information regarding the **Leadership Seminars to be conducted by General Chibber**, in **May 1996**, please contact your local Sathya Sai Baba Center. Everyone is welcome, but the emphasis will be for the young adults.

•**Did you know that there is a Sai publication in the U.S. for children?** It is entitled, **Sai World**. There are four (4) issues per year, at an annual cost of \$5.00. To start your subscription for your favorite child, or teacher, or to treat yourself, send your remittance to: **Sai World, P.O. Box 7722, San Diego, CA 92107-7722**

*There are two more Sai Retreats/Conferences being planned:*

•**Hawaii, Pacific Region South**, will be having its first retreat ever. Congratulations! The dates are **July 12-14 on the Island of Maui**. For more info., please contact **Michael Azeveda**, fax (808) 878-2123 voice mail (808) 878-1319

•**The Southeast Region of the U.S.** will host a **Sai Retreat/Conference** which will take place in late fall, 1996. The date, time, and location will be determined and announced later.

## *What Can Parents Do?*

Men should try to understand women, and women should also try to understand men. It is the harmony, peace and mutual love between men and women that brings happiness and peace to the family. People want happiness in the family, but they do not lead exemplary lives. The fault lies with both the husband and the wife. If children have taken the wrong path these days, the parents alone are responsible, as they are not exemplary in their behavior either.

For example: How can you prevent the child from smoking if the father smokes in front of the son? Then he, too, will start smoking by stealing cigarettes from his father's pocket. If the father scolds him for smoking, the modern day child retorts, "Father, when you yourself are smoking, why do you object to my smoking?" Therefore, parents should never behave in a manner that will set a bad example for the children.

Sometimes you cry that your children are not listening to your advice, and they have gone astray. How can you make them listen to you? Did you listen to the advice of your parents? Whatever you say or do comes back to you. You should have proper control over your children. First of all, have control over yourself. Only when the father is good, can he expect his son to be good. Is it possible for him to keep his son at home when he himself roams about as he likes? Nowadays, the father does not try to correct the child, and the child does not listen to the mother. Therefore, 90% of the fathers are like Dhritarashtra; they will accept anything that their children do. This is the reason why the world has come to such a sorry state. If the chil-

dren take the path of charitable service, faith in God and devotion, the father asks the children, "What is all this madness? Have you also become Sai crazy? Don't participate in service, don't do charity, do not attend devotional singing." Some fathers are like that, and some others are like Hiranyakasipu. Some fathers close their ears like Hiranyakasipu did, so that he could not hear his son, Prahlada (an exemplary child who was devoted to God), uttering the name of God. Today, we have only fathers like Dhritarashtra or Hiranyakasipu, while there is a lack of fathers who can guide their children on the right path and set before them some lofty ideals. Some parents preach high ideals, but they cannot correct their own children at home. Who will listen to their sermons? It is easy to speak but difficult to practice.

Hence, we should understand the values enshrined in Bharatiya (Indian) culture. These days, children do not show any interest in reading sacred texts. They read all sorts of trash and start on the wrong path in their childhood. If the tender sapling grows straight, the tree will also grow straight. If the sapling grows crooked, then the tree will grow crooked. Therefore, love the children, but give them stern correction if they do anything wrong. Timid parents of today fear to establish strict rules for the children, as they may run away from home or end their lives.

It is better to live like a swan for two years than to live like a crow for a hundred years. If we want children who will earn a good name in society, and if such children are to be fostered, then, the parents must first correct themselves. When Prahlada defied the com-



mands of his father, king Hiranyakasipu, his mother tried to persuade him in a pleasing manner and said, "My dear son, it is not for you to disregard the commands of your father. Try to obey by any means." Therefore, in all situations it is the mother who advises the child. So, mothers of today should have pure thoughts and ideals.

### *Noisy Habits*

Whenever women gather in one place they start gossiping and create noise which sounds like the beat of a drum. You have all been sitting here for a long time, and there has been more noise from the women than the men. It is not that all women create such noise, but for some it is a habit. As we are celebrating Ladies' Day this day, make a resolve that from tomorrow onward, women should limit their talking. Not only here, but in the prayer hall too, it is the women who always talk.

Men go on turning and talking as they please. Men set no limits or restraints on themselves. They do not care to ponder over where they should go, why they should go there, nor how they should behave. The women do not know when to talk, what they should say, nor when to maintain silence. Therefore, if men and women correct these habits, then there can be happiness.

### *Mind and Thoughts*

Prahlada told his father, Hiranyakasipu, "You could conquer the whole world, but you have failed to control your own senses. First try to conquer your inner world, then you will conquer the outer world."

What is it that is responsible for the

well-being of society? Our actions are responsible for the good and bad in the world. Our thoughts are responsible for our actions. Our minds are responsible for our thoughts. Our desires and resolves are responsible for our minds. Therefore, if all the people in the country have the right thoughts, then everything will be all right. So, we should cultivate good, pure ideals and thoughts.

One of the ladies who spoke earlier, talked of truth (*sathya*), righteousness (*dharma*), peace (*shanti*), nonviolence (*ahimsa*) and love (*prema*).

- Every word spoken with love is truth. Words emanating from a heart filled with love are truth.

- All actions that spring from a loving heart are righteous.

- Everything that we contemplate with a heart full of love is peace,

- Whatever we do with a heart filled with love, can only be nonviolent.

- Hence, love is the very foundation of all human values. Without love there is no life. Therefore, everyone must cultivate this quality of love.

In these times, people become angry for trifling reasons. Anger weakens you. It is said that anger reduces one's life span. It is like a saw which cuts your life asunder. So, you should never have anger or jealousy. It is only thinking of God that will cure you of the diseases of anger and jealousy.

### *Nations are Founded On . . .*

In every house and in every corner of the land, spread the message of God as there is no easier path than this.

The feminine principle is something good, virtuous and wonderful. It is only when the women are good that children

when the women are good that children will be ideal citizens. If the nation is to prosper, then the father and mother must be good. It is very necessary. Countries are in a state of chaos today; therefore, we must see that an atmosphere of peace prevails. For both peace and joy, it is the home that is most important. If there is no joy in the home, how can there be joy in the nation? So, we must experience joy at home first. Then, we should spread joy to the whole state and finally to the whole country. But instead of spreading joy, you are spreading chaos. Disharmony, resulting from fights between husband and wife, is shamelessly demonstrated on the streets. Is it a sign of manliness to exhibit in public the flaws that have developed at home?

Today, everybody claims to be educated, but their conduct does not reflect their education. How can persons, who are unable to set right their own homes, ever succeed in setting right the nation? Acquire an education which will help you to reform society and the country.

### *Women's Pivotal Role*

We always say that the world is full of discord. From where has this discord come? It has come from within us. So, every year on the 19th of November, while celebrating Ladies' Day, these sacred feelings are to be spread all over the world. Not only here, but even while at home, women should know how to lead their lives, how to behave with others, and how to tend their children. Even if the husband is wicked, the wife should exercise patience. Ravana—the demon king of Sri Lanka, who kidnapped Sita, and was defeated by Lord Rama—was a

wicked person. But his wife, Mandodari, could live with him because of her forbearance. Mandodari often advised Ravana. She used to say, "Ravana, if the same thing that happened to Sita would have happened to me, how terrible you would feel. Therefore, is it proper for you to behave in this manner? You should not go after the wife of another person. Correct yourself."

### *Start Now!*

Beginning today, try to correct yourselves. Let men and women consider others' mistakes to be small, however big they may be. Consider your own faults to be big, however small they may be. See the good in others and emulate their good qualities. It is of utmost importance that you see the flaws in yourself, and eliminate them. However, today, you see the faults of others, not of yourself.

In Telugu there is a proverb that the misguided man always searches for the faults in others, and the dog always searches for the shoes of others. Those who are always on the lookout for the faults in others are like the dogs. Do not become dogs, become gods. Remember, human life is very sacred and extremely difficult to obtain.

Embodiments of Divine Love: You may have faults, and you should correct them, not repeat them in the future. If you do something wrong to anybody, then you wrong yourself, and you will get a bad name. All of you should lead your lives with good feelings and a good mind. What is a good mind? A mind full of peace, full of love, full of compassion is indeed a good mind.



## *Sai Wants Our Transformation*

Buddha once saw a corpse. Then he saw an old man, and then a sick man, and in an instant Buddha was transformed. Today you may see corpses, old people and sick people, but the experience does not transform you. You have got to change. Where is that truth in you? Where is that righteousness in you?

Year after year, you hear so many discourses by Swami. How many of you have changed? Where is the transformation in you? The transformation has to come about. Not only here, but wherever you go, the change has to come about. This should be reflected in your pure feelings and actions. Otherwise, what is the use of spending money to come here?

Therefore, on this auspicious occasion of Ladies' Day, if women make a resolve to change, men will also change. Women should take the correct path, then men will also follow suit, as it is the

women who have to take the leading role. The wife is half of the husband; if she becomes good, then her husband, who is the other half, will also become good. Women should inculcate qualities of compassion, love and sacrifice. There is no nobler quality than sacrifice. Look to the women of the past. How much compassion they had; how much peace and joy they gave to others; what purity and bliss they had. Because of that, they have become immortal. Even today, they are remembered for their outstanding values and qualities.

Therefore with the hope and blessings that you will behave in the right manner, take a leading role in the affairs of the country and the world at large, and set the proper and right example for others—I bring this discourse to a close.

—Sathya Sai Baba

The First Ladies' Day Discourse  
Prasanthi Nilayam, November 19, 1995



## *Learning a Lesson from a Child*

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The example of a five-year-old child who continued to dance, playing her role as the child Krishna, while around her there was fire and smoke, was highlighted by Bhagavan in His discourse in the Poornachandra Auditorium on January 14, 1996, after the distribution of prizes to winners in sports and games. Bhagavan said, *"Owing to fire crackers, the cloth on the platform on which the child was dancing caught fire. As the flames rose, the police, students and others rushed to the spot with buckets of water to put out the fire. But the child, as Krishna, went on with her dance, totally indifferent to what was happening all around. Her entire concentration was on the role she was playing. The child was with the dance, with her concentration on Swami."* Bhagavan said that nothing untoward can happen when one's inner look is centered on the Lord.

—Sanathana Sarathi, February, 1996, page 29

# In His Hands

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I have been a devotee of Sathya Sai Baba for many years, and He has blessed me with wonderful *leelas* (divine plays), and I would like to share one with you.

My friend, Maya, from Santa Barbara, was visiting me one weekend. Our conversations were mostly about Baba, and how our lives have changed since knowing Him. That particular weekend, we discussed retirement. I was concerned because, at that point in my life, I had no retirement and was uncertain of the future, especially since I am a single lady.

On Monday morning, when it was time for Maya to leave, our parting statements were about Swami, and that He would have to take care of us because we didn't know what else to do other than what had already been set in motion.

I went to the kitchen to clean up before leaving for work. We walked out together and went our separate ways.

That evening, when I returned from work, I saw that Maya had left me a picture of Baba on the kitchen counter. My reaction was, "How thoughtful of Maya." Then, I forgot about it, but during one of our telephone conversations, I remembered that I had not thanked her for Swami's photo. After I thanked her, she said that she had not left any picture!

I later realized that she was correct. I remembered that there had been no picture on the counter that morning, and that she would not have had time to leave one, since we left my home at the same time. When she asked me to describe the picture, I said, "It is a photograph of Swami smiling, and in His left hand are two birds." Then, I knew without a doubt



that Swami had sent us both a message by blessing me with that photo. I knew He was in effect saying, "I will take care of you both. Do not fear. You are in my hands."

Shortly thereafter, another friend of mine who is knowledgeable about birds came by. I showed him the picture and shared the story. He said that he had never seen a picture of Swami holding two birds in His hand. Not only that, but they were two female birds!

Since that time, the picture stands framed on the kitchen counter, and each day I look at it as a reminder that I am always in His hands.

This *leela* was not just for Maya and me. Know that you are always in His hands. Baba will always take care of us and our loved ones.

—Sally Kimball, Fremont, California



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what had already been set in motion.

I went to the kitchen to clean up before leaving for work. We walked out together and went our separate ways.

That evening, when I returned from work, I saw that Maya had left me a picture of Baba on the kitchen counter. My reaction was, "How thoughtful of Maya." Then, I forgot about it, but during one of our telephone conversations, I remembered that I had not thanked her for Swami's photo. After I thanked her, she said that she had not left any picture!

I later realized that she was correct. I remembered that there had been no picture on the counter that morning, and that she would not have had time to leave one, since we left my home at the same time. When she asked me to describe the picture, I said, "It is a photograph of Swami smiling, and in His left hand are two birds." Then, I knew without a doubt

that Swami had sent us both a message by blessing me with that photo. I knew He was in effect saying, "I will take care of you both. Do not fear. You are in my hands."

Shortly thereafter, another friend of mine who is knowledgeable about birds came by. I showed him the picture and shared the story. He said that he had never seen a picture of Swami holding two birds in His hand. Not only that, but they were two female birds!

Since that time, the picture stands framed on the kitchen counter, and each day I look at it as a reminder that I am always in His hands.

This *leela* was not just for Maya and me. Know that you are always in His hands. Baba will always take care of us and our loved ones.

—Sally Kimball, Fremont, California



# **Sathya Sai Book Center of America**

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## ***Books on Education Mentioned in this Newsletter***

### ***Sai Spiritual Education Teachers' Manual***

This book was written by and for Sai Spiritual Education teachers. It explains how this educational program, inspired by Sathya Sai Baba, works and how to implement it. Baba has said, "*This book is very important.*" \$11.00 Order # BC-008

### ***Sathya Sai Education in Human Values Manual***

This manual has been published by the Sathya Sai Central Council for use in the United States. It can be utilized as a learning tool for anyone who wants to better understand human values, and wants to put them into practice to help oneself or to instruct others. \$5.00 Order # BC-007

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### ***Life is Awareness—by Joy Thomas***

This volume is a continuation of the author's experiences with the Avatar. Mrs. Thomas' candor has earned a wide readership for her books. This latest literary effort includes several discourses and numerous quotations of Sathya Sai Baba. \$7.50 Order # BW-091

### ***Sathya Sai Baba and the Universal Reality of Mankind —by Mata Betty***

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***—by Dr. A. Adivi Reddy***

This book is the result of a divinely inspired urge in the heart of the author to share with his fellow devotees, his perception of the splendor of the personality in human form, the Avatar, Sri Sathya Sai Baba. \$5.00 Order #BI-069

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***—by Valmai Worthington***

The guidebook goes beyond providing answers to questions about accommodations, food, dress, etc. It also covers customs, behavior, and subtle issues of spiritual awakening. Excellent for first-time travelers to India. \$7.00, Order # BW-072

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•Contact the Book Center for one of their free brochures of audio cassette tapes, photographs, and books that are offered for sale.

## ***Classics By and About Sathya Sai Baba***

These four volumes by Prof. N. Kasturi make up Baba's biography through 1979.

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