



SATHYA SAI NEWSLETTER, USA

Love

Peace

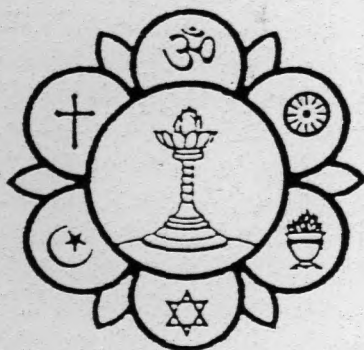
Truth

Nonviolence

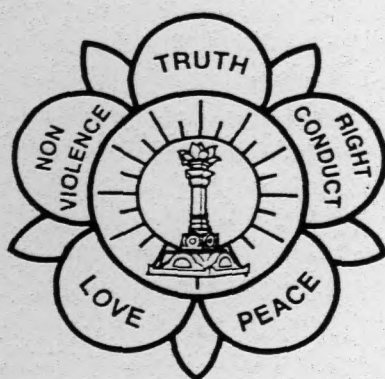
Right conduct

About the Sarva Dharma Symbol

The Sarva Dharma logo of the Sri Sathya Sai Organization depicts the six great religions of the world. It exemplifies the unity of all religions. The original symbol showed only five religious symbols because in India Christianity and Judaism are thought to be branches of the same religious philosophy. However, when some Jewish Sai Baba devotees asked Bhagavan for separate representation on the Sarva Dharma symbol, Baba in granted their wish. The original logo is sometimes still seen in the ashrams at Brindavan and Prasanthi Nilayam.



Some years later, a new version of the same design came into use. The symbol below is now more commonly used in the United States. It depicts the five qualities from which all human values emanate. Both symbols seem to be accepted and both are widely used. We just thought our new friends and devotees would like to know.



The staff at the *Sathya Sai Newsletter, USA*, is pleased to announce that the cover artwork on this publication was designed by Ms. Barbara Bates of San Diego, California. We thank Ms. Bates and all the other artists who contributed their time and talent to create a new design for the *Newsletter*.

Sathya Sai Newsletter, USA

*This publication is dedicated with Love and Devotion to
Bhagavan Sri Sathya Sai Baba*

Sai s Message	Sathya Sai Baba	2
Realize the Magnetic Power Within	Sathya Sai Baba	3
Right Desires	Alova	7
A Messenger from God	Richard Selby	9
Swami s Divine Message to Syracuse Sai Center	Vijay Amin	11
Light the Lamp of Morality in Your Hearts	Sathya Sai Baba	13
Baba s Power Cures My Malaria	Paul Buscaino	15
The Day God Smiled at Us	Sivaprasad D. Madduri	18
Report from Region IX	Satya Satyanarayan	23
<i>Sathya Sai Newsletter, USA</i> Subscription Form		25
I Am a Child	Halimah Holliday Chambers	30
Sathya Sai Book Center of America	Book Center Volunteers	36

Any talent a person has should be dedicated to the service of the rest of humanity, indeed, of all living beings. Therein lies fulfillment. All men are kin; they are of the same likeness, the same build, molded out of the same material, with the same Divine essence in each. Service to man will help your Divinity to blossom, for it will gladden your heart and make you feel that life has been worthwhile.

—**Sathya Sai Baba,**
Sathya Sai Speaks, Vol. IV, p.178

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—Barbara Bozzani, Editor

Sai's Message



Service without the idea of self is the very first step in the spiritual progress of man, for it trains you to transcend all the distinctions artificially imposed by history and geography and to realize that the human community is One and indivisible. Learn this truth; experience it in action. That is the duty of the Seva Dal (Sai service) Organization. How can a person be held "Divine" (as every man truly is) unless he has established himself in the sense of this unity and shaped all his actions thereby? Man has been brought forth so that he may enjoy his heritage, namely, the bliss that comes from the realization of the One. Any activity intended solely for the individual is, on that very account, barren. For the community is essential for the individual, for his very survival.

—**Sathya Sai Baba,**
Sathya Sai Speaks, Vol. IX, p. 130

Bhagavan Sri Sathya Sai Baba manifested a *lingam* during *Mahashivaratri*. The *Mahashivaratri* discourse begins on page 3.

Realize the Magnetic Power Within

Divine Discourse on Mahashivaratri, March 12, 2002

*With the crescent moon dancing, matted locks waving,
The cool waters of the Ganga (the river Ganges) flowing
between His locks,
With the eye in the middle of the forehead shining,
Purple neck gleaming like the sheen of a black berry,
Wearing serpent bracelets and a snake skin belt,
His entire body smeared with Vibhuti (holy ash),
With forehead adorned with a kumkum dot, lips red by
the juice of the betel,
With gold-embellished diamond earrings dangling,
With His entire dark body glowing,
The Lord (Shiva) of Kailasa (heaven) appeared in
person. (Telugu Poem)*

Embodiments of Love!

All the earth is permeated by magnetic power. All living beings and objects present on this earth also have this magnetic power. The rivers that flow, the wind that blows, the flowers that blossom, and so on—everything is endowed with magnetic power. The rivers flow on earth because of magnetic power. This magnetic power is all-pervasive.

People with *Bhakti* and *Prapatti* (devotion and faith) visit temples, which have magnetic power. The flowers and fruits that people offer with devotion in temples also have this magnetic power. Because thousands of devotees gather here, our Mandir (temple) is suffused with magnetic power. The all-pervasive magnetic power shines with added brilliance in this Mandir. This

magnetic power is ever on the rise as there is a continuous flow of devotees.

Even an iron nail turns into a magnet due to its association with the magnet. In a similar manner, people who visit the Mandir are filled with magnetic power. It is only from the magnetic power of the devotees that the Mandir gets charged with mighty powers. Every individual is filled with magnetic power from head to toe, but man does not realize his innate potential and visits temples to get blessings and grace. One does not acquire any special powers from temples. What one gets is only the reflection of one's own magnetic power. People visit various pilgrimage centers like Tirupati, Haridwar, Rishikesh, and the like. The power found in pilgrimage centers is due solely to the power

of devotion and faith that pilgrims carry in their hearts.

Divine Powers of Man

God is the embodiment of all forms of opulence, and so also is man. *Sampada* (wealth), *Aiswarya* (authority/control), *Yashas* (fame), *Shakti* (power), *Jnana* (wisdom) and *Ananda* (bliss)—all these are gifts of God. They are latent in every man, but he is losing them as he is unable to put them to proper use. Divinity shines resplendently in man when he makes proper use of these *Shadaiswaryas* (six forms of wealth). Divine effulgence illumines the face of every man.

As Venkataraman mentioned, every man is a combination of materialization, vibration, and radiation, or radiance (*bhur, bhuva, suvaha*). We refer to the human body with all its limbs and muscles as *materialization*. The life force (*Prana Shakti*) is *vibration*. These two are coordinated by the Atmic power, *radiation*. All the divine powers are latent in man, but man does not focus his attention on them. He identifies himself with the body, but in reality he is not the body. Otherwise, why would he say, "This is my body"? When you say, "This is my body," you are indicating that you are different from it. Man is deluded by thinking that he is the body and loses his divine effulgence because of this mistaken identity.

The vibratory quality (life force or *prana shakti*) corresponds to the breathing process. Sometimes, people say, "My breathing is not proper." This again shows that you are not your breathing. *Pashyannapicha Na Pashyati Moodho*. (He is a fool who sees with his eyes yet does not recognize reality.) Man is immersed in ignorance, as he identifies himself with something from which he is totally different.

Radiation (radiance) is divine, and that is man's true nature. This is the magnetic power latent in every man. It is the same divine

power that is present in the temples and that attracts all pilgrims. Magnetism is the nature of all temples.

How Magnetism Forms the Linga

There is also gold in every man. Iron and various other metals are present in him, too. The Vedas declare, *Raso Vai Saha* (God pervades the body in the form of essence). What is the significance of *Lingodbhava* (production or birthing process of a lingam)? God is known as *Hiranyagarbha* (the golden womb of creation). The golden *Rasa* (essence) present in His womb undergoes a vigorous churning process and assumes the shape of a *Linga*. *Linga* means a symbol or a sign. (Bhagavan held up the golden *Linga* that He created at the beginning of His Dis-

Happiness or worry is based on your feelings. If you consider the body to be a cause of worry, it will be so. On the other hand, if you consider it sacred, it will become a source of happiness for you.

course.) As you can see, it has no distinctive features such as eyes, face, and so on. It has neither feet nor head. It can be placed in any manner.

The *Linga* symbolizes formless Divinity. *Leeyathe Gamyathe Ithi Lingaha*: It is the basis of everything. The golden *Rasa* (essence), after assuming the shape of a *Linga*, emerges out (of My body). You need fire in order to melt gold. Similarly, the fire within melts the gold and molds it into the shape of a *Linga*. Hence, the difficulty (plainly visible) at the time of its emergence. It has to assume the form of a *Linga* and come out. You feel Swami is put to a lot of *Badha* (suffering) at the time of *Lingodbhava*. It is not really a *Badha* (suffering) but a *Bodha* (teaching) for you. Is it not natural for a mother to undergo labor pains while giving birth to a child? Will any mother curse her child just because she is put to a lot of suffering? She always prays for the well-being of the child.

In the same manner, Swami does not feel any pain at the time of the emergence of the *Linga*. I don't consider it a *Badha*. I am happy that I am imparting a significant *Bodha* to so many of you. God has absolutely no suffering, no worries, and no difficulties whatsoever. But you feel that Swami is undergoing great pain and suffering. In order to facilitate the formation of these *Lingas*, My body has turned into a magnet. It is for this reason that I found it difficult to walk for the last three days, as My feet stuck to the ground because of the magnetic pull. Likewise, whatever objects I touched stuck to My hands. It was not troublesome for Me.

It is but natural because My whole body became magnetic.

Such power of attraction cannot be experienced by all. It is only in Divinity that you find such a highly powerful magnetic force. These things cannot be revealed to all. Every man has such a divine magnet in him, with certain limitations, but Divinity has no limitations whatsoever. Even though Divinity transcends all limits, you try to impose certain limitations on it.

Magnetic power is present everywhere. Air, water, food, sound—everything is suffused with magnetic power. Upon deep enquiry you will discover that magnetic power has no limitations. *Daivadheenam Jagat-sarvam* (the whole universe is under the control of God). *Sathyadheenamtu Daivatam* (Truth is the essence of God). Everything is contained in the principle of Truth. When you uphold Truth, all the divine powers will manifest in you. *Tatsathyam Utthamadheenam* (Truth is controlled by the virtue of noble souls). Who is a noble soul? He is one of peace, love, and compassion. *Utthamo Paradevata*. (Such noble souls are verily the supreme divine.)

Control of Magnetic Power

Man goes on pilgrimages in search of God because he is ignorant of his latent divine power. One who recognizes the latent divine power need not undertake any such spiritual practice. A Russian lady by name Brigitte was full of magnetic power. Whenever she walked on the road, iron filings would get attracted to her. She was not allowed to enter any shop because the items

there would get attracted to her. It is not enough if one has magnetic power; one must keep it under one's control. She had no control over her magnetic power. She could not even eat food. Consequently, she died after a few days. Although she had the divine magnetic power, she died a premature death because she did not have the capacity to control it.

The driver of a car must likewise have the ability to control it. If he has no control over the vehicle, he is sure to meet with an accident. Our body can be compared to a magnetic car: the eyes are the headlights, the mouth is the horn, the mind is the steering, and the stomach is the fuel tank. The four objectives of human life—*Dharma* (right living), *Artha* (wealth), *Kama* (purified desire/yearning for God) and *Moksha* (liberation)—are like the four tires. You should fill these tires with the air of faith. The pressure of air in the front tires should be different from that in the rear tires. The fuel (food) that fills the tank (stomach) should be pure and sacred. When the fuel is impure, a blockage may result. Hence, *Sathwic* (pure/balanced) food is recommended. The water we drink should also be pure and unpolluted. Only then will the "car" be in good condition and take us to life's destination. Man's life will be redeemed only when he understands the principle of his body.

The Body Is a Temple of Magnetic Power

To be born is a worry; to be on the earth is a worry. The world is a cause

of worry and death too. All of childhood is a worry and so is old age. Life is a worry; failure is a worry. All actions and difficulties cause worry. Even happiness too is a mysterious worry. (Telugu Poem)

Happiness or worry is based on your feelings. If you consider the body to be a cause of worry, it will be so. On the other hand, if you consider it sacred, it will become a source of happiness for you. In fact, there is nothing bad in God's creation. Everything is sacred and full of magnetic power. The body is like a temple with magnetic power. So, whatever actions you undertake should be sacred. When you do unrighteous activities, you have to face the consequences. Spiritual practices like *japa* (repeating the name(s) of God) and *dhyana* (meditation) confer only mental satisfaction. They cannot reveal the magnetic power.

There are nine paths of devotion or relationship with God. They are: *Sravanam* (listening), *Kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu, the sustaining power of creation), *Padasevanam* (serving His Lotus Feet), *Vandanam* (praise), *Archanam* (worship), *Dasyam* (service), *Sneham* (friendship), and *Atmanivedanam* (Self-surrender). *Atmanivedanam* comes only after *Sneham*. Hence, you should cultivate friendship with God. Without *Sneham*, you cannot reach the state of *Atmanivedanam*. Until you reach *Atmanivedanam*, you cannot understand the all-pervasive prin-

continued on page 26

Right Desires

Feelings and Thoughts Rooted in Divinity

God puts His desires in our heart—desires that lead us to Him. Desires to think good, do good, and be good are certainly right desires. Urges that lead us to serve our brethren, to bring them comfort and joy, are Godly desires. A school is formed because someone loves children and wishes to improve their welfare. Temples are built because someone loves God and wishes that God be worshipped. Someone feels compassion for the infirm and desires to discover nature's secrets or build hospitals in order to give them comfort. Someone feels compassion for travelers and desires to construct safe bridges.

Swami demonstrates with His entire life that selflessness is an essential ingredient of what “ought” to be desired, thought, and performed. Spiritual principles like peace, love (not to be confused with affection or attachment), truth, and justice surely lead us to what “ought” to be asked for. Swami tells us always to avoid egoism, pride, self-interest, and self-importance. If tainted by jealousy, hatred, vengeance, egotism, stupidity, or greed, desires will not bear good fruit, even if we start out on a noble course.

The Buddhist saint, Milarepa, was asked shortly before his death for his final teachings. He replied, “If you find a certain practice increases your evil passions and tends toward selfishness, abandon it, though it may appear virtuous. If any line of action tends

to counteract the five evil passions, and to benefit sentient beings, know that to be true and holy dharma, and continue it, even though it might appear to be sinful (to those bound to worldly conventionalities).”¹ Swami also advises us to use common sense.

A pure heart, where God alone is installed on the throne, certainly yields pure desires, but since we are not totally pure yet, does it mean we should never ask for anything? Of course not! Just as a spiritual teacher is necessary on the path to self-realization, and a form is necessary in order to realize the formless, asking for what we want is necessary on our spiritual journey. We all have both selfless desires and noble thoughts. On occasion we are all inspired with unselfish love. We should hang on to these desires, these higher thoughts, and not let them go! We “ought” to dwell on them until they are realized. When motivated by purer desires and thoughts, we “ought” to ask, and hold on, until we obtain what we ask for.

With self-examination, we can discern whether our feelings and desires are rooted in divinity. If they are rooted in vice, we should uproot them. If they are worldly, we should place a ceiling on them. And if God has placed them in our hearts, we should persevere until we realize them. This is “following the master.”

Sometimes Swami doesn't take action until and unless someone requests Him to.

He says that He incarnated because of the prayers of saints and sages. They asked Him to come. He has no personal desires but responds to the prayers of His devotees. He never uses His powers for His personal benefit—He is always happy, and He has sometimes healed Himself in order to make His devotees happy. He has no desire except to be known by Himself (us). So if we want

the grace of His presence, His influence, His form, we must ask for it. True devotees ask wholeheartedly, fervently, and with perseverance.

—Alova

Prasanthi Nilayam

¹ Evans-Wentz, W.Y., ed., *Tibet's Great Yogi Milarepa*, 2nd ed. (Oxford University Press, 1951), p. 261.

My Grace is proportional to your effort. Try to win Grace by reforming your habits, reducing your desires, and refining your higher nature. One step makes the next step easier; that is the excellence of the spiritual journey. With each step, your strength and confidence increase and you get bigger and bigger installments of Grace.

My Grace is ever with you: it is not something that is given or taken; it is given always. But it is accepted only when the Consciousness is aware of its significance. Win the Grace of your own subconscious, so that it may accept the Grace of God that is ever available. God does not deny anyone; it is you who deny God. When the gift is conferred, you have to do one little act so that you may earn: you have to extend your hand to receive it.... Give Me the reins; trust in Me and be directed by Me. I shall take full responsibility. Only you must accept without demur whatever comes as prasadam, or Grace.

—Sathya Sai Baba,
Geetha Vahini, pp. 228-231

A Messenger from God

Healings Large and Small through Divine Love

From the heights of glory to the depths of despair—that was Lee. In 1984, as a budding Olympic martial artist, life was at his fingertips. There were the five-hour-a-day workouts and the constant necessity to prove himself, but dream and destiny lightened the load and paved a smooth course for him. Twelve years later, this one-time possible Olympic medalist experienced a series of upsets that would test the mettle of any champion. An unspecified virus had attacked Lee's kidneys, and a ritual of dialysis took the place of Lee's routine of competitive workouts. Now, instead of being a dynamo who conquered all, Lee became a patient confined to the demands of modern day medicine. His family, supportive as they were, attempted to relieve the strain, but in Lee's words, "Dialysis sucks the life-blood right out of you." Ironically, he was lucky enough to receive a kidney but then found himself little better off as a transplant patient. God's drama, a divine drama, was unfolding.

In 1999, Lee's marriage dissolved and he was no longer able to work. Despair such as he had never before known pounded down upon his once-athletic frame. He gained weight, and depression attacked him both mentally and physically. "I didn't care if I lived or died, and maybe I just wanted to die. I felt I had lost everything; everything

got worse. My creatin rose to poisonous levels, as my one kidney no longer worked. They were going to yank it out, and tests showed that my heart was bad. They were going to pull out my kidney and do heart surgery at the same time. It was right about this time that I heard about Baba and started to pray to Him. A friend had given me *vibhuthi* (holy ash produced by Sai Baba) and a *japamala* (rosary of 108 beads). I took *vibhuthi* and wore the *japamala* everywhere I went. I had the *japamala* with me when they were going to do the surgery."

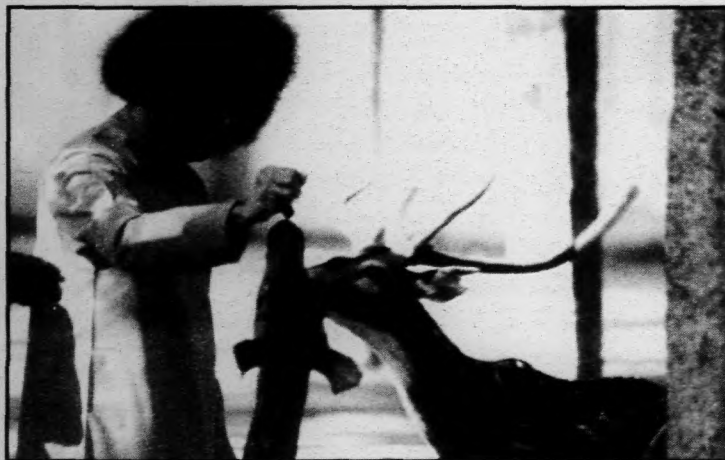
Prior to the scheduled operation, Lee had an unexpected visitor to his room, a female minister. "It was so strange. She was someone I had never seen before. She walked into my room and touched me on the forehead, and I could feel tremendous power. I was overflowing with energy. She said, 'You'll be out of here tomorrow.' My kidney began working, and the doctors suddenly couldn't locate the heart problem. The doctors wanted to keep me, but I walked out of there the following day. I decided to dedicate my life to Baba."

Lee was at rock bottom, and from there he began a slow but steady improvement: "My life was changing, and all the time strange new things kept happening to me. I used to like hunting and fishing, but now I couldn't even think of it. In fact, animals kept

showing up, and they needed help. My house was filled with them. Something was going on; I was becoming different."

In April 2000, Baba again played the music of His divine flute. No, it wasn't to produce the kind of miracle that people write books about, or that medical science describes in its journals; instead it was one of those "small" *leelas* that will forever be imprinted upon Lee's mind, and everyone else's who was witness to it. Each third Sunday of the month a "Share and Care" meeting takes place in La Crescenta, California, a time to embrace Baba's love and share stories of His divine interventions. It was "Share and Care" Sunday, and Lee was in the process of telling his story about the glory, despair, and unreality of this thing we call existence. The door to the Share and Care room was open to the outside, providing fresh ventilation.

"And I can't believe it," he said, "everywhere I go there are animals who come to me for help."



One person added affectionately, "Animals can sometimes be messengers from God."

Within two seconds a small sparrow flew briskly into the room. Wings beating rapidly, it flew directly over Lee's head and perched at the nearby window. Lee quietly pulled a chair over to the win-

dow, as if such an incident should be totally expected, and reached carefully for the quivering bird.

"See," he said, clasping it safely between the strength and softness of his two hands and carrying it to the open door. With a slight push, he released the tiny sparrow, and it flew off silently into the distance.

Who can explain the Avatar or the divine magic that He brings into each of our lives? Who can explain?

—Richard Selby
Pasadena, CA



Do not delude yourself by imagining that you are the seat of disquiet and untruth; know that you are the embodiment of Santhi (Peace), that Prema (Divine Love) is the blood that flows in your veins, and that your very nature is Joy; realize this by actual practice and experience.

—Sathya Sai Baba,
Prema Vahini, pp. 53-54

Swami's Divine Message to Syracuse Sai Center Members

Interview Room, Monday, December 24, 2001

Question: How to serve Swami best?

Swami: Swami Himself is the servant. We must serve humanity. Love all and serve all. Help ever, hurt never. If you don't want to help, do not hurt. If you cannot oblige, you can always speak obligingly.

Question: Swami, make us your instruments.

Swami: I am your instrument.

Question: How to keep your body healthy?

Swami: Sleep on time and wake up on time. Control diet. Walk every day. Do not be lazy and do not overeat, even during festivals or when you go to someone's house for a function or party. Most health problems are related to food habits. Follow my example: no coffee, tea, milk, or sweets. All I eat is *ragi*. See how healthy I am? This body is 76 years old. You must have discipline. You should not have attachment to food.

Question: How to control negative thoughts?

Swami: Negative thoughts are related to mind. Control your mind by *namasmarana* (repeating God's name). Follow your heart, not mind. Control your anger. When you get angry, remind yourself that you are not an animal, but a human being. (Tell yourself, "I am not an animal, I am a human being.")

Question: What should the young adults do?

Swami: (to the children) Speak the truth.

Don't fear to tell the truth, no matter how bad it is. Study hard and get very good marks. Listen to your parents. Be disciplined. If you don't listen to your parents, your children will not listen to you. This you will experience in this life itself. Respect your parents. Make your parents happy. Follow the example of King Harischandra.

Question: Swami, please give a message to the children.

Swami: They are not children. Good behavior makes a boy. Good manners make a man.

On Marriage

Swami: Husband comes home tired from working all day. The wife should take care and speak pleasantly. Both should understand each other. The woman of the house is Gruhalakshmi. She has many responsibilities. She takes care of the husband, children, and home. She will sacrifice herself to look after the health and well-being of the family. She represents the left side of the body (she is *ardhangini*). The husband has only one major responsibility, to earn a livelihood for the family. Marriage is like a mirage.

Swami: (to one group member) What do you do for work?

Member: Swami, I do *seva* (service).

Swami: Very happy. Emphasize quality, not quantity. An ounce of cow's milk is no comparison to gallons of donkey's milk.

Swami: What is *Jnana* (wisdom)? (answer by Swami:) We should have total awareness. If you see the outside, you see the cloth, but if you look deep, you will see that the cloth is made of thread, and if you go deeper, you will realize that cotton is the ultimate source of the cloth. Likewise, we should develop total knowledge and awareness and not partial knowledge and awareness. If you see the whole thing, it is total awareness. Be aware that God is in all.

Question: How should we do *seva*?

Answer: Do selfless *seva*. There should be no selfish motive when doing *seva*, and do *seva* with lots of love. If you cannot oblige, at least speak obligingly. I read all the letters devotees give me. They give them to me with love and I read them with love.

The ornament for the hand is charity.

The ornament for the throat is truth.

The ornaments for the ears are listening to sacred scriptures. Sathyam Vada Dharmam Chara (Speak the truth; act virtuously.)

On Buddha's Life and Teachings

Swami: Buddha searched everywhere to attain *Atma Jnana* (Self-knowledge). He studied books, made all external efforts, but ultimately found self-realization and peace within himself.

Buddham Sharanam Gatchami

(take refuge in the Buddha)

Dharmam Sharanam Gatchami

(take refuge in righteousness)

Sangham Sharanam Gatchami

(take refuge in the spiritual community)

Question: Swami, many members of our center could not come. What message should we take back?

Swami: Love all, serve all. My life is my message.

(Swami repeated many of His famous quotes:) Love lives by giving and forgiving; self lives by getting and forgetting. Love is selflessness; self is lovelessness. Give, give, give. Follow Swami. Be selfless. You are not one person but three: the one you think you are, the one others think you are, and the One you really are.

(Swami sang a song:) *Chalo Man Ganga Jamuna Teer*

Swami: Be detached. Don't burden your head with worries and thoughts. Less luggage, more comfort. Always follow your heart.

—Vijay Amin
Syracuse, NY

A heart soaked in love alone is a sacred heart. The service done may be a small one, but when it is done with a large heart, it can yield great results.

—Sathya Sai Baba

Light the Lamp of Morality in Your Hearts

Discourse on the First Anniversary of the Super Specialty Hospital in Whitefield

One may master all forms of knowledge; one may vanquish one's adversaries in debate; one may fight with valor and courage in the battlefield; one may be an emperor reigning over vast kingdoms; one may offer cows and gold as an act of charity; one may count the countless stars in the sky; one may recite the names of all the creatures on earth; one may be an expert in the eight forms of Yoga; one may reach even the moon. But is there anyone who can control the body, mind, and senses, turn the vision inward, and achieve the supreme state of equanimity of the mind? (Telugu Poem)

Forbearance is the real beauty in this sacred land of Bharat. Of all the rituals, adherence to truth is the greatest penance. The nectarine feeling in this country is the feeling of love toward one's mother. Character is valued far higher than life itself. People have forgotten the basic principles of this great culture and are imitating Western culture today. Alas! What has happened to this country? The Bharatiyas are not aware of the greatness of their own cultural heritage, just as a mighty elephant is not aware of its own strength. (Telugu Poem)

Embodiments of Love!

People are making every effort to attain the state of perfection. It is culture that leads people to this state of perfection. People have to undertake sacred activities to uphold their purity, culture, and character. Love is the fundamental principle of life. Fill your lives with love. Love is God. Live in love. Ignoring the sacred principle of love, people misuse their lives by cultivating wicked qualities, such as hatred, jealousy, pomp, and show.

The honor of a nation depends upon the morality of its people. Lack of morality will certainly put a nation to disrepute. The true human race is that which upholds morality. Listen to this truth, O valorous people of Bharat! (Telugu Poem)

Basis of Humanness

Today morality has declined among human beings. One without morality cannot even be called a human being. Light the lamp of morality in your hearts. Only then can you lead a truly human life. Morality alone can confer health and wealth on humanity. One should not develop undue attachment to the body, which is physical and ephemeral. Besides the body, there is mind and spirit in every human being. People should lead lives with morality as the basis and recognize the truth that human life is meant to uphold morality.

The entire world is pervaded by mind and matter. One has to make efforts to know the nature of these two. If you ask the modern person, "What is mind?" he says, "It does not matter." If you ask, "What is matter?" he will say, "Never mind." How can a person who does not know the nature of mind and matter understand humanness? Do not be under the mistaken notion that the body alone, composed of the five elements, constitutes a human being.

Humanness, in fact, consists of three aspects, namely, *Manas* (mind), *Buddhi* (intellect) and *Samskara* (process of refinement). These three have their origin in the Atma. On this basis, the *Bhagavad Gita* declares, *The eternal Atma in all beings is a part of My Being*. The mind is an aspect of the Atma. Do not consider it to be a mere bundle of desires. From the worldly point of view, it may be a bundle of desires, but from the spiritual point of view, the mind is a bundle of divinity.

Cultivate the Ideal of Unity

In order to attain divinity, first of all people have to cultivate unity. In unity lies true culture. Unity is the ideal that people should strive to attain. Any mighty task can be accomplished through unity. People have achieved independence but have yet to attain unity. Instead, we find only diversity. Some people think that Swami established this Super Specialty Hospital to render service to the people of Karnataka, but in fact I did not construct it for the people of a particular region. I have built it for the sake of the entire nation.

People should make efforts to visualize unity in diversity and thereby attain divinity. Unity leads to purity. Where there is purity, there is divinity. Only through unity, purity, and divinity can one experience bliss. You can never attain bliss if you do not give up the feeling of diversity and instead cultivate the spirit of unity.

It is true that health is wealth. Health is the fundamental requirement for achieving the four goals of human life, namely: *Dharma* (righteousness), *Artha* (wealth), *Kama* (desire) and *Moksha* (liberation). However, once you attain the state of bliss, you can always enjoy good health. People are deluded with the feeling that they can lead a blissful life by acquiring wealth and a position of authority. Neither wealth nor position of authority can confer bliss on you. Bliss can be experienced only when you visualize unity in diversity. If you do not understand the principle of unity and attain bliss, all service activities, such as construction of hospitals, will be of little consequence.

Everyone working in a hospital, be they doctors, nurses, paramedical staff, or technicians, should have a spirit of unity. This hospital demonstrates the ideal of unity. All the staff in this hospital work with the feeling that they belong to one family. Our hospital stands for unity in diversity. It does not crave for money, name, or fame. In olden days, education, health care, food, and water were provided free of cost. I have determined to provide them all free.

continued on page 31

Baba's Divine Power Cures My Malaria

How I became a first-hand example

I flew into the Prasanthi Nilayam airport on August 14, 1997. It was a real treat not to have to ride from Bangalore by taxi.

I checked in with accommodations, got a room assignment, changed into my whites, and made it down in time for the afternoon

Darshan. I saw and greeted a few familiar people, including Mr. J.D. Kapur, who so much reminds me of my mother! We clasped hands and

shared a few moments of joy. I refer to him as "uncle" because he could pass for my mother's brother.

Baba came out of the interview room. We made eye contact and smiled at each other in greeting. A short time later, after returning from the Darshan area, He came toward the area where I was seated. He stopped and exchanged a few words with a person who was sitting three or four people in front of me. I stared at Him! What a treat it was for me to have Him come and stand there! He again gave me a couple more glances with those smiling big brown eyes of His. I felt so grateful to have received His Darshan my first afternoon. I was enjoying His beauty and bliss.

Two days later I handed Baba a letter that I'd brought for someone. He reached out to take it and said, "When are you going back?"

"September 4th, Swami," I replied.

"Long time—very, very, happy," he said. I felt so good inside that He'd acknowledged my being there.

I talked with one of the senior trombone players a day later. He was wondering if I'd

be able to assist the boys with their music during my three-week stay. I suggested that I'd better ask Baba "formally" for His permission.

He agreed and was excited at the prospect. That afternoon Baba called me into the interview room. He asked me what I wanted to ask Him about music. I told Him one of the band boys had talked to me about helping them with their music.

"Which boy?" He asked. We walked out of His room and I pointed to the boy. Baba called him and asked how many boys were in the band, and how many were new. He then looked at me, stating firmly, "You start tomorrow night." He then told the student the same thing, and to inform the warden as well. Baba then excused me, as He touched my shoulder.

A couple of days later I noticed I wasn't feeling well. I started perspiring. I continued to fan myself, but that didn't help. Something was wrong. Possible fever? I contacted a doctor in the ashram that evening. He gave me a couple of tablets to take and suggested

*"I have read many, many books
wherein the authors told about
Baba's healings, but I never thought
I'd be a first-hand example!"*

I go to the hospital the next day and have a check-up.

The next day, Thursday the 21st, I went to the hospital. The diagnosis was fever and diarrhea. Blood pressure was fine, and so was my heart. The doctor gave me medication for five days, but my condition did not improve. It had gotten worse, and I was getting weak and perspiring more than before! I started to get concerned. I went back to see the doctor on the 26th, five days after he'd given me the medication. I told him I felt terrible! I wasn't getting any better and in fact felt worse. He gave me a form to go to the hospital lab and have some blood drawn. The results would be back the next day and I was to come back then. I came back the next day, got the lab report, and took it to his office. He read it and stated, "It sure fooled me. You have malaria!"

"What!" I said. This really frightened me. Halfway around the world and diagnosed with malaria! He told me not to worry; it would be all right. He gave me some medication and said I'd be all right in about five days. Well, that was encouraging. I might mention that I did not have the type where one has fever and chills. I just couldn't go in the sun or do much that required energy. Well, I didn't feel well in the five days! I continued to get worse. I could hardly walk without perspiring more! I had to skip several band rehearsals. I was really getting scared. It was August 30th, and the time for my departure for the U.S. was September 4th. What was I going to do?

I went back to the hospital and saw the doctor. He sent me down to the lab again for

a blood test. The weekend went by and I wouldn't be getting my results until the 3rd, the day before my departure. I brought all this to the doctor's attention. "I'll give you some medicine that you can take on the way home; don't worry," he said. Ha! Don't worry. What was this lab report going to say? I was in a state of grave concern. How was I going to fight all the customs and immigration line battles? I couldn't see how I could possibly travel! And with medication starting the day before I left!

On the morning of September 3rd, I went to Darshan as usual. But this time I prayed for help. Would the last lab report prove positive again for malaria? I felt desperate. I told myself, if Baba comes anywhere within ten feet of me, I'm going to tell Him that I am terribly sick with malaria and ask what to do. It was 7:30 a.m. He was coming in my direction but at an angle, and was about six to eight feet away. I said to myself, this is my only chance to ask Him! I crawled on my knees toward Him. He stopped and looked at me while I tried to say what I thought I should say. I was all choked up and in a state of despair. The only words that I could get out were, "Baba, I have malaria."

"Malaria?" He said as He touched my shoulder two or three times and walked away. I then sat back on the edge of the veranda and continued to watch Him walk in that beautiful and graceful walk that He has. He stopped and talked to, I believe, a Prime Minister, and then another person, and so on. I wasn't paying any particular attention to my body since I was so absorbed in watching Baba in such close proximity. He so

much stirs the hearts of people. What a blessing.

I then focused on myself and noticed I was feeling much, much better! By 8:00 a.m., half an hour after Baba touched me, my malaria was gone! My perspiring had stopped. My weakness had gone away, and I was smiling, not being sure that it was real! A retired dentist who has lived there 30 years saw everything. He had known for many days of my having malaria. He said to me that he has seen many, many healings performed by Baba over the years, and he wasn't so surprised. But to me, the healing was a miracle! A few moments later the dentist chuckled a little and said, "I'm wondering what that lab report is going to say about your malaria problem!"

My appointment was for 10:00 that morning, September 3rd, the same morning Baba healed me. I arrived at 9:45 a.m. The doctor sent me down to pick up the lab report. I was in a good mood. I felt great! I too now wondered what the lab report would say. I obtained the lab report, walked out of the

room, and read the results as I went back to the doctor's office. The results were positive! The testing, performed the day before on September 2, 1997, showed positive for malaria! This proved that I still had malaria the day before Baba healed me. I thanked Baba in my mind. What a wonderful gift I had received!

I kept all the records from my treatment in India and had a complete blood test done on September 11, after returning to the U.S., as requested by my personal physician. The results were negative, and I don't think my doctor quite believed my experience.

I have read many, many books wherein the authors told about Baba's healings, but I never thought I'd be a first-hand example! I am ever so grateful to Sathya Sai Baba for all that He has done for me since my meeting Him eleven years ago!

Om Sai Ram!

—**Paul Buscaino**
Santa Maria, California

Let Me tell you one thing in the end. However you are, you are Mine. I will not give you up. Wherever you are, you are near Me. You cannot go beyond My reach.... You can hear My footsteps, for I walk with you, behind you, beside you. When you cry out in agony, don't you hear My heart's lament? Have you become so stony-hearted? My ear will be there to listen. Ask that I should protect you like the apple of the eye. My eye will be there to watch over you and guard you. I answer to whatever name you use; I respond to whatever request you make with a pure heart and a sanctified motive. I take delight in being with you, beside you, around you.

—**Sathya Sai Baba,**
Sathya Sai Speaks, Vol. III

The Day God Smiled at Us

If you look to me, I will look to you. —Sai Baba

Our recent long pilgrimage to Prasanthi Nilayam had a special purpose and was laden with emotions—anxiety, uncertainty, and depression. My wife, Aruna, had been battling cancer for two years. Surgery fol-

lowed by repeated cycles of chemotherapy was not able to curtail the cancer and bring it under control. The

chemotherapy made her weak and anemic, driving the quality of her life to miserable depths. Uncertainty, dread, incessant weakness, and inability to perform normal functions made her an emotional and psychological cripple. The family shared her grief, pain, and suffering.

We had all been praying to Bhagavan Baba to help her fight the dreadful disease. As the days went by with no end in sight, we became convinced that we needed Swami's divine grace to pull her, and us all, out of our devastation. We were all hoping and praying strongly for an interview. We also knew in our heart of hearts how difficult it was to get even a glimpse of Swami let alone an interview or blessings.

Only two years earlier I had walked right into Swami's presence for an interview and blessings. That time, I had gone to see my father first, while Aruna went directly to Prasanthi Nilayam. She called

me three days later and asked me to come to Puttaparthi, as she felt Swami was going to grant an interview. I took the next night's bus to Puttaparthi, arrived 30 minutes before Darshan, showered, and ran

to the mandir. Swami had already called my wife and her sister, so I walked effortlessly into an interview

wherein Swami showered his grace and blessings on us all.

This time, however, I realized right away that we wouldn't be as fortunate as our previous visit. The place was packed with wall-to-wall people pouring in for Gurupoornima celebrations; the lines were long and we had to wait for hours to get even a distant glimpse of Swami. The place was crawling with celebrities, political leaders, and international visitors. I heard there were at least 150,000 people in that small ashram. I sent my curriculum vitae to my brother-in-law Prabhakar (Aruna's brother), who works at Prasanthi Nilayam as an engineer and construction supervisor, expressing a desire to volunteer at the Sri Sathya Sai Super Specialty Hospital. I enjoyed my stay at Prasanthi Nilayam and the work I did volunteering in the Urology department at the hospital, including helping in the operating room. Doing *seva* (service), one of Swami's prime teachings, gave

Swami looked at me intensely for the first time. I could feel the Divine Grace and concern in His eyes.

me a great feeling of satisfaction. My work as a physician at the hospital also allowed me to sit on the veranda of the mandir with the rest of the VIPs. Sitting in that premium spot during Darshan blessed me with seeing Bhagavan in close proximity as He walked along the path from His heavenly abode toward the interview room.

I took a handwritten letter to every Darshan, explaining our situation and requesting Swami for an interview and to grace us with blessings for my ailing wife. He took most of my letters, nine of them in 10 days, often stopping to exchange pleasantries with gentlemen sitting next to me (most of whom were long term devotees). Not even once, however, did I feel that Swami paid attention to my efforts. A couple of times, I even felt he was ignoring me.

Swami gave discourses both on Gurupoornima day as well as the day before, when he addressed the Bal Vikas gurus. His message was simple and straightforward: He said He was watching His devotees as much as they wanted Him to, and none of them were being ignored! Was this message directed to me, I wondered.

After Gurupoornima we had only three more days at Puttaparthi, and I was getting nervous. For Aruna, sitting long hours at Darshan and Bhajans was physically draining; apparently Swami passed by her but did not pay her any attention, which made her more depressed. I knew that Swami's personal blessings would reassure Aruna and all of us so that we could go

home very happy and filled with blissful peace and satisfaction. I intensified my efforts to attract Swami's attention.

The day before our departure, I got up on my knees as Swami approached, clasped my hands together in a prayerful gesture, and spoke to Him. I tried to tell Swami that we were leaving the next day, that my wife was suffering from cancer, and that we had come for His blessings.

He looked at me, waved, and walked away. Our daughter had to leave that evening for home with a heavy heart.

I couldn't sleep that night. I knew that I had only two Darshans left to get Swami's blessings.

Next morning I went early and sat in the front row, again with my trademark, a small handwritten note, saying, *Swami! Twameva Saranam Nasti!* (Except you, we do not have any other choice). He walked in front of us, took my note as usual, hardly looked at me, and walked away. We were not called for an interview.

Afterward, I felt depressed and dejected. I went to my brother-in-law Prabhakar's house in the Ashram and sat outside, meditating silently and watching the after-Darshan crowds go by. A middle-aged lady walked hurriedly toward me with an anxious look and asked, "Sir! Do you know if there is a doctor nearby?"

"I am a doctor; how may I help you?" I replied.

"We are from South Africa," she went on. "My 12-year-old son is very sick; he has severe diarrhea. I used to bring Imodium® with us all the time. This time, unfortunately,

I forgot to pack it. Can you tell me where I can get Imodium, or can you give me a prescription?"

I remembered that we had brought Imodium with us. I took her inside and gave her a few tablets.

"I am glad I came direct to you, doctor!" she said with gratitude in her voice. "Baba must have sent me to you. Thank you very much. Sai Ram." She left as hurriedly as she came.

Even in the midst of my depression, I felt better. Was Swami trying to give me a hint that He hadn't forgotten me? I decided to give a determined try during the afternoon Darshan. As soon as I reported for work at the Super Specialty Hospital, I found that some of the surgeries had been canceled and that I could leave by noon, in time for Darshan!

Before going in to Darshan, I told my wife not to leave the auditorium afterward but to remain there. I had noticed Swami come out of His room after His regular interviews and chat with devotees before Bhajans. So, I thought we might have a chance even if we failed to get a regular interview.

Sitting in my usual spot, I was very tense and nervous. I constantly prayed to Swami to grant our wish. At the scheduled time, the music played, Swami's orange robe appeared on the distant horizon, and

He emerged from His heavenly abode. You could hear a pin drop in the silent auditorium as all heads turned toward His figure approaching the entrance gate. I could hear my heart pounding and feel the blood vessels exploding in my head. "Swami!" I prayed hard. "Please, Swami, please grant

us our wish." Swami slowly walked through His usual path, stopping and exchanging greetings with some, taking letters from others, and even creating *vibhuthi* for a fortunate devotee along the

I could hear my heart pounding and feel the blood vessels exploding in my head. "Swami!" I prayed hard. "Please, Swami, please grant us our wish."

way. As He turned up the aisle toward us, I thought I was going to explode; the next few seconds would make a monumental difference in our lives. If Swami stopped in front of me and gestured for an interview, we would go home the happiest people on earth. If not, our return trip would be long and depressing. "Swami, please grant this wish," I prayed fervently.

Swami walked in front of me and went into His room without even stopping or looking in my direction. My heart sank. Swami called in about 20 Italian delegates for an interview. I tried to look at my wife sitting in a far corner of the ladies' section. I could not see her face but could distinctly feel her deep sense of disappointment.

Because of the large group He interviewed that afternoon, Swami spent more than an hour with them. When He came out after the interview, I joined my hands in prayer and looked at Him. He did not look

in my direction but called one of His long-time devotees and disappeared inside.

Hoping for some miraculous turn of events, I stayed, not moving an inch. I looked toward the ladies' section. Aruna was still there. Thirty minutes later the door opened. Swami let His devotees out and closed the door! The doctor sitting next to me said that it was unlikely Swami would come out again before Bhajans. With deep sorrow and profound grief, I got up, took up my book and cushion, waved to Aruna, and slowly walked toward the exit. I felt that Swami did not want to help us.

Walking toward the end of the veranda, I saw our son Swaroop sitting amidst the crowd and waved to him. A sudden impulse made me turn my head back. I caught sight of Swami's familiar orange robe. He was standing in front of His room, autographing pictures for a group of children. Something inspired me to hurry back, kneel next to those children, and look up at Swami with hands raised in prayer. At last, Swami did not ignore me. After he finished giving autographs, He slowly stepped toward me. "Swami, we are here for your blessings. My wife, Aruna, is suffering from cancer. I am leaving today, Swami!" I could feel tears rolling out of the corners of my eyes.

Swami looked at me intensely for the first time. I could feel the Divine Grace and concern in His eyes. He said, "I know," waved His hand, created *vibhuthi*, and gently placed it in my outstretched hands. He went on, "Don't worry; she will get well. Everything will be all right."

I took the *vibhuthi*, knelt in front of

Him, and requested, "Swami, we came with great hope to get your blessings. Please Swami, will you please bless her?"

"Where is she?" Swami asked, looking into my eyes.

"She is there, Swami." I pointed toward her in the ladies' section.

"Then call her," Swami's words came as divine blessings echoing from Heaven.

I ran to the open area in the auditorium and waved at my wife. Aruna approached Swami, escorted by a volunteer. Swami stopped in front of her, created *vibhuthi* with His all-familiar wave of the hand, placed it in her hand, went inside, and brought out a handful of *vibhuthi* packets. He explained to Aruna how to take *vibhuthi* every day till all of it was gone, and He reassured her that she would get over her illness. Her face filled with joy and happiness. She took Swami's blessings one more time and walked back to her seat. Swami smiled at me and said, "Go call him."

I ran to the other end and waved for Swaroop. He came over and knelt in front of Swami. Swami created *vibhuthi*, blessed him, brought out a few more *vibhuthi* packets, and placed them in his hands. I could see feelings of disbelief and joy in Swaroop's eyes, and I heard him say, "Thank you Swami, thank you." Swami smiled and waved His hand in blessing.

Swami looked at me with a smile. I could distinctly see an "Are you happy now?" expression on His face. I clasped my hands in prayer and silently thanked Him. With His right hand raised in blessing, Swami walked slowly back into His room.

I was immensely pleased. I felt that those few moments were the best that had ever happened to us since Aruna had gotten sick and the seemingly endless clouds of darkness had surrounded us.

Swami had blessed her for good health. He had showed his generosity and concern for His devotees by blessing her not in the privacy of the interview room but in broad daylight, in front of thousands of devotees that afternoon, and that gesture made it much more special. A divine aura of contentment engulfed me and I sat speechless.

Swami came out of His room again five minutes later. This time He walked directly to me and said, "She should get well and you don't worry. Where is she, is she still here?"

"She is here Swami." I pointed towards the ladies' section.

"Go call her." I could not believe my ears. Surprised and pleased, I ran toward the center of the auditorium and again waved to her. Aruna got up again. This time Swami walked toward her, met her in the middle of the auditorium, and waved His hand in His all-familiar fashion. Thinking that Swami was going to create more *vibhuthi*, Aruna put her both hands together. Swami gently

picked up her right hand, turned it around, and slipped a newly-created ring onto her finger! He again explained to her how to take the *vibhuthi*, reassured her, and then returned to His room. Aruna later told me she saw a distinct glow around Swami's figure, which she had never seen before! None of the rest of us experienced that vision. The ring Swami created for Aruna was an exact replica of the ring he had given me two years earlier!

I saw a distinct difference in Aruna after that. Her whole attitude changed; she was much more energetic, active, and happy, and felt much better on our way home. I could not believe our good luck and fortune that memorable day. There I was, giving up and walking away with bitter despair and dejection. Miraculously, I had glanced back and seen Swami's figure. Swami had blessed us with moments that my family will cherish for generations to come.

Take one step, toward me; I shall take a hundred toward you. —Bhagavan Sri Sathya Sai Baba

—Sivaprasad D. Madduri
Poplar Bluff, Missouri

We cannot sense the mystery of His Play. We have failed to understand it. There is no profit in worrying over that failure now. With that deluding human form, He moved with us, mixed with us, dined with us, behaved as if He was our kinsman and well-wisher, our friend and guide. He showered His Divine Mercy on us and solved for us the toughest problems that defied solution, in remarkably simple ways.

—Sathya Sai Baba,
Bhagavatha Vahini, p. 77

Report from Region IX

Carrying Out Swami's Divine Message in Daily Life

My Humble Pranams to the Lotus Feet of Bhagavan Sri Sathya Sai Baba. *Om Sri Sai Ram!*

Our beloved Swami, in His divine discourse on November 19, 1998 at the Ladies Day Sandesh, stated, "Revere Parents as God." He went on to say, "Sons become illustrious examples because of the goodness and strength of their mothers. The mother is the very foundation for the entire world. It is because of the love of the mother that the son becomes great and eminent. The foremost duty of the son is to be grateful to his mother, to respect her and serve her." I am happy and thankful to my mother and father for giving me His name and the very existence to serve Him.

I am married to a loving and caring wife, Indra. We have two wonderful children, Arvind and Arthi. Indra is a homemaker. Arvind is a senior in high school and Arthi is in junior high. With the grace and blessings of our beloved Bhagavan Sri Sathya Sai Baba we are a SAI family and extremely happy to be of service to Him. Though I had heard and learned of Swami as a teenager growing up in South India, it was not until 1988 that both my wife and I became Swami devotees. As a family, we have regularly attended Sai centers and been a part of Sai center activities and functions for the past 13 years. From 1997 to 2000, I served as President of the Sri Sathya Sai Baba Center of

Mesa, Arizona, and in 2001 I was selected to be Regional President.

It is now my duty and privilege to expand on the Sai activities and future plans in our region.

Region IX

Region IX is comprised of the four states Arizona, Colorado, New Mexico, and Utah. In all there are fourteen official Sri Sathya Sai Baba centers and the breakdown is as follows: seven centers in Arizona (Flagstaff, Prescott, Sedona, Scottsdale, Mesa, Phoenix, and Tucson), four centers in Colorado (SE Denver, Denver, Colorado Springs, and Boulder), two centers in New Mexico (Albuquerque and Santa Fe), and one center in Utah (Salt Lake City).

Our region has approximately 450 to 475 center members, comprised of adults, young adults, and children, and the number is growing due to the influx of people into the southwestern states from all over the country. The region is well served by the selected team of capable regional officers in the areas of service, education, and devotion. In addition, we have Young Adult advisors and Young Adult representatives who are doing a splendid job in keeping the youth activities well planned and organized.

On an annual basis, Region IX hosts three regional Sai retreats, at Prescott, AZ on Memorial Day weekend, in Colorado the

second week in July, and at Jemez Springs, NM on Labor Day weekend. For the 2002 Sri Sathya Sai Baba Amrith Retreat to be held in Prescott, AZ during Memorial Day weekend, the featured guest speaker is Mr. Leonardo Pablo Gutter, who is currently the Chairman of the Sri Sathya Sai Baba Organization for all of Latin America (World Zone 2). A psychologist by profession, Mr. Gutter has worked tirelessly in the Sai Organization for over 20 years. He is one of the founding and first coordinating committee members of the Sai Organization in Argentina, which is today probably the country with the largest Sai Organization membership in Latin America. We are happy and excited to hear his presentation at the upcoming retreat.

Sai Vision Is My Mission

Sathya Sai Baba is our guru and guide; following His teachings and putting into practice His message and principles is of utmost importance. Swami has time and again reminded us to be ideal members of the Sri Sathya Sai Organization and to bring about proper development/progress, resulting in transformation. The following five themes appeal to me and truly represent Swami's message. We all need to effectively employ them in our daily routine as we make progress in our spiritual journey.

Love As members of the Sai Organization, one should give and receive love for love's sake. Swami Himself has said that He loves everyone equally. Love All, Serve All.

Attitude Swami has said, "Develop a good attitude and don't be like a computer

but rather a composer of human values." We need to treat others as our Sai brothers and sisters, with mutual love and respect. Be sensitive and respect the needs of others and understand others' points of view.

Devotion Develop unshakable faith and surrender totally to Swami. Even during troubling times such as those experienced on and since 9-11, Swami's communication is, "Be brave! Events of this kind overcome humanity from time to time. Face this with fortitude. This is the time for repetition of the Lord's name (*namasmarana*) and remembrance of God always."

Duty Duty is Devotion. Swami says, "Do your duty: duty is God, work is worship." Selfless service is the basis of gaining His divine love.

Unity Bhagavan said, "Members of the Sai Organization should consider unity as their very life breath. They should not differentiate between people based on caste, creed, or nationality, following the example of Sai. Follow the master. When your master treats everyone equally, why not you? Never give scope for any differences. True independence lies in fostering unity. Members of the Sai organizations should foster such unity with a similar attitude. Live like the children of the same family. Get a good name, so that there is no other organization comparable to the Sai organization in all the world."

In closing, collaborating my efforts with the talented team of regional officers, it is my duty and role to nurture and develop future leaders of the Sri Sathya Sai Baba Organization for Region IX. Effective

leadership and teamwork should be by example, not mere words. Practice speaks louder than precept. "You cannot always oblige, but you can speak always obligingly."

As per our beloved Swami, "Past is history, future is mystery, the present is a gift, and that's why it is called the present." The best present we all have in our daily lives is

Bhagavan Baba. Let us follow His teachings and be recipients of His divine grace, guidance, and blessings!

Jai Sai Ram!

—**Satya Satyanarayan**
President, Southwestern Region IX USA

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Realize the Magnetic Power Within

continued from page 6

ciple of divine magnetic power. Truly, whatever activity you do, magnetic power is the basis.

Temples are nothing but *Ayaskantha Mandiras* (magnetic power centers). Whatever power you experience in a temple is due only to the presence of magnetic power. You feel there is a great power in Tiru-pati. It is not the power of Venkateswara Swami, the presiding deity. It is the power of devotees' faith and surrender. Hence, there is tremendous magnetic power.

Ramayathi Ithi Ramah (that which attracts is the principle of Rama). God has the power of attraction. Take any temple for instance. Magnetic power is the only power present there. That is the power of Divinity, which can be experienced only in temples and nowhere else. What is the reason? The deities installed in temples, the water used for *Abhishekam* (ritual bathing or water offering), the flowers and the yellow rice used for worship, all these things are full of magnetic power. This is why people are attracted to temples.

The human body is also like a temple, filled with magnetic power. Hence, it has to be utilized for sacred purposes. When you give room to evil traits like anger, jealousy, and hatred, much of your magnetic power is wasted. The sense of smell, touch, taste, and so on are but the effect of magnetic power. A program broadcast from a Delhi or Madras Radio station can be heard here simultaneously. What is responsible for this? Magnetic power carries the sound waves. No sci-

entist or engineer understands this fully. Can a scientist explain the process of digestion and blood circulation in the body? No. In every being, the heart beats for a particular number of times. Which scientist can explain this? All this is ordained by God.

Samskara: The Process of Refinement

Doctors feel proud of their achievements, but in fact, nobody can achieve anything without Divine Will. They know how a heart beats, but they do not know why it does so or who makes it function. It is not because of human effort but by the Divine Will that the body functions. Man is not able to understand this because of his ego and sense of doership. No doubt, human effort is required, but nothing can be achieved without Divine grace.

Here is an example. God has created rice. But you cannot eat it as it is. You have to remove the husk, boil the rice, and prepare the food. This process of refinement is known as *Samskara*. It occurs through human effort. Creation, however, is in the hands of God. Everybody should have firm faith in God. The ignorant do not believe in the existence of God, but even such people agree that there must be some transcendental power behind this creation. That very power is God, without whom man cannot exist.

As I said earlier, man is the combination of materialization, vibration, and radiation. With the help of radiation (Atma) and vibration (life force), man carries out his life using materialization (body) as the instrument. The body is the basis for performing action and

relates to Karma (action) Yoga. Vibration helps man to think. Radiation is responsible for the functioning of vibration and materialization.

This is referred to in the Vedas as *Prajnanam Brahma* (Brahman is Supreme Consciousness). This Supreme Consciousness is not just awareness, but Constant Integrated Awareness. It exists everywhere all the time, totally.

It experiences no distinction between day and night. It transcends the three states of *Jagrat* (waking), *Swapna* (dreaming), and *Sushupti* (deep sleep). It is one and the same in all the

three periods of time (past, present, and future). *Ekam Sath Viprah Bahudha Vadanti*. (Truth is one, but scholars refer to it by many names.)

This Truth is the divine magnetic power. It can assume any form, such as Rama, Krishna, Easwara, and so on, depending on the feelings of devotees. All such names and forms are your imaginations, but in reality God has no name and no form. Take for instance water. It has no specific shape but assumes the shape of the vessel into which it is poured. Likewise, air is formless but assumes the form of a balloon or a football when it is pumped into them. All names and

forms are of your own making and are bound to disappear one day or another. Hence, hold on to the fundamental principle of Divinity.

The Golden Essence Within the Human Body

Embodiments of Love!

You may forget anything, but not God. Forgetting God amounts to forgetting your-

self. In ancient times, people lived for 110 and 120 years because they led their lives thinking constantly of God. They never suffered from diseases. They ate simple food. They had no awareness of



vitamins and proteins. They never took tablets like Vitamin A, Vitamin B, Vitamin C, etc. They got the required vitamins and proteins because they offered their food to God. You can achieve anything in life if you strengthen your faith in God. In fact, you will become God yourself. You are not different from God. Understand this truth and attain the state of oneness. (Swami held up the golden Linga.) As you all can see, the size of this Linga is rather big. There is a meaning behind this. This Linga is five *tulas* in weight. In every human being, there is the golden essence of five *tulas* known as *Hiranyagarbha* (golden womb of creation).

You may be aware that some medicines have gold content. Gold represents energy in man and is the cause of his radiance. The gold content within each body consists of this radiant essence. This golden essence makes the eyes see and the ears hear. There are thousands of taste buds in our tongue and *lakhs* (hundreds of thousands) of light rays in the eyes. The eyes, tongue, and other sense organs derive their strength from the magnetic power present within. Golden essence pervades the entire body as a shield of protection. A thin layer of white skin, just beneath the nor-

mal skin, acts as a protective sheath for the blood. There will be bleeding only when the white layer is cut. God has placed the white skin below the outer layer for the sake of the body's protection. Whatever God does is for the welfare of all. This is the meaning of the prayer, *Loka Samastha Sukhino Bhavantu* (May all the beings in all the worlds be happy!).

Develop the Magnetic Power of Love and Faith

The Bhagavata says: The stories of the Lord are most wonderful and sacred in all the three worlds; they are like sickles that cut the clinging creepers of worldly bondage. (Telugu Poem)

It is not because of human effort but by the Divine Will that the body functions. Man is not able to understand this because of his ego and sense of doership. No doubt, human effort is required, but nothing can be achieved without Divine grace.

The Gopikas had unwavering faith in Lord Krishna and thus redeemed their lives. Faith is the magnetic power that attracts Divinity. Though their mothers-in-law abused them and their husbands were angry with them, the Gopikas never rebutted. They were neither angry nor were they afraid. The sweet form of Krishna was imprinted on their hearts just like a picture printed on paper.

Can the picture and paper be separated from each other? No. Likewise, Krishna was firmly installed in the hearts of the Gopikas. Such firm faith and devotion is the result

of merits accrued over many births. In order to attain God, one should have love and compassion. The taste of love is beyond description. It is highly sacred and makes one forget oneself in ecstasy.

Sage Narada described love thus:

*Yallabdhwa Puman,
Ichcharamo Bhavathi,
Trupto Bhavathi,
Matto Bhavathi,
Atmaramo Bhavathi.*

(Having attained That, man gains total satisfaction, fulfillment, ecstasy, and bliss.)

When you chant the Divine Name with love, you forget yourself. Man attains fulfillment only when he becomes the recipient of Divine Love. In order to attain Divine Love, develop more love in you. When you have

the magnetic power of love in you, whatever you study will get imprinted on your heart. If you do not have the magnetic power, you can never succeed in your endeavors, however hard you may try. You may study day and night, but without any result. Whenever you try to study, you will be overpowered by Nidra Devi (the goddess of sleep). Kumbhakarna will put you to sleep.

On the other hand, when you develop the magnetic power in you, you will never feel sleepy while studying. Kumbhakarna will not dare to look at you. Students today waste a lot of time. They try to study only at examination time.

O man! Do not feel proud of your education. If you do not offer your salutations to God and think of Him with devotion, all your education becomes useless. (Telugu Poem)

Think of God at least once a day. Do not pay heed to what others say. Someone may come to you and say there is no God. Immediately you can ask, "Whose God? My

God or your God? Your God may not exist for you, but who are you to deny the existence of my God?" With such firm conviction, you can argue with them. Unfortunately, today people have become blind, having lost the eyes of faith. Develop faith and sanctify your lives. Faith alone can protect you at all times and under all circumstances.

Do not give room for bad or ill feelings. Do not harm others. Do not criticize others. If you make others suffer, you will suffer much more. Not only you, but also your family will have to face the consequences. Never forget this truth. God will confer well-being on you and your family only when you aspire for the welfare of others. Develop noble feelings, think of God, and make proper use of your time.

Bhagavan concluded His Discourse with the bhajan, *Prema Mudhita Manase Kaho*.

—**Bhagavan Sri Sathya Sai Baba**

Mahashivarathri, March 13, 2002

Prasanthi Nilayam

The Divine is recognized by gifted people in the vast, the magnificent, the beautiful, the mighty, the majestic, the awesome. But, for the generality of mankind, the consciousness that each one is a miracle sustained by God, that each breath is a witness of God's Providence, that each event is proof of His Presence, comes but rarely in life. When this Body, which is apparently human, behaves as if it is filled with supra-human potentialities, then amazement draws the attention of all towards the Divine. That is its inherent nature. Off and on, it becomes necessary to give this lesson to mankind, so that faith in God and the power to recognize Divinity are added to human faculties. Then only can the mind of man be turned from the world to the Master of the Worlds.

—**Sathya Sai Baba**

Sathya Sai Speaks, Vol. VII, p. 403

I Am a Child

I am a child who watches my thoughts,
for my thoughts become my words.
I am a child who watches my words,
for my words become my actions.
I am a child who watches my actions,
for my actions become my habits.
I am a child who watches my habits,
for my habits become my character.
I am a child who watches my character,
for my character becomes my DESTINY.
I have dreams for my future and goals to attain them.
I have a brain that is constantly learning.
I have a mind that is constantly growing.
I am grateful for all that I have in my life:
for my family, friends, and teachers,
and I remember to give thanks.
I do my best each and every day.
I open my heart to receive the Love around me
and I extend it out into the world.
I AM SPECIAL.
There never was and never will be anyone just like me.
I am a child of God:
a spark of the Divine dwells within my heart
and shines in my eyes.
I have a talent and a purpose that
I will fulfill to the best of my ability.
I am a child growing into the best me that I can be.

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Treat Patients with Love

Our hospital is not a business center. Most hospitals have become business centers. It is the worst of sins to run a hospital with the sole purpose of earning money. You should understand that you too might fall ill some day. Hence, you should treat patients with love, without expecting anything in return. You should not aspire for money from them. After I started this hospital, many doctors became jealous of me and began putting up obstacles. Come what may, I will never give up this sacred task. Their jealousy will only motivate me further to carry on with sacred activities. Their own jealousy will ruin them ultimately.

There will be peace and security in the world only when people give up hatred and violence. Inculcate the feelings of love and realize the unity of mankind.
(Telugu Poem)

One should never be jealous of others' prosperity. Jealousy is the worst quality. *Asuya* (jealousy) and *Anasuya* (absence of jealousy) are sisters. *Anasuya* is blessed with three sons, the divine trinity of Brahma, Vishnu, and Maheswara. *Asuya* also has three sons, namely, desire, anger, and hatred. Once you give up *Asuya*, you can win the grace of the divine trinity. You should participate in good activities and extend your cooperation to those who undertake them. Once I take up a sacred task, I will never go back on it. There are many poor and down-

trodden people who are suffering for want of proper medical care. Nobody cares for them in big hospitals, as they cannot afford costly treatments. In some hospitals, they are not even permitted to enter the main gate. Can there be a greater sin than this? My intention is to provide free medical care to all such poor and forlorn people.

Drinking Water for Chennai

For a happy and healthy life, apart from proper medical attention, pure drinking water is also most essential. My plan of action for the welfare of humanity is stupendous. It is bound to succeed. If one takes up a sacred task, one need not be concerned about the resources. There is no dearth of resources in our country Bharat. But there are very few who have the noble intention of doing good for society. When you undertake a sacred task, even nature will extend all its help. The sacred epic *Ramayana* stands as ample testimony to this. When Rama, the embodiment of Dharma, was proceeding to Lanka to rescue his consort Sita, nature extended all its cooperation. He was helped by monkeys and even by small squirrels.

When you sow a good action today, you reap Samskara (refinement) tomorrow. Samskara leads to purity, which in turn confers merit. People should always be prepared to undertake good activities. They should never postpone them. On this sacred occasion, I have decided to undertake yet another service project. In Chennai, there is a scarcity of drinking water. The rich can afford to get water

through tankers and lorries, but what about the poor? They spoil their health by drinking polluted water from ponds and puddles.

Hence, whatever may be the difficulty, I have decided to provide drinking water to the people of Chennai. The waters of the Godavari and Krishna rivers drain away into the sea without being properly utilized. Even in Rayalaseema, people are suffering from water scarcity. The districts of Bellary, Anantapur, Cuddapah, and Kurnool are classified as backward regions. I aim to provide pure drinking water to all these four districts also. This project is bound to be successful. There is no doubt about it.

Sanctify the Senses Through Service

People should have unwavering faith, but today people have no faith in themselves. How then can they have faith in God? People have become blind, having lost the eyes of faith. Only one with faith can be called a true human being. People are misusing their sacred human birth. Out of all living beings, the human birth is the rarest. Help others. Only then can your life find fulfillment. Do you know why hands are given to you? Are they merely to partake of food? No. They are meant to render service to others. Do you know why a tongue is given? Is it to indulge in vain gossip? No. It is meant to chant the Divine name. In this manner, all the senses should be properly utilized.

This is what Buddha did. He studied various sacred texts, met many noble souls,

and listened to their teachings, but he was not satisfied. Ultimately, he realized that spiritual practices are of no avail if one does not make proper use of one's senses.

See no evil, see what is good. Hear no evil, hear what is good. Speak no evil, speak what is good. Think no evil, think what is good. Do no evil, do what is good. This is the way to God. (Telugu Poem)

In order to sanctify your senses, you should utilize them in service to others. As you think, so you become. If you engage in improper use of your vision, listen to bad talk, or indulge in bad activities, you will ultimately ruin yourself. If you cannot undertake any service activity, at least speak softly and sweetly. You cannot always oblige, but you can always speak obligingly. Today people speak harsh words that hurt the feelings of others. They put their senses to misuse. How then can they expect to be happy and healthy? In order to enjoy perfect health, make sacred use of your senses. You may be a pauper or a millionaire. You may have money or not, but God has given each one of you five senses. Make proper use of them and sanctify your lives.

Fulfill Your Human Birth by Serving Others

Each one of you is endowed with *Hridaya* (a sacred heart or inner altar upon which God is installed). That which is filled with *Daya* (compassion) is *Hridaya*. But today people have become stone-hearted. Truthfully speaking, people are not

made up of wicked qualities. They are made up of virtues. It is said that the human birth is the rarest, but if people indulge in bestial and demonic traits, how can we say that they are superior to other beings? They should utilize their education, wealth, and energy for the welfare of others. No doubt money is essential, but one should not crave to amass wealth. One may build a hospital, spending *crores* of rupees, but one should not expect manifold returns. One should spend at least fifty percent of the money earned on charity. Today doctors do not give free medicine to even a single patient. The costs of medicines have gone up these days.

It is ten years since we constructed the Super Speciality Hospital at Puttaparthi. Believe it or not, so far we have conducted 70,000 operations free of cost. This Bangalore hospital has completed one year, and here also we have performed thousands of open heart and bypass surgeries. *Crores* of rupees are being spent every month. Not many are aware of this. Even if I have to spend thousands of *crores*, I will not give up this sacred task.

I want this hospital to grow further and serve the needy. Our chief minister Krishna helped us to a great extent in the construction of this hospital. Besides other things, he gave us the land free of cost. His heart is filled with the spirit of sacrifice. Only through sacrifice can one attain immortality. The Chief Minister of Maharashtra who is with us here today wants a similar hospital to be constructed in Mumbai. He is prepared to give the required land for it. In

Mumbai, life is becoming increasingly difficult because of pollution. Health is essential for achieving any task.

Human life is not meant for amassing wealth. When you depart from the world, can you take even a *naya paisa* with you? People cannot take even a fistful of sand when they leave this world; otherwise, sand would be rationed also. What you ultimately carry with you is only the results of your actions—merit or sin. Hence, do not indulge in sinful deeds. Undertake meritorious activities. One attains merit by serving others and commits sin by hurting them. Help ever, hurt never. To any extent possible, perform acts of charity and help everyone. Fill your hearts with love. We consider it our duty to treat all patients lovingly and alleviate their suffering. Duty is God. Work is worship. I am doing it with love. It is from the source and not by force.

The Media Should Report Incidents Truthfully

I want to make another point clear to you. Many people, including those sitting here, are indulging in wild imaginings regarding the incident that occurred day before yesterday. Actually, there is no truth to it. People may think whatever they want. Newspapers are mainly responsible for this restlessness. They are interested in publicizing only bad news and not in sharing good news with others. What is the purpose of a newspaper? It has to collect news from the four directions—north, east, west, and south—and disseminate the same.

Today, instead of gathering authentic

information, people write what they feel like in newspapers. However, there are some good newspapers like *The Times of India* and *The Hindu*, which give correct information. Newspapers should present the facts as they are, but many distort the truth and publicize it in a sensational manner for the sole purpose of making money.

Be it good or bad, report the incidents as they happened. Do not spread false news. What actually happened day before yesterday was only a fraction of what has been magnified and reported by the print media and the television. Even the television doesn't seem to have any work other than to spread false news. Now I am seventy-six years old. Till this day, I have not had any contact with people from either print media or television. I have nothing to do with newspapers.

One can definitely develop friendship with those who report the truth, but what is the use of talking to those who publicize untruth? Spreading untruth is a sin. If you speak untruth once, you will have to face its consequences for many births. Such being the case, you can very well imagine the fate of those who indulge in untruth hundreds of times every day. Newspapers should report events exactly as they happened. No one will have any objection to that. It is a sin, though, to spread false news.

Who are the terrorists? Anger and jealousy are the "terrorists." These wicked traits are present in every person. People should make every effort to annihilate them. Only then can the world progress.

Actually, what happened day before yesterday was nothing. I went to the last row of the Hall, and even near those who were sitting outside, and collected letters from them. Then I sat on the dais for forty

minutes. Nothing happened. After that, I went inside, had a little food, and visited the hospital to oversee the arrangements. By the time I returned to Brindavan from there, all sorts of

false news had spread all over. I did not see anybody, nor did anyone come near me. But the newspapers reported that someone came near me with a pistol. Is this not a blatant lie? Did any of the journalists see the incident with their own eyes? Why should they write such untruth? After all, it was only an air pistol, used for shooting down birds. Such a minor incident was exaggerated. It is a great mistake. Let the journalists think what they want. I have nothing to do with newspapers.

My heart is filled with love and love alone. I share my love with one and all. All are mine, and I belong to all. I don't have hatred toward anybody. All love me and I love all. Love is the intimate relationship that exists between you and me. The newspapers made a mountain out of a molehill and caused anxiety to many. What a sin they have committed! There should be a limit to their jealousy. Devotees from various countries like America, Japan, Ger-

many, England, and so on, sent telegrams to me expressing their concern.

Destroy the Inner Terrorists: Anger and Jealousy

The President of the USA has said that terrorists should be wiped out. Who are the terrorists? Anger and jealousy are the "terrorists." These wicked traits are present in every person. People should make every effort to annihilate them. Only then can the world progress. One should not kill one's fellow human beings; instead one should destroy the "terrorists" within and cultivate virtues. This is what I desire from you. This country will attain plenty and prosperity and set an ideal to the rest of the world only when jealousy and anger are completely eradicated.

Embodiments of Love!

Today we are celebrating the first anniversary of our hospital. I am not interested in such celebrations. I want each one of you to cultivate purity, love, and compassion. There is no human being in the world without love. Love is sacred, infinite, and most wonderful. Having been endowed with such divine love, why do you behave in a manner that is contrary to your true nature? I wish for you to lead your lives with love and make this country an ideal one. With this, I bless you all and bring my discourse to a close.

—**Bhagavan Sri Sathya Sai Baba**

First Anniversary of the Sri Sathya Sai
Institute of Higher Medical Sciences
January 19, 2002, Whitefield, Bangalore

Spiritual health is preserved and promoted by attention to three gunas: Sathwa (purity), Rajas (excitability), and Thamas (lethargy). (Physical) health is preserved and promoted by attention to the three humors: Vatha (wind), Pittha (bile), and Kapha (phlegm). Tri-dosa has to be avoided, that is to say, the three humors must not get vitiated or unbalanced. A healthy body is the best container for a healthy mind; illness makes the mind agitated and anxious. The material and spiritual are the two pans on the balance; they have to be attended to, in equal measure, at least until a certain stage of progress is attained in spiritual development.... Man has two varieties of troubles: the physical due to the imbalance between the three humors, and the spiritual, due to the imbalance of the three gunas. A peculiar fact about these two types of illness is that the cultivation of virtue cures both. Physical health is a prerequisite for mental health, and mental health ensures physical health. An attitude of generosity, of fortitude in the presence of sorrow and loss, a spirit of enthusiasm to do good, to be of service to the best of one's capacity: those build up the mind as well as the body. The very joy derived from service reacts on the body and makes you free from diseases.

—**Sathya Sai Baba**

Sadhana, the Inward Path, pp. 178-179

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My Life Is My Message: A Multimedia Journey to Love is an interactive CD-ROM compiled by the students and staff of Sri Sathya Sai Co-op Society, Brindavan, on the life and teachings of Bhagavan Sri Sathya Sai Baba. The majesty of His life is captured in text, illustrations, slides and video. It also includes songs sung by Sathya Sai Baba, and video clippings from different events. It has a virtual tour of different locations in Prasanthi Nilayam. Minimum system requirements: 640 by 480 resolution color display, 8X CD-ROM drive. For PC users: 90MHz or higher Pentium, 16 MB RAM and Windows 95. Mac users: System 7.6.1. 1 CD-ROM. T-SCE 65 ... \$ 20.00

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Let me tell you, it is only those who know the Sastras (a category of scriptures; the moral code of precepts and practical living) who can understand me. I am determined to correct you only after informing you of my credentials. That is why, I am now and then announcing my nature by means of miracles, they are, acts which are beyond human capacity and human understanding. Not that I am anxious to show off my powers. The object is to draw you closer to me, to cement your hearts to me.

—Bhagavan Sri Sathya Sai Baba
Sathya Sai Speaks, Vol. II, chapter 23, p 118

SATHYA SAI NEWSLETTER, USA
P.O Box 660908
Arcadia California
91066-0908

Nonprofit Org.
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Paid
Arcadia, CA
Permit No. 71

DATED MATERIAL



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