

SATHYA SAI NEWSLETTER, USA

Love

Peace

Truth

Nonviolence

Right conduct

Brief Overview of Baba's Teachings and Activities

- **Bhagavan on Love:** We should transform love into service and into worship—that is the highest spiritual practice. Through love you can achieve anything; without it, life is useless. The best way to love God is to love all, serve all. The end of knowledge is love.

- **Bhagavan on Education:** The end of education is character. In all of the instructional institutions that Swami has founded, academic excellence is part of the program. However, He emphasizes that character building is more important than academic excellence.

It is noteworthy that the students in His educational system can go from K to post-graduate school for an MBA or a Ph.D.—ALL FREE OF COST.

Based on the guidelines established by Bhagavan, other schools have been established in several countries such as Thailand, Zambia, Canada, and more schools are being planned.

Swami has also emphasized the overall growth of the students which includes sports, music, and art. A world cricket tournament took place on the playing field at the Sri Sathya Sai Institute of Higher Learning at Puttaparthi in 1997. The new music academy is near completion; it provides teaching of music and music appreciation, a museum, and a theatre for the performing arts.

- **Bhagavan on Youth:** In human life, the time of youth is like water that flows into a river—it cannot be turned back. If young people use their time in proper ways, they will gain fulfillment in life. The Sathya Sai Youth program is involved in visiting villages, organizing medical and sanitation camps, visiting hospitals, teaching adult education, etc. They are encouraged to help wherever there is a need.

- **Bhagavan on Meditation:** Swami has said that meditation is the means to rise above desires. Meditation steadies the mind and helps one to think more clearly.

- **Bhagavan on Society:** Swami says that one individual does not make a society. The welfare of one person is dependent on the unity of the entire society. We should help the suffering and afflicted members of society to the best of our capacity and strength.

- **Bhagavan on the Activities of Ex-students:** Large numbers of graduate students have undertaken several tasks such as distribution of food, medicine, and conducting *Bal Vikas* (children's) programs in their home towns.

- **Bhagavan on Medical Care:** India's medical care has not kept up with the need. Sri Sathya Sai Baba intends to change that—irregardless of caste, creed, or religion. A beginning was established as early as 1963 with the formation of a General Hospital in Prasanthi Nilayam (Baba's *ashram*), and now it has 100 beds. It was followed by the Sri Sathya Sai Hospital in Brindavan, Whitefield in 1976; that facility has also been upgraded and enlarged. All medical services are FREE in both hospitals.

In November, 1991, the Sri Sathya Sai Super Specialty Hospital was inaugurated in Puttaparthi. It is a state-of-the-art facility with several hundred beds. Its specialties are Cardiology and Cardio-thoracic and Vascular surgeries, Uro Nephrology, Ophthalmology

Continued on the inside back cover

September/October 2002

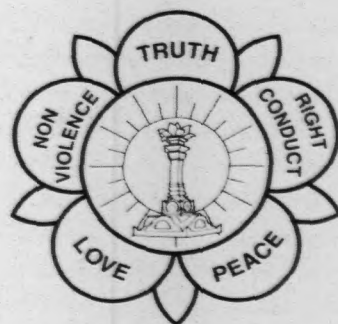
Volume 26, Number 6

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
A Case of Transformation	Alova	3
Bhagavan's Assurance to Devotees	Sathya Sai Baba	6
Sathya Sai Baba: A Journey to Excellence	David M. Wolff	9
Happiness Is Union with God.....	Sathya Sai Baba	11
A Single Flower Does Not A Garland Make.....	Anonymous	15
<i>Service Opportunities</i>	Judith Wechsler	17
The Miracle of All Miracles.....	Joy Thomas	22
The Fountain of Love.....	Sandhi Butler	30
Announcements.....		37
Sathya Sai Book Center of America	Book Center Volunteers	38
"When He Looks Into My Eyes"	Juliana Pesce	40



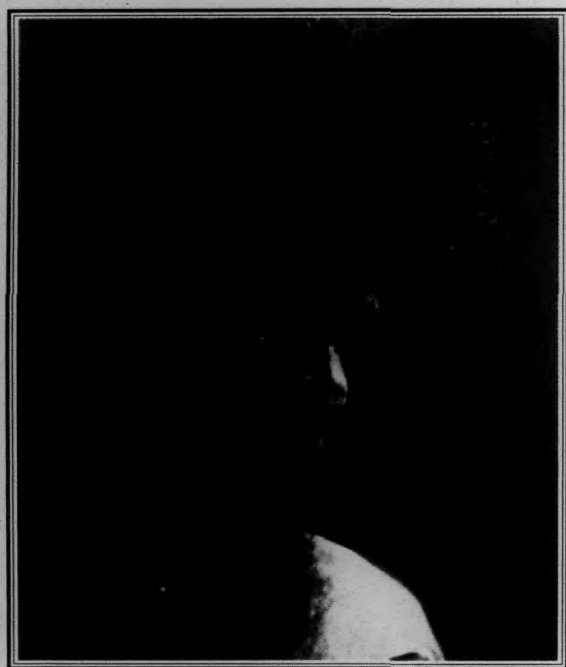
Sathya Sai Newsletter, USA welcomes photographs, drawings, and literary contributions. We are unable to return any of these items, so please keep a copy for your files. We reserve the right of discrimination in selecting and editing all materials for publication. Kindly send any of the above items to: *Sathya Sai Newsletter, USA* c/o Sathya Sai Book Center of America, 305 West First Street, Tustin, California 92780-3108. Phone 714-669-0522. Fax 714-669-9138.

—Barbara Bozzani, Editor

Sai's Message

Respect everyone and speak as if they are worthy of the highest respect you are capable of. No one is small or low.

Pour out love, whether it is returned or not, whether it results in success or not. Let love be ever translated into



service—into beneficial acts, sweet words of consolation, comfort, and courage, and thoughts of sympathy and compassion. Service brings human beings closer to each other and promotes affection and friendship. Without this friendship and feeling of love for one's fellowmen, one cannot attain intimacy with the Lord, which among the nine forms of devotion to God is surpassed only by complete surrender.

When you get a chance to help someone, rejoice at your good fortune. Plant seeds of Love in your heart; let them grow into trees of service and shower the sweet fruit of bliss. Share bliss with all.

—Sathya Sai Baba
Sathya Sai Speaks, Vol. 7, Ch. 1

A Case of Transformation

The Jealousy of Satyabhama

During His discourse on April 14, 2001, Swami made a statement that startled many devotees. He declared, clearly and emphatically, *"I do not want your bhakti (devotion). I want your transformation."*

It was not unusual that He asked for our transformation, but it was the first time this request had been emphasized by the preceding sentence.

Surely Swami still wants our devotion and love; He just wants it with our transformation as well. He wants us to use our love and devotion for Him to transform ourselves.

How do we accomplish this? What are the ingredients of a personal transformation?

Swami tells us one story of a remarkable personal transformation; let us see what we can learn from it. This is the story of a woman named Satyabhama, one of the wives of Krishna. She was not the first wife—that was Rukmini, who also plays a role in this story.

Satyabhama was the only daughter of an extremely wealthy resident of Dwaraka, where Krishna's father ruled and Krishna lived. She was used to being pampered and getting whatever she wanted. She thought only of her own needs. She was extremely self-centered. Few people liked her or were kind to her. In fact, some accounts make it sound as if Krishna Himself couldn't stand

her. Her marriage to Krishna was for reasons of uniting two factions in Dwaraka—one loyal to her wealthy father and the other to the ruler. After some conflict and drama, Satyabhama was married to Krishna.

Like everyone else, Satyabhama was totally captivated by the charming Krishna. He was the best thing she had ever seen. However, she was never for a moment under the illusion that He had chosen her for her personal appeal; Krishna was completely free of personal desire. His first and favorite wife, Rukmini, had recognized His divinity, and she had chosen Him out of devotion, so it is not surprising that He spent most of His time with Rukmini.

This drove Satyabhama to distraction. She wanted Krishna all for herself, all the time.

Now, before we judge her too harshly, we should imagine how we would feel if our wife or husband had seven other spouses besides us, and we were not even preferred. Most of us would also be driven to distraction. Even Rama's mother was miserable all her life because her husband had three wives; Krishna had eight*. In Satyabhama's day, women did not have the option of attending a university for study, working at a job, or even doing social service outside the home. (Divorce was unthinkable.) Her duty as a married woman was to serve her husband.

Krishna was always going off on long journeys doing the things men did in those days—engaging in battles, performing heroic exploits, and participating in political missions. When He was home, she had to share His time with seven other wives.

It's also important to note that Satyabhama, like most of Krishna's contemporaries, did not recognize His divinity. Even Arjuna, who was graced with the ultimate vision of Krishna's universal form, forgot His real nature at times. Only a handful of enlightened souls were

aware of Krishna's fully divine nature. We should also recognize that the selfish, possessive, jealous feelings of Satyabhama were just how many of us feel about Swami now. Many devotees today monopolize the front lines, attempting to gain His undivided attention. Many of us feel and act just like she did. Satyabhama wanted Krishna all for herself—ridiculous, but understandable.

One day, the divine messenger Narada came to visit and decided to teach Satyabhama a lesson. He told her that if she could balance Krishna's weight, she could have Him all to herself. So she piled all her gold and jewels on the scale. But Krishna's weight wouldn't balance!

Like a flame, when our desire becomes single-pointed and fervent, it can burn up our other desires. In the process, we may become willing to let them go, and less

luggage allows us to transform more easily. A wonderful Sanskrit poem describes the intense, one-pointed desire of Parvati, the Divine Mother, for Shiva, her Lord and husband. One line reads that she "sustains the death of living desires in her desire for Shiva." She is so absorbed in Shiva that her own ornaments have ceased their

tinkling—she is utterly motionless. Radiant with light from Shiva Himself and no other, she is adorned with the locks of her Lord and no other covering. She has cast away all other de-

sires in her worship of Shiva.

Satyabhama desired Krishna more than anything else in the world, and all her own efforts and resources weren't enough. She was stuck. She was humbled by her own inadequacy.

This was the first step in her transformation. This same step is recognized by the highly successful Alcoholics Anonymous program as the first step in recovery from addictions. We must acknowledge that we are stuck and cannot solve the problem on our own. We need help from a Higher Source. Humility is a key ingredient.

Satyabhama realized that she needed assistance. She was open-minded. She went to Rukmini, who graciously agreed to help her. Rukmini had true devotion. She took one sacred basil leaf and prayed, "Krishna, if it is

*How many of us have the
courage of Satyabhama to face the
truth?...When someone holds up a
mirror to our behavior, don't some
of us just get angry and try to
smash the mirror?*

true that You always come to the rescue of Your devotees, then balance with the weight of this leaf.” Of course, when she placed it on the scale on top of Satyabhama’s gold, it balanced Krishna’s weight.

Satyabhama was dumbstruck, and the next step is amazing: Rukmini had the courage to tell her the truth. She explained to Satyabhama that Krishna was not just for any one person, not even just for His wives, but that He belonged to everybody and to the whole world.

The next event is even more astonishing: Satyabhama had the courage to face that truth. In that one instant, she realized her folly. She knelt down, bowed low, and touched Rukmini’s feet, the typical Indian expression of respect and submission. Here was Satyabhama, formerly a proud, possessive, jealous wife thinking only of her own wants, transformed in an instant. She publicly showed her humility before her primary rival for Krishna’s attention. Gone were her negative qualities. Satyabhama grew up, socially and spiritually. She was deeply grateful to Rukmini for teaching her this vital spiritual lesson, and thereafter Satyabhama worshiped God with devotion. This one incident completely and permanently changed her character.

This is the type of transformation Swami would like to see in us. How happy He would be!

Satyabhama’s desire for Krishna was so fervent that she relinquished not only her material valuables but also her pride, selfishness, possessiveness, and jealousy. How many of us would publicly acknowledge our errors and bow low before our husband’s preferred wife, or our wife’s preferred husband?

How many of us have the courage of Satyabhama to face the truth—and to accept it instantaneously? When someone holds up a mirror to our behavior, don’t some of us just get angry and try to smash the mirror?

This incident in the life of Satyabhama shows us an example of one-pointedness, humility, openness, courage, truth, and transformation. Let us follow in her footsteps and make Swami even happier than He already is!

—Alova
Kadugodi, India

* Swami has explained that Krishna’s eight wives represented the eight qualities of the petals of the heart. These are: love, truth, faith, sacrifice, compassion, beauty, bliss and peace. It was the custom at the time for *kshatriya* (royalty/warrior class) men to have several wives in order to assure continuity of the lineage, since men were often killed in battle.

Cultivate love, pure, unsullied by selfish desires. Share that love with all your brothers and sisters of all creeds, colors, and climes. Let your love flow into the hearts of others. Stagnant water becomes foul; flowing waters are cool and clear. Love is ananda; love is power; love is light; love is God.

—Sathya Sai Baba
Sathya Sai Speaks, Vol II, Ch. 26

Bhagavan's Assurance to Devotees

Divine Discourse of September 29, 1998

Embodiments of Divine Love! For all spiritual pursuits, and for all endeavors in life, the body is the main instrument. Among all the forms of life in this world, human life is the rarest and most sacred. It is a great fortune to don this vestment, the human body. However, in this human body resides a mind that is mysterious. Everyone is aware of the presence of the mind in the human body, but no one comprehends the vagaries of the mind. Though it does not have feet to move, it can run faster than air and light. It has no death, no fixed life span, and always remains youthful. One may be born again and again, but the same mind follows. Once you understand the nature of the mind, you will be able to understand your true self.

Principle of Purity

The whole world is a mansion and all of humanity is one family. There is no multiplicity. We live under the same sky, tread the same earth, breathe the same air, and drink the same water. So it is foolishness to foster diversity in the face of this underlying principle of unity.

What is the *sadhana* (spiritual practice) we should undertake? Purify the body, mind, and speech. How do we purify the body? It is not enough if it is cleaned with soap and water, which amounts only to external cleanliness. It has to be cleansed with good thoughts, good words, and good deeds, which

are most essential to the inward path. Whatever work you do, do it with sacred feelings. Divert the body from all unsacred activities; use it only for good purposes.

In what way can you purify the mind? You can purify the mind through sense control. Use the ten senses for sacred purposes:

*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.*

In order to purify the senses, make use of them in a sacred way. Purity of the senses is purity of the mind. The mind is the master of the senses. If the mind is to be pure, the senses have to be pure.

How can you purify your speech? You can purify your speech by speaking truth, following righteousness, and cultivating love and peace.

Existing Relationships

The moment the human body is born, *aham* ("I") also follows it. *Atma* (the divinity within) is the origin of *aham*, so *aham* is the son of *atma*. From *aham* the mind is born, so mind is the grandson of *atma*. From the mind, speech originates, so speech is the great-grandson of *atma*. In short, *atma*, *aham*, the mind, and speech belong to the same family.

You should have the conviction that the "I" principle in you is the beloved son of God, mind is the grandson of God, and speech is the great-grandson.

Once you understand that your *aham*, mind, and speech belong to the divine family and act accordingly, your life will be sanctified.

The Senses and Education

Humankind finds it very difficult to maintain control over the senses. Due to the effects of modern education and high intelligence, people have become slaves to their senses. Unable to control the mind, people are leading lives of fear and delusion. From where does this fear arise? Where there are mistakes, there is fear.

What is the mistake made by humankind? People have forgotten that the "I" principle in them is the son of God. They have forgotten that the mind is the grandson of God and that speech is the great-grandson of God. Since they have forgotten these relationships, humankind is fear-stricken and gripped in anxiety.

Due to advancements in the fields of science and technology, human values have been lost and mind has become polluted. On one hand, science has progressed, but on the other hand, the sanctity of the senses has regressed. People are happy seeing advancements in science and technology, but they have not realized how far they have strayed from divinity.

Human life has become artificial, without a trace of love in thoughts or relationships with others. Even the relationship between

mother and son has become artificial. Nowadays when one finds a son talking to his mother, one finds only an artificial exchange of words, but not true love. Students lead artificial lives without sense control. Even the animals have sense control to some extent, but not modern students. This is due to the progress in modern education.

I do not say that education should not progress; I myself have established a university. I only say that along with education, students should imbibe good character. Can you call mere book knowledge education? Can you call all those who read and write educated? Can you call all those who have degrees added to their names educated? If education is only for a living, do you not find birds and beasts living?

Education is for life and not for earning a living. You should study to know the purpose of life. You should not be content with book knowledge and superficial knowledge; you should have practical knowledge. To have practical knowledge, inquire within.

I Uphold My Promises

You should understand my ideal. Once I say that you are mine, I will never forsake you. You may forget me, but I will never forget you. You may develop hatred toward me, but I do not have any hatred toward you. In this world I have no enemies, and I have no dislike toward anyone. I always uphold my promises. I always go forward to protect; never do I retreat.

Some may question that even after Swami accepts them as His, why do they still have problems? Why should they suffer?

This is not my mistake. I always keep my promises. People suffer because they forget their promise and lose their sacredness. I never go back on my word. I never make anyone suffer. Until the last moment, I will be with you, in you, below you, above you, and around you.

Many do not make an effort to understand this truth. They do not inquire into the reason for their suffering. The change in their hearts is the main cause. Their wavering mind and their ingratitude are responsible for this. The previous speaker said, "God is nearer than your mother." Though I shower much more love than their own mothers, some people do not show their gratitude. I do not look forward to your gratitude, but when I do my duty, you also must discharge your duty from your level.

Some people blame God for their suffering, ignoring their own defects. They argue that God does not keep His word. God will never go back on His promises, but people do not understand this truth. Drowning in physical and worldly feelings, they blame God for their suffering. God will never make anyone suffer at any point of time.

Each person has to face the consequences of his or her actions. Every action has a reaction. That reaction may take place immediately, in a few hours, in a few days, in a few months, in a few years, or in a few births. For example, when you cut your finger with a blade, it starts bleeding immediately. When you fall from a staircase, you suffer a fracture. In both cases, the reactions are instant. The food that you eat takes a minimum of two hours to digest. For a seed

to grow into a tree and yield fruit, it may take a few years. Good or bad, you cannot escape the consequences of your actions.

Peace of Mind and Prayer

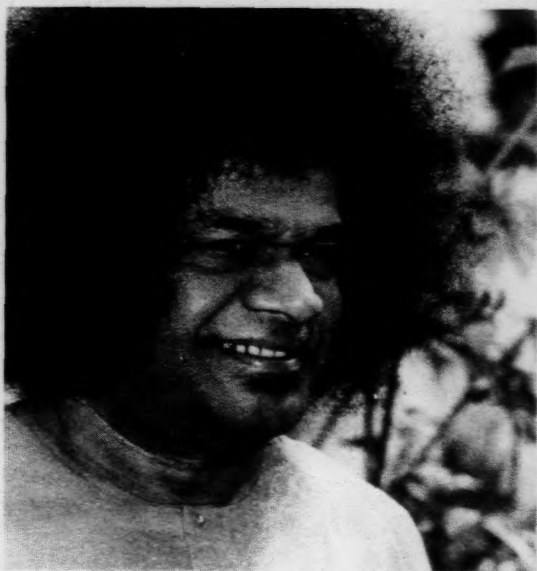
You may question, why pray to God? Pray to God not for the alleviation of suffering, but for peace of mind. Once you have peace of mind, all your problems will vanish. You can even escape the consequences of your actions if you have God's grace. After the expiration date, medicine loses its potency. Similarly, once you acquire God's grace, the consequences of your actions will have no effect on you. In order to make the consequences of your actions go away, prayer is essential. You have to pray wholeheartedly.

Your heart is the seat of God, so think of God, who is installed within you. You cannot expect happiness from the outside world. Bliss is not in the material world; it is within you. When you search within, you will find bliss.

Embodiments of Love! Never blame God for your difficulties. Come what may, pray to Him; that is your duty. As long as you have the feeling that you are separate from God, you have to pray. Only when you realize that you are one with Him, you need not pray.

Your breathing process teaches you a lesson. When you inhale, you make the sound *So*, and when you exhale you make the sound *Ham*. This process repeats 21,600 times a day. *So* refers to divinity and *Ham* refers to ego, which means you must take God into

continued on page 30 26



Aim at the highest goal.... Be concerned with acquiring as support the embodiment of truth! Be anxious to win the status of immortality! Struggle for eternal verity, though the victory may be distant and difficult.

—Sathya Sai Baba
Sathya Sai Speaks, Vol. XI

Sathya Sai Baba, A JOURNEY TO EXCELLENCE

We are so blessed! This is obvious, yet we are unaware of our good fortune. To be in the presence of the quintessential Avatar of the age and the One who has created the universe with the very hand that we see Him create *vibuthi* which is nothing small. I no longer take for granted the Sai Baba who I love so dearly. In my last article, *Sathya Sai Baba: The Information Superhighway (A Testament of Faith)*, as it was entitled in the *Sanathana Sarathi*, the following quote appeared:

"You should listen carefully and take to heart all that I say."

In order to benefit from this incredible journey, we must give proof to Swami that

we are earning His blessings on this most excellent adventure that He is putting us through. We must never give up, especially when things get very tough. We must trust. In the opening statement, He implies that the journey is not easy but can be accomplished with much satisfaction.

In my case, I was once given many arduous tasks simultaneously, and among those was handling a bankrupt company in severe trouble that could have put my family into the throes of complete disaster.

In order to grow, I had to go beyond myself and get out of my own way. Sai Baba and Lord Ganesha have been great inspirations and wonderful teachers. They

guide us through personal experiences that are tailored to suit each one of us individually—and learning how to use each experience is crucial. We have some behavior patterns that we need to destroy, develop, or change. Other good patterns that we have lost, we must restore or recreate.

I used to be very angry; now I am very happy. I used to be very hasty; now I am very careful, precise, and focused. I

used to be impulsive, now much less so. How did I change? It was through the situations that Baba blessed me with and the situations that Lord Ganesha helped me out of. The bankruptcy is an excellent example. The situation dispelled fears, molded my mind, and sharpened my intellect.

As divine beings, this human experience is quite an open school. On our respective journeys to excellence, Baba encourages us to “Follow the Master, face the devil, fight to the end, and finish the game.” Following this statement is really all that is required to accomplish our tasks. To absorb this message

is most important and crucial for our development. In order to be spiritual, we must understand the world that we live in and maneuver our way properly, and not be manipulated by the world. Over time, the

situations that come our way allow us to grow.

I have been through some very arduous periods in my life. Some have been painful, some unfulfilling, yet as I reflect on them, they

have been a journey toward excellence. Let me leave you with another statement that inspired me to persevere until I succeeded in changing my life. A drill sergeant once stated it to me bluntly, “Winners never quit, and quitters never win.”

Where do you stand? The very fact that you are reading this publication indicates that you are on your way to winning. Sai Baba inspires us to shoot for the stars—and never look back!

—David M. Wolff
Cos Cob, Connecticut

Give up doubt, hesitation, and fear. Do not provide any opportunity for these to take root in your mind. Man, by means of the inner divine strength with which he is equipped, can achieve anything; he can even become Madhava (God).

—Sathya Sai Baba
Sathya Sai Speaks, Vol. I, Ch. 11

Happiness Is Union with God

Divine Discourse on Onam, August 31, 2001

"What happiness did the demon Somakasura attain by stealing the Vedas and hurling abuses at God? What was the fate of the ten-headed Ravana who abducted the consort of Rama? What did Duryodhana, who refused to give the Pandavas even as much land as would fit on the point of a needle, take with him in the end? What happened ultimately to the wicked Kamsa, who indulged in the gruesome act of slaying infants? The same will be the fate of the wicked. If not today, then surely tomorrow, they are bound to meet their doom. Oh people! Do not entertain excessive desires. Better that you lead a life of moderation."

Embodiments of Love! The whole world is permeated by truth. Truth is all-pervasive. All types of wealth, comfort, and convenience are based on truth. Without truth the world cannot exist. Today people are facing hardships because they have forgotten truth. Truth neither can be hidden nor be changed. "Truth is that which remains the same in the past, present, and future."

Since ancient times India has enjoyed peace and prosperity because its people adhered to truth and modeled the message of spirituality for the world. *Loka samastha sukhino bhavantu* (let everyone in all the worlds be happy) has been their motto. This sacred ideal has been forgotten today. "There is no *dharma* (right action) greater than adherence to truth."

The Noblest Virtue

Truth is the very life breath of humanity. All human values are based on truth. Truth is the noblest of all virtues. You might have heard the story of King Harishchandra, who

sacrificed his kingdom and even his wife and son for the sake of truth.

Creation emerged from truth and merges into truth. Is there a place where truth does not exist? Visualize such pure and unsullied truth.

Truth may sound like a mere word, but its value is immense. All that is, is embraced by *sathya* (truth). The entire universe is dependent upon truth. If its foundation is lost, what is left of our life? There is no place where truth does not exist.

Emperor Bali based all his actions on truth. Considering his subjects as his own children, he performed his duties. Bali was a very generous person. He was compassionate and a shining sun of truth. The very fact of his reign in the land of Kerala is the cause for the prosperity and happiness of the people there. He had conquered all the lesser gods with his great prowess. He performed a sacrifice called *Viswajit*, in commemoration of his victory, on the banks of the river Narmada.

The Lord was incarnate as Vamana at that time, having taken birth as the son of the saintly couple Kashyapa and Aditi. They lived in a hermitage known as *Siddhashrama*. The young Vamana walked toward the site where Bali was performing the sacred ritual. The boy was brilliant and radiant, and everyone looked with wonder at His great beauty. Vamana was the very personification of the attractive magnetic field.

Ratnamala, the daughter of Bali, saw the young boy and developed a desire in her mind to have Him as her own child. In the meantime, as you know, Vamana had pushed Bali down into the netherworld. This event turned Ratnamala's love towards Vamana into hate, and she had the impulse to kill the child herself.

The all-knowing Vamana noticed what was passing through the mind of Ratnamala and pronounced *Tathaasthu!* (May it be so!) God in His omnipresence constantly pronounces this blessing of fulfillment on all. Nothing escapes His attention.

"With hands, feet, eyes, heads, mouth, and ears pervading everywhere, He permeates the entire universe." That is why we should always keep our minds filled with good thoughts.

Vamana said to Ratnamala, "Mother, first you desired to breast-feed me, but seeing your father's downfall, your desire turned into hatred. You felt like feeding me poison and killing me. Thus, you will be born in *dwapara yuga* (a future age) as Poothana and feed me poisonous milk, and you yourself will die."

Therefore, it is essential for all to maintain good thoughts constantly, as God

pronounces blessings of fulfillment incessantly. In ignorance of this reality, people fill their minds with many forms of evil thoughts.

See no evil; see what is good. Hear no evil; hear what is good. Think no evil; think what is good. Speak no evil; speak what is good. Do no evil; do what is good. This is the way to God.

Maintain Good Thoughts

If your thoughts are pure, you are blessed with purity. We fill our minds and spend our time in activities and associations replete with evil, but when we reap the consequences and suffer, we are filled with misery. As each thought emanates from the mind, its consequences are thus determined. Such was the fate of Ratnamala. When misery befalls you, you blame God but do not realize that your distress is the consequence of your own thoughts. This is why you should have good thoughts and seek good company.

Emperor Bali was the personification of generosity. To uphold his word, he sacrificed everything. Young Vamana requested three paces of land, and Bali promised it without a moment's hesitation. His preceptor, Sukracharya, attempted to intervene. He warned Bali, "The person before you is Vishnu Himself. Once you promise Him anything, you are bound to fulfill it, so do not make any hasty promises."

Bali replied to Sukracharya that there was no greater sin than going back on one's words, and notwithstanding the specific advice of his own preceptor, he upheld his

promise to Vamana. Bali was prepared to undergo any misery to uphold truth. So, Lord Vishnu sent him to the netherworld and gave him all the comforts of life. Even there, he attained eternal life. He prayed to Vamana, however, to be able to return each year to Kerala and grace it with his blessings, and this is why the people of Kerala have named this day *Onam* and celebrate it with fervor.

Emperor Bali was an extremely virtuous person. Though born into a family of demons, he was filled with divine thoughts. The consequences of the great merits of Bali manifest as the benefits that the people of Kerala enjoy today.

Onam does not merely represent the preparation of sweet pudding, various delicious dishes, and eating ourselves to the full. We must ourselves relive the encounter between Bali and Vamana. Today is associated with the incarnation of God in the land of Kerala; hence this day should be celebrated with joy and piety.

The Three Values

We should lead ethical, moral, and spiritual lives. Speak the truth, speak pleasantly, and do not speak unpalatable truths. These three values represent the ethical, moral and spiritual, respectively. All three values depend upon truth. Following the path of truth and without swerving from a spiritual life, we should work for the welfare of the entire world. Kerala has the political identity of being communist. However, every individual Keralite, irrespective of political persuasion, never swerves from the daily duties of a purifying

bath, the smearing of holy ash on the forehead or the wearing of a sandalwood paste mark, or of visiting the temples.

Keralites' divine love and devotion are without equal. Kerala is a beautiful state. People there are replete with spiritual attitudes. But time has taken its toll, and people's tender hearts have turned hard. Why is this? Our own attitude is responsible. The good and bad habits of the individuals of a region have their effect on the whole land.

*If money is lost, nothing is lost;
if health is lost, something is lost;
if character is lost, everything is lost.*

Therefore, character, above all, is the quality that has to be safeguarded by one and all. This is God's desire at all times. People, not recognizing this truth, spend their time acquiring wealth and engaging in other selfish activities. This selfish attitude should be uprooted from people's hearts. All are one; be alike to everyone. All of humanity is a single family. Whether you are an atheist or a theist, youth or aged, recognize that you are all part of the single race of humanity.

Develop Human Values

You have to develop human values. Without them, you are human merely in form and not in fact. People are filled with qualities such as anger, desire, greed, and jealousy. These are animal qualities. Anger is the nature of a dog. A wavering mind is the quality of a monkey. You are neither a dog nor a monkey. When you are in a fit of anger, remind yourself constantly that you are not a dog, and your anger will diminish. Many animal qualities run rampant in human beings

today, a situation that must be corrected. What are the human qualities? Compassion, truth, forbearance, empathy, and so on. These are the human qualities to cultivate.

God's actions vary, and their significance is not evident to all of us. So, we form our own reactions and attitudes to these situations. Such reactions are our own creation and do not conform to the reality of the event. The anger in you appears as if it belongs to another person.

In the same manner, various attitudes such as greed, jealousy, pride, and delusion are our own inner attitudes projected on others. God is pure, attributeless, and selfless, and on this pure Divinity, you project your own inner defects while attempting to repress and suppress the negative impulses in you. Such attempts are of no use, because sooner or later they are bound to erupt. Apply your efforts to prevent the very entry of such attitudes and feelings inside you.

Fuels like petroleum and coal are extracted deep from the earth. Where did they come from in the first place? Over long eons, they accumulated deep inside. Now they are making their appearance outside. In the same way, evil tendencies like desire, anger, and hatred have accumulated in you, though buried beneath the surface. Sometime or another, they are bound to come out. So, make sure that they do not enter into you in the first place, which is a true human value. The very need to control or restrain your anger is a sign of weakness. You must cultivate your nature in such a manner that the very feeling of anger does not even enter you.

Humans exhibit various qualities. It is not possible to prevent all of them from entry or to evict them all, so you should discriminate and insure that only good qualities enter you. Ingrain the good qualities and be an example to others around you. Again, this is a true human value. First of all, inculcate love. Love is God; live in love.

The Flow of Pure Love

Our hearts should be filled with pure love. If our hearts are full of sacred love, no evil tendency will enter them. The heart is like a single seat sofa, not a double sofa, nor a musical chair. There is room only for a single tendency; let it be divine love. *Start the day with love; spend the day with love; fill the day with love; end the day with love; this is the way to God.*

Love emanates from truth and truth emanates from love; one does not exist without the other. Truth is an internal current and love is its external flow. The Vedic pronouncement, "The all-pervasive God is present within and without," is an expression of this truth. The *Narayana* (indwelling God) principle is the expression of this unity. The inner flow is continuous, which is the principle of Saraswathi.

You may have seen the Ganges and Yamuna rivers. Saraswathi is the invisible undercurrent. The eternal inner flow of the Saraswathi principle represents speech. Our faculty of speech is the divine Saraswathi principle and as such should not be abused or misused. Control of speech is of vital importance. If your feet slip and you fall, no

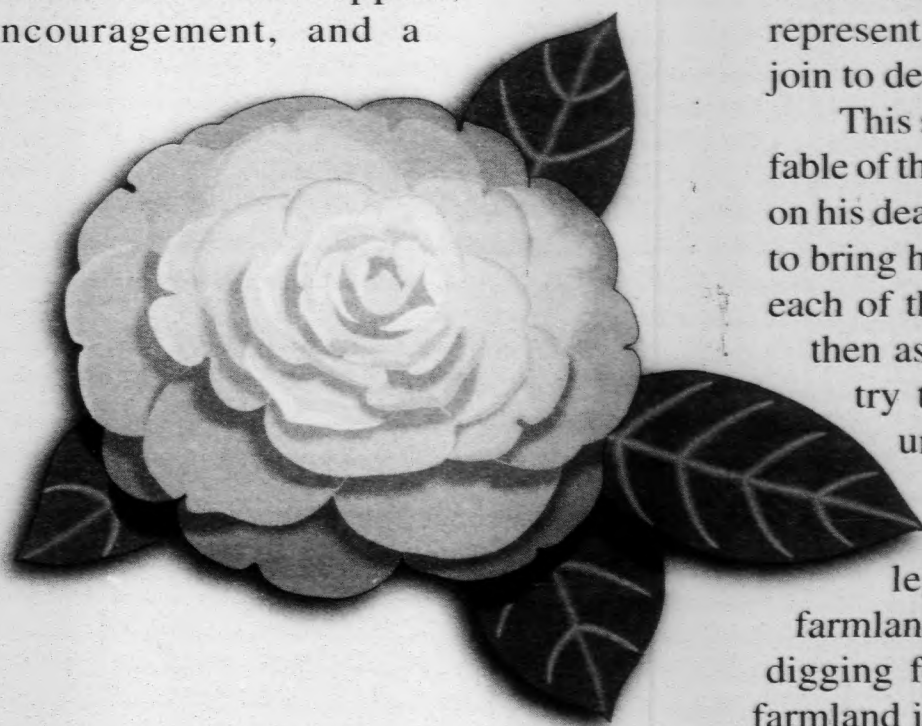
continued on page 31

A Single Flower Does Not A Garland Make!

The Power of Group Effort

"A single flower does not a garland make!" This quote is often heard and quite familiar to me, but what exactly does it mean? Think of it this way. Does one person make up a community? Does one link make a chain? Does one drop of water make up an ocean? The answer to all of these questions is an emphatic *no!*

One example of this quote is the fight for racial justice in this country. After years of racial discrimination, oppressed groups eventually rebelled. One person may have initiated the thought, but gradually many united to overcome the inequalities. This shows that with support, encouragement, and a



whole flock of people, an "impossible" dream can be fulfilled.

In the movie, *A Bug's Life*, Hopper—the evil guy—talks to his fellow grasshoppers. He thinks the ants are going to fight against the grasshoppers and he doesn't want that. When giving his speech, he flicks one nut at his brother and says, "Did that hurt?" The answer is, of course, no. Then, he opens the whole container, which is very big, and empties it onto his brother. Then he asks, "Did that hurt?" The brother is buried in nuts, so he can't answer. It goes without saying that it did hurt! He then explains that the one nut is the force of one ant, but all the nuts represent the force of all the ants if they join to defend themselves.

This same scenario occurs in the Aesop fable of the old man and his four sons, where on his deathbed the old farmer asks his sons to bring him a bundle of branches. He asks each of them to break off one branch. He then asks them to tie up the bundle and try to break the branches. They are unable to do so. He advises them, "United we stand, divided we fall," tell them he has left them a legacy of buried treasure on the farmland. After his death, each son starts digging for himself. Eventually the huge farmland is all dug up, but they have found no "treasure." The four sons get together

and finally, by remembering the example of the branches and surveying the results of their substantial efforts, they realize their own folly and their father's wisdom.

Yes, you can achieve a goal by yourself, but it is much more effective when others help you. With everyone's effort, you can achieve much more at a quicker pace. So, gathering people to help you will not hurt. Let's say we need to make a garland. One flower will not make it. However, with each additional flower a beautiful garland is formed. If each flower has a choice and some decide not to be in the garland, it will be incomplete and not as beautiful. We humans have choices that the flowers do not, since they are relatively immobile. By

volunteering our sincere efforts, we can lessen the load that some carry and bring about a higher quality outcome. Similarly, in a big project, if many people work on it earnestly and cooperatively, an improved outcome results.

At this time in the United States, I believe we can all make an effort to make a difference. We can't all go to "Ground Zero" and clean up, but surely we can serve—in soup kitchens, in senior citizen homes, at hospitals, in our neighborhoods—whether helping to raise funds to pay for the long hours put in by the firefighters and policemen, or bringing a smile to another by walking a mile in his or her shoes. In conclusion, I'll say:



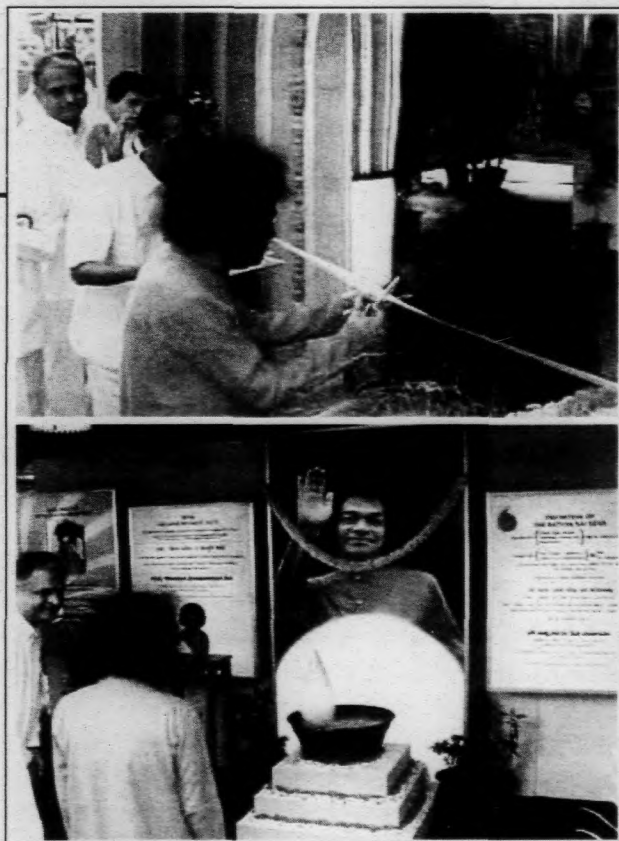
*A single person does not a family make;
A single family does not a community make;
A single community does not the world make;
A single stick does not a bundle make;
A single hand does not a service make;
A single flower does not a garland make;
BUT, a single pure thought does a difference make!*

—Anonymous

All should be members of groups doing social service. Human life is meant for service to others. You should not be satisfied with merely undertaking service. You should also request friends and relatives to join in.

—Sathya Sai Baba
Gems of Wisdom, pp. 150-151

SERVICE OPPORTUNITIES



Inauguration of exhibits at the International Seva Conference held July 21-23, 2002

To engage in service activities with pleasure and to regard a day devoted to service as a good holiday is not enough. The pleasure derived from service must be a spiritual experience. Service must be regarded as a ritual sacrificial act done to atone for lapses you may have committed.

To utilize your wealth, talents, and resources for service of humanity and help to all living things must be regarded as an offering to, and a form of worship of, the Divine. Only then can selfless service become true service.

☛ Sathya Sai Baba

Sathya Sai Speaks, Vol. XVII, Ch. 13

New Vision of Service: Educare, Medicare and Sociocare

Amid the applause of over 8,500 delegates from India and 71 other countries, Sathya Sai Baba lit the oil lamps that kicked off the July 21-23, 2002, International Seva (Service) Conference, igniting the light of love in the hearts of all present in Prasanthi Nilayam's Sai Kulwant Hall. "Listen to the call of Sai. Listen to the call of love," sang the chorus afterwards, setting the stage for the Inaugural Discourse.

"The service activities that you undertake," Baba said in the discourse, "are meant for you to experience unity in society. It is a great mistake if you think that you are serving others. In fact, you should not consider anybody as an 'other,'

for all are embodiments of divinity." His words echoed the official theme of the conference—SAI: Service, Adoration, Illumination—shorthand for a transformative process that entails selflessly serving the needy, adoring God in all through this service, and finally attaining self-realization.

In an unusual overflow of divine grace, Baba gave a discourse every day of the conference. But even more inspiring than the discourses was His own example of service, seen by the delegates during the event and described to them in the Inaugural Session. He told the audience about a young primary school boy who was crying bitterly because he had a swollen cheek and excruciating

pain from a bad case of the mumps. "I called him inside," Baba said, "and consoled him, saying, 'When Swami is with you, why do you cry?' I materialized a sweet for him and made him eat it. I took his pain upon myself." All during the conference, Baba's swollen cheek was

The educare talk looked at establishment of a Sathya Sai school and adoption of the Education in Human Values program by public and private schools in Mexico.

a visible sign of Sai love expressed through service. "I practice what I preach," He said. "That is why I say, 'My life is my message.'"

In the hours and days that followed the Inaugural Session, speaker after speaker pointed to the importance of replacing the service of convenience with the service of need and seeing service as a means of bringing about transformation in both the server and the served—raising God consciousness in all. This emphasis was no more evident than in the *Grama Seva* (service to villages) project presentation given by the professors and boys from Baba's colleges. Held up as a model of selfless service for the future, the *Grama Seva* project was carried out by thousands of Baba's college and secondary school boys, who were determined to fulfill His resolve to "go Himself to every doorstep to feed and clothe every poor person." Infused with a feeling of oneness, the boys traveled to 600 villages and 5 big towns in Anantapur District, Andhra Pradesh, singing devotional songs and handing out blessed food and clothing to everyone there. "We learned to love every symbol of humanity the way He loves us," said one of the presenters.

And another added, "We saw that love begets love."

Delegates found more information about the *Grama Seva* project at the Sri Sathya Sai Gram Darshan exhibit, held at Hillview Stadium in conjunction with the conference. Three-dimensional models showing the project's long-term village regeneration activities were prominently displayed there. With 24 pavilions representing the Indian states and the world Sai Organization's five overseas zones, the exhibit featured a panorama of service project presentations, from a European quartet singing its nursing home repertoire, to a demonstration of composting techniques taught to Karnataka

The sociocare presenter focused on a comprehensive program for human upliftment in developed countries.

The medicare presenter spoke about providing free medical care for the needy and the old.

villagers. The exhibit offered delegates a chance to vicariously experience the love manifested by Sai devotees all over the world.

During the conference, key figures in the world Sai Organization roused the audience with their calls to action. "It is our duty as Sai workers," said International Chairman Indulal Shah, "to see that the vision of the younger generation, that love will rule the Earth, is fulfilled." And World Youth Coordinator J. Jagadeesan urged delegates to make the chant *Loka samasta sukhino bhavantu* (Let everyone in all the worlds be happy) a "promissory note" to Baba: "Bhagavan,

we will go out and we will make the world a happier place."

For much of the conference, the 1,544 foreign delegates (about 200 of them from the United States) met separately in a blue and white tent-conference center near the overseas accommodations. These delegates heard talks about how service can transform the individual, community, and nation. Speaking on the

about the activity and how they can participate. Soon the scheme will reach national proportions."

Also covered at the overseas meetings was an overview of Swami's new vision of service, with a structure that divides the work into three categories: educare, sociocare, and medicare. The purpose of educare, said one speaker, is "to manifest divinity from within"; of medicare, "to

It was easy to believe the speaker who proclaimed, "We are a mighty movement, and each and every one of you is a part and parcel of that movement."

relationship of service to individual transformation, Dr. Samuel Sandweiss, author of two books on Baba, said, "You must practice truth, right action, peace, love, and nonviolence with your brothers and sisters. Purify these values through selfless service, and when you do, you become part of the body of Swami's love."

In talking about community service, another presenter told the delegates how an entire village was changed by the selfless act of a group of schoolboys. One Sunday when the boys were on an outing, they took shelter in a poor family's thatched hut during a rainstorm and noticed the deplorable state of the house, which had almost no roof to stop the rain. The boys decided to build a new house for the family, and during summer vacation, twenty-five of them stayed at the school to work every day with their teachers in doing so. The activity attracted the attention of the villagers, who were soon working alongside the boys as all sang devotional songs. "The family was transformed; the whole village was transformed," concluded the speaker.

The national service presenter urged the delegates to start small. "Start with just one filter in a school or community," he said of a water purification project, "and let others know

preserve the body so that divinity can be experienced"; and of sociocare, "to bring manifestation of divinity from within at the family, society, nation, and world levels."

The educare talk looked at establishment of a Sathya Sai school and adoption of the Education in Human Values program by public and private schools in Mexico. The speaker focused on the State of Chihuahua, where 102 schools have now adopted the program.

The medicare presenter spoke about providing free medical care for the needy and the old. This type of service, he said, includes hospital visits, blood donation camps, first aid training and care, free medical camps, and encouraging medical professionals to observe Sai spiritual values while delivering healthcare. He showed the delegates how this type of service could bring benefits for all concerned. "People with poor health," he said, "try to seek metaphysical help.... During sickness they display their true devotion, so the Sai volunteers get to know the value of adoration of the Lord from both within and without."

The speaker also told the story of a man convalescing from major surgery who was plagued by fever and pus. Since the man was a

foreigner, not many family members or friends were attending to him. He was afraid he was going to die and was very depressed. But after a team of Sai hospital visitors and doctors began seeing him, he developed a much more positive attitude and became optimistic about his chances for survival. Symptoms of his physical condition soon disappeared, and his recovery took a much shorter time than it normally would. "This is the effect of the unconditional love of our Sai volunteers," the speaker concluded. "*Atmic* (spiritual) healing confers a greater healing energy than conventional medical management alone."

A number of speakers described projects where food, pure water, clothing, and shelter were given to poor villagers. But the sociocare presenter focused on a comprehensive program for human upliftment in developed countries. Many countries, he said, don't have villages but do have crime-ridden city neighborhoods with high-rise apartments. The Sai Organization in Malaysia adopted the worst of such neighborhoods in Kuala Lumpur. Sai volunteers started an anti-drug campaign there, organized medical camps, gave free computer lessons, held a cultural event representing a mix of nationalities, ran human values programs, and went through the streets singing devotional songs. Within three years, they were able to make a difference noticed by government authorities.

Toward the end of the conference, delegates met with others from their zone (which for the U.S. delegates was Zone 1) in interactive workshops to offer suggestions for the future of Sai service. Workshop leaders compiled suggestions from the five zones and these recommendations were combined with those of the Indian delegates, to be presented to Baba for approval.

During the conference, delegates had heard of an impressive array of projects—from a cancer hospice center run by the Sai organization in Sri Lanka, to an academy established to provide values-based seminars and courses for adults in Europe, to El Salvador's Primavera Water Project, which had brought clean, potable water from public taps to approximately 375 homes. Speakers had described values-based computer training classes for underprivileged youth in the United States, a Sathya Sai school in Canada, and village adoption by Sai devotees in the West Indies. Seeing all these major Sai efforts going on around the globe, it was easy to believe the speaker who proclaimed, "We are a mighty movement, and each and every one of you is a part and parcel of that movement."

God's love cannot be acquired with wealth; neither with education nor by various spiritual disciplines you undertake. Only by offering pure, unconditional and unselfish love for love's sake can you achieve divinity.

❧ Sathya Sai Baba

Valedictory Discourse, International Seva Conference, Prasanthi Nilayam

Proceedings from the International Seva Conference will be presented in the next issue of the Service Opportunities section of the Sathya Sai Newsletter, USA.

All articles and photographs on group and individual service are welcome. Send contributions to the Service Opportunities editor, Judith Wechsler, 2965 Hopkins Road, Rocky Mount, VA 24151, or email her at jnwechsler@southlandtech.net.

U.S. Delegates Views

The *Sathya Sai Newsletter* asked U.S. delegates at the International Seva Conference what they found most inspiring about it. Here's how they responded.

The man from Malaysia who talked about how the Sai Baba group went to the school in a fundamentalist Muslim country. They never allow anyone in their schools, but they wanted the Sai group. The group connected in a universal place of love. It made me feel that I could go anywhere, and if I had that love as my motive, I could do anything.

Tucson, Arizona

The speakers. They enlarged my vision of what service is. I have a more expansive view of service than I did before. Now I'm clearer on what I'm supposed to be doing with service.

Atlanta, Georgia

The exhibits of all the service projects everywhere in the world—knowing that people are dedicated to helping their fellow man like that. It gave me some additional inspiration for doing service projects.

Bay Area, California

The numbers and types of projects being done around the world. It makes you think you are one of many working toward the same goal. You realize how big the Sai mission is.

Wappinger Falls, New York



A few of the exhibits at the International Seva Conference.

The Miracle of All Miracles

Not Merely a Knee, but a Life Regenerated

On the morning of December 1, 1988, I sat in ecstasy, watching as Bhagavan Sri Sathya Sai Baba made the rounds of the *darshan* (viewing of

a holy person) area, accepting a letter or two here, manifesting *vibuthi* (holy ash) for someone there, giving joy to all who could witness His graceful walk and

loving glance. It was my seventh trip to Prasanthi Nilayam, the first having been in 1981, but each visit was as thrilling as the first. Even though Baba always followed a familiar routine, somehow each *darshan* was unique. One could never predict what He would do or who He would call in for an interview. Having only arrived the previous afternoon, I was caught completely off guard when I looked up to see my husband signaling me from the veranda. Before I could quite comprehend what was happening, the volunteers had taken hold of my wheelchair and pushed me up to the veranda. Baba greeted me, spoke to the friend with whom I had traveled, and came toward me with His arms out-

stretched as if He were going to take hold of my hands. But then, without touching me, He said, "Get up, get up!" I got

up. It would never occur to me not to do anything Baba asked. The reaction of the group assembled for *darshan* surprised me: everyone clapped.

His remarks

during the course of the interview seemed to me to center around the theme of self-confidence. He spoke of the importance of having faith in God, faith in one's self, and faith in the self as God. I am sure that many of the devotees from Holland, Germany, India, and the United States, who were in that same interview, heard different things, but for me, these were the central points. As the interview came to a close, Baba walked out and I followed. The wheelchair was waiting for me there on the veranda, and I realized that I had a choice. I could return to the chair, wait to be pushed back to Round Building One (a distance of about two city blocks, part of which is uphill and uneven, with the additional hazard of loose stones),

*As the interview came to a close,
Baba walked out and I followed.*

*The wheelchair was waiting
for me there on the veranda, and
I realized that I had a choice.*

or I could accept the healing that had been offered. It was up to me. I chose to go forward, leaving the chair behind. My friend pushed the empty chair as she left the veranda.

The questions I asked myself were: "Do I have faith in Baba as God? Do I have faith in myself as God? Faith is the key issue. All avatars, masters, and healers have recognized the power of faith as the healer. Even allopathic physicians acknowledge the healing effect of the placebo and recognize the importance of the faith of the patient in the physician. Jesus told those whom He healed, "Thy faith hath made thee whole." Baba's mission, like that of Jesus, is not to do our

work for us but to show us how to master the body and the senses.

Baba's fall, in which He fractured His hip, was a vivid example to us all of the importance of rising above pain. When asked, He said that His pain was great. He stressed the fact that His body was subject to natural law, the same as ours. When we fall, the body reacts with pain. His does the same. But He was able to get up immediately to unlock the door of His room and to stand for two-and-one-half hours only a few days later in order to serve the devotees who had come to celebrate Onam at Prasanthi Nilayam. It was, He said, a matter of not allowing the mind to dwell on the pain. Whatever we give our attention to will assume importance and

reality for us. Therefore, to constantly repeat the name of God—to continually remember whatever form of God you love, and to accept your Self as God—these are the thoughts that will guide us into perfect equanimity and permanent peace.

I have suffered from painful knees since birth. The doctors called the condition "growing pains" when I was a child. They removed my tonsils and adenoids in an effort to alleviate the pain, but no treatment was ever effective. Many times in my teen years

To continually remember whatever form of God you love, and to accept your Self as God—these are the thoughts that will guide us into... equanimity and permanent peace.

I had to withdraw from activity and retire to my bed doubled up in agony. During college, motherhood, and a career in education, I was not bothered a great deal by the

condition. However, twelve years ago the pain and weakness increased to the point that I was barely able to walk. A team of specialists at Kaiser Permanente Hospital, in California, took a series of x-rays and made extensive tests. The diagnosis was deterioration of the knee joints, which would progress with time. They recommended immediate surgery to replace the defective joints with artificial ones. However, they also told me that the success rate for such surgeries was low. (I understand the success rate has since increased.) It was my decision to accept the crutches they offered me, rather than the surgery. As the condition worsened I went from crutches to a walker and finally, a wheelchair.

On my first visit to see Baba, I asked only for His love and for the opportunity to be His instrument. It was not until the third trip that I mentioned my physical problems to Him, and His response at that time was, "Forget it!" As I looked back at the events of the past seven years, I could see that there had been a steady and easily definable program of regeneration that had been proceeding in an orderly way. I estimated that the same amount of progress might have taken lifetimes to achieve without the benefit of Swami's grace.

Mental con-fusion, emotional problems, and ignorance had to be overcome. These were brought to the surface one by one—sometimes through Baba's direct intervention and at other times through what appeared to be just coincidences of life experience. These experiences are described in detail in my book, *Life Is a Game, Play It!* To quickly summarize, they involved learning to surrender the ego-will to the Divine Will (humility), balancing the male and female qualities, learning to love the Divine in others—even when appearances might make them seem to be enemies, and developing through many other transformative "tasks" easily recognizable to pilgrims on the spiritual path.

The previous year, when Swami had asked my husband what he wanted, Raye asked that Baba heal my knees. Baba placed

*The miracle of all miracles
is the unwavering, unchanging
love that He pours out freely to
everyone who will open his or her
heart to receive it.*

His hands on my knees, indicated that He would do as Raye had requested, and said, "I will give her a lingam before you go." We thought that meant He would manifest a lingam for me, as He had done for others. However, in the second interview of that visit, He manifested a crystal japamala for me but no lingam. This was a mystery to us until,

several months later, we saw this quotation in Sanathana Sarathi:

Swami is the very embodiment of compassion. He will pardon all errors. This prin-

ciple that guides and guards you along the spiritual path is the lingam that is the center of consciousness, clustering around the inner and outer senses.

—Sathya Sai Speaks, Vol. IX

I realized, then, that the *lingam* Baba gave me before I left was the pardon of my errors. They were not forgiven in the sense that I was free from punishment, but they were being corrected in order that I might not repeat them. The process became dramatically difficult over the next year. Two major crises occurred that forced me to give up longstanding mistaken behaviors. I see these now as obstacles that were necessary for me to surmount before the healing of my knees could occur.

In the days after Baba told me to "Get up," I was questioned by physicians who were witnesses to the event, interviewed by editors from various publications, and

photographed standing, walking, and sitting. The major question asked was, "Was this a genuine miracle?" I attempted to answer each question as factually as possible. In terms of any physical change, since there was no available comparison from before-and-after x-rays, I could report only the following: Prior to December 1, whenever I walked only a few steps, inflammation of the joints was so great that there was considerable heat and greatly increased pain for several days following. After the "miracle," after walking more than I had walked for the past several years, there was no inflammation of the joints at all—no heat. Muscles that were being used after years of relative idleness were reacting with soreness, but this was not at all out of the ordinary. Whether the condition would return or be permanently vanquished, I felt depended strictly on me. Swami had done His job. Now it was up to me to do mine.

I was, of course, extremely grateful for every aspect of this experience, but I know that Baba wants us to understand His adherence to the fulfillment of the law. He does not want anyone to be deceived into thinking that He has supernatural powers that

are not available to them. He has continually stressed that He is God, and that each of us is God—that whatever He does is possible for us to do also. If rearranging molecules or exchanging one substance for another is considered miraculous, then He does perform miracles. Many hundreds of people can testify to witnessing such events. To regenerate a badly deteriorated knee joint is no more difficult than causing a ring to slip on a finger easily when seconds before no amount of force could push it on.

However, the miracle of all miracles is the unwavering, unchanging love that He pours out freely to everyone who will open his or her heart to receive it. My experience is only a tiny speck of what has happened in the lives of hundreds of thousands of people. The miracle of miracles is a life regenerated. Baba's mission is to regenerate lives—and through such, to guide us into the realization of *advaita* (oneness) and the experience of peace on earth.

—Joy Thomas
(In Memoriam)

For what is the root of that faith in yourself? Who are you that you should believe in yourself? You believe in yourself because your Self is God, and you have an unshakable faith in God, deep down in you. Faith in yourself and faith in God are identical: you tap the strength of the God within, when you face an enemy without.

—Sathya Sai Baba
Sathya Sai Speaks, Vol. II, Ch. 43

Bhagavan's Assurance

continued from page 8

you and drive out *ahamkaram* (ego). This is an important principle of life.

We breathe in oxygen and breathe out carbon dioxide. Divinity is like oxygen, which supports our life, and ego is like carbon dioxide, which is dangerous for our health. Ego is a very bad quality; it has to be driven out.

Cultivate Broad Feelings

In your daily life, knowingly or unknowingly you commit mistakes. You keep the physical body clean but you do not make any effort to know how to purify your mind and speech. You treat bad as good and good as bad. We should make efforts to know what is good and what is bad. All service rendered for the welfare of society is good. You are a member of society, so your welfare depends on its welfare. The country will prosper if the society is good. Individual prayer, family prayer, and community prayer—all three are essential.

The *Vedas* declare: "Let the entire world be happy." Since ancient times, *Bharat* (India) has propagated spiritual discipline to other countries, insuring peace and security for all of humanity. You should have such broad feelings; your love should be as big as an ocean. When Jesus was being crucified, people around him were weeping. At that moment an ethereal voice declared, "All are one, my dear son! Be alike to everyone." The same thing is taught by the culture of *Bharat*, wishing for the welfare of all humanity. Unfortunately, with the passage of

time, selfishness and self-interest have become rampant.

Purity of Heart

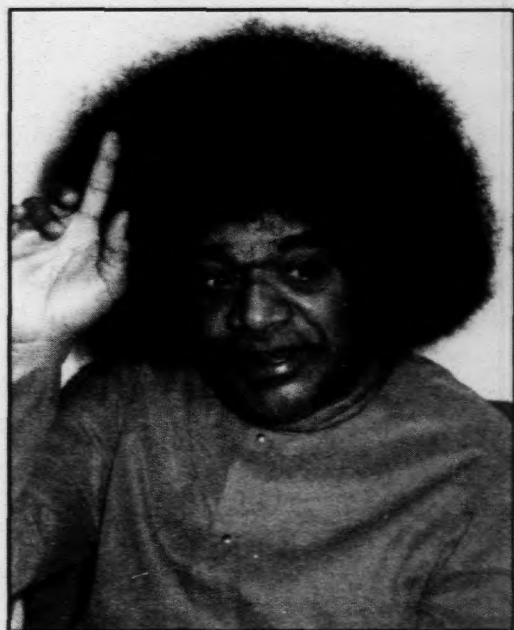
According to *Bharatiya* culture, *Uttaraayana* (the six months of the year when the sun travels northward) is considered to be very sacred. The great warrior Bhishma, lying on a bed of arrows, waited for 56 days for the advent of *Uttaraayana* to give up his mortal coil. During *Uttaraayana*, the sun travels toward the north. What does this signify? In the north, we have *Himaachala* (the Himalaya Mountains), said to be the dwelling place of God. When God is all-pervasive, how can we limit Him to the Himalayas? What is the significance of this statement? The word *himaachala* is made up of two words: *hima* + *achala*. *Hima* means that which is pure and white as snow. *Achala* means that which is firm and unshakable. Where is the place to which this description applies? It is the pure heart where God is installed.

It is said, "God is the indweller of all beings." Consequently, in order to see God, you need not go anywhere; turn your vision inward. We cannot call an unsteady and impure heart *himaachala*. Only the heart which is pure, sacred, unpolluted, and unwavering can be called *himaachala*.

There is no trace of spiritual thinking among modern students. When parents and teachers themselves have not realized the importance of spirituality, how can we blame the students? First, parents must teach those in their care to pray to God everyday. But modern parents themselves do not pray to

God. As soon as they come from the office, they go to clubs and spend their time playing cards and drinking. Naturally, children follow in their footsteps.

In some houses, parents quarrel in front of their children, which is an unhealthy practice. If differences of opinion arise among parents, they should resolve them in the absence of their children. Children cannot concentrate on their studies if they are



disturbed by family problems; parents should never discuss problems in front of their children.

A few parents set a bad example for their children by speaking untruths. For example, if an unwelcome person makes a phone call to the parents, they instruct their children to say they are not home. Thus they encourage their children to tell lies.

Some children are like pure gold as long as they are here [in Swami's school]. Once they go on vacation, their minds get polluted. Other students remain steady, some even

returning before their vacation ends in order to spend time with Swami. Why? It is the innate culture acquired as a result of deeds done in past lives that shapes their behavior.

Time Is Sacred

Students! Embodiments of Love! You must try to find out what Divinity is. In this age of science, some say there is no God, but God exists throughout all periods of time.

*Wherever you go,
join good company;
let your heart and mind be
purified; speak the truth,
always in a palatable and
acceptable way.
This is the spiritual path that
you must adopt.*

There is no other matter. Whatever is seen by the naked eye is bound to disappear. Only God is permanent.

Time is a most precious resource; misuse of time is evil. Time is God, so don't waste time. I feel very sad when I find you wasting time. I always say, "My life is my message." I never waste even a moment. You think that after dining Swami goes and sleeps. Actually I do not know what sleep is; I never sleep. As you know, I collect letters from you. I view some of them immediately. I spend time in a most sacred way. I do not require

anything; I do not need anything in all the three worlds. I do not need anything for myself. Still, I am engaged in activity from dawn to dusk in order to set an example.

From top to toe, there is no trace of selfishness in me. Believe it or not, I always spend my time for others. I always give but never receive. I ask for only one thing, and that is pure love. I am ready to give my life for those who offer their pure love. You cannot understand my work.

Only people of sacrifice can understand this. I am always engaged in activity, always doing one thing or another. Even while resting, I am working. I have to take rest for the sake of others. Otherwise, they will not rest. To give them rest, I take rest. What is my rest? Doing devotees' work is my rest.

Total Faith and Pure Love

The previous speaker spoke about this incident: one day, all of a sudden, I left this body. Gangadhar Shetty and Narsimhamurthy (who were with me at the time) were surprised at this. Only these two were there, as it was not possible for others to come into the room. I told them, "There is a widow who always thinks of Swami. She has two children. After the death of her husband, she took up a small job to maintain her family. She sustained a heart attack. The loss of her husband and her inability to run the family made her depressed. As the money

was not sufficient, she took on a part-time job. But every moment she used to chant the name, *Sai Ram, Sai Ram, Sai Ram...*, wholeheartedly.

In such a situation, she suffered a heart attack. In fact, she was to die. So I

took the heart attack upon myself. For seven long days I did not return. I took upon myself all her suffering and pain and made her healthy. After three days she sent a telegram, "Swami, you

came and protected me and my children." She did not know that I had taken her disease on myself. After a week, she arrived with her children.

I am ready to do anything for the sake of those who have total faith and pure love. It is very difficult to find such devotees; however, there are a few of them. If there are no noble people, how can you find daylight in this world? There are many sacred people in this country as well as in this world.

About Foreigners

Do not limit spirituality to *Bharat*; it is present all over the world. Truly speaking, it is more in foreign countries than in *Bharat*. Indians do not know the *Brahma Sutras*, *Upanishads*, and *Bhagavad Gita*, whereas some foreigners have learned the *Bhagavad Gita* by heart. In Italy, there is a devotee who has memorized the *Brahma Sutras*. She can chant the *Rudram*. There, she con-

*I am ready to do anything
for the sake of those who have
total faith and pure love.
It is very difficult to find such
devotees; however, there are
a few of them.*

structed a building by the name of "Mother Sai," spread over 25 acres of land. Having full faith that one day Swami will certainly visit that place, she also built a spacious hall like the Poornachandra Auditorium, so that public meetings could be held there. She also has constructed some rooms to accommodate the students that follow Swami.

Have you not noticed how clearly our primary school children from foreign countries chant the

Vedas? This is the result of being in good company. If the company is good, the children's futures will also be good. Tell me your company, and I shall tell you what you are. As is your company, so you become. Wherever you go, join good company; let your heart and mind be purified; speak the truth, always in a palatable and acceptable way. This is the spiritual path that you must adopt.

People may wonder why one should meditate and sing *bhajans* (devotional songs), which are good actions. They are all good actions meant to sanctify one's time, but God is not interested in them. What is it that you must do to make God happy? Involve your body in good deeds, fill the mind with good thoughts, and speak sweetly and softly. Only these actions please God. *Bharatiyas* refer to this as *trikaranasuddhi* (unity of thought, word, and deed).

With sacred feelings, students should undertake sacred actions and lead an ideal

life. This is what I teach to students. Those students who study here should transform thousands of students outside. It is not enough if you merely preach; first, practice what you preach. Only then will your study in this institute find fulfillment.

*What is it that you must do
to make God happy?
Involve your body in good deeds,
fill the mind with good thoughts,
and speak sweetly and softly.
Only these actions please God.*

We do not receive even a *naya paisa* (penny) from you. Your education is given to you for free. How can you express your gratitude to this institute? Share with others all that you have learned

here. That is true gratitude. Do your jobs; take care of your parents. Fill your hearts with divinity. When there is pure water in a tank, the same pure water flows out of the taps. Your heart is like a tank. All the senses are like taps. So, fill your hearts with love and experience love. I expect and bless the students to take to this path of love and lead ideal lives. Thus, I bring my discourse to a close.

—Sathya Sai Baba
Prasanthi Nilayam
September 29, 1998

*Seen through the eyes of Love,
all beings are beautiful, all deeds
are dedicated, all thoughts are
beneficial, and the world is one
vast family.*

—Sathya Sai Baba
Sathya Sai Speaks, Vol. X

The Fountain of Love

Recognize Sai in All and Be Blessed with Grace

As a child growing up in Phoenix, Arizona, I would go on many adventures on my red Schwinn Spitfire bicycle. Phoenix is a city with irrigation canals traversing its arid neighborhoods, and on one of my outings I cruised through some back streets, crossed a bridge, and stopped by the edge of a canal, fascinated by the rippling current. Suddenly, the soft earth gave way and my bike and I slid halfway down the embankment, the swiftly flowing water lapping at my shoes.

Straddling the bike, I braced myself against the pitch of the bank. As I didn't have the strength to pull myself back up, I wondered how to get out of the predicament. Holding onto the handlebars with one hand, I tried grabbing at some low-lying tamarack branches, but they were just out of reach. I thought of sacrificing the bike and letting it slip into the murky green water, but the current was too fast for me to be able to escape. I would be carried through the steel bars of the trap I could see in the distance. With no one in sight to call for help, I clung to my bike on the slope of the ditch, desperately thinking of what to do as I was losing my footing.

Thus entrapped, all of a sudden I felt a "power" lift not only me but also my bike safely up onto the dirt road. I was stunned and also so frightened that I hurriedly pedaled several yards away from the canal and stood

there trembling, staring back at where I had just been. A moment before, I had been in danger of drowning; now my Spitfire and I were safely out of harm's way. I could not explain what had just happened, but I knew an unseen force was at the helm, because I felt its strength nimbly lift me and my bike. Little did I know, then, that in my lifetime I would actually come face to face with the One who had rescued me.

As a devotee of Sai Baba for the past twenty-five years, His presence has been a constant inspiration and solace in my life. Time and time again, I have turned to find Him patiently waiting for me, beckoning me to follow, to listen, to learn, to remember: He is there, always.

*You have it in your power to make your days on earth a path of flowers, instead of a path of thorns. Recognize the Sai resident in every heart and all will be smoothness, softness, and sweetness for you. Sai will be the fountain of love in your heart and in the hearts of all with whom you come into contact. Know that Sai is omnipresent and thus present in every living thing and in you. Adore everyone as you adore Sai.**

How does one recognize Sai in everyone? The thoughts of Him in our minds transform into feelings within our hearts—those feelings being the recognition of "the

fountain of love.” Thoughts of Him enable us to love one another, rise above personalities, go beyond differences, tap that repository of love within our hearts, and truly experience being “embodiments of love.”

Swami desires nothing more than our love and exhorts us to expand our hearts to encompass our fellow human beings, the animals with whom we share the earth, and Mother Earth herself, who selflessly and bountifully gives us everything we need in order to live our lives. Let us rejoice that we have been born at this most propitious time

while our Lord Sai is on the planet with us. He is here for and within us all. He tells us to dedicate everything to Him and He will make our burden light and effortless, as He showed me as a child. Undoubtedly, He will take us by the hand and lead us to the treasure at the rainbow’s end—living as fountains of His love.

—Sandhi Butler
Portland, Oregon

* Sathya Sai Baba, *Sathya Sai Speaks*, Vol. IX, Ch. 46.

Happiness Is Union with God

continued from page 14

great harm is done, but if you slip in your speech, it causes irreparable damage. Of all the human faculties, speech is of great importance and should be used with extreme care. Never speak untruly or in a manner that harms anyone.

One may think that this is difficult, but in fact it is very easy. More than your teeth or other parts of your body, your tongue is under your control. It is extremely flexible and has no bone in it. You can turn it any way you want and the words you utter seem to dance to any tune that you make. Therefore, utter only a continuous stream of sacred words through it: *Nirgunam, Niranjanam, Sanathana Niketanam, Nitya, Suddha, Buddha, Mukta, Nirmala Swarupinam* (the attributeless, the pure, the ultimate abode, the eternal, the unsullied, the enlightened, the free, the embodiment of sacredness).

Sounds emanate from the tongue. It is said that God is the word in form: *Sabda*

Brahmamayi, Characharamayi, Jyothirmayi, Vaangmayi, Nityanandamayi, Paratparamayi, Mayamayi, Sreemayi (God is the embodiment of sound, mobility and immobility, light, speech, eternal bliss, supreme majesty, delusion, and wealth). Therefore, always speak sweetly. For the proper evolution of humanity, truth and love must have a sound foundation in such practices.

Embodiments of Love! Emperor Bali attained his eternal life only through truth and love. While the body perished, the mind remained eternal. *The body is like a water bubble; the mind is like a mad monkey. Don't follow the body; don't follow the mind. Follow your conscience.* This is the lesson of Bali's life. Conscience is deathless. The universal consciousness has neither birth nor death. It has no beginning, middle, or end. *He is omnipresent as the Atma of everything.*

How can you comprehend such an entity? All your conceptions are mere reflections of this ultimate reality.

All-Pervasive Vibrations

The sounds that you produce are all-pervading. All the fine words that were spoken here and the sweet songs that were sung have reverberated throughout this hall. Where have they all gone? They are all parts of the divine vibration. They pervade and persist within every soft or hard article or object here.

The divine vibration is eternal and omnipresent, which is why the *Vedas* declare, "With hands, feet, eyes, heads, mouth and ears pervading everywhere, He (God) permeates the entire universe...." This divine vibration pervades all of us from top to toe. Divine vibrations will fill you and you will experience divine bliss only if you practice consistently the proper use of your speaking faculty.

Without fear of sin and filled with ignorance and irreverence, can you call such a one, bereft of all humanness, a human being? This is the enemy of universal peace.

What is the source of all the violence and disturbance in the world? An individual's existence is a reflection of the world's condition. If each individual is good, then the world is peaceful. Speak well and act well. Transform your life into a sacred one. In this manner, spread goodness all around. Speak with love, sing with love. This is what the Gopikas sang:

A certain amount of money is necessary for leading a good life, but money is a double-edged sword that can be used for good or for bad.

Money comes and goes; morality comes and grows. Therefore, acquire stock in morality first and foremost.

Oh Krishna, play your sweet flute and sow the seeds of love in the dry desert of loveless hearts. Let the rains of love fall on earth and cause the rivers of love to flow.

Music is a reflection of love. In fact, all phenomena are but the reflection, reaction, and resound of reality. Life is a reflection; the heart is reality. Without reality, there is no reflection. When reality is clear, the reflection and the resound will be true representations of that inner reality.

Therefore, to-day let us fill our hearts with love.

Love is a broad term with many meanings—worldly love, physical love, and love of God. Spiritual love that emanates from the heart is true love. All other kinds of love are transient. Only spiritual love flowing out of the heart is positive, and all other kinds are negative.

Even the rituals you perform, including meditation and worship, are all in fact negative. You sit in meditation rotating the beads of your rosary, but your mind is making purchases in the market. What is the use of such a meditation? Control of the mind is true worship. Letting your mind wander while your hands are performing the motions of worship, is no worship at all.

"The mind alone is responsible for both one's bondage and one's liberation." Focus your mind on God. Your heart is the lock and

your mind is the key. Turn your mind toward God and you are free. Turn it toward the world and you are bound. Our mind constantly and obsessively turns toward the world. We are not directing it toward spirituality. Of course, the world is there, but all worldly experiences are impermanent, ephemeral.

There is only one truth, and that is the spiritual principle. To identify with the Self is to “merge” with Divinity. Worldly life is like a “marriage,” even a marriage is actually a “mirage,” an illusion. A mirage is visible but there is no reality behind it. Marriage takes place, but there is no oneness between the husband and the wife. If one says yes, the other says no, and endless strife ensues. Does marriage produce unity? No. But unity alone is the ultimate reality. “Truth is one, but sages refer to it by many names.”

Acquire Character

Oh, people! Forgetting the lotus-eyed Lord and running after this and that for the sake of filling your stomach, from the moment of waking till dropping off to sleep, what joy do you achieve?

Struggling hard in life merely for the sake of filling your belly, you acquire knowledge from various fields, but you are not able to enjoy complete bliss. Instead, take refuge in God and contemplate on Him. He will certainly show you the proper path.

For the sake of filling the belly, we enter into studies, acquire professional qualifications, and engage in business activities,

all for the sake of accumulating wealth—for the endless accumulation of properties and possessions. Who among us can take any part of it with us [after death]? A certain amount of money is necessary for leading a good life, but money is a double-edged sword that can be used for good or for bad. *Money come and goes; morality comes and grows.* Therefore, acquire stock in morality first and foremost.

Students today are keen to acquire wealth, strength, and friendship but show little interest in developing character. Without character, wealth, strength, and friendship are worthless. A true person is one with a sound character. For their physical needs, animals have reasons and seasons, whereas people have no reason or season. What is the use of such unrestrained lives?

The people of Kerala must endeavor to preserve their ancient culture. All the seeds for the development of their culture are still alive and strong. Emperor Bali was the one who encouraged pure and sacred thoughts and activities. He was called *Mahabali*, as he was truly great in every aspect of his character.

The Triple Unities

Kerala, established by such a great personage, is not to be underestimated. On a world map, Kerala may look small, but it is a center of great divinity and full of bliss. This land gave birth to Bali and Vamana, and it was here that sage Viswamitra performed intense penance and revealed the sacred *Gayatri Mantra*, which is prefixed with the triple syllable, *Bhur*

Bhuvah Suvaha. *Bhur* represents materialization, *Bhuvah*, vibration, and *Suvaha*, radiation. The universe consists entirely of these three components. Radiation is the divine principle, vibration is the life principle, and materialization is the physical body. All these three divine potencies are in you.

You are not one, but three: the one you think you are (the body), the one others think you are (the mind) and the one you really are (the *atma*). Only when you recognize these realities will you achieve your true humanness. Do not get too strongly attached to your body. So long as you are alive, you must keep your body in a healthy condition. For *karma yoga* (actions), the body is the basis. For meditation and worship, the mind is the basis. For Self-realization, the heart is the basis. Strive to recognize the unity of all these three.

In fact, many triple unities can be recognized. For example, it is said, "Offer the three-lobed sacred *bilva* leaf to the three-eyed Lord Shiva, who holds the trident and destroys the sins of the three births."

What is the proper offering to God? It is said, *patram*, *pushpam*, *phalam*, *toyam* (a leaf; a flower, a fruit, and water). What are these? Your body is the leaf, your heart is the flower, your mind is the fruit, and your tears of bliss, the water. Instead of attaching undue importance to this ephemeral body, emphasize the *atmic* principle. Also, surrender the body unto God. How? By acts of worship and other sacred deeds.

Embodiments of Love! It is not necessary to go in search of temples and shrines

for worship. Your very body itself is a temple. "The body is the temple, and its indweller is the eternal God." God is not to be found in a temple or in a palace. Find Him in your heart. You are all embodiments of Divinity. As the *Rig Veda* says, "With thousands of heads, thousands of feet, and thousands of eyes, Divinity is all-pervasive."

"I Am God"

Keep this thought in your mind: "I am not merely a human being; I am the embodiment of God." Keep this conviction firmly in your mind and you will realize this truth. As it is said, "The knower of *Brahman* (God) becomes verily *Brahman*." If you perceive yourself as divine, you become divine. If you consider yourself merely a human being, you will remain so. While your form is that of a human being, the *atmic* principle is in you. To recognize this divinity, you must keep your heart pure and empty.

To purify the heart, we celebrate these festivals. The main aim of such festivities is purification of the mind. *Where there is unity, there is purity; where there is purity, there is divinity*. Therefore, unity is essential for humanity. Perform your daily duties in the light of the principle of love.

There Is Only One God

Embodiments of Love! These days there are many impediments on the path of spirituality, but they are temporary and surmountable. People's minds waver by nature, and the world enhances this tendency. Therefore, focus your mind on one goal and do not allow it to waver. You must keep

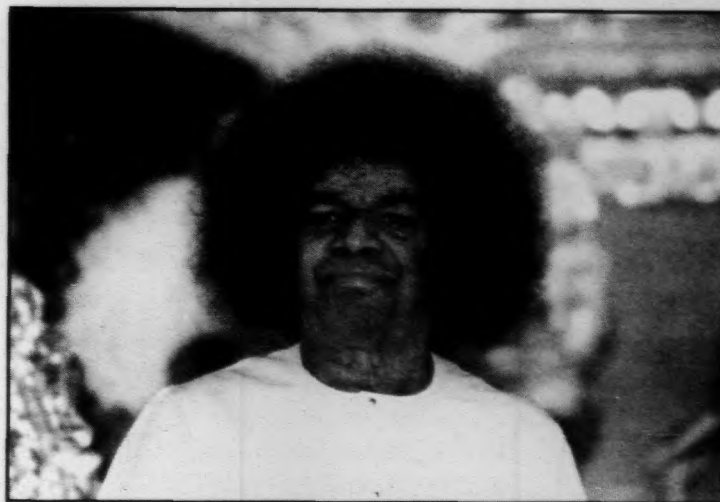
control of it until the very end. Such fixity of aim is not common these days. What is the reason? A host of various *mathajis*, *swamis*, and *babajis* have become so-called spiritual guides. Because of this, people's minds get confused.

There is only one Divinity. Stick to any one God of your choice and hold firmly to it. Do not go around to various places, confusing yourself and ruining your faith. If you keep transplanting a sapling from one place to another frequently, how can it grow into a healthy tree? You have to plant it in one place and feed it with fertilizer and water it regularly until it grows into a strong, solid tree. This is true devotion. If you keep changing your spiritual guides frequently, your devotion gets adulterated. Do not resort to such a course. Choose one and trust that God is in all.

As the *Gita* says, "The eternal *atma* in all beings is a part of My Being." Trust that God is in all, but if one keeps switching from one god to another, it is false devotion. Do not change your allegiance but be firm in your faith. No matter what difficulties or grief may

come, get over them and move forward. That is true devotion.

Many great souls had to go through such ordeals. What difficulties did Mira and



*When you are yourself the
personification of peace,
why do you search for it outside?
Follow your heart and you will
reach your goal. Understand the
unity of all beings. With that your
life will be sanctified.*

Sakkubai not go through? Still, they held themselves firm to their faith and never deviated from their chosen deities. Mira's husband the *maharana* himself found fault with her and expelled her from the palace. Mira was taken by surprise for a brief moment, but she recovered her composure very quickly. Consoling herself, she became inspired to go to the banks of the Ganges and Yamuna [rivers]. We also have to develop

such staunch devotion.

Sankaracharya taught in a similar way. He advised a wayside Brahmin not to waste his time memorizing grammar rules and advised him instead to concentrate on the name of Govinda. "You fool, concentrate not on grammar but on worshiping Govinda, for when Yama (the god of death) calls you, your rules of grammar will not come to your aid. So, worship Govinda."

All the teachings of these great personages are true and eternal. Always

remember such teachings. If you keep changing allegiance from day to day, you will ruin your heart. Have control over your wavering mind and deluding vision, which is the main trait of a true devotee. Worship God in any form or with any name. In fact, God has thousands of names and myriad forms. "The one Lord has many names." Worshipping the Lord with a thousand names, you should be fully aware that you are addressing a single Divinity. *Rama, Krishna, Govinda, Allah, Jesus*—all are names denoting the same Divinity. Hold this faith firmly in your heart and make your life worthwhile. Live ever in bliss. Happiness is union with God.

Peace Is Inside

Worldly connections lead only to pain and misery. Your life is shattered to bits. Several people come to me asking for peace. I tell them, "Son, peace is not outside; what you find outside are only pieces." You are the embodiment of peace, you are the embodiment of God, you are the embodiment of truth, and you are the embodiment of *dharma* (righteousness). When you are yourself the personification of peace, why do you search for it outside? Follow your heart and you will reach your goal. Understand the unity of all beings. With that your life will be sanctified.

People run into constant difficulties. Birth is painful, living on the earth is a worry, worldly life is a worry, death is a worry, youth is a worry, old age is another worry, every inauspiciousness is a worry, your karma is a worry, difficulties are another worry, even

happiness and wonder are worries. All these worries vanish when your mind is turned to God.

If you dig a well next to the sea, you will get only brine. If you dig a well near the Ganges, you will get pure water of the Ganges itself. When you have the advantage of the pure water of the Ganges flowing nearby, why do you waste your efforts by digging wells here and there? God is like the Ganges in flood. There is no need for any well at all. Be near God; be dear to Him and enjoy bliss.

The people of Kerala are truly fortunate. At home, they would perhaps each celebrate this occasion in their own small way. Here, with several thousands present, they do not have the opportunity to celebrate it in that manner. The Keralites are the subjects of Bali and are blessed by Vamana, and therefore they are all very fortunate and full of merit. Keep in mind your ancient culture, for it is your life and your sustenance. These days our culture is declining. If you lose your culture, what are you left with? Everything is lost. The seeds of ancient Indian culture planted in your land are alive and growing. Insure that they do not ever wilt, and make sure that they grow stronger. Believers and nonbelievers, all are imbued with this culture. Insure that it is nurtured and developed. This is my wish. I do not desire anything for myself. I have no personal needs. All I want is your happiness and your love.

—Sathya Sai Baba

Prasanthi Nilayam, August 31, 2001

Announcement

Mid-Atlantic Silent Retreat

On September 20-22, 2002, the Mid-Atlantic and Northeast regions of the U.S. Sathya Sai Organization announce their **Weekend of Silence** to be held at a location in upstate New York. Participants will take part in a program of prayers, meditation, devotional singing, and service. For questions regarding the retreat contact: Peter Goldberg by phone at 203-438-7511, or email pig108@aol.com.

Swami exhorts us to, *Keep good company*. Participating in retreats and service with like-minded people is a very good way to follow His teachings.



Devotion and faith must be cultivated by everyone. Be as devoted and disciplined as Arjuna. Be as intelligent and strong as Bhima. Be steadfast and sincere like Dharmaraja. Then no harm can come to you; you will achieve victory in your efforts.*

Fix your attention on the four F's: 1) Follow the Master, 2) Face the devil, 3) Fight to the end, 4) Finish at the goal.

- ♦ *Follow the Master means observe righteousness (Dharma).*
- ♦ *Face the devil means overcome temptations that beset you when you try to earn wealth (Artha) or the wherewithall to live in comfort.*
- ♦ *Fight to the end means struggle ceaselessly; wage war against the six enemies that are led by desire (Kama).*
- ♦ *Finish the goal means do not stop until you reach the goal of liberation (Moksha) from ignorance and delusion.*

I shall be ever with you, wherever you are, guarding and guiding you. March on, have no fear!

—Sathya Sai Baba
Brindavan, July 6, 1975

* The three men mentioned—Arjuna, Bhima, and Dharmaraja—figure prominently in the spiritual classic, *Bhagavad Gita* (Song Celestial), and the *Mahabharata* War.

Sathya Sai Book Center of America

305 West First Street, Tustin, California 92780-3108

Phone: (714) 669-0522 Fax: (714) 669-9138

Book Center hours: Monday-Friday 10:00 to 4:00, Saturday 12:00 to 3:00

Two Newest Arrivals

Love All Serve All, 2002, published by Sathya Sai Publications of New Zealand. This pictorial message of the Lord is an offering solely for spreading Sai's incomparable divine love. The inspiring text and many photographs depict Swami's service projects in glorious color and some in black and white. Other parts of the book show and explain service projects that have been done in the name of Sathya Sai Baba in New Zealand. Bound in hard cover, 396 pages. BW-093 55.00

A Cassette Tape On July 27, 2002, Sathya Sai Baba surprised the USA devotees with a private discourse, behind closed doors, in the Mandir at Prasanthi Nilayam. This cassette, translated by Prof. Anil Kumar depicts Swami as He was that day—profound, amusing, and always lovable. 90 minutes. BI-022 8.00

Previously Mentioned Treasures

Dasara Discourses 1999 and 2000, published by the Sri Sathya Sai Books and Publications Trust, India. This book offers 12 discourses by Sathya Sai Baba from the *Dasara* festivals. In soft cover, 169 pages. BA-117 \$4.00

Dasara Discourses 2001, published by Sri Sathya Sai Books and Publications Trust, India. During the seven days of *Yagna* (rites), Bhagavan blessed the devotees with His discourses which began on October 20 and ended October 26, at Prasanthi Nilayam. In soft cover, 121 pages. BA-118 4.00

Divine Discourses on Easwaramma Day, 1983-2001, published by the Sri Sathya Sai Books and Publications Trust, India. As most people know, Easwaramma was the mother of Sathya Sai Baba. These discourses are a powerful source of divine instructions to parents and children. The book clarifies the role of parents. In soft cover, 123 pages. BA-119 4.00

I Am I by Sri Ratan Lal, This powerful book is divided into three parts to tell us who we really are. Starting with simple spiritual stories, Sri Ratan Lal prepares us for a deeper understanding of the ego and the Self leading to the essence of Bhagavan's teachings. In soft cover, 70 pages. BI-103 3.00

Message of the Lord, as a Practical Philosophy, published by the Sri Sathya Sai Books and Publications Trust, India. This volume is intended to help the reader understand not only the original Bhagavad Gita, but also the Gita Vahini and other related material in Sai literature. In soft cover, 696 pages. BI-101 10.00

Ocean of Love, published by Sri Sathya Sai Books and Publications Trust, India. It offers pearls of wisdom from the discourses of Sathya Sai Baba and is complemented by beautiful photographs spanning several decades—a tribute to Baba's 75th birthday. Bound in hard cover, 247 pages. BI-037 18.00

Oneness of Divinity by Sri Ratan Lal. Sri Ratan Lal has been with Sathya Sai Baba since 1965. Bhagavan has given him spiritual instructions which led him onto the path of Selfinquiry. In time, Sri Ratan Lal was appointed by Swami to give spiritual talks to foreign devotees in the ashram. These satsangs were collected and compiled in the form of a book. In soft cover, 158 pages. BI-102 4.00

Sathya Sai Speaks on Education, published by the Sathya Sai Book Center of America. This book offers a compilation of the teachings of Sathya Sai Baba on education. In soft cover, 365 pages. BW-131 7.00

Audio CD's

Danish Divine Light, a CD of devotional songs compiled by the Sathya Sai Organization of Denmark. SCE-68 9.00

Voice of the One, a compilation of devotional songs sung by Bhagavan Sri Sathya Sai Baba. SCE-69 8.00

CD-ROM

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 CDROM drive. For PC users: 90MHz or higher Pentium, 16 MB RAM and Windows 95. Mac users: Sytem 7.6.1. One CD-ROM. T-SCE 65 ... \$ 20.00

When He Looks Into My Eyes...

..... Juliana Pesce

When He looks into my eyes
there is a sensation of
rapture
bliss
pure and absolute love.

Tears of joy fall
from my face to the floor.

My body trembles
because I have never felt this
beautiful
peaceful
connected with the universe.

It is like cool ocean water
washing over my toes in the sand.

It is like the soothing hug
my grandmother gave me when I was a little girl.

It is like the gracious smile
of a stranger after I have helped him.

It is like all these things combined...
but better.

When He looks into my eyes
my soul becomes calm,
and the light shines
brighter
stronger
with more purpose.

When He looks into my eyes
I am complete.

But the experience ends abruptly
and what seemed like an eternity
was only a fleeting moment
when He looked into my eyes.

Continued from inside front cover

and Dental surgery. By 1998, as many as 30,725 inpatients and 412,123 outpatients have benefited from treatment at the hospital. The staff continues to give free service.

Another Super Specialty Hospital has been established in Whitefield, a suburb of Bangalore. It is even larger than the first Super Specialty Hospital and is focused on Cardiology, CTVS, Neurology, and Neuro-surgery. The care and the feeding of patients at both Super Specialty Hospitals is FREE.

• **Bhagavan on Water.** The impossible began to take shape with the creation of the Sri Sathya Sai Water Supply Project covering more than 1,000 villages in Ananthapur District by providing water to more than a million people who had lived on the edge of drought and despair. This enormous project continues and will one day supply all of the parched land of India with fresh, pure water.

• **Bhagavan on Religion:** He says *"I have come not to disturb or destroy any faith, but to confirm everyone in his own faith, so that the Christian becomes a better Christian, the Muslim a better Muslim, the Hindu a better Hindu, and the Buddhist a better Buddhist."*

The Editors and Staff of the **Sathya Sai Newsletter, USA** are grateful to Krishna (Kishore) and Manju Singhal of Ottawa, Canada for their fine brochure entitled, **Sri Sathya Sai Baba**, which is the inspiration for this brief summary of Baba's teachings and His activities. Only God could accomplish all this in India and throughout the world.

The colorful, artistic, 28 page brochure, **Sri Sathya Sai Baba**, is offered free while the supply lasts from the **Sathya Sai Book Center of America** (address below and on page 38).

To receive the bimonthly (six issues a year)

Sathya Sai Newsletter, USA

Please send a check or money order to: Sathya Sai Book Center of America,
305 West First Street, Tustin, California 92780-3108 USA

- ☐ One year subscription in the USA is \$6.00. Mexico and Canada are \$12.00, and all other countries are \$16.00 per year.
- ☐ Audio Cassette Tapes of the **Sathya Sai Newsletter, USA** are available in the USA only. Six tapes per year, subscription is \$18.00.
- ☐ **I am blind** and would like to receive the cassette tapes at no charge.

I have marked my selections and am enclosing \$ _____

Name: _____

Address: _____ Apt. # _____

City, State: _____ Zip Code: _____

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

Nonprofit Org.
U.S Postage
Paid
Arcadia, CA
Permit No. 71

DATED MATERIAL



© **SATHYA SAI NEWSLETTER, USA** is printed under the auspices
of the **SATHYA SAI BOOK CENTER OF AMERICA**. All rights reserved.
Reproduction in whole or in part without written permission is prohibited.