

# Sathya Sai Newsletter, USA

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



*In This Issue We Explore  
Ways to Rid Ourselves of Ego by Fixing the Mind on the Divine*

|                                                        |                                      |    |
|--------------------------------------------------------|--------------------------------------|----|
| Sai's Message.....                                     | Sathya Sai Baba                      | 2  |
| Do Not Fear.....                                       | Author Unknown                       | 3  |
| Announcement for Musicians.....                        | Sai Volunteers                       | 4  |
| My Students Are My Wealth.....                         | Sri Sathya Sai Baba                  | 5  |
| The Divine Postmaster.....                             | Jack Feeley, Ph.D.                   | 10 |
| Goodbye, Until We Meet Again.....                      | Newsletter Volunteers                | 12 |
| You Cannot Be the Seer .....                           | Ram Ramgopal                         | 13 |
| Start Early, Drive Slowly .....                        | Professor Sastry V. Pappu            | 14 |
| Ten Important Questions .....                          | Answers by Sri Sathya Sai Baba       | 18 |
| <i>Ahamkara</i> —The Ego: Root of Our Troubles.....    | Pamela Malhotra                      | 20 |
| Do Constant <i>Namasmarana</i> for Mental Health ..... | Sri Sathya Sai Baba                  | 23 |
| Children's Corner .....                                | Sathya Sai <i>Bal Vikas</i> Magazine | 27 |
| Spreading His Message: The Digital Dimension .....     | Radio Sai Global Harmony             | 28 |
| Announcement and Subscription Information .....        | Newsletter Volunteers                | 29 |
| The Interview .....                                    | Sylvester Scott                      | 33 |
| His Grand Design.....                                  | Joy Thomas                           | 34 |
| New Books and CDs .....                                | Sathya Sai Book Center Volunteers    | 36 |

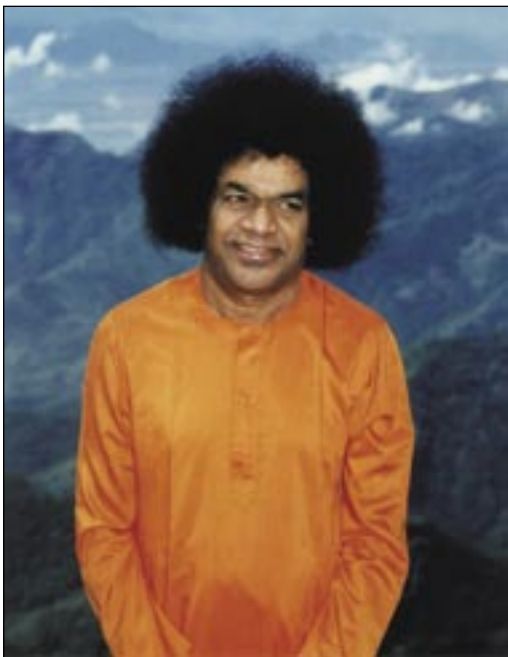


*Sathya Sai Newsletter, USA* welcomes photographs, drawings, and literary contributions. We are unable to return any of these items, so please keep a copy for your files. We reserve the right of discrimination in selecting and editing all materials for publication. Kindly send any of the above items 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, or e-mail: [sathyasaibooks@sbcglobal.net](mailto:sathyasaibooks@sbcglobal.net).

—Barbara Bozzani, Editor

# Sai's Message

*Do not fall in love with the world so much that you bring yourself again and again into this delusive amalgam of grief and joy.*



*You take up a newspaper and read it; you find that the world is mad and foolish, full of crooks and cranks. Every day it is being made safe only for hypocrisy; heroism is futile, and fame is momentary. You throw the paper away in disgust.*

*So too, you must deal with life. Realize that it is all fantasy, a play, a pantomime. Use the world as an instrument, as a training ground for service, sacrifice, and for winning liberation. Stand a little apart and watch both the play and the Director who produces it.*

—Sri Sathya Sai Baba  
Quoted in *Sathyam Shivam Sundaram*  
by Prof. N. Kasturi, pp. 240-241

# Do Not Fear

*Silently Not Provoking Anyone, There Will Be No Fear*

In the Hindu pantheon there is a form of God who keeps silent, and all those who sit before Him understand what they want to know. His instruction is through silence.

Similarly, people sit around a sleeping baby to watch its face and share the happiness the baby enjoys, so peaceful within itself. It seems a sacrilege to disturb it or make it aware of the world into which it has come. Simply watching a baby would be a good education for us. We must learn to be happy within ourselves, like the child, and not seek happiness outside. The child—tender, fresh, and innocent—has no hatred, no evil, and nothing to disturb its happiness.

That is the teaching of that God who is silent, who instructs the same to everyone who comes to Him. The name of the silent deity is *Dakshinamurthi*, who presides over humanity's endeavor to acquire wisdom. He is depicted on the building of the Sri Sathya Sai Higher Secondary School in Prasanthi Nilayam as young, sitting silently under a tree. Around Him sit older people, anxious to learn, and what they learn is only silence. If only we were silent!

We have a picture of Sri Sathya Sai Baba in which He holds His right hand raised in

the sign known as *Abhayahastha*, “Do not fear.” We keep it in the shrine room. When we are in difficulties we look at it, and it proclaims, *Why fear when I am here?* and *Take courage*. In olden days, there used to be pictures of saints and Gods in the *mandir* prayer hall at Prasanthi. Every year during *Dasara* (an autumn festival celebrating the victory of good over evil), Swami would rearrange them. He wouldn't remove them, only rearrange them. Swami would direct the placement of each photo. After that it would look like a new hall.

One way to make things appear new is to rearrange them. What we usually do is keep photos always in the same place on the wall. Eventually they seem to become a part of the wall and stop attracting our gaze. Change their places, however, and we begin to search for each photo and, and they attract us in their new positions.

On one such occasion, I was with Swami when an *Abhayahastha* picture of Him was removed from its place. Swami asked me what I called this picture. I said, “*Abhayahastha*: do not fear. That is what people call it, Swami!” Swami said, *No, no,*

*in that picture I am not saying 'Do not fear'; I am saying 'Keep silent. Do not shout.'*

He said, *You provoke anger in others by shouting. When you shout, the other person shouts louder, and then you shout even louder. When your throat fails, your fist becomes active, and you start to fight.*

*When you whisper, however, you will not provoke anyone, and when you are silent, you cannot provoke anyone. Of course, the sign also means 'Do not fear,' because—not that I don't rush to protect people when they are in trouble—but if they keep silent, if they don't*

*shout or put so much passion and emotion into their speech, they will not provoke anybody, and therefore there will be nothing to fear.*

Swami also points out another way that we shout. He says, *All our senses shout when they want something. If you want some sweet dish, [your senses] shout to get it, [but getting it] may result in illness or complication, causing fear. So don't shout by pursuing your senses and thus ruining yourself.*

—Author Unknown

*The way in which one should benefit from the Avatar is to watch His every step, observe His actions and activities, and follow the guiding principle of which His life is a demonstration. Imbibe His love, His compassion, and His wisdom. Man has become artificial, crooked, and twisted. He has left behind his natural ways and made his mind a lumberyard for worries, anxieties, and fears. He can live on much less, with much greater joy for himself and others. If only he remembers that he is a spark of the Divine, he will be more loving and helpful.*

—Sri Sathya Sai Baba, Thought for the Day, September 2004

## **Announcement for Musicians**

Bhagavan Sri Sathya Sai Baba has graciously consented to having a Western Symphony Orchestra perform a concert in Prasanthi Nilayam as part of the 80th Birthday celebrations in November, 2005. The orchestra will be led by Italian conductor Vincenzo Perrone. Musicians wishing to be members of the orchestra can send an email to [saisymphony@yahoo.com](mailto:saisymphony@yahoo.com) and request a registration form.

Rehearsals will begin around November 16, 2005 in Prasanthi Nilayam. The concert repertoire will be announced well in advance to give musicians time to prepare their parts before arriving in India.

# My Students Are My Wealth

*Utilizing Knowledge for the Benefit of Society*

*One may acquire high academic qualifications such as  
M.A., B.A., M.B.A., or M.F.M., and attain exalted positions;  
One may amass wealth, perform acts of charity, and attain name and fame;  
One may have physical strength and enjoy a long and healthy life;  
One may be a scholar; but lacking human values,  
All one's achievements will prove futile.*

Students! Boys and girls! Teachers! Patrons of education! By mere acquisition of worldly education one cannot attain an exalted position in life. All human efforts will be in vain without divine grace. Many in this world are highly educated, but are they rendering any service to the nation? No! In this respect, unlettered people appear to be better human beings than the highly educated. In spite of one's education and intelligence, a person who does not [recognize] his true Self is but a fool. One may be highly intelligent and educated, but if bereft of human values, one's life is meaningless. In fact, one devoid of human values is no human being at all! There is little use in acquiring a number of degrees without imbibing human values.

## What Is True Education?

Embodiments of Love! To know and recognize a truly educated individual, you have only to look closely at our students. They are not satisfied with mere acquisition of degrees. They utilize their knowledge for the benefit of society. Education that is not useful to society, serves no real purpose. Our

boys are highly virtuous and are endowed with the wealth of character. They consider virtues as their very life. Men of eminence who come here from all over the world learn many things from our students.

Some of our students remain here and serve as teachers after completing their education. I am very happy about this. We don't need to look for good and noble teachers from elsewhere for our Institute. Our own students, after their studies, take up the responsibility of teaching. In other academic centers, students are interested in pursuing higher studies for their own selfish ends. Our students are not interested in accumulating degrees, but in disseminating their knowledge for the benefit of others.

One cannot acquire such character and nobility from mere education. The education they receive here is not limited to textual knowledge alone. It develops the virtues that originate from the heart. Our students are incomparable. They are taking up the roles of teachers all over the world and are helping society by molding ideal students and men and women of character.

## Character Is Our Prime Objective

Character is the prime objective of education here in our Institute. A person of such education and character will have the ability to govern the entire world, but education without character is useless. I am very much pleased to have such virtuous, energetic, and intelligent students.

Our M.B.A. students have all the noble qualities that are expected of them. In addition to their ..... studies, they learn various languages. Students from Kerala have gained proficiency in various languages, such as, Tamil, Hindi, English, Telugu, and ..... so on. They speak all these languages with such fluency that it is very difficult to identify their mother tongue.

For such talented students, it is not difficult to learn the language of the *Atma* (one's divinity). These students give talks even in Sanskrit. However they also adhere to our *samskriti* (process of character refinement). *Samskara* (the state of purity) is not imbibed merely from learning Sanskrit; it comes from adherence to *samskriti*. One who adheres to *samskriti* will be able to attain all types of wealth and be an ideal example to others.

When I asked one of the students to which place he belongs, he responded, "Swami, I belong to Puttaparthi (the village in South India where Sri Sathya Sai Baba's

main ashram and some of His schools are located)." That boy speaks Sanskrit fluently and also speaks various other languages.

Students who have studied in Puttaparthi are spreading Swami's message in various countries, such as America, Japan, Germany, Italy, and so on. Students who have such dedication and devotion are very rare these days, but there are many such students in our institutions. It gives me great joy to have such students here.

*If you ask what Swami's property is, I say, "Students are my property." Without the students, I would not be able to do anything.*

## Such Students Can Transform Society

We need such students. I wish for these students, after completing their education, to share the knowledge they have acquired here with their fellow members of society and transform them. Men of eminence like the President of India, the Prime Minister, and the Chief Ministers have expressed high praise for our students. They extol our students whenever they visit this place.

In our [Sri Sathya Sai] Institutes, students are provided education completely free of charge. In addition to this, scholarships are provided to deserving students. If you ask what Swami's property is, I say, "Students are my property." Without the students, I would not be able to do anything. The students look after Swami with the utmost love and care. In fact, they are responsible for all the development that we find in our educational and other institutions.

The culture of *Bharat* (India) is based on the *Vedas* (ancient wisdom), which are written in Sanskrit. Here students chant *Vedic* mantras both in the morning and in the evening. You cannot attract such students even if you do intense penance. Our students can certainly bring about progress in society. There is no language that our students do not speak; they are very versatile in all kinds of skills.

You may be under the impression that Swami is taking ..... great pains to mold the character of my students, but there is no pain whatsoever. In fact, the students are of great help to Swami. They are spreading the ideals ..... of Sai to the rest of the world, giving *hai* (joy) to one and all. There is a need to establish more institutions like these in order to mold such ideal students.

## Our Students Are Like Diamonds

Parents themselves are not aware of the innate potential of their children. Our students are filled with noble thoughts and sacred feelings. They give top priority to the service of their parents. They treat their friends and relatives with love and affection. They have no desire for accumulating wealth. Their sole aim is to obey Swami's command and to work for the progress of society. I do not want any other property than my students. With the help of these

students, many educational institutions can be developed.

Unlike students elsewhere who wake up very late in the morning, our students get up in the early hours, at the crowing of the cock. They observe moderation in food and habits. Such discipline cannot be found among student communities elsewhere. Our students are attentive in classes and learn their lessons well. They are obedient to their teachers. They take part in sports and games, such as badminton, tennis, and volleyball, in the right spirit. They take good care of their health too. They are all very strong in physique and spirit. You do not find anyone weak and afflicted with diseases.

Such students who take care of themselves are capable of taking care of the country as well. Our institutions are fortunate to have students of such caliber. If there are another five institutions of this quality, they will be able to raise the happiness level of entire regions of the country. In fact, other colleges are trying to emulate our institutions.

Our students are like diamonds. They are creative in their thinking and shine as role models. They are obedient to elders and courteous towards relatives. Seeing their good conduct and listening to their sweet words, the guests who visit their residences are highly impressed. We do not wish to praise the qualities of our own students.

However when dignitaries visit this institute and speak highly of our students, I feel very happy.

## My Students Have Become My Doctors

(Here Bhagawan referred to the hip fracture He experienced last year.) I do not suffer from any disease or ailment. Last year, one boy was hanging colored buntings on the door while standing on an iron stool. Meanwhile, I opened the door and came out of my room. As ..... soon as he saw me, he became nervous and fell down from the stool. As he was falling, the iron stool toppled over and fell on me. He too fell on me. At that time, my ..... hip bone was fractured.

Doctors tried their best to set it right. They felt sorry that it would be difficult for Swami to walk. I told them, “No one needs to feel sorry for me. My students will take good care of me. They will follow me like shadows wherever I go.” Since then my students have become my doctors. It is because of their help that I am able to move around.

For many months, the boys have been taking good care of me. I do not have any pain. I do not require any medical treatment. I do not need to be worried about anything. Because of the loving service of my students, I am spending my time blissfully without any inconvenience or suffering whatsoever. They are always ready and eager to serve me. They carry out my instructions meticulously.

There are 200 such students around me in Prasanthi Nilayam. They do not sit idly; they discharge their duties diligently.

Our students tell me, “Swami, we don’t need to be worried about anything when we are with You. We want to sanctify our lives in Your service.” With such love and faith, hundreds of students have remained with Swami after the completion of their education, performing various duties assigned to them. They have no desire to go outside for a job.

*For many months, the boys have been taking good care of me. I do not have any pain. I do not require any medical treatment.*

## A Noble Workshop

You may find it hard to believe if I tell you about the work they do. Once someone from outside came here and took two of our boys for employment. They were given a salary of 50,000 to 60,000 rupees per month. They utilized the money to serve the poor children. Later on, those young men resigned their jobs and returned here, as they could not bear the separation from Swami. Our students have transformed Prasanthi Nilayam (Abode of Highest Peace—Sri Sathya Sai Baba’s main ashram) into a huge workshop. They operate and maintain various types of instruments and equipment very efficiently. They are striving hard for the development of hospitals. It is not possible for most people to understand the sacred feelings of our students.

(Swami asked one of the boys who was sitting near Him to get up.) This boy completed his Engineering and M.B.A.

degrees in our Institute. People from all over the country requested him to join their companies. He rejected their offers. What is he doing at present? He is spreading Swami's message all over the world through Radio Sai Global Harmony.\*

Even his parents tell me, "Swami, please keep him with You always." When he was with his parents, though they would force him to eat more, he did not put on weight. After coming here, he has gained 18 kilograms, even without timely intake of food. Now he is always with me, attending to my needs. At the same time, he does not keep his office work pending. He attends to it at night.

(Swami asked another boy to get up.) What do you think of this boy? He hails from a backward area in Orissa (a state in India). His father has three sons. Now all the four of them are working in Puttaparthi. These boys have completed their M.Sc. and M.B.A. degrees. They do not want to undertake any outside job. All of them have remained here serving Swami. They are satisfied with the salary they are paid here. In this manner, all the boys who are working here are full of virtues and are leading a life of sacrifice.

\*See page 28. See also *Sathya Sai Newsletter, USA*, March-April 2005, Vol. 29, Number 2, page 31, "Spreading His Message."

## Self-Reliant Future Leaders

It is impossible to describe the magnitude of work they do. They attend to all jobs. They help everyone. If there were such students everywhere, the nation would certainly prosper. I want to make them totally self-reliant, to depend on the work they do

and not on anybody else. They will certainly be able to lead their lives in that manner.

I am recounting all this today so that you will realize the noble qualities of our students. They are *gunavantulu* (virtuous), *balavantulu* (energetic), and also *dhanavantulu* (wealthy). They earn their own money. They do not take even a *paisa* (penny) from their parents. Sometimes, the parents

may ask them, "Do you require anything? They reply, "Swami has provided us with everything. He is taking very good care of us."

In the future, many great events are going to take place. The country need not fear. *Bharat* (India) will certainly become a land of plenty and prosperity. Our students will contribute much to the development of the nation. They are the future leaders, which is a matter of great joy for me.

—Sri Sathya Sai Baba

Prasanthi Nilayam

August 21, 2004



# The Divine Postmaster

*His Messages Carry a Significant Responsibility*

Most of us look forward to receiving a personal letter from a loved one. Seeing the mail carrier approach holding a letter, we might begin to feel a sense of anticipation. The reading of warm words from a good friend can bring us a sense of joy and comfort. However, as devotees of our beloved Lord Sri Sathya Sai Baba, we can gain insight by identifying with the postal carrier who delivers the mail. If we were postal workers, we would have a duty to deliver the letters in our charge appropriately to the people along our postal route. While many of us would perform this service as assigned to us, some of us might fail to complete our duty.

Our failures can be seen as taking one of two forms. The first kind of failure is portrayed by the mail carrier who has the letter and the address, knows the route, and understands the task—but does not deliver the letter. When this happens, not only do we miss an opportunity to do our duty, but we may cause the addressee to miss an opportunity to receive an important or joyful message.

As devotees of Sai, we exhibit this first type of neglect of service when we fail to behave in the way our Lord teaches us. When

we miss an opportunity to deliver His love through our actions to His children, our brothers and sisters, we are remiss in our duty. Undelivered mail in the U.S. is sent to an area called the “dead letter files.” Like the dead letters, our opportunities to transfer messages of love through our actions die when we do not take advantage of them.

The postal carrier who tampers with the mail—opening the envelope and distorting the contents, then returning a false letter to the envelope and delivering an untrue message—demonstrates a second type of failure. The addressee reads the mail, believing it is genuine, and reacts not to the true message but to the falsehood. This double betrayal of duty—not only neglecting to express the truth but actually delivering a lie—harms a multitude of people. The recipient of the lie may in ignorance scatter the darkness of the deception to countless others.

Swami has told us that His life is His message. He is the Divine Postmaster, and He has come to manifest His message of love to all of us. As His devotees, we are privileged to know Him, hear His message, and love Him. That privilege carries a significant

responsibility, and one that bears His name. He has taught us that we can love Him through the love and service we deliver to all those whom we encounter along our paths.

Now Swami tells us that *our life is His message*. As His devotees, we have been given a promotion. Rather than just receiving His communication, we are now His postal carriers, charged with delivering His message through our behavior, through how we treat our brothers and sisters of our community and the world.

In the U.S., homes across the nation receive all kinds of mail daily. Much of it includes meaningless bits of information or unsolicited attempts to sell unneeded merchandise. The familiar term for this wasteful correspondence is “junk mail.” Swami teaches us to not waste time, money, or energy on meaningless activities or unneeded wants. Many householders immediately discard the trivial and unwanted printed material they receive in the post. As Sai’s devotees, we would do well by disposing of wasteful desires and senseless behavior, lest we litter our minds and hearts with needless junk.

The following words are carved in stone above the doorway of the main post office in the U.S. capital: “Neither snow,

nor rain, nor gloom of night will stay these couriers from the swift completion of their appointed rounds.” This quote was initially used to describe the fidelity with which the postal carriers performed their work. During the dark gloom of this age, the *Avatar*, our beloved Lord Sai, has come to awaken us.

Nothing will halt the Divine Courier from completing His mission to awaken the love that already exists within us.

As His devotees, we are blessed to be part of His mission. We are charged to let neither the snow of diversion, nor the rain of the senses, nor the gloom of doubt distract us from the completion of our appointed tasks. Swami has given us our appointment by calling us to Him personally. He tells us that no one hears of Him without it being His will. Our assignment, as His devotees, is to be messengers of His love through our actions.

If we were dispatchers for the postal bureau, we would wear the official uniform of the letter carriers. However as messengers of Sai’s message to us, we do not wear a uniform. Our garment consists of our deeds, our words, and our thoughts, which must reflect the unity He prescribes. The badge we carry is not of a worldly office; the character we



.....  
*Nothing will halt the  
 Divine Courier from  
 completing His mission  
 to awaken the love that  
 already exists within us.*  
 .....

convey is the reflection of His love for and through us.

The postmark on His message does not carry the imprint of any country or state, for all countries and all states belong to Him. The seal of His office cannot be purchased for pennies or rupees. It can only be acquired by the love we inscribe on every action we perform. Swami has promised the stamp of His approval when our work is directed by the love that resides in our hearts.

Swami said that He has come to light the lamp of love in our hearts. At His will,

His mission will accelerate like an airplane taking off. As we lovingly perform our duties, we will have the opportunity to be on that airplane as it departs. Rather than merely delivering airmail letters and packages, this plane will transport us back to Him. Our return address is thus our goal. With the grace of our Divine Postmaster, we will complete our duties and reach our destination by returning to our Source.

—**Dr. Jack Feely**  
St. Louis, Missouri

*A true spiritual aspirant will have a reverential attitude toward the duty he is entrusted with. He will carry out every task assigned to him as an act of worship by which the Lord will be pleased. Duty is God, work is worship. Worship is not a uniform to be donned and doffed at stated hours of the day. Render every thought into a flower, worthy to be held in His fingers; render every deed into a fruit full of the sweet juice of love, fit to be placed in His hand; render every tear holy and pure, fit to wash His Lotus Feet.*

—**Sri Sathya Sai Baba**  
Thought for the Day, September 26, 2004

## Goodbye, Until We Meet Again

The *Sathya Sai Newsletter, USA* does not publish obituaries, but we wish to recognize the passing of our friend and co-worker, Judith Wechsler. Judy wrote the “Service Opportunities” column. Her literary ability and her love for Sri Sathya Sai Baba made her unique among investigative reporters. God has called her home. We’re certain she is up there correcting text and telling them how to write a better, more interesting article about serving others. *Sai Ram, Judy.*

# You Cannot Be the Seer ...Without Giving Up the Seen

*Consider Yourselves as Embodiments of Bliss*

Once Shuka, the son of Sage Vyasa, renounced all attachments and left his home. Unable to endure his departure, Vyasa followed Shuka and appealed to him, “Dear son, you should not leave your home.” Shuka replied, “You are not a father, nor am I a son. Both of us are embodiments of bliss. Because of the forms that we bear, you consider yourself as the father and me as the son. The whole world consists of forms. You cannot comprehend the Divine without giving up attachment to forms. You cannot be the seer without giving up the seen. You are carried away by your attachment to the external world.” Upon hearing this, Vyasa experienced a mental transformation and began to consider himself as an embodiment of bliss.

Our attachments or desire for worldly objects are the cause of misery. Instead of addressing the root cause of our problems, many of us come to Swami for help. Swami has said, *These problems and worries are really to be welcomed, as they teach us the lessons of humility and reverence.*

We run after external things, which produce all discontent. We become a slave to our senses, which do not lessen their hold until we are dead. Desire is a thirst that cannot be quenched.

No other *Avatar* in earth’s history has been like Sri Sathya Sai Baba, who walks

among us, counsels us, guides us, consoles us, uplifts us, and directs us along the path of *sathya*, *dharma*, *shanti*, and *prema* (truth, righteousness, peace, and love).

Swami has come to reveal our *sat-chit-ananda* (being, awareness, bliss). *Karma* (the law of cause and consequence) aside, what is keeping us from liberation? It is our attachment. If we pursue renunciation, we will be relieved of our bonds and our worries will disappear. Pursuance of renunciation does not mean we have to run to the forest. Giving up duties and roles is not renunciation. Let our head live in the forest but our hands serve society. A person giving up worldly attachments is not seeking emptiness but constant integrated awareness of *Brahman* (the Divine).

For most, such transformation does not come easily. It is hard-earned and demands conscious effort. Renunciation, however, must be done cheerfully and not out of dejection. It is not easy to give up this world, yet we cannot be attached to the fruits of our actions. That fine balance can come only through devotion to God. Let us surrender ourselves to Swami. Let us resolve to receive the bliss offered by our beloved Lord.

—**Ram Ramgopal**

Boston, Massachusetts

Notes from a Sathya Sai discourse,  
September 9, 1992

# Start Early, Drive Slowly, Arrive Safely

*Get Attached to God from an Early Age Onward*

In November, 2002, I was invited by the Sri Sathya Sai Organization of Minneapolis, Minnesota, to participate in their birthday celebrations honoring Swami. After my speech, a nine-year-old child, going on ten, approached me and said, “Can I call you grandfather?” I said “Yes,” with joy in my heart for the spontaneous gesture of love from the child. In June, 2003 the child called me to let me know her birthday. This article is an abridged version of the article Swami inspired me to compose and send to her as a birthday gift.

## Important Questions

We belong to the species called *Homo sapiens*, which literally means “wise men.” Are we really conducting ourselves in such a way as to deserve such a glorious description? Every day we must introspect deeply on this question to achieve any necessary course corrections and return to the track of righteous living. Swami says that the Sai Avatar’s mission is to put us onto that right track by correcting our thought-habits. For this purpose, Sai’s action plan is to come down to earth as a trinity of *Avatars* (God in human form)—bearing the names of

Shirdi Sai Baba, Sathya Sai Baba, and Prema Sai Baba—to spread the message of *sathya* (truth), *dharma* (right action), *santhi* (peace), *prema* (love), and *ahimsa* (nonviolence). The total corporeal sojourn of the three *Avatars* spans almost three centuries. A noteworthy fact is that the birth places of all the three *Avatars* contain the letters *P A R T H I*. Shirdi Baba was born in Pathri, Sathya Sai Baba was born in Puttaparthi, and Prema Sai Baba is to be born in Gunaparthi. Only Swami knows the reason for this interesting corollary about His birth place, and we can be sure that someday He will reveal the reason.

Swami says the most important questions each one of us should ask are: *Who am I? Where did I come from? Where am I to go?* One should meditate deeply on the nature of *Atman* (Self) to get answers to these questions, because they pertain to the very core of our nature as human beings inlaid with divinity.

Several centuries ago, Adi Sankara, considered the incarnation of Lord Shiva, answered these questions by stating “*Sarvam khalvidam Brahma*,” which means that everything in nature is permeated with the essence of the Divine. Swami says that one

can find the essence of the Divine not only in every nook and cranny of the immense universe outside, but also inside of man as well. Swami is also telling us that each one of us has come from God and will return to God. Therefore, He urges us to turn inward—through practices such as meditation, prayer, and selfless service—to find God as the Indweller. In other words, one should get attached to God from childhood onward, so that the required knowledge about *Atman* may be achieved by the grace of God. Are we paying attention to these exhortations of Bhagawan Sri Sathya Sai Baba?

Now, let us turn our attention to the very word *God* and the related question: *Who or what is God?* In a dictionary we find that the root is unknown for the word *God*, which means that nobody knows how the word was coined. This shouldn't come as a surprise, because God is unknowable until one experiences the Divine, as Ramakrishna Paramahansa did during his life. However, some useful insights may be gleaned by considering the word *GOD* as an acronym representing a thing, an action principle, a process, and an unsullied pure-energy state. In this regard, I am following our Master, Sri Sathya Sai Baba, who has created a most wonderful method of using words as acronyms to communicate the most intricate aspects of spirituality.

## GOD: A Thing

GOD, as a thing, is Gene-Of-Divinity. Swami tells us that each one of us is equipped with the Gene-Of-Divinity. We are unaware of it because of our ignorance about our true nature. Likewise it may be malfunctioning in the present life due to our actions in past lives, thus causing spiritual health problems, just as the malfunction of physical genes causes physical health problems. The mission of the

*In other words, one should get attached to God from childhood onward, so that the required knowledge about Atman may be achieved by the grace of God.*

Sai Avatar, therefore, can be interpreted as the propagation of the message about the important role played by the Gene-Of-Divinity in human beings—where love, in the most sacred sense of the term, constitutes

the core of the genetic material. It is worth ruminating on the following words of Swami about the role of pure love in His mission of reestablishing *Sanathana Dharma* (the eternal path of righteousness):

*I have come to light the lamp of love in your hearts, and to see that it shines day-by-day with added luster. I have not come on any mission of publicity for any sect or creed or cause, nor have I come to collect followers for any doctrine. I have no plan to attract disciples or devotees into my fold or any fold. I have come to tell you of this unitary faith, this Atmic principle, this path of love, this duty to love, and this obligation to love. I have come to inscribe a golden chapter in the history of*

*humankind, wherein falsehood will fail, truth will triumph, and virtue will reign. Character then—and not knowledge, or inventive skill, or wealth—will confer power. Know that verily I am Sai. Renounce all attachments; cease all striving. This external relationship with you is gone. Even the mightiest of the mighty cannot catch me. Believe that all hearts are motivated by the one and only God, and that all names in all languages and all forms that you can conceive of denote the one and only God. Cultivate the attitude of oneness between people of all creeds, all countries, and all continents. This is the message of love I bring.*

So the most important lesson from Swami for us is to conduct our lives in such a manner that the Gene-Of-Divinity functions well within us, so that it has a high probability of functioning well in our progeny. In this context, the spiritual upbringing of the young becomes an important task for parents, teachers, and religious leaders in every society.

## GOD: An Action Principle

GOD, as an action principle, offers us the choice to take the path of the Divine or the devil. The first two letters, G-O, convey that everything in the universe is activated by the principle of *chaitanya* (life force, consciousness). However, as we GO, we will encounter *D* in the form of the Divine or the devil at each and every step of the way. Swami

urges us to use the power of discrimination (*buddhi*) to GO along the path of divinity, by cultivating the good thought-habits of *sathya* (truth), *dharma* (right action), *shanti* (peace), *prema* (love), and *ahimsa* (nonviolence).

## GOD: A Process

GOD, as a process, becomes Generation, Organization, and Dissolution. Look around at what happens in nature. Everything undergoes the three stages of birth, growth, and death.

In Indian culture, these three processes are regulated by the trinity of gods known as *Brahma* (the creator), *Vishnu* (the sustainer), and *Maheshwara* or *Shiva* (the dissolver). Though treated as separate, they all proceed from the same source of unsullied energy called *Brahman* (the Absolute). To begin with, *Brahman* is invisible, formless, and nameless. We make *Brahman* visible to our ordinary eyes by attributing forms, names, rituals, and locations—such as those found in temples, churches, mosques, or synagogues. We are expected to achieve perfection in experiencing *Brahman* through such forms.

## GOD: An Unsullied Energy State

GOD, as an unsullied energy state, is Grand-Over-Description, which means that God is beyond description. Such pristine energy, present when creation first came into

*So the most important from Swami for us is to conduct our lives in such a manner that the Gene-Of-Divinity functions well within us*

existence, pervades every nook and cranny of the universe. As Swami tells us, the quality of that pristine energy appears to degrade very fast in this age of *Kali* (the iron age of darkness), due to the bad thoughts-habits and inappropriate actions of humankind.

## The Ultimate Goal

The ultimate goal for each one of us is to merge with God in the energy state called *Brahman*. For that purpose, Swami says:

- *Start early*, meaning to get attached to God at a young age by becoming aware of the presence of the Gene-Of-Divinity within you;

- *Drive slowly*, meaning to go through the various steps in spiritual practice with devotion and perseverance, by keeping in focus the facts about the action principle of *chaitanya* and the process of Generation-Organization-Dissolution in nature; and finally,

- *Reach the destination safely*, meaning to merge with *Brahman*.

—**Professor Sastry V. Pappu**  
Wichita, Kansas

Let us understand what Beloved Swami says about Realization:

*Realization, which is not possible through logic, not possible through offering of sacrifices, and not possible through discussion and other disciplines, can be achieved only through LOVE!*

*What is realization? The moment you see your own beauty and are so filled with it that you forget all else, you are free from all bonds. Know that you are all the beauty, all the glory, all the power, and all the magnitude of the universe. Nature is but an infinitesimal fraction of His Glory, yet you feel content with all the pleasures it gives, the knowledge you gather about it, and the wonder it reveals. The reflection of Shiva (God) in the mirror of Prakriti (nature) is Jiva (individual consciousness).*

—**Sri Sathya Sai Baba**  
From *Sai Smaran*, by Dr. D. J. Gadhia

# Ten Important Questions with Baba's Answers

*The Divine Principle Is the Very Core of Humankind*

**Question 1: Why are we here on planet earth?** *What is the goal of human life? What is the objective that humankind must realize? Is it just eating and drinking, sleeping, tasting a little joy and grief, and finally dying like any bird or beast? NO! Certainly not! A little thought will reveal that it is Brahman-Sakshatkara, the realization of the Absolute, of Brahman.<sup>(1)</sup> You have come from the Divine and you have to go back to the Divine.<sup>(2)</sup> The Divine Principle is the very core of humankind. Becoming aware of this truth is the goal of life; it is the source of strength that is unfailing and irresistible. . . . The Divine is here—before you, behind you, inside you, outside you. The intellect through which you can recognize It is also with you. But you are either blind or diseased with defective vision, or worse still, willfully inclined to close your eyes.<sup>(3)</sup>*

**Question 2: Why do we engage ourselves in *sadhana* (spiritual practice)?** *All spiritual practices are aimed at [the complete] purification [of the heart].<sup>(4)</sup> Love has an electronic effect on human beings. It purifies the human heart.<sup>(5)</sup> Through love alone—love acquired through *sadhana* (spiritual practice), and shared with all as *sadhana*—can peace be attained, by the individual as well as by the nation.<sup>(6)</sup> God is the very embodiment of love. . . . God who is love can be realized only through love.<sup>(7)</sup> Unless you cleanse the mind with love, the full moon of spiritual wisdom cannot shine therein. The recital of the [Divine] name, the observance of vows and vigils, of fasts and festivals, may scintillate in the inner sky of the mind, as stars stud the sky, but until the lamp of love is lit, the darkness will not vanish.<sup>(8)</sup>*

**Question 3: What is the reason for working? Why can't we just relax and read about God?** *As long as you are in this world, you must be engaged in work. Work is very important for human beings. It is through your work and activities that you learn to harmonize thoughts, words, and deeds.<sup>(9)</sup> Perfect freedom is not given to anyone on earth, because the very meaning of mortal life is relationship with and dependence on others.<sup>(10)</sup> The true guru is not a preceptor (teacher). The true teacher is the cosmos itself, Prakrithi, creation, the world around us. <sup>(11)</sup> You [learn] by the experience of the buffetings of the world. The world is an essential part of the curriculum for humankind.<sup>(12)</sup> The community in which you find yourself is an arena wherein you can find victory, the gymnasium wherein you develop the skill to win. The spiritual journey lies through compassion, sympathy, mutual help, and service; these are fostered by society and are to be used for society.<sup>(13)</sup>*

**Question 4: Are we the only beings in the universe? If not, what are other beings like?** *The universe is without beginning, and in it dwell an infinitude of jivas (living beings). Among these beings mankind is the most exalted.<sup>(14)</sup> In all the universe there is no other planet that has human life, or a similar life form. . . . There is life throughout the universe. The expression of life on earth is upward through the human to the Divine. By virtue of human birth, the next step is the full realization of the Divine. Human life is sacred and must be appreciated as having the highest value.<sup>(15)</sup> The question about life in the universe arises because you project your own particular circumstances. You feel that other ways of life would be intolerable because such ways would be intolerable for you. In the hot, blazing Sun, for instance, beings are living. This life exists in circumstances considered to be intolerable by you. Elsewhere in the universe, life feels it is one with divinity, and is quite happy and feels all is right.<sup>(16)</sup>*

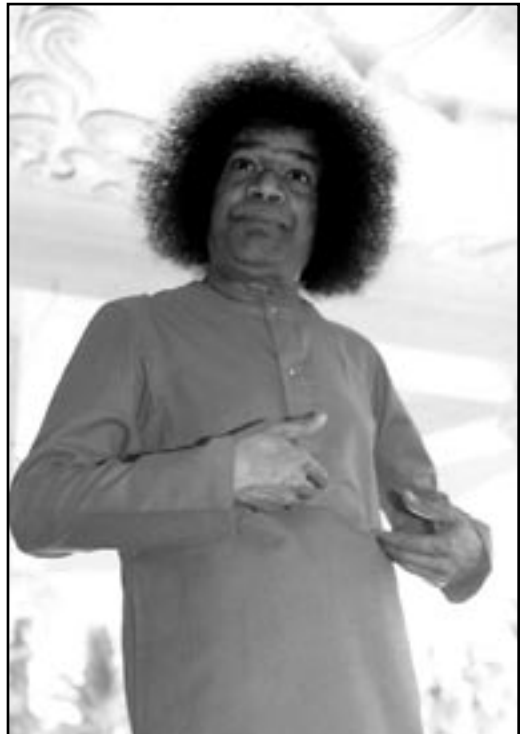
—Answers compiled from the writings of  
**Sathya Sai Baba**  
 See references below

EDITOR'S NOTE: The series will continue with questions number 5-10 in the next issue of the *Sathya Sai Newsletter, USA, July-August 2005.*

References:

1. *Dharma Vahini*, 71
2. *Sanathana Sarathi*, May 30, 1987, 121
3. *Voice of the Avatar II*, 10
4. *Conversations with Sathya Sai Baba*, 44
5. *Bhagavan Sri Sathya Sai Baba in Amritsar*, etc., 35
6. *Yoga of Action*, 40
7. *Sathya Sai Speaks XI*, 68
8. *Sathya Sai Speaks IX*, 98
9. *Sai Baba Gita*, 3-4
10. *Sai Baba: The Ultimate Experience*, 150
11. *Sathya Sai Speaks XI*, 120
12. *Sathya Sai Speaks I*, 12
13. *Sathya Sai Speaks VIII*, 5
14. *Summer Showers in Brindavan 1979*, 85
15. *Conversations with Sathya Sai Baba*, 150
16. *My Baba and I*, 226

Regarding *Sathya Sai Speaks*, these references may have been taken from the older issues of these volumes



# Ahamkara—The Ego: Root of Our Troubles

*Leaving Ego to Live in God*

*We should make efforts to understand divinity, [by] freeing ourselves from ahamkara (ego) and following the buddhi (intelligence), which is pure. . . . For ahamkara (ego) is at the root of all evil, all defects, all deficiencies. Ego is born in kama (desire). The state of desirelessness is really the state of egolessness. What is moksha or liberation except liberation from bondage to the ego . . . ?<sup>(1)</sup>*

—Sri Sathya Sai Baba

As Sri Sathya Sai Baba has so often explained, the whole goal of life is to understand divinity and discover and unveil that spark of the Divine, the *Atma* that is resident in our own hearts. He has also pointed out innumerable times that the only way to discover that spark of the Divine is to free ourselves from the clouds of ego that hide the Divine Sun shining within.

For those of us who have been born and raised in the West, Swami's exhortation may seem a bit confusing. Most of us have been brought up with the idea that a strong ego is a good thing to have, since the ego is incorrectly equated with self-esteem and self-confidence. This false notion stems from a misuse of the term ego and a mistaken concept of what the ego actually is.

Swami explains: *Usually, the Sanskrit word ahamkara is translated into English as ego. Both these words are employed in common usage to mean self-esteem, or pride born of delusion about one's wealth, scholarship, or so on. This is a wrong usage of the words.*<sup>(2)</sup>

Then what exactly is the ego? The ego can be defined as a sense of I-AM-NESS, in the sense of false identification with our

physical bodies. This is the cause of all our suffering and the root of all of our troubles. It is the shroud that beclouds the *buddhi* or intellect, deceiving us into believing that we are separate entities from one another and from God. This is the mark of the ego, the sense of separation springing from the deluded attachment to the physical body and all its progeny (MY family, MY possessions, MY, MINE). This sense of separation is the main obstacle hindering our progress on the spiritual path toward the goal of God-realization, liberation, and the experience of unity and oneness.

The ego is that which hides the splendor and glory of the Lord, who is not only resident in our own hearts but manifest in all creation. It is only when we succeed in killing or sacrificing the ego—destroying the attachment to the body—that the sense of separation dissolves away and the goal of union with God is won. As Lord Sai explains: *The correct meaning [of ahamkara or ego] is the mistaken identification of oneself with the body. . . . All are victims of ahamkara in the sense of considering themselves to be the body. It is this ahamkara that shrouds the buddhi*

and misleads it on the wrong path. Hence, if the buddhi (intellect) is to develop sraddha (faith), we must first eliminate ahamkara (the ego or sense of separation).<sup>(3)</sup>

Thus, when Swami tells us that we must develop faith and self-confidence in order to advance on the spiritual path, He does not mean faith or confidence in the petty self, the ego, but rather faith and confidence in the real Self or God; confidence that He is resident in our own hearts and will indeed guide us from within as ..... the inner voice, our own conscience—if we will but shun the ego and turn instead toward Him. As Swami explains:

*For what is the root of that faith in yourself? . . . You believe in yourself because your [true] Self is God (the Atma within), and you have an unshakeable faith in God, deep down in you. Faith in your Self and faith in God are identical. . . . You have faith in your judgment, your intelligence, your ability, because God within you tells you not to falter or fear. That assurance wells from within, from your basic truth, which is otherwise called God.*<sup>(4)</sup>

How does one shun or overcome the ego in order to develop this faith? How does one recognize the ego? The ego can be recognized by the emotions and actions that stem from it: greed, selfishness, lust, desire, anger, hatred, aggressiveness, hostility, prejudice, and the like. Ego-based actions are marked by selfishness and a desire for the fruits of

one's actions. Ego-based actions bind us to the wheel of *karma* (the law of cause and consequence) and forge the chains that bind our true selves, our soul, to the prison of the body and to another life sentence in this world of sorrows.

Whereas all actions done in a spirit of dedication to the Lord, without expectation of return or desire for their fruits—where the fruits as well as the actions themselves are dedicated to God—such actions are

*The ego can be recognized by the emotions that stem from it: greed, selfishness, lust, desire, anger, hatred, aggressiveness, hostility, prejudice, and the like.*

liberating and help free us from the wheel of *karma*. Hence Swami explains that since we cannot give up action altogether while living in this world, the key to

escaping the *karmic* consequences of our deeds is to dedicate them and their fruits to the Lord.

In the *Bhagavad Gita*, the Lord in the form of Krishna says to the warrior Arjuna:

*Whether desired or discarded, hoped for or not hoped for, every act ends in some consequence. . . . It is inevitable. The consequence may be good or evil, but if the act is dedicated to the Lord, neither will affect the doer. By that sacrament of dedication, the deed is transmuted into a higher order and made divine, holy, and sacred. On the other hand, acts performed under the inspiration of the ego will be fraught with bondage.*

*The ego is most easily destroyed by bhakthi (devotion), by dwelling on the magnificence of*

*the Lord, and by humility and service to others as children of the Lord.... Surrender the ego. Dedicate every moment and every movement to Him; he has assured mankind that He will ensure liberation from pain and evil....*

[Thus Krishna said to Arjuna,] Give up ahamkara and mamakara—pride in the ego and in possessions and feelings of ‘I’ and ‘Mine.’ Destroy the identification of the Self (soul) with the body, which is only its cage or prison; get firm in the belief that all this is Paramatma (the Divine) and naught else. So there is nothing else to be done except bowing to His will and surrendering to His plan.<sup>(5)</sup>

Swami’s words are echoed not only in the *Gita*, but in other sacred scriptures and by all true spiritual teachers as well:

*The highest state of God-realization is attained only by those who through their overflowing devotion succeed in shedding their ego, which obscures the soul.*

—**Shrimad Bhagavatam**

*The world exists in I-AM-NESS (the ego-sense); in forgetting Him (the Lord) is the suffering.... If the ego-self dies when we are living, we follow the Way of the Prophet (Mohammed). It is only with the death of the separating self (ego) that we realize that all is His.*

—**Guru Nanak**

*All suffering is due to the false notion that ‘I am the body.’ Getting rid of this notion is knowledge.... See your Self (the*

*God within) first, and then see the whole world as the Self (God manifested). If you consider yourself as the body, the world appears to be external; if you are the Self (God-realized), the world appears as Brahman (God) manifested.*

—**Sri Ramana Maharshi**

*Cut the ‘I’ feeling clean across and let your ego die on the cross, to endow on you eternity.*

—**Sri Sathya Sai Baba**

Words inscribed on the Sarva Dharma sthupa at Prasanthi Nilayam

Hence, the whole of spiritual discipline is aimed at controlling and eventually killing the ego, sacrificing it on the altar of truth and devotion, and as Sri Aurobindo put it, *spearing it and stabbing it in every nook and corner it hides*. For only with its death can we know our true self and realize the Divine within and without; only then will we fully understand Lord Sai’s words, *The purpose of life is to achieve ‘living in God’*—and thereby to experience the divine life on earth.

—**Pamela Malhotra**  
Uttarkashi, India

---

References: (1) Composite quote taken from Sri Sathya Sai’s Discourse given on 1/22/90 at Hillview Stadium and *Githa Vahini*, p. 226; (2) *Indian Culture and Spirituality*, “Buddhi, the Charioteer,” p. 94; (3) *Ibid.*, p. 94; (4) *Sathya Sai Speaks*, Vol. II, pp. 26, 229; (5) Composite quote taken from *Githa Vahini*, pp. 226 and 227, *Sathya Sai Speaks*, Vol. I, p. 60 and Vol. V, pp. 11-12.

# Do Constant *Namasmarana* for Mental Peace

*Keep the Mind Centered on Eternal Peace and Happiness*

*Oh man! You struggle hard in life merely for the sake of filling your belly.  
You acquire myriad types of knowledge from various fields.  
Examine and inquire for yourself what great happiness you have achieved  
by spending all your time from dawn to dusk in acquiring worldly knowledge  
and earning wealth, while forgetting God.*

(Telugu Poem)

Embodiments of Love! Whether a pauper or a millionaire, one has to eat. However, having attained a sacred human birth, it is unseemly of man to spend his entire life merely for the sake of filling his belly. Why don't you spend a few minutes in the contemplation of God, instead of spending your entire life just to earn a living? There are of course a few people in this land of *Bharat* (India) who are sanctifying their time and their environment in the contemplation of God, but the vast majority are wasting their births in vain pursuits.

Not only in the Srikakulam District, but in many other places all over India, people are struggling and straining to eke out their livelihood. In spite of all their effort, they still have not attained peace, happiness, and comfort. Only those who are spending their time in the contemplation of God are able to experience peace and happiness. Those who forget God and spend all their time and energy in mundane pursuits are bound to suffer. Until this day, nobody has been able to enjoy mental peace and physical comfort in full measure.

The body is like a water bubble. It is nothing but a bag full of bones. The mind is like a mad monkey. It is a mistake to strive for the happiness of such a physical body and wavering mind. As long as one is alive, one should make efforts to keep the body healthy, so that one may not cause inconvenience to others.

## The Proper Use of the Body

Many people spend their entire life for the sake of physical comforts and pleasures. Only a few are not concerned with their mind and body and stay centered on eternal peace and happiness. Human birth is meant for experiencing divinity and not for craving after fleeting pleasures. The human body is a divine gift, which is being put to improper use, instead of its proper purpose of adoring God. Do not be under the mistaken notion that the body is meant for eating and enjoying physical pleasures only.

Through performing certain assigned duties, man will be able to experience happiness at the level of the body, mind, senses, and spirit. One should inquire, *What is the purpose of human birth?* The goal of

human birth is to work for release from the cycle of birth and death. This body is a den of dirt, prone to diseases; it is subject to change over time; it cannot cross the ocean of *samsara* (the flow of time). The body should be used as an instrument to rise from the level of humanness to divinity. Human life is sanctified only when we experience divinity. Many people are making efforts in this direction, but only a few are able to realize the truth and achieve the goal.

## Peace of Mind

One may undertake any type of activity, but one should always aspire to attain peace of mind. Without peace of mind, whatever enterprise that man undertakes will only add to his restlessness.

Embodiments of Love! You are really fortunate to have come here all the way from Srikakulam in spite of your financial constraints and various other difficulties. Swami is very well aware of your aspirations. You have come here to experience divine bliss. You were feeling sad that Swami has not spoken a word to you even after two days of being here. In fact, last night you were all praying intensely. In response to your sincere prayers, I have decided to address you this morning. It is not my intention to satisfy you with just a discourse. I am ready to extend all the help required to fulfill your aspirations.

Many of you are facing problems due to a shortage of water. Some of you do not even have proper food to eat. Food and water are essential for everyone. Do not give room for anxiety and worry in your minds. God is not stone-hearted. He will certainly take care of your needs. His heart is filled with compassion. Swami's concern for you is a hundred times more intense than the concern you have for yourselves. You need not be worried at all.



*The physical body may undergo suffering, but you should make efforts to attain peace of mind.  
Mind is the basis of happiness...*

Develop the feeling that difficulties and suffering are for your own good. Even insurmountable difficulties will vanish like a thin mist when you have firm conviction. Hence do not be

unduly perturbed about your problems. Difficulties come and go. Not only the poor but even millionaires cannot escape from difficulties. Swami confers His blessings on you, so that you will be relieved of your suffering soon. You may consult the elders of your villages and accept the help of those who are willing to cooperate with you. I will see to it that there is plenty of water available in your mountainous area.

Do not be depressed or bogged down by difficulties. Having put on the vesture of the human body, one cannot escape from difficulties. The physical body may undergo suffering, but you should make efforts to attain peace of mind. Mind is the basis of happiness for everyone. All physical comforts

will be of little use without peace of mind. Only through contemplation of God can you attain peace of mind and not by any other means. Hence, chant the name of God incessantly, unmindful of the difficulties that come your way. Through constant contemplation of God's name, you can experience peace despite facing innumerable difficulties.

### God Is the Sole Refuge

God is the refuge for the poor and the forlorn. He is always with them throughout all the vicissitudes of life. Do not think that God is in some distant land. God is by your side always. In fact,

He is present in the inner recesses of your heart. Never think that God is away from you at any point in time. Neither friends nor relatives can come to your rescue. God is your sole refuge. He will protect you under all circumstances.

In spite of numerous difficulties, *Bharatiyas* (Indians) have never swerved from the Godward path. If *Bharat* occupies a pivotal position among all nations, it is only because of *Bharatiyas'* one-pointed devotion to God. There are many affluent countries where people lead a luxurious life, but the populace is unable to attain peace of mind. It is the good fortune of *Bharatiyas* to be able to enjoy peace of mind. Their devotion to God is responsible for this.

### Chant the Divine Name

Since ancient times, the culture of *Bharat* has been protecting the *Bharatiyas* in all respects. Its glory and grandeur defy all description. One who has peace of mind will have moral strength. Hence, chant the divine name constantly. Yesterday you went around the entire village singing the glory of God, and upon entering the portals of Prasanthi Nilayam you experienced peace of mind.

It is not possible to experience such peace by any other means. Hence, never forget God. Sanctify your time by chanting His name.

Contemplation of God should be your constant endeavor.

There may be some jealous people who will try to dissuade you from chanting God's name. They say, "What is the use of chanting God's name? It will not help us to eke out our livelihood. We have to work hard for our survival, so stop chanting God's name."

Do not pay heed to such narrow-minded people. Never forget God's name. You may not be aware of it, but people in villages all over the world are facing hardships. They are suffering from physical ailments and mental agitations. Only *Bharatiyas* are able to enjoy peace of mind because of their devotion to God. There is no happiness greater than experiencing peace of mind.

Mental peace can be obtained only by constant contemplation of God. This cannot



*Do not think that God is in some distant land. God is by your side always. In fact, He is present in the inner recesses of your heart.*

be purchased from the market. Only by constant contemplation of God can mental worries be overcome. This is the experience of people all over the world. Contemplation of God alone can bring about mental peace and happiness. No other means can achieve this.

*To be born is a worry; to be on the earth is a worry; the world is a cause of worry, and death too; all of childhood is a worry, and so is old age; life is a worry, failure is a worry; all actions and difficulties cause worry; even happiness too is a mysterious worry.*  
(Telugu Poem)

## Purpose of Actions

Contemplation of God is the righteous and royal path that will remove all types of worries. Therefore, do not try other means for achieving mental peace, which will only bring you trouble and worry. March on along the divine and glorious path. All the *karmas* (actions resulting in consequences) in the spiritual field are meant to bring peace and happiness to us, not to trouble us.

Mental peace can be achieved by performing one's own duty. *Karma* brings about a result, and that result brings happiness and peace. Even when you are undergoing difficulties, always believe that they are meant to bring you happiness. Every human being undergoes difficulties, only to enjoy happiness later. People do not realize this during the period of suffering. In due time,

when suffering ends and happy days arrive, they will realize the truth. Always remember the truth: that sorrows and difficulties are a prelude to happy days ahead.

Embodiments of Love! Love is the only property that always grows—the more you spend, the more it grows; it never diminishes. Suppose you go on up a hill to sing the glory of God; the divine vibrations that you generate will reach a large area, and the people hearing the *namasmarana* (repetition of the names of God), even from a distance, will feel very happy. Divine music can confer solace even to children and animals. Upon



*Love is the only property that always grows—the more you spend, the more it grows; it never diminishes.*

hearing *namasankirtan* (group singing of the names of the Divine), even the heart of a stone-hearted person will melt. We have heard of several instances in Indian history where great devotees of God, by their *namasankirtan*, brought about the complete transformation of die-hard criminals.

## Attain Equanimity

Suppose you are digging a pit; the soil in the pit that is taken out and stacked by its side becomes a mound. You need not feel anxious that the pit is becoming deeper and deeper. The soil dug out of the pit and piled up next to the pit are the same. Similarly, along with the difficulties you undergo, you will experience happiness in abundant

*continued on page 30*

# Children's Corner

Once Upon a Time

## From the Book of Krishna



**"Fruit! Fruit!**

**Come and buy my juicy fruit!"**

It was noon, and with the sun directly overhead it was hot, too.

The cry of the fruit-seller broke upon the stillness of the day.

Little Krishna heard her cry, and He ran out to find her,

for He liked sweet and juicy fruit.

The fruit-seller saw that Krishna had no money to give her, but

she liked His sweet innocent looks and charming smile.

She took down her basket and hunted around for the best of

her fruit, with which she filled His little hands.

Krishna's baby face lit up with delight,

and He put two handfuls of rice into her basket.

Lo! When she picked up her basket again, the rice had

turned into gold, diamonds, and other precious gems.

The Lord is generous with His blessings: by offering Him even

the smallest thing, He will return it a million times over!

—*Bal Vikas Magazine*  
for Children Ages 1 to 99

# Spreading His Message in the Digital Dimension

*Radio Sai Global Harmony - [www.radiosai.org](http://www.radiosai.org)*

Inaugurated by Bhagavan Baba on November 23, 2001, *Radio Sai Global Harmony* is a 24-hour digital radio station broadcasting Swami's message of universal love and harmony. The spiritually-enriching programming features Swami's discourses translated into several languages, conversations with devotees, devotional songs sung by Swami's students and devotees from around the world, instrumental songs, special concerts, and recent cultural events at Prasanthi Nilayam.

## Web Streaming Service

For countries such as the United States of America—currently not covered by the WorldSpace AsiaStar, or AfriStar satellites—24-hour web streaming service was launched in November 2003.

To access the web broadcast via the Internet, you will need a media player with streaming mp3 support.\* For technical details about recommended free players, please visit the *Radio Sai* website ([www.radiosai.org](http://www.radiosai.org)) and click on *Web Stream*. Presently the schedule for the streaming web service closely parallels that of AsiaStar. Programming specially tailored for North America is expected in the near future. You may view the daily schedule of programs by

visiting the website and clicking on *Radio Sai Playlist*.

## Radio Sai Listener's Journal: *Heart 2 Heart*

Launched in August 2003, *Heart 2 Heart* is the free online magazine of *Radio Sai Global Harmony*. *Heart 2 Heart* started out as a biweekly publication for its first year of existence. Now a monthly e-magazine, the online journal portrays the many facets of Bhagavan Baba's divine mission through heartwarming stories of selfless service, descriptions of recent events at the divine abode, transcripts of conversations broadcast on *Radio Sai*, and stunning artwork depicting ennobling spiritual themes. A unique feature of this journal is the virtual classroom for learning devotional songs associated with Sri Sathya Sai Baba. The current issue—as well as archives of previous issues—can be accessed at the website, [www.radiosai.org](http://www.radiosai.org).

---

\*New Windows and Macintosh computers come with MP3 player programs already installed. Windows Media Player, which is installed on almost all newer-model PCs, is capable of streaming MP3 files. Mac users can stream MP3 files with iTunes. Both of these programs are free and versions are available for both Macs and PCs. They can be downloaded from [www.microsoft.com/mediaplayer](http://www.microsoft.com/mediaplayer) and [www.itunes.com](http://www.itunes.com), respectively.

# Announcement and Subscription Information

These are exciting times. As you know, the 80th Birthday of Bhagavan Sri Sathya Sai Baba is (well almost) just around the corner, November 23, 2005. By divine command, Swami has told this editor that there is to be a commemorative edition of the *Sathya Sai Newsletter, USA*, and that we should bring 3,000 copies of the birthday edition of the *Newsletter* to India for distribution during the 80th birthday celebrations. Bhagavan called it an *expanded edition*, so we are upgrading the quality and size of that issue. For those of you who are regular subscribers, the birthday edition will arrive at your home, as the usual November-December issue. We are not trying to promote anything, but this might be a good time to become a subscriber if you are not already one, or to give a subscription as a gift to friends or family members. The cost will remain the same; see the subscription form below.

Also, We Welcome: your submitted stories, articles, poems, personal accounts about your experiences, photos, drawings, and/or what you have learned from Bhagavan Sri Sathya Sai Baba, and how He has changed your life. Please know that the *Newsletter* editor and staff reserve the right of selecting and editing material sent to this office. We are unable to return any material, so keep a copy for your files. We prefer written material to be typed, double-spaced on 8 ½ X 11 paper. Send your material no later than May 10, 2005 to:

Attention: *Sathya Sai Newsletter, USA*,  
c/o Sathya Sai Book Center of America,  
305 West First Street,  
Tustin, CA 92780-3108,  
or e-mail to [sathysaibooks@sbcglobal.net](mailto:sathysaibooks@sbcglobal.net)

## Subscription Information

To receive the *Sathya Sai Newsletter, USA* regularly (six issues per year), please send a check or money order to:

Sathya Sai Newsletter, USA,  
c/o Sathya Sai Book Center of America,  
305 West First Street, Tustin,  
California 92780-3108 USA

- ☐ In the USA: \$6.00 per year
- ☐ Canada, Mexico, and Puerto Rico: \$12.00
- ☐ All other countries: \$16.00

### USA Subscribers Only:

- ☐ Audio cassette tapes, six tapes per year: \$18.00
- ☐ Audio cassette tapes for the blind: Free

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt. # \_\_\_\_\_

City, State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

All subscriptions start with the **NEXT** bimonthly issue.

It is not necessary to cut this out; you may simply send your name, address, choice, and remittance.

measure. When you return the soil that is piled up (namely happiness) into the pit of sorrows and difficulties, you will attain a state of equanimity.

This is what you must realize today. You need not feel sorry, saying, “Oh! I have fallen into this pit of sorrows and difficulties. How can I come out of this? How am I to bear it?” The soil of happiness, stacked next to the pit of suffering, may be filled into the pit. Do this to attain a state of equanimity. You have to do this *sadhana* (spiritual discipline).

Embodiments of Love! You have come here with love-filled hearts, after undergoing much difficulty and physical strain. It is your love and devotion to Swami that brought you here. Go back to your homes with an equal intensity of love and devotion. Continue to enjoy the moments of joy and happiness that you experienced in the presence of Swami.

*Pleasure and pain, good and bad co-exist; none can separate them. You cannot find pleasure or pain, good or bad, to the exclusion of the other. Pleasure results when difficulties fructify.* (Telugu Poem)

Thus, happiness and sorrow come to teach us equanimity.

## God's Love Can Never Diminish

Embodiments of Love! Love is the only wealth that can never diminish. That wealth is the property of God. Therefore, cultivate pure and selfless love. God's love will always follow you, wherever you are, and will protect you at all times. Do not ever consider that money alone is your property. In fact, love is your real wealth. The wealth of love always grows (expands) and never diminishes. Those

who realize the *Para m a t m a* (Divine Absolute) will be able to understand this truth better.

My heart is overflowing with

love and joy on account of the *namasankirtan* you have done yesterday in the streets of Puttaparthi. Continue this *namasankirtan* wherever you are, throughout your life. Especially when your spirits are down with sorrow, sing with a full throat the glory of God. Never feel hesitant about singing the glory of God, thinking that others may make fun of you. Irrespective of what others may think or say against you, continue this sacred activity of *namasankirtan*. Only then will you be charged with divine power.

Embodiments of Love! I am very happy that you are all gathered here. I always wish joy, happiness, comfort, and peace for all of you. Today, 8,000 devotees from your area have come here to share the happiness of Swami's divine presence. All of you are



*Do not ever consider that money alone is your property. In fact, love is your real wealth.*

invited to please go to the canteen and partake of Swami's *prasadam* (consecrated food) happily. Swami's *prasadam* will become *akshaya* (never diminishing) and will remove all your sorrows and difficulties.

Everything that is granted by Swami is suffused with love. Whatever is granted by Bhagavan is always free. God never succumbs to monetary considerations. Wherever any service activity is associated with money, it is tainted. All of Swami's property consists only of love. Such divine love must become your very life-breath. All your past *karmas* will become extinct, if only you cultivate that pure love.

Go to the canteen and eat, as Swami's *prasadam*. Thereafter, you can return to your respective villages happily.

### Fill Your Hearts with Love

Embodiments of Love! Having come here from such a long distance, fill your hearts with love. Sometime ago, a singer named Saluru Rajeswara Rao used to visit Swami regularly. He remained so completely absorbed in music that he would sing while walking in the streets, unmindful of what others thought of him. Today, his son has come here to sing some devotional songs in the divine presence of Swami. These devotional songs fill the people's hearts with

overwhelming joy. Rajeswara Rao used to sing melodiously a song about Sri Krishna:

*"Challagaalilo yamunathatipy shyama sundaruni murali..."* ("Shyama Sundara melodiously plays His flute on the banks of the Yamuna, while the cool breeze blows...").

His voice, along with his feelings, were sweet. Both Rajeswara Rao and another devotee, Adi Narayana, used to come here regularly. They were the people who

composed the *Sai Charita* and sang those songs melodiously.

Wherever they may be, the lives of such pure-hearted devotees are

sanctified. Those who sell their God-given talents and make a living out of it can never be truly happy. Rajeswara Rao and Adi Narayana never made a business out of their musical talents. They always sang to their heart's content, with love and devotion. The glory of such devotees, whether dead or alive, will remain forever.

There was another well known devotee by the name of Ghantasala Venkateswara Rao. He also underwent many difficulties. However, he was always devoted to God. Whenever he was in a difficult situation, he used to sing, "Oh God! Won't You pull me out of these difficulties?" Even when he was sick and was hospitalized, he used to sing while lying in the hospital bed, "Oh Lord!



*Whatever is granted by Bhagavan is always free. God never succumbs to monetary considerations.*

How long must I suffer this agony! Won't you relieve me of this pain?"

Once I went to the hospital to see him. I consoled him saying, "My dear Ghantasala! Never think of difficulties and suffering. These things happen to test your faith in God. You will come out successfully in this test, through constant *namasmarana*."

A devotee like him, who is constantly engaged in *namasmarana* under all circumstances, will become immortal. *Namasmarana* is the only property that lasts forever. Therefore, you should also undertake this *sadhana* (spiritual activity), as a lifelong activity.

Whether your voice is good or not, continue to sing the glory of God by constant *namasmarana*, at least in your heart. Thereby, you will acquire merit that will protect you throughout your life. If you do this *sadhana*, God will always be with you, in you, and around you.

## Sanctifying Food

Whenever you partake of food, do *namasmarana* beforehand. In this way, the food will be sanctified and become the *prasadam* (gift) of God. Your heart also will

be purified. That is why our ancestors prayed this prayer before eating:

*Brahmarpanam Brahma Havir  
Brahmagnou Brahmanahutam  
Brahmaiva Thena Ganthavyam  
Brahma Karma Samadhinam.*

(The Divine is the offering and the act of offering. God is the one who offers to the fire, and the fire also is God. The one who sees the Divine in every action merges with God.)

When you pray in this manner before you partake of your food, God immediately responds thus:

*Aham Vaishvanaro Bhutva  
Praninam Dehamasrita  
Pranapana Samayukta  
Pachamyannam Chaturvidham.*

(My dear one! I am present in you in the form of Vaishvanara, the digestive fire and vital force, consuming the food of which you partake.)

The prayer thus made invokes an immediate response from God as its reaction, reflection, and resound. Therefore, constantly engage yourself in *namasmarana*, which will confer bliss.

—Sri Sathya Sai Baba  
August 23, 2004

*There is not the slightest trace of self-interest in me. Whatever I do, whatever paths I pursue, everything is intended for the happiness of all, for the good of all, and for the improvement of all. Not a single action of mine is undertaken for the satisfaction of my own personal desires. Desire is something alien to me. All my wishes are only to promote the welfare of the world. Loka samastha sukino bhavanthu (may all the world be happy) is the only objective of Sai.*

—Sri Sathya Sai Baba

For most I think the interview  
Is Swami's gift for me and you,  
Hoping the Lord bestows on us  
Both lots of love and lots of fuss.

*Interview, Swami!* is the cry  
Heard from both gal and guy,  
*I need your help, I need advice.*  
If He says yes, it would be nice,  
But better still, should He say *Go!*  
Your heart starts pounding,  
I've been, I know!

To the *mandir* you slowly walk,  
Leaving friends to stare and gawk.  
As final seconds go ticking by,  
The door is opened, and *Come!* says Sai.  
In this special room of rooms,  
All your hopes and dreams just zoom.

He teases, jests, sometimes a scold;  
Above all else, His love you behold.  
*What do you want?* He may ask.

*Why, in Your love and light to bask!*

Vibuthi, medallion, a *mala*, a ring,  
Makes you feel like Queen or King.

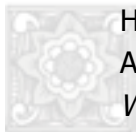
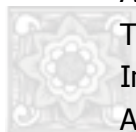
One thing's for certain, I say this for sure,  
Sri Sathya Sai's love is endless and pure.  
When the interview's over, most eyes are wet;  
*Please Baba, please Baba, don't leave us yet!*

The time has come for me and you  
To start praying for another interview.

## The Interview

**Sylvester Scott**

Ojai, California



# His Grand Design

*Consciousness Must Be Shifted to Unconditional Love*

Sri Sathya Sai Baba expresses Himself so simply, so sweetly, and in such practical everyday terms, that we must be alert not to miss the profound impact that following His every injunction can have on achieving our ultimate goal—namely, liberation. During an interview with Him, I mentioned a rift in a family relationship. He looked at me with the deepest compassion I had ever experienced, and said, *I know it makes you sad. It will eventually come right. In the meantime, put all of your attention on your [Sathya Sai Baba] Center activities.*

Perhaps I had thought that He would, with a wave of His hand, heal the situation and return to me the limited, personal sense of love to which I had become attached. Even though I followed His instruction to the very best of my ability, I did not at first recognize the fundamental wisdom inherent in it. This same lack of understanding conditioned my response to the Service and Ceiling on Desires programs in which Baba has so consistently urged us to participate. I was willing to be obedient, but the extreme importance of those programs to both personal and global transformation was not immediately apparent.

Baba has likened this world to a huge factory wherein humanity can be fashioned from humanhood into Godhood, if we apply energy and skill diligently to our transformation. Then He tells us, *Love is the spring wheel of the factory.* It is easy to see that if the energy available for operation of a factory is drained off into side channels, leaving little for the spring wheel, the work of the factory cannot be accomplished. By the same token, if the motive power that is available to us for bringing about our transformation from man to God is dissipated in pursuing lesser purposes, we will not then reach the goal.

In the unchanging, our Godhood is established. We are, as Baba so frequently tells us, embodiments of the Divine *Atma* (the Divinity within). It is to the realization of this truth that we must direct our energies. The basic orientation of consciousness must be shifted from its focus on survival, pleasure of the senses, power over others, and the environment—to undeviating attention to unconditional love. Suppose we have felt that we must have a relationship with a specific individual in order to be happy, or that a certain individual or individuals

must love us or behave in a certain way that we would like. We can transmute the energy that has gone into that desire and utilize it in achieving a higher purpose.

We can expand our consciousness to include a broader spectrum, thus shifting from a selfish and constricted flow of energy to a more inclusive and expanded one—such as from the love of a family member on whom we place demands, to the love of the group of Sathya Sai Center members with whom we freely share time, energy, food, and money.

Lest we find ourselves once again encapsulated within the limited boundaries of even our Sathya Sai Baba Center families, Baba has instructed us to expand our sense of service. While maintaining our Center, we are to expand our consciousness again to include still others. These others may not look like us, act like us, or think like us, but we are to love them and serve them just as we would serve Swami Himself. Instead of dissipating our energies within the Centers—in attachments to things and individuals, in petty disagreements, in criticizing, judging, controlling, demanding, or desiring to have things our own way—we are to come together as a family unit and act as one to provide community service.

As He has told us that expansion is His life, He intends it shall be ours. As He has taught us, the love for which we must have a reason or a season—or the service for which we expect a return—is not love at all. He intends that we shall experience unconditional love in all of its bliss. Within the Sri Sathya Sai Baba American Service Organization, our Center units are coming together in even larger groups to continue expanding our sense of the higher Self, love, and service.

Little by little, step by step, as we take control of the mind and body, knowing them to be our instruments but not our Self, we will be able to transmute the energy formerly wasted on satisfying their desires and expend it in the service of our fellow man. The expansion of consciousness brought about by this expression of unconditional love will enable us to see Him as He is, and to see our Oneness with Him in accordance with His grand design.

—Joy Thomas  
*In memoriam*



# Sathya Sai Book Center of America

305 West First Street, Tustin, California 92780-3108

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

**E-mail: [sathyasaibooks@sbcglobal.net](mailto:sathyasaibooks@sbcglobal.net)**

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

---

## NEW ARRIVALS

***Divine Whispers—Eternal Letters that God Wrote to Man.*** Compiled by Dr. Shyam Sunder and the students of the Sri Sathya Sai Hostel for Senior Students, this book features letters that Bhagavan Sri Sathya Sai Baba has written to students over the years.

Softcover, 212 pages.

BI-125.....\$5.00

***Sai Smaran,*** by Dr. D. J. Gadhia. The doctor describes his personal experiences with Sri Sathya Sai Baba from 1960 to the present. He also outlines Swami's teachings on the nature of divinity, the essence of all religions, and the importance of love, truth, right conduct, peace, and nonviolence. Softcover, 392 pages.

BI-126.....\$5.00

***Swami in Kashmir,*** by Lt. Gen. S. P. Malhotra. About 70 color photographs of Sri Sathya Sai Baba's visit to Kashmir in June 1980 accompany stories of some of the amazing miracles witnessed by the author and others during Swami's stay.

Hardcover, 69 pages.

BI-124.....\$8.00

***The Universal Mother Energy—Sathya Sai Baba and the Miracle of His Love,*** by I. Lalbeharry, FCCA, CTA. The author describes his personal experiences and journey with Sri Sathya Sai Baba, along with answers by the Avatar to spiritual questions.

Softcover, 194 pages.

BI-127.....\$5.00

## CDs

***A Bridge Across Time, Volumes 1-4.*** These four volumes of *bhajans* (devotional songs) are sung by students of Prasanthi Nilayam. Each CD is \$6.00.

SCE-130-133 ....\$6.00

***Veda (Vedic chants)*** This CD contains a live recording of the *Vedas* chanted in the Divine Presence of Bhagavan Sri Sathya Sai Baba.

SCE-120.....\$6.00

***Love Eternally*** The Norwalk, Connecticut Sai Youth Chorus sings a collection of English *bhajans*.

SCE-92.....\$9.00

***Ocean of Love*** This CD, performed by the group *Prema*, contains many popular Hindi *bhajans*.

SCE-90.....\$9.00

**For a FREE list of all available books by and about Sri Sathya Sai Baba, please contact the Sathya Sai Book Center at the addresses or numbers above.**