

Sathya Sai Newsletter, USA

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

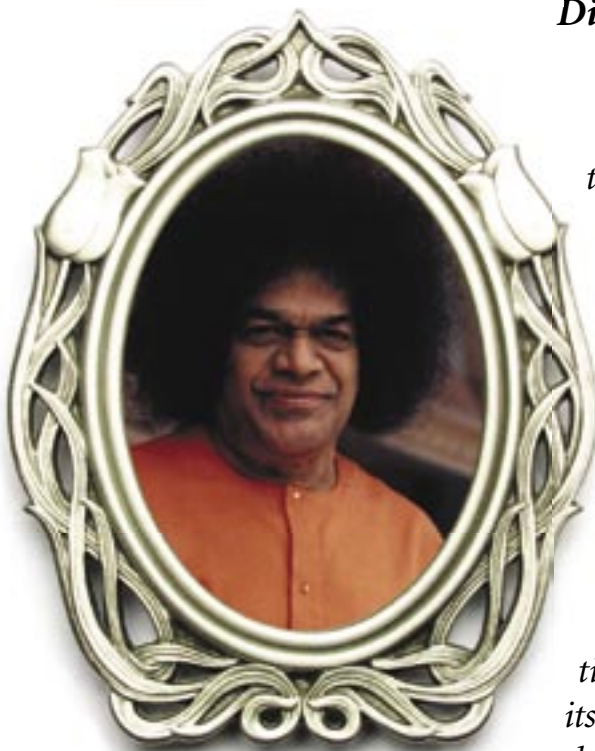


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—Barbara Bozzani, Editor

Sai's Message



Divine Energy Is All-Pervading

The cosmos is the creation of the Divine. It is surcharged with energy. This energy is not localized at a particular point in space or time.

Even though this energy is all-pervading, man remains unable to recognize its divine nature. As he cannot recognize it, he presumes that it does not exist.

Electrical energy flows continuously in the wires. However, its presence is recognized only when a bulb is fitted and switched on.

Likewise, though God is omnipresent, His Divine Effulgence will shine only in those who adore Him with a pure heart.

—Sri Sathya Sai Baba

Thought for the Day,
Prasanthi Nilayam, January 29, 2006

Home of Hope

A Vision Blossoms

Early in 1998, during *bhajans* (devotional singing) at our Sathya Sai Baba Center in San Bruno, California, I experienced such an intense feeling of love that it choked me to tears. Looking up at Bhagavan Baba's large picture in front of me, I literally cried out, "Please, Baba, let me help You! I want to do *seva* (selfless service)!"

This feeling was so very intense that even today I get goose bumps recalling it! After a few days, I received a phone call from the mother of my South Indian friend. She was taking care of an orphanage in Chennai, India and needed all kinds of help. I asked her to send me more information.

News of a struggling orphanage called Children's Home of Hope, in Chennai, soon arrived by mail. After reading about the pathetic living conditions at the orphanage, I decided that here was my calling. With the help of my two children, we spread the word that the orphanage in Chennai needed help. I eventually visited the Home of Hope.

I was struck immediately by the dilapidated circumstances of the orphanage. Little tin sheds were called bathrooms and epidemics of gastroenteritis and flu had broken out due to the cramped living conditions.

The very first order of business was to build new and sanitary bathrooms. The gastroenteritis was cured! Next we built a free medical clinic with two multipurpose rooms—infectious and non-infectious—within the compound of the Home of Hope. This simple arrangement controlled the epidemic.

After this eye-opener, there was no stopping me. I was totally inspired and energized, and that made me organize a Home of Hope in the United States. It was founded and incorporated as a nonprofit charitable organization helping orphans and otherwise disadvantaged children to become self-productive citizens of tomorrow.

Miracles in my life had just begun to manifest! Bhagavan Baba's presence and guiding hand throughout the past six years has brought our Home of Hope twelve projects (listed below) from all over India, touching the lives of close to 1400 children:

- Children's Home of Hope, Chennai
- Atmashree Educational Association, Bangalore
- Udyan Ghar, Delhi
- Manovikas Charity Society, Delhi
- Putta Veeramma Ashram, Mysore
- Sri Chaya Devi Ashram, Mysore

- Manisha Mandir, Lucknow
- Pingalwara, Amritsar
- Mijwan Welfare Society, Azamgarh, Uttar Pradesh
- Support, Mumbai
- Blind Orphanage, Akola
- Tsunami Orphanage, Karika, South India.

All the children at these orphanages are very special. By no fault of their own they have come to this world and are born poor and orphaned, and some are mentally challenged, physically crippled, or deaf and mute. This year we have taken on under the Home of Hope umbrella an additional 100 blind orphans and 100 tsunami orphans—Home of Hope is a smorgasbord of disadvantaged children.

Our mentally-challenged child can now talk and sing; our physically-challenged child is now winning prizes in Special Olympics; our deaf-and-mute child is learning computer skills; our visually-impaired child is learning Braille skills.

The hectic pace of expansion is mind-boggling, and at moments when I feel overwhelmed by the magnitude of the work, Bhagavan Baba comes through like a loving, nurturing mother. At times I don't even know where I am going or where all this will take me. All I do is just surrender myself completely at the Lotus Feet of the Almighty Higher Power, Sri Sathya Sai Baba.

—**Dr. Nilima Sabharwal**
San Bruno, California

Over the past five years Dr. Sabharwal and her husband Umesh have maintained the Free Medical Clinic for the Non-Insured, under the patronage of the Sri Sathya Sai Baba Center of San Bruno, California.

Though at present we harness but a fraction of the energy of the sun, see how much it does for us, and how much more it could do if we were to harness it all. Similarly, if even a single ray of God's grace can be won, a great deal can be achieved. The ancient sages prayed to God to shower the rays of His grace upon mankind. If even only a fragment of God's grace is secured, so much can be achieved, but without that grace, nothing can be achieved at all. But together with grace, human effort is also essential. Efforts are in human hands; success or defeat rests with the Divine. So rely on the Divine and success will be yours.

—**Sri Sathya Sai Baba**
May 21, 1991

Who Am I?

Duality mind is half blind.

—Sri Sathya Sai Baba

The cosmos is a manifestation of the Divine. Those are foolish who, upon seeing the handiworks of the Divine everywhere, think that there is no God. Without recognizing the omnipresence of God, people seek God somewhere or another. This reflects the dualistic attitude of persons who identify themselves with the body and alienate themselves from God. While God is omnipresent and can be recognized in the divine manifestations of nature, body consciousness prevents people from experiencing oneness with the Divine.

How is God to be experienced? The first requisite is purity of heart. All religions have affirmed the basic importance of purity. The aim of all *sadhanas* (spiritual disciplines) is to achieve peace. Compassion toward all beings is devotion to God.

God cannot be experienced through the ostentatious observance of rituals and worship. Where there is mere pomp and show, there can be no divinity. The bliss of the Divine cannot be found there. As a seed will not sprout on the rocky ground, bliss of the Divine cannot be realized by worship that is devoid of humility and sincerity.

Sadhanas (spiritual disciplines) are not pursued for obtaining the *Atma* (Divine Self). There is no need to seek the *Atma*, which is all-pervasive and present everywhere.

Sadhanas are performed to get rid of the *anatma* (that which obscures the vision of the *Atma* or Divine Self). Man forgets his real nature and loses himself in the consciousness of what he is not. He forgets that he is the *Atma* in reality.

In the state of deep sleep, one is totally unaware of his name, form, position, and so on. Upon waking, he realizes that the “I,” of whom he is conscious in the waking state, was present in deep sleep too. The purpose of all *sadhanas* is to discover the nature of the “I” that is experienced in all the three states of waking, dreaming, and deep sleep.

***Atma* Is the Basis for Everything**

Man identifies himself with a particular name and form and builds up all types of relationships on that basis. How real and permanent are these names and forms? They are all projections of the mind and have an existence only as long as the mind and body remain. The heart represents the *Atma*. It is Self-effulgent.

The light from the heart (*Atma*) illumines the mind and enables it to see the external world. Without this illumination, the mind cannot comprehend the world. The mind is like the moon that receives its light from the sun. It has no light of its own. It shines because of the light from the *Atma*.

When the sun shines, the moon is hardly visible. Likewise, when there is awareness of the *Atma*, the mind is not perceivable. The *Atma* is the basis for everything.

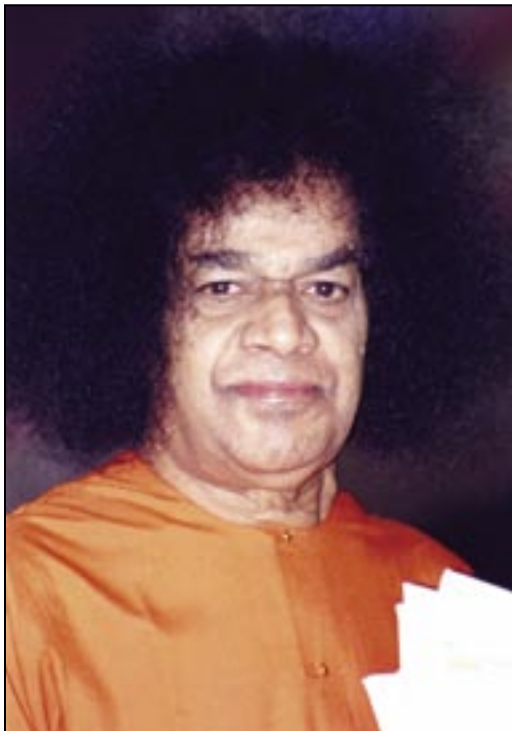
People are naïve in imagining that the *Atma* is inside the body. The truth is: the body, the mind, and the entire cosmos is within the *Atma*. The *Atma* cannot be inside anything else. It is the All. It is everything. Those who perform *japa*, *dhya-na*, or *puja* (reciting God's name, meditation, or worship) conceiving of God as separate from themselves are the victims of dualism. Whatever their scholarship, they are ignorant of their own true nature when they alienate God from themselves. God is in the heart of man.

Objective of Spiritual Quest

All of man's spiritual exercises are at the mental level. By these means, the *Atma* cannot be realized. The *Vedas* have declared: "Mind and speech turn back, unable to reach it." Neither the mind nor speech can comprehend the nature of the *Atma*. The mind is drawn toward the external by the sense organs. It is only by withdrawing it

from sense objects that it can be made to develop *antarmukham* (inner vision).

The "I" principle is present everywhere. It begins with Divinity itself. The first word was



Aham ("I"). Even the *Pranava* (*Om*) came after *Aham*. Before all creation, *Aham* alone existed. That *Aham* became the many. Only the one who realizes the oneness of what he regards as his "I" with the cosmic *Aham* knows his reality. The universal "I" appears under different names and forms, in different bodies, owing to time and circumstance. Even the same person goes through many changes in form and relationships in life. However, the "I" re-

mains unchanged. It is like an actor wearing different disguises, while he himself remains one and the same. The realization of the unchanging and universal character of the "I" (the *Atma*) is the essential objective of the spiritual quest.

Tapas Must Soften the Heart

The sense of duality arises when the "I" (*Aham*) assumes a specific form and name. *Ahamkara* (the ego-sense) is the result of this assumption of form. It is only when one dis-

sociates himself from name and form that he discovers his true Divine Self. To forget his essential divinity and identify himself with a changing and impermanent form is the cause of man's bondage and sorrow. The mind is the cause of this wrongful identification, because of its involvement with the external world and the impressions received through the senses. When the workings of the mind are understood, the reality of the *Atma*, which is beyond the mind, will be experienced as the one omnipresent, immutable principle.

Duality is an obvious fact of every day life. All *sastras*, *puras*, and *ithihasas* (spiritual sciences, epics, and ancient legends) have recognized this duality and sought to regulate men's lives on that basis. As long as men are engaged in activity in the phenomenal world in any capacity, the dualistic attitude is inescapable. All scriptural injunctions are designed to regulate the conduct [of people] in the phenomenal and the temporal world.

The *Vedas* attach great importance to time. The *Sastras* prescribe duties in relation to time, circumstance, and situation. The science of astrology prescribes what should be done according to changes in time. The *panchanga* (almanac) indicates what is likely to happen on the basis of astrological data. During this new year, *Prabhava*, the indications are encouraging. (Swami is speaking of the new year, 1987.) Out of the nine *grahas*

(planets), seven are favorably disposed. The moon is the ruling planet for the year. *Kuja* (Mars) is the minister. Their influence is powerful this year. *Sani* (Saturn) is weak. There will be no scarcity of food and water this year. Food production will increase substantially.

However beneficial the changes may be in the sphere of natural forces, without a change in men's outlook and conduct, they will be of no use. Many persons claim that they are observing rigorous *tapas* (austerities). What is the outcome of these

*Think about God while carrying
on your regular duties.
Regard all work as sacred offerings
to the Divine.
See God in everything you do.*

austerities? If their hearts soften and they show compassion toward the ailing and the helpless, only then does their penance have any meaning. A compassion-filled heart is the real fruit of *tapas* (control of senses). All the *sadhanas* (spiritual pursuits) performed by a hard-hearted person are utterly futile.

Meditate in All Daily Chores

Many undertake meditation as a spiritual exercise and expend many hours in it. In fact, meditation is implicit in almost every act that is done from morning until night. Meditation (in the sense of concentration) is implied in all one's daily chores, such as eating, going to work, attending to business, and so on. One is meditating while reading or playing or shopping.

Without [this type of] concentration, no activity of any kind can be done. When

concentration is on God, however, it becomes spiritual meditation. Does such meditation call for a specific time or place? There is no special technique for meditation. By giving meditation some special names, people are forgetting its real significance. For instance, if people do not listen with *dhyana* (one-pointed attention) to Swami's discourse, they will not remember what Swami said. Even listening calls for *dhyana*. It has no specific form. No *dhyana* is possible with a wandering mind.

See God in Everything You Do

Today, in the name of *dhyana* (meditation), various stunts are being practiced. Instead of spending hours in so-called meditation, with a mind restlessly hopping from one thought to another like a monkey, it would be better to concentrate on the performance of one's household, official, and social duties with earnestness and dedication. Is that not meditation? Of what use is it to sit in meditation for an hour, when you cannot keep your mind still for a minute?

Think about God while carrying on your regular duties. Regard all work as sacred offerings to the Divine. See God in everything you do. Instead of following this simple and easy path, people are engaged in all kinds of gymnastics and subjecting themselves to various hazards. Devote yourselves to your duties. Meditation is not confined to any

one thing. It should permeate every action you do.

Some aspirants wish to seek *ekantham* (solitude). However, being alone is not solitude. People go to Rishikesh, Haridwar, or Tapovanam in search of solitude. Only those who have not understood the real meaning of solitude will resort to such things.

There is real solitude only when the mind is completely still. If while sitting alone in a forest your mind is ruminating on affairs of the world, how can it be called solitude? Without curbing thoughts, solitude cannot be

found anywhere. Either thoughts have to be eliminated, or all thoughts should be turned towards the Divine.

Many imagine that they are deriving happiness by enjoying the things of the world. They should examine who is enjoying whom. In reality, far from their enjoying the things they possess, it is their possessions that are enjoying them. The hatred, anger, envy, and other evils bred by possessions lead only to disease and misery. Why should the body suffer from ills if possessions were the source of happiness? Mankind is losing real happiness by attachment to things that cannot give happiness.

Set Your Sight on the Supreme

Those who have faith in the [*Bhagavad*] *Gita* should note that it has clearly declared



A compassion-filled heart is the real fruit of tapas (control of senses). All the sadhanas (spiritual pursuits) performed by a hard-hearted person are utterly futile.

that this world is ephemeral and a vale of tears. Enduring peace and bliss are not to be found by attachment to it. The source of lasting peace and happiness is within ourselves, and that source is the *Atma* (the Divine Self). It is by realizing this that peace and bliss will be secured. One must constantly develop the consciousness that the *Atma* is everything—the

doer, the deed, and the outcome. When one's consciousness is broadened this way, in due course it leads to Self-realization. If your vision is broad, your destination will also be of the same

magnitude. A narrow outlook can lead only to a narrow alley. If you are immersed in the petty trifles of mundane existence, when will you ever understand Reality, which is beyond the physical and the mental? Set your sight on the Supreme, and illumination will then come in a flash.

Everyone should develop the consciousness, "I am *Atma*, I am *Brahman*." By stating "I am *Brahman*," it is evident that "I" is in *Brahman*. Who is this "I"? *Brahman* means pervasiveness. In declaring "I am *Brahman*," one should develop the consciousness of all-pervasiveness. *Brahman* is all-pervasive, equally present everywhere. You should regard yourselves as the all-pervasive Omni-Self. Whatever you do, whatever you see, whatever you speak, saturate it with divinity, so that you may be aware of your reality.

Find Out What You Really Are

The world will exist for you as long as you have the feeling of duality. In the deep sleep state, you enjoy real bliss and you are not aware of your body, your mind, your feelings, your qualities, or your thoughts—yet you still exist. That same pure you exists

in the waking state, the dream state, and the deep-sleep state. Likewise, in the gross, the subtle, and the causal states, you exist. In all these states and stages, the *Atmic* principle remains, without undergoing any change.

The physical body that performs *japam* (mantra repetition), *dhyanam* (meditation), or various other spiritual practices is but a water bubble. The mind, which is based upon this physical body, is but a mad monkey. With the help of this mad-monkey mind and this water-bubble body, how can you hope to achieve the permanent *Atma*? *Japa*, *dhyana*, devotional singing, austerities, sacrifices—these are all methods only for the temporary control of the mind.

Self-Inquiry

However, there is one practice that will have a permanent effect, and that is Self-enquiry. You should go on enquiring, "Who am I? Who am I?" until you reach the stage where you find out who you really are. The enquiry should go on like this: "Here is my

To forget his essential divinity and identify himself with a changing and impermanent form is the cause of man's bondage and sorrow.

body, and here is my mind, my heart, my feelings, my intellect, my memory power. I am not any of these. Someone has praised me. Someone has censured me. To whom does this pertain? Only to this physical body.” In this way, you must develop a sense of detachment and a sacrificing nature.

How can one physical body abuse another physical body? They are both inert. How can inert things criticize or admonish? They cannot. How can they even worship anything? They cannot. How then, can *Atma* criticize another *Atma*? That is absurd.

One person who has seen God says, “God exists.” Another person who has not seen God declares, “God does not exist.” If a person has not seen God, then how can he assert that God does not exist? Here, for example, is Nanjundayya. The one who sees Nanjundayya declares that this is Nanjundayya. If you point out Chakravarti to one who knows Nanjundayya, saying, “This is Nanjundayya,” the answer will be, “No, he is not Nanjundayya.” A person who has never seen Nanjundayya cannot say whether this is Nanjundayya here or not. Only one who has seen another person and knows that person, is qualified to declare whether that person is here or not.

In the same way, only the person who has seen God and knows God, has the authority to declare that God exists. One may assert

and another may negate, but the object itself remains the same. For both, God exists, because all that exists is only this one *Atma*, this one *Brahman*. *Brahman* is *Atma*, and beyond that, nothing else exists.

Faith and God Are One

Many people aspire for grace, love, devotion, and humility. All these are the forms of the *Atma* (Divine Self). God is not different from faith. Faith and God are one and the same. Love is God, devotion is God, and they are not different entities.



You can cross the vast, deep ocean of worldly existence and enjoy the infinite Divinity that is its reality with the help of a small boat. That boat is the Name of God.

What is the meaning of devotion? Devotion is that which enables the unmanifested divine principle to manifest itself in the inner vision of the devotee. Then, for that devotee, nothing else will exist other than He. To reach that stage, you must discharge your duties, [while] keeping the permanent entity constantly in mind.

You can cross the vast, deep ocean of worldly existence and enjoy the infinite Divinity that is its reality, with the help of a small boat. That boat is the Name of God. In the beginning of the spiritual journey, the Divine Name is the basis for progress, but it should not become a life-long support, depending entirely upon it alone.

While taking a bath or giving a bath to the children, consider that you are doing the purification ritual of washing God Himself. While serving food, consider that you are

offering it to God Himself. While giving food to a beggar, consider that God has come in this form, and that you are serving Him. It seems that a beggar is asking, but it is the *Atma* who is enjoying the food you give.

When you are cutting vegetables for cooking, consider that you are cutting away your desires and ego with the knife of wisdom. While sweeping the floor, don't lament that it keeps getting dirty again and again. Think rather that you are cleaning your own heart. If you are rolling *chapathis* (a flat Indian bread) at

home, consider what joy it is to roll, knead, and expand your heart. In this way, you can consider every activity you undertake as being done for the sake of God. Thereupon, where is the need for separate meditation, separate penance, or separate worship?

Love Can Accomplish Everything

Consider your heart as the *Atma*. Soften it and make it full of compassion. That is the

only spiritual exercise you need to perform. You know that many people are coming to Prasanthi Nilayam from different parts of the world. What brings them here? Are invitations sent? Does anyone ask them to come? It is only on account of the love that is here and that is felt from heart to heart. Through love you can accomplish anything

in the world. Consider love as the *Atma* (Indwelling God) itself. However many scriptures you may read and however many spiritual exercises you may do, if you do not allow your heart to melt

with compassion, your life will be a sheer waste. All practices have to be directed toward softening your heart, so that it will overflow with kindness and love. Develop this feeling of compassion, and allow it to flow fully and spread among all the peoples of the world.

—Sri Sathya Sai Baba

Discourse in Prasanthi Mandir

March 30, 1987

RETREAT ANNOUNCEMENT JUST RECEIVED! A Sathya Sai Baba Retreat focusing on *Unity: Seeing the One in All We See* will take place on July 7-9, 2006 at the “Your Hawaiian Retreat” Center in Opihikao, Hawaii, in the region near Hilo. The registration deadline is June 15. For information and registration, contact Judith Last 808-965-0386 (sairam2@hawaiiantel.net) or Tracy Hedgecock, 808-965-7414 (flowergitha@yahoo.com).

KINDLY NOTE: Please send information about Sai Retreats to the Sathya Sai Book Center at the address, phone, fax, or e-mail printed on page 36. For the 2006 July-August issue, we need the essential details and contact information **before May 15**; for the September-October issue, **before July 15**.

The Prophet

—Karen Chenoweth

Out across the land the voice rang crystal clear:
Turn from your ways—it's God's voice you need to hear.
You have lost your way in the wilderness of desires;
Come to the Avatar and burn them in His purifying fires
Of love and of grace and of absolute peace,
Which nothing can destroy, just only release
You from the bondage of error and fears,
Heal all your wounds and dry up your tears.
Before it's too late and you miss this one chance
To know God while on earth and learn the divine dance,
Tarry not an instant, commit on the spot
To learn from Sai's message what is and what's not,
The path to the goal, which is the knowledge of Self,
The reason you are born, your inheritance, your wealth.
You're not just your body, your mind or emotion;
God is your essence, your love and devotion.
Stop looking for pleasure in things that are fleeting;
Wake from your slumber, mistakes stop repeating.
God has arrived to guide His creation;
Get onto the train at the next railway station.
Step into the light, dispel ignorance and shame—
God has given you the means to play a glorious game.
The rhythm of life is a wonderful beat;
Feel it in your heart and hear it on the street.
What you now know is to be shared with all others—
The young and the old, each father and mother.
Be a living example of what God requests;
Give your life to His care, then just do your best.
Don't hesitate briefly or vacillate with indecision;
Fully open your eyes and see God's magnificent vision
For all of creation, where none are excluded—
The destitute, and forlorn, and criminals included.
Now sound your trumpet and shout from the walls;
Almighty God hears your pleas, do you hear His call?



A Letter to Devotees

“What does Swami want from us?”



With the recent interest in inviting Sai Baba to the United States, I've become aware of different ideas some devotees have presented. I have been touched by the sentiments that have been expressed and have noticed some common threads. One is the desire for Swami to sanctify this land by walking upon its soil, and another is the request to heal our land in these troubled times. These are noble requests.

However, one thing occurred to me that I wish to share with all those who are pining to have Baba come here. Ask the question, “What does Swami want from us?”

There are certainly a lot of things we might want from Swami: healings, blessings, *darshan*, attention, talismans, and so forth. We might, in fact, get lost in our own desires—a desire to have Swami stay in our home, to cook for Swami, to decorate the altar in a hall for Swami, to sing for Swami, etc. But is this what Swami wants from us? Does He need us to cook for Him? Does He need us to sing to Him? Does He need us to organize big events for Him?

I don't think so. These are things that will need to be attended to, and devotees will be asked to step forward and make themselves available, but let's not forget to

ask ourselves what Swami wants. He has said that the only thing we have that we can offer Him is our love. I don't think it's too big a stretch to say also that He wants us to love, or at least tolerate, each other.

Does Swami want us to aggravate the persons who have been put in charge, with our petty complaints, or does He want us to help and support them? Does He want us to struggle to get our views across at any cost, or does He want us to think first about how we can contribute to a sense of harmony and cooperation? This might take some sacrifice and letting go of personal desires.

I have heard stories about a time in the past when it looked like Swami would come to the U.S., and before long, devotees were arguing about the various logistics. Swami never came. Maybe we should ask ourselves why.

If a visit by Sai Baba comes closer to being a reality, and we find ourselves working on a committee or volunteering our talents in some other way—let us remember what Swami wants, not what we want.

—**John Harrison**
Ventura, California

Invitations to Bhagavan

These inspiring invitations are coming in so fast, we can't keep up!

Dearest Sai Baba,

Our hearts swell beyond description, overflowing with fullness of joy and love at the thought of Your coming to visit the United States of America. Please come to visit us, stay with us, walk among us, and let others share in this same holy gift of joy and love, which the glory of Your presence brings to all who know You. Yes... please come... It truly would be the greatest privilege of our lives, of many lifetimes.

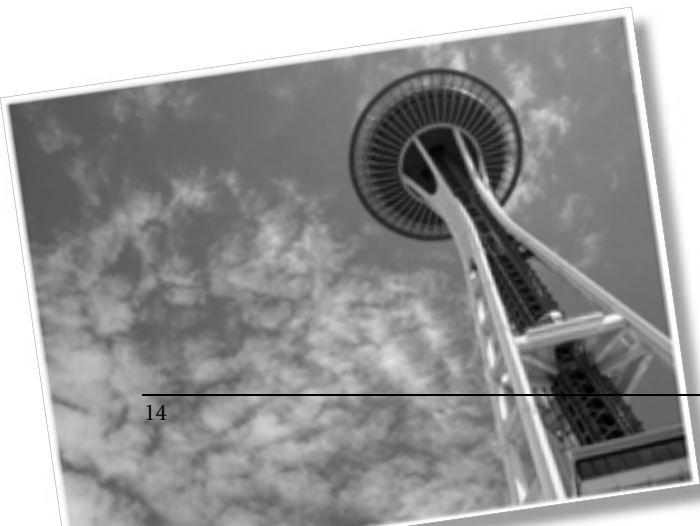
—**William and Judith Jung**
Boise, Idaho



Dear Baba,

You are now receiving invitations from some of Your devotees in the United States. Naturally I would love nothing more than to see You physically in Your chair in my prayer room, so I understand the devotees' requests. You have always placed Your devotees' well being over Your own comfort, but in this case, I pray that You remain in Your own home and don't inconvenience Yourself with such a long and arduous journey. You are always with us anyway. I have read that You made the statement that the ants go to the sugar, and the sugar does not go to the ants. Unless You have changed Your mind, let it be so.

—**Monika Blodgett**
Orcas Island, Washington



Bhagavan,

You have said this of Yourself: *This is a human form, in which every Divine entity, every Divine principle,[and] all the names and forms ascribed by man to God are manifest. Do not allow doubt to distract you. If you only install on the altar of your heart steady faith in My Divinity, you can win the vision of My reality.*

Most fortunate are those who have won that vision after having seen Your physical form. This is undoubtedly a reward for all the good deeds performed in their previous lives, and due to their unwavering faith in Your Divinity. Less fortunate are those who have heard Your sacred Name, yet, lacking faith, still seek the truth. [And there are] those unable to travel to far off India to glimpse Your physical form, who are left with the option of praying that You come to visit them in whatever part of the earth You have willed for them to inhabit. They pray for the benediction of Your *darshan*, as essential to capturing and enshrining You in their hearts.

Bhagavan, our senses perceive Your physical form and the aura of Your Reality, which helps us to develop durable faith in Your Divinity. It so happened in my life. We are all Your children. Do You need an invitation to visit us? If You will it, such a visit will certainly materialize, and humanity will be freed. I understand that this is Your mission in this *Avatar*. Bhagavan, You are God, and I am a mere mortal. You can make things happen. Please visit us.

At Your Lotus Feet,
—H.S. Nagaraja Setty
Chandler, Arizona



Dear Respected, Almighty Baba,

We the family of Pradip, Promila, and Shruti would like to seek Your blessings for love, peace, prosperity, strength, and enlightenment. Please come to the USA, be with us, and bless us with all Your divine gifts. With the utmost humbleness and devotion, we request You to pay us a visit.

With all love, devotion, and respect,
—Pradip, Shruti, and Promila



My Sweet Lord,

How do You ask the seawater to fill the ocean? To ask You to come and visit us in the United States of America is like asking for the atmosphere to fill my home. Thank You for always being a part of my life and my home. I call on You daily to guide me.

Some of Your devotees in America have altered their behavior to entice You to visit. However, many in America do not personally know of Your love and grace. For the blessing You would bestow on them and our country, I ask that You visit the United States of America. It would be an added honor to accept and accommodate You and Your entourage. Please accept this humble plea to visit us and bless this nation and her people with Your presence.

Love,
—**Eric L. Lundgaard**
Las Vegas, Nevada

Dear Swamiji,

We in America are all hoping that You will come to America to visit with us—my wife and I, especially, since she is not feeling well, and will be unable to visit You again in India. She has back trouble and difficulty getting around as she would like. It would be wonderful if You would visit America, and we would be able to have *darshan* at least one more time. We are wishing with all our hearts that You will visit us in America.

We remain always Your devotees.

—**Jim and Janice Masa**
Hemet, California



Dearest Swami,

Joining others, I beseech the Lord of Love to visit the United States in the Sai human form we have come to know and love.

Swami, “i” and I know that You are always here through Your Omnipresent Consciousness, and we accept that You will indeed come as You have said, *As often as you want Me*. But this request is in regard to Your physical form, so that all may marvel and benefit from the deep, deep blessings that extend from Your divine *darshan*. Please fulfill our long-held dream and bless this land of great spiritual potential.

With Love,
—**Hymon**
Goleta, California

Dearest Lord Baba,

Please accept this letter as an invitation to come to the United States of America to visit Your devotees. We have longed for You for such a very long time, and have almost given up hope that You would grant us this precious gift.

In 1976 Elsie Cowan came to India with an invitation for You to visit America and presented the funds to purchase the tickets for You and a small group. You said that You would come. You also told Rita Reeves that she should go home and immediately get married, before You come to America. Rita Reeves and Robert Daniele obeyed Your command and were married June 18, 1976.

Baba, so many devotees yearn for Your *darshan* and are not able to visit India. On behalf of all devotees, we pray that You will consider our sincere request and bless America with Your visit.

Sincerely,
—Robert Daniele

Dearest Swami,

I have been blessed with many opportunities to visit You in India over the years, and I know the profound effect that being in Your physical presence has had on me. I cannot but wish this for those who, for whatever reason, have not been able to travel to India—to experience the joy and transformational effect Your physical presence affords. You have said that *sadhus* (sages) prayed for God to incarnate, and You responded to their prayers. You have incarnated, and new prayers and invitations come again, not only from saints and sages but from devotees like me. We invite You to bring Your physical presence not only to us, but also to many countries of the world. With this message, I add my joyous invitation and pray that You will, once again, respond to these prayers by coming to visit Your beautiful country, the United States of America.

Yours always,
—April Skrobiza
Encinitas, California



Dear Beloved ONE,

We would like to invite You to come to the United States in any capacity You feel led to be here. It would be wonderful beyond imagination for those of us who have not been in Your physical presence to be able to be with You. Much healing is needed here, as in every place in the world, and it would be a great and sacred experience for us to host You and all those who might travel with You to the United States.

Though we have worked together in the spiritual realm, it would be most delightful to be with You in this human dimension as well. So many more would be able to have an experience of Divine Presence and Divine Energy with Your physical Presence among us. Any place in the world where You might be called, would benefit from Your Presence. It is our most sincere prayer that this country might be able to host You and that we, specifically in the Washington, D.C. area, might be able to participate in supporting Your physical Presence among us, if such is Your guidance.

We hold this invitation in Divine Energy Space, that it shall come to pass when all is perfect for that to occur.

Our Abiding Love in All That Is,
Rev. Dr. Robbins S. Hopkins
Bethesda, Maryland



Dear Sai Baba,
If it were possible that the miracle of Your [physical] presence could be a reality in the United States, I would so love to see you. I realize you are 80 years old, but this "ole gal" of 68 would make every effort to see you. I know in my heart that I saw you when my mom died, and we were preparing for her burial. She had seen "an old man in an old car" a few days before her death. I then remember a man who had an old car coming into the convent driveway asking directions. I stared at you and gave you directions. When my sister and I were pulling out of the driveway I said, "That was Sai Baba!" The size, the accent, the laugh, and the MEMORY. It had to be you. If I could love this gift received, imagine how others would feel seeing you face to face. Lots of love, gratitude, and prayers for this to be a reality.

Yours,
Sr. Marilyn Dunn, OP



Dearest Sathya Sai Baba,

With the warmest of wishes and purest of heart, I am sending prayers in my seva to ask You to gift the people of the United States of America with a visit, either in person or in spirit. Our country seems to be very much in trouble, and it has occurred to me that Your grace and blessings can help our recovery process instantly, with the highest love and blessings available.

Considering the losses that the U.S. has had to bear since 9/11, we understand that You have reasons for what is happening here that we do not understand. In the end it will be for our highest good, and yet the process is very painful to experience, leaving many of us with feelings of total impotence and hopelessness.

It is with the deepest and most profound respect and love that I personally ask You for Your precious love and grace, to help our country pass through this transformation process and be restored to the ideals of real truth, respect, and decency—which seems to have disappeared, leaving us with the feeling that it is impossible for us to change.

Please, precious Baba, come to us, grant us Your darshan, and help us to know how to heal our country in the best and most loving way possible. We need You and we love You with our deepest and whole hearts.

*Sincerely,
Ayla Williams*



Dear Swami,

My heart sends this invitation to You to visit us in the United States. Our soil also yearns for Your sacred footprints. So please do try to give us Your blessings of *darshan* in native America. Swami, everything I have of spiritual value, plus my husband, child, and good health is because of You; You simply must travel to the USA. Your presence would be so soothing to us at this new cycle in our lives. We look forward to seeing You soon.

Sai Ram,

—June Nissinen Maley

Dear Divine Loving Lord,

As You know, on September 14, 2004, You approved the formation of our Sathya Sai Baba Center of Washington D.C. and directed us to do *seva* (service), not just to sing and talk. We held our first meeting on Ladies' Day in November, 2004. We were overjoyed when on January 17, 2005 You said You were happy with our new Center and gave Your blessing to our members. We have followed instructions and pray that You remain happy with our efforts.

We, the officers of the Center, invite you to visit the capital city of the United States to observe the local Sai Centers' *seva* projects, to give Your loving *darshan* to our nation's leaders and Your devotees, and to bless the citizens. The divine vibration of Your Presence as it radiates throughout the area, we pray, will increase *dharmic* thoughts and actions and open the hearts of all to truth, nonviolence, peace, and love. With deepest gratitude for Your abundant blessings, we are ready to joyfully open our homes, hands, and hearts to serve you and Your traveling companions.

In Your service,

—Susan Sullivan, President

—Michael Rakoff, Devotion Coordinator

—Douglass Gaum, Vice President

—Beth Clark, Seva & EHV Coordinator

Dearest Beloved Swami,

A few weeks ago You gave me a dream. In the dream I was organizing the volunteers, the parade route, the event—everything that was necessary for Your visit to Arlee, Montana. You told me You were coming to this wee place. In fact, You and a few from Your entourage were in the parking lot of the bank, inspecting our work up to that point. You gave Your approval of the preparations for Your visit and left, giving the information that You would be back for the event. It was going to be a huge and loving event.

Now, Baba, You are asking the U.S. devotees to pray for You to come to the U.S. It is my humble, hopeful prayer that You will visit us here in whatever way You deem appropriate. I would be so grateful for the Divine Presence and Grace in the hearts of this land, on the soil of this land. I await Your instruction on how I can further facilitate Your increased presence in the U.S.

There would be so much beauty in serving You in this way, and any other way. Those of us who know of You and have experienced Your love and grace are so fortunate. Help us bring it to all of the U.S. through Your coming here. With my heart over flowing with love, I sit at Your Lotus Feet.

—**Asante Penny**
Arlee, Montana



Dearest Baba,

You have told us, *I never ask that you earn Me. I only want that you need Me.* The people of the United States need You very, very much.

Love,
—**Monique d'Auteuil**
Farmington Center, Connecticut



Dear Baba:

Today is Valentine's Day, and what a special day it is to ask You to be our Valentine and also to request You to bless us with Your visit to the United States.

You already know that we want you to come. The moment we thought of it and started to write this letter, You knew it. I for one have been longing to see You for a while. I have been considering a visit to Puttaparthi later this year, so Your coming here would be such a blessing to all of us, rather than just the few who may be able to visit You in India. The United States needs Your presence and blessing to put it back on the right track.

Please come. Love,
—**Prem Advani**



Om Jai Sai Ram – Our Dearest Beloved Sri Sri Sri Bhagavan Sri Sathya Sai Baba,

We pray for peace on earth. We pray that we vibrate completely and wholeheartedly with that peace. Springing from that prayer, with all our hearts and souls, we invite You to come to America. We yearn for You with every cell of our being.

With Your coming we open our hearts and homes to You and Yours. All devotees here await You with ecstasy. We know our homeland is totally purified and blessed at the mere thought of Your coming. We know that to have Your Divine Presence here is beyond our imagination, but we do pray for its happening. We bow at the lotus feet of Our Beloved.

Your children at the Portland, Oregon Sri Sathya Sai Baba Center,

—**Sharon Weaver, Mario Messina, John Rogers, Clare Higgins, Seth Shikora, Nancy Powers, and Suzy Murphy**



Dearly Beloved Sai Baba,

We would like to invite You to grace us with Your visit here in the United States of America. We want to take this moment to thank You, for when our world was falling apart You were there to lift us up, show us the way, and light our hearts with love. Your Love has no boundaries of space and time. Your presence in any form will bless us.

With Love and Gratitude,
—**The Papavaritis Family: Jon, John, and Marlena**
Miami, Florida

Dearest Lord,

We humbly ask that You visit our country, America, and bless us with Your beautiful divine presence. It would be the greatest moment of our lives! Our country is in dire need of Your pure, divine energy. We love You so much; please come quickly!!

Loving *pranams* at Your lotus feet,
—**Kendra, Glenn, and Alexander Hoffman;**
Sonya Tomlinson
Florida

Several members of our Center in Tucson, Arizona visit an older devotee, Faith Wood, at a Care Center for the Elderly, where she has been living for several years. Although she has advanced dementia, Faith recognizes our faces and lights up with great enthusiasm on seeing us and being reminded that we are her friends from the Sathya Sai Baba Center. She has not forgotten the *Gayatri* and recites it on her own once we give her the initial cue of “OM.” We found out from the nurse that once when Faith was particularly agitated and confused, she took the nurse to her room and showed her the picture of Swami. The nurse was amazed that right away Faith calmed down. Now the staff knows to call on Him too.

On sharing with Faith the permission granted in the recent *Sathya Sai Newsletter, USA* to write to Swami, inviting Him to come to visit us, she was excited to send the following letter.

—Nancy Newett

Dear Swami, I am writing to request Your Grace about liberating myself at this time of my life. I believe I can do that if I practice Your guidance. I desire that You come to see us in the United states—this is in order to spend time with You, to get to know You better.

Yours very truly,
—Faith Wood

Dear Swami,

You always beckon me to Your side, either in the physical form or through the timeless pathway of thought and spirit. I wish to invite You to forever be in my heart and to grace us with Your presence here in the United States. I leave open the door of my heart as well as to my home. I pray that You will come in physical form to our country, but even more so I pray that You will always be near and dear to my heart. Thank You for forever caring for me and watching over me.

Love,
—Peter Goldberg
Pound Ridge, New York





Oh my Lord Bhagavan Sai Baba:

My heart rejoices of happiness and I dream, my beloved, that You come to America. What a glorious day will be for me.

Swami, I love You so much! And I thank You for all You have been doing for to me. My Lord, what would be my life without You. Please come to us. We are waiting for so long, my sun of love. I bow to You in appreciation for this opportunity. We have to see You here. We invite You to come.

Bhagavan, forgive my English—as You know I am Spanish and can't express all the love and emotion I fill in my heart for You. I love You, Bhagavan

—**Maria Barrabi**

I received the *Sathya Sai Newsletter* today, Jan-Feb 2006, which gave permission to write an invitation to our Beloved Lord. My invitation immediately seemed to write itself. I am sending a hard copy to Baba, and e-mailing a copy to you:

Beloved Baba,

The great epic, the *Mahabharata*, appears to be playing out, again, in the world today. The America I love has become like the financially and militarily superior Kauravas, content to receive a massive army and high-tech hardware to engage in winning a war. The Pandavas, Your devotees in America and world-wide, are inviting only Your Grace.

I pray with all my heart, dear Baba, that You will once again drive the Pandavas' international Chariot, and bring Your victory into this world. I invite You to do this with my hands on Your feet and my heart centered in Yours.

—**Melissa Jager**
Christiansburg, Virginia



My dear Sweet Lord, Sathya Sai Baba:

On this special day of love, Valentine's Day, I am reminded of Your teachings and Your living example of what Love really is. Although I am getting married today, I know life on earth is not truly about our personal relationships with one another, but rather, more important, it is about our relationship with God—and learning to live in Divine Love while serving all around us.

On behalf of myself and many, many other teachers in the United States, I would like to extend to You our hopeful invitation and strong plea to come to our country.

Many of us have had the great good fortune to read Your teachings. We have witnessed the unparalleled educational system You have established not only in India but in educational institutions around the world. We have seen and met graduates who have come through Your schools. We find these individuals to be exemplary human beings who, as a result of Your teachings, now teach us all by their model of integrity and excellence as they lead the way to a better and more loving world.

Many of us have taught Sathya Sai Education classes, and many of us have been able to integrate Education in Human Values into the public classrooms where we work. We have witnessed the miracles that come about when education becomes “Educare,” as You have shown us.

During the past 65 years, You have been able to establish sustainable models in Your homeland. It seems that the time for You to travel outside Your native land has come.

We, in the United States, would love to have You come here. If You could come and walk among us, talk with us, teach us, guide us, inspire us, and personally help us create educational models of hope that would be appropriate to our native land, we would be filled with bliss.

Inspired by You and Your teachings, we would be able to do the deepest work of our hearts. We know we are here to learn and embody Your teachings while we also teach and help lead our country's children back to God, to Love, and to Truth. We pray for the Divine Grace of Your presence in the United States to further Your Divine Mission.

—Gale Arnold
Hood River, Oregon





Dearest Beloved Baba,

Is there a chance that You might come to the United States? The touch of Your feet on the soil here would place a great blessing on this country. We in America sorely need Your blessing.

Dear Swami, please consider coming to America, You would be more welcome than words can convey. There are so many people here who, for whatever reason, cannot travel to see You in India. The sight of You would bless their lives. My mother is such a person. She told me that to see You would be the crowning moment of her life. I understand what she means, because seeing You has been the joy, the crowning moment of all my lifetimes. I ask that You grant the same bliss You have given me to the many who cannot come to Prasanthi Nilayam to see You. Please come to America, dear Lord, please come.

All Your devotees here in Southern California will do everything possible to welcome You and the people who accompany You. I know I speak for many when I say that I would be overjoyed to serve You and Your entourage in any way You wanted me to. The lucky people who would provide a place to stay, a car, meals, and whatever else You might want would be blessed forever.

Knowing everything, Baba, You know what is best for each of us. I only ask that if it is right and timely to make a visit to the United States, that You do so without delay. Our hearts long for You, and the very stones of this land are calling Your name. Please come, Beloved, please come.

Yours in Devotion,
—**Sharon McErlane**
Laguna Beach, California

Dear Baba,

We sure could use Your help. Please come and visit us here in the U.S.A. If You can't get a VISA, then just come and visit in our hearts. I hope to see You soon.

Just Joyfully Participating,
—**Bob Burrows**



We pray that Baba will come to the United States. We can not say how wonderful this would be. We are so excited. Mary said to tell Baba that He can stay at our house.

We sent this on to a number of people, hoping that all will send You a letter asking and praying that Baba will come to the USA.

With love, *Sai Ram*.
—**Richard and Mary Downey**
Clarksville, Tennessee



Swami's Birthday Gift to Us

(Remind Me, My Lord!)

November 23, 2005: On His birthday, it is appropriate to remember the source of all, our Lord, and His gracious gifts to us. It is with this in mind that I write this remembrance of Mother Sai on His 80th birthday.

Recently, I heard a story of a devotee who had gone to Prasanthi and been graced with an interview. The subject of Swami's 80th birthday became part of the discussion in the interview room. Amid the questions and answers, Sai Baba reportedly said that His devotees were going to get a birthday gift from Him. Swami reportedly went on to say that after His birthday we would be able to calm our minds much more quickly, whereas prolonged anger or fear would have been our response prior to His birthday. The devotee reportedly said to Swami, "That's wonderful. We have been waiting so long for this!" To which Swami reportedly replied, "Not as long as I have!"

—**Eric L. Lundgaard**
Las Vegas, Nevada

Conversation between John Hislop, Ph.D.* and Sri Sathya Sai Baba

Conversation from December 11, 1982

Put Your Attention on THE LIGHT

Sai: *Faith is like a fire mountain. It is like an ice mountain. There is nothing else. There is no doubt.*

Hislop: What is doubt?

Sai: *Doubt is confusion. When reading books, one writer says one thing and another writer says another thing. Take one idea and follow it. Rama has one will, one arrow, one mind. The arrow is intelligence.*

Hislop: Where, then, does discrimination play its part?

Sai: *Discrimination is to look to conscience.*

Hislop: In choosing a path to follow, [does that mean] one should not decide amongst ideas by the use of logic?

Sai: *No, not by ideas—by conscience, by self-confidence. Do not follow another; follow your Self. To follow another is to be a slave.*

Who are you? “I am not the body, not the mind, and not even the Atma (Indwelling Divinity).” “I am Atma” is two: I and Atma.

“Neti, neti, neti” (not this, not this, not this)—that is the way of the Vedas. Swami is in your heart. Think of Him there.

Hislop: What is God’s light, Swami? What is the light of God?

Sai: *When truth is joined with love. That is the light of God. It is not an outside light, like the electric light bulb. It is an inner light.*

Hislop: Swami, how [can we] be in that light? Everyone here would like to be in that light and stay all day in that light.

Sai: *When in a dark room you are looking around with a flashlight, everything can be seen except one thing. You [can]not see yourself. With your eyes you are seeing, but if the flashlight is turned on you, the objects of the room are not seen. As long as your attention is on the [worldly] light, you will not be enjoying God’s light.*

Hislop: To be in God's light, [experiencing] union of truth and love, how is that to be approached?

Sai: *Meditation. Meditation is looking inward. It is light.* (The implication seems to be that as long as our attention is centered on our worldly life, we will be seeing the world and not seeing God.)

Sai: *I see good only. Everyone is God. There are only some bad actions.*

Hislop: That is very hard to understand, Swami.

Sai: *No. Not hard, easy.*

Sai: (to a Malaysian group): *All of you are God. There is only He.*

Sai: (to B.): *Who are you?*

B: Barbara.

Sai: *No! That is only the body's name. Body is not you. Body has relatives, but the soul has no relatives. There is only one Soul, and that is God.*

—From *Conversations with Sri Sathya Sai Baba*, by John Hislop, Ph.D.

*Dr. John Hislop, who has since passed away, had many conversations with Bhagavan during the 1980s. The *Sathya Sai Newsletter, USA* will publish more of them in future issues.

The same divine light shines everywhere, at all times, and in all beings.

It comprises existence (asthi or sat), illumination-knowledge (bhathi or chit), and joy-bliss (priya or ananda). All things seen in the universe have the unseen as their basis. All things that move have the unmoving as their basis. So too, for every living being—why, for the very cosmos itself—the invisible Brahman, the Supra-Truth, is the basis. It is this Parabrahman, the Omni-Self, that causes the cosmos to shine.

The term “divine light” (jyothi) is appropriate only for this light, and not for the limited, inferior, physical light. Divine light has neither beginning nor end. It is the supreme light (param-jyothi), the light without a second (adwaita-jyothi), the eternal, unbroken light (akhandajyothi). In other words, it is the Supreme Brahman Itself, for all this is revealed only in and through it.

—Sri Sathya Sai Baba
Sutra Vahini, pp. 61-62

Children's Corner

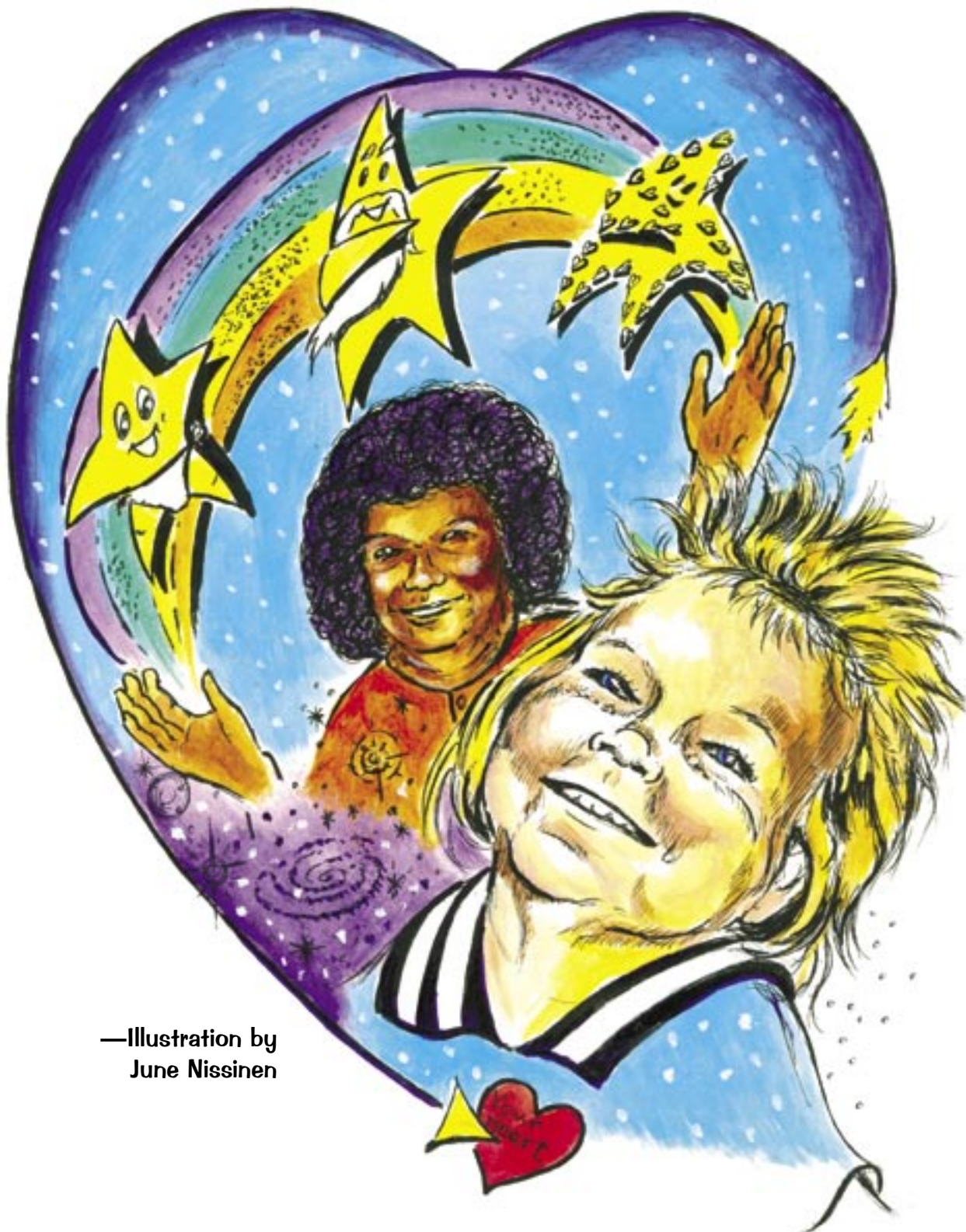
The Voice of Conscience

The voice of conscience
isn't so strong,
It quietly tells us
what's right and what's wrong.
So if your desires are
hopping about,
Demanding attention
with all of their shouts,
It's hard to hear conscience,
so cool and so quiet,
Above those desires, which
are causing a riot.
If you are trying to hear
Swami's words,
Don't heed those desires—
then conscience is heard.
The conscience is really
Swami in you,
Quietly telling you
just what to do.

Also it helps to surrender
your will—
then carefully listen
to His voice so still.
How can He warn of a
dangerous route,
If you're acting foolish
and running about?
Your conscience is Swami's
private telephone—
And when you are ready,
He'll call you back home!
—Author Unknown

Dear Sai Sisters and Brothers: In the January-February 2006 issue of the *Sathya Sai Newsletter, USA*, pictures were printed incorrectly on pages 4 and 5. Even though I was in India at the time, I, as editor, take full responsibility for the error. A special apology goes to the young actresses and their families for that disappointing mistake.

—Barbara Bozzani, Editor



—Illustration by
June Nissinen

❧ SRI SATHYA SAI WORLD FOUNDATION ❧

The International Sri Sathya Sai Organizations have been formed for the spiritual upliftment of mankind. For the maintenance of order, authenticity, and accountability among these organizations, the “Sri Sathya Sai World Foundation” is hereby established. By the Divine Command of Bhagavan Sri Sathya Sai Baba, this Foundation will henceforth assume responsibility for the governance of all functions of the International Sri Sathya Sai Organizations. The Foundation will work together with the Prasanthi Council to accomplish the administration of these Organizations.

Be It Known That:

- * Sri Sathya Sai Baba teaches that man is born to live a spiritual life and demonstrate the principles of Truth, Righteousness, Peace, Selfless Love, and Nonviolence.
- * Good-willed men and women have come together from many countries to study and incorporate these teachings in their lives and thereby uplift the quality of human life.
- * The incorporation of these teachings requires the practitioners to selflessly serve mankind and exemplify these noble principles in every aspect of their lives.
- * The Foundation called the “Sri Sathya Sai World Foundation” is formed to function as the highest administrative body of the International Sri Sathya Sai Organizations.

The Mission of This Foundation is:

- * To ensure the authenticity of all programs engaged in by the International Sri Sathya Sai Organizations.
- * To ensure that all programs, publications, and interactions with other legal entities are conducted in a manner that is compatible with the principles enumerated above.
- * To ensure that the actions of the International Organizations bearing the name of Sri Sathya Sai Baba are conducted according to His express guidance and the teachings that He has expounded all these years.

❧ RESPONSIBILITIES ❧

The Foundation Will Commence Its Function by:

- * Accepting international responsibility for all publications, films, photographs, and audio/visual materials distributed by the International Sri Sathya Sai Organizations.
- * Accepting responsibility for all education programs conducted by the International Sri Sathya Sai Organizations/Institutions.

- * Accepting responsibility for all healthcare programs conducted by the International Sri Sathya Sai Organizations.
- * Accepting international responsibility for any other humanitarian programs that will be initiated by the International Sri Sathya Sai Organizations.
- * Accepting comprehensive legal responsibility for all programs and activities conducted by the International Sri Sathya Sai Organizations.

The Foundation will assume the role of the governing body of all International Sri Sathya Sai Organizations and Institutions, while the Prasanthi Council will remain the managing body of these Organizations and Institutions. The Foundation will initially be comprised of three Directors: Dr. Michael Goldstein, Chairman and Director; Dr. Narendra Reddy, Director; and former Vice Chancellor of the Sri Sathya Sai Institute of Higher Learning, Sri S.V. Giri, I.A.S. (Ret'd.), Director.

The members of the Prasanthi Council remain unchanged. With Bhagavan's Grace, this new structure and relationship between the Foundation and Prasanthi Council will enable us to bring all elements of the International Sri Sathya Sai Organizations and Institutions together in a concerted effort toward the spiritual transformation of mankind.

—Michael Goldstein, M.D., Chairman
Sri Sathya Sai World Foundation

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Jacksonville Medical Camp

Jacksonville, Florida

On January 28, 2006 a Medical Camp was conducted in Jacksonville, Florida at Paxon Middle School, a public school run by the U.S. government.

At 7:00 a.m., volunteers from several cities in Florida—Jacksonville, Tampa, Orlando, Daytona Beach, Palatka, and Atlanta (Georgia)—began arriving at the school to provide loving medical services to all the Medical Camp’s visitors, who were mostly African Americans, Hispanics, and Native American Indians.

The day began with a complimentary continental breakfast at 7:30, provided by the devotees of the Sathya Sai Baba Center of Jacksonville, followed by an introductory orientation by Dr. Jose Gomez, Medical Camp Director, who emphasized that the most important goal of the camp was not only to provide medical screening and education, but to share love and to experience personal growth as a result of it, and that we were not serving others, but ourselves.

Seventy-four people were provided with basic screening services, such as blood cholesterol, blood sugar, blood pressure measurements, sickle cell screening, AIDS screening, dental and vision evaluations, and hearing tests. Immunizations against

the influenza virus were administered, and referrals to local health care institutions for free mammograms were made.

The medical camp was blessed with the participation of twenty-three physicians, from departments such as general and family medicine, to specialties such as internal medicine, oncology, gastroenterology, pulmonary medicine, ENT (ear, nose, and throat) psychiatry, pediatrics, obstetrics and gynecology, emergency medicine, surgery, anesthesiology, and nephrology. Also present were five dentists, sixteen dental hygiene students, six nurses, and one Ph.D. doctor in psychology.

Group presentations were given on the following topics: Healthy Hearts, Obesity, Cancer Awareness, Stress Management, and individual education on Diabetes and Anger Management.

The video, *His Work*, in English and Spanish, was available to visitors, along with information about the Sai Center in Jacksonville, in case anyone wanted to learn more about Sathya Sai Baba, His organization, and His teachings.

One hundred and twenty-three non-medical volunteers, including several Spanish translators, provided assistance



during the Medical Camp. At the end, each visitor received an exit interview. Many of them made the comment that they had been to other health fairs in the past, but this camp was the best because of the love and compassion they felt from the Sathya Sai Baba devotees and the well-organized program.

A local TV station covered the event and a filmed report was shown the same day on the 6:00 p.m. news hour. At the end of the camp, a healthy vegetarian meal was served to all the volunteers.

— **Jose Gomez, M.D.**

Medical Director, Jacksonville Medical Camp
Regional Service Coordinator
Southeast Region, USA



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BOOKS

Bhagavan Sri Sathya Sai Baba's 80th Birthday Souvenir Volume Set This exquisite, full-color five-volume set produced in honor of Swami's 80th Birthday commemorates the Avatar and His mission, highlighted by beautiful photographs and in-depth explanations of Swami's life and service projects; His work in education, food service, water projects, and hospitals; and how He has revealed Himself to millions of devotees through His Divine Compassion, Love, and many miraculous events.

Hardcover, five 170-page volumes in a carrying case.

BA-299 \$99.00

Bhajan Dictionary, compiled by Alova, B.A., M.S. This book contains words from over 1,000 devotional songs, with their pronunciations and meanings. It includes Sanskrit, Hindi, and Telugu words. Soft cover, 300 pages.

BW-009\$14.00

Essential Wisdom of the Bhagavad Gita by Jack Hawley. The essence of the *Gita*'s teachings is presented in a user-friendly format, addressing five perennial spiritual questions: Who am I? Why am I here? Who, or what, is the Divinity that many call "God" and what is my relationship to that Divinity? Is it possible to live a spiritual life, and if so, how? These and many other insights are revealed in this book. Soft cover, 101 pages.

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VCDs (playable on a computer or DVD player) and DVDs

Bhagavan Sri Sathya Sai Baba's 80th Birthday Discourse Swami delivers His 80th Birthday Discourse in the Hillview Stadium in Puttaparthi, India, on November 23, 2005, to over 300,000 devotees from all parts of the world. One 60-minute DVD.

T-SCE350 \$4.00

Festivals at Prasanthi Nilayam, Part I This set of 10 VCDs highlights festivals from January to September of 2004, including the Sports Meet, *Maha Shivarathri*, *Sri Rama Navami*, *Guru Purnima*, *Sri Krishnashtami*, and *Ganesh Chaturthi*.

T-SCE122 \$25.00

Festivals at Prasanthi Nilayam, Part 2 This 10-VCD set of festivals held in Prasanthi Nilayam from October to December 2004 includes Dasara, Gujarathi New Year, Eid Ul Fitr, 79th Birthday Celebrations, and Christmas.

T-SCE123 \$25.00

CD-ROM

Veda Manjari, Part I This CD-ROM guide and tutorial aids listeners in understanding the meaning and correct pronunciation of nine Vedic hymns, including *Ganapathi Prarthana*, *Narayana Suktam*, *Durga Suktam*, and others. One CD-ROM.

T-SCE301\$15.00

For a complete listing of available books by and about Sathya Sai Baba, please contact the Sathya Sai Book Center at the addresses or numbers above.