



# SATHYA SAI NEWSLETTER, USA

September - October 2006

Volume 30 • Number 4



*Love*

*Peace*

*Truth*

*Nonviolence*

*Right Conduct*



*It is my hope that you will develop your self confidence, strengthen your faith in Divinity and discharge your daily duties in a spirit of absolute surrender. Just as a torch light is superfluous to see the moon, which can be visualized with the aid of its own light, God, the embodiment of Love, is perceived only through Love. Thus, in order to realize Him, we should enrich our hearts with Divine Love.*

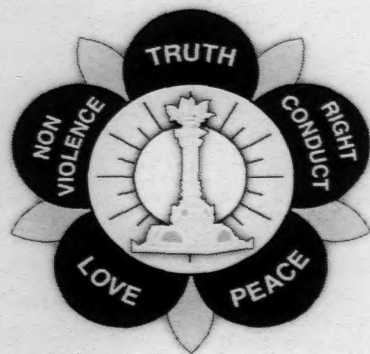
*— Sri Sathya Sai Baba  
Summer Showers in Brindavan, 1979  
Pages 169-170*

*Cover Design Created by  
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# Sathya Sai Newsletter, USA

*Our 30-Year Anniversary Issue is dedicated with Love and Devotion to  
Bhagavan Sri Sathya Sai Baba*

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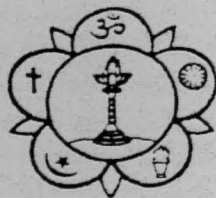
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—Editors



**Special Reprint Issue –  
Commemorating 30 Years of Service to Sai**

DEAR AND DIVINE READERS: This year, 2006, marks the 30th anniversary of the *Sathya Sai Newsletter, USA*. Swami's perennial message remains ever fresh, as does our duty and dedication to faithfully represent His message and works to our subscribers. We thought readers might enjoy a historical view of this continuity, through a look at some of the content from our very first issue, Vol. 1, No. 1, published in June 1976, appearing on the following eight pages. —The Editors



# SATHYA SAI NEWSLETTER

June 15, 1976

Vol. 1, No. 1

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## SATHYA SAI BABA'S MESSAGE FOR THE JUNE NEWSLETTER

MY DEARS! WHAT IS PRIMARILY NEEDED FOR ONE WHO WANTS TO ULTIMATELY SURRENDER HIMSELF ENTIRELY TO THE LORD IS A CONSCIOUSNESS OF PERFECT SECURITY UNDER THE PROTECTING GRACE OF THE SUPREME LORD. THIS CONSCIOUSNESS CAN NEVER LEAVE US IF WE CONTANTLY PRACTICE THE REMEMBRANCE OF HIM. VERILY, REMEMBRANCE ITSELF IS DARSHAN\*. THE REPETITION OF GOD'S NAME MUST LEAD TO DEDICATION OF ALL YOUR ACTIONS TO HIM. THIS REMEMBRANCE WILL BE YOURS EVEN WHEN YOU ARE INTELLECTUALLY AND PHYSICALLY ACTIVE IN ALL THE WALKS OF LIFE WHEN YOU CONSIDER THAT THOSE ACTIVITIES ARE PERFORMED IN THE NAME AND FOR THE SAKE OF THE LORD. DURING YOUR OFF-MOMENTS DO NOT FAIL TO KEEP YOUR THOUGHTS ENGAGED IN THE CONTEMPLATION OF GOD AND AT THE SAME TIME MEDITATE UPON THE TRUTH THAT ALL YOUR PHYSICAL AND MENTAL POWERS HAVE THEIR SOURCE AND INSPIRATION FROM THE COSMIC ENERGY OF THE DIVINE.

WITH BLESSINGS,  
BABA

\*'Darshan' is the spiritual blessing of seeing the Lord.



QUOTATIONS FROM THE TEACHINGS OF SATHYA SAI BABA

The only method which you can adopt to escape from the coils of the mind is the cultivation of pure intelligence. This is the sum and substance of all spiritual discipline. And the intelligence gets cleansed of all partiality and prejudice, hatred and greed, only by the adoration of God through Love poured out to all the beings created by God and standing witness to His glory and beauty. Share love with all; earn the treasure of love, store it in your heart, and invite all to share it.

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Love, not lust, is the essence of a happy life.

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In this large gathering, there are people who speak many different languages. Each individual can understand only his own language, and would like to be addressed in that language. But there is a language of the heart, which everyone can understand and which all would like to hear. That is the language which I speak, a language that goes from my heart to yours. When heart speaks to heart, it is love that is transmitted, without any restrictions. Trials and turmoil, excitement and enjoyment, searching and suffering--these are the same for all mankind. A responsive heart listens to them with sympathy, and answers with love.

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(continued...)

The secret of happiness is not in doing what we like,  
but in liking what we have to do.

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Spiritual practices (sadhana) are required to control the mind and the desires after which it runs. If you find that you are not succeeding, do not give up your practice but do it more vigorously, for it is the subject in which you 'failed' that requires special study. Spiritual practice requires inner as well as outer cleanliness. You do not feel refreshed if you wear dirty clothes after a bath, do you? Nor do you feel refreshed if you put on clean clothes after skipping the bath. Both are needed, the external as well as the internal.

Children believe you when you tell them that a policeman will catch them, or a ghost will 'get' them. They are full of innocent fear, obedience, and confidence. But having grown old and filled your minds with all kinds of ideas, theories, and arguments, you must use your discrimination to discover God the hard way. This much, I will tell you: there is no escaping it. All creatures have to find God some day, either by a short or a long route.

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Patience is all the strength man needs.

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"I need nothing, however great or small, in this Universe. At no moment has desire affected me for any thing or activity. I am the Person come to give, not to receive. And, what you can offer me is just this: pure, unadulterated love. When you offer me that, I derive bliss (ananda)."

Baba. SATHYA SAI SPEAKS, Vol 9.

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THE SRI SATHYA SAI CENTRAL COMMITTEE OF AMERICA AND THE  
SATHYA SAI NEWSLETTER

The Sri Sathya Sai Central Committee of America was founded at the Second World Conference of Sathya Sai Organizations, held at Prasanthi Nilayam (India) in November, 1975. The purpose of the Central Committee is to act as an advisory and controlling board to oversee the activities of the Sathya Sai Baba centers in the United States. The guidelines for the centers were given by Baba for the benefit of the American devotees, so they may strive to fulfill the ideals set before them.

The full guidelines are now available and cover the establishment, activities, and conduct of Sathya Sai Baba centers. In particular they emphasize that there is to be no connection between these centers and the collection of money, solicitation of members, or in the dispensing of spiritual 'blessings'. The purpose of the center is to provide a meeting place for those who wish to learn, discuss, and practice the teachings of Sathya Sai Baba, and to serve as an information point or 'signpost' for individuals interested in these teachings. There are no intermediaries between Sathya Sai Baba and the devotee, or the public; those who engage in Sathya Sai organizational activities do so as their own personal sadhana (spiritual practice), as one of many steps on the path to Self-Realization. Advertising, publicity, the sale of techniques, teachings, or mantras; the charging of admission fees to meetings or other functions; or any other practices which commercialize Sathya Sai Baba's message or associate it with the spiritual 'marketplace' are prohibited. Books, recordings, and other informational items are produced and distributed without any personal profit for any individual.

(continued...)

The SATHYA SAI NEWSLETTER, published by the Coordination, Communication and Information Committee of the Central Organization, is available by subscription to individuals anywhere in the world. Its purpose is to provide, for those who are interested, the message and teachings of Sathya Sai Baba in Baba's own words, significant information about Sathya Sai organizational and social service activities, and a variety of other features of general interest. In future issues of the NEWSLETTER, a directory of centers in America and their meeting schedule will be provided, as well as a list of sources for information, publications, recordings, films, and other materials related to Sathya Sai Baba.

Each NEWSLETTER will begin with Baba's message, written in English for each issue, followed by quotations from a variety of sources. Because the original English translations may pose some difficulties for American readers (many Sanskrit words are retained and certain English phrases not common in American usage are found), certain editorial changes have been made. This has been done, however, based on suggestions made by Mr. N. Kasturi, the translator of most of the material reproduced here.

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REPRINTED ARTICLES FROM EARLY EDITIONS OF "SANATHANA SARATHI" (The magazine published at Prashanthi Nilayam since 1958)

FEBRUARY 1959-

DEVOTEE: Swami, please bless everyone to attain Liberation; then, the whole world will be really happy.

SWAMI: For me to give such a blessing goes against the freedom you possess. Once the sadhana (spiritual practices) needed to attain that blessing are taken up, the blessing will come of itself; it is not something that can be



granted! Is there any need to pray to the sun to shower its rays of sunlight and to make them fall on you? Shining is the sun's nature. If only the obstacles between you and the sun are removed, and you stand right under its rays, the sunlight will fall upon you by itself. Similarly, if you keep the obstacles of delusion, attachment, and ego between you and the rays of God's grace, whose fault is it if the rays do not fall on you? What can the rays do?

DEVOTEE: This is as good as saying that we should keep ourselves away from the traits of ego and attachment.

SWAMI: Why do you say "as good as saying"? I AM saying so emphatically, over and over again! If you seek the rays of grace, strive without wavering. Instead, if you prefer to wallow in this dirty pond, then you need no grace. But remember, even if it seems unnecessary now, you will crave for Liberation later on, or after a few more births. You cannot escape from the task of renouncing delusion and ego--it has to happen some day. So why suffer until that day comes? Why can't you attain Liberation by becoming pure as quickly as possible? Strive for this from today... no, from this very minute. Only, do not go to extremes in your efforts. Be patient and steady.

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OCTOBER 1969 - THE ESSENCE OF LIFE (a message from Baba)

*Life is a market. In life, giving and taking, bargaining and speculating, are part of the game. Life has its ups and downs, its profits and losses, its joys and sorrows, depreciations and appreciations and balance sheets. But the giving of Devotion (Bhakti) in exchange for Liberation (Mukthi) is the most powerful business of all.*

(continued...)

The proof of the rain is the wetness of the ground; the proof of true devotion is the peace of mind that the aspirant has attained--the peace that protects him against the onslaught of failures, the peace in which he is unruffled by loss and dishonor, the peace that does not disturb his mind with anger, hatred, jealousy, conceit, and the lower passions; the peace that makes him feel tranquil, unconcerned, and unattached under all circumstances and with all human natures. Know that you are the embodiment of that peace.

Religion is a personal encounter of the individual with the Supreme. Do not unsettle anyone's faith--God is One. Each one comes from God, is of God, is Himself God. Each individual is a lovely flower in the garden of Allah. It is only in this world that spiritual progress can be made. Annihilation of ego and dissolution of desire can be accomplished here and now, or else going and returning back to this transient world is sure...

God wants of you no big showy things. Offer Him your little gifts of love, and He will accept them as His holy food.

The true devotee should be a good farmer. The farmer removes the thorny bushes and weeds; the devotee removes wasteful and wicked thoughts from the heart. The farmer plants, plows, waters, sows, fertilizes, and then fills his granary with a rich harvest. The devotee plows the heart with good deeds, waters it with love, fertilizes it with faith, plants the saplings of repetition of the Lord's name (namasmarana), fences his Self with discipline and good company (satsang), and then reaps the harvest of wisdom (jnana).

Man should become human first; that is the first task. Religion follows next, but must be preceded by a thorough heart cleansing.

O child of God, fill thy world with love and longing, with selfless service. So be thou a source of blessing to many.

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SOME RECENT QUESTIONS AND ANSWERS WITH BABA

QUESTIONER: At the meeting it was mentioned that people doing other kinds of meditation (other than the meditation on light recommended by Swami) should not join a Sathya Sai Baba center?

SAI BABA: This yoga and that yoga is not the answer. Yes, they may join even if doing other meditations. Let all unite in the one goal. God is reached only through love. Pranayama subjects the heart and lungs to strain and pressure. The health must be good. Devotion (Bhakti yoga) is best. A big mixture will only create confusion. The meditation on light is safe and sure and leads directly to the goal.

QUESTIONER: But if one has been initiated into another meditation, Swami's book says it is wrong to change.

SAI BABA: The goal remains the same. There is just some change in the pathway, the method employed. Meditation on light is real meditation. Light is formless, eternal, divine. It is the safe way and the sure way; but above ALL is LOVE. At the beginning we should carefully consider and investigate the meditation or sadhana that we propose to adopt. Who is the guru? What is the result? If then we have full confidence, full confidence that it will take us to our spiritual goal, then go ahead and stay with it. But it is a spiritual goal that we aim for, not a physical goal, not a goal at the sensory level.

QUESTIONER: But how can I get that self-confidence that I do not have?

SAI BABA: To do bad things, you have the self-confidence to go ahead with the bad things. The self-confidence is also there to do good things. Everyone has self-confidence.

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# Message

you as body, mind or soul are a dream.  
but what you really are is Existence, Knowledge,  
Bliss. You are The GOD of This universe. you are  
creating The whole universe and drawing it in.  
To gain The infinite universal individuality, The  
miserable little prison individuality must go.  
Bhakti is no crying or any negative condition.  
it is seeing of all in all we see.  
it is the heart- That reaches The goal. follow The heart.  
A pure heart seeks beyond The intellect. it gets  
inspired.  
Whatever we do reacts upon us. if we do good,  
we shall have happiness and if evil, unhappiness.  
within you is The real happiness, within you is The  
mighty ocean of nectar divine. Seek it within you,  
feel it, feel it; it is here, The self. it is not The body,  
The mind, The intellect, The brain. it is not The desire or  
The desiring. it is not The object of desire. Above all  
these, you are. All these are simply manifestations.  
You appear as The smiling flower. as The twinkling  
stars. what is there in The world which can make  
you desire anything?

With Blessings  
Baba



# The Universal Altar

*Love Faces All Directions*

At a recent Sai Spiritual Education (SSE) play practice, a young student was reciting his lines while facing the altar on which Swami's photo was present. "Sai, You are around me, beside me, and inside me," he recited, and then he stopped suddenly and turned around saying to me, "If I look at Swami here, then I'll have my back to Him behind me!" I turned to him and said, "God is in your heart, and so you are facing Him wherever you are." It was one of those "Ahaa!" moments for the young boy. Even though he had repeated his lines a number of times before, their meaning to him was still on the intellectual level only. At this very moment, he understood; he really understood.

For many years now, I have found myself closing my eyes when sitting in front of an altar. When I look at the altar, I feel too focused in a forward direction. Even though I know that God is not in the picture, or rather, the picture is in God, I lose the sense of universality when I am focused forward. However, when my eyes are closed, I "feel" the presence of the Divine everywhere around me, beside me, and inside me. With my eyes closed, I am no longer focusing on Form, but rather the Formless, the Pure Love, which cannot be seen but only experienced.

The mind has no boundaries. It travels thousands of miles in seconds. With my eyes closed, I can "feel" myself at the Sai Kulwant Hall, sitting there, absorbing the powerful vibrations of Divine Love. At the same time, I am aware of the room I am sitting in—the Sai Center in Medford, New Jersey. In such an experience, I am completely in the present moment, and as such, I am in all three periods of time—the past, present, and future. How is that possible? It is because the past is in the present and the present is in the future. Swami says that the "present" is a gift, because it is omnipresent.

Unity in Diversity is the principle of Educare. Just as the prism of light spreads before us the beautiful color spectrum of the rainbow, so is everything around us a manifestation of Divine Love. I like the analogy Swami uses of a fish in water. The water is around, beside, and inside a fish. The fish is so dependent on this water that if the water is taken away it will die. In the same way, the energy of Divine Love is around us, beside us, and inside us. If this Love is lost, we lose the will to live. Love is our very nature, and we cannot exist without it. An important *seva* (service) is to help those who are lonely in our society, for it is crucial to their survival to feel loved.

I've tried meditation, but was relieved to read that Swami says traditional meditation—where we sit and quiet the mind while focusing on a form of God—is nothing more than concentration: *These days, people sit in meditation only for developing concentration, not with a view to contemplate on God. People mistake concentration for meditation. This is not a correct method. All these exercises are reaction, reflection, and resound. Only you are real; you are the truth. You are able to visualize God only in human form.*

I was relieved because it is true: I found myself working so hard to concentrate on God, trying to quiet and steady the mind, that I couldn't concentrate for very long. Swami goes on to say, *Embodiments of Love! Let the flame of your love be steady, not flickering. There is no greater spiritual practice than love. Divinity is omnipresent. You have to realize this omnipresent divinity within yourself. It is present in all the three states of consciousness—namely, the dream, waking, and deep sleep states.*

Swami says that God is omnipresent, that Love is God, and to see only good. I've said these to myself and to SSE students in Region 2 as I teach workshops. As I keep saying it, it sinks in deeper and deeper. Can I look at the trees as I drive along the road in my car and be grateful for their beauty? Can I cut vegetables for dinner and feel God in the vegetables, the knife, and the counter? Can I see a crowd of people or a sick and lonely person and feel the God in them/him is the same God in me? It takes practice, but as I do this more and more, working to see only the good in everything, I feel I am

making progress. An interesting part of this experience is that as I do this, I find myself more and more in the present moment, not worrying about the past or future, and having more faith in the Divine One.

This Divine One is pure consciousness. Therefore nothing happens without a reason. I know that any experience I have during the day is perfectly timed to teach me what I need to know. I see everything now knowing it is simply the reaction, reflection, and resound of my own inner nature. The more I purify myself as an instrument of the Divine, the better I am able to see the good and beauty around me, and I am grateful. I am eternally grateful just to be alive in this world, on this earth that is suspended in space like a wondrous blue marble. And the "glue" that holds it all together is none other than the pure consciousness of Divine Love, inside and around us all.

The world feels smaller to me now. Everyday, I say to myself, "I am God; I am not different from God. I am the indivisible supreme, absolute, *Sat-Chit-Ananda*, Being-Awareness-Bliss. Grief and anxiety cannot affect me. Fear cannot enter me. I am God; I am not different from God."

Everything around me is now an altar. No matter which direction I look, there I find Divine Love, because it is universal. The entire world is a universal altar. It is beauty and pure Divine Love itself.

—Cathy Daub  
Medford, New Jersey



# Give Up Attachment to the Body

*Develop Attachment to Divinity*

*Creation emerges from Truth and merges into Truth. Is there a place where Truth does not exist? Visualize this pure and unblemished Truth.*

(TELUGU POEM)

Embodiments of Love! The *Navaratri* festival (nine-day celebration of Divine Mother and the victory of good over evil) is celebrated all over India, but nobody seems to make any effort to comprehend the inner significance of this festival. The *hridaya* (heart) is the abode of *Atma* (divinity). No being can exist without the principle of *Atma*.

God, who resides in all as the principle of *Atma*, has no specific name and form. But people attribute various names and forms to Him. The *Ganapatyas* (worshippers of Ganapati) consider Lord Ganapati as supreme; the Shaivites consider there is none superior to Lord Shiva. The devotees of Sai consider Him to be the greatest. Some devotees say all are one. In fact, all names and forms belong to the same God. He responds to the prayers of devotees in whatever form they worship Him, so each person considers the form he worships to be superior to the other forms. It is a sign of ignorance, however, to consider one form superior to the other.

What is important is that your prayers not be confined to mere words. They should be translated into action. It is easy to speak but not so easy to practice. True prayer is that which is translated into action.

During the *Navaratri* celebrations, the Divine Mother is extolled in various names and forms. All names and forms are based on your feelings, but God contains no differences whatsoever. No one can comprehend the nature of divinity. Actually, the principle of love that exists in all beings is the principle of divinity. Love has no specific form. Divinity transcends name and form. Love is God. Live in love. Truth is God. Truth is all-pervasive.

## No Different Truths

There are no different truths for different countries, such as American truth, Russian truth, Indian truth, Japanese truth, and so on. Truth is one and the same for all; it is uniformly present in everyone.

True celebration of the *Navaratri* festival lies in contemplating on *Sathyaswarupa*

(the embodiment of truth). Respect one and all, for the divine Atma is present in all. To respect all is true worship. If you want to be respected, respect others in the first instance. Give respect and take respect. Understand the principle of oneness that is divinity.

The Vedas declare, "Truth is one, but the wise refer to it by various names." You may call Him by any name and form, but God is one. This principle of unity should be firmly installed in your heart.

God is present in everyone in the form of love. Wherever you go, He is with you. He is the eternal witness. Share your love with others and receive their love in return. Love is your greatest virtue. Love confers the ultimate joy and bliss.

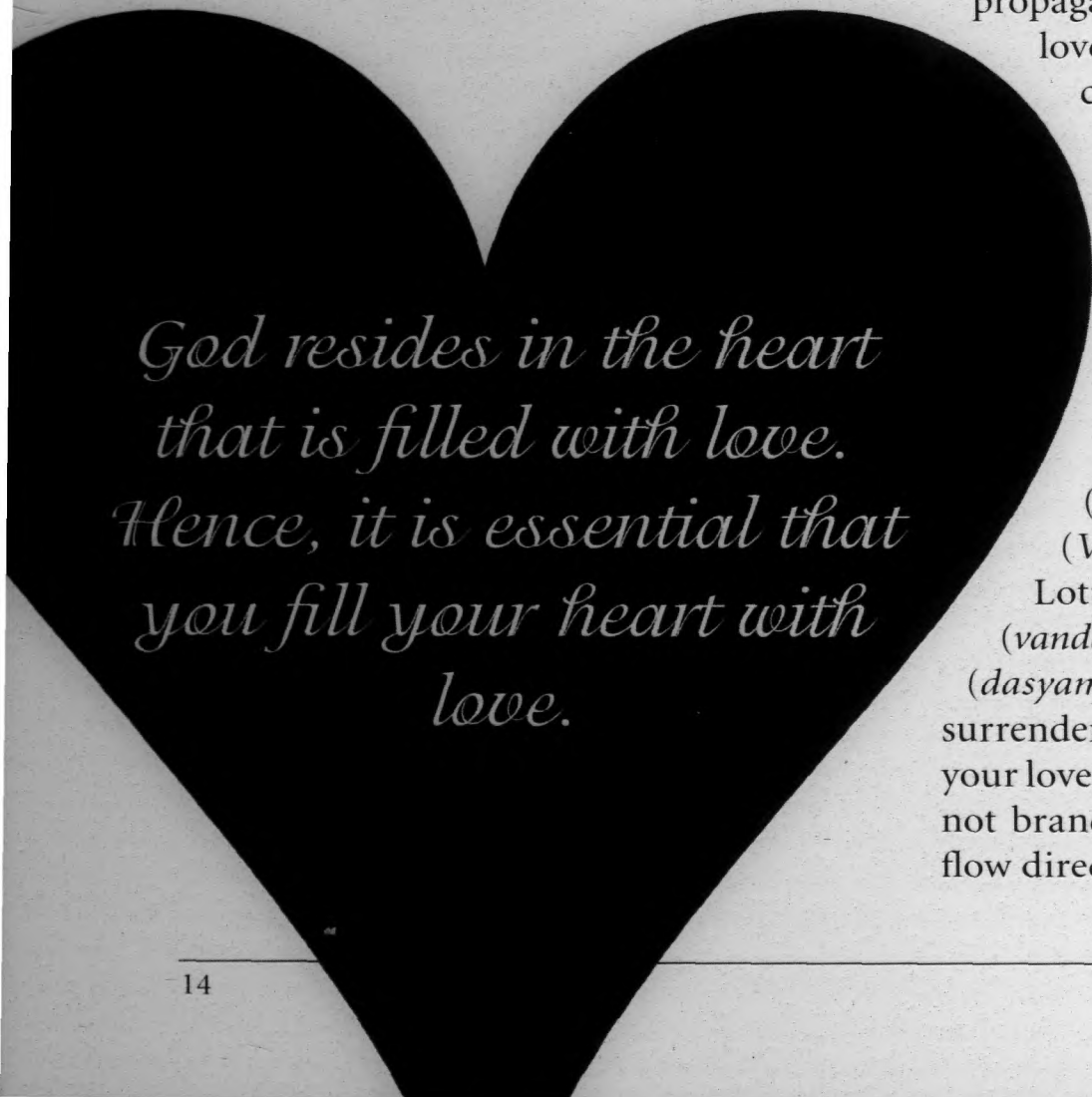
God resides in the heart that is filled with love. Hence, it is essential that you fill your heart with love. Where there is love, there is God; you don't need to search for Him. He is always in you, with you, around you, above you, and below you.

### What God Expects

Adhere to the principle of love. Never hate anyone. Hatred is your worst enemy. Once you develop love in you, hatred will naturally vanish. If you come across your bitter rival, greet him with love. He too will reciprocate the same feeling.

How can you expect love from others when you do not have any love for them? It is love and love alone that I practice and propagate. Try to understand the power of love; it is your greatest wealth. None can estimate its value. What does God expect from you? He expects only your love. Love is the tax that you must pay to God for all that He has given you.

During Navaratri worship, you express your love to the Divine Mother in nine different ways: listening (*sravanam*), singing (*kirtanam*), contemplating on Vishnu (*Vishnusmaranam*), serving His Lotus Feet (*padasevanam*), salutation (*vandanam*), worship (*archanam*), service (*dasyam*), friendship (*sneham*), and self-surrender (*atmanivedanam*), but God wants your love and nothing else. Your love should not branch out in different directions but flow directly toward God.



*God resides in the heart  
that is filled with love.  
Hence, it is essential that  
you fill your heart with  
love.*



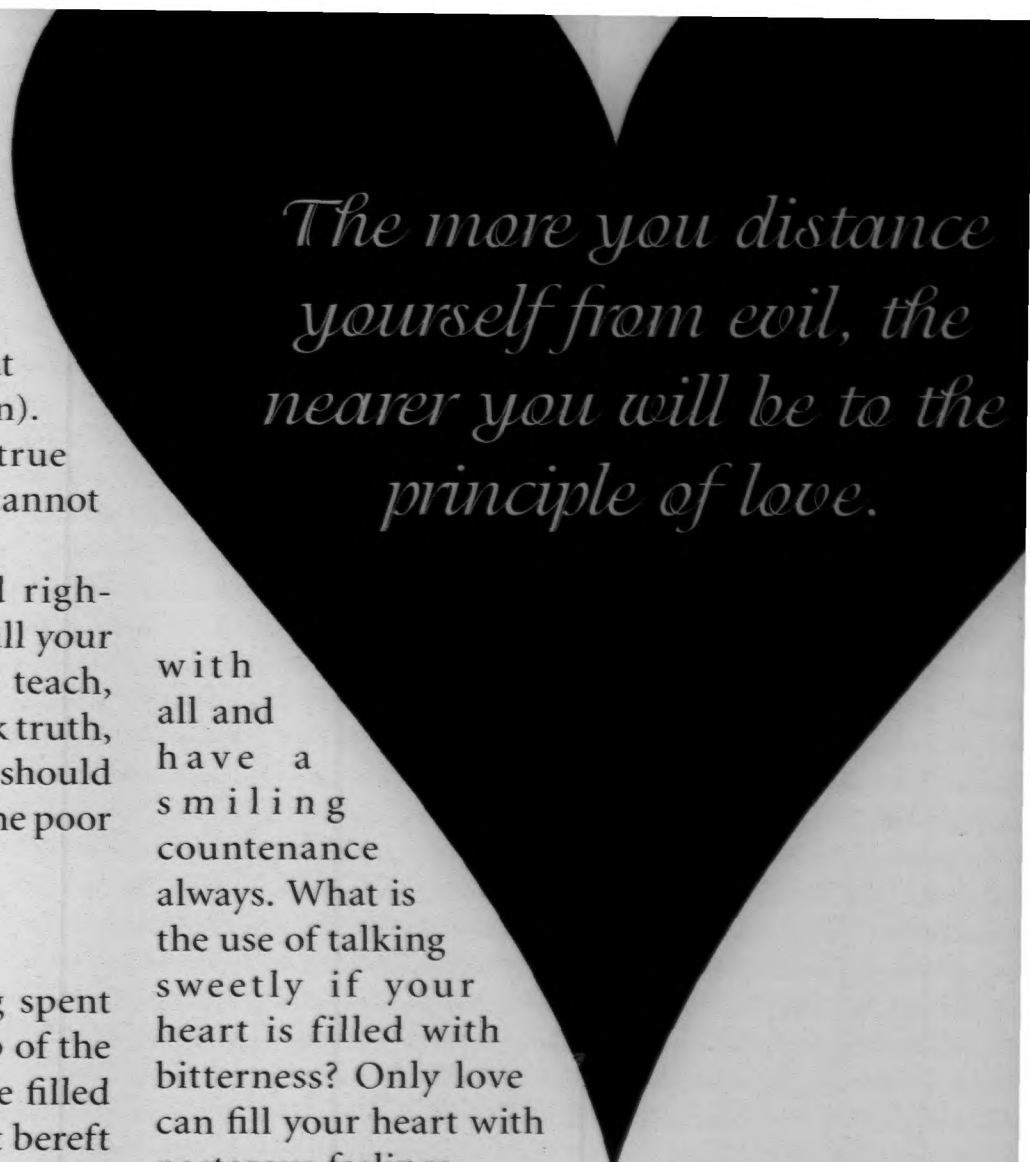
If you love others, you will be loved in return. If you utter harsh words, they will come back to you as resound. Fill your heart with love and compassion. *Hridaya* (the heart) is that which is filled with *daya* (compassion). Compassion is the hallmark of a true devotee; one who lacks compassion cannot be called a human being.

When you practice truth and righteousness, you will be successful in all your endeavors, which is why the Vedas teach, *Sathyam vada, dharmam chara* (speak truth, practice righteousness). Your heart should melt with compassion when you see the poor and needy.

### Love: The Sustaining Current

Embodiments of Love! Having spent this Navaratri festival in the worship of the Divine Mother, your heart should be filled with love and compassion. The heart bereft of love and compassion is verily a cemetery. Right from dawn to dusk, love should form the undercurrent of all your activities. The moment you get up from bed, resolve that you will tread the path of love. Only then can you gain the vision of God, who is the very embodiment of love.

True spiritual practice lies in connecting love to love. Love can transform even a hard stone into butter. Swami always teaches the principle of love. **It is enough if you call "Baba" with love from the depth of your heart. He will come to your rescue.** Consider love as your life-breath. If there is no love in your prayer, it will prove futile. Love should be "heartful" and not artificial. Be friendly



*The more you distance  
yourself from evil, the  
nearer you will be to the  
principle of love.*

with  
all and  
have a  
smiling  
countenance  
always. What is  
the use of talking  
sweetly if your  
heart is filled with  
bitterness? Only love  
can fill your heart with  
nectarous feelings.

Embodiments of  
Love! Your entire life is based on love. Without love, you cannot exist even for a moment. Hence, develop love, considering it as the very form of God.

Today marks the culmination of the Navaratri festival. Worship of the Divine Mother is meant to destroy evil qualities and foster virtues in you. The more you distance yourself from evil, the nearer you will be to the principle of love.

You don't need to make any efforts to acquire love. The moment you eschew evil, love will automatically enter your heart.

## Experience the Principle of "I"

Students! Love is inherent in all of you, but you are diverting it on worldly matters. True love relates to the Atmic principle. Worldly love is bound to change with the passage of time, whereas spiritual love is permanent. Even your breathing process speaks of the presence of love in you. When you inhale, you make the sound SO and when you exhale, HAM; together, SO-HAM means, "I am That." The principle of "I" is uniformly present in all. This can be experienced by following the nine paths of devotion.

Never give scope for differences. Understand the unity of "I and You are one." Your love gets fragmented when you fail to visualize unity in diversity. There is only one heart, which is changeless.

Your words may vary, but your heart remains steady. The *gopikas* (cowherd maids devoted to Krishna) used to pray:

*O God, I offer you the heart that You have given me. What else can I offer at Your Lotus Feet? I pray to You to accept it.* (TELUGU POEM)

The heart is not your property; it belongs to God. There is nothing in this world that you can call your own. You may consider worldly wealth and materials as your property, but they are not permanent.

Lord Krishna declared, *Since the world is temporary and full of misery, contemplate on Me constantly.* Divine love alone is true and changeless. The mariner's compass always points north; likewise, your love should always be directed toward God.

You cannot claim to belong to mankind unless there is kindness in you. Your life

should be suffused with love and kindness. You should dedicate your life to love. You may wonder how to pray to God. In fact, you don't need to pray to God. Let your love flow incessantly toward God. Then you will understand the statement of unity, "I and You are one." There is no second entity.



## Who Are You?

Embodiments of the Divine Atma! You see the body but you don't understand the feelings associated with it:

*The body is made up of five elements and five senses. But you are not the body. The body is made up of five elements and is bound to perish sooner or later, but the Indweller has neither birth nor death. The Indweller has no attachment whatsoever and is the eternal witness. In fact, the Indweller, who is in the form of Atma, is verily God Himself.* (TELUGU POEM)



You refer to “my head,” “my heart,” and so on. Then, who are you? When you engage in self-inquiry in this manner, you will realize that YOU are different from the body. God pervades each *anga* (limb) of your body in the form of essence. Hence, He is extolled as *Angirasaya Namaha* (Salutations to the One who is the essence of all my limbs), but it is a mistake to confine God to a particular form. As long as you limit God to a form, you cannot attain Him

### Attributeless, Formless

You should realize that God is attributeless, formless. And He is the very essence of life. The physical form is bound to change. A child becomes a boy; a boy becomes a man; a man in turn becomes a grandfather. In this manner, your physical form undergoes constant change. But You will remain the same. You are the embodiment of God. Once you understand this truth, you will not be affected by physical changes.

### As the Feeling, So the Result

Many of you are anxious, thinking that Swami is not maintaining good health. In fact, My health is very good. Real health is not related to the body.

Because you equate Swami with this physical frame, it appears as though Swami is not well. *Yad bhavam tad bhavati* (As is the feeling, so is the result). Do not identify Me with this physical body. I am not the body (*dehaswarupa*), I am the Indweller (*Dehi*).

There is no difference between you and Me. I have all powers in Me, but you are

deluded, seeing My physical form. Whatever I am doing is only to satisfy the doctors and other devotees. As a matter of fact, there is no trace of ill-health in Me. I am always healthy. **Not only today, till 96 years I will be like this.** I can do whatever I want. But those who go by the physical form think that Swami is aging. Youth and old age are related to the body and not to Me. I am always the same. I can do anything.

However, this body is yours. This body has come for your sake. You can change it the way you like. If you think that Swami is strong and healthy, yes—so He is.

There is no weakness in Me. My limbs (*angas*) may appear to be weak. But I am not *angaswarupa* (embodiment of limbs), I am *Atmaswarupa* (embodiment of the Divine Atma). Wherever you may go, worship God as *Atmaswarupa*. Do not identify Him with a form. Give up body consciousness and develop Atmic awareness. Only when you lead a spiritual life will you be able to visualize the embodiment of divinity. But if you identify Me with the body, I cannot walk even two steps. Do not think about the form. Have faith that I am the *Atmaswarupa*. Then I will always remain healthy.

Realize the Atma as your very life. Every one of you is endowed with divine energy, but you are misusing it. Your youth is in your hands. Your very life is in your hands. You are not the body; you are the life principle. The body is meant to serve as an instrument in your quest for truth.

The same Atma is present in all. Here you see a silver tumbler with water. The

tumbler is the basis for the water, silver is the basis for the tumbler, and divinity is the basis for silver. Divinity is not made up of material. Hence, give up the materialistic point of view. Realize that your Swami is not constrained by form; He is full of *ananda* (bliss).

When you develop such faith, you too will experience *ananda*. Many devotees were worried, "Why has our Swami not given a single discourse during the last week, though many others have spoken?" Of course, whatever I speak is love in verbal form. But remember that whenever I come amidst you, the love, the bliss, and the strength that manifest in Me cannot be described in words. In fact, I don't require food or drink. Bliss is My food. Develop such faith.

### **Viswamitra Was Fooled by Maya**

The great sage Viswamitra was taking Rama and Lakshmana along with him for the protection of the *yajna* (sacrificial fire ceremony) he had undertaken. When they reached the banks of the Sarayu River, he told them, "My dear ones, you are coming with me for the protection of the *yajna*. In order to do so, you will have to go without food and water while waging fierce battle against the demons for extended periods without respite. Hence, I will teach you two mantras that will render you free from hunger and sleep."

Such is the power of *maya* (illusion)! [Only a short time earlier,] when King Dasaratha, fearing danger from the demons, was reluctant to send his sons with Viswamitra, the sage counseled him, saying, "Oh king, do not get deluded by seeing the

physical forms of your sons. They are not ordinary mortals. They are verily divine."

But when they reached the banks of the Sarayu, even the sage was overcome with *maya* and taught them the mantras as if they were ordinary humans. He told them, "Do not identify yourself with the physical body. You are the embodiments of the Atma. You are *Chaitanyaswarupas* (Embodiments of the Supreme Consciousness). You are endowed with divine power. Always bear this in mind, and you will be free from hunger and sleep."

After the protection of the *yajna*, Rama went to Mithila with the sage. They walked a long distance for sixteen days, yet Rama remained ever cheerful and full of bliss. In fact, bliss was His form. Hence, develop bliss more and more. Do not confine God to a physical form. I am not this body.

The body is made up of food materials. This body is a den of dirt and prone to diseases; it is subject to change over time; it cannot cross the ocean of *samsara* (this sea of life). It is nothing but a structure of bones.

*Oh mind! Do not labor under the delusion that the body is permanent.*

*Instead, take refuge at the Divine Lotus Feet. (TELUGU POEM)*

### **Attach Yourself to Atmic Consciousness**

It is a grave mistake to identify yourself with the body. Give up body attachment (*dehabhimana*) and develop Atmic consciousness. Only then will you understand and experience your true form, i.e., the Atma. Otherwise, even the smallest physical ailments like a stomachache,



headache, and so on, will make you feel anxious.

Physical ailments are like passing clouds. As long as you are deluded by body consciousness, you will be affected by them. Once you give up body attachment, you will be no more bound by the body and its limitations. When you sit in meditation, you forget your body. Meditation means giving up body attachment and developing Atmic awareness.

Everyone, while referring to one's self, uses the term "I," the principle of Atma. Hence, you are not related to the body. It is only an instrument. "I" is your true identity. You may add any number of "I's," yet this truth will always remain as "I." This I-principle of unity is present in all and is the same for you and Me. It contains no difference whatsoever.

If you do not give up attachment to the body, all your education will prove futile. Understand that you are not the body. You are I. Never forget this truth. The physical form is bound to change.

Embodiments of Love! True Navaratri celebration lies in giving up attachment to the body (*dehabhimana*), and developing attachment to the Divine Atma (*Atma-bhimana*). You can see for yourself what an exalted position you will attain once you give up body attachment. You may be weak physically and mentally, but when you develop Atmabhimana, all your weaknesses will vanish in a trice. Establish yourself in the firm faith, "I am God."

—Sri Sathya Sai Baba

October 5, 2003, Vijaya Dasami

### 2006 Expected Festival Dates at Prasanthi Nilayam

|                   |                                                               |
|-------------------|---------------------------------------------------------------|
| <b>Sept 5</b>     | Onam (Hindu harvest festival)                                 |
| <b>Oct 5-11</b>   | Dasara & Vijaya Dasami Celebrations                           |
| <b>October 21</b> | Deepavali (Diwali)—The Festival of Lights                     |
| <b>Nov 11-12</b>  | Global Akhanda Bhajan (24-hour continuous devotional singing) |
| <b>Nov 19</b>     | Ladies' Day                                                   |
| <b>Nov 22</b>     | Convocation                                                   |
| <b>Nov 23</b>     | Bhagavan's Birthday                                           |
| <b>Dec 25</b>     | Christmas                                                     |

### Sai-lent Retreat in New York

The Northeast and Mid-Atlantic regions of the U.S. Sathya Sai Organization announce their "Weekend of Silence" to be held at St. Mary's Villa, **Sloatsburg, New York**, commencing with registration on Friday, **October 13** through lunch on Sunday, **October 15**, 2006. The retreatants will participate in a program of meditation, devotional singing, mantra, prayer and "Sailence." This is a wonderful opportunity to leave the distractions of the world behind and to find Baba deep within our hearts. For further information please contact:

**Shanker Jousula:** shanker.jousula@fmr.com  
508-786-5939 (H) 508-361-5939 (C)

or

**Chuck DiFazio:** charles\_di\_fazio@sbcglobal.net  
860-613-0373 (H)

# Everything Is God's Will

*There Are No Mistakes*

My seventh and latest trip to see Swami was September 19 to October 14, 2005. I wanted to go at that time of year because I'm so drawn to the Vedas and the chanting of the Vedas. I ended up going all by myself, which is amazing in itself because I have a wife and a little boy, but they told me to go because they knew what it meant to me. So I went, thinking to myself, "Swami, what a gift! What a gift You are giving me—not that I'm going alone, but because this event is very special. To be there with You when they are chanting the Vedas and doing this *yagna* (Vedic sacrificial ritual) is so special." I really wanted to see that event; I've had this deep desire for many years.

So I went, thinking that the Dasara celebration was what I was going for, but this trip ended up being just for Swami. I did enjoy the *yagna*, and I discovered that every time Swami comes out now the students are chanting the Vedas. They chant all the time while he is out. The minute He comes out of His room they start to chant, and to hear the little students chant the Vedas is just an incredible thrill.

Because I went alone, I had to stay in a shed, which I hadn't done since my first trip. They assigned me to the last shed, but it didn't matter. I just thought to myself, "I'm so

happy to be here. I'm so happy for everything He's done for me." If you try to write down everything you think God has done for you, the list just keeps going and going.

It was actually a joy to be there. The shed was so quiet, and everyone was so sweet. I had to walk a long way in the morning, but I was just happy to be there and tried to see everything that came to me as Swami and His Grace—everything. Whatever came to me, I would think, "Well, Swami, this is exactly the way You want it to be." And so I had a great time. It was wonderful. I tried to see Swami in as many things as I could.

Darshan has changed a little bit. He's coming out in a car; there's the windshield, and it's a little tricky to see Him. It's lucky that we even get to see Him at all. I would go early in the morning and sit from 5:00 until 10:00 just to see Him. He would come out, and He is so beautiful! It was such a great thing to see Him. It seemed like He would look around and then look back in my area. Then He would look around and look in my area again. I felt so happy to be there.

I would go early to get great rows—and I never got good rows—but I thought, "Eric, you've had so much in your life. How much more do you want? How much can you ask for?" Of course, I wish to be Swami's best



friend and never to leave His side! That desire is there, but to want more and more isn't right. To want more and more is to be ungrateful for everything that I've been given, and I've been given so much. So I was thankful and happy no matter if I was ten, twenty, or thirty rows back. I was just happy to be there.

Swami said in one of the talks that the highest, most supreme truth and teaching is that God is One. He said there is nothing other than that, and that everyone you come in contact with is God. Everyone is God, and your duty is to love them. When He was saying this, I felt that the consciousness within the area was being lifted, and that everything happens for our good.

Then, in a discourse after the second or third day, Swami said something that to me that was even more powerful. It was one of the most powerful moments I think I've ever had. He said, *There are no mistakes. You have*

*never made a mistake. You are God; you are God. For you to even think of praying to Me to be transformed is My grace. You can't pray to be transformed unless I will it. Everything is God's will; there are no mistakes.*

Being the person I am, I'm always thinking, "Oh why did I do that?" or "Why did I think that?" But now what Swami was saying was to think about God all of the time and think that every person that you come into contact with is God. Everything they're thinking, everything they're doing, is God's will. There is nothing at any moment that is not God's will. I'm here right now. You are here [reading this] right now, and all of that is God's will for some reason. So there are no mistakes. That message was very powerful to me, and I was so thankful. My whole trip was just to be thankful. Thank you so much, Swami!

—Eric Wing  
Ojai, California

*To celebrate Navaratri, new as well as nine (nava means both 'new' and 'nine'), at Prasanthi Nilayam is indeed a rare chance, replete with wonder and joy. For this is the Abode of Peace, the Peace that ensues when the six enemies (desire, anger, greed, attachment, pride, and malice) are destroyed forever. The Prasanthi flag will now be hoisted as the symbol of this consummation—the conquest by man of the six enemies and the illumination within him of the Flame of Wisdom, installed in the Lotus of the Heart. It is the flag of swaraj (dominion over oneself), true independence, when you can genuinely claim to be master of the realm most intimately related to you. It is the flag that flutters in the breeze of bliss; the flag that announces the arrival of inner splendor. It is the flag that heralds the dawn of the highest wisdom and the deepest peace. ... Hoist that flag on the temple of your heart. Follow the prescription it teaches—subdue the six enemies that undermine your natural bliss, ascend that yoga stage wherein all agitations are stilled, and allow the splendor of divinity within to shine forth, embracing all, for all time.*

—Sri Sathya Sai Baba, October 12, 1969

# I Am a Sai Devotee

I am not born for lesser things.  
I cannot compare myself with  
anyone else.  
My life is mine. My Swami is mine.  
I am a Sai devotee.

Passing joys do not titillate me.  
Waning shadows do not amuse me.  
Fading bodies,  
Flickering minds do not entice me.  
I am not here for lesser pleasures.  
I am a Sai devotee.

I am not here for composing an  
incomplete poem,  
Nor for executing an unaccomplished  
mission.  
I want it in full – the bliss.  
I am going to finish it – once and  
for all.  
Nothing can pull me to get off my  
train  
At an intermediate station.  
I am a Sai devotee.

There is a logic if someone  
Who does not believe in God  
Complains about his problems.  
There is a reason if someone  
Who has no guiding star  
Lags behind with indolence.  
But I am not like that.  
I have the solution in my hand.  
I have my Guru  
Not somewhere else on earth,  
But seated in my own heart.  
I am a Sai devotee.

It does not make sense in my case  
to spend  
Even a single moment in despair.  
It is not rational in my case to wait  
for happiness.  
It is not reasonable to behave  
Even with the slightest egoism,  
in my case.  
I do His work, He does my work.  
I am a Sai devotee.

I am here to give, not to take.  
I am here to forgive, not to avenge.  
I am here to console, not to complain.  
I am a Sai devotee.

I don't ask you for anything.  
My Swami will give me.  
You can neither harm me nor help me.  
It is His will that becomes my life.  
I am a Sai devotee.

I am a



When I talk sweetly to you,  
You might think that I like you.  
No, I am talking to my Swami in you.  
When I help you, you might think  
I am being kind to you.  
No, I am serving my Swami in you.  
I am a Sai devotee.

At the outset  
I may appear like anyone else.  
'Cause I also have two hands  
and two ears.  
But my hands are always involved  
In my Swami's work.  
I do everything in His name,  
Even a cough or a sneeze,  
A walk or a talk.  
My ears always hear His Voice,  
His Name and His Message.  
I am a Sai devotee.

On the surface,  
My life might appear like that of  
anyone else.  
Since I also work and earn,  
Eat and feed, sleep and dream.  
But my thoughts are always in Him  
and for Him.  
I have no misgivings, no bothers.  
No fears, no complaints.  
I am a Sai devotee.

I will be a success.  
It is a fact, not a hope.  
I am everything.  
It is my experience, not a quote.  
I am a Sai devotee.

I do, but I am not the doer.  
I dream, but I am not the dreamer.  
I walk in His footsteps.  
I fly on His wings.  
I am a Sai devotee.

Joy is my nature,  
not my dream.  
Light is what I radiate,  
not what I search for.  
Love is what I am,  
not what I yearn for.  
I am a Sai devotee.

For you, Dasara might be today.  
For me, it is every day, every moment.  
I am a Sai devotee.

—Sai Sandesh

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Sai Devotee

# Invitations to the Lord

*...to come to America*

We are still accepting your invitations and invite you to continue sending them by e-mail or regular mail to Sathya Sai Newsletter USA c/o the Sathya Sai Book Center, 305 West First Street, Tustin CA 92780-3108; sathyasaibooks@sbcglobal.net. Please include your complete name, address, and contact information in any e-mail submissions.

Dear Sathya Sai Baba,

I was filled with great joy when I heard the possibility of You physically coming to the USA. I began to imagine it in my head. Wow! We would be so honored. My wife and four children have not had the chance to see You in India yet, but what a blessing it would be to see You here. Many more people would come to know who Sai Baba is, and we would probably witness many miracles and transformations. They would no longer feel the need to ask me "who is that guy with the afro all over your house" because they would already know. I never mind when people ask; in fact I am happy to tell them. Now that I think about it, having an afro is brilliant.

Please, Swami, make this possibility a reality and come to America. Shower us with Your grace. Bless us and this country. The blessing would last for many generations. We know You are already here because You are everywhere, but still we want You here physically. You are welcomed in our house in New Jersey any time and for as long as You like.

I have a feeling there are some great miracles that You would like to fulfill by coming here. I am sure we will read about them in years to come.

Thank you. We love You very much.

—Sarah, Johnathan, David Jr., Michael, my wife Viviana, and I, David Zarfati  
Cape May Court House, New Jersey



Dear Baba,

In a little corner of the USA, in the state of Connecticut, there is a small group of Your devotees who meet every Friday night. We know You are with us, and we are all grateful for the many blessings You have showered on us, individually and as a center.

You live in our hearts, Baba, and we pray that You will continue to deepen our love, and to use us as Your instruments.

Baba, we also want to invite You to come to the USA in Your body, as well as in Your spirit. We long to see You. We long for our families to see You and know You. We hold a deep desire to share You with our friends and with our countrymen. Please give us Your *darshan*.

If and when the time is right, we invite You to bless our country with Your presence. Will You come to New York, where the orange "Gates" have already filled Central Park with a sense of mystery?\* Will You speak at the United Nations, where world leaders sorely need to learn to build peace? Will You visit New Orleans, a great city devastated by natural disaster? Will You visit our mountains? Our plains, our oceans? Our cities?

Baba, as You know, we are a country of great diversity. Our people come from many countries and worship by many different religious traditions. It is well known that we are a country of great material wealth, yet we too have poverty. Please, Baba, come and heal our poverty of spirit. Please touch us with Your grace. Please fill us all with Your love. Your will be done—now and always, here and everywhere. This is our prayer and our invitation to You, our Beloved Lord.

In faithful devotion, may we ever remain,

—Curt & Bitsy Noel, Nettie Spiwack, Linda Kramer, Peter Goldberg,  
Arvind & Vidya Teredesai, Bob Becker, Dorothea Winston, Fredrica Halligan,  
Arun & Kusuma Nampapur, Chris Bonnemort,  
Dianna Williams, Shama Mital, Mary Ann Lee  
Silvermine Center, Norwalk, Connecticut

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\* "The Gates" is a massive public art project consisting of 7,500 orange fabric panel drapes on display in Central Park, New York in February, 2005.

### Some Reflections . . .

It is common knowledge that we never wait for an invitation to enter our own dwelling or those of our best friends, or close relatives, for that matter.

According to Swami, the whole world is His body, with each country being either His limb or part of His limb. He also says that the world can be equated to His mansion, with each country representing different rooms within it. Yet another time, He equates the world to a large railway train, with each compartment representing the different nations. In short, there has never been any separation of the different countries in His eye. All have always remained part of the One. Then, why would He need an invitation to visit America? Have we, His children of this land, alienated God to such an extent that He has to ask of us an invitation??? If God Himself feels alienated, then what must be the plight of His devotees?

This message urges us to reflect upon our individual actions, words, and thoughts and to meticulously cleanse and purify each and every thought in order to make each of us a better instrument of His, in His Avataric mission. It is time to live in the spirit of oneness and to be elevated to divine consciousness.

Swami says the countries of the world fall into two categories—*karma bhoomi* (countries where the people are devoted to activities with spiritual motivation) and *bhoga bhoomi* (countries where the people pursue the pathways of the senses, with no higher purpose to guide them). Since we are extremely fortunate to be contemporaries of the *poorna avatar* (full incarnation of God) and to have Him as our spiritual Guide, let us pray that He with His infinite mercy and compassion will work on us, enlighten us, elevate our collective consciousness, and bless us to turn the land where we reside into a *karma bhoomi*, where heart rules over head. The treasure house of the five human values lies within us. We only need to reach in and unleash our full potential.

There is nothing or nowhere that divinity does not permeate. So, we have to conclude that it is only because of the overwhelming love of Mother Sai that Swami has prompted His children to invite Him to where we reside, so we can enjoy His physical and spiritual presence and grace on a continued basis. Our heart, He says, is a single-seated sofa and not a double-seated one, and it naturally belongs only to Him. So, let us pray that He comes and claims His seat without any further delay.

—Dr. Neela R. Soman  
New York, New York



Dear Sathya Sai Baba!

Even though You are present everywhere, my deepest hope is for You physically to visit all of us here in these United States. In 1993, my son had a vivid dream that you were sprinkling *vibuthi* (sacred ash) throughout our pumpkin patch and garden. It was so real that we went looking for You outside amidst the pumpkins and throughout the rest of the garden. Every year thereafter, many of our pumpkins have weighed in at over one hundred pounds. These pumpkins are the same color as Your deep orange robe.

On behalf of all people in the United States, with and without pumpkin patches and gardens, we extend an invitation to You and Your personal attendants to visit us. During our beautiful summers we look out and see the small orange lumps grow and grow into the most gorgeous, beautiful pumpkins, just like our love grows and grows for You every day. Please seriously accept our deep sincere invitation to come and grace us with Your presence because we love You so much.

Love,

—Carolyn Freund-Nelson  
Northport, New York

P.S. Baba, please come visit our pumpkin patch and garden again.

With Love to invite Swami—

—Asha Nigam  
Virginia Beach, Virginia

Dear Lord of the Universe,

We humbly invite You to visit the United States of America.

You are our mother, father, teacher, and friend. Please come to Your children here, who yearn for Your physical presence. All that You have given us is at Your disposal.

It would be the culmination of all desires for You to visit America, not only for Your devotees, but for all those who would know God. The United States needs the chance to see You and know Your truth, righteousness, peace, and love.

Thank You for Your love and grace these years.

With grateful hearts,

—Bernie and Mary-Lou Shanley  
Uncasville, Connecticut

## INVITATION

*Bhagavan Sri Sathya Sai Baba*

It is our humble request that You pay a visit to the United States.

Baba, we invite You to please come here. We need you more than any other place, as You know the situation can only be resolved by You, God on Earth. Please come and shower YOUR Blessings and put man on the path you tell us to walk on. Chanel, Simona, and I look forward to seeing You.

Sai Ram,

—Kapil Sud

Long Beach, California

Sai Ram, with dearest reverence, dear Swami:

We thank You so much for Your Center and all that You have given us—the blessings and the opportunities of selfless service—and pray You are happy with us. We pray Your body heals itself, if that is Your Will, so that we may experience Your presence here on Earth longer, if that is Your wish.

We humbly request, if it is Your wish, that Your physical presence be felt and seen here by all, that Your grace manifest itself in the form of visiting, or even, if we deserve, as emergence of *vibuthi* or *amrita*, and/or an appearance on Your chair placed for You, visible to our physical eyes. We yearn for Your presence and energy in the United States, and in the Mission Viejo Sai Center on Friday nights from 7:30–9:00 p.m. especially; may You help us concentrate on the Name and Form of the Lord, if only to bring tears of bliss in our communion, if that is Your grace.

May You give us the lessons, the experiences to humble us, to teach us, to examine our own conducts, as we strive to remove our faults, purify our hearts, and wish well for all. May Your sweet love continue to inspire us to surrender our will to the Will of God, so that our whole lives, everything we do, every thought, be of Your Will, and may we do everything for and with You. Very, very happy, dear Bhagavan.

With love and in Your service,

**Sathya Sai Baba Center of Mission Viejo, California, Region 8**



Our most precious Sri Sathya Sai Baba,

We would be honored if you would grace us with your physical Divine presence in America. On behalf of Sri Sathya Sai Baba Center of Reno and your Iranian devotees in the United States, we would like to extend our heartfelt invitation to you, our beloved, to our home, and to our hearts. Please make us ready and worthy of your gracious divine visit. We love you with all of our hearts and souls. We thank you for taking our hands, for leading us from unreal to the real, and for helping us wake up. There are absolutely no words that can describe our joy and gratitude to you, our Lord.



With our deepest love and devotion,  
Soussan, Richard, Alireza, Elhum Warner & All of your Iranian devotees

OM SAI RAM - Dearest Swami,

This is an invitation. Please come to the USA and give us Your *darshan*. We are all waiting for this big day. We love You very much. Hope You will grace us with Your Presence. Thi Prasad, Arun, and I would love to see You in the USA. Hope You will grant this wish to all Your devotees. Thank You for everything.

With lots of love,  
—Arun , Shanti, and Thi Prasad  
Norwalk, Connecticut

# Seize the Moment!

*Our Life is His Message*

**F**rom time to time we all need to reflect on what is truly important in our lives. It is easy to let life pass us by without taking heed of the relentless passage of time. Often, only after priceless opportunities are lost do we truly realize what we had. Like the lazy servant in Jesus' parable of the talents, we fail to utilize our time and resources in a productive manner.

Like the industrious servant in the parable, we would be wise to use the precious time and resources that we command in investing for the future. However, we are not talking about storing up treasures of gold and silver. During the time of the avatar, Sri Sathya Sai Baba, the treasure we hold is more enduring and valuable than gold or silver. Our treasure is the priceless knowledge that God has come as man. Our treasure is the knowledge of the fatherhood of God and the brotherhood of man. It is the knowledge of unity and the essential divinity of all creation. We know this because we have seen and experienced Lord Sai. We have heard the stories of others and we have experienced for ourselves the Immanent Divinity.

Living during the time of the avatar is a great blessing. Countless generations of saints and sages have prayed for just such a golden chance. But such opportunities also convey certain obligations. Shall we simply experi-

ence the bliss that we have found and enjoy the Lord's sport—getting and forgetting? Or will we do that which protects and builds on the treasures that we have received?

We protect the treasures that we have received by building the Sathya Sai Organization. Through the organization we save and protect our legacy for future generations. In the Sathya Sai Baba centers we preserve the teachings and the practices that allow us, and those to come, the ability to discover and experience our true Atmic reality. In the Book Center and the individual Sai Baba centers, with the Newsletter, and in the organization archives we strive to cherish and preserve for future generations what we have seen, heard, and learned.

During the fifth World Conference in November 1991, Sathya Sai Baba proclaimed:

*Embodiments of the Divine Atma, take a vow to develop the Sai Organization day by day. Take all people within the fold. People who have gone away from the organization are the unfortunate ones; you should not become unfortunate. Come what may, do not give up this organization; consider this organization as your life's breath. This is real service. This is real penance. Take a vow along these lines to become experts. This is what I desire. Swami will be with you in whatever you are doing.*



Over the years, many have come to our centers, and believing that they have gotten what they came for, they have left. They are the unfortunate ones. Those who have truly learned the message of Sai stay with the organization, not for what they can get but for what they can give. They are indeed the fortunate ones. If we come to the organization for the satisfaction of our personal desires or to parade our egos, then we come for the wrong reasons. We must stay to become egoless and to learn to act without selfish desires. If we came to the centers for the fulfillment of our own agendas, then we must transform ourselves to learn to stay to help meet the needs of others. Specifically, we remain for those who are to come—for those who have not yet heard the good news of the advent of Sai.

The newcomers to our centers are our treasure, for only in giving back to others what we have received do we become truly wealthy. Yet the question remains, are our centers welcoming to newcomers? Do we greet newcomers with the same love and compassion that Sai shows to us? Sai asked us in His 1991 discourse to take in all people within the fold. Do we welcome all eagerly and without judgment? They are the ones that Sai has invited to our centers. And, have we become experts as Swami asked, so that

we can share our knowledge and talents in singing or service or in understanding and conveying His teachings?

Undoubtedly the task is difficult. Inevitably working within the centers involves dealing with personalities and personal agendas. At such times, when we experience difficulties, we must remember

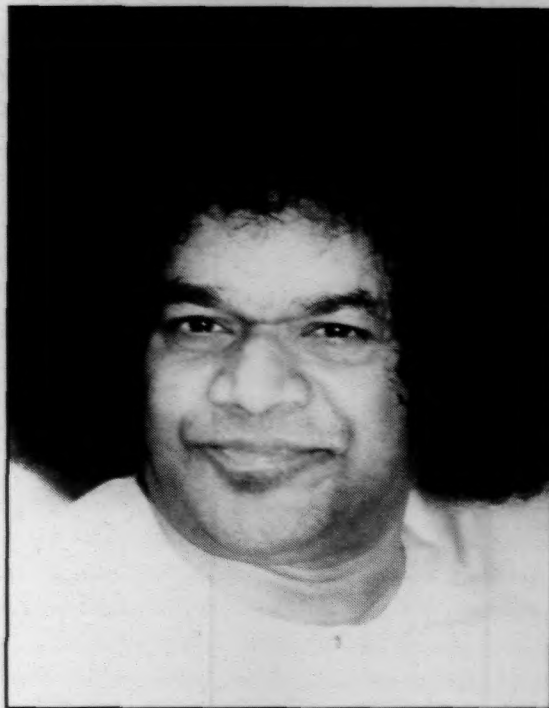
one thing. It is in meeting those challenges and in serving Sai without ego that we graduate to higher levels of understanding.

The Sathya Sai Council of the USA is diligently working on new and more effective ways to serve the centers. You should soon see new resources to aid the centers. We request your suggestions and your solid efforts in building the Sathya Sai USA organization. But

in the final analysis, the real work of the organization is accomplished on a heart-to-heart basis, one-to-one, in the centers.

Time passes by, day by day. Who knows when we might again receive such golden opportunities for our spiritual growth as we now hold? In His World Conference talk, Swami addressed us as *Embodiments of the Divine Atma*. He asks us to make the effort to experience our inner divinity in the service of others. In this most blessed age, can we ask anything less of ourselves?

—Jonathan Roof, President  
Sathya Sai Central Council, USA



# News and Announcements

## New U.S. Central Council Members

A new U.S. Central Council has been selected as of Spring 2006. Its members include the following:

**Officers:** Jonathan Roof, President; Krishna Reddy, Vice President; Sathyam Choudhuri, Devotion Coordinator; Berniece Mead, Education Coordinator; and Jack Feely, Service Coordinator

**Regional Presidents:**

1. (Northeast) Murthy Cheruvu
2. (Mid-Atlantic) Piyush Ghayal
3. (Southeast) Vijay Sagrainsingh
4. (Mid-Central) Jack Feely
5. (North-Central) Venkat Kanubaddi
6. (Northwest) Harish Naidu
7. (Northern California +) Tom Scovill
8. (So. California +) Mike Congleton
9. (Southwest) Carla Givens
10. (South-Central) Mukesh Solanki

**At-Large Members:** Sylvia Alden, Gary Belz, Bettina Biggart, Bob Bozzani, Wayner Crowder, Vijay Desai, Bea Flaig, Hal Honig, Phyllis Krystal, Nandini Mahadevan, Harshad Patel, and Sam Sandweiss

**Others:** Michael Goldstein, Prasanthi Council; Bill Harvey, Prasanthi Council; Narendra Reddy, Prasanthi Council; David Gries, Zone Chair; and Phil Gosselin, U.S. Central Coordinator.

## USA Council Web Site to Assist Centers

One of the first projects undertaken by the new USA Council will be the initiation of a website to assist the U.S. Sathya Sai Baba Centers. The planned password-protected site is projected to contain the reference documents typically needed by the U.S. Centers, in downloadable formats. These will include Center Guidelines with newly-added "officer manual" sections; Service Guidelines; Study Circle Guidelines; and a booklet for newcomers and orientation of new members. A section of Frequently Asked Questions will also be posted on this website.

Downloadable electronic documents represent several advantages: they are easily updated, can be printed as needed by the Centers, and eliminate the delays and expenses of mailing.

The various Guidelines listed above are under review by the U.S. Central Council Coordinators for any necessary changes and updates, which are expected to be ready for approval in September 2006. "This is a fairly tight schedule," writes Council President Jonathan Roof, "but if Swami can build a super-specialty hospital in a year, then surely we can accomplish this with His blessings."

Dear Devotees—Please also see the announcement on page 36 about the new Book Center website and online ordering.



## Sri Sathya Sai World Foundation Updates

Dr. Michael Goldstein, Chairman of the Prasanthi Council and the recently-formed Sri Sathya Sai World Foundation, has announced several updates regarding the work of the World Foundation, adding to its list of functions the role of liaison with international organizations such as the United Nations. He also announced that a number of committees, such as Education, Publications, Cultural Events, and Health Care, will be established under the auspices of the World Foundation.

Mr. Kalyan Ray, Senior Advisor, Office of the Executive Director, UN-HABITAT, will serve as Chairman of the Education Committee. Dr. Goldstein described Mr. Ray as being “largely responsible for the Sathya Sai Education in Human Values Principles being accepted and applied in the context of water conservation by a number of countries in Africa and Southeast Asia,” and that “the extension of the principles of Educare into public education in these countries attests to the loving care and competence applied by Mr. Kalyan Ray to this work.”

Other esteemed educators who will serve on the Education Committee include Dharam

Pal Dhall, Marcos Gomes, Art-Ong Jumsai, Victor Krishna Kanu, Ronne Marantz, and Thorbjorn Meyer. Dr. Goldstein reported that several members of this committee recently attended an Education Conference in China, and as a result, Chinese education officials, impressed with Sai Education, will visit the Sri Sathya Sai Institutes in Thailand and Australia. The committee will soon publish a “Global Overview of Sathya Sai Education Programs (2006).”

The Publications and Media Committee has also been approved by Swami, with Mr. Vijay Desai as Chairman. Its responsibilities include bringing Sai’s Message to the world through publications and media; establishing prudent practices and policies regarding the same; overseeing the International Sai Organizations with regard to publications and media; overseeing the collection, presentation, and storage of archives of the Life, Message, and Work of Bhagavan Sri Sathya Sai Baba; and setting up and maintaining a database of the International Sri Sathya Sai Organizations.

### SaiCast.org

Have you noticed the streaming video service initiated by Radio Sai Global Harmony under its adjunct website, [www.saicast.org](http://www.saicast.org)? Their growing collection of videos features key discourses since Guru Purnima 2003, a large number of festivals and plays dating from the 2001 birthday celebrations—including several performances by groups from the U.S., documentaries of Sri Sathya Sai Baba service projects, and videos on the life, works, and ashrams of Sri Sathya Sai Baba.

## **Children's Corner**

# **Help Ever, Hurt Never: Rescuing a Whale**

One morning in December of 2005, some crab fishermen off the coast of San Francisco discovered a 50-foot-long female humpback whale. She was hopelessly entangled in thousands of feet of crab-pot lines. About 20-30 long nylon ropes, with heavy weights and crab traps attached, were coiled tightly around the whale's tail, back, and a flipper, and also through her mouth. The ropes were cutting into her blubber, and the weight of the traps made it hard for the whale to come to the surface to breathe.

Only after several hours could a rescue team arrive. They quickly realized that they would have to try to cut the whale free. Four divers jumped into the water and spent an hour carefully cutting away the snarl of ropes. They had no idea how "Lucky the Whale"—as they began to call her—would react. One whack of her powerful tail flukes could kill them. But the whale remained calm, sending out a vibration through the water the entire time. One of the divers reported, "When I was cutting the line going through the mouth, its eye was there winking at me, watching me. It was an epic moment of my life!"

Finally, Lucky was freed. No one knew what would happen next. The whale surprised them again. She swam around in circles and nuzzled up to each diver in turn.

"It seemed kind of affectionate," said the diver, "like a dog who's happy to see you. I never felt threatened. It was an amazing, unbelievable experience."





"It felt to me like it was thanking us, knowing that it was free, and that we had helped it. It stopped about a foot away from me, pushed me around a little bit, and had some fun. ... I don't know for sure what it was thinking, but it's something that I will always remember!"

—Newsletter volunteers

—Illustration by Ashwini Jambotkar

### **Prayer:**

*May we, and all whom we love, be so blessed and fortunate—to be surrounded by those who will help untangle us from the things that bind us, and may we always know the joy of giving and receiving gratitude.*

## NEWS FROM REGION 2

DELAWARE ■ MARYLAND ■ NEW JERSEY ■ NEW YORK ■ PENNSYLVANIA ■ VIRGINIA

### Easwaramma Day Observance

*Flushing Sai Center, New York*

Easwaramma Day was observed at the Flushing Sai Center, New York, on May 7, 2006. The program commenced at 2 p.m. with bhajans sung by a few devotees. This was followed by a *Bharatnatyam* dance by a Sai Spiritual Education (SSE) student. This dance depicted the childhood of Lord Krishna.

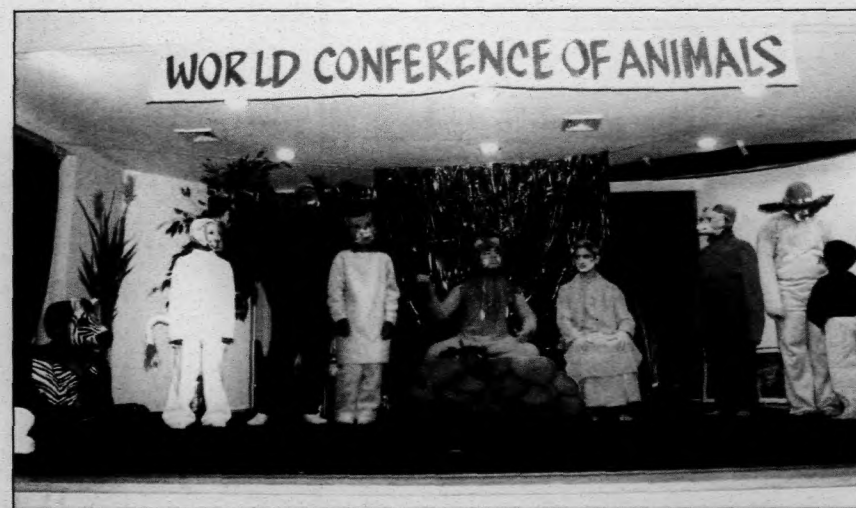
The dance was followed by skits enacted by the SSE boys belonging to all three age groups. These skits were based on *Chinna Kathas* (short parables) as narrated by Swami in the past. The skits covered Swami's universal teachings on the importance of the application of knowledge, the simple techniques to control negative tendencies, the importance of maintaining equanimity in life, the importance of discipline in our daily lives, and the importance of human birth. The program of skits was coordinated by the Young Adult Boys of the Center.

The SSE girls from all age groups then rendered a musical piece. The girls performed a wide range of selections ranging from a *sloka* (verse from scripture) in musical

form to a Telugu song that has been sung in Swami's physical presence by the students of the Sri Sathya Sai Institute. The girls also recited original poetry on the subject of their mothers. The girls' presentation was coordinated by the Young Adult Girls of the Center.

The entire program was followed by distribution of certificates to all participants, ending with *Mangala Arathi*.

—Sundar Venugopal  
Flushing Sai Center, New York





## **Two Distinguished Visitors from India**

*Inspiring Distillations of Swami's Teachings*

Our country and especially Region 8 were recently blessed by the separate visits of two distinguished educators from Prasanthi Nilayam who graciously spoke to devotees at several meetings.

### **Sri S.V. Giri, I.A.S. (Retd.)**

On April 13, 2006, the Arcadia Center was triply blessed: it was Thursday, it was *Hanuman Jayanti*, and it was the day the Center was visited by the revered Sri S.V. Giri. About 100 people gathered to welcome and hear his uplifting message.

Sri Giri had a distinguished career with the Indian Administrative Service, the premier Federal Civil Service of the country, lasting for over 35 years. During his career, he was responsible for the Indian National Crisis Management and Relief Administration, served as the Permanent Secretary to the Government of India in the Department of Education, and was appointed to be the Central Vigilance Commissioner, an ombudsman-like position requiring the highest levels of integrity and probity in conduct.

Responding to Swami's call, Sri Giri resigned from his government position in 1998, and moved to Prasanthi Nilayam to assume responsibilities as the sixth Vice

Chancellor of the Sri Sathya Sai Institute of Higher Learning. He served as the Vice Chancellor until February 2005 (two full terms, totaling over six years), and he continues to teach in the University and reside at Prasanthi Nilayam. Sri Giri plays an active and important role in the Divine Mission, and he was recently appointed, along with Dr. Michael Goldstein and Dr. Narendra Reddy, as a founding Director of the Sri Sathya Sai World Foundation.

The evening began with the inspiring chanting of *Hanuman Chalisa* and bhajans. Sri Giri then stepped to the podium, observing at the outset that Swami has instilled in His students two central role models: Ganesha and Hanuman. Hanuman is characterized by the power of discrimination, the dedication of one's body to the total service of God, courage, fearlessness, humility, and dexterity of speech, while Ganesha exemplifies stability of devotion, spirit of sacrifice, mental acuity, happiness, wisdom, and the ability to overcome obstacles.

Exemplary among the qualities of Hanuman and Ganesha are two outstanding attributes: humility and sacrifice. Hanuman was the epitome of humility. Despite his strengths, his humility was so profound that he often had to be reminded of his superlative

ability to execute gargantuan tasks. Ganesha, with the adorable elephant form, was so instilled with a spirit of sacrifice that when he was transcribing the epic *Mahabharata* for the great sage Vyasa, he wanted to continue with the transcription as Vyasa's words were flowing. However, when he ran out of a writing instrument while recording the 100,000-plus verses, he promptly broke off a tusk and continued to write with it. Such timely sacrifice at a personal cost is one of the hallmark qualities of Lord Ganesha. Swami expects His students and devotees to bravely exhibit these qualities.

Sri Giri said that it was important to lead lives that abide by two significant maxims distilled from Swami: **Love all, serve all; Help ever, hurt never.** In rendering service and charity, we must follow the example set by Swami Himself:

give with faith and simplicity rather than pomp and show, give liberally that which is valuable, give with concern as to whether the recipient will accept your gift, and make sure that the gift is given with respect and love.

Swami sees each of us not as individuals but as members of society. By viewing the entire universe as a manifestation of the

Divine, all our acts become sanctified by a singular goal of service to the Divine. As members of a society, our endowments are gifts from that society, and whatever we possess is only held by us in trust for the society in which we live.



“...living with God is a continuous exercise that requires ceaseless attention. Every day becomes a day of reckoning wherein the individual stays watchful of his or her thoughts, words, and actions.”

In conclusion, Sri Giri said that living with God is a continuous exercise that requires ceaseless attention. Every day becomes a day of reckoning wherein the individual stays watchful of his or her thoughts, words, and actions. **Living with God is education. Living for God is devotion. Living in God is spirituality.**

### Further Meetings with Sri Giri

On Sunday, April 16, 2006, the Pacific Region South was further honored to have Sri S.V. Giri speak at a meeting with the Sai Spiritual Education

(SSE) and Sathya Sai Education in Human Values (SSEHV) teachers and at a program in Santa Ana, California for all Region 8 Sai devotees.

Sri Giri emphasized the importance of teachers being fundamentally responsible for the education of the children they are entrusted with, saying there are three types



of teachers: the ones who complain, the ones who explain, and the ones who inspire. The teachers who inspire are those whom Swami holds in the highest regard.

Sri Giri shared stories of Swami as the exemplar of all teachers. In one story, he told of Swami speaking with primary-school children. Swami asked a student, *How many brothers do you have?* The child replied, "I have one brother, Swami." Another child said, "I have two brothers." Then the third child said, "All are my brothers, Swami." Swami then reinforced this understanding by asking the children, *How many sisters do you have?* Again, one child said, "I have one sister," and so forth, and the last child said, "All are my sisters, Swami." Then Swami asked a third question, *Who is your friend?* The children thought they got the point and all exclaimed, "All are my friends, Swami." To their surprise, Swami said, *No. You have only one friend. God is your only friend. Why? Because you can only trust God.*

The Sri Sathya Sai Institute of Higher Learning is not meant for conferring degrees in a conventional form, but rather to guide students in acquiring self-knowledge, self-awareness, and self-sacrifice—culminating in self-realization. The purpose of the Sai Institutes, he said, is to be and to produce students who are as street lamps shining their light on their communities. To that end, Sri Giri explained that Swami is the perfect model of management and insists upon the highest standards from both faculty and students. For example, when planning events such as those involving service to thousands of people, even the smallest details must be

carried out in the most efficient manner with no one left out.

Sri Giri further illustrated the difference between Sai education and conventional education using the letters from the word 'EDUCATION' as follows:

- E** Enlightenment (Self-Realization);
- D** Divinity (Experiencing the Inner Self as Divine);
- U** Unity (Understanding of Nonduality);
- C** Character (Capacity to Practice Truth, Love, Righteousness, and Peace);
- A** Awareness (Cultural Context);
- T** Training/Practice (Constant Development of Self and Specialization);
- I** Integrity (Honesty to Self through Practice of Virtues);
- O** Oneness (Seeing the Absolute Ever-Present in All); and
- N** Nobility (Constant Monitoring of One's Spiritual Progress)

Sri Giri also charmed the audience with several quotations from Swami and others. For example, he recited Seven Sai Commandments as:

1. Life is a game, play it.
2. Life is a challenge, meet it.
3. Life is a search, explore it.
4. Life is a dream, realize it.
5. Life is a pilgrimage to God, finish it.
6. Life is love, share it.
7. Life is awareness, be aware of it.

—**Sarina Molina**, Encinitas Center  
**Venkatraman Sadanand**, Arcadia Center

## Mr. K.R. Vedanarayanan

On Sunday, April 23, 2006, the Pacific Region South was again blessed, this time with a presentation by Mr. K.R. Vedanarayanan at the beautiful Monrovia Community Center, in Monrovia California.

Mr. Vedanarayanan is an award-winning Sanskrit teacher who has been associated with Swami's school for more than two decades, and he is a familiar figure in Prasanthi Nilayam—leading Vedic chanting in Sai Kulwant Hall during darshan time ever since Swami initiated this practice.

Approximately 300 devotees attended this special program, and to begin his presentation Mr. Vedanarayanan asked the audience to take a moment to think about the beautiful form of our Divine Lord. After a few moments, Mr. Vedanarayanan commented that the mind turns back, unable to comprehend Supreme Reality. When there is a decline in righteousness and an increase in unrighteousness, the Lord incarnates so that we can enjoy His company. This is our great chance to know of Him. When He has taken this form, it is

essential for us to make use of His proximity, and to lead our lives to the highest goal.

Mr. Vedanarayanan's presentation focused on the Srimad Bhagavatam (11<sup>th</sup> Canto, Chapter 2), in which the great Maharaja Nimi meets with nine *yogindras* (Kavi, Havir,



Antariksha, Prabuddha, Pippalayana, Avirhotra, Drumila, Camisa, and Karabhajana), all of them realized souls. Maharaja Nimi questioned the nine great sages saying, "It is indeed by merit that we can have the company of the good, and I have gained the greatest opportunity by having all of you with me today. Please enlighten me on the highest goal and how to reach it?"

King Nimi proceeded to ask them, one after the other, to teach him how to achieve the highest spiritual goal. The great sage Sri Kavi began by telling the king that it is not at all necessary to renounce one's

activities and run into the forest. As Swami so beautifully says, "Hands in society and head in the forest." In other words, whatever you are, continue to be that. If you're a doctor, continue to be a doctor. If you're a lawyer, continue to be a lawyer. If you're a

.....  
"When we gain selfless love for the Lord, then we will be able to see the Lord everywhere. When we can see the Lord everywhere, we see unity everywhere, and the fear of the endless cycle of birth, suffering, and death will be removed."



housewife, continue to be a housewife. But whatever action you do, do it as an offering to the Lord. Swami says work should be transformed into worship.

Once we are successful in dedicating all our actions to the Lord, we will be led to the next step, that of purifying our mind. When we attain purity of mind, we will be interested in listening to the stories of the Lord and singing praises of the Lord. The next step is that of selfless love for the Lord, craving for the Lord. When we gain selfless love for the Lord, then we will be able to see the Lord everywhere. When we can see the Lord everywhere, we see unity everywhere, and the fear of the endless cycle of birth, suffering, and death will be removed. Thus, Sri Kavi continued, it is natural for every one of us to have the desire to see God, but only one in a million will have a true desire to see God. Even having a true desire, only very few among these will traverse the path toward divinity because they don't know which path to travel. Even knowing the path, they may still be unable to travel that path. Even traveling that path, there is no guarantee that they will reach the goal.

Mr. Vedanarayanan continued with the Lord's words from the Bhagavad Gita, "One in a million will reach Me." What about the others? True deservedness should be there. For the Lord says, "I will not be available to those who merely want to see me as a pastime. Only to those who are sincere will I be available."

Maharaja Nimi then addressed his next question to the great sage Sri Havir saying, "Kindly enlighten me. What will be the

characteristic of such a devotee?" Sri Havir replied that everything in this world can be divided into three levels, applied to devotees, as follows: the most advanced devotees (*bhagavata-pradhana*), intermediate devotees (*madhyama-adhikari*), and the lowest-level devotees (*prakrita-bhakta*).

Likewise, Swami says devotion can be divided into the following three stages: In the beginning stage of devotion, one prays for worldly intervention of the Lord for himself and against someone else—when confronted with a worldly difficulty with an employer, neighbor, or colleague, this person prays for the Lord's intervention against that person. The one with intermediate-stage devotion prays for the worldly intervention of the Lord for himself, without concern about others; his prayers involve his own personal physical and material needs. The one who has the highest form of devotion does not even pray for himself, and this highest form of devotion includes two categories: he who prays for self-realization, and he who prays to be in the proximity of the Lord (as Hanuman did). He is the best among devotees who sees the Lord in each and every thing. He is the great one who sees God's presence in all.

Sai devotees in Region 8 felt immense gratitude for the special opportunity our Beloved Sathya Sai Baba provided us to meet with Sri S.V. Giri and Mr. K.R. Vedanarayanan during their respective trips to the United States.

—Dr. Mike Congleton  
Carlsbad, California

# Understanding the Vedas

*Power of the Sacred Mantra OM NAMO NARAYANAYA*

Ever since Swami initiated the chanting of the Vedas in Sai Kulwant Hall on September 18, 2003, there has been good progress and interest in the Vedas. Not only do a majority of students in Swami's Institutions (including the primary school) chant the Vedas with the aplomb of learned Brahmin priests, but there is also a worldwide resurgence, with devotees in many countries learning to roll the ancient Sanskrit words on their tongues.

According to ancient lore, sacred knowledge was embodied as the four Vedas (Rig Veda, Yajur Veda, Sama Veda, and Atharvana Veda) by Lord Narayana Himself for the welfare of humanity. This body of knowledge was thus gifted to man by the Supreme Lord to help him evolve and elevate himself from humanity to divinity. One of Swami's oft-stated missions is *veda poshana* or nourishment of the Vedas, to restore their pre-eminence and pristine glory in human society. So while many devotees have made progress in learning the Vedas by rote, perhaps even with acceptable intonation, we still need to ask, "Is this enough? Is this all that Swami wants?"

On July 3, 2005, Swami provided an answer. Bhagavan came in as usual to the sound of the Vedas being chanted by students, staff, and devotees. After a few moments He beckoned forward one of the Veda leaders, a Sai Institute alumnus. Swami then asked that the Narayana Upanishad be recited and the meaning explained to the

assembly, line by line. The "Vedam group" first chanted a couple of stanzas, then our brother translated them for the benefit of the audience. On it went, till the entire Narayana Upanishad was thus translated. While the translation was thus going on, our brother duly explained the importance of the OM NAMO NARAYANAYA mantra and how it could help us attain the Supreme Abode, *Vaikunta*. In a voice just loud enough to carry to our translating brother, Swami asked, "What is the meaning of *Vaikuntham*?" Hah, a divine trick question! Most of us would have answered patly, "*Vaikuntha* is the heavenly abode of Lord Vishnu." But this brother, better informed than most and with great presence of mind, recalled a definition Swami had given in a discourse and replied, "*Vaikuntham* is anything that is not narrow, but broad and ever-expansive." Swami beamed at this answer, wearing the smile of a proud teacher.

## The Narayana Necklace

At the end of the recitation and translation, a pregnant silence enveloped the hall. Swami raised His palm in the classic upward gesture that He so often makes to elevate everyone's mood. Then suddenly without warning, Bhagavan circled his right hand vigorously and materialized a beautiful golden necklace. Undoing the clasp, He called our brother to Him, handing him the necklace. This brother listened intently



as Bhagavan spoke to him further. By now the entire audience was electrified. The magnificence of the necklace was obvious to all, even to those seated in the last rows. We wondered if a revelation was forthcoming, and we were not disappointed.

Our brother turned to the audience, holding up the necklace, while others rushed to set up a microphone. He then explained to all the significance of the necklace, as instructed to him by Bhagavan. Bhagavan had said that the necklace contained the power of the sacred mantra, OM NAMO NARAYANAYA. He went on to say that Swami had explained to him that all the Vedas, Upanishads, and other scriptures illumine the path that man must take to reach his final destination, divinity. The mantra, OM NAMO NARAYANAYA, contains the essence and power of all the scriptures. Both the fatherly and motherly aspects of divinity are contained in this mantra. Without both, there can be no creation. If one contemplates

deeply, said Swami, one can realize that there is no difference between the two aspects—*Purusha* (God) and *Prakrithi* (nature); they are one and the same.

Our brother then turned to Swami and held up the necklace to return it to Him. Swami, however, asked him to keep it in his pocket and return it to Him later. What an honor—and what a delightful afternoon spent basking in the Divine Presence.

How slowly and patiently Swami leads us to Him. For all present there, the Narayana Upanishad will henceforth surely come alive with the divine images of the afternoon's events, every time it is chanted, and thrill us to the depths of our being. Clearly the time has come, and the time is right now. Let us arise, awake, aspire, adore, and achieve God!

—Condensed from “The Story of the Narayana Necklace Materialization,” *Heart 2 Heart*  
Radio Sai E-Magazine August 2005.  
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## ANNOUNCEMENT — NEW ONLINE ORDERING

The Sathya Sai Book Center of America now has a website, which became operational on June 1, 2006. This website is a complete catalog of all of books and media available through the Sathya Sai Book Center of America. You will now be able to order materials online using VISA or MASTERCARD. The website address is : **www.sathyasaibooks.com**.

## BOOKS

**Unity, Purity, Divinity**, compiled by Vijay C. Desai. This book, published on the occasion of Swami's 80th Birthday Celebration, contains 380 quotes on unity, purity, and divinity, taken directly from Sri Sathya Sai Baba's discourses. BI-142 .. \$ 5.00

**Food for Thought**, compiled by the Sri Sathya Sai Books & Publications Trust, India. This book of quotes from Baba's discourses features an inspiring thought for each day of the year. Paperback, 366 pages. BI-136 .. \$ 5.00

**Rays of Radiance – Service, Adoration, Illumination**, by Anil Kumar Kamaraju, Swami's interpreter. This book answers questions and doubts the spiritual seeker may have. It is divided into three parts, covering the mission of the Avatar, the necessity of unwavering faith, and finally the Lord showering the grace of illumination on His devotees. Paperback, 320 pages. BI-133 .. \$ 5.00

**Veda Puspanjali**, compiled by M. Sai Roopak, contains Vedic hymns in Sanskrit with English transliteration and meanings. In paperback, 231 pages. BI-112 .. \$ 4.00

## DVD

**Life Is a Song, Sing It** This video recording captures the choir program of inspirational music and the bhajans presented by devotees from Region 8 (Southern California and Hawaii), along with songs by the Shalom Group from Perth, Australia, on December 26, 2005, totalling nearly two hours in the Divine Presence. T-SCE351 .. \$ 4.00

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*Faith is a cardinal virtue, and faith in God is a prop in life. Though God dwells in everybody, unless one has faith in God, he cannot become divine. Some people might say that they will believe only after they experience. But that is like putting the cart before the horse. In spirituality, faith always precedes experience.*

*— Sri Sathya Sai Baba  
Summer Showers in Brindavan, 1979  
Pages 175*

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