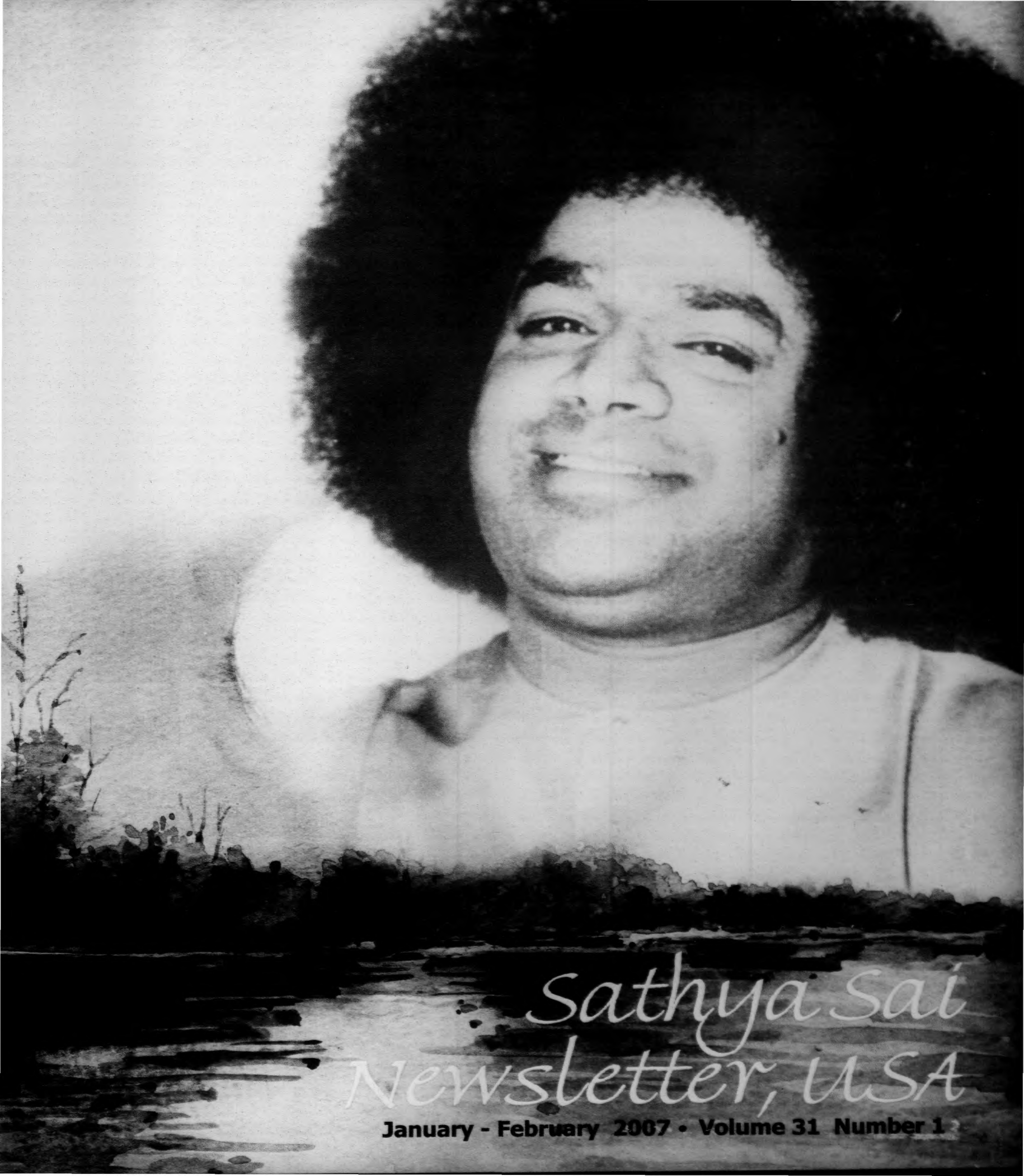




Sathya Sai
Newsletter, USA

January - February 2007 • Volume 31 Number 1

*My Love is love for all mankind;
My Truth is truth for all mankind;
My intent is content for all mankind.*

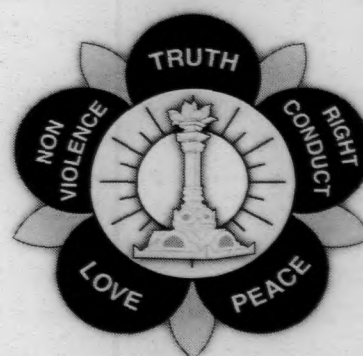
—Sri Sathya Sai Baba
Prema Dhara, Vol. 2, p. 114

Cover design by Ashwini Jambotkar and Pravin Wagh

SATHYA SAI NEWSLETTER, USA. Copyright © SATHYA SAI BOOK CENTER OF AMERICA.
All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Sathya Sai Newsletter, USA

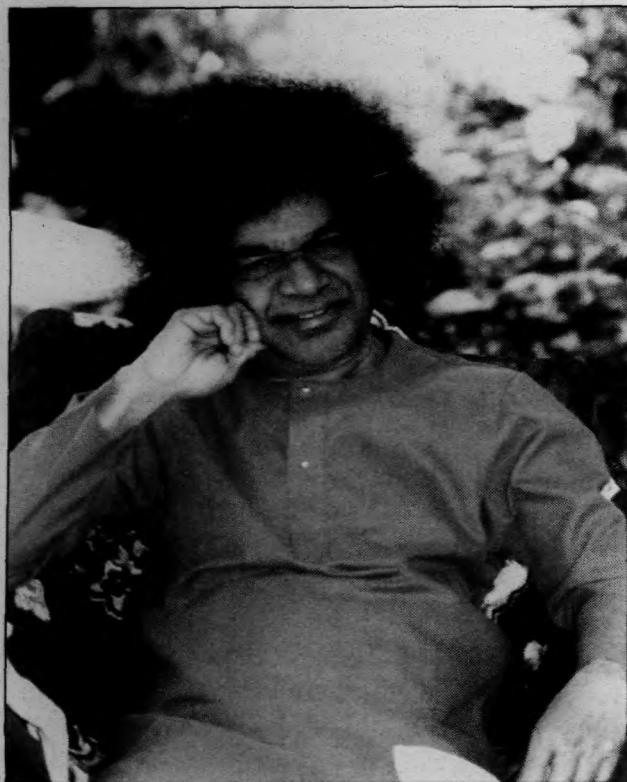
*Dedicated with Love and Devotion to
Bhagavan Sri Sathya Sai Baba*



Sai's Message: What is True Sacrificial Offering?.....	Sri Sathya Sai Baba	2
More Unity		3
Traveling the World.....	Bea Flaig	4
<i>Ati Rudra Maha Yajna</i> (Excerpts from Discourses, August 9-20, 2006)	Sri Sathya Sai Baba	5
The Rain Storm (Poem)	Monique d'Auteuil	13
International Symposium: "Emerging Trends in Chemical and Biological Sciences"		
.....	Ramesh Nayak, Ph.D.	14
Sai Children: "For the Good of the Entire World"	Artist Unknown	16
Can You Help? (A Maze)		17
Spiritual Mathematics	Author Unknown; Artist, Phyllis Wohlberg	18
Children's Invitations to Swami	Children from Connecticut and Southern California	20
Sai Young Adults:		
Young Adult Leadership Conference, Aug. 2006.....	Daniel Scovill & Sangeeta Lekhi	29
Region 9: Sai College Day	Aru Narla	31
YA Study Circle: Keeping Sai in Your Life	Aru Narla	33
A Wake-Up Call to Young Adults.....	Hal Honig	34
Region 4: "Going Beyond" (Conference Report)	Jack Feely	35
Subscription Information.....		36
Region 6: Prison Service in Portland, Oregon	Clare Higgins	37
Upcoming 2007 Festival Dates in Prasanthi Nilayam		39
International Choir Invitation for Guru Purnima, July 2007	Phil Gosselin	39
Region 10 Retreat— <i>What a Treat!</i> (Poem)	K. S. Anand	40
Sathya Sai Medical Camp <i>Seva</i> 2006	Victoria Hargreaves	41
New Arrivals (DVDs and VCDs)	Sathya Sai Book Center Volunteers	43

Sai's Message

What is True Sacrificial Offering?



*People think that offering oblations in fire is yajna,¹ but true yajna is offering oneself to God, pleasing God, and becoming worthy of His love. Yajna should not be performed for attaining selfish ends, but for the welfare of the entire world. ... Educated people should understand the meaning of yajnas and yagas². In fact, it is necessary that every person involve himself in the performance of yajnas and yagas. **This means only that whatever actions one does, should be done to please God.** We should have the firm conviction that whatever we do, we do only to please God.*

The Vedas declare that we should live and work together and achieve noble goals with unity:

Let us all move together; let us all grow together.

Let us all be united and grow in intelligence together.

Let us live together in friendship and harmony. (TELUGU POEM)

This is the foremost teaching of the Vedas.

—Bhagavan Sri Sathya Sai Baba

Discourse of August 10, 2006

¹yajna – Vedic sacrificial ritual

²yaga – one-time ritual or sacrifice for a narrow, specific purpose.

More Unity

We Are Expanding

Our Beloved Bhagavan speaks incessantly of **unity**, encouraging us to manifest this quality in our thinking, attitudes, responses, and activities in order to perceive divinity. The activities of the *Sathya Sai Newsletter, USA* are not exempt from such prompts. Surely everything happens by divine design, and as of 2007 this *Newsletter* has been given the opportunity to become an expanded and more integrated avenue of expression and communication in service to Sai devotees.

Firstly, the *Sai World* children's magazine, produced independently since 1981, has become part of the *Sathya Sai Newsletter USA*. Our youthful readers may look forward to an expanded children's section beginning with this issue.

Simultaneously, the *Sai Young Adult Newsletter*, which has been produced by and for the Sai young adults since 1995 as a combination online and print publication, has also merged with the *Sathya Sai Newsletter, USA*. We are delighted to have the energetic presence of the young adults and the opportunity for all readers to be better informed of their activities. Thus, starting from this issue forward, an increased presence of both children's and young adult material will be evident.

We wish to say "Welcome, welcome, and welcome!" to the readers of *Sai World* and the *Sai Young Adult Newsletter*, and also to all those who have contributed to the content and production of those publications. Over the next few issues, we will experiment with and refine how best to present the Children's and Young Adult content. The Vedic injunction on the preceding page clearly states our intention—to work together in love and harmony for the achievement of a noble purpose.

—Newsletter Staff

SUBMISSION GUIDELINES: The *Sathya Sai Newsletter, USA* welcomes photographs, drawings, literary contributions, and regional reports. **Please supply the author's name, location, and contact information when forwarding submissions, and kindly include citations for all quotations, especially the dates of discourses.** Since we are unable to return your submissions, please keep a copy for your files. We reserve the right of discrimination in selecting and editing all materials for publication. Send any of the above items to: *Sathya Sai Newsletter, USA* c/o Sathya Sai Book Center of America, 305 West First Street, Tustin, California 92780-3108. Phone 714-669-0522. Fax: 714-669-9138. **We have a new address for e-mail submissions: ssnewsletterusa@sbcglobal.net.**

—Barbara Bozzani, Editor

Traveling the World

All in Prasanthi Nilayam at Guru Purnima

I've traveled the world in just a short span—seen Mt. Sinai, the burning bush, and the Ten Commandments given to Moses; seen the opera house of Milan, Italy; listened to the World Symphony Orchestra and the music of Rossini, Gounod, Verdi, and others; heard the soulful gospel songs of a group of Americans; danced with the university Indian youth as they performed ancient Indian steps and music; visited with the Lamas, the monks from Tibet, chanting *Om Mane Padme Hum*; and much more. All this in just a few days!

How was this possible? Another Swami miracle unfolded for all to see in the days surrounding the Guru Purnima Festival in July 2006, right there in Prasanthi Nilayam. It was unbelievable!

Musicians—Sai professionals from 22 different countries—played together in this small Indian village, bringing Western classical music to the ears of so many who may have heard little or nothing of such music. Imagine soul singers from the USA bringing their music and song to this remote area, proclaiming, “God Lives in India.”

Listening to the Tibetan monks as they offered their love and appreciation of Sai Baba in a space populated by so many Hindus, was overwhelming. Hearing the story of the ancient Hebrews in Egypt, so long ago, presented in simple, understandable, historical terms by Hindu Indian youth from Mumbai, was unbelievable—and more was to come as they laid the tablet of the Ten Commandments at the feet of Lord Sai.

We were honored to experience all this and so much more. Let us not forget the highest moments of watching Swami smiling, nodding, contemplating, and walking among the presenters, allowing their bliss to be portrayed forever by posing for photos with them.

Thus, I end my travels with my salutations and gratitude to Sri Sathya Sai Baba for enlightening us all in His special way, moving us to tolerance, respect, and love for all as ONE.

—Bea Flaig, July, 2006
Tucson, Arizona



SIGNIFICANCE OF THE ATIRUDRA MAHA YAJNA

Sri Sathya Sai Baba has stated that an essential aspect of His mission is the fostering of the Vedas. That aspect took an expansive leap forward with the landmark *Ati Rudra Maha Yajna* conducted in the Divine Presence in Prasanthi Nilayam, August 9-20, 2006. A total of 132 Vedic priests assembled around 11 sacrificial fires for 12 days to repeat the holy *Rudra* mantras and other sacred chants thousands of times in succession for the benefit of all humanity. The following are portions of Bhagavan's many discourses during the great *Yajna*.

On the opening day, August 9, 2006, Swami explained the significance of the *Ati Rudra Maha Yajna*:

One cannot attain the vision of God merely by doing worship, performing *vratas* (vows, sacred oaths, or penance) or conducting rituals such as *yajnas*. **Only by developing purity of heart and noble qualities can one have the vision of God. ...**

The [ritual of] *Ati Rudra* consists of many *Namakas* and *Chamakas* [the two parts of the *Rudra* ritual], the mantras of which are full of great power. They sustain human life. From where did this power come? The *Namaka* and *Chamaka* are portions of the Krishna Yajur Veda, an all-inclusive Veda, from which the other Vedas, Sastras (scriptures), Ithihasas (ancient legends), and Puranas (mythologies) emanated.

Unfortunately, today, the Vedas have lost their pre-eminence due to poor patronage. Only rarely do people take to serious study of the Vedas and chant the mantras contained

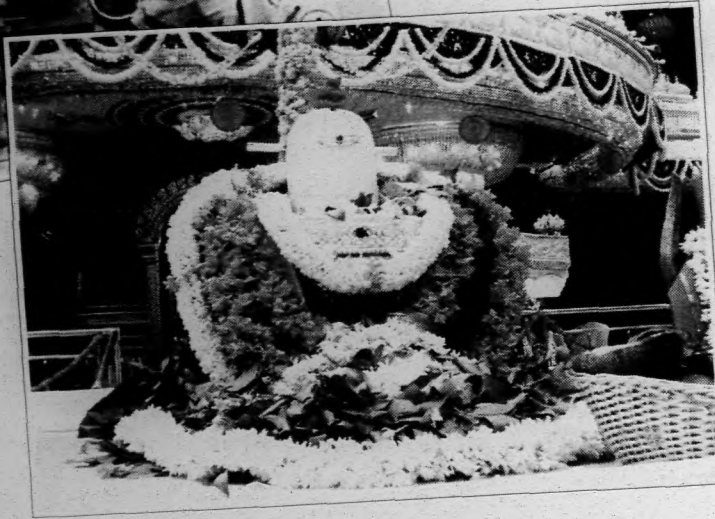
in them regularly. Regular study of the Vedas and practice of the injunctions contained therein can confer all forms of wealth on human beings. The fundamental principles governing human life and destiny are contained in the Vedas, which are the gift of God for the welfare of all humanity.

The Vedas make no distinction whatsoever on the basis of religion, caste, nationality, and so on. Vedic mantras can be chanted by one and all. (Swami at this point called up two boys from Russia and America who are studying in Prasanthi Nilayam and asked them to recite the *Sri Suktam*).

Vedas are for All

It is Swami's wish that the Vedas be spread to every country, so that every human being, irrespective of religion, caste, nationality, and so on, learns Vedas and

Vinay Kumar [the organizer of the *Ati Rudra Maha Yajna*] has been appointed as the youth leader of Karnataka State. He is entrusted with the responsibility of bringing together all the youth in Karnataka on one platform and helping them learn the Vedas and spread the message of the Vedas. Similarly, youth leaders have been appointed in all the states of India, such as Andhra, Kerala, and so on. Not only that, but youth leaders have also been appointed in the Sathya Sai Seva (Service) Organizations in all countries of



chants them. ... We are making efforts to teach Vedas to all people. The Vedas remove all types of sorrow.

The *yajna* being performed now is different from other rituals for limited objectives such as obtaining progeny or political power. This *yajna* is for the welfare of the entire world.

Fortunate are those few who learn the Vedas and propagate them. Unfortunate are the many people who make no efforts to teach the Vedas, despite having studied them. Today, all students in the Sri Sathya Sai Educational Institutions learn the Vedas and share this knowledge with others. As a prelude to the learning of the Vedas, students must acquire knowledge of Sanskrit, the language of Vedas. Nowadays, people of every country are making efforts to learn the Vedas, especially the Rig Veda. Along with it, they are also learning the Yajur Veda, Sama Veda, and Atharvana Veda.

the world for the propagation of the Vedas and Vedic chanting.

The Vedas are not to be neglected, for the secret of creation itself is contained in the Vedas. The Vedas establish the goal and purpose of human life. Everything concerning the creation, sustenance, and dissolution of the universe is contained in the Vedas. The stages of life (celibate, householder, recluse, and renunciant) are rooted in the Vedas. People are starting to realize the glory of the Vedas. Nowadays, wherever you go, even in the villages, you find women also chanting the Vedic mantras. There may be differences in body structure between males and females, but as far as Vedic learning is concerned, there is no essential difference.

Namakam and Chamakam

The *Ati Rudra* is an especially important section of the Krishna Yajur Veda that is very sacred. *Rudram* is generally understood

as a synonym for Lord Easwara (Shiva). In fact, the *Rudram* is the essence of all the Vedas. Another important feature of the *Rudram* is the unity (*ekatwa*) between its two parts, the *Namaka* and the *Chamaka*. The *Namaka* emphasizes the aspect of detachment, whereas the *Chamaka* stresses the aspect of desire. But the essence of both aspects is one.

What is it that must be discarded, or detached from, and what is it that must be desired? That which is evil must be discarded, and that which is good must be desired. Both aspects are essential.

Whereas the *Namaka* portion lays stress on detachment (*virakti*), the *Chamaka* speaks of desires for this and that. People generally think that giving up of family life, house, land, and other forms of wealth is sacrifice (*thyaga*). But this is not sacrifice at all! This type of giving up can be done easily. What is required is sacrificing the resultant desires. That is the real sacrifice.

What Should Be Desired

[In order to understand the good, or that which must be desired,] one has to realize the purpose of human life. We are not born merely to eat, drink, and make merry. Human birth is given to us to help our fellow human beings: Help Ever, Hurt Never. We should not cause harm to anyone. We should never speak harsh words. In fact, good and noble qualities are inherent in us. The human body is made up of the five elements—earth, water, fire, air, and space. It has five senses (*panchendriyas*), which crave for fulfilling desires. However, there are

also certain values—such as truth (*sathya*), righteousness (*dharma*), peace (*shanti*), love (*prema*), and nonviolence (*ahimsa*)—hidden in the core of our personality. These have to be brought out and manifested in our daily life. This process is called “educare.”

Today, knowledge acquired from the study of books is termed “education,” but this is not the true education that we have to acquire. Real education is “educare,” by which our inherent noble qualities become manifest in our daily life. This can be accomplished by self-effort, without someone spoon-feeding us with externals. Thereby one can lead a sacred life, which can be attained only by God’s grace and by no other means. One must contemplate constantly on God. That is real devotion.

Ornaments are many; gold is one. Cows are of many colors; milk is one. Divinity is one, by whatever name we call it—Rama, Krishna, Jesus (Yesu), or Allah. These are all different names ascribed to God. It is said, “Truth is one, but the wise refer to it by many names.” Hence we should never make any distinctions with respect to God. If you desire to know the secret (essence) of God, you must develop an “open heart.” You may contemplate on God using any name you like. There is nothing wrong in that. But it is wrong to worship one name and form while reviling other names and forms ascribed to God.



Some people prefer the name Narayana and not Shiva. This is wrong. Easwara and Narayana are different names by which the same God is worshiped. The one God is worshiped with many names and forms. He who realizes this oneness will have peace of mind. To love one form of God and hate another form is not good. If you do so, you will not be able to fulfill your desire [to manifest your inherent noble qualities]. Not only the youth but everyone, young and old, must realize and follow this principle.

The name of God is more powerful than nuclear bombs. God's name protects the good and punishes the evil. Hence, if you continue to worship God, surely the world will be protected. In fact, only Divinity is protecting the world now.

This *yajna* is being conducted for the welfare of the world, and it contains a most important element. The *Ati Rudra Maha Yajna* protects and fosters the divine nature in human beings, while rejecting and diminishing the demonic qualities. Thus, it works for the welfare of humanity. This *yajna* can be undertaken by anyone interested in the welfare of humanity.

The materials and other resources for conducting this *yajna* have been arranged by the efforts of Vinay Kumar alone. He undertook the job lovingly and performed it

almost single-handedly. Several people came forward to donate rice, fruit, vegetables, and other materials, but he did not agree to their requests. The expenditure for conducting this *yajna* involves a large amount of money. He went around all alone and arranged for the materials for conducting this *yajna*. I wish for every state to have such dedicated *seva dal*

(volunteer service corps) leaders. He is doing a lot of service. I am very happy about his service. He spurned all offers of help in conducting this *yajna*, saying, "Sai is with me; He alone will help me."

He was married ten years ago. Both he and his wife are in the service of Swami. When the proposal to conduct this *yajna* was placed before Me, I asked them, "Dear ones! You propose to conduct this *Ati Rudra Yajna* in Prasanthi Nilayam. Do you wish to have a son?"

They replied in one voice that such was not the desire and motive for their prayer. Then I asked what else they wished to have. Their reply was "Swami! We want only You!" I have not heard such a reply so far from any couple. True to his name, Vinay Kumar ("humble son") is doing a lot of good work, with love and humility. ...

Embodiments of Love! The *Ati Rudra Maha Yajna* is great, extremely sacred, and highly efficacious. The lives of those

*The Ati Rudra Maha Yajna
protects and fosters the divine
nature in human beings, while
rejecting and diminishing
the demonic qualities. Thus,
it works for the welfare of
humanity.*

who perform this *yajna* will be sanctified. There will be eleven priests (*ritwiks*) performing the rituals at each sacrificial fire altar (*homakunda*). There are eleven such *homakundas*. Thus, there will be [over] 121 *ritwiks* in all, performing the various rituals in this *yajna*. For each fire altar, there will be one person in charge, who will look after everything concerning the rituals. Thus, all people connected with the *yajna* will work in unison to make the *yajna* a success.

It is only by unity that anything can be achieved. From unity comes purity, and from purity manifests divinity. Hence, all should conduct themselves as brothers and sisters. If for any reason you get angry on a particular occasion, consider anger as your enemy and get rid of it. Desire (*kama*), anger (*krodha*),

greed (*lobha*), delusion (*moha*), pride (*mada*), and jealousy (*matsarya*) are the six enemies that trouble the human being.

Embodiments of the Divine Self! You are not ordinary human beings. Verily, you are Embodiments of the Divine Self. Each individual is given a particular name for purposes of identification, but you are all Embodiments of the Divine Self, not mere human beings. I wish for all of you to lead happy, peaceful, contented, and blissful lives. You will not be able to lead such lives if you are not truly devoted. Hence, develop devotion, *Bangaru* (Golden Ones)! You must be immersed in devotion, not the deep ocean [of worldliness]. Only complete devotion takes you to the Divine.

On August 16, 2006 (Day 8), Swami explained more about the benefits of the *Yajna* and how to look beyond external appearances in order to gain the vision of the Divine:

Do Not Be Deluded by External Appearances

The general masses of people are like crows. Blinded by ignorance, they see only external forms. No one can lay down a rule that only such-and-such an item can be offered to God. Some people comment, "What is this! While poor people are starving, you are tossing great amounts of rice and ghee into the fire, wasting them! Instead, isn't it true that you could feed the poor with these materials?" Our chief priest can explain to them the rationale behind this ritual: "Sirs! Today a farmer sows five

bags of rice in a field. When they sprout, he transplants them in the entire field and waters them. Ultimately he reaps a harvest of fifty bags. Similarly, the rituals being performed by the priests confer great benefit on humanity; they are never a waste. Whatever is offered to God today is like this rice and ghee: it confers great benefit to humanity later on. Just as a bag of rice sown in a field multiplies itself into fifty bags, similarly, all that is offered to the fire (*Agnihotra*, or God as fire) becomes multiplied [for humanity] many times over."

There is only one thing to be offered to God by us: all the desires nestled in our

heart must be offered to God. Whatever is offered to God, with no desire for the fruit thereof, will confer great benefit at a later date. **Whatever is offered to God comes back to us thousand-fold.** Unable to realize this truth, people in general give importance only to external, worldly matters and formulate opinions based on what they see outwardly.

Look Past the Packaging

The external form is like a package. Unless the packaging is removed, the valuables inside remain invisible. The divinity in nature is covered by the five elements. We are further unable to see this divinity because our vision is tainted by the six enemies of desire, anger, greed, infatuation, pride, and jealousy. Remove the packaging, and the blissful, beautiful form of God will manifest before you. Do not give importance to the packaging, which may be very beautiful externally. Unless you open the package you will not be able to see the

object inside and its condition. People are attracted by the external appearance of the package and get deceived.

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. Truly speaking, the Indweller who is in the form of the Atma (Inner Divinity), is verily God Himself. (TELUGU POEM)

... The divine nature of the Lord of Lords is packaged in this physical body. Thus do not be content with seeing the external package. Divinity is immanent within us. Verily, you are God! God is all-pervading; thus you are also all-pervading. Divinity is present in you as well as in all living beings. If you wish to have the vision of God, you must lead a pure, unwavering, and selfless life. All the diversity you see in this objective world is a waste, so remove the diversity [outer wrapping] and develop unity.

On the final day of the *Ati Rudra Maha Yajna*, August 20, Swami announced His intention to perform the *Ati Rudra Maha Yajna* again in Chennai in the near future and invited all the priests to attend and participate. He went on to state:

Offer All Desires to God

It is very important that you realize the uniqueness of this *yajna*. What is the *yajna*? Is it physical or spiritual? This is a spiritual *yajna*, not a physical or worldly *yajna*. It provides a physical, mental, and heartfelt experience that is unique in nature. ... The most important point that I would like to stress is that you must develop a spirit of

sacrifice. You may have various desires; all those desires must be offered to God to please Him.

Do not confine yourself to the (individual) self. *Help* is better than *self*. Whatever activity you undertake, consider it as something done for the satisfaction of your heart, for the [revelation] of your *Atma*. **This yajna is conducted for realizing the principle of**

divinity (*Atma Tattwa*), not with a view toward achieving some physical and worldly benefit.

You have participated in this sacred *yajna* for your good, for your welfare, and for the welfare of humanity at large. This *yajna* is not merely for a few individuals; it is for the entire world. The sacred mantras chanted here have mixed in the air and spread to the entire universe. These sacred sounds have entered our hearts and purified them. Thus do not think that the mantras chanted in this *yajna* are confined only to this place. They have spread to the entire world. This *yajna* is not only for the benefit of India, but for all countries of the world.

Different languages may be spoken in different countries, but there is no difference at all in the feelings (*bhava*). People of many different countries—America, Russia, Africa, and so on—have participated in this *yajna* with great enthusiasm. They are also learning the Vedic mantras. Last month about 80 people from Germany chartered a plane and came to Puttaparthi. All of them, ladies and gents alike, chanted the Vedas. They told me, “Swami! These mantras alone are protecting our country. Thus, we chant these Vedic mantras from dawn to dusk.”

There is not even an iota of selfishness in chanting these mantras, which are for the benefit of all humanity and are essential for the well-being of every human being. Veda transcends the individual (*vyashti*) and concerns itself with the collective (*samashti-swarupa*).



Even Westerners are now printing Vedic texts with an intention to spread the message of the Vedas to the people of all countries. No doubt it is difficult for Westerners to chant Vedic mantras, because the syllables are difficult for them to pronounce, and some of the mantras are real tongue-twisters. But with sincere effort they are learning to chant these mantras correctly. You can achieve anything, if only you have a firm resolve:

Having resolved what ought to be resolved, hold on to it until you succeed. Having desired what ought to be desired, hold on to it until your desire is fulfilled. Having asked what ought to be asked, do not let go until you get [the

answer]. Having thought what ought to be thought, hold on until you succeed. The Lord with softened heart must yield to your wishes. Persevere, be tenacious, and never give up, for it is the quality of a devotee never to retreat or relent in resolve! (TELUGU POEM)

For the Welfare of the World

This *Ati Rudra Maha Yajna* must be performed in several places in the future. This *yajna* is everyone's concern and is not limited to one country, one religion, or one caste. It is performed for the welfare of the whole world. If you continue to perform this *yajna*, soon the people of the entire world will become united. Pakistan, Afghanistan,

Japan, America, and Germany—all countries will be united. ... We must unite the entire world into one. That is "unity in diversity." ... Where there is unity, there will be purity. Where there is purity, there will be divinity. Hence, we have to strive for unity. Yesterday there were a Russian boy, an Iranian boy, and some Americans in the group who chanted the Vedas. You have to realize and develop such unity. **If at all there is some difference of opinion among you, remove it forthwith. Be united.** All should live and move like brothers and sisters. Only then will you have value and will your birth as human beings be sanctified.

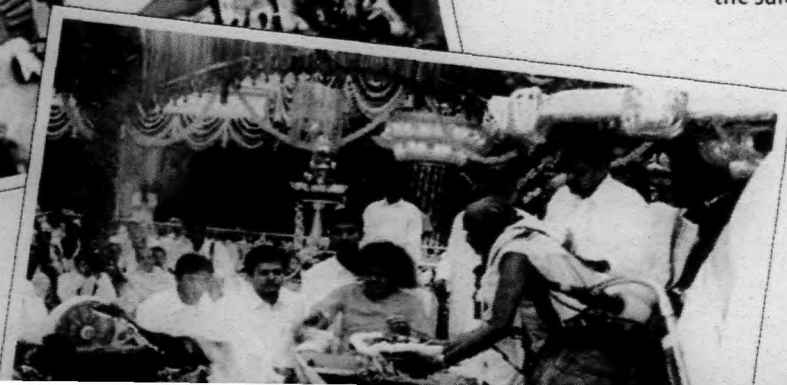
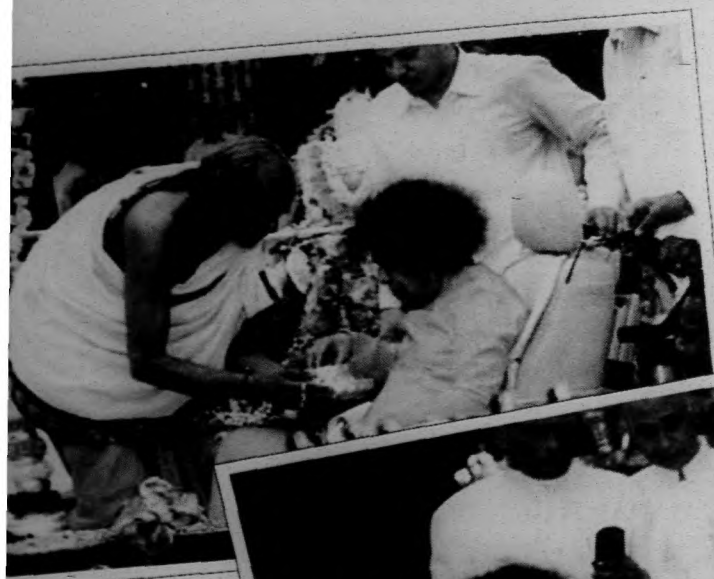
—Bhagavan Sri Sathya Sai Baba

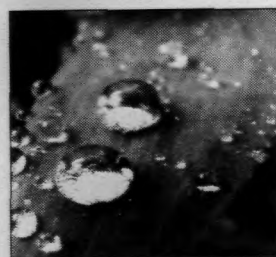
Excerpts from several discourses delivered at Prasanthi Nilayam during the *Ati Rudra Maha Yajna*, August 9-20, 2006

The complete texts of Swami's discourses, additional photographs and videos, and further details about the *Ati Rudra Maha Yajna* can be found at the following website:

<http://saicast.org/Festivals>

All pictures are courtesy of the saicast.org website.





The Rain Storm

*The time of drums and thunder has come.
Light startles the darkened sky into repentance,
And the Chitravathi flows through the soiled world
To bathe our sins in Love.
All the Gods are with us now,
In the One
Who will see us through the storm
And wake us
In the Golden dawn.*

—Monique d'Auteuil
Farmington, Connecticut Center

International Symposium, "Emerging Trends in Biological and Chemical Sciences"

August 8-10, 2006, Prasanthi Nilayam, India

We all hear, know, and are sometimes fortunate enough to experience our beloved Bhagavan's *leelas* (divine sport). In the end, each one of them fills us with happiness and we recognize how merciful our Lord is. That's exactly the story behind the International Symposium, "Emerging Trends in Biological and Chemical Sciences," held recently at Prasanthi Nilayam. He plants a thought, provides the means to work and achieve, brings the people together, and finally bestows the joy.

During a personal interview granted to Dr. Ramesh & Mrs. Sheela Nayak in August 2005, the seed of a desire to organize an international symposium to expose students of the Sri Sathya Sai Institute of Higher Learning to state-of-the-art science in Biosciences and Chemistry was planted. With Bhagavan's blessings, this impetus led to the organization of a three-day symposium to be held August 8-10, 2006.

News of the symposium spread to devotees across the continents. Thirty-six researchers from diverse academic institutions and industry from the USA, four devotees from Europe, and one from

Malaysia—all experts in the areas of biology, chemistry, and physics—gathered at His Lotus Feet. Under the guidance of our beloved Swami, the Symposium aimed to demonstrate how the underlying current of love can unify scientific communication and the collaborative efforts of all researchers, for the welfare of society. The scientific sessions were planned in such a way to expose the budding future scientists of the world to current state-of-the-science research in both the biological and chemical sciences, so that it might be utilized to address problems, challenges, and opportunities in providing help for humanity.

On the opening day, August 8, after a shower of love and blessings from Bhagawan, the delegates to the Symposium assembled in the auditorium of the Sri Sathya Sai Institute of Higher Learning to begin their proceedings. A formal welcome address delivered by Prof. S. Krupanidhi preceded a brief talk by Dr. Ramesh Nayak on "The Genesis of the Symposium." Professors Krupanidhi and Chelli Janardhana, heads of the Departments of Biosciences and Chemistry at the Sri Sathya Sai Institute, presented profiles of

their respective departments to educate the delegates on the teaching and research activities underway at the Institute.

The Chief Guest for the inaugural function was Sri Anil Vinayak Gokak, Vice Chancellor, Sri Sathya Sai Institute of Higher Learning. In his inaugural address, Sri Gokak advocated the need for imparting and generating the parallel interests of both spirituality and science to curb the rat race and to instill discipline. He also reiterated the need for an interdisciplinary approach to unravel the mysteries of life.

Dr. Padmaja Mummaneni, Senior Scientist, U.S. Food and Drug Administration, Silver Spring, Maryland, USA, and Dr. Ganesh Kumar, Case Western Reserve University, Cleveland, Ohio, USA, were the two keynote speakers, who presented talks covering "Educare, Science, and Spirituality." The inaugural session ended with a vote of thanks from Dr. Srikanth Nadadur, Senior Scientist, U.S. Environmental Protection Agency, Research Triangle, North Carolina, USA, and Mr. D V N R Malliswar, graduate student (Ph.D. Scholar), Department of Biosciences, Sri Sathya Sai Institute of Higher Learning.

The scientific sessions started with an illuminating talk on the "Message of Bhagavan Sri Sathya Sai Baba," emphasizing education for life, by Prof. K. Anil Kumar. A total of six technical sessions in bioscience subjects and three in chemistry were offered in parallel, which in all included thirty-six presentations. The symposium also included interactive sessions and a valedictory function. The technical

sessions focused on the latest topics, such as Molecular Immunology, Neurological Diseases and Cellular Oxidant Environment, Environmental Biology, Plant Biology, and Health and Disease in the Post-Genomic Era, Potential Applications of Novel Therapeutics, Health and Disease—a Chemist's Perspective, and Applied Chemistry.

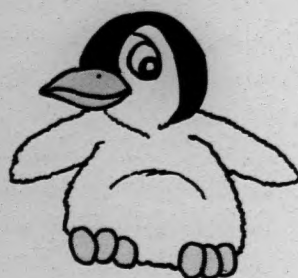
Bringing together at Prasanthi Nilayam all these devotees from diverse fields of research could not happen in the first place but for His Will. But why they came together at this particular time could only be because He wanted to shower His Love, for the Symposium took place during the mammoth *Ati Rudra Maha Yagna*, which had only been announced a mere month earlier and was conducted in Bhagavan's Divine Presence from August 9-21. As an added bonus for the Symposium delegates, some of the lady attendees had the opportunity to participate in the *Varalakshmi Vratam Puja*, a traditional ritual honoring the Goddess Lakshmi that women undertake for the well-being and prosperity of their household, which took place in Prasanthi Nilayam on August 4.

Thus the fortunate attendees were able not only to participate in the Symposium but also blessed to witness Bhagavan's installation of the *Sayeeshwara Lingam* during the *Ati Rudra Maha Yajnam* proceedings on August 10, and to enjoy the bliss of the *Yajna* itself, which Bhagavan conducted for the benefit of the entire world and the good of all mankind, to ensure universal peace and prosperity.

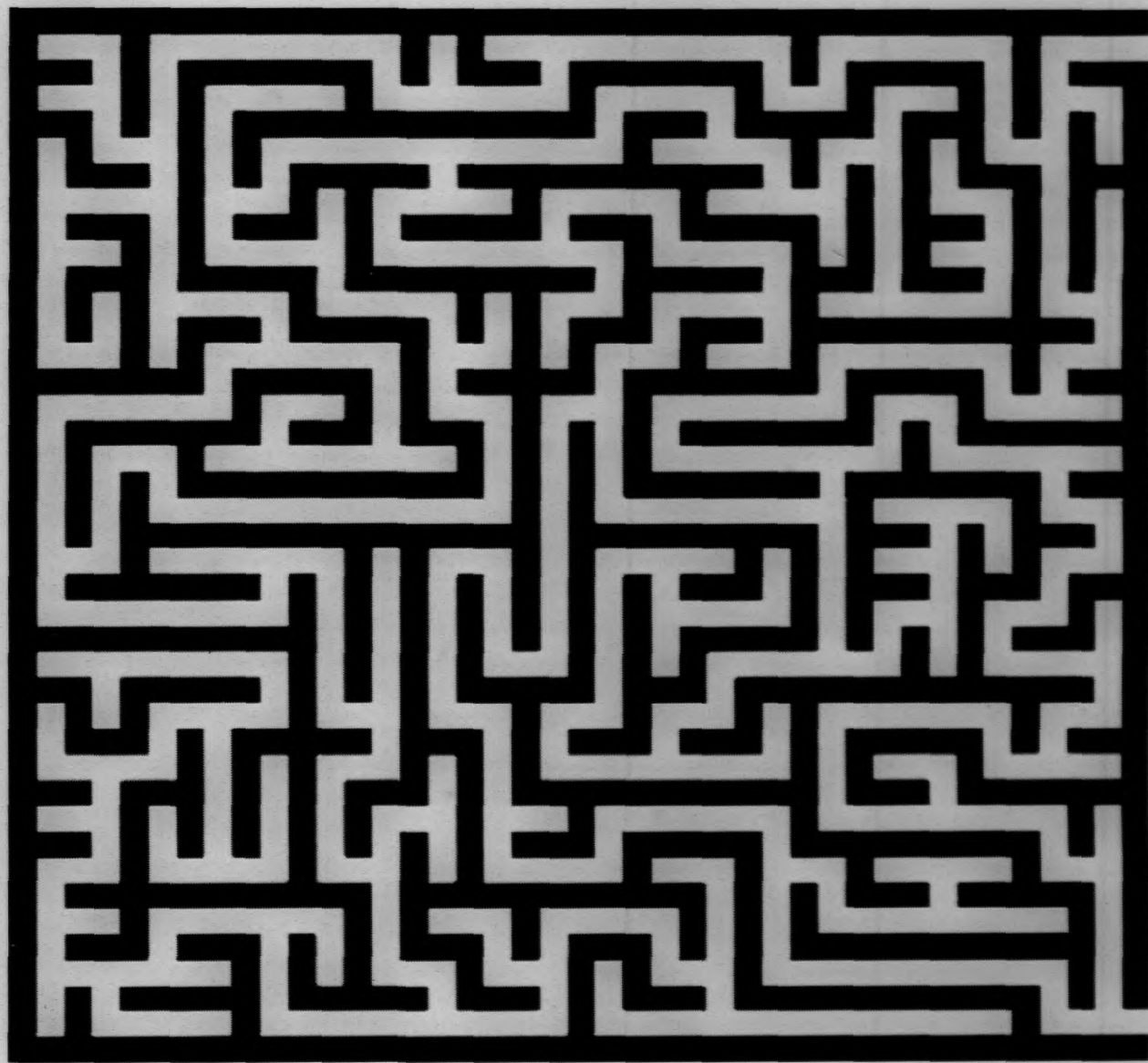
—Dr. Ramesh K. Nayak
Fort Washington, Maryland

"For the Good of the Entire World"

Swami loves the world. He treats it like a loving parent.
Everything Swami does is for the good of the whole world.
By His example, He teaches us to do good only.



Can You Help? (A Maze)



Swami says, "Help Ever, Hurt Never." The boy is lost. He is looking for the way home. Can you help? Your task is to help the boy reach his home through the maze.

Spiritual Mathematics

How to Give More Than 100 Percent

Some people say they are giving more than 100% to their work. What does it mean to give MORE than 100%? We all have times where someone expects us to give over 100%. How about going for 101%? Here is a puzzle to help you see how simple it can be:

The chart shows a number for each letter of the alphabet. Fill in the blanks in the puzzle with the number that stands for each letter. Then find out what HARD WORK, KNOWLEDGE, ATTITUDE, and LOVE OF GOD add up to.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Add the numbers in each row and write the total at the end of the row. Then reread the whole puzzle.

$$\begin{array}{ccccccccccccc}
 \text{H} & & \text{A} & & \text{R} & & \text{D} & & \text{W} & & \text{O} & & \text{R} & & \text{K} & & = \\
 _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ = _ \%
 \end{array}$$

$$\begin{array}{ccccccccccccc}
 \text{K} & & \text{N} & & \text{O} & & \text{W} & & \text{L} & & \text{E} & & \text{D} & & \text{G} & & \text{E} & & = \\
 _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ = _ \%
 \end{array}$$

$$\begin{array}{ccccccccccccc}
 \text{A} & & \text{T} & & \text{T} & & \text{I} & & \text{T} & & \text{U} & & \text{D} & & \text{E} & & = \\
 _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ = _ \%
 \end{array}$$

AND, look how far the Love of God will take you:

$$\begin{array}{ccccccccccccc} \text{L} & \text{O} & \text{V} & \text{E} & \text{O} & \text{F} & \text{G} & \text{O} & \text{D} & = \\ _ & + & _ & + & _ & + & _ & + & _ & + & _ & + & _ & = & _ \% \end{array}$$

Therefore, this formula shows us that:

While **Hard Work**



and **Knowledge**



will get you close,



and **Attitude** will
definitely get you to
100%,

it's the **Love of God**
that will put you
over the top!



—Author Unknown

—Illustrations by Phyllis Wohlberg
Encinitas, California

Answers: HARD WORK = 98%, KNOWLEDGE = 96%, ATTITUDE = 100%, LOVE OF GOD = 101%



Children's Invitations to Swami

To Visit America

We have received many loving invitations from Sai groups and individuals and will continue printing them in upcoming issues. This issue we present children's invitations from Norwalk, Connecticut and Southern California. We wish we had space to show *all* your wonderful artwork, hand-written notes, and cards conveying such feeling!

Dear Swami,

We, Your children in the U.S., yearn for Your darshan in physical form. Many of us are unable to journey to the ashram for your darshan. We would be very happy if you could come to the U.S. and give us your darshan. We would be very satisfied if You would shower Your grace on us by satisfying our yearning for Your physical presence.

With heartfelt gratitude,
—**Norwalk Sai Center**
Norwalk, CT SSE Group 2B

You're invited to Norwalk Sai Center

Dear Swami,

We, 36 of Your thousands of children worldwide, would like to invite You to our Sai Center. It is fully devoted to You. We sing *bhajans* (devotional songs) and have SSE (Sai Spiritual Education) classes for one hour. We even have plays made to teach more of Your teachings. Our Sai Center is called the Norwalk Sai Center. It is in Norwalk, Connecticut, in the U.S. We would be very honored and happy if You came here.

With love,

—**Shyamsundar Subramanian**, SSE Group 2B
Norwalk Sai Center, Norwalk, CT

Dear Swami,

We, 36 of your thousands of children
worldwide, would like to invite you to
our Sai Center. It is fully devoted to you.

We sing bhajans, have SSE (Sathya Sai
Education) classes for 1 hour

plays made to teach more

Our Sai Center is called

Center. It is in Norwalk

would like

you can

Dear Baba,

You're invited to come to our SSE center. We have
been learning about the senses and how You said to use
them. I think what You said is great about the senses and
I am using them. Please come.

Sincerely,

—Sanjana Vora

Dear Sathya Sai Baba,

Please come to our place. I would love You forever.

Love,

—Sraavani

Dear Swami,

You are very beloved to everyone.
I would love it if You could come to
the northeast U.S.A. You blessed the
U.S.A. group in 2005 very well.

Love,

—Samyukt Kumar

SSE Group 2B

For Sai Baba: Dear Sathya Sai Baba,
Please come to the Norwalk Sathya Sai
Baba Center in Connecticut. We would like
You to visit us.

Love,

—Keshav

Dear Baba,

Please come to America. Talk to [President] Bush and
stop the war, and please stop the nuclear program.

Dependence and love,

—Sathya Levy

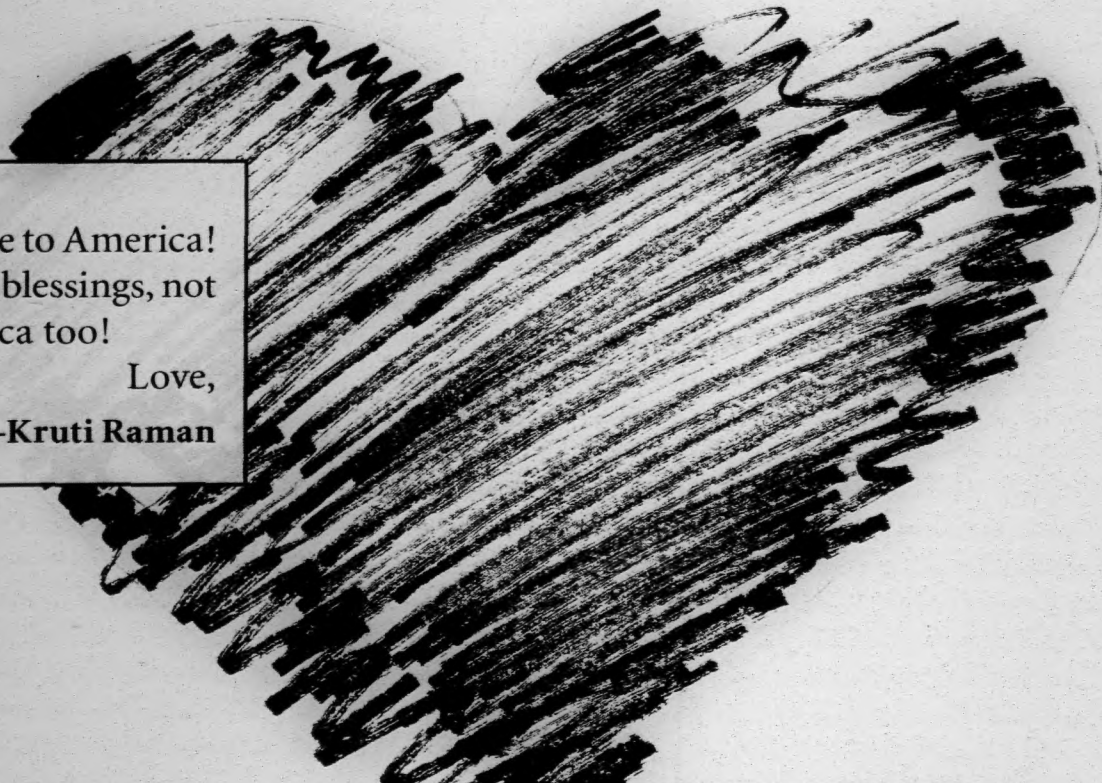


Dear Baba,

Can You please come to America!
We all want to have Your blessings, not
only in India but America too!

Love,

—Kruti Raman



Dear Sathya,

Please come to Connecticut.

Love,

—Sera Levy

Dear Swami,

We, the children of the SSE Group at the Norwalk Center,
would really enjoy it if You came to visit us. You know how
much it would mean to us if You came. It would fulfill my
lifelong dream. I would really enjoy seeing You again. It has
indeed been a while. Not only would it fulfill my dream, but
I am positive that every single person in the Sai Center would
feel greatly gratified by your physical presence.

Thank you,

—Nikhi Lai

Norwalk Sai Center, Group 2B

blessed the group from
usa in 2005. very well.
for

Dear Swami,

We, your children at the U.S. yearn for your darshan in physical form. Many of us are unable to journey to the ashram for your darshan. We would be very happy if you could visit the U.S. and give us your darshan. We would be very happy if you would show your love for us by satisfying our longing for your darshan.

Dear Sai Baba,

I would love it if You could come to the U.S.A. I am scared for my Mom, for she goes to the hospital.

Love,

—Hari Nair

My Dearest Swami,

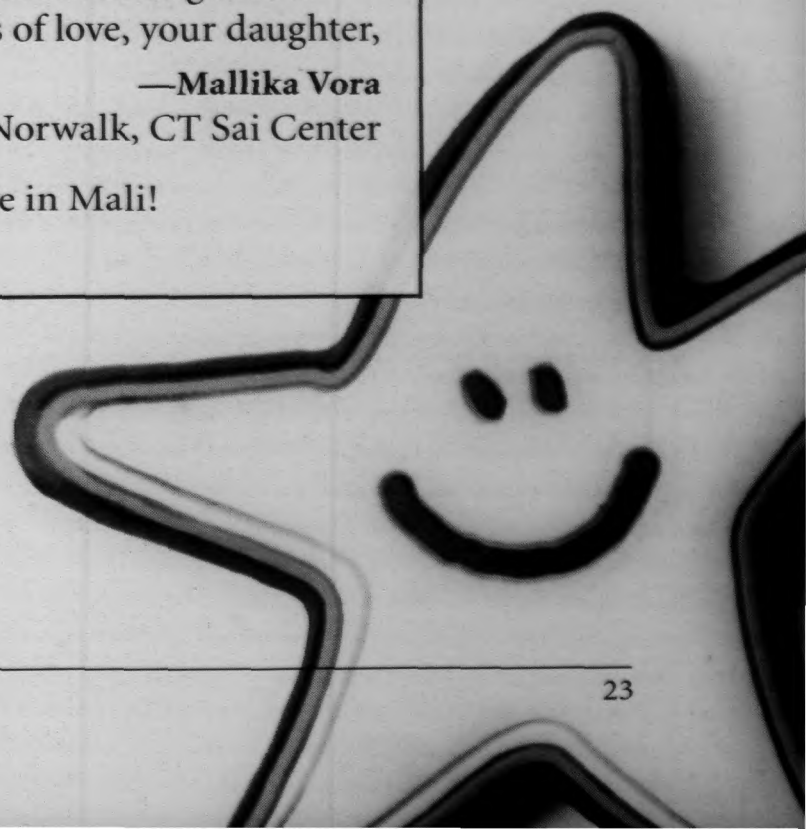
I really want You to come see all of us, Your children here in America. We need You to guide us and shower us with Your Divine Love. I know that You do that anyway, but we need the reassurance Your physical self provides us with. That time when You brought us to sing for You was the best couple of days of my life. The love You so sweetly showered us children with will never leave us. It is very hard, however, for me to remember Your love sometimes, especially when life seems very miserable. That is why I need You to come here, to help me keep remembering You throughout my life. I love You Sai-Maa, and please make it so that I will never forget You.

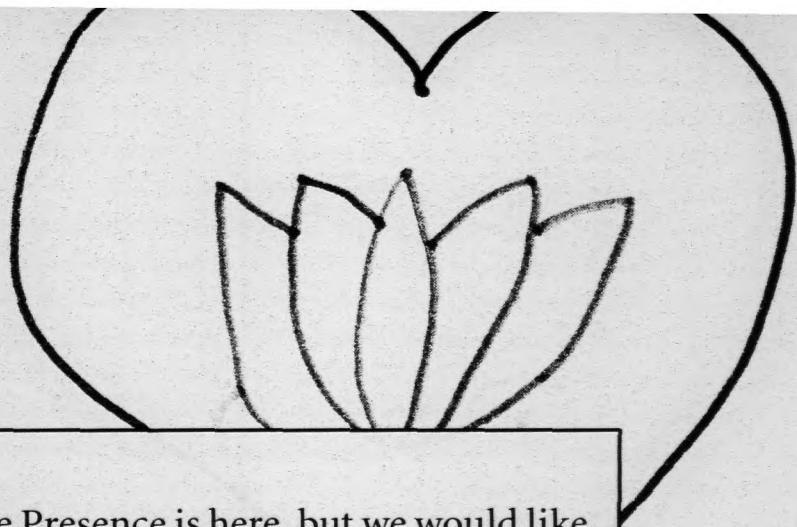
Lots of love, your daughter,

—Mallika Vora

Norwalk, CT Sai Center

P.S. Thanks for giving me the opportunity to serve in Mali!





Dear Swami,

We already know Your Divine Presence is here, but we would like You to be physically [here]. When I sang in front of You in Puttaparthi [last] summer, it was so magical; not because of Your miracles but because of Your smiles. To see You again, but here, would make not only me, but all of America feel magical.

Love,
Sakshi

Dear Swami,

We already know Your Divine Presence is here, but we would like You to be physically [here]. When I sang in front of You in Puttaparthi [last] summer, it was so magical; not because of Your miracles but because of Your smiles. To see You again, but here, would make not only me, but all of America feel magical.

Love,

—Sakshi Bhatnagar

P.S. Please visit the Northeast region of America.

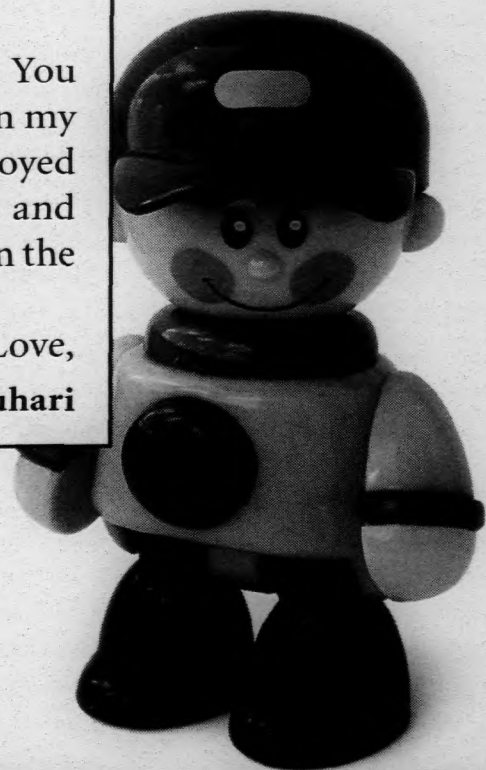
P.S.
Reg

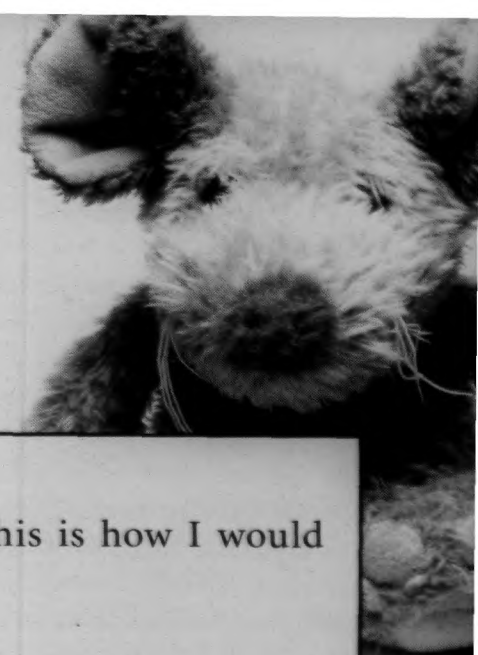
Dear Swami,

Although You are already here with us, we would love to see You physically. When we went to Puttaparthi, I enjoyed looking at You. In my experience, when we sang for You, it was Your presence and love I enjoyed more than the miracles You did. Our center would love to see You and experience divine bliss. I would like to see You during my childhood in the form of Bhagavan. I love Swami! Please Swami come to our center!

Love,

—Arushi Jauhari





you teach good things to
all! THIS IS HOW I WOULD
DESCRIBE U:

S - Sacred & Spir
A - Amazing
I - Intelligent &
B - Beauty
A - A wonder
B - Beloved
A - A right-
ALL!

To Our Beloved Swami!

You teach good things to all! This is how I would describe You:

S — Sacred & Spiritual
A — Amazing
I — Intelligent & Inspiring
B — Beauty
A — A wonder to all!
B — Beloved
A — A right-conduct to all!

Dear Swami,

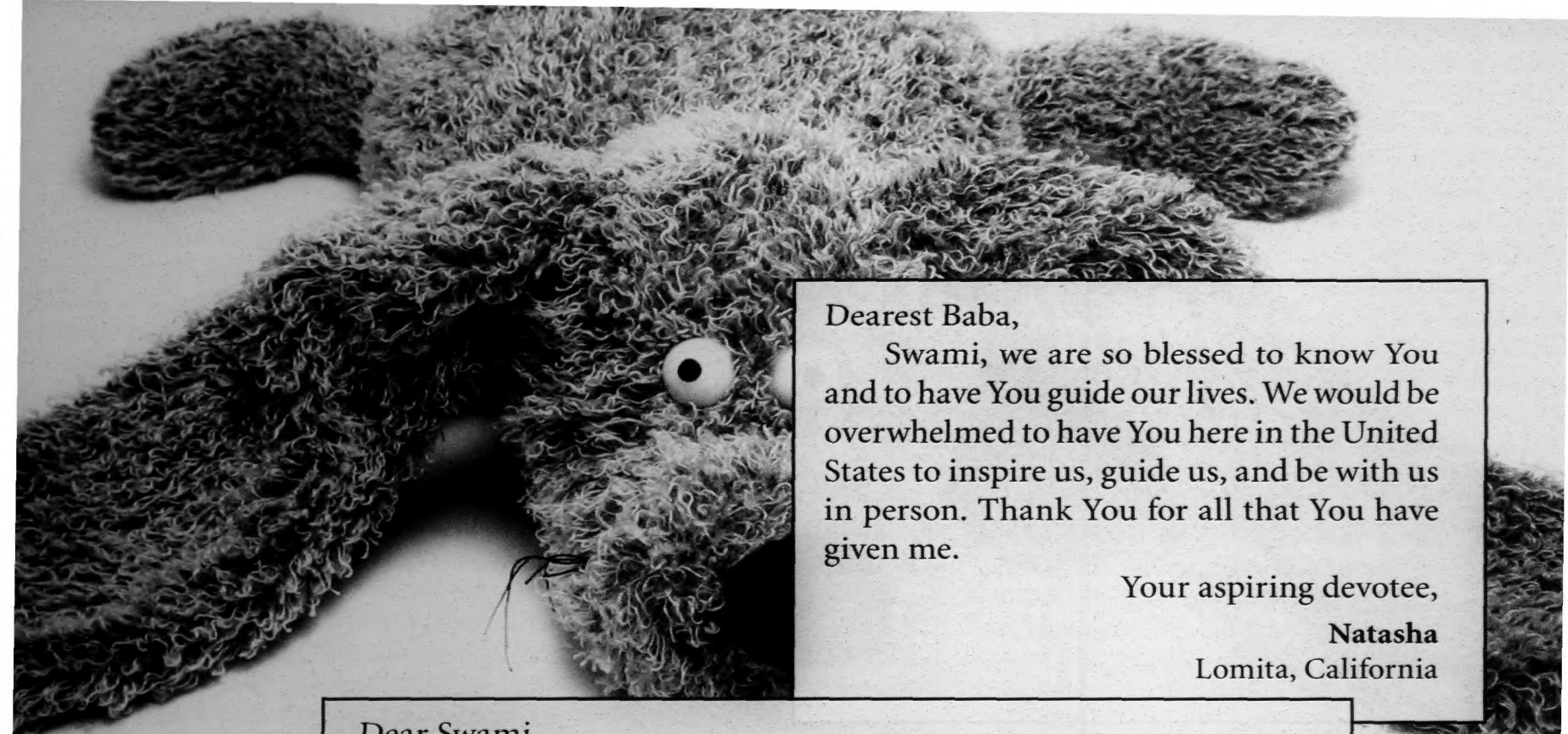
Hello! This is Rajasri Rajendran, and I am a student in the Sathya Sai Center. I am writing this letter to You, to welcome You here to the Sathya Sai Center in Norwalk, Connecticut. Everyone here in the center sees Your presence in Your quotes, pictures, and in their hearts! You inspire us in many ways, but right now our happiness would be for You come here to the center. We would very much appreciate to see You in person, which would fill our hearts with joy, to see the legendary and very inspiring Sathya Sai Baba.

Sincerely,

—Rajasri Rajendran

P.S. Please try to come to our center!

P.S-Please try to come to
our center!



Dearest Baba,

Swami, we are so blessed to know You and to have You guide our lives. We would be overwhelmed to have You here in the United States to inspire us, guide us, and be with us in person. Thank You for all that You have given me.

Your aspiring devotee,

Natasha

Lomita, California

Dear Swami,

How was Your day today? I just wanted to know if You could come to America, because we all miss You and want to see You. I even want to have some dreams about You and what You are doing in India. We even sang some of the songs that You like. The whole wide world wants to see You, so could You please come.

Sincerely,

Angel Martinez

Lomita, CA

Dear Baba,

Everyone in America wants you to come. Every one will be happy! You have to come soon. A lot of people are waiting for you. Hope you come soon!

Sincerely,

—**Krystal Abbassi, Age 9**

Lomita Center, CA

The divine in me blesses and honors the divine in you

Dear Swami,

Please come to America, and visit all over. Everybody would appreciate it so much because WE LOVE YOU!

Love,

—**Kayla Abbassi, Age 14**

Lomita Center, CA



Please
may you
Come to
MY

Please may you come to my house.

Love, from

—Leela, Age 4

Southern California

Dear Baba,

I request you to come to America! Everyone will be happy for you coming here. Everyone wants to see [you, with] blooming roses faces. You are the one! Best mother and father of the world. I love you very much. Please come!

Love,

—Sakshi

Lakewood Center, CA

Sairam, Swami,

Thank you for all the grace you have been showering on us. How are you? Everyone would love for you to come to the U.S.A. Not only to L.A. but to every corner of America and the ENTIRE WORLD! Anyway, thank you for your love. Please let me go (get a seat) in your school. I LOVE you.

Sai Ram,

—Srisri, Age 10

Arcadia Center, CA

Sai Baba,

I love you. Please come.

—Anand, Age 5

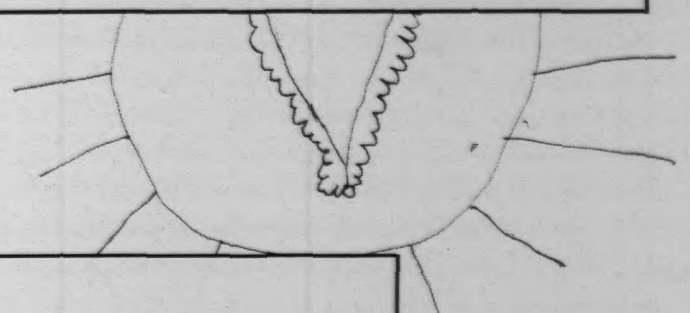
Arcadia Center, CA

OM SRI SAI RAM - Dear Swami,

I love you very much. Please come to America! You will spread Your universal love. Then America will be heaven. Everybody will be blissful.

—Kishore Chundi, Age 7

Arcadia Center, CA



re grace you
on us. How
are you? Everyone would love for you
to come to U.S.A. Not only to L.A. but to
every corner of America and the ENTIRE
WORLD! Anyway thank you for your love. Please
let me go (get a seat) in your school. I

Dear Baba,

Sai Ram, please come to America
to visit all of your devotees.
If you have time please visit all
the states. If you can visit
some Sai centers,

Dear Baba,

Sai Ram. Please come to America to
visit all of your devotees. If you have time,
please visit all the States. If you can visit
some Sai centers, please do.

Love,

—Dilan, Age 9
Corona Center, CA

Dear Baba,

Please come to America just for a little
while! Because just one visit is like millions
of visits. If you visit once, then my life will
be complete. So just visit America once!

Your devotee,
—Sai Govind, Age 9
Corona Center, CA

Dear Swami,
Sairam! How are you? I
would like you to come to
America. Not only where I live, but
all the states in America. By doing
this you can spread your love.
Also many people will start to
believe in you!
It's easier. Though I'll always
love you!
P.S. Thank you for everything.

To Baba: A card for a loving Lord!

Dear Baba, can you come to America? You
are the Lord of all the three worlds. You are
Vishnu yourself.

—Rakhavi Ratanjee, Age 6
Corona Center, CA

Dear Swami,

Sairam! How are you? I would like you to come to America.
Not only where I live, but to all the states in America. By doing this
you can spread your love. Also many people will start to believe
in you! Then your mission will be easier. Though I might be
“mischievous,” I’ll always love you from my heart, so please come
and bless me—and everyone else too.

P.S. Thank you for everything.

Sairam,

—Ramsharan, Age 10
Corona Center, CA

Sathya Sai Baba Young Adult Leadership Conference

August 25-27, 2006

Young Adult representatives and adult advisors from the ten Sathya Sai Regions of the United States came together outside of Denver, Colorado for an orientation conference August 25-27. The Rocky Mountains provided a serene setting for this team to connect on a variety of levels, organizationally and spiritually. Delegates were given the opportunity to hear from several guest speakers, participate in workshops and brainstorming activities, and speak with other national and global office bearers within the Sai Organization. The conference was successful in providing a firm foundation upon which the USA Young Adult program can grow during upcoming years.

Guest Speakers and Panel Discussions

Guest speakers at this conference filled two primary roles. While expounding upon the roles and responsibilities of Sai Young Adult leadership, the speakers also inspired the delegates by sharing many personal stories of interactions with Sathya Sai Baba. Dr. William Harvey spoke to the importance of faith and patience as he gave background about the history of the Young Adult program in the USA and globally.

Jonathan Roof, newly-selected USA Central Council President, spoke from the heart as he shared his experiences of being in the Sai Organization as both devotee and office bearer. He lightened the mood by leading the group in lovely devotional songs and made it abundantly clear that the Central Council has and will continue to support the Young Adult program as it continues to grow and evolve. The earnestness of this heartfelt sentiment became apparent as Mr. Roof participated in all weekend activities alongside the Young Adult leadership delegates.

Everyone benefited from hearing Dr. Mayur Pandya's personal interactions with Swami during his years as a student in Sathya Sai Baba's undergraduate and graduate programs. His memories were sweetly shared with the support of a slide show and suggestions for practical daily applications for young adults. Dr. Hymon Johnson, as Master of Ceremonies, kept the program flowing with his spiritual interludes throughout the weekend. Furthermore, two panel discussions offered conference attendees the opportunity to ask questions of the guest speakers both on Young Adult leadership and overall spiritual development.

Workshops and Presentations

Three workshops during the weekend focused on leadership within the Young Adult program. The first workshop dove deeply into the roles and responsibilities of each type of Young Adult leader. The delegates investigated, within smaller break-out groups, how Young Adult leaders can effectively serve in their positions. Other workshops broached topics such as communication within Young Adult groups and leadership teams; methods by which to keep Young Adult participation at a strong level; ways to strengthen group unity by cultivating the positive aspects of diversity; bridging the space between the Sai Spiritual Education (SSE) program and the Young Adult program; and how the Young Adult program can aid spiritual development by bringing Sathya Sai Baba into our daily activities. Finally, several young adults who had participated in significant service work following Hurricane Katrina shared insights gleaned from their involvement, which inspired the conference attendees.

Each of these workshops afforded delegates the opportunity to learn from others, share personal thoughts and experiences, and move forward to becoming stronger leaders.

Moving Forward

A critical component of the weekend was the opportunity for Young Adult representatives and adult advisors to connect with one another and form bonds that surpass geographic divides, which should

allow national Young Adult initiatives to be set into motion with greater ease.

To that end, the delegates brainstormed together to define goals for the upcoming year. These conversations generated ideas for service- and devotion-based initiatives. Regional leadership teams discussed possible goals and defined action plans for the next couple of months. The endeavors that seemed most common revolved around education and community. Delegates felt a strong yearning to be connected to their local communities and the intricacies of the community's needs. Many felt that through education-based service projects, many needs of a given community could be met. While the discussion to formalize USA National Young Adult Initiatives will continue during the upcoming weeks, it will likely take a path that incorporates education on a local level and understanding the needs of one's community on a deeper level.

The excitement among the Young Adult representatives, adult advisors, and office bearers of the USA Central Council following this conference has been palpable and encouraging to all. We look forward to seeing the action plans generated during the conference manifesting during the days to come, and we pray to Sai that His guidance, council, inspiration, and love continue to be showered upon the Young Adult program in the United States and worldwide.

—**Daniel Scovill and Sangeeta Lekhi**
Young Adult Representatives
to the USA Central Council

YA NEWS FROM REGION 9

ARIZONA ■ COLORADO ■ NEW MEXICO ■ UTAH

SAI COLLEGE DAY

A dazzling orange-robed Swami blessed us with sunrise *darshan* (vision of the Divine) as we woke up early to drive from the Phoenix area to Tucson for the Sai College Day event at the University of Arizona on September 9, 2006. We set up an altar in a beautiful room in the Residence Life office building. About thirty people, including students and their parents, began the morning with the soothing sound of *bhajans* (devotional singing). Our guest speakers were Soumya and Panch Panchanathan, past Young Adult (YA) regional advisors, and Ramya Kumar, current YA female representative for Region 9. They proceeded to inspire the students to stay close to the spiritual path during their college years and reassure the parents that Swami would be watching over their children with the Divine Parent's care.

Below are some highlights of the talks:

1. Parents: Don't worry, be happy!
2. Students: Invite Swami to talk to you; He will always reciprocate.
3. Have the goal of Absolute Excellence, not merely "A" grades.
4. Have the courage to do the right thing, no matter what the popular opinion is.
5. Don't just take care of yourself, but others too.
6. Think about collaboration versus competition.
7. Don't get attached to your success model, as it will shift over time.
8. Watch your small decisions; they keep you with Swami or take you away.
9. Create an atmosphere where you can make good decisions for yourself.
10. Before marriage, all should be treated as brothers/sisters.
11. In the student phase of life, the focus should be on self-development through study, and later on, self-development through relationships.
12. Surrender completely to Swami and connect with Him in a way that works for you. Every connection with Swami is an individual personal connection. Try and find that internally.

The day continued with student/parent discussions on the following topics:

1. How to keep Sai/spirituality in your life during the college years (YAs)
2. How to stay focused, despite the distractions
3. How to stay mentally and physically safe
4. How to handle the issue of interaction between males and females

The Sai College Day event launched a new group of Sai young adults into a college setting. The day provided an opportunity to re-gather those SSE students who may not have been active in a Sai Center during the last couple of years of high school and gave a little added support to the ones who were already active. The parental involvement during the event gave parents a chance to make a transition to allow Swami to be in charge of their child, now that the child may not be living at home. The day also served to remind the youth that they now would have to make a conscious effort to keep spiritual principles alive, as the routines their families set up for them could no longer be taken for granted; and that they must take the responsibility to build these for themselves.

The overall feedback from the parents and YAs for the event was positive, with the general feeling that such exchanges should be continued on a regular basis. Here are the questions and responses to a post-event questionnaire:

Parents, do you feel you have a better understanding of the situations your YA may be faced with, communication with them about their Sai values and practices, and so on?

- *YAs are a vital source to future mankind. Keep them focused on Sai values.*
- *I think I know what YAs are faced with, but not solutions to overcome it.*
- *Yes. We could share Sai's values and practice with our children.*
- *Yes. The program facilitated more open feedback with YAs.*

YAs, do you feel you have a better understanding of the life of a YA, resources available, communication with your parents about your Sai values and practices, and so on?

- *Yes. This meeting has taught me the service and learning opportunities with YAs.*
- *Yes. More comfortable with everyone as well!*
- *Yes, I feel good.*
- *Most certainly.*
- *Yes. The speakers were relevant.*

We are very grateful to our Lord, Sri Sathya Sai Baba, for His Presence on this Divine Day. Best wishes to our Sai Youth as they continue their journey!

—Aru Narla
Mesa, Arizona
SSE Coordinator, Region 9

YA Study Circle: Keeping Sai in Your Life

Young Adults in a Study Circle at the Region 9 Sai College Day pondered the vital question, *How do you keep Sai in your life?* They came up with the following strategies:



- * Read Sai publications: *Sathya Sai Speaks*, etc.
- * Take time for yourself (daily reflection).
- * Listen to motivational speakers – Sai speakers, or others on campus.
- * Participate in [elevating] music – doesn't have to be *bhajans*. Playing an instrument can bring inner peace for some.
- * Practice unity of thought, word, and deed.
- * Respect everyone – recognize that Divinity is present in everyone.
- * Surround yourself with like-minded peers.
- * Set aside time for a daily spiritual routine either before you start the day, or before you go to sleep.
- * Give service / help others at every opportunity.
- * Do *namasmarana* (repeat the Name[s] of God).

- * Listen to your inner voice.
- * Focus on work.
- * Converse with Swami inside.
- * Attend YA meetings.
- * Get involved in school.
- * Be thankful.
- * Maintain a positive attitude.
- * Lead by example.

- * Pray.
- * Attend or listen to *bhajans*.
- * Keep good company.
- * Study.
- * Discover Sai for yourself.
- * Be proud to be Sai!

—Aru Narla
Mesa, Arizona
Region 9 SSE Coordinator

A Wake-Up Call to Young Adults

To: Young Adults in the USA, Young Adult and Adult Regional Officers

The purpose of this letter is to sound a wake-up call.

We are living in very difficult and violent times. Mankind struggles to survive, and nature underscores our efforts with eruptions that remind us that we are not in control. Calamities and disruptions are everywhere present.

In the madness of these times, one major lighthouse is a certain source of hope and salvation. Relatively few are aware of this. Many who have deserved and earned this awareness have taken this most precious and extraordinary gift for granted. God's grace is always there, provided individual effort draws it upon us.

Those of us who know of the presence and divine work of Bhagavan Sri Sathya Sai Baba are aware that He has told us:

Within a short time, the entire world will come together and live in peace and unity. I assure you that world unity will occur very soon. Conflicts, differences, and hatred will become a thing of the past. The differences that you witness today will not be seen in the future. (Oct 10, 2005 Discourse)

That will happen. However, the enemies—complacency and inaction—can hinder the inevitable. These enemies can cause confused and lazy minds to miss this opportunity to realize a meaningful, productive, and blissful lifetime.

The work that remains to be done is your ultimate opportunity. Set your priorities straight. Your divine work must come with enthusiasm and consistency. Then you cannot fail.

The United States needs a rebirth of spiritual effort. It needs a rebirth of spiritual works that sets an example of practical service to our fellow man, provided it is given with pure love. Light that fire in your hearts. Do not forfeit your lives by laziness. Come together now.

All of us can share in the Divine Mission. Do not miss the golden opportunity that Swami has given us. This is particularly a chance for the young adults to transform themselves and the world. Bhagavan Sri Sathya Sai Baba's presence gives us this unprecedented gift.

The time has come to do serious work together. Let us begin now.

In Service to Sai,

—**Hal Honig for the YA National Executive Committee, USA**
Dr. Bill Harvey, Phyllis Krystal, Sangeeta Lekhi, and Daniel Scovill

"Going Beyond"

Sai Conference in St. Louis, May 2006

In late May 2006, the Mid-Central Region of the USA hosted its 29th annual Regional Sai Conference outside St. Louis, Missouri. The conference theme, "Going Beyond," was taken from the messages of Sri Sathya Sai Baba in the three Divine Discourses He gave during the 80th Birthday celebrations when He told His devotees that God is beyond Name, Form, and Attributes. At that time, Lord Sai told us to **see beyond gender, go beyond idea and mind, and go beyond rituals.**

Over 225 devotees, from 13 states in the USA plus Canada and India, attended the conference and joined wills for the purpose of going beyond their own restrictions and into the Divine Love and Bliss that is our natural inheritance. The speakers and workshops, which covered topics ranging from Devotion to Experiences to Sai Parenting, focused on the conference theme.

A unique interactive workshop on "Going Beyond" helped inspire devotees to move outside themselves and their Sai centers, and take what they normally glean from Lord Sai's teachings beyond the boundaries to which they were accustomed. In His 80th Birthday Discourse, Swami said, "God does not expect you to worship

Him. He expects you to lead an ideal and purposeful life."

As the program planners approached the time of the conference, a wonderful and unexpected gift came forth. Several prominent medical physicians from around the country, all Sai devotees, offered to present a general Sai Preventive Health Education program. This offer took form as a panel discussion and slide program on the topics of Diabetes, Obesity, Nutrition and Coronary Artery Disease, Hypertension, and Origin of Disease in *Panchakosha & Chakras* (the five sheaths and the subtle energy centers), along with relevant teachings from our Beloved Sai. Swami has said, *Only the healthy person can afford to forget the body and dedicate thoughts to God.*¹

A second surprising gift was the inclusion of a special workshop on "Women's Health," presented to women only, by women physicians. Topics included Prevention of Osteoporosis, Heart Disease, and Prevention of Cancer of the Breast and Cervix. Swami graced those devotees attending the conference "beyond" the expectations of the attendees or planners with these two superb health education programs.

As if Lord Sai had not already showered His devotees enough, He allowed a special Sai Preventive Health Screening to be offered by still more devotee medical physicians. During several designated and convenient times, cholesterol and blood glucose screenings were available to all attendees. Of the 65 devotees tested, 37 were shown to have borderline/abnormal results. They were encouraged to follow up with their physicians for further testing and treatment. Information on diabetes and blood cholesterol was provided on the back of their test card.

Lord Sai has told us all, *Health is an essential requisite of man; it is the very root of all endeavor in the four fields of human achievement: dharma, wealth, desire, and liberation.*² The devotees attending the conference were clearly provided with vital health education and inspired to take what

they learned and experienced beyond the conference weekend and into their ongoing paths toward their Sai mission.

The Mid-Central Region continues to push beyond the traditional toward what can more appropriately serve the needs of devotees. Rather than just one annual regional conference in St. Louis, which had been the custom for many years, Sai centers around the region have been encouraged to host mini-conferences. For the past few years, centers outside St. Louis responded eagerly. This year, five mini-conferences are scheduled. In addition to St. Louis, Sai conferences will take place in Chattanooga, Louisville, Kansas City, and Memphis.

—Jack Feely, Regional President

¹ October 12, 1969, *Sathya Sai Speaks*, Vol 9:21.

² August 28, 1976, *Sathya Sai Speaks*, Vol. 13:22.

Subscription Information

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

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

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

USA Subscribers Only:

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

Name: _____

Address: _____ Apt. # _____

City, State: _____ Zip Code: _____

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

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

Prison Service Project in Portland, Oregon

The joy, the ecstasy, the sweetness of service rings throughout all expressions and vibrates everywhere. Service, the great gift of our Lord Sai, spreads the love that is divine. Our prison service project wraps us in the wings of our Beloved Butterfly of Eternity and gives us flight. We write this article for the people who contact us with questions about prison service. Some of them say that Sai Baba has told them in the interview room to perform prison service projects.

This wonder, the prison service project, started as an idea developed by one of our center members. This member works as a counselor in a prison. We are told that inmates enjoy hearing about alternative behaviors and different ways of thinking—different from those that landed them in jail. We discussed the project with our regional leaders, and they encouraged us to continue.

The prison we serve at is a minimum security prison named Columbia River Correctional Institution (CRCI), and it is located in the greater Portland, Oregon area. Minimum security means that the prisoners

are classified as low risk. This prison has single fences with razor wire on top.

Two double, heavy metal doors are opened at the entrance by the guards located in a view station attached to the main building. This prison has guards but no guard tower. When we started our prison service project, this prison housed women and men. Now CRCI houses only men.

Our group consists of one man and five women. Most of us attended an informational meeting given by the State Department of Corrections volunteer center, and we also went through a screening process. We filled out a volunteer application, had our fingerprints taken, and underwent a criminal background check.

Also note, besides the statewide volunteer orientation, some prisons have an on-site orientation that volunteers must attend. We wear photo ID badges labeled "Religious Services." We are allowed into the prison on the days we give our program, and our immediate supervisor is the prison chaplain.

Prior to commencing the prison service project, we attended regional Sai meetings

teaching Education in Human Values. With our regional leaders, we discussed implementing these ideas into our service program. We began with a group meeting, and we created a plan of presentation for the prisoners.

We arranged to give our presentation in a classroom in the prison. On each of the housing units, we posted flyers announcing the class. We invited inmates who attended other religious offerings, including the Buddhist meditation group. For the inmate, attendance was entirely voluntary.

We discussed our project with the in-house mental health program members and the drug and alcohol program members. People from these programs were asked if they wished to participate. The psychologists and counselors from these programs were also contacted. They were happy to encourage the prisoners to attend.

Program Format

Our initial program format was:

1. Say OM three times.
2. Introduce everyone in the room.
3. Present, with relevant quotes from historical figures, one of the five human values.
4. Discuss the value.
5. Introduce the idea of meditation and the *jyothi* (light expansion) meditation as taught by Swami.
6. Sing devotional songs.
7. End with three OMs.

After the first few meetings, our sessions evolved. For example, when we were finished explaining the human values, we began

introducing *Prema* (Love) Cards. These cards have Baba quotes on each of them. Anyone can make them; we got our cards originally at Sai Towers in Puttaparthi. All of us, inmates and Sai members alike, each took a card. One person would discuss what his card meant to him and then pass it along to the next person, who would give a personal response to the same card. We would go through as many cards as could fit into ninety minutes.

The next thirty minutes we spent doing meditation and *Chi Kung* (energy circulation) practices. *Chi Kung* helped break up the sitting and transition people's energy for meditation. The prisoners liked all the variety.

During each activity, prisoners chose either to participate or pass. As a request from inmates, we discontinued whole blocks of singing but continued to sing songs intermittently as the occasion arose. Also, due to requests we added increased visits and, as described, the *Chi Kung* exercises.

The feedback from the class members was a very important part of our program. We acted on the requests when we could. Feedback was encouraged. Inmates told us, "Now that I'm going to be released, you should know that this class made all the difference to me." Or "I don't know why, but I can feel when you are coming in the building – I feel so much energy." Or "Human values are so important in our lives." Or "I'm telling my children everything we discuss." Other prisoners told us they shared the information with their family members.

We, the service group, embraced the wise insights of the prisoners. Our discussions

were filled with such deep LOVE. The inmates often talked about experiencing that love. They would say, "I will be really bummed out; then I come here and I'm calmed and energized." Or "I feel such peace when I leave here." Or "We feel that Presence, and it is Love."

We, the Sai Group, also are filled with that same joy and bliss. Knowing and sharing

with such wonderful people is quite a thrill. We prayed to Baba before each meeting to guide us, and after each session to say thank you for His Love. Baba answers All – is in All – as All Love. *Sai Ram.*

—Clare Higgins

Sathya Sai Baba Center of Portland, Oregon

Upcoming 2007 Festival Dates - Prasanthi Nilayam

January 11, Thursday	Annual Sports and Cultural Meet
January 14, Sunday	<i>Makara Sankranti</i>
February 16, Friday	<i>Maha Shivarathri</i>
March 20, Tuesday	<i>Ugadi</i> (Andhra and Kannada New Year)
March 27, Tuesday	<i>Sri Rama Navami</i>
April 14, Saturday	Tamil New Year; Vishu

International Choir Invitation for *Guru Purnima*, July 2007

Mr. Umberto Frascati, the coordinator for Prasanthi Nilayam cultural programs, is arranging for an International Choir to sing with the International Orchestra, at Puttaparthi, probably at *Guru Purnima* in late July, 2007. The program is anticipated to consist of four pieces, including the "*Va Pensiero*" chorus from Verdi's *Nabucco* and a choral section from Beethoven's 9th Symphony.

A choir with members mainly from the San Diego/Los Angeles area sang for Swami in December 2005. A larger choir is needed for the proposed 2007 performance, and this is a call for singers from around the country. Those interested please send your e-mail and voice preference (alto, soprano, tenor, or bass) to Maryalice Jessup, International Choir Director, at howards_daughter@juno.com (there is an underscore after "howards") or her phone, (760) 746-6055. She will then send further information.

Many thanks,

—Phil Gosselin, U.S. Central Coordinator

Region 10 Retreat—What a Treat!

The Annual Region 10 Retreat took place at the Gordon Ranch in Richmond, Texas during the weekend of September 2-3, 2006. Innumerable blessings were showered upon devotees during this retreat because it was attended by fourteen alumni of the Sri Sathya Sai Institute. The inspirational talks (by G.V. Sanjay and Abhimanyu Kaul), the *bhajan* workshops (by Dr. S. Kumar, Srinivas Eyunni, Sitaram Mandalaparti, and Aditya and Chaitanya Kalavagunta), the scintillating music programs, the bonfire program, and numerous youth and Sai Spiritual Education programs immersed everyone in the atmosphere of Prasanthi Nilayam. We emerged from this retreat with our hearts filled with His Love, with the experience of one-ness with Sai, and with the conviction of His Blessings, Grace, and Guidance to help us succeed in our eternal quest to serve Him:

*What a treat it was to meet
Swami's students at the retreat.
Our Loving Mother Sai
Moved us to realms most high;
Through music and devotion,
She brought out our emotion.
Through Her stories and Her tales,
She kindled laughs and regales!*

*What a joy to see their faces,
A delight to hear their graces,
As they poured out their love
For the beautiful Lord above.
Recounting the divine bliss,
No details did they miss;
Great lessons they had learned
Through the grace they'd earned.*

*Their soft and humble speech
By example did they teach,
As they modeled our Savior
Through every little behavior.
O students, you are blessed!!
By His Hand you are caressed.
His Love pouring thru your eyes,
Taking us beyond the skies....*

*Through satsang He inspires
To rise above bodily desires,
To re-establish our zeal
To reach the Sai ideal,
To play our roles in His Mission,
To end strife, pain, division.
Can we respond to His Call
To Love All, Serve All?*

—K. S. Anand
Little Rock, Arkansas

Sathya Sai Medical Camp Seva 2006

"Love in Action" Across the Land

In 2006, Sathya Sai Medical camps continued to be held around the country to offer the underprivileged much-needed medical services. Such camps offer a wonderful opportunity for devotees to come together with other community organizations as "extended families" to demonstrate our Beloved Bhagavan's selfless love in action. Some of the free medical camps offered during the year in the U.S. included the following:

Region 3 (Southeast)

Three free medical camps were conducted in Tampa, Jacksonville, and Orlando, Florida. In Tampa, 32 physicians saw 345 patients, with the help of 85 volunteers. The Jacksonville medical camp attracted 60 to 70 patients and 120 volunteers, including medical and nonmedical volunteers. An extensive camp in Orlando took place on February 25 for the residents of the Coalition Shelter for the Homeless, where 24 physicians and 90 volunteers attended to 175 patients. Each patient received consultations from general practitioners as well as appropriate specialists in cardiology, podiatry, psychiatry,

gynecology, and pediatrics. Vital statistics, laboratory testing, and dental checkups were also provided, along with preventive health education presented by doctors and nurses on topics such as anger management and smoking cessation. Lunch was provided, and school supplies were distributed to the children of resident families.

Region 5 (North-Central)

With Swami's blessings, the Sai Center of Fort Wayne, Indiana successfully conducted a free health camp for the Hispanic community on May 13. This was their second venture, after conducting a similar medical camp for the Burmese community in 2004. The aim of the medical camp was to create health awareness, health education, screening, early detection, and treatment of common medical diseases in underserved populations of this community. This particular camp was focused toward young adults, adults, and the elderly, to make the camp useful to those without insurance or lacking access to medical care.

The medical camp was an expression of love in action, with people of different

faiths and nationalities coming together for the common purpose of a healthier community. A group of the Fort Wayne Sai Center members met with local Hispanic leaders, who helped coordinate and publicize the medical camp in the regional Hispanic newspapers, and put up posters bearing the slogan, "Love all, Serve All." Local Hispanic volunteers arranged chairs, displayed placards, and cleaned the camp. The Sai Center also partnered with the ASK Health Ministry, which offers free health care on a limited scale to the uninsured. Local paramedical and other medical personnel also participated.

Around 180 patients were screened and given synopses of their test results. Physicians educated patients regarding any abnormal test results during exit interviews, and appropriate counseling and follow-up arrangements were meticulously made. The offered testing and services included: height, weight, body mass index, blood sugar, lipid profile, glycated hemoglobin for diabetics, vision scores, dental screening, asthma screening, smoking cessation instructions, colon cancer screening instructions, prostate screening questionnaires, podiatry, hearing, osteoporosis screening, pap smears for 47 women, and nutritional/dietary counseling.

Health education was also offered on hypertension, diabetes mellitus, high cholesterol, breast cancer, cervical cancer, sexually-transmitted diseases, and so on. Pamphlets educating the public regarding various free allied health facilities and services were distributed, and families received free

children's car seat inspections. Pasta, snacks, fruits, water, and juice were offered to the patients as well as the volunteers.

Responses from the attendees were overwhelmingly positive:

- ♥ "Thanks for this great action of charity. We wish you could repeat this health camp very soon."
- ♥ "It is nice to see all working together to serve the community, especially the poor and needy."
- ♥ "May God always give wisdom to the doctors and volunteers."
- ♥ "Thank you for providing us with this assistance. May God bless you and protect you today and always."

Region 10 (South-Central)

Several medical screening camps were conducted, mostly in East Texas, which had been severely affected by the recent hurricanes. With Swami's divine grace, a camp in Jasper, Texas served 465 patients, and another took place on October 21 at the First Baptist Church in San Augustine. At a camp in Pineland on July 15, Sai volunteers worked as one extended family with the East Texas Health Association Network (ETHAN) and other local church groups, seeing a total of 263 patients—91 males, 136 females, and 36 children.

—Victoria Hargreaves
Ventura, California

Sathya Sai Book Center of America

305 West First Street, Tustin, California 92780-3108

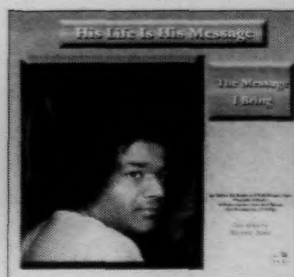
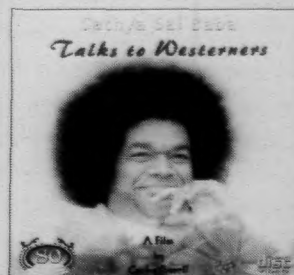
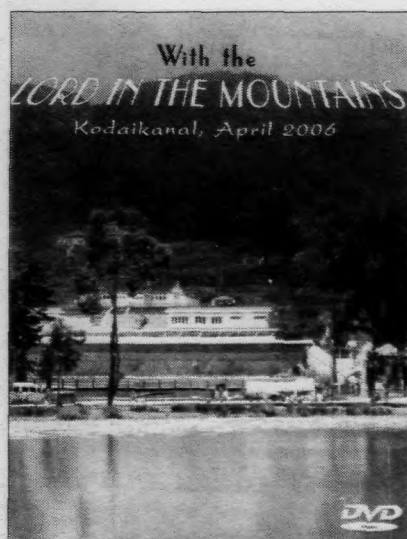
Phone: (714) 669-0522 Fax: (714) 669-9138

E-mail: sathyasaibooks@sbcglobal.net

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

Visit our new website at: www.sathysasaibooks.com

- Order books 24 hours / 7 days a week from anywhere in the world.
- Browse through hundreds of titles or click on items of interest.
- Search by title, partial title, author's name, or code number.
- Print order confirmations with order numbers for your records.



NEW DVDs

80th Birthday Celebrations, November 23, 2005 This DVD includes the morning and evening activities surrounding Swami's 80th Birthday celebration. Some of the memorable events include: the morning procession, welcome statements to devotees, the Divine Discourse, musical programs, a laser and fireworks show, and *Arathi*. T-SCE305 ... \$12.00

108 Musical Magical Moments This DVD contains photographs captured by Dr. Choudary Voleti during Swami's 80th birthday year, uniquely blended with bhajans sung by Sai students. T-SCE302\$7.00

Maha Shivarathri, February 26-27, 2006 This DVD highlights the Maha Shivarathri festival with Vedic chanting, a musical program performed by Sai students, the Divine Discourse, *bhajans*, and the emergence of the *lingam* (ovoid symbol of eternal creation) from Swami on the morning of February 27, 2006. T-SCE304 ... \$12.00

With the Lord in the Mountains: Kodaikanal, April 2006 This one-hour presentation highlights Swami's two-week trip to Kodaikanal, including the manifestation of Lord Rama's ring, *darshan*, *bhajans*, discourses, conversations with students, and visits to devotees' homes. T-SCE303 ... \$12.00

NEW VCDs

VCDs can be played on most DVD players and computers manufactured in the last three or four years. If for some reason a disc does not work in your unit, you can return it for a full refund.

Advent of the Avatar This documentary was filmed in the 1970s by Richard Bock, a Hollywood filmmaker. It describes some of Swami's miracles and omnipresent abilities. T-SCE209 \$9.00

Aura of Divinity This documentary by Richard Bock, filmed during the 1970s and 1980s, includes Swami giving *darshan*, materializations, and *bhajans* sung by Swami and by devotees in His Divine Presence. T-SCE213 \$9.00

His Life is His Message This film traces the life of Bhagavan Sri Sathya Sai Baba as seen through the eyes of a scientist as Swami performs various miracles. It explores the universal message of the Avatar. There is also a discourse Swami presented on His birthday explaining the nature of God and the purpose of the Avatar in this century. T-SCE210 \$9.00

Lingodbhavan – Story of the Lingam This video highlights the Maha Shivarathri festival in which Swami performs *vibhuti abhishekam* (manifesting of a shower of sacred ash) on the silver idol of Shirdi Sai Baba. It also shows the emergence of the *lingams* that emanated directly from Swami's body on the auspicious occasion of Maha Shivarathri. T-SCE208 \$9.00

Sathya Sai Baba – A Message of Love This documentary, filmed by Cosby Powell in 1982 in Prasanthi Nilayam and Brindavan, speaks of the universal language of the heart and Swami's message to all that God is love. T-SCE211 \$9.00

Sathya Sai Baba Talks to Westerners This documentary, filmed by Cosby Powell in 1991 in Kodaikanal, documents a special occasion where Swami spoke to a group of overseas devotees on detachment and ridding oneself of desires. T-SCE212 \$9.00

For a complete listing of available materials by and about Sri Sathya Sai Baba, please contact the Sathya Sai Book Center at the addresses or numbers on the preceding page.

*Look back and thank God.
Look ahead and trust God.
Look around and serve God.
Look inside and see God.*



SATHYA SAI NEWSLETTER, USA
P.O. BOX 660908
Arcadia, CA 91066-0908

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

DATED MATERIAL