

Sathya Sai Newsletter, USA

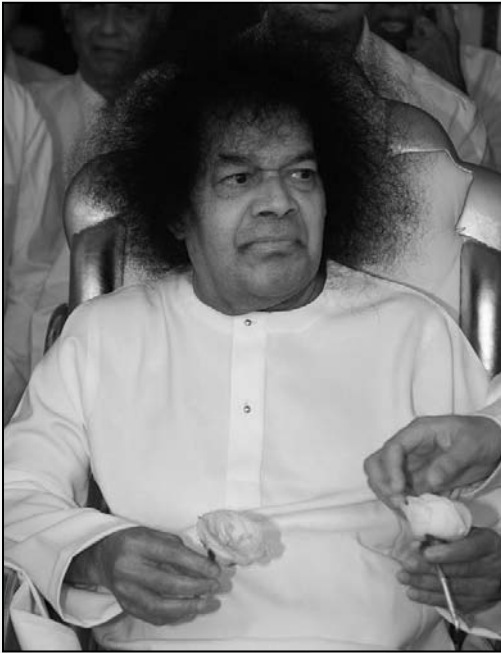
Dedicated with Love and Devotion to Bhagavan Sri Sathya Sai Baba



Spotlight on Service

Sai's Message: The Actions We Offer.....	Sri Sathya Sai Baba	2
Love All, Serve All in Haiti.....	Dr. Satish Kadaba	3
Packing Hygiene Kits for Haiti	Bhupen Shah	6
Pilgrimage to Sai in Haiti	Rajen Ghayal	7
Ongoing Medical and Nonmedical Relief in Haiti	Dr. Narendra Reddy	11
Volunteering for Sathya Sai Haiti Relief Activities....	www.sathyasaihumanitarianrelief.org/haiti/	12
Service and the Sai Organization	Sri Sathya Sai Baba	14
Life Is Sweetest (Poem)	Adeline Teh	24
Regional Sai Service: Love in Action		
Region 1: Singing for the Elderly at the Nursing Home	Sai Centers of Connecticut	25
Region 8: Seventh Corona Medical Camp, March 2010.....	<i>Region 8 (Pacific-South) Newsletter</i>	27
Sai Care Makes a Difference at the Medical Camp	M. Srinivas	30
2010 Festival Dates, India		32
Young Adults (YAs): The Corona Medical Camp: A Learning Experience	Baldev Acharya	33
Sai Children/SSE:		
The Good Fairy's Secret	Adapted from <i>Heart2Heart</i> e-Journal	34
SSE Lesson Plan, Group 2: The Good Fairy's Secret (Love: Sharing).....		36
SSE Fall Project and Exhibition (Region 2).....	Sai Center of Bethesda, Maryland	37
Sathya Sai Book Center of America: Recent Arrivals—Books, CDs, DVDs	Book Center Volunteers	39
USA Retreat & Event Dates, 2010		40

SAI'S MESSAGE



THE ACTIONS WE OFFER

What should be the qualities of the actions we offer at the Lotus Feet of the Lord? Before we offer anything to the Lord, we must make sure that it is pure, befitting, and sacred. Then it will be a worthy offering to the Lord. For example, if we want to offer a rose to the Lord, we first select a beautiful, fragrant bloom. Then we remove the insects from the flower. Next we remove the thorns or any imperfect leaves from the stem, and in a number of other ways we make our offering as beautiful and pure as possible. Every action we perform should be like this. Our actions must be saturated with the fragrance of love and sacredness and must be good and pure. This is the true “yoga of action,” as laid down in the Gita.

—Sri Sathya Sai Baba

Discourse on the Bhagavad Gita, 1987

Love All, Serve All in Haiti

A Personal Experience

I am an orthopedic surgeon living in Los Angeles, California. I was born in Bombay, India, to loving parents who instilled the great feeling of service in me. We were Shirdi Sai Baba devotees all our life. I moved to New York for my residency and to California in 1983 to begin medical practice. I have two daughters and thought that I had a good life.

In 1996, a personal tragedy occurred and my journey toward service began. I started volunteering to feed the homeless and make quilts with the San Diego County Sai Centers. Through the Sai Baba devotees, I heard about Sri Sathya Sai Baba and his teachings on *seva* (selfless service). This led me to visit Sai Baba in Brindavan in 2000 and get my first *padnamaskar* (blessing of touching the feet of a holy being). As a result of this trip, I began volunteering in Baba's hospital as an orthopedist. For the next two years, I went three times a year to work at the hospital, during



Baba looking through Dr. Kadaba's book.

Shivaratri (in February or March), Guru Purnima (in July), and Baba's birthday (in November).

In 2006, on Guru Purnima day, Baba called me and took the book I had written, titled *Divinity in Adversity*. He asked about my daughters and said

that all was well with them and that my new business and the path of service I had embarked upon was a good one, and that all would be fine. I received another *padnamaskar* at this time.

I returned to Los Angeles, resumed my medical practice, and continued to participate in medical service projects. In 2008, I got involved with the Venice Family Clinic, volunteering twice a month as an orthopedist. I felt that my life had some meaning to it, and Baba was directing me along the proper road.

My medical practice involves treating people hurt on the job; orthopedic injuries are the most common. These people are often

“Haiti needs all of us for a long time. Both medical and nonmedical people are equally needed. This is a long-term project.”

treated in an unfair manner, and in my zest to help them, I am learning the labor laws in addition to treating their injuries. I get to practice Baba's principles of treating the body, mind, and soul—bringing physical, mental, spiritual, and emotional well-being into the patients' treatment.

In early 2010, when the Haiti earthquake happened, I felt driven to help. Upon receiving an e-mail about Baba giving devotees permission to go to Haiti, I signed up at once and even agreed to sleep in a tent if needed, although that was not my style.

I went in February 2010, with nine doctors and seven nonmedical people from all over the USA. Our very first meeting was incredible, as we were told that we had a house to stay in, in Port-au-Prince. Baba, in his infinite kindness, made our stay comfortable.

On this first trip, I worked in the general hospital performing surgeries with two other surgeons, from New York and Nepal. We were busy in our work and took over the running of the operating room, as the local staff was on strike. The five days flew by. We started our day with making sandwiches for our lunch. We had a great warm breakfast, made by a Baba devotee as a service, and returned in the evening to a hot meal.

We sang *bhajans* (devotional songs) both before work in the morning and after work in the evening. The team worked

so harmoniously, and we shared so many wonderful ideas; it was obvious we were connected with the essence of Baba.

I came back to Los Angeles, but the spirit of the Haitian people never left me. They were so positive, never complained, agreed to all treatments, thanked us immensely for our service, and had beautiful smiles throughout. My mind was so full of their needs that I planned to go again to Haiti in April.

This happened to be the ninth team going, and there ended up being nine people on the team—five doctors and four non-doctors. We landed in Haiti during Easter weekend. On Sunday we got involved with the Narayana Seva being done at a devotee's house, feeding 500 people a day.

This time I was the team leader, so my duties were different. As there were few doctors, we all went to the site known as “the Big Church” (Saint Alexandre Chapel, a Franciscan church) to treat about 300 patients a day. It was the same routine as before—breakfast, lunch, and dinner—with Baba with us at all times.

The Haitian people were so patient and grateful for all our help. They were grateful for the treatment, including medications and milk powder for the babies. This time we saw chronic medical conditions that had been neglected, as these people had not had

access to medical care for years. The babies had not seen a pediatrician at all.

We saw hypertension in young people due to post-traumatic stress syndrome. We began a psychotherapy class to deal with this, and this is one of the protocols established for future teams. We saw changes in blood pressure with this therapy.

I had to take the role of an administrator and deal with those kinds of issues.

The team members were great and worked together, with on-the-job training and ample support from the community. We also went to “the Little Church” site (the Christian Assembly of Bobin) to see patients. The father and brother of the priest at this church were very helpful and organized. An orphanage is attached to this church—a service carried out by a local Haitian couple, who run the orphanage and teach the children music as a part of their schooling.

This was an incredible experience for us all. The small children have no school to attend, and the older kids have no assurance that their schools or colleges will reopen soon. Their career goals are on hold and their futures uncertain. The adults have no jobs, and housing is but a remote possibility. The ruins from the earthquake are still the same; people live in tents or on the streets.

In all, it is wonderful to see the positive spirit of the Haitians and their incredible sense of hope for the future. I am planning to go back in September for another week of service. Baba, in his gracious way, is showing us the path toward salvation. Baba has shown us how to love all, serve all; help ever, hurt

never; and *Dil me Ram, hath me kam* (meaning, essentially, “Heart with God, hands with work.”). We are so blessed to have Baba with us every step of our lives.

The first time we went to Haiti, we were the only team to have a house to stay in, while most of the other doctor groups had to live in tents, shower in the open, and use public toilets. For me this project has brought new meaning to the word *seva*: seffless, egoless, very satisfying, and a step toward Baba. Haiti needs all of us for a long time. Both medical and nonmedical people are equally needed. This is a long-term project.

—Dr. Satish Kadaba

Sai Baba Center of Hollywood, California



Packing Hygiene Kits for Haiti

The packing of hygiene kits for Haiti was indeed a wonderful event. Cheerful and enthusiastic Sai devotees came together at 12:30 p.m. at a local Montessori School in Oceanside (San Diego County), California, to accomplish the task. The day, however, did not seem to start out auspiciously. It was raining heavily as I left home to drive to the Montessori School, and on the way I was thinking that today might not be a good day!

But guess what! As always, wherever there is Baba's work, he helps his devotees. Believe it or not, as soon as I arrived at the Montessori School (which was the packing location), the sun started to shine brightly. Baba's words, "*Why fear when I am here?*" resonated strongly within me at that point.

I saw the spirit and enthusiasm of all the devotees—right from the 4-year-olds to the assembled adult group. We sang Sai *bhajans* while assembling and packing the kits. Within a couple of hours, we had packed 261 hygiene kits, all adorned with loving paper hearts constructed by the SSE kids.

This project exemplified to me the meaning of *yagna* (formal Vedic sacrificial ceremony). The true definition of *yagna* connotes a selfless, collective endeavor by a group for a pious pursuit. Such activities dilute the ego and create a feeling of oneness. In the Vedic sense, a *yagna* represents a

bridge between humanity and divinity. This was accomplished when we packed the hygiene kits.

—Bhupen Shah

Sathya Sai Baba Center of
North San Diego County, California



Pilgrimage to Sai in Haiti

A Memoir of God in One Serving God in Others

With Swami's grace and blessings, as a part of Sri Sathya Sai Haiti Team 12, for the week of April 24 to May 1, 2010, I joined a pilgrimage to Sai in Haiti. This was a total spiritual experience wherein I made just a small effort, and He took care of every little detail and helped me realize in numerous ways how God in one body serves God in the body of another.

Sai Decides for Me

After the Sai World Foundation decided to send weekly medical teams to Haiti to serve those affected by the earthquake, my youngest son, Jaysai, went to Haiti with Team 5. Upon returning, he cancelled his plans to go on pilgrimage to Puttaparthi in summer 2010, saying he felt like he had just been to Puttaparthi. This inspired me to submit my name as a nonmedical volunteer.

After about three weeks of waiting to be confirmed, I considered backing out of this *seva* due to dust allergies. I talked to my youngest brother, Dr. Mahesh Ghayal, citing all my reasons for *not* going to Haiti. The next day, early in the morning, in a dream I saw Swami sitting on a chair. I was seated at his right side. He was addressing devotees in front of him, when suddenly he raised his right hand, pointed at me, and said clearly to the devotees, "He claims he has allergies, but he is going to Haiti." In this way, Sai made the decision for me. I was going to Haiti no

matter what. A few days later my name was confirmed as a volunteer.

Extra Luggage

After the dates were fixed and discounted tickets purchased, I inquired whether we could take extra luggage as part of the Sai medical team. My brother, Mahesh, was my inspiration—his team had taken 83 pieces of luggage. On his suggestion, I contacted two congressmen representing Ocean County, New Jersey. Meanwhile, a fellow team member, Anita Shankar, obtained permission from Delta Airways for our group to take four pieces of luggage each, with maximum weights of 70 lbs. Four of us were to travel together from JFK airport in New York, so we could check 16 pieces of luggage, but the USA organizers also wanted each of us to take at least three boxes of medicines. We had lots of donated articles from our centers, devotees, and family members, so Anita contacted Delta for permission to bring even more luggage. A representative from Delta Airways Marketing Department replied by e-mail that each passenger could take five pieces of luggage weighing up to 70 lbs. It was Swami's grace!

By the time my wife, Geeta, and Jaysai packed all the collected items into my three extra suitcases, they were extremely heavy and over 70 lbs. I began voicing my concerns over their weight, but all my squawks were

met with, “Have faith in Swami. Leave the rest to Swami. He will take care of everything.” So, I decided to go along with this. I also brought an empty carry-on bag as a backup.

Rendezvous at JFK

The four travelers—Anita Shankar, Rajendra Lawton, Glenn Mannheim, and I—were to meet at 6:30 a.m. and check in together with the 12 boxes of medications. Brothers Rajendra and Glenn were delayed in traffic and arrived about 7 a.m., dropping their luggage with us. Then Rajendra went to find parking in the long-term economy lot.

Meanwhile, the check-in clerk, Joanna, was very friendly and courteous, a noble soul who went out of her way to expedite the check-in process. She inquired about the medical camp, and we enthusiastically provided details, with Jaysai entertaining her on his Team 5 experiences. She was overwhelmed by what she heard and worked very lovingly with us. When it came my turn, Joanna rejected my three extra suitcases straightaway, as they were far in excess of the allowed 70 lbs. Jaysai quickly rearranged the packing by shoving extra items into my empty carry-on bag.

Departure time was 9:00 a.m, with check-in for international flights closing one hour earlier. By now it was three minutes to 8:00, and Rajendra was still hunting for a parking space. Joanna reached him on his cell phone, getting the required passport and flight ticket details, and checking him in before he even got to the counter. Between the four of us, 20 pieces of luggage were

checked in, and we still had one large box of green tote bags—gifts from the Mid-Atlantic Region of the USA Sai Organization. By now, Joanna was very emotional, with tears in her eyes. Quietly, she went to her supervisor and received permission to check in the 21st box of “LOVE.” She had us carry the leftover items as hand luggage, each of us taking two or three carry-on pieces, plus two laptop computers and a fax machine. One large tent, donated by the East Brunswick Sai Center, had to be left behind. We thanked Swami for getting us through this nail-biting drama.

Transportation to the Gate

By now the time was about 8:30 a.m., and it was getting very late. Joanna shut down her computer and accompanied us, expediting our security check and arranging for a ride on a “golf cart” the long distance to our gate. We were overwhelmed with Sai love and emotions. We hugged Joanna, conveying our heartfelt thanks to her and her colleagues. We also thanked God for all the help and cooperation we had received—sheer divine grace, Swami’s nectarean love. Throughout the tense moments, we recited the Sai mantra, “*Aum Sri Bhagavan Sathya Sai Babaya Namaha.*” He was with us all the way.

Port-au-Prince

Once we landed in Port-au-Prince, Haiti, the customs officer checked one box of medicine and cleared all the pieces of luggage without any further delay. Brother DeJesus and Dr. Bass, two of the local Sai devotee volunteers, had come to meet us. All the luggage pieces were placed in a truck

and a minivan taxi, and within half an hour we arrived safely at Sai Brother Rony Joseph's house in the Delmas area of Port-au-Prince. This house, which had survived the earthquake, had become a hub for the international Sai teams arriving for *seva* activities.

Everyone was pleasantly surprised with the quantities of medicines and other articles we had brought. After introductions, we unpacked, settled in, and made ourselves comfortable. Reflecting upon the day's events, we pondered how God in Joanna and others had helped God in us.

Rony Joseph's house was like a mini-Prasanthi Nilayam. Brother Rony, Sister Benita, and Brother DeJesus had committed and dedicated their lives to selflessly serving Sai in Haiti through the earthquake relief efforts. They were always very helpful, guiding and reassuring us all the time. Their devotion for Swami was impeccable.

Sister Benita narrated in Creole language (similar to French) the entire experience of how Swami saved her from a collapsing building during the earthquake. She shouted "*Sai Ram*" several times, and the collapsed concrete formed a small encasement around her, saving her from bodily injury. Trapped in the rubble, she stayed in tune with Sai by constantly chanting the mantra, "*Aum Sri Sai Asahaya Sahayaya Namaha*" (Salutations to Sai, the helper of the helpless), number 40 in the 108 names of Sathya Sai. Immediately she saw a source of light, proceeded in that direction, and escaped to safety.

Altogether, we were sixteen humble devotees sharing the facilities, including two bathrooms, in a caring, loving, and courteous manner. Daytime, we had no electricity. Nighttime, the power came on sporadically, and we maximized our use of lights, fans, telephones, and computers. In the periods without fans, everyone would sweat profusely and needed to drink water, lemonade, or electrolyte fluids constantly.

Daily Chain of Events

Here is a rapid-point recap of a typical daily schedule:

- **4:30–6:30 a.m.** Wake up; take care of personal hygiene by turns.
- **7:00 a.m.** *Bhajans* (devotional singing), followed by Arati; prepare sandwiches for lunch; help prepare and partake of a hearty breakfast.
- **About 8:30 a.m.** Load the truck with medications and leave for the "big church" (Franciscan Saint Alexandra Chapel), about an hour away, in downtown Port-au-Prince; photograph buildings and sites along the streets of Port Au Prince.
- **About 9:30 a.m.–noon** Unload medicines from the truck and deliver to the pharmacy inside the church; greet 200 waiting patients with "*Bonjour*" ("Good morning"); organize work stations and replenish medicine supplies.
- Settle into the work stations with translators: doctors tending to adult patients, youth, children, and babies as per their specialty; psychologists attending to patients, with

assistance from the translators; pharmacy teams filling prescriptions; pharmacy captain overseeing the pharmacy section in organizing and replenishing medicine supplies; pharmacy captain or QC workers checking all prescriptions and medicines and, with the help of a translator, explaining instructions to the patients or children's guardians and making sure they were understood.

- **Midday** Serve cooked meals to the waiting patients, as well as peanut butter and jelly sandwiches and snacks to the service team and volunteers.
- **5:30–7:30 p.m.** Clean up and return in the open truck to Brother Rony Joseph's house; on the way, buy groceries, fruit, juices, and soft drinks at the local supermarket, if needed; unwind or take a cold bath; help prepare dinner or the next day's lunch; pack medical supplies for the next day.
- **7:30–8:30 p.m.** *Bhajans*, followed by dinner and satsang—sharing of Sai stories and experiences, or bhajan practice.
- **9:30–10:00 p.m.** Daily review of team activities; plan ways to better serve the patients; arrange mattresses and go to sleep.

On Thursday, our team divided into two groups. Half the team went to the “small church” (Christian Assembly of Bobin), in a very poor area, closer to the Sai residence. Folks in this area lived in wretched conditions, not knowing when or from where their next meal would come. Sai teams make arrangements to provide food at both the small and big churches.

Conclusion

As Sai devotees we have learned about the five main Human Values and Swami's teachings. All we have to do is simply shower pure Sai love to those in need. Watching the psychologist hug the depressed suffering victims used to bring tears to my eyes. The pure, selfless Sai love pouring from our hearts was all that was needed to uplift the spirits of the needy!

We were also inspired by Carlos, a Sai brother from Argentina who had decided to stay permanently in Haiti, serving Swami. He cooked the morning meals and humbly served the needy in the community in the afternoon. What wonderful service to God in others! He distributed all the “Walk for Values” and other T-shirts we had brought. He also delivered the small tent we had brought to a needy homeless family.

By the way, we also distributed the tote bags our region had contributed—the 21st box of Sai Love—to patients in the “big” and “small” churches), for carrying their medicines.

I will conclude with a small prayer by B. N. Narasimha Murthy, from his book, *Helpline for Sathya Sai Path*:

“Aum Sri Bhagavan Sathya Sai Baba, may I experience your presence at all times and at all places. May I enjoy the blessedness of being your instrument always. May I be aware every moment that all things go on according to your will. May I accept, trust, and surrender to your will at every step.”

—**Rajen Ghayal**
Jackson, New Jersey



Ongoing Medical and Nonmedical Relief in Haiti

The service project in Haiti is continuing to help the people of Haiti who have suffered as a result of the earthquake in January, 2010. Every day, Sathya Sai volunteers are helping the victims in Haiti. Medical and nonmedical volunteers are requested to register at the Haiti website, <http://www.sathyasaihumanitarianrelief.org/haiti>, so that their valuable services can be utilized to help Haitians. Our work is continuing and the needs of the people remain. We are grateful to Bhagavan for this opportunity to serve in Haiti.

Lovingly, in the service of Sai,

Narendranath Reddy, MD

Chairman, Sri Sathya Sai International Medical Committee
Director, Sri Sathya Sai World Foundation

Editor's Note: Monthly updates on the service being carried out in Haiti, starting from January 2010, are posted online at the website, <http://www.sathyasaihumanitarianrelief.org/haiti>.



Volunteering for Sri Sathya Sai Haiti Relief Activities

An Overview of Activities in Port-au-Prince – What to Expect As a Volunteer

Teams: Teams of ten to twelve individuals, including health care professionals and adult and youth nonmedical volunteers from the Sri Sathya Sai International Organization, are currently rotating on a weekly basis to provide service. Teams typically have four to five medical professionals, and five or six nonmedical volunteers, including young adults (YAs). Each team has an overall team leader and one YA leader.

Young Adults (18-35 years) have played an important role within the Sri Sathya Sai Organization, including this project. Beginning with the very first team that went to Haiti, young adults have participated by serving the people of Haiti. They have been an integral part of these teams, working enthusiastically under the guidance of adult team members.

Duration of Service: The teams leave to Port-au-Prince on a Saturday and return the following Saturday.

Travel Arrangements: Once volunteers are confirmed for a particular week, they can then make arrangements on their own to fly into Port-au-Prince directly from their location. Volunteers should plan to arrive on Saturday of their scheduled week, and book their return flight for the following Saturday. Once arriving at Port-au-Prince airport, individuals or groups will need to make

arrangements with a taxi to reach the Sai home at Delmas 83, #16B. The team leaders can help arrange this transport.

Vaccinations/Prophylaxis: Volunteers should be up-to-date in their tetanus booster (valid for 10 years) and consider getting a Hepatitis A vaccination (these can be arranged at one's local area travel clinic). Additionally, it is highly recommended for travelers to speak to their physician about getting malaria prophylaxis.

Medical Supplies: Volunteers may be requested to carry medical supplies from the medical supply team, as part of their luggage. Those wishing to bring additional medicines should please check first with their team leaders to get an update on what is most needed by the current team.

Accommodations: Accommodations and most meals will be provided at a home of one of the Sai family members in Port-au-Prince (Delmas 83, #16B). More details will be provided closer to the scheduled week of service.

Additional information: Team leaders will provide additional needed information prior to leaving for the trip, and information about any expenses that may need to be provided for in Port-au-Prince, such as taxi, local rides, food, water, and other personal expenses.

Scope of Activities

Health Care Volunteers: Health care (in the form of medical camps) is being provided on a regular basis. Health care personnel will be divided up to serve in the following locations:

- **Franciscan Church/Saint Alexandre Chapel (aka “the Big Church”):** This location serves approximately 200 patients (adults and children) per day.
- **Christian Assembly of Bobin (aka “the Little Church”):** This location serves approximately 70-80 patients (adults and children) per day.
- **General Hospital:** Assisting as needed, based on specialty services available.
- **Other Communities:** Medical camps are being set up in other communities in Port-au-Prince as needed.

Nonmedical Volunteers (Adults/YAs):

Service activities include:

- Assisting in the pharmacy in both medical camps.
- Providing help at the medical camps, by assisting the physicians and other medical volunteers.
- Helping with other community-based activities when there is need (e.g., local community clean-up).
- Working with youth/children in the school/orphanage in the Little Church neighborhood. There are about 30-50 youth in the school and surrounding neighborhood, ranging from ages 3–21. Current activities are art/music-

based, and other activities are planned, including educational (academic and EHV).

- Working with youth in the Delmas Neighborhood, including continued support with the water project and continuing street clean-up projects. Other activities to encourage local youth with leadership/vocational training are currently being planned.

Medical Supplies

After the earthquake, the Sri Sathya Sai International Center for Medical Services, with Bhagavan’s blessing and grace, also developed and implemented a plan for collecting medical and personal hygiene supplies. Supply centers in the USA had already been set up in 2009 for collecting medical supplies for shipment to Sri Sathya Sai medical projects as part of the Sri Sathya Sai World Foundation/Sri Sathya Sai International Medical Committee’s activities.

Within a month, a listing of desired supplies was drawn up and distributed throughout the USA Sai Organization. The listings of requested supplies are being kept updated at the website, <http://www.sathyasaihumanitarianrelief.org/haiti>.

—Sri Sathya Sai International
Medical Committee

Service and the Sai Organization

Reduce Desires and Develop Loving, Selfless Feelings

Editor's note: This can be considered a "rare" discourse in that it has not been published in *Sathya Sai Speaks*. We are blessed that Swami brought it to our attention and to be able to offer it again here.

What are the reasons for the treacherous, cruel acts in this world? They are: the decline of selfless service, the increase of meaningless feelings, and the multiplication of senseless desires.

Follow the path of the birds that fly in the sky with the help of their wings: make love and service your two wings, and fly in the sky like the bird. That will enable you to reach the goal faster.

Embodiments of divine love! Only selfless service will encourage man to reach the higher state of humanity. Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in man. Duty alone is not enough for the progress of humankind. Love, kindness, morality, honesty, compassion, and forgiveness are essential factors. Without these qualities, man cannot perform selfless service.

The root causes of pain and pleasure, love and hate, and materialistic desires are the temptations of the mind: "This is mine; that is thine." These dual feelings are the sole reasons for the desires or temptations of the mind. Man has become so selfish that he does not care for others or for anything other than his own welfare. The main reason for these dual feelings of love and hatred is selfishness.

One who thinks constantly of his own body, his own family, his own wealth, and his own comfort is a truly selfish man. The only way to cleanse such a hardhearted man is through service to humanity. One must recognize that one's life is meant to be spent in selfless service, and in the service of the Self (the Atma or innate divinity). Such a life of service is not for gaining name or fame, for allowing expression of one's ego, or for furthering one's own ends. Service done for selfish gain is not service at all.

The inability to recognize the sanctity and divinity of service is what holds man back from a life of service. Therefore, service to humanity should be understood to be service to the Atma, not merely service to society. Society does not need your service, unless you realize that such service is indeed for your own spiritual good, not for the gratification of the ego.

A life *not* spent in service is a life of darkness. Understand that society is the source of whatever pleasure you derive and whatever wealth you achieve in life. Society and nature are the fountainheads of your joy, wealth, and enlightenment, and they deserve your service. A small example to illustrate: when we drop a handkerchief and someone

picks it up, we say, “Thanks.” Don’t we need to express at least this much gratitude to the sacred and divine society that has given us all these comforts and pleasures?

Service should be our primary responsibility and our main goal. We should not waste our lives in the pursuit of useless attractions. Money and materialism are not essential for service, but a loving heart is. We should fill our hearts with love.

In nature, consciousness is never wasted. When consciousness is developed with ego, it generates bad deeds, but when it is associated with the inner divine Self (the Atma), it produces good deeds.

Discrimination

Man does not realize the basic fact that discrimination is what sets him apart from the rest of the animals. He forgets his basic humanity. Today, man is physically human but lacks humanity. He hankers only after material possessions, money, power, authority, physical comforts, and pleasures. He thinks that money and wealth are the only ways to salvation and happiness. But money and wealth are root causes of destruction. Money does not look after us, nor does it protect us.

Some money is of course essential, but one should be able to lead a meaningful life with just enough or a limited amount of money. Today, acts of service—or for that matter any of man’s deeds—are filled with show, pride, and ego. As long as you are bound by such qualities as egoism, you cannot understand the nature of the Atma, and

without understanding the nature of the Atma, humanity will not blossom. If one’s humanity does not blossom, then one cannot be called human at all. One might be a human in physical form but not a fully-blossomed, realized soul.

Sacrifice Negative Qualities

Therefore, the main criterion for service is sacrifice, and egoism should be the first quality offered up for sacrifice. Giving up bad feelings is also a form of sacrifice, a sacrifice that becomes one’s fortune. Sacrifice does not mean renouncing one’s possessions and family and leaving the comforts of home to lead an ascetic life in the forest.

Due to the lack of people who can teach or preach [the sacred aspects of] culture, its important tenets and principles, and their implications, today’s society is headed in the wrong direction. It is a misconception to think we are serving others. We should attain the feeling that we are serving God in



It is a misconception to think we are serving others. We should attain the feeling that we are serving God in the form of others. We should develop the confidence that God is in everyone.

the form of others. We should develop the confidence that God is in everyone.

Don't Blame Others

When we blame others, we accumulate the fruits of their sins; this is the law of the universe, because the individual whom you are blaming is not “someone else” but God himself. Therefore, do not blame or hurt anyone. Doing so only reflects your own character. It is foolishness to express inhumane qualities. When you point out one mistake in a person, others will be ready to point out ten mistakes in you. When a man realizes this truth, he will not blame others.

It is a typical characteristic of a mean person to boast about himself and put down others. A man can be called “human” only when he gives up such bad qualities and wicked feelings. We should see God in every form. Only then will true acts of service come to fruition, and only then can we derive joy from them. When we develop the feeling that it is our good fortune to be able to serve others, and when we serve with sanctity, purity, and selflessness—only then can it be called service.

Embodiments of the Divine Atma! You have designated yourselves to perform [various] service activities to attain divinity or to reach a higher state of consciousness, according to your level of devotion. However, there is no relationship between these service activities and Swami.

Purity of heart and mind is right action. *Dharma* (right action) washes away the filth

from your heart and mind, and only with such a purified heart should you perform your actions. This is what Sai teaches.

Any superior actions that you do are only done to cleanse your heart. If you think that through deeds alone you can attain liberation or a higher state of consciousness, you are wrong. How can you attain the supremacy and sanctity of life, without purity of mind? You must develop the feeling that you are performing your deeds to attain purity of heart.

You should not encourage the idea that deeds will help you attain the Supreme Divinity. On the other hand, you should recognize that your life has been created only to perform divine, selfless service. From *janma* (birth) you should do *karma* (actions); *karma* should lead to *dharma* (right actions), and *dharma* to *Brahma* (God). That is what *janma*, *karma*, *dharma*, and *Brahma* are; the four are interrelated.

Duties Are Service

It is mere weakness to give the silly excuse that you have no time for service because you are so busy with your duties. Cleaning streets in the villages [or other organized service activities are] not the only service opportunities available to you. Discharging your duties in a righteous manner is in itself a service. One should regard service as performing one's duties properly and working enough to justify the pay one gets. If a person works conscientiously every minute of the day, doing the job that he is hired to do, that is service.

Today, however, you can find hardly anyone, from a laborer to an executive, whose work is worth the pay he gets. Employees are always asking for more money, but they never ask whether or not they are working enough for the pay they are already receiving. This represents a betrayal of trust. Whose money is it? It is the people's money. If you cheat people in this manner, it is a sin.

When a teacher teaches his students genuinely and properly, that is service. A businessman need not sweep the streets; if he conducts his business in a moral way, that in itself is service. If he does not exploit people for more profits, that is service. When a person has such selfless feelings, he automatically becomes a servant.

You should lead your life to your own mental satisfaction. You should contemplate your behavior to determine whether or not it is up to your satisfaction. You can please Sai only by performing your duties to the fullest, by serving society whenever and wherever you get the opportunity.

Service is not limited to serving individuals; serving society is also service. Any action that benefits the country is service. You should experience divinity in whatever service you offer. You need not

have anyone else's shelter, protection, or advice. Wherever you feel the need, serve. There is no distinction between acts of service. It is immaterial whether you are serving the poor or the rich. You should be able to serve anyone, at any place, under any circumstances.

Miseries, sorrow, and pain are the same for everyone. That is why you should serve anyone in need without hesitation. In some villages, people are living in highly unacceptable conditions. We should go to those villages and implant the feeling of service in them by teaching its importance. Many of you are going to villages, cleaning up the dirty areas, and coming back. But

how long can you do this? Why are you doing this cleaning? Would it not be better to help the villagers understand the importance of cleanliness?

If our surroundings are not clean, it affects our health and that of our children. This ill health can ruin our lives, as we will be unable to perform our duties. Good health is the best wealth we can have. We should explain the facts about personal hygiene to the villagers, so they can keep their surroundings clean. Going once or twice a month to the villages to clean them up is of



*Wherever you feel the need,
serve. There is no distinction
between acts of service. It is
immaterial whether you are
serving the poor or the rich.
You should be able to serve
anyone, at any place, under
any circumstances.*

no use. We should get the villagers to do these things on their own. This is service.

Desires Are a Prison

Similarly, what is the meaning of placing a “ceiling on desires”? Man is deluded by his limitless desires. He lives in a dream world. He forgets the Supreme Absolute (Paratattwa). This is why it is important to keep desires under control, to place a ceiling on them.

People spend too much money. Instead of inordinate spending for our own pleasure, we should spend for the relief of the poor and needy. This is the real meaning of “ceiling on desires.” But do not make the mistake of thinking that giving money is all that is needed. Do not give to others while allowing your own desires to continue to multiply. Curtail your desires. Materialistic desires lead to a restless and disastrous life. Desires are a prison. You can be freed only by limiting your wants. You should have desire only for life’s bare necessities.

Reducing Desires

How can you reduce desires?

First, food. Eat only what you need to eat. Don’t be greedy. Do not take more than you can eat and waste the rest, because wasting food is a great sin. The surplus food could feed another stomach. Do not waste food, because food is God. Life is God, and man is born from food.

Food is the main source of man’s life, body, mind, and character. The gross part of the food, which is the major portion of

the food consumed by the body, is ejected as waste matter. A minute amount of the food, the subtle part, is assimilated by the body and flows as blood. And a miniscule amount, the subtlest part, makes up the mind. Therefore, the mind is a reflection of the food consumed. The reason for the present bestial and demonic tendencies in our minds is the food we consume.

Instead of kindness, compassion, love, and patience, only bad qualities such as hatred and attachment are being perpetuated. Therefore, the quality of the food we eat should be very pure, clean, sanctified, and *satvic* (balanced, of the quality of peace and harmony). Man receives real nourishment from such food.

A large part of the water we drink is expelled as urine. A minute part of the water consumed becomes *prana* (the life force). Therefore, the nature of the food and water that we imbibe decides our character. Only by controlling the quality of our food and water can we attain divinity. This is why food is said to be God. Hence, to waste food is to waste God. Do not waste food. Eat only what you need, and be sure that what you eat is *satvic*. Give any surplus food to those in need.

Second, money. Indians consider money or wealth as the goddess Lakshmi. Do not misuse money. Doing so will only make you a slave to bad qualities, bad ideas, and bad habits. Use your money wisely, for good deeds. Do not waste money, as misuse of money is evil. It will lead you along the wrong path.

Third, time. Time is a most important and necessary resource. One should not waste time. Time should be spent in a useful manner. Time should be sanctified, because everything in this creation is dependent on time. Even our scriptures say that God is referred to as time and as non-time. God is not limited by time; he is beyond time, he is time, and he restricts time. Time is the embodiment of God. Everything depends upon time.

The main reason for human birth and death is time. Time is the main factor in growth. If we waste time, our lives will be wasted. Therefore, time is essential. Do not degrade time by spending it in unnecessary conversations or by getting involved in others' personal matters. The truth behind the saying, "Don't waste time," is that no time should be wasted in evil thoughts and acts. Instead, make use of time in an efficient manner.

Fourth, energy. Our physical, mental, and spiritual energies should never be wasted. You might ask, "How are we wasting our energies?" If you see bad things, your energy is wasted. Hearing bad things, speaking evil, thinking evil thoughts, and doing evil deeds wastes your energy. Conserve your energy in

all these five areas, and make your life more meaningful:

See no evil—see what is good.

Hear no evil—hear what is good.

Speak no evil—speak what is good.

Think no evil—think what is good.

Do no evil—do what is good.

This is the way to God.



Time is the embodiment of God. Everything depends on time... The truth behind the saying, "Don't waste time," is that no time should be wasted in evil thoughts and acts. Instead, make use of time in an efficient manner.

The path of divinity is not seeing, listening to, speaking, thinking, or doing anything bad. If we are not following this path, we are wasting our energy. On account of this waste of energy, we are losing our memory power, intelligence, power of discrimination, and power of justice.

Today, people are incapable of discriminating between good and bad. This being the case, how can they enter upon the path of right action? You might wonder how this is possible. How are we wasting energy? For example, when you turn on the radio to listen to a certain program, whether you raise or lower the volume of the sound, as long as the radio is on, the current is being used. Our mind is like the radio; whether you talk with others or only think within yourself, you are consuming energy.

Your mind is working all the time. Since it is always turned on, you are consuming a

lot of energy. Instead of wasting that power, energy, or force in mental meandering, isn't it better to spend your time in thinking good thoughts? The ceiling on desires program has been proposed to help man not waste anything in the areas of food, money, time, and energy.

Transformation into Ideal Beings

Today, however, even service-oriented people and workers in the Sri Sathya Sai organizations have not fully realized this. Instead, they give money, thinking that this is service. They cleverly get out of service while their desires multiply out of all bounds. One should gradually change these attitudes. The main goal of the Sai Organization is to enable its members, workers, and officers to lead ideal, perfect, and happy lives. Therefore, we must live up to the high ideals of the organization and transform ourselves into ideal beings, thus helping others to follow this example.

Heart vs. Mind

Embodiments of the Divine! The Sai Organizations do not discriminate on the basis of nationality, caste, race, or religion. Morality is more important than nationality. We should ponder more upon love than religion. What is the use of cultivating religion without love in the heart? Such a religion only contributes to our insanity. We have only one religion—the religion of humanity—and love is our morality. We should prove our ideals to the world. This type of religion and love alone will help

man pave the way to the betterment of humankind.

Since ancient times Bharat (India) has been preaching truth and right action to humankind. Even now, our traditions echo these injunctions: “Speak only truth; act only righteously.” When such a sacred nation is once again filled with truth and right action, and when kindness, love, and affection again become natural, such a nation will have genuine prosperity.

If, however, a nation develops only scientifically, without discrimination, such development is wasted. One good-hearted person is more valuable than a hundred “intelligent” people. A good heart is most essential. With a good heart, one can change the world. It is important to realize that man's growth comes from the heart. When the heart is kept pure and sacred, man becomes human.

One might have keen insight with regard to one's sense organs; one might have a well-developed mind; and one might be quite intelligent, but the most important ingredient of life is spiritual development. Without spiritual development, physical, mental, and intellectual development are not of much use—life becomes purely mechanical.

We should aspire to transform our lives to make them spiritual and not merely mechanical. The Sai Organizations are formed only to prove that these supreme paths are our goals.

Be a Divine Servant

Serve the society according to your capabilities. Do not try to show off. Do not be corrupted by egoism. Transform yourself into a divine servant. Without serving the master, you cannot become the master. Without utilizing your human qualities, you cannot become God. The members of the Sai Organization are its backbone.

Embodiments of love! The organizers among you should follow the correct path. Follow good conduct. If you choose to follow the wrong path, everyone behind you will tread the same wrong path. If leaders want to shape the universe, they should develop noble thoughts, sacred ideals, and selfless desires.

Never entertain selfish thoughts or perform self-beneficial acts in the name of service. It has become a fashion now to serve. Do not let pride and self-boasting creep in. The world today is full of material possessions that are frequently exhibited. This display of ego is the reason for changes in the world today. The destructive effects of pompous pride and ego make selfless service an essential goal for the progress of humanity.

Therefore, the members of the Sai Organization should be simple, selfless,

and non-egoistic. They should cultivate sacred love and the divine spirit of sacrifice, patience, and compassion. These are the qualities of truly service-oriented members and officers.

Do not exercise your supremacy, power, and authority over others. Acknowledge everyone as being equal in power and author-

ity. But try to maintain harmony wherever you are by finding the causes behind difficulties and correcting them with love.

Love cannot be bound by authority. We should exercise discipline with love, not with military force. You should speak lovingly, correcting others' mistakes only

with love. Develop the attitude of love in everything:

Start the day with love.

Fill the day with love.

Spend the day with love.

End the day with love.

This is the way to God.

By all means, live with love. Love is God. God is omnipresent. You are all embodiments of love. Live with love, serve with love, enjoy with love, immerse yourselves in this love. This is the main aim of service. This is the primary responsibility of service. Sai organizations should live in love, exchange



You are all embodiments of love. Live with love, serve with love, enjoy with love, immerse yourselves in this love. This is the main aim of service. This is the primary responsibility of service.

hearts with love, give love and take love, and flourish in love. But money and power have no place in our organizations.

Love, Not Money

I do not need temples or churches. I do not need rituals like *yagnas* and *yagas* (ritual offerings and sacrificial ceremonies). Our actions are *yagnas* (sacred offerings), and service makes up our rituals. Hence, our organization should not indulge in activities of collecting money for temples or rituals. I have stated repeatedly, over and over again, that we should have no interest in or relationship with money. We are associated only with good conduct and character.

However, in our organization, a few are still engaged in such activities. There are still those who collect money on the pretext that Swami came into their vision, indicating to them that they need money to build temples. This is the height of misperception.

I have never told anyone or appeared in any vision or dream asking for any such thing. They are misusing the name of the Sai Organization for collecting money from innocent people, bringing disgrace to the organization, and turning it into a business. True, this is a business—but what kind of business? Our only business is that of exchanging love.

No one should ever give or take money in the name of Sai. Our membership is not made up only of poor people. We have rich people too. If any service activity is to be undertaken and money is needed, why can't the affluent members come forward and

help? These rich people should not wait to be asked. Don't they have enough? If you indulge in begging for money from anyone, you will be bringing disgrace to the Sai Organization.

Uphold the Reputation of the Sai Organization

Make sure that the reputation of the Sai Organization is not spoiled. Other than this concern, I have no expectations from, or relationship with, the organization.

Everyone is a member here. All are devotees. There is no distinction between members and office bearers. This organization has been formed only for you. Every person has a right to be in it. Every person has a right to improve his humanity. Improve human values but not monetary values. If any group in the organization is collecting money in the name of building a temple or performing ritual worship, such a group is not part of the Sai Organization at all. Many are attempting to carry out such business dealings.

There is nothing wrong with some of the rich people among you, within the organization, joining together to do such things. Just do not attempt to collect money by begging from door to door. Sai only wants the welfare of the universal organization. Everybody should be happy. Everyone should improve his humanity, help his neighbor, and develop tolerance. Join hands among yourselves and come forward to serve.

There are two main points for our organization to observe. First, do not become involved with money, government, or power.

Second, do only what you can within your own limits. Let the government take care of whatever it wants to take care of. Do not use its name to enter into any activities. Do only those things that you can do with your own resources and that are within your own capabilities. When you follow these principles, even the government will help you in your endeavors.

But with respect to service, do not establish any connection between the government and the Sai Organization. Suppose you initiate an activity that is dependent upon a government official's support. Later, if another official comes along and does not promote your project, what will happen to

your goals? Therefore, you should depend only upon yourself, not on others. That is Self-confidence.

One who believes in the strength of the Atma does not need any other help. Through your service to others, you can reform yourself and the world. Only then can you justify your existence in a human body. Do not try to achieve name, fame, and popularity. Try to achieve love. That is the unique goal of the Sai Organization.

—Sri Sathya Sai Baba

Prasanthi Nilayam, November 21, 1988

Source: *Sathya Sai Newsletter USA*,
Vol. 13, No. 3 (Spring 1989)

Man must be ever ready to sacrifice his selfish needs for the sake of the larger community. There is nothing as glorious as renunciation. Be honest, be proficient in detachment, and with God installed in your hearts, march forward to offer your talents and skills for the duties you have undertaken.

—Sri Sathya Sai Baba, March 29, 1979

Life Is Sweetest

Life is sweetest
when every moment
is spent on working
for the Lord.

For then you're aware
that every action
is a flower
offered to Him.

Each thought will be
bathed with care,
lest it lead us
to distraction.

Each word will be
spoken with kindness,
to heal all pain
and suffering.

Each deed will be
performed with love,
as we see God
in every being.

Each minute will be
utilized wisely,
to bring sunshine
to those in darkness.

Life is sweetest
when we realize
that everything we do
is only for our Self.

—**Adeline Teh**, Malaysia
<http://flowersformylord.blogspot.com>

Singing for the Elderly at the Nursing Home

The Joy Flows Both Ways

Earlier this year, a handful of about fifteen devotees from three Connecticut Sai Centers (Shelton, Norwalk, and Silvermine) decided to join hands and sing once a month at a local nursing home in Shelton, Connecticut. Today, our singing group consists of adults, YAs, and a couple of SSE Group 3 students. Some group members are well-seasoned singers and musicians, whether in traditional American folk songs and Broadway tunes, or in classical Indian singing.

Within the group we have a pianist, a guitarist, and a violinist—each of which adds a distinct sound to our performance. Our SSE girls are proficient singers, and often they sing harmonies to the basic melodies. Others in the group are simply eager to share joy and love with the audience. Each time we show up at the nursing home, the “common room” is filled with elderly brothers and sisters, most of whom are eager for an uplifting experience.

We sing for about 45 minutes, sometimes telling stories between songs and sharing laughter with our audience. The final 15 to 20 minutes are dedicated to reaching out to all the residents, exchanging friendly and supportive conversation. Sweet friendship has developed among us all, perhaps a recognition that we are all connected through love, compassion,

and recognizing—even for a moment—that we are all on the same journey. Clearly, everyone involved in this exchange is both a “giver” and a “receiver,” whether singer or listener.

Because the singers return on a regular basis, a subtle yet distinct feeling of gratitude emerges and pervades the room during these events, like an invisible cloud of light. The project has developed its own character, in which each and every participant adds his/her own flavor to this unique recipe.

United in this effort, our singers sustain the intention of bringing out everyone’s inner joy. As we sing nostalgic songs, we are all touched when noticing an elderly person with eyes closed and an expression of sweet remembrance on her face. Other times, the audience gets invigorated hearing songs of resilience and hope. And before parting, when our elder brothers and sisters express their wish to see us again, we know we have brought joy and healing to their hearts, and hence, to ours. We measure our success in these events by the audience’s happiness; By the time we leave the premises, many of them are visibly radiant! This happy energy communicates both ways, from audience to singers and vice versa, as a sustained, vibrant moment of joy.

SAI SERVICE: LOVE IN ACTION

The singing project is an opportunity for the potency of love to manifest and transform everyone present. The intention behind the effort remains to serve the Sai in everyone, and the outcome is ultimately Swami's will.

With the idea of soothing and nurturing our elderly audience, we have selected a series of traditional American songs, from as early as the late 1800s, early 1900s, and the Great Depression, up to the 1950s and '60s. The music ranges from old Western folk tunes, Broadway melodies, Louis Armstrong favorites, and even songs by the Beatles. Such tunes include "The Tennessee Waltz," "In the Good Ol' Summer-time," "Singin' in the Rain," "Pennies from Heaven," "Edelweiss," "God Bless America," "Over the Rainbow," and many more.

In total, we have about 30 songs in our list so far. Cole Porter and Gershwin songs will be added to our repertoire in the near future!

These are songs to which the nursing home residents relate, and one can easily see how responsive most of them are when hearing the tunes that are most familiar and meaningful to them.

Several rehearsals were organized this past spring in order to learn, practice, and add new songs. In addition, each singer was handed a CD recording of the songs to help them become more familiar with the repertoire over time. As we continue to get to know our audience better, we compile more songs that might be enjoyable to them, including songs they have requested.

It is most gratifying to learn that we do not need to be expert singers, nor are we disappointed when we lose an occasional beat or miss a note. It is love alone that reaches out, in the form of joy and eagerness to share moments of divine presence with singers and listeners alike. We like the effortless and enriching feel-

ing of spreading kindness, particularly in the name of our beloved Sai.

Moving into the fall, we look forward to adding another nursing home to our visiting schedule. We plan to attend each home every other month, so as to maintain regular contact with each group of residents. This way, we can continue building our ongoing relationship with these elder brothers and sisters, and spread love a little further.

We offer this effort at Sai's lotus feet, with deep gratitude for the blessed opportunity.

—The Sai Singing Group Project
Shelton, Norwalk, and Silvermine
Sai Centers of Connecticut



Seventh Corona Medical Camp, March 2010

Medical, Dental, and Vision Screening Event Draws Over 500 to Receive Services

On Saturday, March 13, 2010, devotees from Pacific Region South (USA Region 8) conducted a free health screening day from 8 a.m. to 2 p.m. in Corona, California. The Sri Sathya Sai Baba devotee organizers from the region were again fortunate to have major centers of influence in the community provide their full support to the event. These supporters included the Corona-Norco Unified School District (CNUSD), which allowed us to use Corona High School for the event; City of Corona; Foundation for Community and Family Health; Corona Chamber of Commerce; Corona High School; Corona Regional Medical Center; Professional Medical Laboratory; Onsite Wellness Inc.; Centro Medico Community Clinic; Sierra Del Oro Storage; Southern California College of Optometry; Olivia Johnston Enterprises, Inc.; Polymer Technologies Systems; Johnson & Johnson; and American Career Colleges.

In an effort to inform as many community members as possible about the event, all schools with a significant percentage of low-income families in the Corona-Norco Unified School District distributed flyers to their students to take home to their families. The Corona-Norco community has a large population of Hispanic families for whom English

is a second language, and during the health screening event, over 95 bilingual volunteers from American Career Colleges were available for much-needed translation services to assist these families. Olivia Johnston Enterprises also provided 22 professional interpreters this year to assist with translation services in our medical departments. Fifteen student LVNs, six dental assistants, and five staff members from American Career Colleges also served as volunteers.

Ninety medical doctors, dentists, and medical professionals, representing 28 medical specialties, provided services to 541 patients. These doctors included primary care physicians as well as specialists in cardiology, pulmonology, orthopedics, dermatology, and pediatrics. We were also very blessed with the presence of 215 professional volunteers, including dietitians, pharmacists, lab technicians, 177 student healthcare professionals, 38 high school student volunteers, and volunteers from local referral clinics.

A total of 361 blood tests were performed, including 320 cholesterol (115 total cholesterol plus 205 lipid), 320 blood sugar (including HbA1C), 17 hemoglobin, and 7 prostate-specific antigen (PSA) tests.

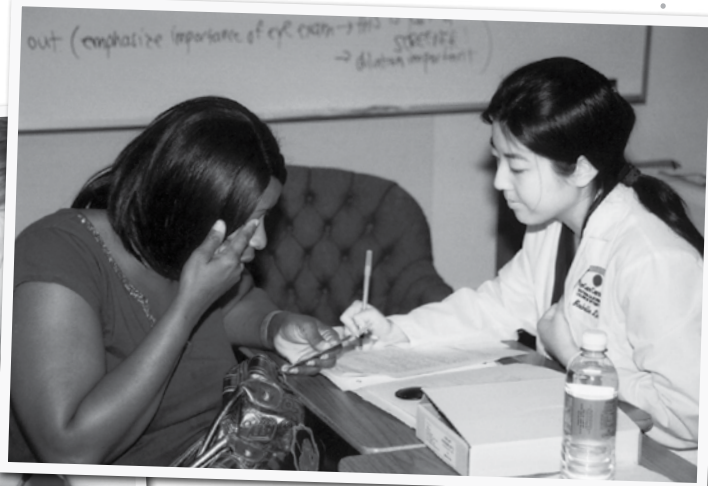
SAI SERVICE: LOVE IN ACTION

In addition to the blood tests, 35 electrocardiograms, 54 bone mineral density tests, 8 tuberculosis skin tests, and 10 urinalyses were performed, and immunizations given to 113 children. A total of 275 adult eye patients were provided with referrals to the Southern California College of Optometry, and three children were enrolled in the free prescription and eye glasses program.

These tests and services resulted in the detection of 39 individuals with abnormal cholesterol (lipid) results, and more than 23 with abnormal blood sugar levels. All patients with abnormal cholesterol and blood sugar levels were seen on site at the medical screening camp by primary and specialty care physicians and dieticians, and diet counseling was provided to over 175 individuals. These patients were also guided to low-cost referral clinics that had representatives present at the camp, and the patients have been contacted by the referral-clinic personnel for further evaluation.

All test results were to be mailed to the patients, with copies to be included in each patient's medical screening camp record.

The Corona-Norco Free Health Screening Day started with First Sergeant Zen directing members of the Corona High School Navy Junior ROTC in a flag ceremony. This was followed by a welcome to volunteers and an introduction of the VIPs attending, including Dr. Kent Bechler, Superintendent, Corona-Norco Unified School District (CNUSD); Mr. Owen Crosby, Principal, Corona High School; Ms. Annie Bradberry, Director, Foundation for Community & Family Health; Mr. Ashan Baseer, President, Professional Medical Laboratory; Ms. Beverly Spencer, Director of Clinical Relations, Southern California College of Optometry, Fullerton; Ms. Virgie Allen, Director, Medical Assistant Program, American Career Colleges; Ms. Olivia Johnston, founder of Olivia Johnston Enterprises; Mr. Eric Rose, Johnson & Johnson;



SAI SERVICE: LOVE IN ACTION

Linda Pierson, of the Coronal Regional Medical Center; and Chris Campbell, Regional Representative, Polymer Technologies Systems (PTS).

Dr. Kent Bechler, superintendent of the Corona-Norco Unified School District, was invited to speak at the opening ceremonies, followed by words of welcome from Ms. Roopa Sharma, the Corona-Norco Medical Camp Coordinator. All those attending were thanked for coming together to volunteer their help and their services, including all the physicians, nurses, healthcare professionals, and vendors who worked behind the scenes to make the medical camp possible.

The Corona-Norco Community Free Medical Screening Day was what “Unity In Diversity” is all about—

everyone coming together with love and the pure thought of helping others.

Sri Sathya Sai Baba tells us, *Service is the highest spiritual discipline. Prayer and meditation or knowledge of scripture and Vedanta cannot help you reach the goal as quickly as service can. Service has a double effect; it extinguishes the ego and gives bliss.*

—**Region 8 (Pacific-South) Newsletter, June 2010**

—Photography by Victoria Hargreaves



“Sai Care” Makes a Difference at the Medical Camp

The Sri Sathya Sai Medical and Dental Screening Camp in Corona, held on Saturday, March 13, 2010, at Corona High School, was a happy place and a beehive of bustling activity. Patients, usually as family groups, were escorted by enthusiastic volunteers carrying medical folders; doctors, dentists, and medical professionals assisted by volunteer interpreters were at their tables, absorbed in examining and counseling patients; volunteers were everywhere, managing the numerous tasks involved in the smooth functioning of a large medical camp.

To appreciate the unique qualities of this Sai service activity, one had only to listen to the community members who had come to be served, and to the non-Sai volunteers who were exposed to this Sai service environment. The benefits received by the community members were evident in many tangible and intangible ways.

“Happy to be here! Everyone is so polite,” shared Fermin Ramirez, 62, who was there with his wife and his 33-year-old daughter. “I have found out that I have high cholesterol. I have to walk regularly and be careful about my diet. My wife, who is diabetic, had her blood checked. I lost my insurance from my job a few months ago, so this camp is a great blessing.”

Anthony Gomez, 24, was baby-sitting his two little girls, 3½- and 1½-years-old, respectively, while his wife Dora was being seen by physicians. “My wife has been feeling unwell for some time. In Psychological Services they told her that she is suffering from postpartum depression, and they have guided her as to what to do about it. In vision care she was advised to wear her glasses all the time. I don’t have any problems, but it gives me peace of mind to know that there is nothing wrong with me. I have insurance, but have no time at all during the week to go to a doctor. My wife is not covered by my insurance. Everybody was helpful and very knowledgeable about their own specialties; I really appreciated this.”

Victor Escalante, 35, at the camp with his wife and two children, added, “Everyone is treated equally here, and no questions are asked about our immigration status. I am grateful.”

Noryne Moses, 55, had only the well-being of her children in mind but found that the loving Sai doctors took care of her as well. Even though she had not signed up for these services, the doctors noticed her skin discoloration and guided her to a dermatologist, who suggested follow-up care for a pre-cancerous skin condition. She had brought her four teenage

children, two boys and two girls, to have their vision and teeth checked.

After being tested, they were referred to free and low-cost clinics for a root canal, for one, and fillings for another. The two girls, Jamie, 20, and Smitha, 16, saw that psychological help was available and walked in. Jamie said that the advice she received for her occasional depression was “awesome.” Smitha, who had questions for the psychologist, received friendly advice and was referred to her school psychologist for expert advice.

Noryne, the mother, was very appreciative of the help her family received. “I have been having trouble with my back for a long time, and have been worried about it. Today I received a free examination from a specialist, an orthopedist, who told me what my problem was and showed me exercises that would help. Everything here is great. Very efficient! Everyone was very nice to us—not as if they were doing us a big favor.”

Tarang Nipani, 45, who brought along his wife Nirati and son Om, was effusive in his expressions of gratitude. “It is amazing that such care is being provided. In an economy like this, when so many are without

insurance, Indian or non-Indian, everyone was very welcoming. It must be because of Baba. I would like to become a part of your group and help others. Can you tell me where the nearest Sai Baba center is?”

Perhaps the best description of the unique nature of a Sai service activity was an observation by a bright and perceptive volunteer, Jessica Castillo, who distributed materials for a nonprofit organization providing low-cost insurance to families with children:

“The general complaint of low-income people receiving services is that the providers have serious expressions (on their faces) and focus on getting the job done. Here everyone is so nice; everyone is smiling and very friendly. Cultural differences seem to have disappeared. The patients look comfortable and happy to be here.”

A Sai service activity indeed!

—M. Srinivas

SSBC of Glendale, California



The Corona Medical Camp: A Learning Experience

My experiences during the Corona Medical Camp were very interesting. On March 3, 2010, I was among the more than 200 volunteers to attend this yearly event. During this occasion, volunteers from around Southern California come together to serve those in need of medical help.

I was working in the Vitals Department. Of the entire camp, the Vitals Department is the first station, where the patient's blood pressure, height, and weight are examined. Once these measurements are done, the patient moves on to the next station.

While I was serving, I realized there are many people in the world who do not have the same luxuries as many of us have. Most of us have proper health care and a comfortable standard of living. Being able to help those in need made me feel better about myself.

The environment around the entire campus was magnificent. Everyone around me was working really hard. The whole camp was a success, and everyone enjoyed helping. Personally, I did what I believed was right, which was serving whomever I could. I was determined to do whatever was necessary.

People of many different races came to the camp. These people were not only the patients, but the nurses and volunteers too. These included Indian people, Japanese people, Mexican people—to name just a few. Everyone treated each other with respect. This created the environment necessary to help serve the needy.

I, along with my friends, family, and workmates, enjoyed our day at the camp. It was an experience worth having.

—**Baldev Acharya**
SSE Group 4, Glendale, California

Sept. 2, Thursday – Sri Krishna Janmashtami

The incarnation of Krishna proclaimed the doctrine of divine love, as manifested by the cowherd maids (gopikas). Today, man is like an earthen pot filled with nectar. His body may be made of clay, but his spirit is eternal. The Divine has to be experienced through the body. Hence, human birth should not be treated as something trivial. Human life is worth living—it should be cherished as something precious. (Aug. 18, 1995)

Sept. 11, Saturday – Ganesh Chaturthi

Vinayaka (Ganesha) drives away all sorrows, difficulties, and miseries. He is the enemy of all obstacles. He will not allow any obstacles to come in the way. He is the destroyer of obstacles. He confers happiness and peace (on his devotees). He is the master of all these powers—intellect (buddhi) and fulfillment (siddhi, self-realization). (Sanathana Sarathi, Oct. 1995)

Oct. 17, Sunday – Vijaya Dashami

What should one do during these ten days of the Navaratri festival? Convert your will power (ichcha shakti) into a yearning for God. Convert purposeful action (kriya shakti) into a force for doing divine actions. Convert your power of discernment (jnana shakti) into the Divine Itself. (SSS 27:27, Oct. 9, 1994)

Nov. 6, Saturday – Deepavali

The inner significance of Deepavali is to lead man from darkness to light. Man is perpetually plunged in darkness. Every time he is enveloped in darkness, he should light a lamp that is ever shining within him. Carry that lamp wherever you go. It will light your path wherever you may be. (SSS 24:26, Nov. 5, 1991)

Nov. 13-14, Saturday-Sunday, Global Akhanda Bhajan

Today we are having nonstop 24-hour global devotional singing (akhanda bhajan) by Sai devotees all over the world. This is being done not for the sake of one individual, one nation, or one community. It is for the welfare of humanity as a whole. (SSS 19:24, Nov. 8, 1986)



True seva (selfless service) can come only out of a pure and loving heart. . . . The uniqueness of the Sathya Sai Seva Organization consists in the fact that it regards seva as a form of service to the divinity in each being. The bliss derived from such service is incomparable. It is a spiritual experience.

—Sri Sathya Sai Baba (SSS 17:27, Nov. 18, 1984)

The Good Fairy's Secret



One day, a young orphan girl was feeling exceptionally sad and lonely, because she had no family and no one to love her. She was walking through a meadow and noticed a small butterfly caught on the thorny branches of a bush.

The butterfly struggled to get free, but the thorns kept cutting into its slender body and fragile wings. The orphan girl carefully pulled away the branches and thorns, one by one, until the pretty butterfly was freed.

Instead of flying away, the little butterfly changed into a beautiful fairy, right in front of the little girl. The orphan girl rubbed her eyes in disbelief.

“For your wonderful kindness,” the good fairy said, “I will grant you any wish you like.”

The little girl thought for a moment, then said, “I want to be happy!”

The good fairy replied, “Very well,” and leaned toward the little girl and whispered a secret in her ear. Then *pouf!*—the good fairy vanished.

As the little girl grew, no one in the land was as happy as she. Everyone asked her the secret of her happiness. She would only smile and answer, “The secret of my happiness is that I listened to the advice of a good fairy when I was a little girl.”

Eventually the little girl grew very, very old, though her face still beamed with happiness. As she neared her time of passing out of this world, her neighbors gathered around her bed, afraid that her fabulous secret of happiness would pass away with her.



“Tell us, please,” they begged. “Tell us what the good fairy said.”

The lovely elder woman simply smiled and said, “She told me that everyone—no matter how secure they seem, no matter how old or young, how rich or poor—had need of me. So I do as much good as I can, whenever and wherever I can.”

—Illustrations by Ashwini Jambotkar

—Adapted from *Heart2Heart eJournal*,
October 2007 (Courtesy: East and West Series, June 2006)

Love all, serve all. Help ever, hurt never. Love ever, hurt never. —Sri Sathya Sai Baba

Sai Spiritual Education Lesson Plan

The Good Fairy's Secret (Group 2)

VALUE: Love • **SUBVALUE:** Sharing/Happiness

QUOTES: *Any happiness that you can give to others will result in happiness for yourself in the end. Man must realize that he cannot get anything without sharing it with the humanity around him. So, you must believe that, in due course, the happiness of the people around you will lead to your own happiness.* —**Sri Sathya Sai Baba** (*Summer Showers*, 1973)

AFFIRMATION: “Through giving happiness to others, I become happy too.”

DEVOTIONAL SINGING: “The Magic Penny” (aka “Love Is Something If You Give It Away”) by Malvina Reynolds (can look up online if you don’t know it). Alternate: “God of Love”

PRAYER/SILENT SITTING: “Lord, let me be eager and ready to rush forth and serve others whenever and wherever it is needed. Show me how to **help ever, hurt never**, and how to **love all, serve all**.” Have students sit silently for 1-2 minutes.

STORY: “The Good Fairy’s Secret” (on pp. 34–35)

DISCUSSION: After telling the story, discuss the story and quote with students. Ask: *What was the fairy’s secret? Why was the old woman able to be happy all her life? How does helping others around us lead to our own happiness? How can you give happiness to others? How do you feel when you make someone smile? What are some things that make people sad? What can you do for someone who is experiencing sadness or loss? What are some other reasons for sharing and helping each other? What could you do for each family member (don’t forget the animals) that would make them happy? What can you do to be helpful to your friends? To your teachers? To your classmates? To those who are younger or older than you? What could you use help with?*

ACTIVITY: Have children make posters with the word HAPPINESS. Make it vertical and ask students to come up with a sentence, phrase, or proverb beginning with each of the letters. Each one must contain a teaching that will lead to happiness: (Examples:) Helping others; Apply the Golden Rule; Pick someone in your class who may not be very popular or have a handicap and befriend them; Practice patience; In every way do good to others; Never put on a sour face; Every day do something good for someone; Say the words that make others happy; Send a letter of gratitude to someone.

LIFE APPLICATION: Students put the poster up in a place that they can see every day and choose one or two of the ways to make others happy. Ask them to keep a journal of what happened, to share with the class. Have students help others in their family with chores. Sharing work usually gets the job done quicker and is more fun, too.

Region 2 – SSE Fall Project and Exhibition: “Your Life Is My Message”

Life application of Sri Sathya Sai Baba’s teachings is a major goal of the Sai Spiritual Education (SSE) program. Students, their families, and SSE teachers at the South Bethesda Sai Center, Maryland, had a unique opportunity to put Baba’s teachings into practice through an exhibition held December 13, 2009. The exhibition, titled “Your Life Is My Message,” took eight weeks to prepare and engaged students in expressing aspects of this theme at different levels according to age group.

When the idea for this first-of-its-kind, long-term, center-wide SSE project was floated in September 2009, each of the different SSE class groups were asked to define an aspect of the proposed exhibition in their own way. Imagine how energized the students felt when told that the flyer for the exhibition had been blessed by Baba himself.

The exhibition projects, by age group, were as follows:

SSE Group 1 (ages 7-9) displayed ten boards tracing the history of Puttaparthi and Baba’s life till the announcement of his mission as an avatar. These display boards included what the children had learned from spiritual stories they had studied, what Baba means to them, and the affirmation, “My heart and hands are in service to Baba.” It was a delight to note that by the time of the exhibition, at least one parent of each Group 1 child had actively helped with the exhibition. The results of this Sai family unity became evident as the children confidently explained their work to visitors during the show.



SSE Group 2 (ages 10-12) set themselves the challenge of understanding and interpreting the nine forms of devotion* in the light of Baba's teachings. The students worked in pairs, doing research at home and remaining after normal SSE hours to work on their display boards. Many parents offered their services, coaching the children in explaining what they had learned, how their chosen quotes from Baba tied into the message, and talking about saints and people from different religions who had expressed these forms of devotion in their unique ways.

Each board included life applications from the Group 2 students about how they carry out that form of devotion in daily activities. It was evident that the Group 2 students had really expanded their minds and hearts in the creation of each display.

SSE Group 3 girls (ages 13-15) adopted the topic of "Global Challenges: Swami's Solutions." The "challenges" included economic turmoil, war and conflict, environment, health, and nutrition. The module was a wonderful *sadhana* (spiritual discipline) for the teachers and students alike, with the learning covering time management, team-building skills, and unity, as the girls challenged themselves to help the other groups too.

SSE Group 3 boys (ages 13-15) studied and displayed information about Baba's *seva* (service) projects in the areas of water,

education, healthcare, and work in the villages. In the process, they saw how these projects allowed volunteers to experience and express all five human values:

- **Love/Prema** – how volunteers, including doctors and nurses, are operating with unconditional love, expecting nothing in return;
- **Right Conduct/Dharma** – how people are using their wealth to help the poor and needy;
- **Truth/Sathya** – how volunteers are aligning thought, word, and deed while engaged in selfless service;
- **Peace/Shanti** – how volunteers are gaining inner peace and fulfillment from doing good work; and
- **Nonviolence/Ahimsa** – how the projects demonstrate the maxim, "Love All, Serve All."

Throughout the process, all the SSE teachers provided loving guidance and encouraged the students to reach steadily higher in applying Swami's teachings in their thoughts, deeds, and aspirations.

The event ended with prizes being given for correct answers to a quiz based on the materials at the exhibition. This provided a fun way for everyone, including visitors, to study and imbibe the contents of the exhibits. With Baba's grace, it was an unforgettable event that inspired one and all.

—Sai Center of Bethesda, Maryland

*Listening to the stories of the Lord, singing His praises, contemplating His glories, serving His Lotus Feet, praising Him, worshiping Him, serving Him, attaining friendship with Him, and surrendering to Him.

Sathya Sai Book Center of America

Complete online catalog available at: www.sathyasaibooksusa.org

305 West First St., Tustin, California 92780-3108

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

E-mail: info@sathyasaibooksusa.org

Book Center Hours: Mon.–Fri. 10:00 a.m. – 4:00 p.m., Sat. 12:00–3:00 p.m.

Online ordering available 24/7 at www.sathyasaibooksusa.org

RECENT ARRIVALS

BOOKS

Divine Lessons from Sathya Sai Baba, by Diana Baskin, the author of “Divine Memories of Sathya Sai Baba,” who wrote this book based on four decades of interactions she and her family members have had with Baba. Beyond the many wonders and insights she gained during that time, this book conveys the miracle of Swami’s love for his devotees and how it transforms each person on their spiritual path. BI-361 \$7.00

Full Flame Infinite Scenario, compiled by Prof. Ranga Rao, head of the English department in the Sri Sathya Sai University, is a volume of selected articles written by Swami’s ardent devotees around the world. The reader is presented with experiences and spiritual “gems” tracing Baba’s life and mission from His earlier days to the present. BI-362 \$15.00

Meditation and Health by Dr. (Mrs.) Charanjit Ghooi, a physician in both allopathic and traditional Ayurvedic medicine, explains how the limbic system in the brain is the source of all thoughts, both good and bad. Through meditation, explained in this book, devotees can help purify their thoughts to obtain “unity and divinity.” BI-366 \$7.00

Prema Dhaara Vol. 3 is the latest volume of letters written by Swami to his students, covering a period from 1946 to 2005. This volume is unique in that it contains scanned copies of actual letters Baba wrote in his own handwriting. BI-363 \$6.00

Sri Sathya Sai Baba: A Yugavatar, by Dr. K. Hanumanthappa, distinguished educator and scholar, highlights the Sai system of education, Swami’s messages on love and the unity of religions, his personal experiences in the divine presence, and a special vision of the Bhagavad Gita, gifted to him by Swami. BI-235 \$5.00

The Annunciations of Sathya Sai Avatar, compiled by G. Krishna Murty, is a small booklet of selections from divine discourses, in which Swami has mentioned his mission and goals as the avatar of the age. BI-364 \$1.00

CDs

Sri Rudram and Purusha Suktam This MP3 CD is an introduction to selected Vedic chants and prayers. It includes the Ganapati Prarthana, Chamakam, Kshama Prarthana, Namakam, and Purusha Suktam. SCE-299.....\$6.00

Sabka Malik Sai Devotional songs and prayers performed by the singer Sumeet Tappoo. SCE-290.....\$6.00

DVDs

Sri Sathya Sai Educare (DVD) contains footage portraying how Sathya Sai Education in Human Values is being implemented in Sathya Sai Schools and Institutes, and in other Sathya Sai educational programs around the world. SCE-321.....\$4.00

Sri Sathya Sai International Medical Conference This six-DVD set highlights the Sri Sathya Sai International Medical Conference that took place on October 10-11, 2009 at the Anaheim Convention Center in California. It covers the Sathya Sai global health mission and the Sathya Sai ideal health care model inspired and guided by Sri Sathya Sai Baba. SCE-320... \$15.00

USA Retreat and Event Dates, 2010

Regional retreat updates and information may also be viewed at the official Sai website:

<http://us.sathyasai.org/> or <http://us.sathyasai.org/infoconf.htm>.

Region 5 (North Central): Sept. 3-6 (Labor Day Weekend), the 20th North Central Region Sai Conference and Retreat, at Camp Henry Horner, 26710 W. Nippersink Road, Ingleside, IL 60041. Contact: Vijay Sai Reddy, Phone: SAI-RAM-1043 (724-726-1043); E-mail: info@sathyasaicenters.org; website: www.sathyasaicenters.org.

Region 7 (Northern California): Sept. 11, 2010, "Love All, Serve All," a one-day free event open to devotees and the public, at Foothill Elementary School, 13919 Lynde Ave., Saratoga, CA 95070. Guest Speaker: Dr. Joe Phaneuf. Contact: Vikram, 408-324-6262, jvikram@gmail.com, or Soundarya Madhavapeddi, 414-217-7041, mnagasoundarya@gmail.com.

Region 9 (Southwest): Sept. 3-6, New Mexico "Land of Enchantment" Retreat at Bodhi Mandala Zen Center, Jemez Springs, NM (Friday 6 p.m.–Monday 10 a.m.). Speakers: Dr. Ramesh Srinivasan, Cass Smith, and Shama Smith. Theme: GOD IS. I AM I. This year's retreat has been extended to four days and three nights. Registration begins on Friday at 4:00 p.m. Contact: Elaine Hausman, 505-660-0283, ehausman@rockridge.biz; travel arrangements: Romy Keegan, 505-366-4982, romydancing@aol.com.