

Dear Devotees of Sathya Sai.

How blessed the city of Chennai has been these last few days, with the Divine Presence of our Lord Sri Sathya Sai Baba in their midst.

The Yagna was being conducted for the second time within a year and this particular Yagna is not uncommon, but for after a few millenniums it is being conducted in the presence of an Avatar.

The conducting of the Yagna is for world peace and personal improvements, as well as cleansing the physical environment.

“According to tradition, only an Avatar can yield most benefits from such a Yagna,” it is said.

Over 60,000 devotees attended to the Chennai Arti Rudra Maha Yagna, that officially started on the 20th January and ends on the 30th; auspicious times according to Hindu Vedic astrology.

A group of visually impaired girls came to visit Swami there, and one of their number, Manpalam, said, “I could feel Bhagawan’s Divine Love when He came near me.”

This year, 2007, it is felt, will be a most auspicious year, as mentioned in the article, “The Year 2002 Recalled”, on page six of this issue. Many have prayed for such major changes to take place, over the last few years, and now we are to experience the enormous benefits that this sacred ceremony offers. We can all contribute to these prayers in our own personal way. *Ed.*

**PRAYER TO
THE DEITY OF KARMA
(ACTIVITY)**

“Let me do today only pure purposeful and helpful actions”. BABA (1987)

New Sai

Drinking Water Project

Studies for a new water project have been completed for Latur, Maharashtra said All-India President of Sathyasai Organisation, V. Srinivasan. He thanked Swami for His role in, “bringing Krishna waters to the city to meet the drinking water requirements.”

The Trust had enabled drinking water supply to 750 villages, in Andhra Pradesh, which required laying 2000-kms of pipeline, building small reservoirs, constructing hundreds of overhead tanks and providing standby power generation. Many more villages in Andhra Pradesh were also supplied, besides executing a Godavari rural supply scheme covering 550 villages, mostly tribal living in high ranges, Mr. Srinivasan said.

Referring to the Chennai drinking water project, he also said that the mammoth, undertaken at a cost of about Rs. 200 crore so far (a crore is Rs.10,000,000), was initiated by Sathya Sai Baba on His own initiative. “There was no request from either Andhra Pradesh or Tamil Nadu. Realising that the city was suffering from acute shortage of drinking water, He initiated the project,” Srinivasan said. He also stated that the Trust undertook a technical study to improve the 65-km long canal system from Kandaleru reservoir to Poondi, as it could not carry the gushing waters. Restrengthening work involving high-grade cement linking, construction of escape structures and improvement of approach canal, as well as preventing water seepage, etc., are being undertaken, and completed in 18 months.

Swami will be attending the “Athi Rudra Maha Yagam” on January 20 and 30, in Chennai after an absence of

ten years, and He blessed the city with His Divine Presence once again.

In His discourse He underlined the need for the people to cultivate selflessness. He also said that the rich should come forward to undertake such welfare activities for the benefit of the people.

The Chief Minister, M. Karunanidhi met Swami at His residence, Gopalapuram, on Saturday, for an hour-long conversation. The Minister, an ardent non-believer, stated later, that “Neither did Baba talk politics nor did I speak spiritualism,” but he thanked Swami for His contribution to the lining of the Telegu Ganga canal, and appealed to Him to take up more such welfare schemes in the State. The Minister further said, “To me what is important is not whether I accept God, but whether I am acceptable to God. Whether God exists or not, I should conduct myself in a manner acceptable to God, helping the needy and serving the poor, true to my conscience.”

He continued, “Both God’s job and my job are one and the same. God bestows His benevolence on mankind. He gives everything free without expecting anything in return. My government is also doing the same.” He said he accepted Swami’s words, “Service to mankind is service to God...Whether it is a leader or a saint, the only motive is service to man and that’s what the Baba is doing...I never used to believe in babas, but after I met Sathya Sai Baba, my views have changed,” he said to a rapt audience.
Ed.

I need nothing, however great or small, in this Universe. At no moment has desire affected me for any thing or activity. I have come to give, not to receive. And, what you can offer Me is

just this: pure, unadulterated love. When you offer Me that, I derive Ananda. BABA.

“No Verukas!”

‘Verruca plantaris’, otherwise known as Verukas, are warts that usually appear on the soles of the feet, and can be most uncomfortable and even painful skin lesions. It is a virus, contracted usually at swimming baths or public showers, or even from another member of the family. Sometimes difficult to treat and often requiring surgery.

It becomes even more serious and painful when you have 23 , -as did Jane McCaul, our Connaught Chairperson. She had three Verukas removed by surgery, the aftermath of which made it most painful to walk or stand. Many sessions would have been required to clear the remaining nineteen!

On the occasion of our Annual Satsang, we were blessed to have Mrs. Veena Patel, from Harrow in the U.K. who brought with her the Divine Shiva-Shakthi Universal silver *padukas* (sandals), that had been blessed by Swami. Veena was gracious enough to allow all present at the Satsang to hold them briefly.

Jane held them, and in her own words later, said; “I touched them on that day and asked Baba if He would kindly rid me of those pests, because it was effecting my ability to move quickly...A week later they hurt even more...Some time later, I prepared the implements which consist of razors, scissors, cutters, scrapers and sanders, not to forget a large tub of hot water, with a liberal dash of disinfectant. I was ready for ‘operation veruka’, so I turned my foot upside down...NO VERUKAS! I turned the other foot upside down, -NO VERUKAS!”

Jane now confirms that months have passed and she is still miraculously free of the Verukas!

Her thanks go to Swami for ridding her of her 'pests', and the Veena Patel for being His instrument.

Pray whole-heartedly for the welfare of humanity. You can be happy only when the world is happy. There is an intimate and inseparable relationship between you and the world. Chant the Divine Name. Pray for the welfare of the world and participate in service activities. BABA.

“Sai Baba’s Message for Peace”

The Prime Minister of Nepal, Girija Prasad Koirala, said, in an article published in *The Rising Nepal*, “The message of Sai Baba should be spread to nook and corners of the country in order to maintain ethnic tolerance, peace and unity.

“Not only Nepal but the entire world needs peace, ethnic tolerance and unity at this moment.”

The P.M. was inaugurating the Golden Jubilee celebrations of Satya Sai Kendra, in Kathmandu, Nepal. He went on to say that spreading the message of peace and brotherhood would help in establishing peace in the country as well as the entire world.

“As a politician, I have understood spiritualism. Materialism may have made progress but hardly anyone is satisfied. There is lack of peace everywhere. Spiritualism strengthens peace.”

The eighty year old Premier said he became Baba’s devotee after being inspired by Swami. “I went to meet with the Baba when I visited India as a Prime Minister long time back and was very much impressed by Him.”

During the meeting, Swami told him that the situation was very bad and

suggested, also, that the P.M. be cautious and take care of his health, Koirala recalled.

A Golden Jubilee souvenir was published to mark the occasion and on the same occasion, a Muslim goodwill workshop was also organised.

If you accept Me and say yes, I too respond and say “Yes, Yes, Yes!” If you deny Me and say “No!” I also echo “NO!” Come, examine, experience and have faith; that is the method of utilising Me. BABA

“Do It Anyway”

**Inscribed on the wall of
Mother Theresa’s Childrens’ Home,
Calcutta.**

*People are often unreasonable,
illogical and self centred;*

Forgive them anyway.

*If you are kind, people may accuse
you of selfish, ulterior motives;*

Be kind anyway.

*If you are successful, you will win
some false friends and some true
enemies;*

Succeed anyway.

*If you are honest and frank, people
may cheat you;*

Be honest and frank anyway.

*What you spend years building,
someone may destroy overnight;*

Build anyway.

*If you find serenity and happiness,
they may be jealous;*

Be happy anyway.

*The good you do today, people will
often forget tomorrow;*

Do good anyway.

*Give the world the best you have and
it may just not be enough;*

**Give the world the best you have
anyway.**

**You see, in the final analysis it is all
between you and God-**

It was never between you and them

anyway.

The entire world is permeated by God. It is also said, God is the indweller of all beings. He is present in all beings in the form of Consciousness. Man goes on pilgrimages in search of God as he is ignorant of his divinity. One does not acquire any special powers from going to temples. What one gets is only the reflection of one's own inner being. The power that is present in pilgrimage centres is only due to the power of devotion and faith that pilgrims carry in their hearts.

BABA (Thought for the Day)

Zimbabwe

'Sai Children's Home'

In the difficult times today worldwide, nothing stands out as being more devastating than life in Zimbabwe. But Swami's love is there with them also, helping to raise the spirit of the people through the good work of the Sai Organisation there.

As the chaotic economy means that inflation standing at 1,200%, it can be difficult to make future plans; this is not helped with law and order totally out of control. Added to this the Aids pandemic is hitting hard. "The average rate of HIV+ infected people is at about 25%...3,000 people die every week!" said school principal Birthe Kristensen. "With 1.3 million children orphaned, coupled with the general economic decline, the effect of HIV/AIDS on our community is devastating."

The school is situated in lovely countryside, and has been in existence for nine years. The EHV programme is one means they have employed to combat HIV, as well as a balanced vegetarian diet, Swami's 5 Values, - plus lots of LOVE!

Ms. Kristensen who set up the school with the help of her husband Bent, said, "We are still confident that through Swami's Grace, He will see that our basic needs are met."

They both came to Sathya Sai Baba in 1984, through a Chinese man married to a Yugoslavian with a Swedish passport, and who worked at the central Hospital in Greenland. (Who says God doesn't work in mysterious ways? *Ed.*)

Birthe was trained as a community healthcare sister in Denmark and later as a matron at that hospital for eleven years, while Bent was a trained engineer fitter, and maintained the diesel engines at the power station. Both skills proved invaluable in running the orphanage.

Being active in the Sai Centre of Bulawayo, they visited Swami in 1991 and attended an international *Sathya Sai Education in Human Values* conference.

When their respective jobs came to an end in Bulawayo, they felt inspired to stay on, and, in response to a dream Birthe had, they decided to stay and 'do something for the poor'. Their decision was to start a children's home rather than a hospital, to assist the desperate need with the growing number of orphans, due to the Aids pandemic, because of what Birthe had seen while working as a nurse in the rural areas.

Selling their house and property in Denmark, to help pay for the first phase of construction, and helped by local people who cleared the bush and thatched the houses, and later, with the help of a Danish aid organisation, the second phase was completed in 9 months.

Swami has told projects that, provided their motives were right and aims pure, they should not worry

about money. Whenever they needed help, it arrived unasked! The Danish Red Cross agreed to funding costs from July 1998, phasing out over a three year period which ended in 2005. This funding included the construction of a dam and a power line!

The German organisation, “HELP”, assisted them with the running costs for the first six months of 2006. Birthe stated that the first of their older children has reached adulthood and they were able to assist one girl to get training in catering at a local hospital, while a boy has training in the local factory. Another girl of 19 years, started as a temporary teacher at a local school, with expectations of starting at a teacher-training college next year.

Anyone wishing to contact the school should write to; ETHANDWENI, White Water Sai Children’s Home, P.O. Box 2929, Bulawayo, Zimbabwe. Or visit their website:

Zimbabwe@saichildrenshome.com

Ed.

Alcohol dries up your brain -that is the worst. It’s an obstacle to God. Smoking dries up your body. It hinders your development.

BABA (Sanathana Sarathi, Mar. 1998)

THE SWAN is an important motif in Advaita Vedanta. Its symbolic meanings are:

Firstly, -upon verbally repeating ‘Hamsa’(the Sanskrit word for Swan) it becomes ‘so-ham’ (Sanskrit, ‘I am That’)

Secondly, -even as a swan lives in water, its feathers are not soiled by water, -a liberated Advaitin lives in this world full of Maya but is untouched by its illusion.

Thirdly, -a monk of Dashanami order is called a Paramahansa (the supreme swan).

The Year 2002 Recalled

Connie Shaw’s trip to Swami in 2002 was recalled recently, when she, in company with other American devotees, were blessed with an interview with Swami.

One American, anesthesiologist from the MidWest, spoke of his interview with Swami, to the other devotees. Baba mentioned then, that President Bush was frustrated with the war and with his advisors.

Baba will ‘up’ the level of human consciousness not with one step, but by gradual stages. In response to the doctor’s question, “Swami, how do You manage it when Muslims pray five times a day; Christians pray to You and all are bombing each other?”

Baba: *“These prayers are rote/automatic, not from the heart. I don’t respond to such prayers. The way to deal with terrorism is not to kill people. Do you know who the real terrorists are? Hatred and jealousy in every heart. Deal with that in your own hearts, then we will have peace.”*

Connie, in her interview asked Swami how much longer the war in Iraq would last. “Five years more,” He replied. “In 2007 there will be no more war. Peace on earth.”

Connie: “Five more years? Then really, truly the war will be over?”

Baba: “Yes, you will see.

Connie: “Then what about the Golden Age? When will that actually be here?”

Baba: *“The Golden Age must begin in each person’s heart. Then only can we have peace on earth. Each must start now to make the Golden Age in his heart.”*

Connie: “But, Swami, we’re all doing the best we can in that (department) now. I mean when will (all of) humanity agree, -this is the Golden Age, here, now?”

Baba: “*In five years. 2007. By then! All must do their part*”.

He blessed the group, answered personal questions and specifically told Connie to do Sai Radio, T.V. and to write (books and articles) consistently. she has been doing radio and T.V. off and on for decades.

Connie asked Swami about a recent photo doing the rounds, if the so-called Krishna photo with Baba’s face on it, was legitimate.

Swami replied, “*This is artificial. It is (like a) painting.*”

Connie further asked, “You mean as on the computer, Swami?”

Baba replied, “*Yes, I don’t like artificial (things).*”

On the morning of Christmas Eve after darshan, one of Swami’s attendants expired on the temple veranda. He was about 26. He just keeled over and died. A few doctors came on the scene. Others ran to tell Swami, “Swami! Your attendant has just expired! Shall we remove the body and call his parents immediately?”

Swami replied, “*Don’t touch the body! Bring Me a glass of water.*”

Swami sprinkled a few drops into the mouth of the deceased and brought him back to life. He told the young man to rest for ten days, not to come to darshan, and not to give his name out, to protect his privacy and the health of the subtle bodies. Like newborn babies need to rest, so also resurrected people must take strict rest.

Connie recalled when her friend Bharosa Adhikari, of Napal, was resurrected by Swami, He made her

stay in hospital for 16 days. She couldn’t speak for 26 hours after been re-born.

She continued, “We now have knowledge of 19 resurrections and had personally met four people who had been brought back to life by Sai Baba.”

“Respecting All Life”

“Whenever I injure any kind of life I must be quiet certain that it is necessary. I must never go beyond the unavoidable, not even in apparently insignificant things. The farmer who has mowed down a thousand flowers in his meadow in order to feed his cows, must be careful on his way home not to strike the head of a single flower by the side of the road in idle amusement, for he thereby infringes the law of life without being under the pressure of necessity.”

Dr. Albert Schweitzer.

Life’s Journey

One ship sails East,
And another sails West,
By the self-same winds that blow.
Tis the set of the sails,
And not the gales,
That tells the way we go.
Like the winds of the sea,
Are the waves of time,
As we journey along through life,
Tis the set of the soul,
That determines the goal,
And not the calm or the strife.

Ella Wheeler Wilcox.

The unity of mankind will come when man becomes awakened and when he allows love to flow from his heart all the time. Then he will recognise the same love in others and see them as they really are, part of himself, part of God, -Divine. BABA.

“The Dash” by Linda Ellis

I read of a man who stood to speak
At the funeral of a friend.
He referred to the dates on her
tombstone,
From the beginning...to the end.

He noted that first came her date of
birth
And spoke the following date with
tears.
But he said what mattered most of all
Was the dash between those years.
(1944 - 2006)

For that dash represents all the time
That she spent alive on earth...
And now only those who loved her,
Knew what that little line is worth.

For it matters not, how much we own;
the cars...the house...or the cash.
What matters is how we live and love
And how we spent our *dash*.

So think about this long and hard.
Are there things you'd like to change?
For you never know how much time is
left,
That can still be rearranged.

If we could just slow down enough
To consider what is true and real,
And always try to understand
The way other people feel and hear.

And be less quick to anger
And show appreciation more
And love the people in our lives
Like we have never loved before.

If we treat each other with respect,
And more often wear a smile
Remembering that this special *dash*
Might only last a little while.

So, when our eulogy's being read
With our life's actions to rehash...
Would Baba be proud of the way
We have spent our *dash*?

**Nowadays men are behaving like
animals, and animals are behaving like
men should. BABA**

Experience of a Devotee

Pamela Sachar and her husband
were living in an apartment in
Chicago, with their one-and-a-half
year old child, in 2003.

Pamela was cleaning the bathroom
with irritating interruptions from her
son, who had a fever. Placing him,
Parth, in the room outside the
bathroom, she closed the door behind
her to complete the cleaning.

After she was done she tried
opening the door...but failed. With a
good amount of pulling and pushing,
the door failed to open. She was stuck
in the bathroom listening to her son
crying outside. "I tried to hit the door
with my shoulder, -the way they show
in the movies, but that too was a waste
of effort. I got on top of the pot and
kept shouting in the vent, *HELP!*
HELP! but no one would listen as it
was two in the afternoon."

She could hear the 'phone ringing
and her son crying. "He just kept
banging on the door, -I was in tears.
My husband Dharam used to come in
from work at 8.30/9.00 pm."

To top it all she had food in the
oven. After about twelve minutes she
started screaming and shouting
"BABA HELP! BABA HELP!"

The minute she called on Baba, she
banged the door and it opened, as if
someone had opened it from the
outside. "I cannot explain how I felt. I
rushed outside and hugged my son
and I saw that there was so much
smoke in the house as the food had

burned. It was all because of Baba's timely help, that my son and I are safe."

Nowadays, she carries her mobile 'phone everywhere in the house!

Even if the entire world opposes Me unitedly, nothing can affect Me. My mission is essentially Mine. I am engaged in doing good. My heart is ever full of benediction. I have no ego. I do not own anything. This is My truth. Those who have faith in this, My Truth, will not hesitate to dedicate themselves to it. Those who have doubts and defects react with anger and fear. But the person with no doubt and defect will not react so. I am aware of this and so I am always in Ananda (Bliss). BABA, 1981.

Presence of a Higher Power

by Rahul Sharma, (Indiatimes Spirituality)

"I am not into religion but I find karmic theory fascinating. For a while now I have been associated with Tibetan Buddhism. I chant Buddhist mantras everyday and it helps me be at one with the world. Even my music is an extension of my religious beliefs and my latest album has tracks which are named after books in Tibetan Buddhism.

"I am also a devotee of Sathya Sai Baba. I wear a navratana ring given by Him and it helped me ward off many dangers. You might think it is superstition but it's not just blind faith. There have been several occasions in my life when I have experienced the presence of a Higher Power. Sometimes in my dreams I see an angel-like figure guiding me on the technical aspect of my music and when I work on it in the morning, it almost always makes my composition better.

"The other occasion when I have experienced the presence of a Higher

Power was in Dubai a few years ago. My friends and I were driving in a Land Cruiser at about 100 miles an hour, when, because a tyre burst, our car went out of control. It rammed into the divider and rolled over several times before coming to a stop. The impact was so strong that no one on the road expected us to survive but we managed to surprise them all by coming out with not so much as a scratch.

"I believe it was Sai Baba who saved us that night. The connection became all the more strong when I saw a huge picture of Baba in the lobby of the hospital where we were taken by police. I don't lose hope in times of adversity for I believe in the role of karma. I also think chanting mantras protects me from all adversities. But at the same time, I believe one has to work really hard to make things happen. No one can just sit back and wait for destiny to play its role.

Whom-so-ever you see, consider him as your own reflection. BABA.

Deer Released From Its 'Cage'

In 1976, a small number of deer were brought from a nearby forest to Brindavan, which had grounds cordoned off for the deer cage. Everyday Swami would come and feed the deer with apples.

One day, Swami, upon seeing students watching the scene, mentioned to an elderly devotee, "These are My two legged 'dear'. Those are My four legged deer. All are dear to Me," pointing to the students and the deer.

Many years later, during the hot summer of 1988, students noticed a

female deer looking longingly up at the window of rooms where Swami was staying. Immediately Swami walked swiftly from the Trayee doors and down the hot marble steps, instructing students to get apples, as He went. He entered the cage and patted the deer affectionately. Apples on a tray were speedily brought to Swami Who fed the deer from His hands. The deer ate the apple pieces quickly. Swami patted the deer lovingly and left. A few minutes later the deer collapsed, -its hour had come, after the Lord entered the cage and released the soul encaged as a deer.

Hadn't Swami said, "All are dear to Me."

A Prayer

*Oh Lord: You are our Mother;
You are our Father;
You are our Closest Friend; and
You are our Dearest Lord.
The Ever Loving, The Ever Giving, and
Ever Forgiving Lord!
Bless us with Your supreme,
All-encompassing, Pure, Divine and
Eternal Love.
Bless us, that we may be recipient of that
Love always!*

The Sai Movement in Dominican Republic

Sourced from 'Heart2Heart'.

Many of them did not even know Swami, but their cancers were cancelled and they continued to live for several years after their diagnosis. What they knew was Swami's Vibhuti and prayers of Sai devotees; a child was still-born, her father prayed fervently to Swami and to everyone's delight the little one became pink; a lady was declared infertile by doctors, but she did not give up. She took Vibhuti, trusted her faith in Baba and now is blessed with a beautiful daughter; a car ran over a devotee, the

doctors gave little hope of recovery, but to everyone's amazement, today he walks normally; when Vibhuti was applied repeatedly, facial paralysis of another mysteriously disappeared; a person who had incurable AIDS now leads a normal life;

'Sairam', 'Sairam', a lady devotee shouted, when a herd of cattle appeared crossing the road in the night and when she opened her eyes, the cows were behind her car, she does not know till today how she had gone through them without hitting any of them; an invalid had a vision in which Baba blessed him and immediately after that he started walking; driving her car, a devotee was listening to Gayatri, for some reason the car went out of control, rolled over and settled upside down, she was completely unhurt...the story of every devotee in this Caribbean island is as captivating and enchanting as the island itself.

Two years ago, nobody knew who Sai Baba was on this island and now there is a cohesive group of staunch devotees.

This is what one devotee narrates: "Before becoming a devotee, I had badly burnt my face and eyes because of an unfortunate event. I was operated on and the doctors said I would lose one eye completely, and might be able to see a little light with the other. That night Swami came to my bedside. He materialised Vibhuti and put it in my eyes. He also took a bottle of pills which was on the night stand and emptied it in the waste basket. He, then, filled this container too, with Vibhuti and said, "*You use this only*". In the morning the doctors were amazed at my recovery. I could see with both eyes!"

Another member had returned from his trip to Swami and hoped to return again, but found his business was very

bad and he had to close it as debts started to pile up forcing him to work from home. One day he sat in front of Swami's picture telling Him how much he wanted to return to P.N. for His Birthday, but for this to happen, Swami had to pay all his debts and send him the money for the airplane ticket as well as for his stay in India! All of a sudden clients started calling, money started coming in very fast and his wife found an excellent job. He never had so much luck in such a short time, before or since! However, he was still short \$2,000, the price of the airfare. Praying again to Swami, to have this problem resolved, when the 'phone rang and a client said he needed some urgent work done for which he could pay him \$2,000!! He got to Swami's Birthday, by Swami's Grace!

There is also the story of ten years old Miguel. His mother took him with her to New York. The plane arrived there at midnight and with nobody there to meet them, they took a subway train but didn't know if it was the correct train so the mother got off at the next stop to make enquiries, only to find the doors close with Miguel still on the train. The train took off and mother was frantic as she watched the train disappear into the darkness. She prayed to Swami, went to a police station and explained the problem. The police in turn called ahead to the next few stations and sent officers to look for the boy.

In the meantime, Miguel was praying to Lord Ganesha, -Who removes obstacles, and calmly got off at the next station. He sat on a bench singing bhajans to himself. Soon a police officer identified him and called for the mother to come and collect him, on the next train.

Like Miguel many Dominican children now have devotion in their hearts, and prayer on their lips. They know Someone is taking care of them.

Finally, the amusing story of a male Dominican who prayed to Swami for 'inner cleansing'. Swami came up to him at darshan, and materialised Vibhuti, placing it in his mouth; it tasted like detergent soap, -he immediately remembered his prayer!

I have come to help all to acquire this *Sathwic* (serene) nature. You might have heard people talk about My miracles, of My creating this and giving that, of My fulfilling all your wants, of My curing your illnesses. But they are not as important as the *Sathwa Guna* (state of serenity and calmness) I appreciate, promote and instill. Of course, I confer on you these boons of health and prosperity, but only so that you might, with greater enthusiasm and with less interruption, proceed with spiritual *Sadhana* (pursuit). BABA.

Questions & Answers

Q. Swami! Man's greatest fear is the fear of death. How is he to overcome this?

Baba: Man is not dying of diseases. In fact, it is fear that makes for his death. Ninety eight percent of all deaths are to be traced to fear of death. Diseases are, for the most part, psychological in origin and impact. Check your pulse rate and blood pressure when you are excited, worried or afraid. These rise much above the normal level. Thus, diseases are, to a large extent, rooted in your mental state.

Once the deity of Cholera came to a village. Seeing her the village elder

said, "Mother! I am terrified at the thought of the devastation soon to overtake our villages. I wonder how many of our people are going to die?" The deity replied, "My son! Not all will be harmed by me. There will be five deaths a day, that's all. You need not be that much alarmed." But many people are dying, the elder thought, maybe the deity lied to him. He turned to her and asked, "Mother, you are a deity. How is it, then, that after saying one thing to me, contrary to that, you punish us?" The Cholera deity replied, "Son! I did not utter a falsehood. I took away only five each day. So, I'm not responsible for the deaths of all the others. Those did not die of Cholera. They died of fear, that's all."

You asked me how fear of death is to be overcome. The solution is only courage! You should understand that at some time or other, death is inevitable. Realise that there are no exceptions. When you have the courage to realise this fully, fear of death ceases.

Q. Swami, how many things should we study and learn in order to take to sadhana, spiritual path? How many details should we know from the sacred texts to start our sadhana?

Baba: Many things or details are not necessary. We see most people reading books. They listen to discourses for a number of years. But, what is the use? They remain where they have been in the spiritual path. What is the reason? It is lack of practice that has detailed them, retarded their progress. In fact, you don't have to read so many books. You don't need to learn many things. If you clearly and understand one thing, it is enough. If you practice one thing, that is enough. Why learn many and don't practice even one? To commit suicide a small pin or needle

is enough. But to kill others you require a pistol or a revolver or a knife. Similarly, to teach others you need to learn and know many things for which you have to read a lot. But to work for one's own liberation, redemption and emancipation it is enough if one thing is practiced sincerely.

Q. Swami! Why are some people not devoted to God? Devotion, it seems, has no place in their lives. would you kindly tell us the reason?

Baba: Very simple. It is only sensual pleasure that makes people disinclined towards God. Meaningless worry about the future, excessive desires, building castles in the air are a way of life with them. Ambition to reach heights they don't deserve and too much attachment to the family and the world, all these are factors that make a man not devoted to God. There can be no other reason beyond these.

You know the seesaw on which children play. If one end goes up, the other end comes down, and vice versa. If the stress is laid on the world, your love of God will be less and on the other hand, if your love of God is greater (heavy at one end as in the game) your attachment to the world becomes less (light at another end as in the game). This is how the balance works. Isn't it so? I will give you another example, that of a magnet. It draws iron filings towards it. But, sometimes it doesn't. Why? If iron pieces are rusted and dusty, they are not drawn and attracted by the magnet. Likewise, people who are like iron pieces dusty and rusted by worldly desires are not drawn to God, the 'Divine Magnet'. Is it clear now why some are not devoted to God?

Q. How wonderful in simple terms and in such an easy way you have explained profound things. What is

the way to immortality, the ultimate goal of life?

Baba: Very simple! Very easy! The only way to immortality is the removal of immorality.

Q. Swami! How are services rendered today helpful in future?

Baba: I will give an example very well known to you. After your retirement, you are given pension. Why? It is the payment for your long service in a profession. So also, God's Grace is bestowed on you for your service in the past. Another example. If you fill the tank with water during the rainy season, you will have water supply in summer. Is it not so? Therefore, service of today will help you receive God's Grace later, undoubtedly.

Seen on plaque, amongst the history of Sathya Sai, and the development of medical seva and human values in the Sri Sathya Sai Super Speciality Hospital, Prasanthigram.

“Recipe for Happiness”

Two heaped cups of patience

One heart full of love

Two handfuls of generosity

One head full of understanding

A dash of humour

Sprinkle with kindness

Add plenty of faith and mix well

Spread over a period of a life-time

And serve to everyone you meet.

-Anon-

Free Medical Aid To The Poor

In a recent press release in Chennai, it was stated that sixty-one hospitals (52 hospitals and nine imaging and diagnostic services), in the Chennai area, -to be expanded upon later, will put one bed aside for a needy person. “When the Sai Organisation holds medical camps, doctors who are part of the committee, will screen for

people who need special help. They will be referred to the hospital best suited for them. The hospital will pick up all cost(s) including surgery, medicine, etc. The Sai Organisation will provide transportation for after-visits, home care and whatever else is needed until recovery.”

Swami gave doctors, representing each hospital, a brief-case with a new stethoscope and blood pressure unit along with a picture of Himself. All this is a part of the Sri Sathya Sai Health Care Scheme.

European Regional Consultation on

Sathya Sai Education

United Kingdom 19th-21 Feb. 2007

“Educare has two aspects, the worldly and the spiritual. Worldly education brings out the latent knowledge pertaining to the physical world. Spiritual education brings out the inherent divinity in man. So, both worldly and spiritual education is essential, without which the human life has no value”. Sri Sathya Sai Baba.

The European Regional Consultation was hosted and held in the United Kingdom from 19th to 21st January 2007. It brought together members of the Sai Organisation including members of the Sri Sathya Sai World Foundation, Prashanthi Council, Members of the Sri Sathya Sai Education Committee, 7 Zone Chairs, participants from zones 6, 7, 8 and 9, and observers from other zones. In all there were 210 delegates from 44 countries.

The focus of the weekend was:

* To create awareness among Sai educationists and key relevant office bearers of Sri Sathya Overseas Organisation on the proposed Sri Sathya Sai Education Plan.

* To review past experiences and new opportunities to develop a Strategic Education Plan for each zone participating in the Regional Conference.

Mr. Kishin Khubchandani welcomed all the delegates on behalf of the UK Trust and Sai Organisation. He highlighted this was a unique occasion for Sathya Sai Educationists from all over Europe and the purpose of the meeting was to deepen our understanding of Sathya Sai Education. He went on to explain that this would help to bring about harmony in the world. He further elucidated that the Educare process begins from the time we are born, -the process that brings out from within the character inherent in human beings.

Dr. Michael Goldstein provided an overview of Sathya Sai Education and the need for all to come together, to standardise practice, develop core objectives and to consolidate and cooperate together in order to progress forward in the development of a strategic Education Plan. He spoke of delegates being but instruments in the Divine Hands and that this consultation is the prelude to the World Education Conference which is planned to take place in November 2007.

Subsequently, Dr. Narendra Reddy addressed the gathering. Interspersed with humour, anecdotes and personal experiences, Dr. Narendra Reddy emphasised Sathya Sai Baba's dictum, 'Spirituality is in everything and everything is spirituality'. He reminded the delegates of what Sathya Sai Baba says about teachers:

* Those who complain - performing duty without love.

* Those who explain -performing duty

with love.

* Those who inspire -giving love without duty.

He brought out an important difference in man and God:

* Man knows nothing but acts as if he knows everything.

* God knows everything but acts as if He knows nothing.

Dr. Thorbjørn Meyer, Chairman of Zone 7 and the Director of the ESSE Institute (which covers all continental Europe and Russian speaking countries) addressed the delegates. Speaking eloquently and inspiringly about what Sathya Sai Education has accomplished in Europe. He, along with his wife Marianne, directs The European Sathya Sai Educare Institute (ESSE) which operates with an international faculty comprised of trainers from Austria, Denmark, Germany, Greece, Italy and Switzerland. ESSE has been in existence since 1987 conducting value-based seminars.

Mr. Ishver Patel, Central Co-ordinator UK and Ireland, and Carole Alderman, Director BISSE, gave an overview of Sai Spiritual Education, Sathya Sai Schools and SSEHV in United Kingdom. Ishver reminded delegates that contentment leads to stagnation which in turn leads to contamination, -we must continually work to progress as individuals and more importantly collectively.

The morning concluded with Mr. Kalyan Ray, Chairman International Education Committee. He posed two questions:

1. What do we want to accomplish, collectively, in these two days? and

2. How should we go about in accomplishing these objectives?

He emphasised that we must always remember that the opportunity to

contribute to Sathya Sai Baba's mission is a gift, -a rare lifetime opportunity. He then spoke about the need to have in place a strategic education plan and how this will help shape the future. He then posed the question why when Sathya Sai Baba Himself always reminds us to live in the present? He quoted Baba:

“Vision without action is a dream; action without vision could become a nightmare and vision, and action can change the World.”

The afternoon and early evening was spent in theme group discussions and Zone groups

In his closing remarks on Sunday, Dr. Michael Goldstein encouraged the delegates to be vigilant and take forward Sathya Sai Education with zeal and constructive energy.

Outcomes from the weekend will be circulated in due course.

For Centre & Group Meetings

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