

2011

Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER
JAN - FEB 2011**

Dear Devotees of Sathya Sai,

For many people in this country, life had been good for some time as they rode on the back of the 'Celtic Tiger', living life to the full - but sadly, all this has suddenly changed.

As society slips into the next decade hope now seems to be receding with the downturn in people's fortunes and the nation's economy shifting into reverse.

Equally in this short space of time we have seen the many charity organisations stretched to the extreme as shuffling queues of people grew daily for food parcels, and free breakfasts and dinners. One centre stated that they used to put out as many as 150 daily cups of tea in the past, now this has grown to almost 500! As one newspaper lead article stated, 'If there weren't centres like these, people would be starving to death on the streets'. What an inditement on a 21st century society in Ireland.

The sad aspect of all this is that many of these people come to the centres, not just to partake of the much needed meals, but also for companionship - simply to talk to someone! It is bad enough to be hungry but it is decidedly worse when it is accompanied by loneliness!

This downturn should come as no surprise as one viewed the excesses of individuals, and institutions over the past few years, all fuelled by greed.

The light at the end of the tunnel is still a long way off. However, Swami has said that we will be in the Golden Age in 25-30 years. It will be

a welcome light, indeed! Sad as this current situation is, it also gives a golden opportunity to those who may wish to be of service, and this service may come in many shapes and guises for those who may wish to extend a hand at 'Seva'. Think on this! *Ed.*

In the normal course, God's Will cannot be altered. But, sometimes God does change His Sankalpa in answer to the prayers of a devotee who is sincere and pure at heart. The devotee has the power to change the Will of God. Devotion does not mean mere vocal expression of prayers; one should have purity of heart. - BABA.

Six Qualities necessary for a devotee to be dear to the Lord

1. Be free from any kind of desire or expectation.
2. Have internal purity (the purity of the speech, mind and body) as well as external cleanliness.
3. Have determination in performing action which are pure, helpful in others, and sublimate man.
4. Have freedom from attachment to anything.
5. Have freedom from worry. Concern yourself with the present, which is the child of the past and parent of the future.
6. Renounce egoism in any form.

Om Sai Ram.

FOLLOW THE MESSAGE OF SAI

By M. Palaniswamy

If the name of Jesus is glorified all over the world today, it is because of His boundless love. He served the lowly and the lost, and in the end, offered His life itself as a sacrifice. How many of those, who call themselves devotees of Jesus, are following His teachings? Those who claim to worship Rama, how far are they following His examples? How many professed devotees of Krishna are living up to His teachings? There are many who claim to be Sai devotees. How many of them are following the Message of Sai?

If everyone seeks the answer within himself, he will see that it is a zero. Anyone who claims to be a Sai devotee, should dedicate his life to Sai ideals. That is true devotion and real penance. That is the hallmark of humanness. It will be reflected in love, which will find expression in compassion that generates real Aanandha.

The greatest quality in every man is love. When love is absent, evil qualities, like hatred and jealousy, rear their heads. Make love the breath of your life.

Everyone of you can be Arjuna and wield the bow and achieve victory. For the bow is but the symbol of courage and faith, of high resolve and undaunted caliber. Arjuna means white, pure, unsullied, without blemish. As soon as you become that and hold the bow, Krishna is ready with His presence, for He is everywhere at every moment. There is no need

to invite Him or install Him. He will answer from your very heart.
- BABA.

A Sobering Incident

The following amazing experience happened to Kitty Lamonte, of Scotland, and was reproduced in "Divine Glory" by V. and S. Balu.

"My story begins sometime last summer, when I first became aware of Baba. I was invited to visit some Indian friends of a friend of mine and they talked so lovingly and honestly about Baba that I decided to read more about Him. I read "The Holyman and the Psychiatrist", and in fact used it almost like a Bible, in that I read the writings of Baba every day.

"At this time I had something of a drinking problem and was consuming far more alcohol than was good for me, but was unable to stop. I decided that I would enlist the help of Baba, so for three nights I sat there with the book, Baba's photograph and the whisky. I poured my drink of the 27th November, at 11.45 p.m. and sat down to watch T.V. I put my hand on the book, looked at the photograph and said, 'You really will have to help me stop this', there was an almighty noise and the glass exploded into a million bits. It was everywhere in the room, it was under the tables, on top of books in a bookcase and some of it was found by my housekeeper the following day, under the cushion I had been sitting on. I tried to contact a clairvoyant friend by telephone, but there was no reply. She told me the next day that the telephone was

right next to her bed and that it had not rung.

"When I had swept up the glass it was not only an enormous pile but also weighed a great deal more than one glass. My friend and I examined it all closely the next day and looking at it, you would not have known what it was, it certainly didn't look glass.

"The most interesting thing for me, happened two days later. I was on a train and had not been able to get the sound of this exploding glass out of my mind, when a voice in my head said, "Did you notice that not a bit of it touched you?"

I cannot tell you the feeling of absolute joy I experienced at that moment. I suddenly realised that only a miracle could have stopped this glass damaging me very badly, it was no more than a foot away from my face.

"I have now made a firm commitment to Bhagavan Sri Sathya Sai Baba, never to drink alcohol again."

Of all the ideas that are repeated and told, know that there is no other God beyond Love. Love is God. Live in Love. That is what you should do." - BABA.

Sacrifices Made By Jesus

Swami's 1972 Christmas Discourse, explained beautifully the true sacrifices made by Jesus. He said that while people talk of the sacrifice of Christ as evident by His crucifixion, they forget that He was surrounded

and bound, crowned with thorns and nailed to a cross by His captors.

"A person bound and beaten by police cannot say that he has sacrificed anything, for he is not a free man.

"Let us pay attention to the sacrifice that Jesus made while free, out of His own volition. He sacrificed His happiness, prosperity, comfort, safety and position; He braved the enmity of the powerful. He refused to yield or compromise. He renounced the 'ego', which is the toughest thing to get rid of. Honour Him for these. He willingly sacrificed the desires with which the body torments man; this is sacrifice greater than the sacrifice of the body under duress.

"The celebration of this birthday has to be marked by your sacrificing at least a desire or two, and conquering at least the mere disastrous urges of the ego."

Whatever we do reacts upon us. If we do good, we shall have happiness, and evil, unhappiness. Within you is the real happiness; within you is the mighty ocean of the nectar Divine. Seek it within you, feel it! -BABA.

Messengers of Peace

My good friend, Bill Bhaneja, a retired Canadian Civil Servant and Diplomat, related the following story which I share with you;

From Sathya Sai Centre in Ottawa, I was bringing a CD for Principal Krishnamurthy, of Sathya Sai Mirpuri College of Music, at Prasanthi

Nilayam. It was a CD of a Veena recital that Prof. Krishnamurthy and his wife had given a few months ago at our Centre. As Prof. Krishnamurti was away at a meeting, one of the office assistants offered to take me around to different class rooms of the College where training was given in Indian classical vocal and instrumental music. In one empty class room, there was a gentleman in white shirt and pants sitting on the *duree* sheet on the ground with two Tabla drums beside him. Prof. Mani introduced himself as a teacher for percussion instruments who trained students in Tabla and Mridangam, etc. As Prof. Mani was in between classes, he invited me to sit down with him for a conversation.

Prof. Mani asked me where I came from. When I mentioned Canada, he enquired what I did back home. I was a bit hesitant as I had recently retired from Canadian Civil Service. So I inquired about his work. He replied, "I am a musician, we all musicians are given a great gift by God to make others happy, make others forget their worries through our music. That's why we are known by the instrument we play." It was an interesting definition of a musician. He gave examples of famous Indian artists who were known, as Sitar player Ravi Shanker, Tabla player Allah Rakha, Veena player Prof. Krishnamurti, etc. "You see, it is the instrument or singing talent that is mentioned first, then who we are." Prof. Mani added that all great musicians of India - above as well as M.S. Subalakshmi, Shiv Kumar Sharma, Parveen Sultana, - were Swami's devotees. They were most humble and nonviolent (by the latter he meant vegetarians).

Changing the focus from himself, he looked at me, "And what did you do when you were in Civil Service?" I replied, "I was with Canadian Foreign Service." He wanted to know what I actually did. Hesitatingly I answered, "I was a Diplomat." It was my reluctance, or his curiosity, his next question took me by surprise, "And what diplomats do?" I was nonplussed as no one had ever asked me this question. I had worked in the trade and economic side of the Foreign Affairs Dept., so I could only say, "Diplomats are sort of salesmen of their countries." The answer had come that way because my diplomatic career had dealt with promoting Canada abroad as a country with strong science and technology infrastructure ideal for inward high-tech investment. He took objection to my description, "Why salesman?" He continued, "Diplomats bring peace and harmony and resolve problems between countries. Don't they?" Then as if he was reminding me, he added, "*Diplomats are messengers of peace.*" I was humbled by his comment. Something no one had ever mentioned to me. I thought this should be written in bold letters in all the External Affairs ministries around the world and in all schools where diplomacy is taught.

His words, "*Diplomats are ministers of peace,*" struck with me for another reason. Prof. Mani had not known that in this trip across India, I had meetings planned with people whose life had been impacted by Mahatma Gandhi's teachings of *Sathya* and *Ahimsa*. At my request, Prof. Mani played a few variations of percussive beats on Tabla. Smiling he said, "We musicians are also

messengers of peace. We sing and play music to make others happy."

The Meaning of the Lingam

Swami explains the meaning and symbolism behind the Lingam.

"Just as OM is the 'sound symbol' of God, the Linga is 'form symbol' or visible symbol of God - the meaningful, the simplest and the least endowed with appendages of attributes. The Linga means that in which this Jagat (world of change) attains Laya or mergence or dissolution (Leeyate). All forms merge in the Formless at last. Shiva is the Principle destruction of all names and forms, of all entities and individuals. So, the Linga is the simplest sign of emergence and mergence."

With Love Man Is God

by Dr. S. Sandweiss

One time I heard a story from a person who works for the U.S. Council. This lady came from South Africa and went into the book store inside the ashram. There are hundreds of titles in forty or more languages - it's a huge book store - and she bought a book, went outside and opened it. Inside was a letter to her from Sai Baba! And the letter was written in German, which was a language that she knew and it made her feel very close to this letter. It read, *"You are living your life on a small beam of light. You're playing the funny game between the elephant and the mouse. The elephant looks at the mouse and thinks its a mouse. But you're not a mouse, and you're not an elephant; you're not even a human*

being: you are God! You're the All-Embracing Light that lights the entire Universe! You're All-Knowing Power - you're Pure Love!"

The letter was dated in the future - about a week in the future. And on that day, Sai Baba picked her out of the crowd and brought her into the interview room and told her the same thing. *"You're the All-Embracing Light that lights the entire Universe! You're All-Knowing Power - you're Pure Love!"*

Well, is that who we really are? Most of us think that we are the body! But we are the All-Embracing Light that lights the entire Universe! I have heard Swami say, *"I have come to show you who you are. I can do all of these things, because I have no limitations. And that's who you really are! I have come to stand in front of you to show you that."*

"Swami, are You Divine?" He says, "Yes, I am. And so are you! You're not a lowly little person. You're actually Divine. To rise up and find out, that's the purpose of your life!"

We have immense inner Power in our Love.

Why is it that we don't know this? Why do we think we are groveling around in the swamp? How do we get out of this? We don't know it because of ignorance. The key is to understand the mind...

Now, the mind is a very good thing and we don't want to destroy it, but we have to understand its weaknesses also - its central weaknesses. The mind thinks that the outside world, or the object in the outside world, brings happiness. That just isn't so! It brings happiness

for a short time, but it doesn't bring outside happiness. We think it does, and so we look outside...

Now, where do we go inside to develop a relationship with God? How do we do that? First, if you're lucky to have some devotion - this is a Universal teaching - and if there's a precept, principle, scripture or a God-man or a God-informed man; if there's something that can catch us and bring us inside with some love and some awe of our creation, then we should hold on to that. We have to hold on to it by saying a special name or hearing stories. We have to hold on to it, because that's the dawning of devotion and love.

If you want Society to be healthy, then each and every one of you must function in precisely the same way individual cells function in the healthy body. - BABA.

Questions & Answers

Hislop: May I ask a spiritual question?

Sai: Go ahead.

H: Swami, there has to be something special and unique about life in a Physical body?

Sai: There is life throughout the universe. To God, the universe is one. Rebirth can never be in other regions of the universe. Always the rebirth is on Earth.

H: What does that mean to the individual?

Sai: The expression of life on Earth is upward through the human to the Divine. By virtue of human birth, the next step is the full realisation of the Divine. Human life is sacred and must be appreciated as having the highest value.

H: Considering the individual, Swami, can it be that Swami is saying that human birth is some sort of a special opportunity to get free from birth and death.

Sai: Quite right. That is the case.

H: Swami, are there other regions throughout the universe where there may also be an escape from birth and death?

Sai: Only on Earth may this take place. In no other planet or region throughout the indescribable vastness of the universe does this opportunity exist. It is unique and is limited to this earth.

H: Swami, has said that there was no rebirth from Earth to other regions of the universe. How about the reverse? Can there be a movement from the regions on universe to Earth?

Sai: All life may aspire to human birth. But only through the human birth may God be realised. To waste time is the greatest folly. Now and here is the individual. Now and here is the opportunity to realise the absolute goal of life. Who can be sure of the conditions and status of his next birth? Not even one moment of this life should be wasted.

H: A big problem that faces young people is that of drugs. It is the general belief that marijuana is not harmful.

Sai: At first, a drug may make the person feel strong and confident, But all drugs are unnatural in their effect on the mind, and they do positive harm to the brain and to spiritual capacity. The spiritual aspirant, the devotee of God should not use of drugs.

H: Swami, new Centres, with maybe only three people, want to have some other people come to their meetings, but months pass and nobody comes. Could they do something like posting a notice of their meetings at places like health food shops?

Sai: No, Swami prefers that additional people come only through observing the virtuous lives of the Centre members, and by word of mouth. Notices and such might start small, but in time they will get out-of-hand. Even such small things as notices will be taken as an advertising of Swami. Other Swamis have to advertise and even provide transport, but Sai does no advertising, yet thousands come. Sai even tells the people here to go home, but they stay. There is this difference.

H: Then the small Centres will need to just patiently wait for membership increases?

Sai: Yes.

H: Swami says that there is the duty of self-preservation. People wonder how far this goes. To save one's own life, should one kill the person who is attacking?

Sai: To preserve one's body is an important duty. One may take whatever means are necessary for self-preservation. About the other

part of your question: to kill the person attacking - the answer is "yes", if that is the only to preserve one's own life. But keep in mind that many alternative actions might be taken to avoid being killed. Only if every possibility is exhausted may one take the extreme measure of killing the attacker.

H: Another question that arises has to do with Swami's statement that, by virtuous actions in the past, a human birth is gained. In this context there must have been virtuous animal actions, but how can this be when the animal acts by instinct?

Sai: A good action is good whether accomplished by instinct or reason. Is not the shelter provided by a tree good for both animal and man? When a cow denies milk to its calf because the milk is taken by the herdsman, the result is beneficial for the human person who drinks the milk, and the benefit enjoyed is no less because the cow did not think, but is only being itself. And the dog in the house, does he not guard and care for the master, and love him too? A human guard must be paid, but the dog gives love and loyalty without concept of payment. There are endless examples throughout nature of good and virtuous action being fully effective, even though, by instinct, the animal or plant is only being true to its own nature.

Human life is not being depleted even though millions die and, in addition, there is a constant transition from humanity to the Divinity. Instead of depletion, the human population is growing, and this new supply comes from the rock, the insect, the animal. Even science testifies that rock

decomposes and becomes the tree; the vegetation is eaten and becomes the animal; and the animal in its various aspects is consumed and becomes the human.

It is a constant process of passing from one grade to another. The human birth is the final birth and, dependent on the virtue of the life, it ends in the Divine, or is reborn again.

H: Is degrading possible? Is there a rebirth back to the animal?

Sai: The possibility is not denied, but it is only rarely that such a thing happens. The degrading of human life due to lack of virtue will normally result in rebirth as a lower grade human. The total process is always present. Table and wood are equally present. If attention is given to wood, table is not seen. If attention is given to the table, wood is not seen. This cushion is not without thread nor is the thread without cotton. How it is viewed is a matter of emphasis. Here I am now drawing three circles, the smaller within the larger. This middle one represents the Jiva (the individual 'soul'); the smaller circle, the body; and the larger, the Atma (the ultimate Self).

The smaller circle is what you think you are, the next one what others think you are, and the third is what you really are: the Atma. The smaller circle may expand and expand until it merges with the larger, the Atma.

H: Swamiji, that is the present list of questions that have come up for which I did not have the answers.

Sai: It is good. It is important that the questions be asked. They are the questions that are presented to the many gurus, but Sai can give the correct answers.

Time and Space Exist Only in the Worldly Plane

A group of six devotees had come to have darshan of Swami from Australia. Swami called them for a private interview. During the normal course of the talk, Swami looked at one of the devotees and asked, *"Why did you come now - your mother is not well. She needs you there back in Australia."*

Devotee: "Yes Baba, I called home yesterday night and the news was conveyed to me. I pray for her early recovery."

Swami replied: *"Go home soon. She is asking for you. In fact go home now."*

So saying, Swami created a map of the world with a wave of His hand. He spread it out on the wall and the following conversation took place.

Swami: *"Where is Australia on this map?"*

Devotee: "Here, Baba", he said pointing to the map.

Swami touched it and the world map changed into an Australian map.

Swami: *"Where in Australia do you say?"*

Devotee: "New South Wales, Baba." pointing to the map.

Swami touched it and the Australian map changed into the map of New South Wales.

Swami: *"Where in New South Wales do you say?"*

Then Swami touched the house in which the man was staying and lo! the wall of the interview room became the door of the devotee's home. Swami opened the door and showed the man his mother sleeping on the sofa. Swami called the man and asked him to go in and closed the door. He rubbed His hands on the door, and the door became the wall of the interview room again!

Later, when the Australians came out of the interview room, only five came out instead of the six who went in. The students of Prasanthi Nilayam campus saw this. Only an hour later they 'phoned the man who was sent to Australia, who confirmed his 'safe arrival'!

Attachment to the world can be destroyed only by attachment to the Lord. The attachment to the Lord will transmute the attachment to the world into a pure offering. - BABA.

Satsang or Socialising?

In the publication **"Pathways To God"**, there is a chapter entitled *'Satsang or Socialising?'*

For devotees of Sai Baba it is worth reflecting upon its contents, as it offers guidelines in attending Centres, and I now quote it for your interest.

"In the Sai Baba centres, it is important for us to understand the effects of our actions on others. There is an important difference

between satsang and socialising. We have need for good company, but we must not allow our association to become mundane banter. Newcomers should be warmly welcomed, but members must avoid diluting the milk of satsang with the water of worldly affairs. We must maintain a spiritual focus in our discussion or we should be silent.

"It is also important for us to know when we are providing good company for another, or the other is having a negative influence on us. Much introspection is required for us to be vigilant in the situation. We must know our own strengths and weaknesses very well. Even the highly evolved seeker is subject to the negative influence of bad company.

"For the siddha (the accomplished seeker) too, one who has reached success, satsang is valuable, for it is like keeping a pot of water inside a tank of water: there will not be any loss by evaporation. If the yogi lives among worldly men, the chances of yoga evaporating into bhoga (bad habits) are very great. - BABA.

"Good company is important for the advanced aspirant, but it is even more important for the newcomer. When we are caught in the grips of worldly desire, we can only be reformed by good company. Without strong spiritual guidance and support we may not even realise our plight.

"Join satsang, the company of the godly. Just as the tame elephants surround the wild tusker and rope him and bind him hand and foot, and immobilise him before taming him,

the spiritual minded will bring the doubter around.” - BABA.

INTERESTING FACTS...

The Best Selling Books of All Time, were the Bible, Koran, and the Guinness Book of Records.

However, the longest biography in the world was published by Dr. A.V. Raju, between 1996 - 2007, was of **Sri Sathya Sai Baba**, and contains 37 volumes.

The most important service you can render is to work in the Sai Organisation. Those that leave the Sai Organisation are unfortunate. Don't be unfortunate yourselves, don't leave the Sai Organisation.
-BABA.

Swami made this statement during a discourse, on the occasion of His Divine Birthday. Swami never speaks a word without them having deep significance, so one should heed every word He utters.

Master the mind and be a Mastermind. - BABA.

U.K. Office Changes

The changes that have taken place within the U.K. Sai Organisation, have only come to my attention. I received the following communication from the new U.K. Chair;

“The role of Central Coordinator has been removed and hence Ishver

Patel no longer holds office in U.K. Both the National Chairs of U.K. and Ireland, now report directly to Kishin Khubchandani as Zonal Chair. Lovingly, Shitu.”

Personally speaking, I had high regard for Ishver, and appreciated his visits to Dublin. I wish him continued success.

Each and everyone should try to understand what true devotion really means. Devotion means an all-absorbing love for God. When you develop devotion and turn all your love towards God, everything that is necessary will be added unto you. You will develop the capacity to sacrifice yourself. You will expand in Love. Love is the very life breath of a human being. Without love you cannot live. Love is a very sacred quality. -BABA (1976).

“I Actually Died For Two Minutes..”

These were the words of Bhagwandas Daswani, a prosperous businessman of Hong Kong, who experienced Swami's Divinity in a miraculous way.

“On May 10, 1977, I was struck with a massive heart attack. I was admitted to the Queen Mary Hospital on May 11, and I learned later that at 4 a.m. on the same day, Baba called my son, who was studying in Swami's College at Whitefield, and told him, ‘Go to Hong Kong immediately, as your father is having a little heart trouble.’”

Although Daswani came around, there was no improvement in his

condition and he was confined to the Intensive Care Unit. On May 20, he suffered a relapse and started hemorrhaging from the anus. He was losing about four pints of blood a day. He had drips in both arms and a pad over his heart. The hemorrhaging continued for three days and by May 24, his family had lost hope for his life and so had the team of doctors.

"On the morning of May 25, at exactly 4:10 a.m.," recalls Deswani, "Sathya Sai Baba walked through the wall of the room and sat on the bed! He then showered vibhuti all over me. The vibhuti came pouring out of His hand in a never-ending flow. With the vibhuti bath I suddenly felt a surge of strength all through my body.

"I was completely baffled by the appearance of Baba in the room, and thought I was dreaming or hallucinating. I therefore said, 'Baba, are You really here or am I dreaming?' He said, 'I am here alright. What would you like Me to do?' I said, 'Just put me on that couch over there next to the bed, so that I know I am not dreaming.' He then lifted me up as though I was a feather and placed me on the couch. The drips in my arm remained intact, nothing was disturbed. Baba then left the same way as He had come.

"I then rang the night bell to call the staff nurse. A horde of nurses came rushing into the room. Their astonishment was beyond description. 'How did you get here?' they asked. 'I walked,' I said, aware that it would be impossible for them to believe the truth. 'Who has been in here? And what is all this dust all

over the bed, and all over you?' they asked. I said, 'Don't ask me. Just collect that 'dust' and put it into paper bag for me.' They did this and collected one and a half kilograms of vibhuti!

"I began to improve rapidly after this and the doctors and the staff kept questioning me as to what had happened. Finally, an Indian doctor showed up and he said to me, 'Look I am an Indian. you can tell me what happened.' I told him, and he kept my secret. On May 29, I was able to walk by myself to another ward. I made a complete recovery, and what is more, my diabetes has disappeared and my blood sugar is normal. I owe my eternal gratitude to Bhagavan Baba."

Reduce wants and you reduce worry. - BABA

The Omnipresent Lord

It was in early 1990's when the inhabitants of Whitefield awoke to the news that Swami was coming for the Summer Course, a Course for students being revived after a 12 year gap.

The institute and auditorium burst into frenzied activity, with everything put on a 'war-footing'. Teachers and students worked around the clock, taking turns cleaning, painting, etc. One painter did work around the clock despite repeated requests to take a break, but he proceeded to continue to work on and on for three nights.

One night he was at the final stages of painting the carvings on the inside

roof of the auditorium, he felt dizzy, but was determined to finish the work to his Lord's satisfaction, then he proceeded to go home. It was the early hours of the morning, about 3 a.m.

To his astonishment he saw Swami watching him with a smile. The painter couldn't believe his eyes as Swami approached him and materialised vibhuti and blessed him. "Well done, dear child, do not spoil your health," Swami said to him. "Take care of your health." Waving His hand, Swami created a fruit and gave it to him. "First eat this," Swami said. "I will be here to watch over you. I came only to see that your health is taken care of." Swami waited 'till the painter finished the fruit and afterwards...vanished into thin air. It was a week before Swami finally came to Whitefield, physically!

Blind are they who lack faith in God, for man sees the Divine with the eyes of faith. -BABA.

SWAMI'S GUIDANCE

Q. Swami Vivekananda had told that we could concentrate on anything like concentrating on a black dot at the centre of a white cloth or concentrating on a flame.

Sai. Don't concentrate directly on the flame. Your eyes will be damaged. You should see it for a few minutes and close your eyes. Then you must imagine the flame in your mind. This is for the beginners. You do not need that. I have taught you the best sadhana. If you leave Japa, do Dhyana. If you leave Dhyana, do

Japa. This is good for you. Try to do what I have told you.

For you to liberate yourselves from the succession of deaths, the only means is 'Knowing Him'. Do not imagine that you are sinners, for you are heirs to eternal Ananda. You are 'images' of God. You are by nature holy, complete. Is there a sin greater than calling such as you, sinners? You are dishonouring yourselves, defaming yourselves, when you acknowledge the appellation 'sinners'. Arise! Cast off the feeling that world which you are the body. Do not be deluded into that idea. You are Atma. You are drops of Amrith (nectar) of Immortality that know neither beginning nor end. All things material are your bonded slaves, you are not their bonded slaves. - BABA.

Swami's Australian Miracle

Many years ago, an Australian devotee, who was a teacher, came to Prasanthi Nilayam, for Swami's Darshan. She had decided that she would go home only after Swami gave her His permission to leave. She had before arriving in India, signed a contract for her first year as a school teacher in Australia.

As her departure drew near, Swami did not give her permission. After about 20 days, Swami graciously gave her Prasadam and told her she could now leave for home.

She hurriedly left the Ashram and after landing in Sydney, she rushed to her Principal's office, who was also a Sai Devotee, and excitedly told

her that she would join, and that she had come only after Swami had given her His permission to leave.

The stunned Principle said, "I don't know what you are talking about. You've been here the whole time!"

Where is God? You should develop the feeling that you are God. This is the correct answer to the question, 'Where is God?' You may perform any number of spiritual practice like Bhajans, Japa and Tapa, but love should form the undercurrent of all these practices. In fact, if you have love, there is no need to perform any spiritual practices. There is no use of performing all spiritual practices, if you do not have love.
- BABA.

The Golden Age

The following is a quote from Howard Murphet's book, *"The Lights of Home"*. "If the Golden Age is, as Swami has stated, to have its initiation in the few years between now and 2021, what is the function of the critical mass, as it is called in science.

"A good homely analogy is the small amount of leaven or yeast required to raise the flat loaf of unleavened bread to the level of the baker's loaf. In the same way, the present level of the consciousness of mankind can be lifted by a quantum leap to the level required for the Golden Age by the power of the critical mass."

What must this critical mass consist of in numbers and in quality?

"We do not know the numbers required but no doubt God does. We may, perhaps, have some thoughts about its quality, about its content; surely it must be the true grain without any admixture of chaff. It must be those devotees of God who have deep understanding, firm faith, those who are striving with all their willpower to live according to the highest values of truth and the Divine Love. In short, those devotees who are firmly on the journey home.

Howard Murphet referred to the team of thirteen miracle children, "who are meant as a strong weapon in the building of the critical mass and thus help to bring about on time, the greatest miracle ever. That is, raising the mighty loaf of human consciousness and thereby bring about that new world of peace, contentment and joy for which we are all longing. At least that is my opinion and my great hope."

All the beings in the universe are the creation of God. There is nothing in this world which is not divine. There is none in this world in whom God is not present. Everything is permeated by divinity. Nobody has a right to say that this is divine and that is not. God is present even in difficulties, sorrow and misery. - BABA.

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.

There are very few who publicise this message. It is not enough if you call yourself a messenger. You have to spread the Divine Message. Fortunate are those who heed His words. Whether people listen or not, discharge your duty of spreading His Message. - BABA.

"Today education even at Kindergarten level has become so commercial and overloaded that we are giving nervous-breakdowns to two-year olds even before their nervous system is fully developed."

(Musings by Prof. G. Venkataraman, on Radio Sai)

Q. Swami, you eat very little. Your body comprises of five elements. Then, from where does it derive its potency?

A. The five elements give Me no potency. It is I Who gives them their potency.

BABA - The God of Bees

About seven years ago, while living in the beautiful mountains of Idywild, California, this miracle happened. Idywild is a place that has many bees, especially wasps called yellow backs, a dangerous stinging variety. Most people living in these mountains are dreadfully afraid of them, but I was not; in fact I used to put out every day a plate of left over fruit for them to enjoy, a habit my husband did not appreciate! Often he would complain that the plate was too near the house, then I would go out and move it further away, saying,

"I am not afraid of them, I have contacted their spirit and they will never sting me. Anyway, Sai Baba is protecting me!"

Weee! When one makes a bold statement like that, better watch out, for the ears of Baba are everywhere and He might decide to test the statement.

Which is what He did! I had known about Baba for two years, but had not yet had the blessed chance to see His physical form. I did, however, firmly believe in His Divinity and Omnipresence! Some day later I was invited to a children's party, to which I went alone. When the festivities were over and I was about to leave, loud terrified screaming was heard from the outside the back of the house. Everyone rushed to the wide windows to see what was wrong, and there we saw two small children running to the house pursued and surrounded by a thick cloud of furious bees - yellow backs! There must have been at least two hundred of them. The children had found and broken open one of the hives and bees were taking their revenge! All the party guests, including myself, seemed to be rooted to the floor. Only the mother rushed out into the holocaust to save her little ones. No one else dared! Then a big man ventured out, coming back almost immediately with several stings. The back door was closed tightly to keep the bees from swarming inside. From the safety of the windows all watched the mother strike out at the bees helplessly, only making them more angry...Then I heard it, that still small voice inside, which I had come to identify as Baba. It said, "Go out and help that poor mother and

children, I will be with you." I stared at the scene before me in horror, my faith in having made friends with the spirit of bees having fled. The small Voice insisted, so I found myself opening the door and stepping out into the middle of the flying, buzzing storm. A moment of terror rushed through me from my toes right up and out of the top of my head. I closed my eyes and prayed: "Baba, if ever I needed You, it's now. Please come here!"

In that same instant He was there! I felt His cold, peaceful presence surrounding me, and the whole area! Finding the hysterical mother hidden in the swarming wasps I grabbed her wildly flaying arms and shouted, so as to be heard above the ominous droning. "Be calm now, God is with us, He has come to help us." I had never met this woman before, nor she me, for all I know. She stared into my eyes and became calm. Together we caught hold of the children, and began to strip off their clothes, to which dead, half dead and living bees were clinging.

We both spoke gently to the children and I also talked to the wasps, begging them to be calm and not sting any more. Their stings had caused numerous ugly swellings on the faces, arms and legs of the children, some of them bleeding badly, and were giving a lot of pain also.

We plucked bees out of their hair, eyes, nose, mouth, somehow getting them cleared enough to enter the house and into the bathroom. As we bathed them, they cried with pain, and indeed their small bodies were a mess!

I prayed again silently to Baba to help the poor little things, and then a great miracle occurred, for before our astonished eyes all the swellings, the ugly lumps, began to fade away and with them all the pain went too!

The mother and I looked at each other in amazement, neither of us having suffered even one sting ourselves. When it was all over, and the children, smiling now, were wrapped in towels. I said to the mother, "I believe that your children have had a divine healing, but if you have any doubt at all you'd better take them to hospital for treatment."

As most of you readers will know, bee stings can be deadly! She answered me, with tears of Joy pouring down her face! "I know I have just seen a miracle, I need no hospital!" We smiled at each other, simply 'knowing'! Then she said quietly, "I have never met you, but I have heard about you, and that you follow a Holy Man who lives in India; was it He you prayed to for help?" "Yes it was," I told her. "Will you write His name for me and somewhere I can buy books about Him, and where I can write to Him. I would like to thank Him for saving my children." I gave her this information and left through the front door, as the back one was still being guarded by the unsatisfied yellow backs.

Baba, The God of Bees, too had, I'm sure, called another devotee - in His own inimitable way!

Maria St. John, (California)

If you crave for the fruit of your acts at every step, you are overpowered by passion. If the fruit is not available, then, gradually, laxity and disgust overpower the spiritual aspirant and the repetition of the Name and meditation slowly dry up. This is the restless, passionate, rajasic path. For some, the Lord comes to memory only in times of danger or acute suffering or when one is the victim of loss or pain. At such times, such a person prays and vows to arrange ritualistic worship (puja), offer some particular food, or build a temple to the Lord, etc. One calculates the quantity of food placed before the Lord, the tribute offered at His feet, the number of prostrations, and the number of times he/she went around the shrine and then asks for proportionate rewards! For those who adopt this attitude in meditation, and follow the dull, tamasic path, the mind and intellect can never be pure. - BABA.

Miracles of Baba

Gyanesh Sharma, wanted to share with us a number of Swami's Miracles. The following are a selection of her choices.

1) I remember the year June 2008, when I had severe back problems and I was bed-ridden. I was nervous to have this ailment at very young age of early 30s, as it could well put my active future in peril. I felt this feeling to pray to Baba. Doctors had strictly advised me not to bend much as it will only make my back more weak. Courtesy to my senior

colleague Mr. MCK Murthy, I went to (Shirdi) Baba's temple in Nazafgarh, Delhi. Without caring for anything, I felt from inside that I am in front of Almighty and I bend myself and gave Baba pranam. The pujari there, gave me Baba's vastra. And that day proved miraculous to me. My back started improving and soon became alright. I can now actively play sports without much discomfort. Even if there is some discomfort, it goes by Baba's Blessings. 'Sri Sadguru Sainath Maharaj ki jai'.

2) It was Nov. 2008. My daughter was regularly suffering from UTI and has to be on antibiotics for a year. There was no guarantee that this infection will go. A child of 5 years, and so much of medicine, it was tough. By Baba's Blessings, I made a programme to visit Shirdi with my parents. I went there and remembered Baba's vachun, that I prayed to Baba from the core of my heart at Samadhi. Baba has blessed my daughter and our family, by curing her ailment. "Sri Sadguru Sainath Maharaj ki jai".

3) Recently in Feb. 2010, one of my relatives was treated for Prostate Cancer. He was discharged from hospital, but he was ill. One day, I received a call from my wife telling me that he is getting breathless and struggling for life. They were crying. I told her to put Baba's Udi in his mouth. Soon, his consciousness was better and later that day, he became much better. "Sri Sadguru Sainath Maharaj ki jai".

4) Recently, in Nov. 2010, the same relative was having severe chest pains and was breathless. We put Udi in his mouth and he became better. We took him to hospital

where he had an Angioplasty and his heart is quite fine now. "Sri Sadguru Sainath Maharaj ki jai".

There are numerous Baba's miracles happened with me. I promise you all to share them.

Dear Devotees, please forgive me for spelling errors. Kind regards.

Talk by Dr. Narendranath Reddy

On the occasion of the 9th World Conference of the Sri Sathya Sai Organisations, on Nov. 20, 2010, Dr. Reddy gave many excellent examples of Swami's Love, indeed too many to mention here. He said, "Let me share with you a miracle that occurred this week. One of our senior devotees who is presently seated among us, had an emergency, a surgical abdomen. His dire condition was confirmed by lab. tests, a CT scan and an ultra-sound of the abdomen. I prayed to Swami and said, "Swami, his condition is very critical and needs immediate surgery." Swami said, "*Doctors, what do you know?*"

The next day, when we visited this devotee, he has miraculously recovered by Swami's Grace!... without undergoing any surgery!

Once devotees from the USA presented a nice play in the Poornachandra auditorium in the Divine presence. The play was good and very well appreciated. Swami asked the leader of the group, who the director of the drama was. The devotee humbly said, "Swami, You are the director of the drama." Then Swami asked what about you? He replied, "I am just the assistant."

Swami said, "*I don't need an assistant!*"

We must never forget that Swami is everything: He is the producer, He is the director and He is the actor. Hence we should not feel that we are the doers.

The late Prof. Kasturi told me a beautiful story by a devotee from Delhi. The devotee requested Swami, "Please come to my house in Delhi." Swami asked, "*Your house?*" Then the devotee realised his mistake and quickly said, "No Swami, our house." Swami remarked, "*Oh! 50 - 50 partnership.*" The devotee said, "No Swami, your house." Swami then quipped with a smile, "*Why are you inviting Me to My house?*"

The highest service one can do, according to Swami, is to realise one's Divine nature. Swami says, "*Removal of immorality is the way to immortality. Removal of ignorance is the way to enlightenment. And removal of duality is the way to non-duality.*"

He goes on to say, "*Look, you and I are one. You are not sheep, you are a lion. Do not bleat like a sheep, but roar like a lion.*"

"*Roar like a lion and say I am Divine, I am the Atma.*"

Swami says the title we should get is "Hearken, ye sons of immortality." He exhorts us to assert ourselves as children of immortality, "*Arise, awaken, and stop not till the goal is reached!*"
