

**2014**

Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER  
MAR - APR 2014**

## Dear Devotees of Sathya Sai,

This is my spring greeting to you, now that we have been through the most severe weather hardships for many winters.

Those of us who have a spiritual orientation to our lives, will not fail to believe that the chief reason for today's vast floods, storms, etc., worldwide, are the consequences of the general lack of belief in God. As Swami has stated, "Man has to be taught the knowledge of the Spirit because he considers his physical existence as the only reality today."

It is no coincidence, I feel, that I came across a discourse by Swami that He gave back in 1994, and I am pleased to reproduce it here now. So many people fail to remember God, except in times of crisis, and by then it can be too late to avoid the floods, and the inevitable destruction. Equally, few countries failed to escape the recent destruction, both north and south of the equator.

The part of the discourse that impressed me most, was when Swami stated: (...) "when you offer something little to God, you can expect a lot in return." And that offering need not be to God, but also to your neighbour, to receive similar results. Ed.

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Swami's Address to Overseas  
Devotees on 2nd August 1994

Swami addressed the devotees from overseas, in the Kalyaana Mantapamm at Brindavan, Bangalore. The following is a short summary of the Divine Discourse.

"God is the true friend of everyone. The indweller in all living beings is God Himself. Many people study the Bible, Bhagavad Gita, Quoran, etc., but these scriptures are not just for study but for practice. Sun shines for all, it does not discriminate any race or nation. Similarly, God is one for all and Truth is God. There is nothing called American truth, Japanese truth or Indian truth. Truth is one, Truth is God.

If you offer something little to God, you can expect a lot in return. When Jesus met the disappointed fishermen Matthew and Peter, they were eating bread. They offered a little bread to Jesus and He blessed the fishermen with such a large quantity of fish which they never had in the past. Krishna received a little quantity of parched rice and in return gave a lot of wealth to Kuchela.

In vedantic culture people offer leaf, flower, fruit and water during puja. The leaf that has to be offered is the body, that is, use the body to do seva to others. The flower that has to be offered is the flower of the heart and this flower should be free from insects like jealousy, hatred, lust, anger, etc. The fruit should be the mind and should be full of sweet juice. The sweet juice has to be the character. The water to be offered is the bliss drops and not tap water. For the tree which bears these flowers, fruits, etc., the roots have to be confidence and faith.

Today man doesn't believe in God, this is bad luck. The sunshine, wind, rain, oxygen, hydrogen, the five elements are all gifts of God. Man forgets the Master and gets hold of

the servants. The human body is just matter, and the life force is God. God is energy which is Divine power. Without Divinity no one can live. The human mind is a mad monkey always attracted towards worldly pleasures. If the mind is turned towards God, then the mad monkey can become a God monkey. God monkey is Hanuman. People never pay any tribute to the ordinary monkey but offer their pranams to Hanuman.

People come here from far off places like London, America, Argentina, etc., spending a lot of money. When you are here spend the time in spiritual activities and make the best use of your opportunity. Do not waste your time in sight seeing or pleasure trips. Swami is prepared to give anything you want but if you are not ready to receive it what can Swami do? Develop Divine thoughts and pure love, have no desires. God wants only pure love. You are all My messengers, I bless you all."

Summary by Sai Ramalingam. Nov. 1995.

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**He, who is concerned with his creed, Baba said, will never discover the Divine. You must see the Divine within, and within each person.**

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### Swami's Miracles

What explanation can science give for the many cures, miracles, resurrections, and so forth, which Swami has brought about during the course of His life, with a mere gesture, or look?

None, I can only presume!

The following are some "mind-blowing" miraculous acts wrought by Swami's Will. There has been so many, it is difficult to select just a few.

Ruth had a teaching job in Mexico and was active in her local Sai Centre, in Santa Barbara, to which she drove every Thursday, to attend Bhajans. Despite her weekly commitment, she was sceptical. Health problems had been tormenting her for a long time, with bouts of extreme pain for several days at a stretch. One evening in her little room, she suffered a severe attack of pain and in desperation, cried out, "Oh, is there someone to help me? Anyone? Why am I suffering this? What shall I do? Oh, help!"

Suddenly she felt a gentle touch on her arm, she stopped shouting and as she turned, she saw Swami standing beside her bed. "Don't shout so!" He said. "I am always here!" Then He disappeared, and along with Him went her pain!

Troylan Orozco, of Mexico, used to attend lectures by Indra Devi, about Baba, and went with a group to India, and was happy beyond words to have had an interview with Swami. Upon returning home he started a Sai Baba Centre and gave talks about Baba to all his friends and customers.

One day his wife took a friend and her small child for a drive. Only a few minutes passed when people came running to him with the news that there had been a crash and his wife and the baby were killed. While

rushing to the scene he was crying out for Sai Baba's help, and immediately applied vibhuti to their lifeless bodies and lips.

Three hours later the baby came back to life, much to the amazement of those present, and five hours later Mrs. Orozco also opened her eyes, not being sure where she was.

She later related what occurred during those minutes after the crash; she found herself travelling down a dark tunnel and coming out into a beautiful place so full of light. She saw Sai Baba there, having recognised Him from photographs and films. Realising she had died, she beseeched Him to return her back to her small boy who would need her care. Seeing her dead body, she re-entered it and returned back with a smile on her vibhuti-coated lips!

Such tales are numerous, too numerous to relate here and offer hope and peace to us all. All glory to our Lord Sai Baba!

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**Service broadens your vision, widens your awareness and deepens your compassion. –BABA**

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Centrally Held

The abbot of a monastery was often asked by his visitors, "How is it possible that all monks are harmonious and united despite their different origins, tendencies and learning?"

Instead of giving a theoretical explanation, the abbot replied with an illustration. "Imagine for yourself a wheel with a rim, spokes and

the hub. The rim envelops and forms the boundary from which the spokes run toward the centre to the hub. Although it seems as if the outer rim holds everything together, it is actually the hub in the middle that holds everything. Mankind is like the rim of a wheel, each person is like a spoke and God is the hub at the centre of all."

Breathless, the visitors looked on - they had understood something impossible.

But the abbot continued further, "if we look at the wheel, we notice that the closer the spokes come to the hub, the closer they come to one another. Similarly, as we humans approach God at the centre, we actually come closer to each other ourselves.

We can come close to God and our neighbours only through love. It is clear that if one loves God, one will inevitably love one's neighbours. This is the only way through which we can live, despite our differences, among each other, and for each other."

(Translated into English from a German text of unknown origin)

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**Never give up the Gayatri; you may give up or ignore any other mantra but you should recite the Gayatri at least a few times a day.**

- BABA

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God's Hospital

Nanasimhulu is a simple hardworking man with four children

and a wife to support, on a daily income of Rs. 100 a day or approx. Rs. 300 on a 'good day'.

The greatest danger to him during the course of his work in the fields, are venomous snakes. India's death rate from snake bites is the highest in the world - 35,000 to 50,000, people dying each year. The cost of anti-snake venom (ASV) is Rs. 450, (5.25 euro) per vial.

Nanasimhulu worked and "slept out" during his work schedule and it was during the course of the night's sleep, he was bitten by a snake. Gradually the bite was sucking the life out of him as he walked 2km to his home. His wife immediately took him to Penukonda by auto-rickshaw where he was advised to go to Puttaparthi, as the medicine was going to be expensive. Foolishly he chose to go to a local quack that gave him an injection and charged him Rs. 600. But his condition got worse! It was then that they decided to go to the General Hospital in Puttaparthi. His wife didn't think he would survive upon his arrival there. He was immediately put on anti-venom treatment and during the course of the next two days he received 13 vials of ASV.

Most cases of snake-bites occur between the months of May and September, the time when farm workers are in their fields. Sometimes the patients bring along the snake, so that the hospital can identify them and give the correct medication immediately, as there are four kinds of snakes that the workers come across.

The recovery rate in this hospital has been 99%. "We lost only one patient

last year to a cobra bite, and this was because the patient came late," the doctor stated.

Narasimhulu spoke of "God's Hospital" where the nurses and doctors took great care of him. Had he opted for Penukonda, it would have cost him Rs. 300! But now he didn't have to pay anything except the auto-rickshaw fare to the hospital. "God is really very kind to help us," he said. "But for the Hospital, I would not have survived. Baba has given me back my life," he said. The hospital is truly a life-saver, without the treatment, patients will surely die.

On the fourth Annual Day of this Hospital in early 1960's, Baba said, "This hospital serves to increase faith, demonstrate divinity and remove doubts..."

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**You are all I. I am all you. I know I am the Atma, you believe you are the body. You are sugar dolls; I am the sugar. Revere any name, the reverence reaches Me. All individuals are expressions of My will. - BABA**

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Sathya Sai & Student

The following is an interesting account from the life of Viswajith Singh of Allahabad that appeared in the March 1980 issue of Sanathana Sarath.

"I went to Whitefield on 30th of June 1979, to meet the Principal at, "Sri Sathya Sai Arts, Science and Commercial College." Reaching the Principal's Office and found he had gone away till Monday. I was in very

severe tension and wanted a quite place to sit, so I went and sat behind the closed Information Office. While waiting I felt someone's hand on my shoulder. I looked back and clearly saw Baba standing behind me with an evergreen smile on His face. I ignored it as I thought I was dreaming. I could not believe it, because Baba was in Puttaparthi at the time.

Again I felt someone's hand on my shoulder. This time as I looked behind, Baba said, "You are worrying so much? Get up, get up." I could not believe my eyes but stood, because it was Baba's order. I was fully taken aback and became nervous too. He then said, "You have come for admission. You go back home. Come only when Swami calls you. Swami will call you at Puttaparthi itself. You go back to your home." Then I said that I wanted to get admission now only. Hearing this Baba said, "Swami will not call you just now. Return home. When Swami calls you, only then come." Again I asked the same thing and Swami again gave me the same answer.

When I asked why he called me from Lucknow, He said, "The work for which Swami had called you has been completed. Now, you return home." He further said, "Your mother suffers from stomach pain off and on. Today, would you not touch the Lotus Feet of Swami?" I fell down at His Lotus Feet at once and when I got up, Swami had disappeared. If there had been no Kum Kum on my hand I would have thought it was a dream, but my hand was full of Kum Kum. So I had to believe it. After that I went back to Bangalore. My mother, who was very ill, has become normal. Afterwards,

Swami did call me for admission to the newly started College at Puttaparthi."

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**God is bound to you by the closest bonds of Love. God is the nearest, the dearest, the most loving, the most eager companion and kinsman for man. – BABA**

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**Love all religions. Forms of worshipping God differ, for they are shaped by time and place, but Love is the basic content of all the forms. – BABA**

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New OPD Block for the SSS General Hospital

Bhoomi Pooja was performed for a new Out Patients Dept. block for the Sathya Sai General Hospital at Prasanthi Nilayam. The Trustees of the Sri Sathya Sai Central Trust were present at the Bhoomi Pooja.

The new OPD Block admeasuring 36,000 sq. ft. will have the ground floor and the first floor housing OPD for OB. & GYN., Med. for ladies and gents, Pediatrics, ENT., Ophthalmology and Dental Physical Therapy Laboratory. The basement will contain full Dietary Facilities, two Conference Halls accommodating 150 people and a car park.

The empty space on Old OPD section will be converted as Inpatient beds for Pediatrics, Gen. Medicine, and Surgical for men and women. Currently we have 115 beds and by adding more beds we will be having 150 beds.

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Ancient Indian Philosophy talks about the Five Principles of Spirituality.

THE FIRST PRINCIPLE:

Every person you encounter is the right one. This means that no one comes into our life by chance. Everyone who is around us, every person with whom we interact, has a defined purpose - whether to teach us something, or to help us cope with a current situation.

THE SECOND PRINCIPLE:

"Whatever happens is the only thing that could have happened."

Nothing, absolutely nothing of that which we experience could have been any other way. Not in the least important detail. There is no, "If only I had done that differently, then it would have been different." No, what happens is the only thing that could have taken place and must have taken place for us to learn our lesson in order to move forward. Every single situation in life which we encounter is absolutely perfect, even when it defines our understanding and our ego.

THE THIRD PRINCIPLE:

"Every moment, in which something begins, is the right moment."

Everything begins at exactly the right moment, neither earlier nor later. When we are ready for it, for that something new in our life, it will be there - ready to begin.

THE FOURTH PRINCIPLE:

"What is over, is over."

It is that simple. When something in our life ends, it helps our evolution. That is why, enriched by each recent experience, it is better to let go of the past and move on.

THE FIFTH PRINCIPLE:

"Nothing is permanent."

This is the UNIVERSAL TRUTH. Nothing in our lives is eternal. Everything will CHANGE - some things earlier, some things later, but change is inevitable.

Once this is understood and accepted, life becomes simpler because there are no more stresses of anticipation, no more expectations, no more surprises, no more sorrows.

Be good to yourself. Love with your whole being. Always be happy.

Believe in God and trust Him to do what is best for you.

And believe in YOURSELF to ACCEPT what you DESERVE.

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**Where exactly does God reside? God is everywhere in all beings. Really speaking, God is Love, and Love pervades everywhere. There is no being without a trace of Love. - BABA**

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I received the following article from a Sai friend in Newfoundland.

Why We Shout In Anger

A Hindu saint who was visiting river Ganges to take a bath found a group of family members on the banks, shouting in anger at each other. He

turned to his disciples, smiled, and asked, "Why do people shout in anger, shout at each other?"

The disciples thought for a while, one of them said, "Because we lose our calm, we shout."

"But, why should you shout when the other person is just next to you? You can as well tell him what you have to say in a soft manner," the saint said.

The disciples gave some other answers but none satisfied the other disciples. Finally the saint explained, "When two people are angry at each other, their hearts distance a lot. To cover the distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other, to cover that great distance. What happens when two people fall in love? They don't shout at each other but talk softly, because their hearts are very close. The distance between them is either nonexistent or very small..."

The saint continued, "When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally, they even need not whisper; they only look at each other and that's all. That is how close two people are when they love each other."

He looked at his disciples and concluded, "So, when you argue do not let your hearts get distance. Do not say words that distance each other more. Or else there will come a day when the distance is so great that you will not find the path to return."

**Be born in Love, die in Love, live in Love. This means, emerge from God and merge in God; be the wave on the Ocean of Love. - BABA**

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### What Is Surrender?

When you give yourself over to the Lord, you own nothing, even your time.

All is God's and you are merely the instrument. In fact, everywhere you look and walk, there is God. There is nothing apart from God. You live in and for God and God alone. Worldly persons cannot understand this state. For it is a state beyond the mind. It is a state of complete happiness and peace.

The ups and downs of life have no power to affect you. You are free of the bonds of attachment and misery; you are ever in communion with God. For God is in you, above you, around you, behind you.

Nothing is apart from God.

The final realisation is that you are also God. Then there is mergence in the Ocean of Bliss. Be happy and content. Accept everything as a gift from God. That is the first stage.

God is more than a billion suns, but if you are far away from Him, you cannot have the light of His Grace. One has to endear himself to God. This is the process of Devotion.

- BABA

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## DRUGS

How parents can help schools protect their children.

(The following article first appeared in reinforce the message, so they need to be well informed about how the school approaches the subject and the ages at which it is raised).

Condemnation of illegal drug-taking is important, but it is not enough. Children need honest guidance too, rather than blanket condemnation. They will have their views and wise parents will draw them out on the topic.

Schools are naturally anxious to have as little to do with drugs as possible. As long as illegal substances are not dealt, consumed or possessed on the premises, day schools are quite likely to turn a blind eye. For boarding schools though, the problem is more pressing and complicated. Many still insist on expulsion for a first offence, which is a short-sighted and irresponsible policy.

Good schools take a first offence extremely seriously, but follow it with a regime of counselling and random urine testing. They also go out of their way to educate parents. (JC)

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**The end of knowledge is love. The end of education is character.**

- BABA

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'The Daily Telegraph', back in May 2001, and it is as relevant today as it was then)

All teenagers are liable to be exposed to illegal drugs, particularly cannabis and ecstasy. Parents who believe their children are immune are deluding themselves. British teenagers head a league table of drug use in 30 European Countries.

Pupils need to know: (a) that drugs can be harmful - and why; (b) that drugs are illegal - and what the penalties are.

Secondary schools will provide the basic information. However, that is unlikely to affect children's behaviour unless parents.

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### My Early Days with Swami

By Dr. D. J. Gadhia

On 5th May 1974 in Tanzania, where I was practising medicine, I met with a serious accident whilst driving in a remote part of the countryside. The car went underneath a big lorry, resulting in multiple injuries to my body. I felt my soul travelling in the astral plane uttering "Baba! Baba!". I was told later that I had no pulse, no heart beat and was declared dead! Apparently, as I came to know afterwards, two well-built Africans (complete strangers) appeared at the site of the accident as if from nowhere. One of them got hold of the car window, broke the glass and freed my head. As soon as he touched my head, there was new life in my body. The other African smashed the front screen, jacked up the seat and released my legs. An ambulance arrived and I was taken to hospital a few miles away on a stretcher. Though partially recovered, my legs were not still

alright as I was limping and walking with the aid of a stick.

As soon as I was able to travel, I went to see Swami. In the interview room, after I had touched His Feet, Swami said, "Gadhia, your spinal cord was crushed to pieces, with the result that you were dead. Swami had come in the form of two Africans to give you a new life."

"Thank you very much, Swami, but why did you prefer to give me a new life?" I humbly asked.

"Swami wants to extract work out of this body, (pointing His finger towards me). The surgeons in U.K. could not help you. Is that not so?"

"Yes Swami! You are right!"

Our Lord Sri Sathya Sai Baba then materialised pink coloured Vibhuti and asked me to swallow it immediately. He rubbed a little bit of the Vibhuti over the shin bone of my right leg, below the knee joint and pressed His Hand till the "click" was heard and the alignment of the bone took place with a sudden disappearance of the pain. There has been no pain or physical problem since then. He has charged the battery of my body so well that I can now move about normally.

"Sathya Sai Baba, Hatfield Centre, magazine, 2006"

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**A minuscule amount, which is the subtlest part of the food, makes up your mind. Therefore, mind is the reflection of the food consumed. When demonic tendencies arise in our minds, know that it is from the food we consume. - BABA**

## Shirdi Baba and the Bhills

In the early days, bandits often attacked the trains. On one occasion in 1914, Ganpath D. Kadam and his family were travelling by train to Shirdi.

These roaming bandits, would raid villages and passing trains, as on this occasion when they climbed aboard Kadam's train, just after passing the station at Nasik. The gang jumped into their compartment with the intent to attack and rob the passengers, but at that time, Kadam was reading a book of holy songs. The gang stood by his side for a few moments, and thinking they were interested in the book, he started reading it aloud. After a while the bandits left one by one and when Kadam looked up from his book, he saw a Fakir seated opposite him. However, when he looked up again the Fakir had disappeared.

When Kadam reached Shirdi, Baba asked him, "Well, have you come safe and well guarded?" Kadam at once fell at His Feet and thanked Him for guarding himself and his family. He also realised that the bandits took to their heels fearing the Fakir, Who was none other than Baba!

Baba always said, "Trust in Me and your prayers shall be answered."

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**I want you to be leaders to protect the world. Leaders like lions, self-reliant, courageous, majestic and just. Lion is the king of animals and I want you to be king among men. - BABA**

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Our Beloved Lord is always there for us

My good friend D. Amirthanandan, of the Hatfield Sai Centre in the U.K., wrote, back in 2006, of his experiences in the Sathya Sai magazine, he used to produce. He wrote at the time of his deteriorating heart condition, and his stay in the Harefield Hospital for a Triple Bypass. He mentioned his first night in the Intensive Care Unit, when Swami appeared in his dream and spoke at length about his life and gave him much advice on what he should do after his recovery.

Amir used to host weekly Thursday Bhajans in his home, but Swami asked him to also have private Sai Spiritual Meetings, with only invited devotees attending. "It is quality and not quantity that I value", Swami remarked.

Amir made reference of when hosting a Sai Satsang in London, "There occurred an incident when I lost my temper very badly with one of the helpers. A few moments later, I found to my dismay that the ring that Swami had given him at my first interview in 1983, had disappeared! We searched high and low, to no avail and I realised that Swami was showing me His disapproval at my loss of temper... I missed the ring very much as I used to place it over my eyes every morning and night for healing".

"A few days later, a friend came to see me and rang the doorbell. While he was waiting for me to open the door, he glanced around him, and noticed something shining by the door. When I opened the door, he handed it to me asking whether it

belonged to me. It was the ring! I was so ecstatic and humbly thankful to Swami for returning the ring to me. "I have no doubt Swami wanted to teach me a lesson for not controlling my temper!"

Amir went on to serve Swami faithfully for many, many years. "I am conscious of the subtle changes that Swami has brought in me to gradually wean me away from a 'Socially orientated life', to a 'Spiritually' based one. From ballroom dancing and night clubs to Sai Bhajan Meetings, pilgrimages to P.N. and Sai activities as well as becoming a vegetarian. Swami had brought about a subtle transformation in me!"

"I am really astonished and eternally grateful to my Beloved Lord for His Infinite, Boundless Love and Grace."

I am happy to state that Amir is now 93 and a lovely man. While not serving to the extent that he used to, he is, nonetheless, strong in his devoted service to his Beloved Swami. Ed.

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**JOY = Jesus first, others next.  
Yourself last. - BABA**

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The Best Reward for Service

Always remember the name and do your sadhana. Swami has declared that He will be happy when other people in general are happy by your service. As such we should try to make other people happy by our devoted seva and then Swami is happy. The Divine Grace flows unto you automatically.

I wish to recall a petty event to illustrate how we can bring happiness to a fellow citizen. Some years ago, I was trying to cross Mount Road in Madras, just opposite "The Hindu" newspaper office to reach the Government Estate. At this point, the road takes a steep rise approaching a bridge. I noticed an old cart man who was pulling a hand cart. His legs were slipping, unable to move the cart due to heavy load and gradient. Impulsively, I moved over and started pushing the cart from behind. The cart man felt the relief in pulling the load over the gradient road. He was surprised and looked back His eyes were sparkling with gratitude. After helping him out to reach the steep road, I walked off. He stopped and was looking back to spot me, apparently to thank me. I did not give him that chance. I saw the smile on his face and I believed that was the best reward.

With Love & Regards, Mumbai  
Srinivasan

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Always find a quiet corner after My Darshan, where you may enter the stillness and receive the completion of My Blessing. My energy goes from Me as I pass you. If you proceed to talk immediately, the precious energy is dissipated and returns to Me, unused. Rest assured that whatever My Eye sees becomes vitalised and transmuted. You are being changed day by day. Never underestimate what is being accomplished by the act of Darshan. My walking among you is a gift yearned by gods of highest heavens, and here you are daily receiving this Grace. Be grateful. These blessings

you receive will express themselves in their perfect time. But also remember, that to whom much is given, much will be demanded.

- BABA

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### New Research Centre

With an estimated cost of Rs. 20 crores, the foundation for a new Research Centre was laid in the Sri Sathya Sai University Campus on Feb. 17th 2014. Apart from promoting the values based education system started by Bhagawan, this research centre will be assisted by eminent scientists, academicians, collaborate with reputed national and international institutions and encourage multi-disciplinary research in the field of nano-science, medicinal chemistry, cell biology, structural biology, philosophy, Indian culture.

The Centre will also encourage Faculty and Research Dialogue. Estimated to finish in a year's time, this is indeed a new feather in the beautiful crown of Sri Sathya Sai University.

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**All religions are facets of the same truth.** – BABA

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### Life Is Illusion

Swami has stated that this life is illusion and it includes the Universe overall. It is as if we are existing within a dreamlike state that we have created for ourselves. But, as we move away from this third

dimension to the next, and then to the next again, we are moving away from that illusion, towards the True reality - our own Divinity.

"What is man's journey? Where is he going? Why is he continuously reborn?" In order to seek the right path and knowledge of Truth what road should one seek? You should return whence you have come. That is seeking. You have come from the Divine Essence, from God, and you must return to Him.

"Do not expect to find happiness in the other world; that world too is impermanent. Once you have exhausted your merits, you will again be cast out of it... the duration of your 'paradise' will depend upon your merits. When these are used up, you will have to return to the earth." Man's position in creation is, according to Sathya Sai Baba, even higher than particular Biblical passages suggest. While the Psalm 8 says that man was created "little less than a god," Baba's discourses states that man has the status of a god, but is totally ignorant of the great wealth lying within, and, He continues, he is likened to a beggar sleeping on a safe full of diamonds! All he has to do is wake up and discover those riches and begin to use them, for his benefit and the benefit of mankind.

"Man is Divine; he has the Lord dwelling in his heart, yet he is bound, miserable, limited, weak, agitated. Why? He is ignorant of his reality. He imagines himself weak, limited, bound and he is so shaped by the mind, which is the source of that imagination."

Further, He states, "Man is unaware of his glory. He is the Divine poured into a human mould, just as

everything else alive or inert is, but it is the privilege of man alone to be able to become aware of this precious truth!"

I suppose if you were to repeat, "I am a sinner," often enough, you condition yourself to believing it, particularly when those who have the responsibility of guiding your spiritual destiny, convince you that it is so, and that it is scandalous to think otherwise. They would argue, to suggest otherwise, that that is the origin of Original Sin; man boastfully claiming to be God. Whereas, the opposite could be the truth, by insulting Him Who made us, and causing Him great displeasure by insisting that we are sinful, foolish and good-for-nothing!

Have we forgotten the parable of the Prodigal Son? By choosing to call your- self a sinful wretch, this makes you forget and cloak-over your Divine origin that keeps you in a state of suffering. Know the truth of your reality, and be happy! Swami never ceases to remind us, in His discourses, how blessed we are to be born into human form.

"To be born as a man is a very sacred thing. That is, among all the animals that are born, to be born as a man is something very difficult and very sacred. Even devas (angels, gods) at one time want to have a human birth. One must make the determination to use all the organs in the body for sacred purposes. Man is essentially Divine."

We must not see ourselves in terms of duality, seeing God as separate from us.

Mankind and God are One!

**Test all your thoughts, words and actions on this touchstone: "Will this be approved by God?" - BABA**

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Man & the Universe

During a Discourse by Sathya Sai Baba, on July 20th 1997, He proceeded to state that all individuals have latent potencies of which he is not aware.

"Scientists after long investigations have discovered that the whole universe is made up of atoms. The Vedantins, on their part, declare that everything is permeated by the Divine. The terms used are different, but the meaning is the same. Energy is Brahman and Brahman is energy. The cosmos is filled with energy. All that you see, all that you do is energy. You observe an object. You see an individual. Both the object and the individual are manifestations of energy."

He continued, "What is this energy? It is something which you cannot see or hear or conceive in the mind. Energy is energy alone. It is Divine. Every physical object has a base. There is electrical energy in man. Likewise, there is radiation energy in man. There must be a basis for all these energies. You see that in the world every object is based on some other object. God is the base for all the energies in the cosmos. The Vedantins called this energy Transcendental Energy. Scientists have termed it "Super- power". The names used may vary, but the substance is one and the same."

Swami proceeded to state that all individuals have latent potencies of which he is not aware. Scientists give

different titles to different energies, i.e. 'psychotronic' energy and 'bioplasmic' energy. Those who in the past have studied the ancient texts of the Vedas would give the blanket term, 'Transcendental Energy'.

"How is the presence of this energy to be recognised?" Swami asked. "The Vedantins described the process of recognition as involving 'will-power', concentration, meditation and deep awareness. By these four processes, one can experience the power of the Spirit. This means that in the final analysis every individual, and every form, every object, and every form of energy becomes one with the Divine."

Sai Baba continued, "In this context one has to understand the implications of oneness with the Divine. One desires to merge in God and achieve liberation. How is this to be secured? God is formless. He is the source of all energy. He is effulgent. Eight kinds of potencies have been attributed to God. He is the source of all sound, all motion, all light, all speech, all bliss, all excellence, all illusion and all prosperity. How is one to realise such an omnipotent Divinity? Water can integrate with water. Air can combine with air. Fire can merge with fire. As God is formless, to become one with God, we have to become formless. What does that imply? It means that we have to get rid of the attachment to the body. This is achieved through meditation. While retaining attachment to the body one cannot hope to achieve oneness with God merely by praying for it. You have to become formless to realise the formless Divine."

Merging with our own Divinity is the ultimate goal of all mankind. Achieving this can only be done when we move from the dualistic state; seeing ourselves separate from that source of Divine effulgence, God. The light of all our lives comes from the supreme source of all light, and that individual light should merge in the Supreme Divinity from which all other lights emanate.

The practise of external worship, such as prayer, meditation, bhajans or spiritual songs, reciting the Lord's Name, or other spiritual exercises, do not promote, as Baba said, "They are good in themselves, but they are unrelated to spirituality. Spirituality implies relationship of spirit to spirit. All actions have appropriate consequences. Every act results in its own reward. Good acts yield good results, but they do not contribute to spiritual progress. Hence the good acts should be the stepping stones for the spiritual journey."

Swami continued to impress upon us not to remain content with performing the rituals and other acts of worship, or to be sanguine with the dogmas of our respective religions. The spiritual journey does not finish there. We must be prepared to embark on the grand spiritual adventure; the excursion from dualism to non-dualism. To become the knower of the Absolute, you have to experience the oneness with the Divine. Man has come from God, and can only take the return journey when he realises that "He and I are One!" and that God is not separate from him, but dwells within his heart, awaiting contact, and the final cognition of that Oneness.

While one may desire to merge with God, and attain liberation from the cycle of birth and death, we must begin our journey by detaching ourselves from the limitations of the physical body. This will release us from the range of physical desires which act as chains, binding us and restricting our freedom of spiritual advancement. This image was depicted in an ancient painting showing a man chained to a rock, in deep water, struggling to release himself from his bonds, and float gently to the sunlight above the surface. We are bound by our desires in the deep waters of the emotional body.

When modern man begins to accept the existence of a Supreme Reality, or God, he seeks to find Him, to hold Him, as if the Creator of All could be acquired like a piece of property: to have Him on hand in case of emergencies, or at times of need.

To have God, one must realise God. When you realise God, you are One with God, and your Spiritual Journey is at an end!

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**Practice the attitude of offering every act at the Feet of God as a flower is offered in worship.**

- BABA

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The Shooting of Pope John Paul II

It wasn't until the Vatican released the photographic image, reported to have been taken by one of the Pope's security guards, that people became aware for the first time, of the photo image of the Virgin Mary

holding Pope John Paul II, in her arms, when he was shot on May 13th 1981.

Travelling in the Popemobile, he arrived in St. Peter's Square, to speak to the people who had gathered there. Out of the crowd came the assassin firing four shots into the Pope. The Pope was critically wounded but after surgery he survived and made a slow recovery. The gunman was apprehended in the square, and was sentenced later to life in prison.

The picture of the Virgin Mary holding the Pope after the shooting has been "authenticated", but the Pope apparently wanted to hide the picture, which he did for a number of years. But recently, it is said, the Vatican published the picture for the first time.

A similar image was made for a stained glass window, of the Pope and Our Lady of Czestochowa, at the Florida residence of Bishop Thomas Wenski.

I think you will agree that it is a most intriguing news item, but I cannot validate the truth concerning it. (Photos can be seen on [www.truthorfiction.com](http://www.truthorfiction.com)) Ed.

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**Women are the makers of the home, the nation and the world.**

– BABA

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Love in Action. The Life of Mother Teresa

Mother Teresa was born as Agnes Gonxha Bojaxhui in Skopje, Albania,

on 26<sup>th</sup> Aug. 1910, the youngest of three children. At the age of 18, she went to the Loretto Abbey, Rathfarnham, Dublin, and from there to India where she began her noviciate. She taught geography in St. Mary's High School in Calcutta from 1929-48. Then, in 1950, she started her own Order, the Missionaries of Charity, to minister exclusively to the poorest of the poor. She won numerous awards, including the Nobel Peace Prize, and created hundreds of homes throughout the world.

Mother Teresa emphasised that it is only when the love in our hearts is released that we are able to care for others with true joyfulness and peace. Her houses and centres now include refuges for the homeless in Europe, and AIDS clinics in the United States, as well as homes for the destitute in the slums of India.

Mother Teresa said: "God is everywhere and in everything, and without Him we cannot exist. I have never for one moment doubted the existence of God, but I know some people do. If you don't believe in God, you can help others by doing works of love and the fruits of these works are the extra graces that come into your soul. Then you'll begin to slowly open up and want the joy of loving God. There are so many religions, and each one has its different ways of following God. I follow Christ. Because of this I am never afraid. I am doing it for Jesus, and therefore the results are His, not mine. If you need a guide, you only have to look at Jesus. You have to surrender to Him, and rely on Him completely. When you do this, all doubt is dispelled, and you are filled with conviction. Jesus said,

'Unless you become a child, you cannot come to Me.' Mother Teresa, who left this earth in September 1997, is a fine example to us all of selfless service to humanity.

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**Jesus was a Messenger of God; but note this also, all of you are messengers of God. You are all His children. Jesus and His Father are One. You and God are also one and you can become aware of it. Whatever activity you may be engaged in, wherever you may be, however you may fare, be convinced that you are ever in God, that all is Divine, that all acts are offerings to the glory of God, and thus make your lives full and fruitful.** - BABA

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#### The Divine Proof

On my fourth trip to the Divine Presence, while I was in my Ashram room, I was suddenly seized with the doubt about who actually Swamiji was. At that time, I was the President of the Sri Sathya Sai Baba Centre of Buenos Aires, Argentina and had to travel to neighbouring countries in order to give talks regarding our beloved Bhagavan. Was He the Almighty God of this Universe?

I felt that I could no longer continue to speak to others about something that I was not completely sure about as I felt a bit like a hypocrite. So I asked Swamiji, with all my heart, to resolve my doubts and make clear to me who He was. I prayed to Him with all my heart and begged Him to help me, to give me an answer and especially a proof of His Divinity, especially if He was the Omniscient,

Omnipotent, Omnipresent Lord of the Universe - Brahma, Vishnu, Shiva.

Pondering upon what sign I could request, it clearly came to me: a watch! Yes, I told Him, "If You materialise a watch for me I will believe that You are not just a Guru or a Prophet or a Messiah, but Lord of the Universe, GOD Himself!

I had never seen Him materialise a watch. I already had a very nice watch that I bought in the U.S. It was not a quartz one, so was not very precious, but I became somewhat attached to it. Having asked Him with all my heart, I waited calmly! However, the following night, before going to bed I took a shower, leaving my watch, which was not waterproof on my mattress. I then fell asleep.

Swami came in my dream and told me that I had a very nice watch and would not change it, saying, "I will solve your problem. Your watch has disappeared!" The impact of what He said was so strong, that I woke up, and searched for the watch... my watch was gone!

At the morning Darshan, Swamiji called the Argentine group for an interview and He produced a watch, and gave it to a student. It was a miracle I didn't die of a heart attack. However, after several days at the last Darshan, Swamiji passed by me and asked, "What time are you leaving?" I said I was leaving after Darshan, and He said the magic word, "Go!" In the interview room I was seated next to Him, when He suddenly asked how my crazy monkey mind was doing. "Very bad, Swami". "No, not so bad", and moving His hand, He materialised a

watch, asking "Is this the proof you wanted?"

Later He told me that every time I looked at it, I would really see Him and "I will give this watch a very special power, every time you have a bad thought, it is going to stop!" He turned to speak to others in the room and I looked at the watch and it had stopped! I almost screamed, "Swami, it has stopped!" He laughed and said, "I know, I know!" and told me my thoughts made it stop!

Over the years He has filled me with a 'proof' of His reality. Today I know that the main miracle for which I am a witness to, is that of my own transformation. After almost fifteen years of coming to Him, I am witness to the changes in my own life; my way of thinking, feeling and acting, and He is taking me step by step to become what He wants me to be, a real human being, coherent in my words, thoughts and actions, so that I may advance without delay or hesitation by trying to attain my true identity, my own Divinity. I now have a different view as to why He gave me the watch. He was telling me, "Watch. Watch very carefully My Life, My Message, My Reality."

I think that what I'm really learning to understand is that I shouldn't be distracted from His Reality, not even for a moment. This is a unique opportunity where we have at hands, reached the indispensable help to cross the sea of births and deaths, but that at the same time we can be witnesses and instruments of the most wonderful change of conscience of all humanity that has ever taken place.

Let us rejoice for the Omniscient, Omnipresent and Omnipotent Lord

of the Universe, has taken human form, to guide us towards our true destiny. Let us hold His Hand with joy and faith, and let us advance towards the goal with Him.

With Sai Krishna at our side, victory is certain!

Leonardo Pablo Gutter. (2004)

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**I am a person who only gives never takes. If there is no give and take relationship between us, our friendship will last forever. If I take anything from you, I will be indebted to you. Hence, I will not take anything from you. – BABA**

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