

Dear Devotees of Sathya Sai.

The following announcement from Michael Goldstein M.D., was made on March 13th, relating to the ‘Sri Sathya Sai World Foundation’.

“The International Sri Sathya Sai Organisations have been formed for the spiritual upliftment of mankind. For the maintenance of order, authenticity and accountability among these organisations, the ‘Sri Sathya Sai World Foundation’ is hereby established by the Divine command of Bhagavan Sri Sathya Sai Baba, this foundation will henceforth assume responsibility for the governance of all functions of the international Sri Sathya Sai Organisations. The Foundation will work together with the Prasanthi Council to accomplish the administration of those Organisations.

Be It Known That: Sri Sathya Sai Baba teaches that man is born to live a spiritual life and demonstrate the principles of Truth, Righteousness, Peace, Selfless Love and Non-violence. Good willed men and women have come together from many countries to study and incorporate these teachings in their lives and thereby uplift the quality of human life. The incorporation of these teachings requires the practitioners to selflessly serve mankind and exemplify these noble principles in every aspect of their lives. The foundation called the ‘Sri Sathya Sai World Foundation’ is formed to function as the highest administrative body of the International Sri Sathya Sai Organisations that have been formed.

The Mission of this Foundation is:

To ensure the authenticity of all programmes engaged in by the International Sri Sathya Sai Organisations.

To ensure that all programmes, publications, interactions with other legal entities is conducted in a manner that is compatible with the principles enumerated above.

To ensure that the actions of the International Organisations bearing the name of Sri Sathya Sai Baba are

conducted according to His expressed guidance and the teachings that He has expounded all these years.

Responsibilities- The Foundation Will Commence Its Function By:

Accepting international responsibility for all publications, films, photographs and audio/visual materials distributed by the International Sri Sathya Sai Organisation.

Accepting responsibility for all education programmes conducted by the International Sri Sathya Sai Organisations/Institutes.

Accepting responsibility for all healthcare programmes conducted by the International Sri Sathya Sai Organisations.

Accepting international responsibility for any other humanitarian programmes that will be initiated by the International Sri Sathya Sai Organisations.

Accepting comprehensive legal responsibility for all programmes and activities conducted by the International Sri Sathya Sai Organisations.

The Foundation will assume the role of the governing body of all International Sri Sathya Sai Organisations and Institutions while the Prasanthi Council will remain the managing body of these Organisations and Institutions. The Foundation will initially be comprised of three Directors: Dr. Michael Goldstein, Chairman and Director, Dr. Narendra Reddy, Director, and former Vice Chancellor of the Sri Sathya Sai Institute of Higher Learning, Sri S. V. Giri, I.A.S. (Rtd.), Director.

The members of the Prasanthi Council remain unchanged. With Bhagavan’s Grace, this new structure and relationship between the Foundation and Prasanthi Council, will enable us to bring all elements of the International Sri Sathya Sai Organisations and Institutions together in a concerted effort towards the spiritual transformation of mankind.

Michael Goldstein M.D. Chairman, Sri Sathya Sai World Foundation.”

First I am in the light (*duality*)

Then the light is in me

(*qualified non-duality*)

Finally, I and the light are one

(*non-duality*) BABA.

Time Stands Still

Swami journeyed, in the evening to Prasanthi Nilayam with the Raja of Venkatagiri, after a visit to the Raja's residence. On such occasions, Swami would stop at the nearest village to give Namaskar to everyone there, and then drive on followed by two other cars carrying devotees and attendants.

As Swami's car proceeded on the journey, a large lorry pulled out from a side-road on to the highway, heading headlong for Swami's car. Everyone shouted "Swami!" and closed their eyes. Nothing happened. Opening their eyes they saw the lorry was behind Swami's car and travelling away from them.

Swami smiled and said in Telugu, "I stopped time, that's all!"

While we run after time Swami stops it!

Meditation is nothing else but rising above desires. Renunciation is the power of battling against evil forces and holding the mind in check.

BABA

"We all long for heaven where God is, but we have it in our power to be in heaven with Him at this very moment. But being happy with Him now means; loving as He loves, helping as He helps, giving as He gives, serving as He serves, rescuing as He rescues, being with Him 24 hours, touching Him in his distressing disguise." *Mother Theresa.*

Chaitanya Jyoti Museums

"The flame of consciousness was offered by Sathya Sai Organisation overseas to Swami for His 75th Birthday. Since then the overseas organisation has done very little for the museums except to offer volunteers from various countries to assist in guiding the guest and visitors

within the museum. All countries within the organisation kindly agreed to send volunteers from time-to-time.

"I am taking this opportunity to remind us of our obligation and for you to kindly circulate the request through the centres to devotees, to volunteer their services whilst they are in Prasanthi.

"We would be grateful if you could let us know the date preferred by volunteers/devotees of your country/region so that we can book those days for volunteers from your area.

"Offer service and receive love in exchange. In this heart itself, God shines in all His Glory and manifests Himself. But we are not able to offer such selfless service today, and therefore we are unable to receive His Love either. The love that is given is not uninhibited, vast, expansive and selfless. We are allowing our love to grow only up to the limits of our family. It must go beyond the family, extend itself to the society, nation and the world. This was what Buddha too had taught".

(SSS BABA. DD 1987 P6).

Regards and SAI RAM,

Kishin.

(A printout of the information in English, as well as other languages, on the seva Chaitanya Jyoti, is available upon request.

Ed.)

Don't forget!

The Annual Satsang is being held at the Marino Institute of Education, Griffith Avenue, Dublin. 18th June at 3.0pm. A good programme has been arranged; Mrs. Veena Patel will speak on the Padhugas (sandals) that were blessed by Swami; Wallace Huey will address the issue, 'What we can learn from Swami about inner guidance'; Paul Curtin will close peacefully the Meeting with the Tibetan Singing Bowls.

Sai Vision For Africa

"The eye affected by cataract swears there is no lamp in the room, -an operation to remove the cataract makes that eye aware of the lamp. That operation is the symbol of the spiritual discipline that one has to undergo, in order to have a vision of God." Baba

Many people in Africa suffer from cataract problems because they cannot afford the cost of surgery. Consequently, they lost their eyesight and are left largely uncared for. It is for this reason free cataract operations are the only way to alleviate the suffering of this neglected portion of the population living beneath the poverty line in the second most populous continent of the world after Asia.

This project was blessed by Swami on Nov. 25th 2004, when He instructed that operations performed be of the highest quality and not the number of operations should be the goal. Love and care, He said, should be shown to each and every patient. When service is motivated by love it is bound to succeed, -and that success is ascribed to the grace of God.

The Sai Volunteers of Mombasa Sai Centre in Kenya, conducted nine eye camps between Feb. and Aug. 2005, restoring sight to over 500 people, in very remote and rural areas of Kenya and Mombasa, all carried out free of charge and with a great deal of love!

Usually a team, consisting of four to five persons, including support staff and a surgeon, would pack all the surgical and clinic supplies in a Land Rover and drive to the remote locations. Without this vehicle they could not have managed to journey in regions where there were no roads and daunting terrain. They would reach their destination tired and worn out, but after a night's sleep they awoke to find patients already waiting and a busy day ahead of them. They conducted eighty-four surgeries over three days! Though taxing and demanding, it was also a deeply rewarding experience, with a total of 4,500 cataract surgeries performed!!

*I came with you when you came
into this world. I am always within you, above
you, below you, and
around you. I have saved you from many a
danger and you did not
recognise Me.*

*Father, mother, son, daughter,
husband, wife; brothers, sisters, nephews,
nieces, cousins; grandparents, grandchildren;
I have specially chosen them all for you, so
that you will grow together, experience each
other and evolve; but not remain attached
together for ever; for I take them away one by
one, as they fulfill their roles in your life.*

*Friends! They will be with you,
so long as you have wealth, position and
power; but will vanish even before you lose
them.*

*I am still waiting for you, totally unchanged
as I was when you came into the world.
Come nearer and nearer to Me, serve Me and
be answerable to Me
and to Me alone.*

BABA.

The Golden Age Is Near.

Indranil Chowdhury

The essence of creation and its sustenance is all about time and relativity in the character of time. The divine dichotomy of 'thing' and 'nothing' is all about 'it exists and at the same time it does not exist'. These two poles of existence and non existence are filled with the time of 'past', 'present' and 'future'.

The rhythm of life, called time, moves in ascending and descending dance of God or Consciousness. The collective consciousness of our higher self prevails in the ascending arc of life and the collective consciousness of ignorance prevails during the descending arc of life. The ascending and descending arc of life is traditionally known as the *Satya Yuga* (Golden Age) and *Kali Yuga* (Dark Age) respectively.

The Golden Age of our civilisation comes when we recognise our higher self. We realise that all we see and cannot see are manifestations of God. The Vedic literature, therefore, ascribes everything to this fundamental reality that everything is God-stuff or made up of consciousness. The prime purpose of our existence is to move towards our higher self and raise our levels of consciousness. The whole spectrum of human activities revolves

around this supreme objective of merging with our higher self. Accordingly, our social, economic, administrative and family lives help us to realise our higher self.

However, God's dance of Creation, which is time, takes the collective consciousness away from our higher self towards total ignorance. Life in such ignorance becomes a mere physical survival at the grossest level. At present, mankind is way up from this gross physical level, to a level of awakening our higher self. This is corroborated by the developments in all walks of life.

Latest research in the field of quantum physics proves that the whole universe is an interconnected whole and there is nothing called matter, but only energy points at different levels of vibration.

Environmental science shows that the Earth is one organism and all activities of life should be towards preserving this organic entity called Earth, otherwise life on Earth is not sustainable beyond a certain level of human intervention.

Behavioural science is taking the help of hypnotic regression and progression for course correction of one's identity in one's present life. In other words, we learn to recognise that the same individual experiences a series of events in a chain of different lives that shape his/her present and future. Each event, in each life, is a contact point called experience, which connects the individual to an ever changing phenomenon called 'rhythm of life'. And, this in turn, strongly or subtly, becomes part of the rhythm of our higher self called God.

In the realm of religious beliefs and practices, we see a healthy trend of moving towards spirituality. Rising above individual religious dogmas and practices, people are finding their true identity in the universality and oneness of mankind. Spiritual masters and thinkers across the globe are educating people about their true identity, that we all are

individual reflections of our higher self, called God.

In the field of education, many positive developments are taking place. Education is being increasingly seen as not merely a discipline for earning a livelihood but as a platform to inculcate good character and to become good human beings. Basic Human Values, which are common across all religions and cultures, are Truth, Love, Righteous Conduct, Peace and Non-Violence. Lots of research is going on to integrate these basic human values in all aspects of education. Human values form the core of spiritual development. The young impressionable minds, across the globe, can inculcate these human values to not only become better humans but also to awaken their higher self.

In other professional areas also, we are witnessing a paradigm shift towards our higher self. The paternal/mechanistic model of doing business, where personal profit was the only motive, has given way to a holistic model, where all the stakeholders, including the customers and the environment are given their due. More and more business leaders are taking decisions based on the core human values at strategic levels.

All these trends in the areas of physics, biosciences, psychology, religion, education, business, etc. are a sure sign of a major paradigm shift towards global spirituality. This is an irreversible march towards recognising our higher self.

Thus we are indeed moving towards the Golden Age, where we shall live as a race of single brotherhood and all activities of our life shall revolve around the achievement of the main purpose of human life: to get back to our source, to our higher self, in short, to God.

(Sourced from Sai International, Newsletter)

You can lay claim to being a devotee only when you have placed yourself in My hands fully and completely, without any trace of ego. Then you can enjoy the bliss through the experience that the Avatar confers. BABA

Our Stay In Puttaparthi

by Jane & Jim McCaul

The media expressed different opinions as to how many persons were present at Baba's 80th Birthday; one million was stated by one source, two million by another and over two million by a third. One thing is for sure, there was a sea of humanity.

The Organisation in dealing with such numbers in the ashram, was amazing. Seva Dals were directing the flow of humanity into a two-way flow. The food, which was offered to all free of charge, arrived by tractor, accompanied by singing Seva Dals, voicing their bhajans with much devotion, as they handled the huge vats of hot food. Despite the vast quantity, the distance and the huge numbers that were fed, the food was hot and delicious.

"How can Baba have time for us?" I said to Jim, "Just look at the millions here, we are like ants, so insignificant"...later...we both knew differently. Those that know us, are aware that we were animal lovers. One morning, after an upsetting 'phone call, I felt that our stay this time was to develop that state of equanimity ...no matter what...to try to remain in that state, whether confronted by blame or pain...Then, an amazing thing happened as we were waiting, sitting, upon a wall near Baba's gates in the ashram. We heard a whine, then a pack of four dogs ran towards us, two between us at our sitting level, (we both received a lick) and two at our feet. The dogs stayed there for five minutes and then, as if on a signal, they ran and trotted away. We had our confirmation, and just to ensure that this episode was not a dream. Periodically during our 3 months stay, one or two dogs would come up to us whilst we were sitting on a wall, give us a lick or a grin...yes, a grin...much to the amusement of an Australian witness, stay for a few minutes then depart. Needless to say, we are working on our equanimity!

Of our own making!

Recently Swami stated that good and bad lie in our minds,- they are not outside. *"People are carried away by vagaries of the mind. Being deluded by the names and forms, they are unable to know the transient nature of the world. Truly speaking, you have neither friends nor enemies. It is only your love or hatred that is reflected from outside. God does not give you happiness or sorrow; they are of your own making. They originate from you.*

"At one time, you may have the feeling of anger against someone, but at another time that of love. In fact, anger and love are the expressions of your feelings. You are subjected to unrest and suffering because of your dualistic feelings. You perceive unity as diversity, instead of visualising unity in diversity."

Swami's Declaration

on the 21st Oct. 1961:

" Rama, Krishna and Sai Baba appear different because of the different external vestures they chose to don. But it is the self-same Entity. Believe Me; do not be misled into error and loss. The time will soon come when any building, however vast, will be too small for the gatherings of people called to this place. The sky itself will have to be the roof of the auditorium of the future.

"You will witness this Puttaparthi becoming Mathura Nagar. None can stop or delay this development. I will not give you up, nor can any of you give Me up. My life blood is prema; I am the repository of daya (compassion). Understand Me and My nature right...Your lives are intertwined with My earthly sojourn. Act always in ways that befits this great privilege."

I am the Dance Master, Nataraja, Prince of Dancers, King of cosmic-dance. You are all My pupils.

I alone know the agony of teaching you each step in the Dance. BABA

This is part of R.K.Karanjia's "Blitz" interview of Sept. 1976, sourced from 'The Essential Sai', book by the Sainet Editorial Committee, Vancouver, Canada.

Q. Swami! It is said that God is the dweller in our heart. Is it the same heart which is on the left side of my chest?

A. No, no. That is the physical heart. But the seat of God is the spiritual Heart; the one filled with compassion. Today compassion is a matter of fashion. People put on ochre robes but they have hearts of butchery. The physical heart is on the left side, while the spiritual Heart is on the right side. The spiritual Heart is the temple of God. In the *Gita*, Lord Krishna says (that) God resides in the altar of your Heart. Knowledge, be it physical, secular, scientific or technological, relates to the head and not to the heart. But love, compassion, truth, sacrifice and forbearance, concern the (spiritual) Heart.

Q. Cannot an Avatar help humanity to control the natural forces and prevent calamities like earthquakes, floods, droughts, famine and epidemics?

A. This is precisely what I am doing by incarnating the indwelling God in man to overcome such calamities. There are two ways in which an Avatar can help people: an instant solution as against a long-term one. Any instant solution would go against the fundamental quality of nature itself as well as against the Karmic law of cause and effect. Most people live in the material world of their desires and egos, which is governed by this law. They reap the fruits of their actions. This brings about their evolution or devolution. If the avatar intervenes to instantly solve their problems, it would stop all actions, development, even evolution. This solution can be ruled out because it totally negates the natural laws.

The other and more effective alternative presents a long-term solution whereby the Avatar leads the people themselves to a higher level of consciousness to enable them to understand the truth of spiritual laws so that they may turn towards righteousness and steadfastly work for better conditions. This will relate them back to nature and the Karmic laws of causation. This would then transcend the cycle of cause and effect in which today they are involved as victims and thereby command and control the natural

forces to be able to avert the calamities you mention.

Q. You mean that you are presently raising the consciousness of mankind to a God-like condition, to enable them to command their own destiny?

A. Exactly. They would become shareholders of My *Sankalpa Shakti* (Divine Power, Universal Energy). I have to work through them, rouse the in-dwelling God in them and evolve them to a higher reality in order to enable them to master the natural laws and forces. If I cure everything instantly, leaving the people at their present level of consciousness, they would soon mess up things and be at one another's throat again, with the result that the same chaotic situation would develop in the world. Suffering and misery are the inescapable acts of the cosmic drama. God does not decree these calamities, but man invites them by way of retribution for his own evil deeds. This is corrective punishment which induces mankind to give up the wrong path and return to the right path so that he may experience the god-like condition of *Sat-Chit-Ananda* that is an existence of wisdom and bliss. All this is the part of grand synthesis in which the negatives serve to glorify the positive. Thus death glorifies immortality, ignorance glorifies wisdom, misery glorifies bliss, night glorifies dawn.

So, finally, if the Avatar brings the calamities mentioned by you to an immediate end, which I can do, and do, when there is a great need, the whole drama of creation, with its Karmic (universal, inescapable duty) law will collapse. Remember, these calamities occur not because of what God has made of men, but really because of what man has made of man. Therefore man has to be unmade and remade with his ego destroyed and replaced by a transcendent consciousness so that he may rise above the Karmic law to command.

Q. Have You succeeded in bringing about this synthesis, Swamiji, particularly with the wealthy and powerful classes?

A. I have not reached all of them as a class, but to the extent that I am able to contact them individually, the results are encouraging. The wealthy and powerful, of course, present a difficult problem in the matter of transformation. They need a special approach. The poor people, on the other hand, are very

co-operative. They understand, appreciate and help My plans and ideas.

How Courageous Should We Be?

“The whole world has become very agitated. It is full of discontent, anxious, fear and hatred. In order to calm and quieten it and remove the discontent and anxiety, you need enthusiasm and courage. When defeat and disappointment stare you in the face, you must not give way to weakness or despondency. Never condemn yourself as inferior or useless. Analyse the situation and find out the reasons for defeat so as to avoid it next time. You should have muscles of iron and nerves of steel. Then your resolution will generate the necessary confidence, and that will win over opposition. For the crop of life, courage and confidence are the best manure and the best insecticides. Be like lions in the spiritual fields, rule over the forest of the senses and roam fearlessly with full faith in victory. Be heroes, not zeroes.”

BABA-Divine Discourse, Sept. 1958.

Water Scheme

for Half a Million People

The following was reported in ‘*The Hindu*’ of India, that a scheme has begun to supply water to 200 habitations in West Godavari district.

“The Sathya Sai Central Trust, (is) gifting the Rs 50-crore drinking water scheme to the water-starved upland areas in West Godavari district. The project is likely to be dedicated to local people by July 15, possibly by Sathya Sai Baba, says K. Rao, a spokesman of the Trust.

“The scheme, proposed to treat raw water from the Godavari, in treatment plants, and supply drinking water to needy areas through pipelines for a distance of 450 kms, is a godsend for the less than fortunate people of upland tracts.

“It is aimed at benefitting some 5 lakh people (500,000) in 200 habitations under 15 mandals. The mega project comprises

35 components, including balancing reservoirs, overhead balancing reservoirs, treatment plants and intake wells.

“High-motors will be energised to pump water into intake wells.”

When earnest men ask you where the Lord is to be found, do not dodge; give them the answer that rises up to your tongue from your heart. Direct them to Puttapparthi and invite them to share your joy.

BABA.

Ash Manifests in South Africa

South Africa is once again in the news with the manifestation of raisins and vibhuti, as reported, in ‘Post-South Africa,’ by Yogas Nair.

“Golden raisins falling out of a Lord Hanuman statue, sweet honey oozing from his chest and grey ash scattered on Sai Baba pictures. These were some of the mysterious sights that greeted a Phoenix crystal healer and businesswoman when she arrived at her clothing factory on the morning of Hanuman Jayanthi (His birthday).

“Lorraine Govender, 25, of Brook-dale, said she had first experienced Baba’s leelas (miracles) two years ago at her factory in Grey St., Durban. ‘When I first opened my factory in 2004, I had a God lamp and a brass water container. The brass vessel often filled with coconut water and, at times, had bits of coconut in it.’ Her picture of Sai Baba, ‘shed tears’ which ‘tasted salty’.

Govender accepted it all as a blessing and reaffirmed her faith in God. She does not charge a fee as the miracles and crystal healing were not a ‘money-making scheme’.

“I want to help people. It’s not about making money. My clothing business brings in sufficient income for my security-guard husband, my son and me, to survive on.”

Visitors to her clothing factory are greeted by mounds of unscented ashes around Baba’s photos, and honey

'oozing' out of a Hanuman statue and raisins appeared scattered around it. "Crystals started appearing very recently," she said, "And I am hoping someone will tell me what it is." She said she collected about 5kg of ashes a week and donated it to local temples.

President of the Sathya Sai Central Council of South Africa, Dr. Reggie Reddy, said these leelas happen 'all the time' and confirmed the omnipresence of Baba. He said the 'miracles' happened for specific people and should not be for public consumption. "It is a guiding light and inspiration for Lorraine and her family. It should not become a public spectacle," he continued.

According to Sri Sathya Sai Baba, His leelas are evidence of His Divinity.

"Since love is formless, I do materialisation as evidence of My love," Sai Baba says.

God's Love is Beyond Everything

by Sutopa Sen

At the Ramnavami celebrations last year, our Centre held extended bhajans which were very beautiful and uplifting. This was followed by the eminent speaker, Dr. Upadhyaya who soon launched into an interesting speech highlighting the importance of this particular festival. Within a few minutes of the speech starting, I found my mind wandering back many years to a time when I was a student in Swami's hostel, - although to this day, I do not know what prompted this sudden recollection at that particular moment.

...it was Jan. 1986. I had recently become an inmate of the Women's hostel at Anantapur and after some initial difficulties with food, language, etc., I was now settling fairly well into the hostel/college routine. In those days, Swami used to visit the hostel every year, usually en route to Bangalore. The day of Swami's visit to our campus dawned bright and sunny. After months of intense preparation, He had finally arrived and quickly became hostage to our never-

ending demands. The events that followed will be forever etched on my memory. Out on the sports field we had performed our drill manoeuvres in front of our captive, divine audience...followed by a quick change of dress to join the singing group that welcomed the Lord to our hostel for lunch with songs in both Hindi and Telugu.

After lunch, Swami had been escorted to the college auditorium to watch a cultural programme performed by students. Whilst in progress, I recall that two of my room-mates and I had sneaked back into the hostel to collect something from our room. As we were leaving, we ran through the empty dining hall and suddenly became aware of the dining table where Swami had been seated for lunch! The table had been cleared since (unfortunately for us), even amidst all the tension and confusion our teachers had not forgotten to whisk away the silver dishes containing the delicately prepared lunch items; rice, sambhar, rasam, a vegetable curry and ground nut chutney (Swami's favourite), all of which had immediately been transformed into "prasadam" by the Divine touch. Only a solitary fingerbowl now remained and, needless to say, it soon had our undivided attention! Boldly, my room-mates ran up to the table and with both hands gently picked up the silver fingerbowl which still contained the water that Swami had used to wash His fingers after the meal. She then poured a little of the water into each of our palms and urged us to drink. Even after all this time, I still vividly recall how I had wrestled with feelings of revulsion at the idea of drinking from a fingerbowl, -even though it was our Beloved Swami's! However, watching my companions relish the "prasadam", and consumed by feelings of guilt and embarrassment, I quickly followed suit. There was no time to stop and ponder; we suddenly heard applause coming from the college auditorium and knew that Swami would soon be coming out, so we hurriedly left the hostel and ran back to join the rest of

*the gathering...*As the years passed, I had often recollected this incident with some sadness. What was wrong with me on that day? Swami had washed His Hands in that water, -yet I didn't manage to break beyond the physical boundaries, and truly relish that unique opportunity. I felt ashamed and frustrated that I had failed Swami in some way, -there was no denying it, -my love for Him was deeply flawed. My mind was brought back to the present by Dr. Upadhaya's speech which was now in full flow. He was relating the story of Shabari from the Ramayana, using delightful descriptions and I soon forgot my distraction and became quickly engrossed.

"Shabari was a great devotee of Lord Rama who spent her entire life serving Him. Eventually, the years passed and she grew into an old woman, until finally the day dawned when Lord Rama answered her lifelong prayer and was due to visit her neighbourhood. To ensure that the fruits she had picked for Him were sweet enough, she tasted each one herself, putting the sweet ones in the basket and discarding the sour ones. What did Lord Rama do? Ignoring the pleas of Lakshman, He took one of the bitter fruits that Shabari had tasted, put it straight into His mouth - and relished it!" (The speaker's voice was ringing with conviction) *"Such is the love of God for the true devotee, God-Love is beyond the superficial terms of clean or unclean. **His love is beyond everything!**"*

The words were ringing in my ears...and within a few seconds it began to dawn on me what had just happened. The sudden recollection of the fingerbowl incident all those years ago had not been mere chance at all, it had actually been designed as a prelude to this singular revelation. God's love truly was beyond everything and far, far outweighed my feeble attempts to love Him back.

I realise now that Swami may urge us to develop devotion and earn His Grace...to seek the gold, thereby gaining the jewels as well. But however hard we try, I do'nt

think even the best among us can ever, ever love God with even a fraction of the depth with which He loves us, -and there must be thousands of little stories just like this one, -that bear testimony to this simple, undeniable fact.

(Sourced from the Hatfield Centre, Magazine).

People suffer from two types of illnesses, physical and mental. A peculiar fact is that the cultivation of virtues cures both. Physical health is a prerequisite for mental health and mental health ensures physical health. An attitude of fortitude in the presence of sorrow and loss, a spirit of enthusiasm to do good, to be of service to the best of one's capacity, -these build up both the mind and the body. The body and the mind are closely interrelated. BABA

(Divine Discourse Sept. 1959)

OBITUARY

Sai devotees in Ireland who knew Harry Mansbridge will be saddened, as indeed I was, to learn of his passing recently.

He was one-time Co-ordinator for the UK. and Ireland, and was of great assistance and encouragement to me personally and to the Sai Organisation of Ireland in particular.

His visit to this country during our fledgeling years, was of enormous upliftment as we were struggling to find our balance. His helpfulness, patience and sincerity were natural qualities to him; a most gentlemanly person.

I had not been aware of his illness until he rang me, unexpectedly, a few short weeks ago. I later felt it was his fond goodbye. It was as if he was tidying his desk before he left.

We extend our love and sympathy to Jackie, and to his daughter Clare, who is at present expecting his grandchild.

To Harry we say, "God Bless and Sai Ram". *Ed.*

Do not seek to discover or discuss the evil in others, for the attempt will tarnish your own mind. When you are engaged in searching for the faults and failings of others, you are paving the way for developing those faults and failings in yourself. Dwell on the good in others and in time it will prove to be an asset to you. The goodness latent in you will then be encouraged to sprout and blossom. Every thought leaves an impression on the mind. Ideas that are opposed to spiritual tendencies, that narrow the limits of love, that provoke anger or greed, or that cause disgust, these have to be shut out. This is a very essential discipline. BABA.

‘SAINET’ project in Kenya.

The 8th SAINET service took place on 22nd April, last, where the Minister for Health of Kenya, Hon. Charity Ngilu, participated actively for the whole day in the SAINET distribution service to see “Love In Action”. (Sainets are mosquito nets, *Ed.*)

Two locations, total population 35,000, were selected for this service, in the arid region where people suffer the whole year round from acute shortage of food and safe drinking water. The SAINET core team brought together devotees from all centres in Kenya, together with medical students from Nairobi University, and the timely procurement of 24 tonnes of maize meal to be distributed as food supplement to the hungry villagers. An advance team of Sai volunteers left Nairobi for Kitui town (200 klm. distance from Nairobi).

Overcoming steep hills, swollen rivers and large mud holes on the way, one of the vehicles got stuck; when the exhausted team almost gave up after much effort, a seven year old boy came to their rescue and guided them through deep mud, -the volunteers came to believe that the Lord Sai Himself had come to their aid!

Victor Krishna Kanu and Charity Ngilu, officially inaugurated the service by distributing the first SAINETS and maize

meals. So touched was the Minister, Hon. Ngilu, by the magnitude of the service, offered totally free to the poor, that she went personally to witness the services in all the distribution centres, and thanking those involved.

Sai Mission accomplished, distributing 8,205 SAINETS, 22.5 tonnes of maize meal to a population of 35,000 poor people in Kitui. This brings a total of 76,355 SAINETS distributed in Kenya!

Swami says, *“If you want to find Me, I am always there when you serve the poor and distressed.”*

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“He is no God Who merely satisfies the intellect. God, to be God, must rule the Heart and transform the senses. He is LOVE”

Mahatma Gandhi.

Nothing will happen to anyone who is with Me. BABA.

Mother’s Day - 6th May

The Mother is the fulcrum of Nature. She resembles most closely the compassionate care of a loving God. For this the three major feasts observed in Sai families worldwide, namely Easwaramma, Guru Poornima and Swami’s Birthday, -all have something to do with motherhood, nurturing and transformation.

The following are excerpts from Bhagawan’s Discourse on May 6th, 1993:-

“The womb of a mother is like the womb of Mother Earth. The thought which prevails at the time of conception results in the kind of child that is born. There have been many mothers who have sought through noble thoughts and practices to bring their children in the path of righteousness.”

“Only spiritual knowledge can lead to Immortality. Worldly knowledge is temporary. This education should be acquired only to lead an independent life with limited desires. Human life should be used for service and sacrifice. The true

mother is one who can open her child's mind to these values."

"Every mother should be regarded as an embodiment of the Divine. Then every son will enjoy peace and prosperity." (SSSB. Hatfield Centre Magazine)

There is no creature without Love; the lowest loves itself at least. Its self is God. BABA.

Swami On Vegetarianism from Sai literature.

"Meat and alcoholic drinks take a heavy toll on man's health, causing many a disease in him."

"There should be some regulations with regard to food. Many doctors emphasise the value of proteins and recommend meat, eggs, etc. But proteins got in this form serve only to build the body, but do considerable harm to the mind. Doctors are primarily concerned with the gross physical body. They pay little attention to the subtle form of the mental makeup. Most of the diseases that are prevalent in the world today are related to the mind. Mental illness seem to outnumber physical ailments.

The *Vedhaantha* has declared that the mind is the cause of man's bondage or liberation. This means that the mind has to be used properly and turned Godwards. Equally the mind is responsible for health or sickness. In this context, food is all important. Proteins are present in milk, curds and vegetables as much as in meat. If in the matter of diet, the doctors give the right prescription, diseases can be averted."

"Meat is alright for those who concentrate on the body and want to have strength, but for spiritual aspirants it is not good."

"It is a fact that plants also have life like animals. But animals are endowed with mind, and nervous systems too, while the plants do not possess the same. The animals cry and weep when they are being killed. It is not the case with plants as such; equating killing of animals and

destruction of plants is faulty logic. Further, killing the animals and eating their flesh leads to the creeping or dissemination of the animal qualities and behaviour into man, (meaning that man acquires the beastly qualities by eating animal flesh). Thus follows our acquiring the beastly qualities, -tamasic nature,-of the buffalos or the sheep. Hence, meat eating should be discarded. Food conditions the nature of the mind. Mind guides the thinking. Thinking results in action. Actions lead to commensurate or matching results and effects. This chain of action between the food we eat and the results of our actions highlights the fact that meat eating leads to beastly actions and the concomitant evil effects."

"...with meat the body will get the proteins, but mental proteins will not be there. If you are keen on spiritual life, eating meat is not worthwhile; but if you are keen on worldly life, it is alright. There is another spiritual reason. When you kill an animal you give him suffering, pain, harm. God is in every creature, so how can you give such pain? Sometimes when someone beats a dog he cries, he feels so much pain. How much more pain than in killing. Animals did not come for the purpose of supplying food to human beings. They come to work out their own life in the world. When a human being is dead, the foxes and other animals may eat, but we have not come to provide food for those that eat the human body; we have not come for that purpose. Similarly, man eats the animal, but the animal has not come to provide man with food."

"Members of Sai Organisations should cultivate certain desirable practices. For instance, they should regulate their diet, because one's food influences one's thoughts. Smoking and intoxicating drinks have to be given up. They are ruinous for the health. Meat eating should also be given up because eating animal food promotes animal tendencies. The (other) evil that has to be got rid of is gambling. Those who take to the Spiritual

path should avoid as much as possible these bad practices.”

“But a little milk, butter and cheese are acceptable because no harm is done in obtaining them.”

“You should not misunderstand and misinterpret what I say. It is my duty to convey to you the truth as it exists. Today the reason why the human population is increasing is because of the attitude of the people. For man to eke out his living to fill a small tummy of his, God has created plenty in the world. He has created a large amount of rice, a large amount of fruit, a large amount of wheat. While such good food has been created by God, yet we go and eat meat and fish. And all the fish which we kill and eat are reborn as human beings.”

SWAMI ' S HUMOUR

A devotee once suggested to Swami that He could solve India's fuel problems by transforming the waters of the Indian Ocean into oil.

“If I did that,” Swami replied, “Someone like you would probably toss a lighted match into it!”

For Centre & Group Meetings

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