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Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER
MAY-JUN 2013**

Dear Devotees of Sathya Sai,

The subject of 'suicide', particularly in this country, has been a much-discussed subject in recent times. Quite different from times past, when its discussion would have been taboo and shrouded in silence.

This has put me to seeking what Swami may have said on the subject, and His advice to those who might have contemplated such an odious act. I am grateful to the Sai devotee who answered my call for published material of Swami's answers on the subject, and I am happy to share these with you now.

DEVOTEE: Swami, when I am depressed, I feel like committing suicide.

SWAMI: "You should not. However difficult life is, try to be its master and not its slave. Every human being has a preordained life span. It is like staying in a leased house. Before you actually vacate the house, you have to find another one to move into. Similarly, before leaving one body, God selects another body and a span, depending upon the karmic debts. In case death is inflicted arbitrarily, you are denying yourself a chance to work out your karma as early as possible and reach a permanent abode. In suicide, you are stranded midway. It would be a frightening state of affairs for you. There is no vacant space in nature. God has filled space with spirits and many other invisible entities. When suicide is committed, they show up and terrorise you. Moreover, a jivi (individual soul) is blissfully aware of God only for one hour in its life. First, fifteen minutes while shedding the mortal coil, i.e., at death; second,

fifteen minutes after coming out of the womb, i.e., at birth; and third, thirty minutes during the marriage. God is present with the jivi on all these occasions".

"Hence, do not destroy the life that God has given you. Lead the life you have got righteously. The person who faces the trials in life calmly and always remembers God will one day, definitely, get His Grace. Do not doubt its veracity. Face these tests with faith in Him".

Swami also touched on the same subject on other occasions, as when He spoke to His students prior to exams.

"Do not attach undue value to the passing of examinations, for, if you do so, you are apt to get terribly depressed when you fail; we hear of too many young people committing suicide when results of the examinations are announced. Dear children, do not do any such foolish thing. Take failure, if it comes, as a spur to further effort; analyse why you failed and profit by the experience. If you ruin yourself by such foolish actions, it will pain Me, remember."

Further excerpts from "Sathya Sai Speaks, vol. 10" follow here.

"The age period, from 16 to 30 years, is a crucial stage, when man achieves best and struggles hardest to achieve. Once frittered, these years of life can never be regained. Take no devious path, but move in the footsteps of God and the godly during this period of your life. The body is but a lump of clay we carry about with us, between birth and death. We were Aathma before birth

and we shall be Aathma again, after this sojourn on earth. Devote the body while you have it, with all its furnishings of intellect and imagination, skill and knowledge, for the purposes I indicate and win Grace”.

“Ideas of suicide, let Me tell you, are born out of the most despicable form of cowardice. Do not allow them to affect you; be bold, so bold that you are determined to brave out any calamity that may assail you. When you have God installed in your heart, who can lead you to destruction?”

“You may be worried, because you have promised Me something and later, you are tempted to break your word... I do not gain by your promise nor do I lose, if you break it. You gain self-confidence, you gain strength, you gain moral fibre, you gain Aanandha. Yes; your Aanandha is My Food. So, I gain, too!”

Quite a lot here to reflect on.

More important than the chances that you get from Swami is the pining for those chances. Even without the chances, pining is sufficient to get you the ultimate. However, getting chances without the pining is of no use! - BABA

Yes, You Can!

What caught my attention recently, upon seeing this article about an M.S. and blind Olympian champion was a remark made to her by psychiatrists, who told her, “There was only a God for people who were weak and could

not believe in themselves.” A pretty unkind and startling remark, to someone in need of counselling, I think you will agree!

This related to a story about Mikko Mayedo, of Ontario, California, who despite being afflicted with MS and blindness, she won 18 first place and six second (place) of 24 equestrian entries from 1983 to 1987 and became an Olympic and International Champion.

Prior to these eventual successes she had been incorrectly diagnosed as ‘a chemically induced depression and loss of coordination’. This sent her into a suicidal state with serious fatigue, and “for six years my illness was diagnosed as a hysterical, psychotic, depressive disorder, my legs became sluggish and fear within me grew to terror.”

The psychiatrists continually emphasised suicidal tendencies, “and after they taught me all about suicide, I took three massive overdoses which left me breathless and comatose.”

It was much later after a road accident that she was correctly diagnosed as having multiple sclerosis and lost the rest of her sight and succumbed to a wheelchair. She was forced to quit university, became bedridden, blind, mentally and physically beaten. It was then that change came about. “My will was to help the mentally ill at that institution where I had been labelled hysterical, and to defend the other kids there who could not defend themselves”.

“I was still blind, but only through my blindness do I see. Could God

have given it to me as a gift? I began training on horseback from a wheelchair. My trainer used an intricate language of verbal cues over a walkie-talkie to guide me around an otherwise darkened arena. I was the only blind rider on the U.S. circuit. My glorified walkie-talkie communication and the story of having been bedridden have filled the hearts of millions who have read my story in publications throughout the world. I trained for three years straight in exercise, visual imagery and riding meditation... over the hurdles I have no fear, but how? I am so pleased to have had everything taken away and replaced with love. I see with my heart and need not fear the threatening wooden bar of the jump before me, for I am blind and cannot see death."

On the day of her gold medal victory, the press swarmed around her, pushing microphones close and cameras whirred and clicked, she was asked, "How do you win among all the sighted competitors?" Her reply was "Love and the memories of those who loved me when I was less than nothing." Her mother's death brought a major leap in her spiritual growth. She began to see visions, "down a tunnel of light as answers to prayers. My mom's spirit and many others appeared in coloured robes with one man who was prominent in those visions. He was clothed in an orange robe and had Negroid features. Again and again, visions turned into future truths and a man in the orange robe seemed to direct the visions. Could there be a physical spirit world as the Bible says, a kind of Heaven on Earth? My heightened excitement made me want to run and shout, 'I've found the truth, but

who are these spirits I see so clearly without sight?"

Some family friends had returned from India where they witnessed a man who performed great miracles before their eyes. "I listened to them, but I was still sceptical. I considered taking a trip to India to be in His presence, to witness this Holy Man. But I can't witness anything. I will never see for myself if it is true that He is God. Angry, I saw another vision, reminding me in moving-picture form, of a premonition that led to the healing of a tumour in my jaw. The strange man with the frizzy, black hair was directing the entire show. Dejected, I looked and studied Him closely. He was as close to my unseeing eyes as though He was really there. He was short with an orange robe, bare feet, kind brown eyes and dark skin."

Her friend told her that He was an Avatar, an incarnation of God in human form and that He can do anything and knows all. He can heal from within.

"Feeling more blind than ever, I imagined a tall, turbaned figure, I asked what does He look like. My friend said, 'He is short, dark, with frizzy hair, Negroid features, loving brown eyes, wears an orange robe and goes around in His bare feet!'"

Agast and a little ashamed, she knew immediately that she never needed to go to India to witness this Holy Man. Nor did she need eyesight to see His miracles.

"Even in blindness, I knew that God has come," she said.

What about animals? They need help too. My love embraces the animal kingdom as well as human kingdom and so should yours. It should not just be limited to human beings! Real Seva is animal seva! - BABA

Our relationships are Heart-to-Heart relationships. Ours is a business of Love, not a business of money or materials. - BABA

As My devotee you have taken a step that is incomparable in magnificence and magnitude - even greater than the giant step forward which was acclaimed by man when he first walked on the moon.

I am there beside you. I am within you. I am in your Heart of Hearts. I am here to help you and guide you. Turn to God; I cannot do that for you; you must do that yourself.

I can draw the God in you towards Me, but you must come to Me. You must become one with Me and try to see God everywhere. See His Love in all people. Feel His Love in you, for it is above other love.

When I go about My work, I impart the Love of God. My Love is God's Love. Am I not giving you a hint as to the real glory of God's Love that reposes within you? Let Me awaken you from your slumber. Let Me help you open your eyes for you to see the Love of God that awaits you.

This is My work. This is My joy. I am tireless in My quest to let you be filled with the Love of God.

As I look on you, I see the Lord within you. His Divine sweetness bathes you, I want you to know that this Divine Heritage is yours. Know this and come to the Lord's Kingdom. You will live for evermore in a treasure house of blessed happiness.

A rare chance to find God is in your grasp. Do not sacrifice even one breath without coming closer to your own God-self. Benefit from every means I give you to find God. Become ever aware of the Love of God. Impart God through your Love to all.

Your dawn of knowledge is approaching. Each day is your chance to achieve the greatest of all earthly accomplishments: to become Yourself -God!

- BABA

Spirituality & Science

The following is a highly informative conversation between two professors and prominent Sai devotees - Prof. Balwant Bhaneja, and Prof. M.K. Sundaresan, of Ottawa, Canada.

Prof. Sundaresan was Chair-Person in the Physics Dept. of Carleton University, and upon retirement volunteered to teach as a physics professor at Sri Sathya Sai Institute of Higher Learning, (SSSIHL), Prasanthinilayam.

His ideas on spirituality took meaningful shape in the proximity of the Chancellor, Bhagawan Sri Sathya Sai Baba.

Questioned by Prof. Bhaneja: As a scientist, how do you view spirituality?

MKS: Science and spirituality relate to two different aspects of human quest for knowledge in this universe. They use different methods of observation. Scientific knowledge comes to the humans by observing the 'external universe' with the five senses (and their extensions with various instruments). Once the five senses are turned off, what can be explored is the 'internal universe' with the quest 'who am I?' - the Vedic knowledge, based on the questioning, a dialectic tradition. The ultimate knowledge gained is variously termed as 'Atma', 'Brahman' etc. and deals with 'pure consciousnesses. Even when the body perishes, the 'Brahman' is imperishable.

Faith in Scientific knowledge and Faith in the knowledge of the internal universe are necessary prerequisites for seekers of knowledge. There is a long established tradition for gaining knowledge in each of these areas. God is identified as the creator of both the 'external universe' as well as the 'internal universe'. In fact, God is identified with Atma, Brahman, etc., by the Vedic scholars.

Knowledge of Science (and technology) has progressed by leaps and bounds, and has produced immense benefits to mankind. This is overshadowing the efforts of the quest 'who am I?'

Prof. B: Is the concept of 'time' different in science and spirituality?

MKS: According to studies in

classical gravitational physics (Einstein), 'time' and 'space' have their beginning at the epoch of the 'Big Bang' creation of the universe. Once created this 'space-time' expands from this singular beginning to enormously large scales. Whether it will continue expanding for 'ever' (Eternal time) or proceed back to a singularity, the 'Big Crunch', will depend on the matter content of the universe.

Further studies in physics has discovered that the Quantum nature of the universe (beyond Einstein), does not allow for singularities in 'space-time'. In other words, Time is Eternal.

The Vedic concept of time is synonymous with time being Eternal - it was there before, it is now, and will be there after we are all dead and gone.

Time as Bhagawan Sathya Sai Baba in Geetha Vahini says, was there yesterday, is today, and will be there tomorrow. That is the definition of both Truth and God. They are Eternal.

So what is Truth? Most obvious meaning is 'not to lie'; however, its most profound meaning is Eternal Time and we are all part of that Truth. It is, Truth/Eternal Time that acts as witness to everything - the cosmos, the universe, and us as individual jivatmas.

Prof. B: You mention different ways of observation in science and spirituality. What do you think about the relationship between the observer and the observed?

MKS: We have to reflect within to

see who is the Seer and who is the Seen. Swami has given us examples of experiencing that. In Geetha Vahini, he asks us to shut our eyes to experience who is seeing even when eyes are closed. That is what he describes as Witness within all - 'That' - who sees everything within and without. That is where in deep Samadhi one enjoys the Atmic Bliss, Ananda.

An example of such bliss was pointed out by Swami saying: "Realise that you are God playing the role of an Actor. The definition of a great actor is that he knows even while giving his best performance that he is only in a role. Our problem is that while playing our worldly role, we forget we have the divine within us". We have to keep reminding ourselves that we are God playing a role in this world. This role should not be taken lightly - it places enormous responsibility on our shoulders.

Spirits of animals and birds can only hear but they cannot speak. When they listen to bhajans, they will also be spiritually elevated.

This is the reason why I keep telling you to sing bhajans loudly.

(Sathya Sait Anandadayi
Karunamba-Journey To Sai)

Prarabhda Karma

If one wants to be like someone else but is unable to be - why? Because of one's "prarabhda karma"! Each one will perform according to their own capacity, which means prarabhda

karma: tendencies and merits acquired from previous births.

So, once Swami was asked if prarabhda karma can be wiped out and He replied, "Yes. You made your prarabhda karma; God has nothing to do with your karma. You have written your karma, your destiny and landed here; you have to wipe it out."

It is a part of your destiny, not unlike an examination paper - you have to answer your own examination paper. Can someone else come and correct it for you? No! "Not ever the teacher! It is a test which you have to face alone! You have written your own destiny, you can wipe out your destiny."

How? Swami said, "Obedience to your Guru! There is nothing else you need to know".

The Golden Age of Sai

In an interesting compiled article by "Nirmal", Vancouver, in 1996, it was stated: "Sathya Sai Baba has declared that He will usher in a new era of Love, Peace, Righteousness, and Truth. This "Golden Age", as He calls it, is destined to begin soon with an event (or series of events) that will draw world attention to His Divinity. Many of Baba's devotees wonder what these events will be like, what the Golden Age represents, and what our duty is towards it, Bhagavan, and each other".

"Baba tells us that we are fortunate to live during these times. Never in human history has the planet witnessed a full Incarnation of the Divine working with the world's

population to raise human consciousness to a level where world peace and fulfilment are possible. All power resides in Swami's Palm and yet He does not intend to correct the Earth's problems with a sweep of His Hand. Instead, He proposes to work with humans from within, to raise our awareness so that we are empowered to solve our own global predicaments. Swami promises all of us accelerated spiritual growth, and even liberation for those who stick to their sadhana to the end. The opportunity of these times should not go un contemplated.

"Baba's is an unfolding gospel. He adds to His revelation daily. We sit, mere spectators, watching and waiting for the golden moment to arrive when He announces Himself to those in the world who remain unaware of His Presence on Earth. Talk circulates of an economic crisis, during which the leaders of the world turn to Baba as the only one who can solve it. Miracles occur such as Ganesha statues drinking milk. Food animals, such as salmon and cod, disappear from the Earth's oceans and whole herds of cattle are infected with disease and must be destroyed. To what extent are these evidences of Baba's activity in pushing and pulling the world towards some unknown consummation? We cannot know until Baba unfolds for us the whole of His Plan.

"For my part, I find more satisfaction than I can say in being able to watch over and participate in these events as a Sai researcher and writer. I thank Bhagavan for answering the prayers and pleadings

of saints and sages, whose supplications have brought Him here. And I thank Him for allowing me to serve Him in this way as a means of earning His Grace.

"Om Jai Sai Ram!

In this avathar, the wicked will not be destroyed; they will be corrected and reformed and educated and led back to the path from which they have strayed.

- BABA (1955)

When aeons ago we first met
To hold hands and commence
This Dance,
The Dancer became the Dance.
While Substance, a Silhouette
of a Sublime Embrace
of Light and Shade,
Melted Time and Space.
In unison,
Beauty and Bliss Beamed
A symphony of Cosmic Lyrics,
To a song we called Love.

- *Dr. R. Gopalkrishnan.*

When the Lord is not reflected in your heart, you cannot say that there is no Lord. It only means that there is no Love within you.

- BABA (1958)

Mysterious are the Ways of the Lord

I had the most wonderful experience when I went to Whitefield about four years ago. Awaiting Swami's darshan, I was seated on the bench reading my 'puja' book. Just as the music came on to announce Swami's arrival, I closed my eyes to pray - and then it happened!

I lost consciousness! I found myself looking into a huge mirror where there were bursts of white clouds. The clouds cleared and I saw Swami walking out of the gates of His garden. I was walking behind Him and saw my husband, our daughters with their families, and our son sitting in a row near the gate. I was pointing to each of them and introducing them to Swami. He placed His Hand on the heads of each of them and blessed them. Finally, my husband and son, after receiving His blessings prostrated at His Feet and He blessed them again.

Suddenly, there was a burst of clouds and I felt as if someone had sprinkled water on my face. I "woke up" with a glorious, elated and refreshed feeling. I wondered where I was! Then seeing Swami a little distance away, I realised where I was! After darshan, my sister and others who were watching this told me that Swami had materialised Vibhuti for the four ladies seated next to me, and was watching me all the time. Apparently He even stepped closer to me, but I was in a deep trance.

I related this experience to my father, who lives in the ashram, and his interpretation was that this was the way Swami took me into His

Heart and had given me an "interview", blessing my husband and children as I always beg of Him. I returned to Singapore on "cloud nine". For the first time in my life, Swami gave me the golden opportunity of knowing what it is to "cry for joy". I can guarantee that "crying for joy" is more of an enjiching experience than "crying in misery"!

Sai Maa is Amma, Nanna (father), Guru, God and "All in One". I am eternally grateful to Swami for blessing me with this vision.

Parvathi Avadhani. (From 'Sai Vahini', 2000)

Sai Baba's Cosmic Presence

- by Dr. Hema Weerakoon

Swami's teachings, which are based on the Principles of Sathya, Dharma, Shanti and Prema, have found their way into every corner of the globe. Countless are the numbers who have sought and found solace in His divine love and grace. Innumerable are the incurable illnesses He has cured in the manner of a Buddha or a Christ. But this world is such that there are some who reach negativity even to such great beings. Even the Buddha was not exempted. Baba Himself is reported to have said that on one side of Him are a large number of people who love and praise Him, whilst on the other is a large number who wish to defame him. When He was asked how He handled this situation, He replied in this characteristic fashion: "I bless both groups."

My aim here is to approach the category of people who defame Him. I shall confine myself to a brief discussion of the criticisms that are levelled against Him.

It is unfortunate that many non-believers in our country tend to think of Baba merely as a "miracle man"... Baba Himself does not attach much significance to these so-called miracles; He dismisses them as mere 'visiting cards'.

When Baba creates something for a devotee, that action is the result of the outpouring of His Love. This is not something to impress, this is a part of His very nature, which is love, nor are they 'siddhi' powers which can be acquired by practice of Yoga. It is a known fact that such powers if used often, are lost. But Baba's powers are different. They have no limit. They are natural to Him, and being an Avatar He has the mental power to create, for He is at one with the universal consciousness. When He wills it the object is created. Regarding these powers Baba says: "My powers to protect, heal and save people and materialise objects, originates in God and can be used only by an Avatar. They are in no way designed, disciplined or developed, but flow from the cosmic power. Whatever I will, happens instantly."

Scientists are stunned watching Baba produce objects from the air. He even materialised a rainbow for a doubting Thomas, whose wife was a devotee.

A scientist once asked Baba, "Will science ever understand your materialisations?" Baba replied: "Material science can never

understand it; the scope of science is limited because it does not go beyond the manifest world. Science deals with experiments, whereas spirituality deals with experience and inner vision. I can see matter where the best microscope can see none. Even the best doctor needs the help of an X-ray film and the results of clinical tests to diagnose complicated diseases. But I need none. I can give you the correct diagnosis straight away."

Baba was once asked by an interviewer why He materialises trinkets like rings, watches and bracelets for His devotees. He explained that they are talismans, symbols of His protection. He said, "These talismans give people a sense of security and protection in times of trouble and crises and create a symbolic link covering the long distances between them and Myself. When the devotees need Me, these objects flash the message as if by wireless and I instantly rush to their rescue." There is no limit to the manner in which Baba can act on a person. How do we account for the manner in which Baba helps His devotees at out-of-the-ordinary levels of consciousness. Science can give no explanation, for science does not have the capacity to verify spiritual truths. At one and the same time, in different parts of the world, thousands of people experience direct contact with Baba. They get direct help from Him through various means. The extraordinary super-human, boundless abilities and actions of Baba cannot be understood by our little human minds.

Sacred & Secular Education in Human Values

A 6-day adult training course in Human Values Education presented by Carole Alderman, will be held from Sunday 11th August, to Friday 16th August, at Holmbush House, North Street, Hellingly, East Sussex, BN27 4EE, England, from 0845 hrs to 1700 hrs each day.

This training seeks to advance the values of Truth, Love, Peace, Right Conduct and Non-Violence in accordance with the principles of the world's spiritual traditions as most recently expounded by Sathya Sai Baba (1926-2011).

The training enjoys a fine reputation around the world for presenting eternal truths in a secular manner which is meaningful and attractive to the general community. This course is accredited by the Open College Network.

Please phone 0044 1435 810235 or email carolealderman@gmail.com if you would like further details. Overnight accommodation is available at the venue or at nearby hotels. Additional details may be viewed at: sathyasaiehv.org.uk and application form may be downloaded.

When the actions of the people are noble, the country is equally noble. The people's behaviour and conduct depend on their thoughts. Thoughts depend on the mind. Good thoughts are the basis of human values. - BABA

The Many Names of God

When one mentions the name 'God' in any of the world's religions, one clearly identifies Him with a particular name, one that is recognised within its culture.

One may even believe that there must be many Gods, given that there are so many different names, i.e. Rama, Sai, Jesus, Krishna, etc.

However, each culture identifies God in a recognisable form, cognisant of their religious discipline. Swami spoke on this in a discourse in Mumbai, back in 1968, on the occasion of the then World Conference.

"You must have noticed that I do not speak about Sai in My discourses, not do I sing of Sai during the Bhajan with which I usually conclude My discourses. And you must have wondered why. Let Me tell you the reason. I do not want the impression to gain ground that I desire this Name and this Form to be publicised. I have not come to start a new cult, I do not want people to be misled on this point. I affirm that this Form of Sai contains within it the Forms associated with all the names that man uses for the adoration of the Divine. So, I teach that no distinction should be made between the names Rama, Krishna, Ishwara, Sai - for they are all My names."

On the same occasion He said, "I do not have the slightest intention to utilise the Seva Samithis (Service Organisations) for propagating My Name. No! I am content only when spiritual endeavours and disciplines to elevate and purify man's progress everywhere. It is only through these

practices that My universal reality will be revealed. So, do not limit Me to the boundaries of any one name and form.

“Your aim should be to see the name ‘God’ in all the Forms that are worshipped, to adore Him in all the Names, nay, to be conscious of His presence as the inner motivator of every living being, in every particle of matter. Do not fall into the error of considering some to be men worthy of reverence and some unworthy. Sai is in everyone; so, all deserve your reverence and service. Propagate this truth; that is the function I assign to the Seva Samithis (Service Organisations).”

When the mind and the intellect unite, one reaches a state of freedom, which is referred to us as Moksha (liberation). - BABA

Mind-Boggling Miracles of Sathya Sai

I recall a miraculous manifestation of a triple-sided grey stone Baba materialised for me, and not knowing what to do with it, I kept it as a curio in my U.N. office desk drawer for two years. On my subsequent home-leave trip, in an interview with Baba, I held up the three sided stone and asked Baba about its meaning and significance. Baba then endearingly chided me for keeping it aside in a drawer and asked me seriously whether I was interested in knowing the meaning (Arta) of its shape or in reaping its beneficial effects (Phala). I replied categorically that my interest was in the benefit it would yield me!

Baba then explained that the triple-headed stone was given as a protective talisman in my numerous global air travels, and therefore I should wear it on my chest. A thought crossed my mind as to how I could wear an odd-shaped piece of stone on my chest. Baba sensed my inner doubt, took the stone from my hand, held it up and blew, and lo and behold there appeared a twine-sized hole running through the point of the stone. Only a laser could drive a hole of that size through the sharp points on the opposite ends of the oblong stone. Swami then instructed me to insert a string or a thin wire and wear it like a chain around my neck with the stone resting on my lower chest.

Whatever article Swami materialises has a powerful purpose behind it.

Sensing the growing interest in the story of the glory of Baba, we had founded, with Baba's blessings, a Study Circle at the United Nations headquarters, with regular Thursday gatherings in delegates' meeting rooms situated right underneath the UN General Assembly Hall, and sometimes under the Security Council Chamber. Before long, Sai Bhajans began to reverberate in the after-office hours in the United Nations! The annual celebrations of the Study Circle attracted a large number of UN staff members and country delegates. I remember the occasion when the president of the International Court of Justice came rushing along with a couple of delegates seeking Sai Vibhuthi (sacred ash). He proudly showed me a picture of Baba in his wallet!

A few years after Baba gave me the Shirdi Baba ring, Swami called me again for a brief interview, and suddenly inquired of me whether I still wanted the old man or was now ready for the younger man! I then replied that having lived with the old man till then, I would welcome the change into (the) company of the younger man! Swami graciously took out the somewhat worn-out big Shirdi ring which then disappeared right in front of my eyes and, then and there, materialised a well-fitting similar silver enameled ring with a picture of Swami showing His Abhaya Hastham - a raised palm assuring protection. This creative gesture and gift signified to me my spiritual (mental) journey from Shirdi to Parthi, guided by Bhagavan Sathya Sai Himself. As a result, I found myself and family settling at Baba's Lotus Feet in Prashanthi Nilayam - indeed the very abode of peace.

Sri Ghandikota V. Subba Rao, from
Sri Sathya Sai Avatar of Love.

**I need only one "Mandir"
(Temple) in your hearts! Preserve
the Purity of your hearts, so that
SAI may reside therein. - BABA**

Blissful Dreams

Over the course of many years, I have had many, many dreams of Swami - well over thirty, that I can recall.

In the early days some people derided the suggestion that one can dream of Swami, suggesting that it

was just imagination, or wishful thinking. However, I offset these remarks by quoting Swami's own words, "No person can dream of Swami, unless Swami Himself desires it so."

One such dream that comes to mind at the moment was one where I was attending a Sai Meeting in a school hall. Upon arriving there I was approached by a lady who asked me to move a car that was wrongly parked in front of the entrance. I recall it was a VW Beetle, and I sat inside but I could not view out through the rear window, because of boxes and parcels stacked on the back seat, thus I was unable to reverse. As I pondered this problem, Swami entered through the passenger door and seated next to me. Without touching anything, the car started up, and went in reverse, and I thought, foolishly, to myself, "Oh God, He's going to hit something!"

But, no! The car reversed and slipped neatly into a parking spot, between two cars, without any mishap! The shock of it woke me, and left me to ponder the significance of the incident: - leave everything in Swami's hands and it will be handled correctly and safely!
Ed.

**Cultivate that attitude of Oneness
among men of all creeds, all
countries and all continents. That
is the message of Love, I bring.
That is the message I wish you to
take to heart.**

- BABA, 1968, Nairobi, Africa

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," asked the saint, "You can as well tell him what you have to say in a soft manner."

Disciples gave some other answers but none satisfied the other disciples. Finally the saint explained. "When two people are angry, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have 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, that's all! That is how close two people are when they love each other."

He looked at his disciples and said, "So when you argue do not let your hearts get distant. 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."

The Lord will accept a heart without words - but not words without a heart. - BABA

(At a meeting with Dr. Ruhela, back in 1978, Swami stated that Lord Krishna died between February 17th and 18th, in the year 3102 BC.)

The waves carrying music are always everywhere, wandering over the Earth... but, you do not hear them; you cannot enjoy them, because you have not fitted up the receiver, you have not tuned in. Tune in!

Devise a receiver out of your heart; and the Lord's Grace, which is present everywhere will sweeten your existence, and give you joy if you tune in. - BABA

Renowned Islamic Scholar and Peace Activist

"Spirituality is the inner content of peace, and peace is the external manifestation of spirituality. Sai Baba's Kingdom is a true example of that". These are the words of a noted Islamic scholar and peace activist, Maulana Wahiduddin Khan (born Jan. 1st. 1925).

He is considered, in effect, India's spiritual ambassador, spreading the universal message of peace, love and harmony. He was blessed with many international awards, e.g. National Citizen's Award, from Mother Theresa, as well as others from Rajiv Gandhi, and former Soviet President

Mikhail Gorbachev, and is the founder of the Center of Peace and Spirituality, New Delhi.

His advice to Muslims has been to not treat unpleasant and unwanted situations as problems, as they would only yield negative results... one should take such situations as challenges, and work positively towards overcoming them.

He adopted peace as the mission of his life, and was known for his Gandhian views, considering non-violence as the only method to achieve success.

When you realise the Self, then there is no separate individual. You can think of individuals as different light bulbs. There will be differences in wattage. There will be differences in age, in colour, in form, in name.

One is a tube light and another is a bulb light. There will be a difference in shape, but everywhere the current that powers them is the same.

That current is you. You are not a bulb which appears different from any other bulb. You are the current, the one current that is found in all the bulbs. That is what you are!

- BABA

I recommend to you a most interesting article, entitled "The Christ of India". For those who can down-load this, then go to: <www.ocoy.org/original-christianity/the-christ-of-india>

It is worth a visit! Sai Ram, P.G.

Early Devotees

-by Elaine James Dorset

Those early years with Sri Sathya Sai Baba, were just enchanting. We all got together to share our stories, to reflect on the meanings and wonder of it all. It was an exciting time to be around Swami. The ashram back then was uncrowded most days, leaving us space in which to enjoy ourselves, sing bhajans, or share our stories. We had so much freedom to roam around the grounds, take photos, and sit leisurely anywhere we wished, without fear of security.

My first pilgrimage to Sathya Sai Baba was in Feb. 1990. I had read 'The Holy Man & the Psychiatrist' only two months previously and had a great yearning to see Baba and experience Him for myself. A group of ninety were leaving at that time, so I booked to go with them.

I was totally stunned by my first sight of Swami. He was so beautiful, so graceful and so full of love that I wept unashamedly. My heart was captured and I felt without a doubt that He was Who He said He was. Everytime darshan was over I could not bear to see Him disappear from view.

After a lovely week of darshans at Brindavan, our leader informed us that we were going to travel on to Prasanthi Nilayam as Swami was leaving for Madras to attend an important function. On arrival, we were allotted flats with four sharing as the ashram was not crowded due to Swami's absence. A feeling of peace and tranquillity permeated the whole atmosphere and I felt a great sense of love.

It was Thursday morning. My roommates had returned to our flat while I remained lingering at the grocery stall to finish my drink. I was in a state of reverie, when suddenly, I looked up and realised that everyone had disappeared! There wasn't a person in sight! I couldn't imagine what was going on so I got up to leave. However, before I could do so, I felt a strong 'pulling' sensation in my chest urging me to go towards the photo stall. As I stood looking at the photos, a man appeared beside me, out of nowhere and began talking to the owner in his native tongue in a rather gruff and animated fashion. He kept pointing to a particular photograph and seemed to be giving him instructions about it.

As I gazed at this man, I realised that I hadn't seen anyone like him around the ashram, with his strange clothes and a kerchief tied around his head. My attention was also drawn to his rather thick lips. When I reverted my attention back to the stall owner, this 'stranger' disappeared into the blue and was nowhere to be seen! Needless to say, I was rather dumbfounded.

The owner then asked me if I knew what this particular photo was and when I replied that I did not, he proceeded to tell me that it was a photo of the Atma Lingam. He said that Swami had produced nine of these lingams from within himself on Maha Sivarathri, in Feb. 1968, and had given one lingam to a devotee living in the ashram. This was a healing-Lingam which Swami had re-energised in 1971, and if I wished to see it, the devotee revealed its presence on Thursdays

at 11 am. The shop owner then gave me the building and flat number of 'said' devotee. But as we were leaving on Saturday, this was the only day we could see the Lingam. I purchased a copy of the photo and dashed back to the flat to tell my roommates what had happened.

It was then 10:45am so we hurried to the building and started to climb the stairs. A young man was coming down and asked if we were going up to see the Lingam. He then told us not to bother as the devotee was ill and her son was not showing it to anyone. We were very disappointed and turned to leave when again, I had this 'pulling' sensation in my chest. I suggested we go up anyway and ask for ourselves.

A lovely gentleman answered the door, who was obviously the devotee's son. We asked if we could view the Lingam and I relayed what had happened at the photo stall. He replied that his mother was very ill. However, after studying us for some long moments, he asked our names and where we were from. Finally, he said we could come back at 8p.m. if we promised not to tell anyone else as he did not want a crowd. We were overjoyed!

That evening we were part of a small group which had gathered at the devotee's flat. Her son told us that we would each take a turn kneeling at the puja altar and he would instruct us to hold the Lingam. As we took our turn, he asked each person their name and made an amusing remark for each name. When it was my turn he just stared at me and said, 'very happy, very happy'.

He showed us how to hold the Lingam and then place it wherever we had pain while we asked Swami for healing. Afterwards, he gave each of us vibhuti and told us to 'eat', then we drank some of the Lingam water, and to end the ceremony, we were offered Kum-Kum for our foreheads. The Lingam was very beautiful, composed of a silvery metal, small in shape, about a quarter-of-an-inch high. It sat in the lap of a coiled cobra with extended hood which was also made of the same metal.

After the ceremony, we felt extremely blessed and quietly departed most 'happy' indeed for having experienced this special Grace from Swami. I felt especially happy to have been Swami's guiding instrument in bringing my roommates to see this healing Lingam as one of them had a long-standing battle with cancer and another had a collapsed lung.

Many months later, when I felt that I could share this experience with a few friends, I was told that the 'stranger' at the photo stall could well have been Shirdi Baba and that when everyone had 'disappeared', I had, in reality, been lifted into another state of consciousness. Well, who can know for sure... only Swami!

Every deed performed, do it in My Name. Give freely of the nectar of your cup of happiness, of kindness, of blissfulness. Give the warmth of your love. Extend your hand as I extend Mine to you.

- BABA

When Swami Drive the Car in Holland

Once, Mr. Mahadevan from Harlem in Holland, was returning from Belgium to Holland by car at night. The very next day he was supposed to come to Prashanti Nilayam. His wife and children were also in the same car. As night advanced, they fell asleep leaving only him awake. He was driving the car at 140 km/hr and seeing everyone sleeping, he too fell asleep!

You might imagine what could have happened, but no. Swami caught hold of his hand and started driving. After sometime as he woke-up, he could feel that someone was catching his hand and was driving! He knew that it was Swami Who had come to his rescue and saved him. He reached Harlem safely and was able to come to Prashanti Nilayam the next day. That is why Swami says that whoever comes here (to Parthi), it is only by Swami's will that he comes. Once Swami calls a person, He looks after him every moment. Therefore Swami says, "Why fear when Swami is here."

Everyone of joy is an Avatar. You are the Divine, encased like Me in human flesh and bone! Only you are unaware of it! You have come into this prison on incarnation through the errors of many lives.

But I have put on this mortal body, of My own free will. You are bound with ropes by three attributes and you have moved this way and that by the desire. I have no desire except the one to make you desireless. – BABA

Banging of the Clock

The Cowans lived in California, and by the grace of Swami, they have visited Him twice in India. The first time was at Puttaparthi, a little over a year ago (1968) and the next time was in Bombay, when they attended the World Conference of Sathya Sai Organisations. It was at this Conference that we were shown (by another delegate, a photographer from California) an outstanding picture of Baba, where on the gown of Baba, the picture of a clock, a clock marking spiritual progress, had miraculously appeared, when the camera was clicked. Swami had been standing facing the clock, but who could have imagined that it would appear on the gown He was wearing?

We very much wanted one like it, but could not get one in India. We thought as Lee Halperson had taken the photo, that he would make a print for us. We saw him several times; each time we went to ask him we were interrupted, so we gave up the idea of asking him.

Next to my bedroom, we have a library and on the wall we have an electric clock. About two months ago, one night the click started banging against the wall. I got out of bed and stood looking at it; it kept up the noise. I thought the best thing to do was to disconnect it, but it would require moving a heavy Chinese chest. So, I went back to bed; at that moment the noise ceased! My husband had not heard the noise. The next night, when I went to bed, the clock started banging against the wall! I went and pulled the chest away from the connection. As I

looked down between the chest and the connection, I saw a small object like a luminous watch, with hands on it. It was the picture we wanted so much, of Swami wearing the spiritual watch!

What a thrill it was for us to know that God came into our house to give us our heart's desire! And where else would He have put it but under the clock!

He had drawn our attention to His gift, by the banging of the metal clock on the wall!

Extract from Sanathana Sarathi,
1969.
