

Dear Devotees of Sathya Sai,

The 17th Annual Satsang, held on the 8th July, was enjoyed by all, based on complimentary comments received later.

Wallace Huey's reminiscences, spoke of his background and future plans, that held the gathering's attention to the end; with audience participation included.

Anna Skrine spoke of her person experiences while visiting India and Paul Curtin, with his "Singing Bowls", ending with a revitalising meditation, brought the Satsang to a close. Ed.

(Spectacles were found after the meeting and can be claimed by ringing 0402 33222)

Why should you fear anything when you have such a Lord of the Universe to take care of you? I do everything for your good.

-BABA.

BLESSED BY BABA

By Kumkum Chadha

Extract from "Hindustan Times", June 21, 2007

The gold-studded green stone turns white; an necklace is lost and found; and medical advice to implant a pacemaker is defied. All because of the Sathya Sai Baba of Puttaparthi, of whom politician-turned-Governor-turned-politician, Motilal Vora is a ardent devotee. "Vorajee", as he is popularly known, sings paeans of the "Baba" and advocates his being a one-man formula for inner peace. Vora, then UP Governor, met Baba for the first time through a Chief Minister who would often land up in the state and use the Raj Bhawan as a transit point because he because he believed that UP was a "land of astrologers". On one such visit, the Chief Minister told Vora about how Baba had transformed his life and coaxed him to meet Him. Vora did and with that began an unending spiritual journey.

The incident of his "green ring turning white", still gives him goose-pimples. It was during a routine visit to the Raj Bhawan in Lucknow, that the Baba

suddenly swung His hand in the air and produced Vibhuti. What Vora was not prepared for was the Baba sprinkling the ash on his favourite green ring. 'Within minutes, it changed from green to white' recalls Vora, flashing his index finger on which he has worn the stone ever since.

The "necklace episode" was dramatically different and is interpreted by Vora as a "test case" by Baba, to see if the Voras were careful with wishes that He bestowed on them. He gave my wife a necklace with an "OM" pendant. By the time we reached the car, it was missing. Panic gripped. We searched everywhere but with no luck. A silent prayed to Baba, and lo and behold, it was on my wife's neck. It was Baba's way of testing if we take care of what He gives us."

Years later when Vora was hospitalised with an ailing heart, doctors advised him to implant a pace-maker. Vora was adamant. No pacemaker till Baba allows it. When he took a flight to Puttaparthi, the doctors thought Vora had actually lost his mind. But a wave of the Hand and a fistful of vibhuti smeared over his (chest) proved the doctors wrong. "It has been 15 years and my heart beats without a pacemaker!"

If you wish to understand your true nature, you must do three things: bend the body, mend the senses and end the mind. To bend the body means to cultivate humility and carry out our duties sincerely. Mending the senses calls for examining how the senses behave, whether they are tending to go astray, and correcting them and restraining them when necessary. Change and evolution are natural to mind, but the presence of the unchanging Divinity should be experienced within.

-BABA

The Healing of Charlotte

*Reproduced from the "Newsletter"
Mar/Apr. 1998*

Having lost two precious cats to suburban traffic, Martina and Mark were deeply distressed to find Charlotte, their remaining cat, seriously ill.

She was never a wanderer, unlike her two former companions, but stayed strictly within the bounds of her home. Although much loved and well cared for, Charlotte now lay still and unable to eat, accepting only water from a tea-spoon, occasionally.

After a day or two, they took her to a respected vet., who had known all of Martina's and Mark's cats over the years, where she was thoroughly checked. Having taken a small sample of blood from her foot, to be tested, he was astonished to find that the blood had clotted within the few feet from her, to the machine. This was not in accordance to any knowledge and years of experience he had as a vet. He promised to give them medication which would break-down the blood clots, and hoped this might help.

The vet's daughter, who had returned from practice in Australia, was equally puzzled. Indeed, it was the main topic of conversation at the Christmas dinner table.

When I was informed of Charlotte's illness, I suggested they should give her healing and to put a little Vibhuti on her nose, and around her mouth, for her to lick and leave her in Baba's care.

This they gladly did, placing their healing hands on her every couple of hours, and administering water and Vibhuti with the same regularity. However, within a day or two she seemed to have made an excellent recovery, but to be reassured, they returned with Charlotte to the vet. for his opinion.

He was genuinely astonished to see that she was still alive, as both he and his daughter agreed that Charlotte had not long to live.

In his thirty years of veterinary practise he had not come upon a case like it, and with the clotting of the blood he was convinced Charlotte would be dead within a matter of days. It was then that Mark remembered that the vet had forgotten to

give them the medication which would have broken down the clotting.

It appeared the only medication Charlotte required, was Swami's love and a little Vibhuti!

(It is interesting to note that animals imitate humans also in the health conditions they suffer. Charlotte, who is now quiet old, has diabetes and has to be injected twice daily. Ed.)

One who is filled with love of the Divine will not be attracted by anything else in the world. Nor will he submit to anything demeaning or unworthy. Love is selflessness. The devotee filled with love of the Lord welcomes what may appear as punishing, as something for his good. Even when the Lord appears to be angry, his compassion is evident. Even in punishment, God's kindness will be seen.

Hence, no one should cherish a grievance that he is being singled out for punishment. Even punishment is a means of leading one to God. The display of anger is for safeguarding the devotee. The true devotee is one who recognises this truth and welcomes whatever happens to him as intended for his good. Eschewing interest in worldly concerns, he should concentrate on means to realise the Divine.

-BABA.

Swami and His Divine Call

Swami is always everywhere around you, with you at all times. It is that we have to recognise Swami's Grace and Divine Presence.

I had been to Chennai with my young cousin Brother, and had go to the outskirts of the city. It became late at night and with nobody around, my cousin fell down hitting his head and bleeding profusely from a massive cut on the back of his head. He had suffered sun-stroke as we were walking in the very hot sun for some time. I had a photo of Swami which I had bought while in the army in Chennai; I placed it in his hand and he opened his eyes. It was

then that a Fiat car approached with the words OM SAI RAM on the front. A young man got out and in a few minutes he was taking us to a clinic, ten minutes drive away.

Our young friend told us that he was not supposed to take that route, but after attending Swami's bhajans at a friend's house, he had forgotten his house keys and drove back. The keys were found at Swami's Lotus Feet in the Pooja Room! He told me he always puts the house keys in his car and never takes them out. He told me that Swami had taken the keys to help us. This was Swami's Grace! My cousin is much better now!

Another incident was told to me by a Dr. Sri Prasanth. He received a "phone call", which started with the Divine name Sai Ram, and told him that there would be an Emergency in a certain house a few kilometers from his Clinic.

When the "phone went dead" he wondered how could the person predict an Emergency which would happen later. Sri Prasanth went to the house in the evening and rang the doorbell. There was a huge cry of someone falling down. The door was opened by an old woman who told the stunned doctor that her husband had suffered a stroke when the doorbell rang! An Emergency which was predicted! Both these old people in the house were very old devotees of Swami. The old man is now well and recovering!

Swami's Grace, Love and Blessings work in different ways. He is always there with each one of us at all times. These two incidents prove that wherever we are, Swami will always be there with us! SAI RAM.

"Ranganath B"

Hurt Never!

Hurting the feelings of others is condemned outright by Swami. In a strong statement, that all devotees should heed, He has said the following;

"Treat the guests in a cordial manner and to the extent possible, extend your help to those who are in need of it. Today people do only lip service; they do not translate their words into action. You should empathise with those who are in difficulties and try to give them solace. You should comfort and console them with soothing words. Those who talk harsh words are verily demons. If you hurt other's feelings, you will be hurt twice as much. You cannot escape from the consequences of your actions. You have to bear this truth in mind. Your life will be sanctified when you conduct yourselves in such a manner as not to hurt others."

It behoofs all devotees to be conscious of what we voice. It should be self-evident to all, that words can wound and ultimately hurt ourselves in the process, and, as Swami said, -We cannot escape from the consequences of our actions.

So... speak sweetly!

Prof. Kasturi & Calcutta Story

Prof. Kasturi told the story of a lady in Kerala, whose son, Arvind, landed a job in Calcutta. He was happily employed as an accountant with a company there. However, after some time the inspectors found money had gone missing, and he was promptly discharged.

Terribly upset at having such a bad name so early in his career, he wrote to his wife, telling her to have nothing further to do with him, and he left the flat where he was staying. His distraught wife rang his mother, who was a devotee of Swami, and who thought the only thing to do would be to write to Swami. But since she was old and unable to go to the post office, she placed the letter in front of His photo and prayed to Him.

In the meantime, Arvind, wandered about with the intention of ending his life, because of his fear of arrest. He chose to jump off the Howrah Bridge and into the Ganges, to drown himself, when he heard a

voice shout, “Don’t jump! Don’t die, come to Puttaparthi.”

He purchased a ticket to Bangalore. But being unable to sleep because all he could hear from the wheels of the train was, “Puttaparthi...Puttaparthi”, no sleep would come. Arriving at Bangalore, the clerk asked if he was going to Swami, saying “But Swami is here in Whitefield.” Arvind ignored his advice and insisted on a ticket to Puttaparthi.

Swami, in the meantime, changed His plans and returned to P.N. to everyone’s surprise. The following morning Arvind was in the Darshan line, when Swami called to him, “Yeah! Calcutta!” and told him to go to the interview room, chiding him, “What foolish thing you have done? Do you know the feeling of your mother and wife? I will see that nothing happens to you. I will also see that you are transferred. You need not go back to Calcutta. There is a branch office of your company in Madras and I will see that you are transferred there!”

Swami told him to go back to Whitefield, and stay there for nine days! Why nine days?

Because Swami knew that Arvind was left with very little money. Arvind sent a telegram to a friend in Delhi, asking him to send money soon, to “Arvind, Big Shed, Prashanti Nilayam”. Neither his mother or wife didn’t know what was happening to him, or where he was. In the meantime his friend sent the money he requested, and also informed Arvind’s mother as to his whereabouts; “The Big Shed, Puttaparthi”.

Within the nine days, his mother, wife, and friends, went there also, and had a happy reunion with him.

So, pray to Swami in any language or put a letter anywhere. He will know, for He is everywhere!

Is there any end to the list of worldly goods that you crave for? When you secure one, another one starts tantalising you. If you do not get that, very often, your hold on the Lord too loosens. If something is lost or

stolen from you, you lost faith in Me. I have not come to guard your jewels and your “valuables”. I have come to guard your virtue and holiness and guide you to God.

-BABA.

The Story of Kalpagiri

How Swami changed the heart of a criminal

Here is a story in Prof. Kasturi’s own words: Kalpagiri had committed a foul murder and escaped the police of his area. He travelled North to the Himalayas and donned the ochre robes of a monk and wandered from one monastery to another, trying to smother the squeaks of conscience by chanting the Name of God. For four years he spent thus, meeting many a saint, sage and spiritual aspirants and read many sacred books, and soon became proficient in the dialectic of non-duality.

He passed several years in this way, and decided it was safe to return, and extended his pilgrimage to a number of temples and eventually reached Bangalore, where he was informed of a new Shirdi having emerged in Puttaparthi. Arriving in P.N. Swami called him for an interview. Swami, the all-knowing One, chided him for running away from the consequences of his deed. “Why postpone for another birth the suffering which you must undergo in return for this dire deed?”

Swami told him that ochre robes will-become a debtor who has not paid his dues. He went up to His room and brought white clothes for him to wear in place of the ochre ones. He commanded him to go to the police in his area and give himself up, giving him the fare and also four packets of Vibhuti, and assured him, “Go, confess and undergo cheerfully whatever punishment they ultimately give you. You will not be hanged; I promise that. Your neck shall wear a Japamala, a rosary, which I shall Myself put around it, when you come to Me after the sentence is over.”

Kalpagiri emerged from the room; like a serpent that had cast off its skin and renewed itself, there was a new glint in his eye, fresh vigour in his voice and a lightness in his gait, that was not there that morning. Baba must be the Lord Himself, he thought. He obeyed Swami's command, rather than discarding it and get caught in the net of retribution and rebirth.

Travelling in a crowded train that night, he saw a fellow traveller in pain with his hand pressed on his abdomen; he parted with one of the packets of Vibhuti. The pain stopped and the man slept peacefully.

Having confessed to the police and the death sentence the Judge pronounced was reduced by the President of India, into a life sentence.

During the weeks when the petition for Presidential Mercy was being considered, Kalpagiri in his cell was telling others that he had met the Incarnation of the Lord, at Puttaparthi and that He had assured him that mercy would be shown, and that he would get from Baba Himself, a rosary when he finished his term, and freed from the recoil of the stab that he had inflicted on a fellow being.

The word came true and the petition bore fruit!

Sathyam Shivam Sundaram. Vol-II by Prof. Kasturi.

Many pray to God all over the world. They pray for the realisation of worldly desires of one kind or the other. This is not the right kind of prayer. You should pray to God for His grace and love. That love is everlasting. God is Sath-Chit-Ananda (Being-Awareness-Bliss). So pray to Him to confer that bliss on you. God's bliss is everlasting, whereas worldly pleasures are transient. Only he is a true devotee who prays for God's love and bliss.

-BABA.

Tears Of Joy & Tears Of Grief

The question has arisen as to whether inanimate objects can have feelings, and

can weep when disappointed. Logic, or scientific reasoning, would say, -no!

However, during the course of a discourse at Bombay's Dharmakshetra, in 1971, Swami described the miraculous events, in the epic, The Ramayana, and said that nothing ever happens without proper reason, however accidental or mysterious it might appear.

The building of the bridge towards Sri Lanka, was built over the straits to enable Rama and His Army to march across to the realm of the demon King Ravana, where Sita was imprisoned. The story states that the monkeys formed a queue all the way from the Himalayas down to the southern most point where the bridge was being constructed. When the causeway was completed, word went back along the queue that no more hills were needed, so each monkey put down where they stood, the hill they carried. However, one hill did not settle quietly, but started to bewail its fate at not being used for Rama and His Army. Word reached Rama and His compassion was great. He promised that in His next Avatarhood, He would certainly bless the sorrowing weeping hill. This was the Govardhana peak which Rama, as the boy Krishna, held aloft the peak on His finger, to protect, for seven days in order to save the cowherds of Gokul from the deluge of rain that Indra inflicted upon them. (Recent satellite photos from space, show this causeway, now under water, connecting Sri Lanka to India! Ed.)

On another occasion Swami conveyed to Hislop the incident when He requested 100 saris to be brought so that He could distribute them to the women workers who helped build the Sathya Sai college at Anantapur. Having distributed the 96 saris out of the 100, it was noticed that the cardboard box in which the remaining four were kept, was dripping tears! The saris wept because they were not chosen by Swami, as having been declared unfit.

'You may ask whether this is ever possible, I answer, there is nothing in this world which has no heart, which is

incapable of feeling joy or grief. Only one must have an eye to see, the ear to listen and heart to respond.”

A little practice will teach you to hold fast to the feet of God while roaming about in the world, doing all duties and carrying out all responsibilities dedicated to Him. Do all work as actors in a play keeping your identity separate and not getting too attached to your role. Remember that the whole thing is just a play and the Lord has assigned you a part; there your duty ends. He has designed the play and enjoy it.

-BABA.

“Shirdi Sai Baba” TV Series

Sony Entertainment Television (SET) has announced the launch of its new serial “Shirdi Sai Baba”, and it will be aired, in India, from June 24, every Sunday at 10.30 am.

The series will present original stories of devotees of Sai Baba and further strengthen the concept of Baba’s teachings of faith and patience, apart from showcasing experiences of celebrities whose lives have been changed due to the blessings of Sai Baba.

“In line with our constant endeavour to offer variety entertainment, we have planned to brighten our Sunday mornings with “Shirdi Sai Baba”. It is a mix of drama, reality and mythology. We hope that this combination will grip the viewers and give them a complete television viewing experience on Sunday mornings,” said Albert Almeida, EVP and Business Head, SET.

“With “Shirdi Sai Baba”, our attempt is to strike a cord with our viewers, and Sai Baba believers, by bringing alive the miracles that took place during the lifetime of Sai Baba, in a manner to appeal to all audiences,” said Aushim Khetarpal, producer of the show, and who will also act in the series as a devotee of Sai Baba. The channel has decided to promote the series with a music video, which is

primarily a bhajan. Published in: Televisionpoint.com - Mumbai

If only man was wise, he would have known that all individuals are waves on the surface of the self-same ocean.

-BABA.

IS THE WORLD A STAGE?

by Dr. Sara Pavan

Let us attempt to study the movement of the soul, the “life-cycle” of man, from one birth to another, both in the worldly material plane as well as in the subtle astral plane beyond...Let us imagine there are two “hosts” in the recurring human cycle – the worldly and the astral planes.

We need to imagine some point in the cycle the soul goes through to start with and trace the path until a circle is completed. Since all births have a cause and so are all our experiences, we shall attempt to trace the cycle starting from the point of entry in the astral plane after death.

Before plunging back to earthly life and entering a new body in another mother’s womb, each individual soul has to go through various stages of preparation in the astral world... With the help of astral guides, the soul is able to determine impartially the course it should take in the next birth, even several future births, to get rid of the “cargo”.

The life of an individual on earth now and where he had been prior to this birth can be prudently illustrated by using a drama theatre as a model. The stage, the back-stage and actors represent the world, the astral plane and the souls respectively and the actors are preparing in the back-stage to enter the stage. These days we are able to follow the movement of many species of animal life on earth, like “tagging” whales and tracking their movements in the ocean using satellites. Just imagine the roof of the drama theatre has been removed and one could see from above the full view of the stage as well as

the back-stage at the same time, even the several partitions back-stage while those on the floor cannot see beyond the limitation of barriers. They would only see everything within the confines of the partition and not beyond. Seen from above we are able to see in one sweep the entire drama theatre, the “back-stage” where the actors at various stages of preparation prior to their entry onto the front-stage.

In reality, none of these partitions are separate arenas, but they are multiple dimensions of one’s own subconscious mind.

As long as the mind clings on to the ephemeral and fleeting worldly things, the soul of the individual is trapped in the earthly realm, and keeps returning to earthly life over and over again. In other words all unfinished business in the earthly life can only be cleared in a subsequent incarnation on earth. It is as an actor returning to the back-stage at the end of his stage performance.

On entering the astral plane the departed soul is received by other souls. After a brief period of rest, the soul is refreshed to the change from the dense vibrations of the earth to the subtle and fine vibrations of the astral and moves from the “receiving area” to the adjoining “sorting area”. This is a very critical phase when decisions have to be made as to what kind of earthly life should each one of the returning souls lead in its next birth. There is a “log-book” for each soul that has a complete record of all the past life experiences and lessons, which is comparable to a warehouse of accumulated karma, which we call sanchitakarma. It is a reservoir of stored experiences and tendencies...good as well as bad within the relative plane of earthly experience, deep down the subconscious. With the help and guidance available in abundance there, the soul would gather unto itself the best possible combination of unresolved karmas from this storehouse and package it; providing the soul with opportunities to dispose of some karmic deficits in the next

incarnation. Helped by astral guides, the souls make wise choices for the ensuing earthly life, be it new lessons or revisions, another opportunity given to free itself from ignorance and bondage.

Souls (are) channelled in the “back-stage” of their astral interlude to take up befitting roles for their next earthly sojourn, as if tailor-made for their own spiritual needs. For example, if a man is extremely cruel to his wife in this life, he could possibly be born as a woman in the next life to suffer in the hands of a cruel man.

Christ said, “As you sow, so shall you reap.” (Eye for an eye...tooth for a tooth, so to speak. Ed.)

Therefore, no soul is damned, but opportunities are given repeatedly for mastering these lessons until fullness of enlightenment, or true freedom is achieved. Armed with the “script” for their next incarnation, the souls move on to the “practicing and rehearsing” zone and begin to memorise and accept the assignment for the next life, fully aware that it is for their highest good.

As the time nears for the souls to incarnate they move to the penultimate stage of finding a suitable body, which is merely a costume. Having chosen their mother while in the astral plane, the soul enters a developing foetus at around the 20th week of pregnancy...We may compare the womb to a closet from where we pick our costume...and several weeks later make its final entry onto the stage of the world as a new-born baby.

We have to act our roles perfectly and remember that we are on the earthly stage doing His Will alone. Complete surrender is impossible as long as man is influenced by his mind, with all its waywardness. To free oneself from recurring cycles of birth and death, man must have a perfect understanding of non-duality and experience his life as being completely in God’s Hands. This is true surrender.

In spiritual matters, it is experience alone that is the deciding factor. Reason is rendered dumb before the testimony of actual experience. All the arguments of logic, all the tricks of dialectics are powerless to nullify the direct effect of that inner evidence. For example, many people laugh at those who practice image worship and condemn it as superstition. But those who do worship idols have the faith that the Omnipresent Almighty is present in the symbol before them...It is a part of the inner mechanism of devotion and faith. Of course, all "Worship" carried out with the idea that the idol is life-less wood or stone or bronze, is so much waste of time. But if it is done in the full confidence that the image or idol is alive, saturated with consciousness and power, then, image worship can bestow the Realisation of God-head itself.

-BABA.

Questions & Answers

"Conversations With Sai", Radio Sai/Listeners" Journal

Q: What to do with a devotee who is making friction in a Centre?

Sai: Out. Put them out.

Q: Throughout the world crime is growing rapidly, but in America, there is doubt about how to deal with criminals, how should criminals be dealt with?

Sai: There should be punishment. In areas of the Middle East, for example, if a person commits the crime of theft, the hand is cut off. When a person commits a crime, punishment must follow.

Q: Swami, people are thinking... Baba will step away from contact with the world and that His devotees will no longer have access to Him.

Sai: No, not at all. Sai is not separating from the world, nor will He separate from His devotees. The course of an Avatar goes invariably through the same stages. It is the same for every Avatar at all times. The first 16 years are characterised by constant

leelas. Then leelas and teachings up to age 45. From age 45 to age 60, the emphasis is almost wholly on teaching. At age 60, there is a very big change.

Q: Swami has said that the entire world will know of His presence. At this time only a relatively few people know of Sai. As of now only local individuals represent Him and they do not draw the attention of people of substance and importance throughout the world.

Sai: Sai does not look at status and worldly importance. He looks at the heart.

Q: Yes, Swami, but it is the leaders in society who tend (to) arouse the attention and interest of the general population.

Sai: Sai does not force such things. He will be in body for many more years. What you refer to will develop naturally. Devotees of world stature, able to speak of Sai, will be present when the time is correct for them.

Develop brotherly feelings for all. God is One; there are not many Gods, one for each tribe among men! Love is One; it transcends caste, colour and creed, if it has to be genuine. Truth is One; there cannot be two. For, two can only be One, occurring twice. The Goal is One; for all roads must lead to the One God. Why then should men quarrel and fight over the Eternal and the Absolute

-BABA.

Obituaries

It is always a sad duty to announce the passing of a devoted member of our Sai family, but it is especially sad when one of Mrs. Veena Shorey's calibre leaves us for higher duties.

She passed from this life on the first day of July, leaving behind a memory of one who was most gracious and hospitable to all those who came in contact with her.

A lovely lady who will be long remembered.

One of the longest standing members since the foundation of the Sathya Sai Organisation in Ireland, in 1990, was Suanne Glanville, of Dunmore East, Co. Waterford. She had not been well for some time, and five months ago she checked into the Waterford Hospice, where she was well cared for by staff and her loving daughter Lisa, up to Thursday, the 5th of July, when she passed on.

We also extend to Susan Lavin, our heartfelt sympathies, on the passing, recently, of her dear mother.

To each we say: **“Sai Ram”**.

If our present is but the result of our past, the habits formed are over a long period. But, whatever be the nature of the character one has come by, it can certainly be modified by modifying the accustomed processes of thought and imagination. No one is incorrigible. By conscious effort, habits can be changed and the character refined. By selfless service, by renunciation, by devotion, by prayer and by methodical reasoning and logic, old habits can be discarded and new ones acquired for taking us along the Divine path.

-BABA.

Swami's Leela with Love and Humour

At Swami's college in Brindavan, at Whitefield, near Bangalore, 1,400 students gathered in 1988, for Sai Baba's visit. The students were delighted to be in His presence. Suddenly the lights went out and they were in darkness. Swami moved quietly towards one student and whispered in his ear, "Athul, I will give you something. Hold out your hand." The boy did as he was asked, extended his hand and Swami placed a laddoo (a sweet) in it, and whispered to the boy, "Don't show it to anybody. Put your hand behind you."

Suddenly the electricity was restored and the lights came back on. Athul looked around and was surprised to see all the

assembled students standing with their hands behind their backs. Everyone was holding, and hiding, a laddoo behind their backs! That was Swami's leela! All reason goes out the window. It's impossible to understand, let alone comment upon, His Divine Grace.

Signs & Wonders

A blind man went to P.N. seeking Swami's healing. He had been a teacher and had suddenly lost his sight, without any apparent reason. Swami paid him no attention, at first, then one day Swami pointed out the teacher to N. Kasturi, saying, "See, that man wants his eyes back; he doesn't know that blindness is his good fortune!" Two days later the teacher received a letter from the Government of India offering him a scholarship to go to Delhi for training in an Institution for Teaching the Blind!

On another occasion a deaf supplicant was told by Swami, "Your ears are your Guru; they brought you to Me; now be thankful that at least one source of attachment is providentially put out of action."

Of another supplicant, Swami said, "If I give him back his eyesight he is sure to ruin himself." Baba has the knowledge of the past and the future; everyone is an open book for Him. Swami said, "You pour sympathy so easily; but I have to calculate the potentialities, the retribution they deserve, the use or misuse they will make of additional facilities and capabilities."

On another occasion a person died in one of the cottages in P.N. and relatives prayed that Swami might revive him. Baba replied, "Do you mean to say that this area alone is mind? What of the thousands who have died this moment all over the world? They are also as much mine as this person. Again, tell me how this man is indispensable for the world's progress? He has finished his career; he was born to work out his destiny, not to provide

temporary trivial joy to a few who cling to him.”

Swami has been referred to as the Ocean of Mercy, that saves without any reason or context. Reports of cancer cures are legion. Swami has willed-off the cases of cancer, saying, “Your cancer is cancelled!” Kasturi has said that the amulets, packets of Vibhuthi or other articles that He gives are but assurances for the recipient, that they have “something” from His hands. It is His Will alone that cures.

Jesus used cure by saying, “Take up thy bed and walk,” Sai Baba has said much the same to many during His “interviews’. He gives the advice, “Walk in fear, walk in hope, walk in Truth.” There was the case of a young girl who used to be carried around by her brother. For five years she did not set foot on the ground. Swami asked the brother to carry his sister into the Interview Room, and within minutes the door of the Room opened, and the entire presence in P.N. saw the girl walk out assisted by her brother and mother. Swami had asked them to go around the building three times! They did! The next day she did it alone!

N. Kasturi said, “Each cure is an eye-opener, the gift of a new vision, the vision of the Divine Healer, who heals the body so that it may be a fit instrument for the conquest of the mind and for the realisation of the Ananda lying dormant within the region of senses, emotions, impulses and intellect!”

Bring Me your heart and win My Heart.
Not one of you is a stranger to Me. Bring
your promises to Me and I shall give you
My promise. But first, see that your
promise is genuine and sincere, see that
your heart is pure; that is enough.

-BABA.

That accident...! by T.A.Ram Nathen

It was Feb. 1984 and I was 61, working hard to meet costs for my daughter’s

wedding. I had the strangest feeling that something was going to happen to me.

In the afternoon of Mar. 3rd as I was returning to the office, I was hit from behind by the left giant wheel of a Jeep. Suddenly there was a piercing noise like someone had cast away a piece of wood into the saw. I jerked away and fell down on a parked car on the left side. A great silence descended on me and despite the excruciating pain and my inability to stand on my feet. My mind raced to Swami. (Shirdi Sai, Ed.). It was as if I picked up a telephone and at the other end was Shirdi Sai Baba Himself. I heard myself saying, “You promised me,” I prayed, “that if I believed in you, you’d take care of me.” Shirdi Sai had saved me from the jaws of death and from being crippled as well! Had I fallen on right side, I would have been crushed to pulp. I did not faint, nor scream, as people came running to me. The Psalm’s last verse flashed into my mind as though God whispered it to me in reassurance: “Surely goodness and mercy shall follow me all the days of my life...”

The doctor who checked me found no fracture. I turned my whole life over to Shirdi Sai...I’d had a feeling that everything was going to turn out alright.

My wife and I had never prayed together and had never really shared our Sai feelings with each other. We had some really neat talks while she and I were alone in that room and we drew very close. I had made discoveries too. I learned that there are times when you have to depend totally on other people. Right after the accident, I’d had to rely on someone and now while my left leg was held immobilised, I saw the things I could not do for myself, simple things like bathing, dressing, etc. At those times especially I needed my Sai-half’s help, something she was eager to give but I was rejecting it in the past. It was a humbling experience that brought my wife and me that much closer.

I learnt something about faith too. My accident taught me to believe in myself also. We can be Sai-devotees for a long

time and say, we have faith, but until we actually believe in our faith, depend on it and see it work, it doesn't do a whole lot of good. It's like having all this power that never gets used.

The doctor told me that it would take months before I could sit cross-legged. Shirdi Sai set me right soon. I could sit cross-legged soon enough. I listen to Lord Sainath and depend on Him for direction. Paramanhansa Yogananda rightly said; "Trust more in God. Believe that He who created you will maintain you."

When I talked about the accident, people asked me; "Well, Nathenji, that's wonderful, but if you could have that day back, would you really want to go through it again?" I said, "If I could do it again like it happened, with the same experience, yes, I'd do it all over again." And I meant it. Because, you see, the things Shirdi Sai did for me were just too good to miss!

I have no devotees. You may describe yourselves as Sathya Sai devotees. I am Myself a devotee. Whose devotee? A devotee of those who claim to be My devotees. My duty is to fulfill their desires. I belong to you and you belong to Me. Understand and strengthen this relationship. This is My sole desire.

-BABA.

The Charioteer Swami has said, in "Sri Sathya Sai Speaks", that we should acquire Him as a Charioteer, as we go through life, and earn His unfailing Grace by sincerity, simplicity and Sadhana.

"Cultivate nearness with Me in the heart and you will be rewarded. Then you too will acquire a fraction of the supreme Prema. This is the great chance. This chance will not come your way again, beware of that. If you cannot, if you do not, cross the sea of grief now, taking hold of this chance, when again can you get such a chance? Really, you are the fortunate few; out of the millions of the millions of people you have come, though no one specially invited you to be present

here. That is what I call the mark of destiny.

"The Life of Sai, the Message of Sai, the Ideals of Sai, holds forth, the Lesson that Sai teaches the world, -are all enshrined in one word... LOVE."

Jesus developed in three "stages" and "time" was responsible for these:

1. Messenger of God,
2. Son of God,
3. I and My Father are One

-BABA.

A New Guest Arrives.

The passing of Sai Geetha must have left a void in the hearts of all devotees, not least Swami's Heart. There was a long-standing bond of love between them.

Now, it seems, that void may now be filled by a new visitor. During a recent visit, by Swami, to the Planetarium, a devotee had brought a small elephant as a gift to Swami. As soon as He emerged from His car, at the rear of the building, the little elephant bowed down by kneeling, and touched His Lord's feet with its tiny trunk! The baby elephant, later named "Sathya Gheeta" had been brought from Sonapat, in Bihar. Swami fed the little elephant with some sugarcane and other sweets, while the priests chanted mantras. Swami then returned to the Mandir.

The ills of the country are due to under-nourishment; not so much under-nourishment of the body, but under-nourishment of the spirit, want of spiritual exercise, neglect of spiritual regimen.

Allowing the malady the fullest scope, people are engaged in reciting the names of the drugs in the pharmacopoeia! They do not make any attempt to take the drug in.

The means of conveying into every home and village the life-giving waters of the spirit have all dried up or got choked up. That is the reason why under-nourishment, with all its attendant

symptoms of debility, nervous disorder and mania, is so rampant today.

-BABA.

Jyoti (Light) Meditation

In Sathya Sai Speaks, Vol. 10, Swami states; “As regards the technique of meditation, different teachers and trainers give different forms of advice. But I shall give you now the most universal and the most effective form. This is the very first step in spiritual discipline. At first, set a few minutes every day for meditation and extend the time as you feel the bliss that you get.

“Let it be in the hours before dawn. This is preferable because the body is refreshed after sleep and the dealings of daytime will not yet have impinged on you. Have a lamp or a candle before you with an open, steady and straight flame. Sit in front of the candle in the lotus posture, or any other comfortable sitting position. Look on the flame steadily for some time, and closing your eyes try to feel the flame inside you between your eyebrows. Let it slide down into the lotus of your heart, illuminating the path. When it enters the heart, imagine that the petals of the lotus open out one by one, bathing every thought, feeling and emotion in the light and so removing darkness from them. There is no space for darkness to hide. The light of the flame becomes wider and brighter. Let it pervade your limbs. Now those limbs can never indulge in dark, suspicious and wicked activities; they have become instruments of Light and Love.

“As the light reaches up to the tongue, falsehood vanishes from it. Let it rise up to the eyes and the ears and destroy all the dark desires that infest them and which lead you to perverse sights and childish conversation. Let it shine all around you and let it spread from you in ever widening circles, taking in your loved ones, your kith and kin, your friends and companions, your enemies and strangers, all living beings, the entire world.

“Since the light illumines all the senses every day so deeply and so systematic-ally, a time will soon come when you can no more relish dark and evil sights, yearn for dark and sinister tales, crave for base, harmful, deadening toxic food and drink demeaning things, approach places of ill-fame and injury, or frame evil designs against anyone at any time. Stay on in that thrill of witnessing the light everywhere. If you are adoring God in any form now, try to visualise that form in the all-pervasive light. For Light is God; God is Light.

“Practice this meditation as I have advised, regularly every day. At other times repeat the name of God (any Name fragrant with any of His many Majesties), always taking care to be conscious of His might, mercy and munificent.”

Breath Meditation (so-hum Meditation)

Swami says; “In the breath meditation, one gently focuses attention on one’s breathing and repeats “Soooo” with inhalation and “Hummm” with the exhalation.

Love, Love, Love! Become what you truly are -the embodiments of Love. No matter how others treat you, or what they think of you, do not worry. Follow Jesus Christ. Love for your own evolution and not for what others say. Do not imitate others. Cultivate your own life. You have your own heart, your own opinions, your own ideas, your own will. Why then imitate? Follow your chosen path. Let your own experience of God be your guide and master.

(Transformation of the Heart - Pg. 97)

Becoming Truly Human

On the occasion of Guru Poornima in 1987, Swami spoke to all on the importance of being truly Human.

“The evolution from animal to the human being has taken millennia. The world is peopled today by billions of

human beings. But how many of them display genuine human qualities? Man is still going through birth-pangs of real humanness. Only when human qualities are manifest can man claim to be truly human. In that humanness there is Divinity. It will wear the mantle of Truth. It will be the embodiment of Dharma (Righteousness), Prema (Love) and Santhi (Peace). It is only when men display these qualities that they can be regarded as human. If mankind is able to achieve at least this level of humanness, it would be sufficient.”

‘Guaranteeing Our Welfare’ Sathya Sai Baba has echoed many times the words of Shirdi Sai Baba, to His devotees, with guarantees of care and security.

“There will never be any dearth or scarcity, regarding food and clothes in My devotee’s home. It is My special characteristic, that I always look to and provide for, the welfare of those devotees, who worship Me wholeheartedly with their minds ever fixed on Me.”

Lord Krishna has also echoed these sentiments in the Gita. He says that we should not strive for food nor clothing, but to ask of God for anything we need. And instead of seeking worldly honours, we should try to get the Lord’s Grace and Blessings, and “be honoured in His court’.

“Fix the mind in remember Me always, so that it will not wander elsewhere, towards body, wealth and home. Then it will be calm, peaceful and carefree.”

During His Guru Poornima address recently, Swami stated the following: Your love for Me takes all the pain from this body. The moment I see you I am in a supreme bliss. Only you can make Me free from pain and NOT DOCTORS (loud applause). I am very, very happy to see thousands who came to see Me. I love you and you all love Me. Wherever you are, if you are happy I will be happy. Watching you, My heart jumps in joy...makes Me

very, very happy. All those who have come here are pious and devoted.

This will make Me walk very soon (loud Applauds)...I will manifest in front of you. You will be able to see Me in physical form if you concentrate with a pure heart. I will also talk to you.

During the course of the recent Youth Conference, Swami spoke on a number of profound issues. In one of these He touched on Liberation and how quickly it can be attained. “Everyone will be Liberated. But When? Only when you think that you are not the body, you are Atma. You will be Liberated the next day.”

“There is an easy way to Liberate. Keep your mind steady for 11 seconds. If you keep your mind steady you will attain liberation. 11 seconds is enough. You are not able to concentrate even for 11 seconds. You can experience everything in this span of time. Don’t strain your self with Japamalas. Eleven seconds of time is enough. Keep your mind steady, one pointed. If you do so, you will experience manifestation; you will see the result before the 11th second. Many people in the name of meditation, sit for hours...The result, it will only give you joint pains. Don’t have this joint pains any longer. When you consult a doctor, they say rheumatic pain. It’s not so. It’s pain because of lack of plan. Maintain time and you will not have any pain. Eat at the right time. Whenever you have bad thoughts, always say, “It’s not good for me..It’s not good for me..It’s not good for me.”

“So many have imaginations and doubts. You all are pure hearted. You have pure thoughts. Sometimes you get polluted. See that mind is not polluted, THAT IS YOUR TRUE SADHANA. What is Sadhana? Sitting and meditating is not Sadhana. What is meditation? Merely chanting the name of God is not meditation. Thinking of the pure thoughts within you is TRUE meditation. Meditate upon your own reality.”

“If you find some time, think immediately of Me. If you follow My

teachings you will experience Me... There is nothing beyond God. Don't waste time. Time is God!... I will manifest in front of you. You will be able to see Me in physical form if you concentrate with a pure heart. I will also talk to you! ..All devotees are good. There is devotion but you are not on the correct path. You don't know what is true devotion. Where there is love there is truth. Where there is truth, there is God. Truth is God."

For Centre & Group Meetings write to:
info@sathyasaieire.org

AVOID MEAT & CHEESE

"You have to be very careful with what you should eat. Meat eating and fish ...abandon them. Many people eat non-vegetarian food. It is not good for you...There is a scope of getting cancer. Give up non-vegetarian food. Many people like cheese. More and more cheese, more weaker you get. It is not good for health and mind. Don't eat cheese any longer. Even too much of milk is also not advisable...it's also bad.

EVERYTHING SHOULD BE IN LIMITS.

Many people like hard curd. they want it to be hard...Always drink dilute milk and curd. "Food should also be controlled. Then only you will experience vision of God. You don't have to waste years and years in search of God. Bliss is form of God....

"YOUR LOVE FOR ME TAKES ALL THE PAIN FROM THIS BODY.

The moment I see you I am in supreme bliss... I am very happy to see thousands who came to see Me. I love you and you all love Me. Wherever you are, if you are happy, I will be happy. Watching you My heart jumps in joy...makes Me very, very happy. All those have come here are pious and devoted. THIS WILL MAKE ME WALK VERY SOON. There is no medicine stronger than love. You are My medicine."
