

2011

Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER
JUL-AUG 2011**

Dear Devotees of Sathya Sai,

I was thinking recently how my own personal spiritual knowledge has altered over the years, since coming to Sathya Sai Baba, way back in 1974.

Reading one of Swami's quotes, I had discovered the extent to which that change had come about, when I read the following quote; *"...Divinity alone is real; the world is unreal. God has no attributes. He does not punish or harm anybody. He is present in your heart in the form of pure and unsullied love. Therefore, develop love more and more. That will protect you always. There is no greater protection than this; there is no weapon more powerful than love."*

That statement, I believe, runs counter to the teachings of the church that I was brought up in. The main emphasis within church teachings in the past, and possibly now, rested on hell, punishment, damnation, and so forth. Whereas, Swami offers us love, hope and salvation.

For those of us who have had the privilege of His Darshan, and the bliss of touching His robe or feet, we also know that that is His Will, His gift to us, and is not mere chance. He is aware of all of us, our needs and wishes, and graciously bestows His responses to our requests.

He only asks that when obstacles come our way that we meet them with courage.

He says, *"They harden you and make you tough. Suffering and misery are inevitable acts of the Cosmic drama. God does not decree these calamities, but man invites them by way of*

retribution for his evil deeds. This is the corrective punishment by nature, which induces man to give up the wrong path. All this is part of the grand design in which the negatives serve to glorify the positives. Thus, death glorifies immortality; ignorance glorifies wisdom; misery glorifies bliss; night glorifies dawn."

To suggest that we are sinners, and good for nothing, is the most negative opinion that we could possibly adopt for ourselves, and one which could become a reality within our characters. Swami's legacy to us all is that we are greater than we choose to believe, when He stated, *"When a person asserts that he is low and mean, and that he knows but little, he becomes low and mean, and his knowledge shrinks. We become what we believe we are. We are children of Almighty God, endowed with Supreme Power, Glory and Wisdom. We are children of Immortality. When we dwell in this thought, how can we ever be low and ignorant?"*

Swami has prepared us to act as His vanguard, as we now move forward into the Advent of Prema Sai - the Golden Age to come. Let us walk forward with faith in ourselves, armed with the knowledge that He had given us, and that He walks beside us lighting the way and guiding us on our journey home. *"Above all, have faith that Swami is with you at all times and at all places,"* He said.

Recently there have been a number of e-mails relating to administration issues within P.N.. These were prompted by "recent happenings" at Prasanthi, as well as comments in the press, and on

different TV News Channels, in India. There was also disruption by protesters "invading" the Kulwant Hall, shouting slogans, and wearing footwear.

One - Sai - source suggested that devotees should present themselves, en masse, in Prasanthi to "show strength, solidarity and unity".

Personally, I am saddened that such action is proposed and I certainly do not believe that it is the correct way for coping with these negative comments and actions. Swami stood for TRUTH, and there is an old saying, "Truth requires no defence".

"Silence" is a much better approach, in dealing with this form of criticism, and it would take "the wind out of their sails"! Anyway, why should we, as devotees and office holders, feel that we have to defend our Lord Sathya Sai Baba. He requires no "defence", least of all from us. It borders on the impertinent, to suggest that we should try to defend GOD.

I might even go as far as to propose, that Swami Himself may have orchestrated much of this as our test of goodwill. *Ed.*

When you do not know, confess that you do not know; if you pretend to know and try to cover up ignorance, it is dangerous, especially to the spiritual aspirant.

-BABA.

The Lingam

A close associate of Sri Sathya Sai Baba, wondered if there was damage to the body-tissues when such a heavy and occasionally angular foreign body as an ellipsoid Lingam, made its long journey from inside Swami's abdomen, He replied;

When I will its birth, it is born as a very soft, pliable substance. It is soft as it emerges from the stomach and comes up the throat. It hardens only at the time when it is ejected from the mouth.

It is interesting how it begins as a soft material, only to emerge as a hard solid object. We have seen how hard the Lingam becomes when He bounces it off the table or it lands on the floor, without breaking or having any damage to it.

It is equally interesting to note that His body temperature rises as high as 104 degrees F., prior to it leaving the mouth.

This is a lesson for all.

Do not be misled what you see around you, or be influenced by what you see. You live in a world which is a playground of illusion, full of false paths, false values and false ideals.

But you are not of that world.

-BABA.

Repeat The Name Of God

Not at any time in human history has mankind been presented with such a glorious opportunity to realise God.

In the past, individuals have attained God-realisation through fasting, suffering, meditation, etc., but today man has been given the highest, and most noble of experiences, by-passing all suffering, simply by chanting the Name of God, or reciting a holy mantra like OM, or the Gayatri Mantra.

Swami has said that repeating God's Name, or saying a holy mantra, is the most potent way in this age to experience God, for God's Name is God Himself, and that constantly repeating His Name keeps our devotion alive.

Dr. Sandweiss referred to the holy Gayatri mantra as the 'mother of the Vedas'. He stated, "It holds within it the meaning of all the Vedas. Reciting the Gayatri, we pray for an enlightened intellect that transcends all desire and thus realises Divinity. These mantras, are forms of God, and Swami told us that the Name of God, or these holy mantras, are equal to all the power and glory of God. Chanting the Name can tame and focus the mind and bring us into oneness with God. He reminds us that all Names of God are His and that chanting *Ram, Om*, or Gayatri mantra, brings us to Him."

Dr. Sandweiss tells the story in his book, "*With Love Man Is God*", of a patient who suffered extreme pain and lost some control of her legs. She said, "I was dropping off to sleep when Swami came to me with so much love that I forgot all my pain and suffering, and I was very happy. Then He began chanting to me."

The doctor asked her if she remembered what He was chanting, and she said, "Wait a minute," and

then slowly began chanting, "*Om bhoor bhuvah svaha.*"

"My goodness, how can you remember a *Sanskrit* mantra from your dreams?" She explained that it wasn't a case of the sound coming from Swami's mouth, but it radiated from His heart. So, she didn't hear it with her ears but from her heart. The sound entered her heart, and she still heard it there.

Swami is not separate from us, but resides in our hearts in the Form of Love.

**Let the whole world go topsy -
turvy, you remain where you are,
looking on all things passing
before you.**

-BABA.

Life Is A Game, Play It!

"All the world is a stage," Shakespear so wisely put it, "...with men and women merely actors." We have our entrances and our exits. Entering on cue, performing our roles to the best of our ability, and leaving the stage at the appointed time. Not sooned, nor later, but when our roles are completed, -our part in the script, finished.

Indeed, many of us require prompting from time to time. However, the script is always there for us to look into, to check and refer to. While we pursue our roles and stay close to the script, we also have our director Who is over-seeing the

overall play, with the individual actors taking part.

When we finish one play that does not mean that we lose touch with our fellow actors. Indeed, it is likely that when one production closes, another is being prepared with the same group of actors coming together, but cast in new roles with a new scenario.

So, the Divine play of Reincarnation goes on!

**We are children of Almighty God,
endowed with Supreme Power,
glory and wisdom.**

We are children of Immortality.

**When we dwell in this thought,
how can we ever be low
and ignorant?**

-BABA.

Nature Adores the Lord

Each of us is aware of how much Swami gives to all of us, from the loving care He showers on those who are devoted to Him, but equally to those who are still unaware of Him. In return, we endeavour to return to Him our devotion, our love for Him, by our good deeds towards others. Nature, too, likes to give to Him, Who is always giving, giving. On one occasion Nature demonstrated her love to the Lord of all, when He stood at the sea-shore, as the waves caressed His Feet. One stately wave rose some distance from the shore and rolled gently

ashore and receded, leaving behind a garland of pearls, dancing, swaying and surrendering to the Lotus Feet of the Lord! One hundred and eight translucent pearls, each beyond price, strung together on a thread of gold!

A hundred and eight "thank yous" from Nature to the Lord!

If you honour your mother,

**the Mother of the Universe will
guard you against harm.**

**If you honour your father, the
Father of all things will guard you.**

**This is as true as the fact that if
you honour your parents,**

your children will honour you.

Each child of this land

has four debts to discharge

**- reverence to the mother, respect
for the father, and obedience to
the teacher and adoration to the
God.**

-BABA.

A NOTE TO SAI DEVOTEES

Dear Brothers & Sisters

These are testing times for all devotees, these are Challenging times. How many will fall, crushed by the news that our Beloved Bhagavan has released Himself from His Mortal Coils, "earlier than expected"? I do not know.

How many will throw away the heavy cloak of sorrow and move to

fulfill the Mission and Message of the Avatar, in a way that the world will stand in awe and praise the Lord for the Love, Devotion and Sacrifice of the Devotees of the Kali Yuga Avatar? I do not know! I can only pray that the latter will be in their millions.

Many, even before Bhagavan released himself from His mortal coils, voiced in quite apprehension the question,

“What will happen to Bhagavan’s Mission?”

“What will happen to the Organisation that bears His name?”

Let me try to convey this to you as clearly as I can, as an ordinary member, an aspiring devotee: - **The Mission of this Avatar, guided by His Cosmic Consciousness, will grow from strength to strength.**

Look at what happened to Christ. When He was crucified and ultimately after resurrection, how many devotees did He have? And it was His devotees who spread His Mission and Message to the world.

Look at what happened to Lord Buddha.

How did Buddhism spread to Japan, China, etc.? Through the work of His Devotees!

How did the message of the Holy Prophet Mohammed, spread around the world? His Mission and Message was carried forth by His Devotees. Thus it must be and will be so for Bhagavan Baba. His Devotees must and will rise to the call and with greater dedication, greater devotion, move Bhagavan Baba’s Message to the world...not by preaching and

empty posturing, but by Service of Love, by the elevation of Human Values, by forging Unity among all people, by making Filial Piety and honouring parents the centre of human life.

How many of Bhagavan’s existing devotees, how many members and leaders of existing Sai Organisations will, with rededication, commit themselves with greater vigour than before to the Grand Vision and Mission of the Avatar? I do not know!

But one thing is for sure, thousands of new devotees will raise their hands in worship to the Kali Yuga Avatar. Thousands of new devotees will become members and office bearers, and carry forth the Vision and Mission of the Avatar.

I pray that Sai, in these great testing times for the whole world Sai family, give us the strength to go within to the “I am I”, that Sai has talked about and in that going within, to find the Faith, Dedication, Love and Strength, to unleash the greatest force of Love the world has ever witnessed, where Sai’s Cosmic Form will pervade and bless the world through the Love, Service and Dedication of every Sai devotee who wants to serve in this great Vision and Mission of the Kali Yuga Avatar.

Bhagavan Baba once declared His Vision for every Sai Member, His expectation of His devotees. He declared words to this effect; **“A time must come when the world need not come to Prashanti Nilayam to feel My Love. When they meet My devotees they must feel My Love. My Darshan must flow to you and through you to the world.”**

My Dear Sai Family, "That time has come!" We have, every one of us, to become a force to fulfil that Sai Vision of Love! That Sai's expectation of every devotee of His.

With Swami, every step he took was hallowed ground. Now every devotee must manifest this. Every step we take must be hallowed ground, every word we speak must be steeped in Love, every action we undertake must be a manifestation of Sai's ideal of Unity, Caring and Sharing.

The world must benefit because we exist. Let us hold in our hearts, in our thoughts, words and deeds, the legacy of the Kali Yuga Avatar.

And one final note to all Sai devotees and members who are aware of the great Mahabharatha. All of us are aware of the great devotee of Lord Krishna, the great warrior Arjuna. He led his army and stood fearlessly against other great warriors of his time. But when in the final days, when Krishna asked him to take the women and children of the palace to safety, and when he was taking them through the forest, he heard of Krishna leaving His Mortal Coils.

Common robbers attacked his caravan and this great warrior stood helpless to defend those whom Krishna had asked him to protect. The passing away of Krishna had robbed Arjuna of all his strength and skill as a warrior.

This should never happen to those in the Front Line of Bhagavan Baba's Mission.

Rather than becoming weakened, we have to tap the strength of the

Cosmic Sai and with undaunted faith, continue with greater vigour to fulfil His Divine mission for Human Welfare and World Happiness.

We must become greater than Arjuna!

There is no greater dedication, no greater Love, no greater Mission, we can all dedicate ourselves to as devotees of Divinity, as devotees of Divine Cosmic Consciousness, by whatever name we call The One!

Prayer "*Samastha Loka Sukhino Bhavantu*", (May all people of all the worlds be happy), should no more be just an epilogue to every prayer!

It should be a Call For Divine Action, to fulfil the great Vision and Mission of our Beloved Bhagavan.

Om Sri Bhagavan Sathya Sai Babaya Namaha!

Jai Bolo Bhagavan Sathya Sai Babaji Ke!

Jai Sai Ram, with Love.

J. Jagadeesan, Malaysia.

Q: Who will lead the Sathya Sai movement after you?

Swami: *My devotees. God will continue to guide them.* (Baba, 12/3/1999)

That devotee is dear to Me who is free from desire, who is pure in body and mind, who is resolute, unconcerned, free from sorrow and has renounced all sense of doership.

-BABA.

God Listens to Every Little Thought

Bhagavan once happened to come in His car to the hill view stadium, and after completing a round, we saw His car coming to a halt just near the rear entrance of the hostel. With anticipation, we waited to see if His car would turn and take the route into the hostel. Strangely Swami's car just waited there - none of us could guess why. After this brief halt, to our disappointment Swami's car turned away and the divine visit was not to be. The purpose of this short halt did not remain a mystery for long.

In the afternoon Swami enquired about a particular boy in the hostel. The warden started summoning boys where Swami sat, but none of them was the student Swami was looking for. He then mentioned that the boy was a student in the music college. There was a music college boy sitting right next to me and I prodded him to go on up to Swami.

As soon as he got up, Swami's face lit up with recognition and He beckoned him to come up front. We were wonderstruck, after all - what was so special about this boy that Swami Himself had to search for him? What we heard from Swami that moment was something none of us could have anticipated.

Swami asked the boy, *"Today morning weren't you sitting near the window of your room with a bad headache? You thought how nice it would be if Swami were to come right there. However, you did not want to lift yourself and look outside the*

window - I was right there outside the hostel looking at you!"

Swami had conveyed a profound truth in such a casual and simple way! God is there always awaiting, man only needs to lift himself - if he puts in that effort, then he could experience God.

Source: From Vidhyullekha, Alumini Newsletter

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**The service of man
is the only means by which
you can serve God.**

-BABA.

PLAYING A ROLE IN LIFE

The Prof. of SSSU, Dr. Ravi Kimar, referred to a drama, enacted on Nov. 22, 1980, one of Swami's oldest student, and now said, "I had the opportunity to act in a play, 'The Kingdom of Heaven'. This was a drama on the life of Jesus Christ, written and enacted by former students, who prayed to Swami to permit them, and the Kind Lord agreed. Swami then looked through the entire list of actors, picked up one particular role and said, 'Ask Ravi to do this role'.

"At that time, I had finished my education in Swami's College and was doing my post-graduation, at Anantapur, about 80 kms from Puttaparthi. So they said, 'Swami, Ravi is not here, he is studying there.' Swami then said, 'No, he

comes on weekends, he can practice at that time.'

I, therefore, was given that role, and it was only much later that I realised how so beautifully Swami had indicated to me what was to come later in my life.

"The role was that of a beggar, who is cured by Jesus Christ. And during one of those days, when we were having practice sessions, as Jesus was 'curing' me in the drama, Swami entered by the side and remarked: '*See! Sai Baba came and this fellow got his eyesight!*' And we all laughed. The next day, the same thing happened, and again Swami remarked: '*See, Sai Baba came and he got his vision back!*'

'While this interaction was going on, Swami suddenly asked, '*Did you hear the applause during Darshan?*' We had heard the clapping sitting inside the green room, so we said, 'Yes, Swami, we heard the applause.' And then He looked at me and said, '*You know, I gave vision to an 18 year old girl who was born blind!*' And, with His Eyes riveted on me, He immediately continued, '*And, I will give you also!*' We all laughed because we thought Swami was making a joke, since I was a blind beggar in the drama. But we never realised that Swami was actually indicating to me what was to come in the future - that I would lose my eyesight, and He would give it back! It was five years later that I burnt my eyes completely while doing an experiment in the Chemistry lab and gained my vision back only by His Grace.

"Every session with Swami before the actual performance, therefore, was a boon to the students. Because

the Supreme Teacher would take that opportunity to instill attitudes and behaviours, knowledge and wisdom, faith and conviction into the hearts and minds of His wards, which could mould them into masterpieces of men. And to this end, He would invest any amount of time and exert Himself to any length."

When I leave this body and go, My bones in the Samadhi will grant you succour and courage. Today I am speaking to you, tomorrow My Samadhi will speak to you and look after your welfare. Don't grieve over the physical disappearance of this body. Trust Me and think of Me always; I am always with you. -BABA.

Man's Divine Car.

Sathya Sai Baba, through His Divine love and in His own inimitable way, evokes in each of our hearts, this devotion and builds our faith, so stated Mrs. Mallika Srinivasan, CEO of TAFE (Tractor & Farm Equipment).

I would like to share with you, one such instance, when Swami through a simple and appealing example captured the heart of a young boy in an instant, making him a devotee for life.

During the interview, Swami asked our young son to ask Him questions.

BOY: "What is your favourite car?"

SWAMI: (with a smile) "the Morris Minor." (He went on to tell of how He used to drive to Madras and how He obtained a licence).

BOY: "You used to drive yourself"

SWAMI: "I will give you a big car. Will you take it? You mustn't say *no!*"

BOY: (A bit overawed) "OK!"

SWAMI: "Will you give Me your car?"

BOY: "Sure, Swami!"

SWAMI: "Shall I drive it?"

BOY: "Sure, Swami!"

SWAMI: (smilingly placed His hand on our son's heart and said) "Your heart is the car and I am the driver."

One of the most profound lessons in devotion had been taught by Swami in the simplest possible manner! Swami says, *"Have faith in Him"* and *"Be free from fear, anxiety and agitation. Surrender to God; His Grace can save you. His wisdom can enlighten you. His power can overcome all obstacles. Faith and surrender are the manifestations of devotion."*

Man feels that riches are paramount, but what he fancies as wealth are but material, momentary, trivial things.

Character, virtue, brotherhood, charity - these are the real riches. The company of the good and godly is the wealth that is most worthy. Wisdom is the most precious wealth. The educated person must live with this

conviction. Search for mere riches can never confer contentment and peace of mind. Each one yearns for lasting joy, but does not stop to discover from where it can be got. It is not available anywhere outside him.

-BABA.

A Wonderful Divine Miracle

It was a midnight drive, after visiting a friend that took Muriel Engle, of Santa Barbara, along a lonely mountain drive home. A dark night with a light drizzle. On her left side was sheer rock, while the right side presented a sheer drop into a dark canyon.

The car was travelling too fast, so she geared down as she approached a spot called "suicide curve", but as she touched the brakes, the car went into a skid and the wheels locked. She could not believe what was happening, as the car went over the curb and leaped, as in slow motion, into space, and she cried out, "No!, No! No... Baba!"

Crashing through branches, a great tree loomed ahead, smashing both doors on her side, and coming to rest between the tree trunk and a rock. Glass splinters flying, giving her slight cuts but nothing serious. She switched off the motor. All was quite except for the sound of rushing water from Mission Creek and crickets.

She was able to move her arm, legs and body as she collected some personal items that were thrown around the car and she manoeuvred out of the car, as she heard herself

saying, in a quavering voice, "Oh, Baba, Baba, I can't handle this myself. What will you do with me?"

She expected to stay there for the night, as there was no other car on the road, as she went over the edge. The clock showed 12:20 a.m., when suddenly a powerful light beamed down from above her. Calling for help she heard male voices, and identified police officers. They told her that they had alerted the Fire Rescue Team. It took half an hour, with a winch and four firemen, to bring her up on a safety litter. Finally, she was amazed to stand on her feet and realise she was intact.

"How did you find me or even know where or how to look for me?" I asked the officer, bringing me home. "I got the radio call from the station at 12:11, somebody must have called in." She wanted to thank the person who reported the accident, the officer called his headquarters when we arrived at my home. Looking at me he said, "An anonymous call," he said. "Man or woman?" I asked. "Couldn't tell," he said as he hung up.

"Why would anyone make an anonymous call in a situation like this?" I queried. The officer shrugged, "Many don't want to get involved, I guess."

I walked behind the officer to the door, and then I distinctly heard the words in my head, "*I am involved!*"

Several times since, I have awakened, re-living that terror - but the calm comes when, again, I hear the words, "*I am involved!*"

Ninety-nine out of a hundred of you do not strive to know My Reality.

You cannot understand My Reality, either today or even after thousands of years of austerity or inquiry, even if all mankind join in that effort.

But, very soon, you will be aware of this Bliss showered by the Divine Principle, which has taken upon Itself this Body and this Name.

Your good fortune therefore, is greater than what was the share of sages and saints and even personalities embodying facets of Divine Glory.

-BABA.

The Power of Prayer

Miracles are synonymous with our Lord Sathya Sai Baba, and selecting suitable examples for our Newsletter, can be really something. For example the following story demonstrates, once again, the love and attention Swami pays to His devotees.

A devotee in the U.S., not financially well off, saved up each month for a ticket to P.N. to have Swami's Darshan. He bought the ticket and kept it safely in his wallet, until, that is, he went to a shopping mall, and realised his wallet was missing.

He was crest fallen and in shock when he reported it to the police. The officer merely laughed, saying that he doubted the man would see it again. "In America if you lose a

wallet you will never get it back and it is a futile task to file a complaint for it!"

The devotee was determined while the officer was amused, but relented and noted the loss.

Two weeks went by as the devotee prayed to Swami for the return of his wallet with the much-treasured ticket to India. He kept contacting the police but to no avail, indeed they laughed at his hope of ever recovering the wallet. But... he kept praying.

Four weeks later he received a call from the officer and he rushed to the station and saw the officer holding his wallet! The devotee was ecstatic and had no words to express his thanks to Swami as he had prayed daily and ardently.

The officer was curious to know about the ticket, and was told that it was for a visit to P.N. "He is my Spiritual Guru!" showing the officer a photo of 'the Guru' he was going to visit.

The officer amazingly remarked, "Why do you need to go to Puttuparthi for that?" "What do you mean?" asked the devotee.

The officer stunned the devotee saying, "This person Himself walked in here a few minutes back, handed over the wallet to me and told me to inform you and left just now!"

The devotee couldn't control the tears of gratitude that rolled down his cheeks.

"Don't Don" - the Robe.

The beautiful book, "A Catholic Priest Meets Sai Baba", by Mario Mazzoleni, was an eye opener for many Catholic Sai devotees. For a Catholic to write such a lovely book was truly wonderful, but for a Catholic priest to do so was quite an eye opener!

When I heard later that he was excommunicated, I was shocked enough to write to him to sympathize and to say how both my wife and I loved his book, and were sad at the turn of events.

I addressed him as Don Mario, and I received a letter by return, thanking me, but asked me not to address him as "Don" as he was no longer a priest. I thought this was sad. However, in an article he wrote for "Sanathana Sarathi", on the event of Swami's 70th Birthday, he stated: "Now I would like to touch upon a unique and delicate aspect of my life, my priesthood and my relationship with the Catholic Church. Because I spoke of Baba from the official position, allowed by the robe I was wearing, the robe was taken away from me. I have thought very often about this serious event in my life. I thought that telling the truth and inviting others to look for it was the specific goal of a priest. I would never have imagined that I would lose the robe for having spoken of God! Moreover, I was hoping to contribute to the broadening of the Catholic mind by showing them Baba's Truth.

"The Roman Catholic priests carry in front of their name the title "Don". The excommunication has revoked that title, forbidding my practice of priesthood and access to the

sacraments; now for the Catholics I am a "pariah". I know that Baba loves to make a play on the words; I will dare one myself. It is as if I would hear Him tell me, "Don't don!" (Don't keep on wearing that robe, leave the old robe). The course on which Baba has now set me is to learn the art of how "to wear the new man", and to get rid of the old one. The value of your words, He tells me, does not derive from the caste to which you belong, is not from what you are outside, but from what you are inside.

"Now that the Catholic Church does not recognise me any longer as its son, I feel I am the son of all churches, including the one that sent me away. One can cease being loved, but it is never possible to stop one from loving.

"Many who have called themselves masters, tie their disciples to them, making them dependants... The great miracle of Baba consists in the vibrancy of His Love. It is not a love that induces passiveness; it brings with it a self-regenerating force. Those who have drawn from it will be able to walk autonomously, held by the awareness that Baba is not simply the sweet orange figure whose darshan we yearn for, but the essence of life which maintains all worlds.

"Looking within, one receives His darshan".

Never think: how is this going to end? What is going to happen?

If you give into this temptation you demonstrate that you don't trust Me.

Do you want Me to deal with it, yes or no?

Then you must stop being anxious about it, I shall guide you only if you completely surrender to Me and when I must lead you into a different path than the one that you expect, I carry you in My arms." -Baba

Poem Composed by Bhagavan Baba

(taken from "Sai Vani")

To set things and set them in proper order

It is in utter chaos and discard

The world needs correction:

Seeds of hope, peace and goodwill are to be sown.

To come down strongly on evil tendencies

And to protect the virtuous and pious

And exhort men to do the right things

And to prevent just that lip movement without depth:

To reveal the hidden secrets

To relieve Mother Earth of Her burden

To fulfill the promises that He had made in Tretha Yuga

The Krishna of Dwaraka, has come as Sai on earth. - BABA.

Faith is like a live volcano. Doubts are like seeds. No seed will sprout on a live volcano.

If your doubts are multiplying, it means your faith is weak and unstable, and akin to an extinct volcano. Where there are doubts, there can be no faith.

Your doubts arise or disappear because of your past karma (actions).

No doubts will arise if your faith is strong. To realise Divinity you must first get rid of all your doubts.

From time to time, God subjects you to various tests.

These are not intended to be punishments as you may imagine, but actually to strengthen your faith.

Always remember that the Divine acts as a witness. The Divine shows you the path to self-realisation.

-BABA, Discourse, 1983

The Healing Path

by Shay Moran

We recently enjoyed the Sathya Sai Summer Retreat of Butlerstown Castle Cottages in County Wexford. The theme of the Retreat was 'Treading the Spiritual Path'. Over the three days of the Retreat we looked at some important aspects of living life as a spiritual pilgrimage, holding everything up to the light of Swami's teachings, and also reflecting on our own experiences under His continuing guidance and protection. This article takes a look at one of the key aspects of the spiritual path which we covered in

the Retreat, namely, the Healing Path.

Swami says, that, *"every living being in this world is knowingly or unknowingly on a spiritual pilgrimage"*.

What is a pilgrimage? A spiritual pilgrimage is two journeys happening together, an outer journey and an inner journey, two for the price of one! That is life, the physical journey of the body moving through the world, facilitating an inner journey of spiritual self-development. Along the pilgrimage path of life you get all the guidance and support you need to help you on your way. You will also face all the challenges and obstacles you need to overcome, to make you fit and fearless and strong, to complete your pilgrim's path. The pilgrimage path is a path of self-discovery, only to find that, *"after long searches here and there, in temples and churches... He for whom you have been seeking, is in reality the nearest of the near, your own Self."*

A very important stretch of the Spiritual Path is the Healing Path. The healing in question is an emotional and psychological healing. We all have fears, anxieties, anger, sadness, jealousy and self-doubt. These feelings sap our energy and do not serve us. They separate us from our Inner Peace. They divorce us from Love. They deepen our false sense of an isolated individual identity. How can we let these negative feelings go? How can we be free of them? The answer is the healing path.

Swami gives us the directions for the entire spiritual journey in four simple phrases... *"Follow the Master.*

Face the Devil. Fight to the end. Finish the game." Everything we need to know about treading the spiritual path is captured in these four beautifully simple principles.

Face the Devil

Let us consider the second of the four F's: "*Face the devil*". This is the instruction that describes the healing path. What is the devil we need to face? The devil is fear, anger, jealousy, depression and so on.

Swami chooses His words carefully. He does not tell us to fight the devil, avoid the devil, run from the devil or kill the devil. He tells us to simply **face** the devil. He is urging us to have the courage to face our own inner feelings. This is not an easy thing to do. When something happening in our lives triggers an emotional response in us, the instinctive human tendency is to suppress the unpleasant feelings of pain or sadness or anger rising up in us. The instinctive human response to conflict is to play the blame game - I'm right and she's wrong, or she's right and I'm wrong. Each response is equally futile. The instinctive human response to pain is to distract ourselves, and in any way possible to avoid to aloud feeling what we are feeling. This is the normal human response but it is not the spiritual response. The spiritual principle instructs us to face the devil of our own anger, hurt or sadness. It is not to say that the problems in our lives do not need to be dealt with. Of course they do. But it is our emotional response to those problems that holds the key to our healing. Have the moral courage to feel what you are feeling. This is the

path to healing and ultimately to liberation.

So, when do we face the devil? Once again, Swami's words are very revealing. He doesn't tell us to hunt for the devil or draw the devil out of his hiding. Swami tells us only to *face* the devil. In other words, when the feelings of hurt, anger, envy or craving present ourselves, only then is it time to examine them. That is the time our inner Self says, "It's time to look at this negative aspect. I am ready to be free of it. I don't need to be afraid anymore. I don't need to be angry. I don't need to be sad." In this way, the devil is not even our enemy. The devil is our friend. He is showing us what aspect of ourselves is ready to be looked at and healed. This benevolent creation will always reflect for us what it is we need to face within ourselves, and also let us know when the time is right to face it.

Your own experience will show you that the issues that come up in your life will keep coming up again and again until you face them. The difficult people or situations you encounter are not there to make you suffer. They are part of your divinely appointed path, with its uniquely tailored challenges for you to overcome. Facing these challenges will draw out your inner strength and character, release you from what you are not, and reveal who you truly are.

The World is a Mirror

Swami says, "*Every happening in this world is nothing but a reaction, reflection and resound.*" In other words, what we experience in our lives is only some aspect of ourselves reflecting back at us. If we

want to solve the outer problem, we need to resolve the inner issue that partners it. If you want to be healed in this life, change the habit of thinking that the problem is out there somewhere. Start to realise that the solution is within yourself. To quote Carl Jung, "Who looks outside dreams, who looks inside awakens."

Awareness

Awareness is the key to knowing who you are. Awareness means not being pulled this way and that, and thrown from side to side by the whims and fancies of the outer world, but rather being still and watching and watching your inner response to the happenings in your life. Awareness simply means feeling the feelings you are feeling, and understanding them.

The next time someone or something upsets you, don't suppress or avoid the feeling. Try this exercise. Sit quietly with whatever you are feeling. Have a cup of tea with it. Call on Swami to guide you and protect you through your healing. And simply feel the feeling you are feeling. Don't be afraid or ashamed of it. Just be aware of it. Feel the feeling in your body. Give the feeling a name... insecurity, righteous anger, self-doubt, fear of rejection. Whatever it is, offer it to Swami. He will take it. Even just by being aware of it, you are already diminishing its power over you, and increasing your own inner power greatly.

Every small effort you make to increase the awareness of your own feelings will bring great benefits in your life. As you become stronger and more aware, you can easily let

these negative feelings go. You will become self-confident and full of love. You do not have to be enslaved by feelings of fear, desire, anger or sadness. Face them, let them go, and be healed.

These transient negative feelings are not who you are. Indeed, the Awareness itself of what you are feeling is much closer to who you are. Be in that Awareness and know the Truth of who you are.

**Keep cool, have patience and
that TRUTH WILL PREVAIL**

-BABA.

Q. & A.

Q: Swami, You do so much for us. You give us whatever we need. You protect us, guard us and guide us. What can we do for You?

Swami: *Can you do one thing for Me?*

'Be Happy. Be Happy. Be Happy.'

Swami tells us about the ABC of life: Always Be Cheerful. Remember the Sai alphabet, **ABCDEFGG: Always Be Cheerful: Don't Ever Forget God.**

If we always remember God we *will* be cheerful and happy.

"Happiness is union with God."

Mind Your Tongue!

Once Swami said that our tongue loves sweet things, and He went on

to speak on the subject in a discourse back in 1978.

"We should talk to the tongue and say, 'O tongue, you like sweet things so much, why don't you linger on the sweet name of the Lord?"

O tongue, you know what true sacrifice means; you are the very embodiment of sacrifice. Use yourself only for singing the name of the Lord. Sing of God and become sacred and Holy thereby!"

God is man and man is God.

-BABA.

(The Blitz interview - 1974)

Mahatma Gandhi

An Epitome of Humanity

One day, a professor came to meet Mahatma Gandhi. He had fixed an appointment with him for 11 a.m. He arrived at 10 minutes to eleven and found only one man sweeping the floor of Gandhi's cottage, at Wardha. The learned professor ordered the man to go and inform Mahatma Gandhi that he had arrived.

"He asked me to come at 11 o'clock," the professor said. The man replied, "Sir, Gandhi is very punctual. He will come and meet you at sharp eleven."

The professor thought the man was irreverent. He himself referred to Gandhi as the Mahatma, but the sweeper merely called him Gandhi. The professor was annoyed and said, "Didn't I tell you to go and inform Mahatma Gandhi that I am here? I

have been waiting for 9 minutes and you haven't done anything."

Again the sweeper replied, "Sir, Gandhi is very punctual. He will meet you at 11 o'clock sharp."

At the tick of the clock, at exactly 11 o'clock, the man, who was sweeping the room, came and stood before the professor and said, "Sir, what can I do for you?"

The professor said to him, "You are a nincompoop. I have told you to go and inform Mahatma Gandhi that I have come and yet you ask me what you can do for me."

Then it was that man smiled. That is when the professor realised that the man who had been sweeping the room was none other than the Mahatma himself! He fell at his feet and begged to be forgiven.

The one essential mark of true greatness is humility! (S.S.S. Bal Vikas, Jan. 2003)

My walking amongst you is a gift yearned for by the gods of the highest heavens; but here you are receiving this Grace without much effort.

Be grateful for what you are getting.

The blessings you receive would express themselves in due course, when the time comes.

But also remember: To whom much is given, from him much also would be demanded!

-BABA.

The Legacy of the Lord

Our Beloved Lord Sathya Sai Baba, has attained Samadhi, but not before leaving us with His legacy, which He gave in His own precious words:

“When the Divine comes down as Avatar - whether as Rama, Krishna, Matsya, Varah or Vaman - it is only for one purpose. You recognise only the momentary results of the Advent, but you should note that the Divine comes as Avatar only to teach the Truth about Love.”

This was His gift to us, His devotees, and it now rests with us to continue His work, based on the discourses and guidance He has given us over the years. This is an important and valued TRUST, that the Lord has placed upon us.

As His devotees, He bound us to Him over those many years, but now He has cut us loose to continue His work on His behalf, having given us the tools to do His sacred work. We must not shirk this responsibility - it is much too important to ignore, and He will continue to guide us from His residence in our hearts.

Swami's TRUST included many Divine projects that He has bequeathed to mankind, in the areas of education, medical relief and His enormous water project. Sathya Sai Baba could not bear the sufferings of the poor, so He decided to do in 18 months what the government could not do in 50 years, namely to provide potable drinking water to the whole district of Anantapur, and this was done *in just 18 months!*

Details of this massive work consisted of laying 2,000 kilometres

of water pipelines, constructing 270 overhead reservoirs of a capacity of 40,000 to 300,000 litres, for delivering water to the poorest of the poor, in 750 villagers in the district, and later providing water to the people of the city Chennai. This meant construction 63 km stretch of the 150 km canal at an overall cost of over Rs 500 crore (remember that one crore equals 10,000,000).

This Newsletter is too small to cope with the many other services He has bequeathed to us before His Samadhi.

Never ever hurt God or you will be consumed by your own actions.

-BABA.

A Blue Rose

Having four visiting family members, my wife was very busy, so I offered to go to the store for her to get some needed items, so off I went.

I scurried around the store, gathering up my goodies and headed for the checkout counter, only to be blocked in the narrow aisle by a young man. I wasn't in a hurry so I patiently waited for the boy to realise I was there. This was when he waved his hands in the air and declared in a loud voice, "Mommy, I'm over here."

It was obvious now, he was mentally challenged and also startled as he turned and saw me standing so close to him, waiting to squeeze by. His eyes widened and surprise exploded on his face as I said, "Hey Buddy, what's your name?"

"My name is Denny and I'm shopping with my mother," he responded proudly.

"Wow," I said, "that's a cool name; I wish my name was Denny, but my name is Steve."

"Steve, like Stevarino?" he asked.

"Yes," I answered. "How old are you Denny?"

"How old am I now, Mommy?" he asked his mother as she slowly came over from the next aisle.

"You're fifteen-years-old, Denny; now be a good boy and let the man pass by.

I acknowledged her and continued to talk to Denny for several more minutes about summer, bicycles and school. I watched his brown eyes dance with excitement, because he was the centre of someone's attention. He then abruptly turned and headed towards the toy section.

Denny's mom had a puzzled look on her face and thanked me for taking the time to talk with her son. She told me that most people wouldn't even look at him, much less talk to him.

I told her that it was my pleasure and then I said something I have no idea where it came from, other than by the prompting of the Holy Spirit. I told her that there are plenty of red, yellow, and pink roses in God's Garden; however, "Blue Roses" are very rare and should be appreciated for their beauty and distinctiveness. You see, Denny is a Blue Rose and if someone doesn't stop and smell that rose with their heart and touch that rose with their kindness, then they've missed a blessing from God.

She was silent for a second, then with a tear in her eye she asked, "Who are you?"

Without thinking I said, "Oh, I'm probably just a dandelion, but I sure love living in God's garden." She reached out, squeezed my hand and said, "God bless you!" and then I had tears in my eyes.

May I suggest, the next time you see a Blue Rose, don't turn your head and walk off. Take the time to smile and say Hello. Why? Because, by the grace of GOD, this mother or father could be you. This could be your child, grandchild, niece or nephew. What a difference a moment can mean to that person or their family.

Love simply. Love generously. Care deeply. Speak kindly. Leave the rest to Baba.

"People will forget what you said. People will forget what you did, but people will never forget how you made them feel!". - From an old dandelion!

All that you see is a reflection of what is inside you. If you call a person bad, it is the bad in you being reflected in him. It has got nothing to do with him. Good and bad are but reflections of your inner being. Never consider them as separate from you. Good thoughts are the source of good vibrations. If your inner being is full of love, the same principle of love will find manifestation in your speech and actions. When you have sacred thoughts, you will become a divine person.

-BABA
