

**2012**

Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER  
JUL-AUG 2012**

## **Dear Devotees of Sathya Sai,**

The time is drawing near when major changes are about to slowly commence in the world - the introduction of a new age, the Sathya yuga, the Golden Age.

Swami has graciously prepared us for some time by making references to His students of this event, from time to time. It is my understanding that the change will be a gradual one, commencing on December of this year, and carrying on for about eight years, with the major change being a shift in consciousness.

The following exciting statement was from Swami prior to His departure:

*"Oh devotees, wake up, wake up, wake up... the time for which great Sages and Sidhas have been waiting for eons is fast approaching.*

*Realise who I am, My reality of that Omnipresence, that Greatness, and Majesty, and prepare yourself for an extraordinary event that is about to unfold...in which I will return in ways that you can never imagine.*

*Trust Me, have complete faith and surrender. Very soon all will realise My Glory and greatness.*

*Now you go around the world and spread My message. Tell all to be prepared. This is a great time and a great opportunity, something extraordinary in the history of mankind is about to happen". -BABA.*

With this, Swami is also preparing us for the advent of Prema Sai. It has been reported that many Devotees of our Lord Sai, have read, heard and seen Swami since His Maha Samadhi, which contain, I understand, Divine

Messages from Him. He is telling us that He is always with us and guiding us.

The Divine Miracles in New York, to His Divine Footprints in Sundaram, Chennai, and conversations with Shri Narasimha Murthy and His visit to the Students' Hostel in P.N., are all reminders of His presence.

Now I'm told that Swami has appeared in a vision to the Quebec Sai Centre, builder-devotee Krishin Singhal. Mr. Singhal spoke at their Meeting, recently, of having a vision of Sathya Sai Baba riding a huge, bright white horse (about 20 feet high or so) and surrounded by humanity. Swami was wearing a white robe and surrounded by gleaming white rays of light.

Later, having mentioned this to others, they said he was describing the Kalki Avatar, Who is supposed to be the last of the ten Avatars, with Whom the Kali yuga is expected to end. Ed.

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### *Sai's Comment to Those Who Try to Destroy His Image*

The following is an interesting statement from Swami.

Having authorised Dr. Goldstein and Leonard Gutter to visit the Sathya Sai Centres in eleven countries in Latin America, the Sai devotees of El Salvador were very happy with the prospect of this visit and chose to put up posters, with Swami's picture in strategic sites around the town.

A teacher of the EHV programme posted one of the posters in her

school, but later found that Sai's image had been defaced by some unprincipled wretch. This undisciplined act angered the teacher initially, but then upon cooling down she thought, "No, that is not right!" Praying for Swami's guidance she suddenly started writing -not her own words, but Swami's.

"I return to you as an image on a poster that you pretend to destroy. I return to you as the light which you cannot extinguish, as the truth that you cannot destroy. I return to you as the voice of your truth that you cannot silence, because I am the essence of the Universal Truth. Wash the dirt away from your heart so that you can hear My Voice. Remove the blindfold that is covering your eyes and you will be able to see Me. I am in you, I'm your Atma, your Spirit, your Truth, the voice of your conscience. I am your beginning and your end. You cannot destroy Me. You can only achieve your own destruction."

The defaced poster was replaced with this message and all the students read it in silence, and walked away with bowed heads.

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*"As far as it lies in your power, do good to others. Do not sow fear or inflict pain on others or promote anxiety or grief. If you take pleasure in the pain of others, you only scotch the divinity in you and bring to light the demonic natures in man.*

*The Lord resides in all -"Ishwara sarva bhoothaanam" - He is in you, as much as in the other, whom you are harming. Know this and give up all efforts to ruin others. You cannot help*

*another - you can only help yourself by that act. You do not harm another; you only harm yourself by any wicked action. The outer attachments and nature may be different, but the inner reality in you is the same as in the 'other'".*

-Baba, Divine Discourse, 1965.

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### "God Is"

In July 21st, 1986, Bhagavan Sri Sathya Sai Baba, gave a Discourse, from which the following is taken;

*"There is a simple five-letter pronouncement "God is", - ("Devudunnaadu").*

*"Make this your sheet anchor. If you go on reciting it, thinking over it, acting up to it and conveying it to others, immersing yourself in the bliss of this experience, you will be making the greatest contribution to the welfare of the world".*

*"Consider this mantra as the message for this Guru Purnima and proclaim it in all circumstances and at all places with all the conviction and strength you can command. The world can be turned into an earthly paradise if you strengthen your faith in God and demonstrate it in your actions".*

*"You must have the courage and determination to face any kind of problems and difficulties. By propagating this mantra you can promote the love of God and the fear of sin among the people".*

*"The mantra "God is" can be more powerful than a mantra based on any particular deity's name".*

*"From today, develop your faith in God; engage yourselves in dedicated service to society and make your lives purposeful and helpful to those in distress or need. Remember that whomsoever you may serve, you are serving God".*

*"This is my benediction for all of you."*

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*"I have descended from the level of God to the level of man in order to uplift man. Others are humans trying to raise themselves up to the level of God." - BABA.*

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Someone asked Swami what is the most difficult task for Him. He replied: *"To pretend that I do not know anything despite knowing everything."*

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#### Monkey With a Golden Heart...

Two blind people wanted a drink of water at the Ragi Gudda temple, Bangalore. When they were unable to operate the tap, a mother monkey operated the tap for them, allowed them to drink water, and then drank some herself, and closed the tap before leaving the scene.

(extract from an Indian newspaper.)

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*"Transform work into worship, and worship into wisdom." - BABA.*

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#### The Elephant Whisperer

We have all heard of the "Horse Whisperer" and perhaps seen the

film by the same name, but the late Lawrence Anthony has been referred to as the "Elephant Whisperer".

The following article appeared in The Prasanthi Reporter;

A renowned conversationalist and environmentalist, Lawrence Anthony had the unique ability to communicate heart to heart with elephants! He was particularly successful in taming and "normalising" a herd of wild, traumatised and rogue elephants, "delinquents every one of them", in Zululand, South Africa.

Although he had not seen the elephants for 15 months, as he had had to distance them for their own safety. On the day Anthony died, without warning, in March 2012, the whole herd appeared out of nowhere having walked for 12 miles and stood silently outside his house as if to pay homage to the human being who had so loved and understood them. They stayed outside his house for two days.

We know the elephants mourn their loved ones and to them he had become a beloved family member. Somehow, on their "jungle telegraph", they had intuited that he had passed away.

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*"In the Bible, it is recorded that Jesus washed the feet of His disciples.*

*When they asked Him why He was doing so, Jesus answered:*

*"I am washing your feet as your servant, so that you may learn to serve the world."*

*Love must be manifest as service to others and that service must take the form of food for the hungry, solace for the forlorn, and consolation for the sick and suffering.*

*Jesus wore Himself out in such service to humanity”.*

-BABA, (Dec. 25th 1981 + 1984)

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### The Secret of a Long Life

*Extract from a talk by Anil Kumar.*

Swami posed the question, “Do you know how to live a long life? Do you know the secret of a long life?”

“Swami I don’t know”, came the answer.

“Only two things are needed. One is sacrifice and the other is love or prema. Sacrifice and love will give you long life. Thyaga or sacrifice is the medicine, while love is the diet. If we take the medicine without following the diet, the disease will never be cured. If we follow the diet without taking the medicine, we are nearer to the grave. Unless we have the diet and the medicine together, the disease cannot be cured. So the medicine of sacrifice and the diet of love, both are necessary to live a long life.”

Swami gave an example from the United States - Rockefeller. Today, in the United States there is the Rockefeller Foundation. This charity is working all over the U.S. How did this come about? Rockefeller was fabulously rich - very, very rich. He had no time to think of anything other than making money. He reached the stage where he forgot

the amount of money he had because he was so busy.

But Rockefeller fell sick at the age of about 48. And the doctors said, “Look here, you are not going to survive for more than eight or ten months. You are not going to live much longer.”

So Rockefeller started distributing his money to everybody. Educational institutes, medical institutes and many others all over the United States, with the result that he lived for almost 90 years. A person who should have left this planet-earth 40 years earlier, got an extension of his life. How is that possible? Because of his sacrifice.

What is required today is for our hearts to melt. Even stones wither and become ordinary sand -in time.

When Jesus reached the stage of unity with God, He had no suffering at all. He was blissful and was prepared for anything. Even at the time of crucifixion, Jesus was smiling, because He realised that He was not the body.

Body is bound to perish, but the in-dweller has no birth and death.

Truly speaking the in-dweller is God Himself. Jesus understood that His body was merely a vesture, and that God was the in-dweller. -BABA.

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### LOVE SHOULD EXPAND

*extract from “Sri Sathya Sai ANANDADAYI”*

Regarding marriage Swami advised thus, “Do not marry close relatives. If one is married to a person of a

different family, intelligent children will be born. If one marries a close relative, the health and intelligence of the children born will suffer. Do not marry into a family where some disease runs in the entire lineage or where the members are 'nastikas', (atheist/nonbelievers).

"Do you know what marriages are for? Initially, husband and wife share the love. When children are born, the love encompasses them. With passage of time, the love has to spread to relatives, friends and then society at large. This is the way love should expand. Life should be expansion, not contraction."

Some devotees asked Swami about the extravagant marriage celebrations and whether He could advise to curtail the same. Swami told the devotees, "In olden days, girls would be married off at an early age. Elders were very particular regarding cultural background of the family and compatibility between two families. If the bride's father was rich and could afford to give something, he would present one or two cows to the daughter. In those days, the boy and girl would see each other for the first time only during the marriage. Now the boy and girl meet and decide whether to marry each other or no. This is 'gandharva vivaha', (Heavenly angels?). There are no rituals for this type of marriage. In those days, the blessings of the Peepul tree, Sun and Earth were invoked upon and were considered to be witnesses for the marriage and celebrations of marriage in the presence of near and dear ones was important. Now you have brought in several rituals, procedures of giving and receiving.

You have build castles of ego around you. What can I do?"

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*"Ask Me when you need any help. Extend your hand only for the grace from God. Ask for grace as a right, not in a grovelling style. Ask, as a child asks the father; feel that God is nearest and dearest. Grace is showered on those who seek. Knock and the door shall be opened; ask and food will be served; search and the treasure will be yours." - BABA.*

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The Vital Difference between Human Beings and Animals.

In answer to a question re. animals and humans, Swami replied thus;

*"Human beings have the power and also the authority to conquer maya and totally free themselves from delusion. If man takes the trouble and make the effort, he will be able to directly experience the Atma and, thereby know himself as the divinity that he truly is. With the help of spiritual exercises he can reach nirvana and be immersed in supreme bliss."*

*"God is our only true friend. Taking God as your friend, your heart as the teacher and the world as the great book, acquire all the knowledge you wish to. You should master this Pusthaka (book) using your Masthaka (head)! Books printed on paper are not so important as this book composed and written by God Himself. It is available everywhere, to everyone, at all times and is absolutely free. So even as you pore over your regular textbooks, remember your Guru, the heart, and*

*that make sure you always have your true friend, God, near you!*

*"The Divine lives in the Hearts of all."*

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"Silence is the speech of a spiritual seeker." - BABA.

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### No One Can Hurt You Without Your Consent

As President Abraham Lincoln entered to give his inaugural address, just in the middle, a man stood up - a rich aristocrat - and said, "Mr. Lincoln, you should not forget that your father used to make shoes for my family." The whole Senate laughed - they thought they had made a fool of Abraham Lincoln.

But Lincoln, and his type of people, are made of a totally different mettle. He looked at the man and said, "Sir, I know that my father used to make shoes in your house for your family, and there will be many others here... Because the way he made shoes, nobody else can. He was a creator! His shoes were not just shoes; he poured his whole soul into it. I want to ask you, have you any complaints? Because I know how to make shoes myself. If you have any complaint, I can make another pair of shoes for you. But as far as I know, nobody has ever complained about my father's shoes. He was a genius, a great creator and I am proud of my father!"

The whole Senate was struck dumb. They could not understand what kind of man Abraham Lincoln was. He was proud because his father did the job so well that not

even a single complaint had even been heard.

Moral of the story: "No one can hurt you without your consent."

"It is not what happens to us that hurts us. It is our response that hurts us."

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Gandhi said: "Man is not at peace with himself until he has become like unto God. The endeavour to reach this state is the supreme and only ambition worth having, and this is self-realisation. This self-realisation is the subject of the Gita, as it is of all scriptures. The Gita has become for us a spiritual reference book."

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*"In the mental hospital, you will find all kinds of mad persons: some spit on others, some bite and scratch; some throw stones, some go on continuously hurling vulgar abuses. The world too is full of people who have such insanities but who are not in the asylum."*

*In some hospitals you will find a person who sits in a corner and simply rests, without a break watching the inmates! The doctors will be thankful to that man for he gives no trouble.*

*The God-bound man is like that, in the 'sane' world." -BABA.*

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### A Wish Fulfilled

It was in the early days, when Swami went with a few devotees to the Chitravathi river, that an old woman would emerge from a nearby hut with a basket full on Tulasi leaves

and offer them to Sai Baba. Swami was pleased with her devotion and one day He asked her to join the group. He duly asked her to express a wish, and the old woman, with due humility and devotion, told Swami she wanted to possess a photograph of her deceased husband, who passed away in 1924. In those days there were no photo studios nearby and very few people knew what a camera looked like.

Miraculously, Swami instantly pulled, from out of the sands, and presented her with a photograph of her husband. Everybody was amazed, not only with the photograph, but also due to the fact that Swami's Avatar started in 1926 and the lady's husband had shed his mortal coil in 1924! The photo was materialised in 1946! Impossible from every way one could see it, but this was the Lord's Miracle.

With Swami, everything is possible!

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*"God does not address everyone as a real devotee. If you are a real devotee, then God will call you "His devotee".*

*It is not good to call yourself a devotee; only God can call you His devotee. " - BABA.*

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#### A Divine Visitation

Baba blessed me, said Pulloori Rajesham Sastri, and granted me the Divine Vibhuti and assured me that He will ever be my Guide and Guardian, when I was called in by Him at Prasanthi Nilayam. I am a worshipper of Jaga Janani, having been initiated into it by a great

master and I am having in my Puja room, a Chakra which my guru had given me. I am doing Puja to it since years now. So, when I had the interview with Baba, I made myself bold to ask Him for an idol of my Ishtadevatha (chosen deity), Jaga Janani Herself, from His all-creating hand, Baba smiled and, patting me on my back, said, "I shall give you." He then gently pushed me out of the door in order to make room for others whom He had already called in. I was confused; my anxiety to get the idol made me wait outside for a long time. Two days went by, but Baba did not call me again, nor did He even glance at me. So, with a heavy heart, I left Prasanthi Nilayam, praying that at least when I am able to come next, He may vouchsafe to me the idol of Jaga Janani.

I reached Hyderabad and stayed with a long-standing devotee of Baba there. I did my usual Puja at his place that night and in the morning I left for my village reaching my home in time for evening Puja. Seated in the shrine room, when I took the silver container of the Chakra, I was surprised to note that it was heavier than usual. Who could have put in the extra weight, I wondered? And, what could the extra heaviness be due to? I removed the lid, and lo, something bright and shining, golden brilliance, an image, an idol, Jaga Janani!

Underneath the image there was a paper packet, containing a beautiful miniature photo of Bhagavan Sri Sathya Sai Baba, granting Abhaya to all!

Oh, the overpowering thrill of that moment! How kind, how merciful, how Divine! I wept in joy, I danced, I

raved! I lifted up the image and fondly, reverentially, looked at it with tearful eyes. Imagine my ecstasy when I found the letters SRI SAI AMBA engraved on the base of the golden idol!

Come brothers! Let us take refuge at the Feet of the Jaga Janani Sri Sai Amba, at Prasanthi Nilayam.

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*"Doing one's duty, however small, in an unattached manner gives rise to the awakening of Self-Awareness."*  
- BABA.

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The Enigma of Islam

...Enlightened By Sai.

*This article was published by Radio Sai's H2H, March 2008*

The goal of Islam, and indeed of every religion, is to lead man into the Eternal Presence of Allah which is beyond the three states of consciousness. We attain this Holy Presence when the seed "I" impulse which is the cause of the three states is annihilated.

The final annihilation of the seed "I" impulse happens in meditation. When the mind has been totally unified with the name of God during the waking and dreaming states, through the harmonisation and integration of the Primal Sound into every action and through the power of auto suggestion, during meditation, it becomes very easy for the mind sink into silence.

The constant and unbroken remembrance of Allah's Name during the waking state and the habit of falling asleep with the Name of Allah endows the mind with the

all-important quality of one-pointed focus.

God's Name is the arrow - this one-pointed focus - that helps us escape, with one leap, the gravitational pull of the mind and enter into the spaceless-ness of silence.

The Science of matter tells us that the physical universe is governed by the laws of gravity. But we must realise that the gravitation of the mind is infinitely more powerful than the physical gravity. In fact, the only gravity is the mental gravity because it is the mind that bears the weight of the body. When there is no mind the body becomes weightless. The body levitates! It is the Name of Allah that helps us escape the gravity of the mind. When we sit in meditation with the single Name of God, we are able to cross the world of thought, and enter the paradise of Allah's Presence.

It is only the Divine Name that confers human birth on a being. It is evident that the birds and animals were able to get a human birth by listening to the Holy Name just once. Thus, the Name of God confers a human birth, which is considered to be a rare gift.

Unfortunately, no transformation is taking place in humans, in spite of repeating the Divine Name several times. You should chant the Divine Name wholeheartedly, with full faith. No doubt, people today are repeating the Holy Name, but not with love and steady faith. They are chanting the Name of God with a wavering mind. There can be no transformation by such fickle-minded repetition of God's Name, in spite of doing it for hours together.

The chanting of God's Name has to be done with absolute concentration and steady faith like a yogi. One can achieve great transformation if the mind is steadily fixed on the Divine Name.

May Allah bring Rest to our Hearts through Remembrance of Him!

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*"It is the good and bad alone that you do in this world that will follow you ever after death." - BABA.*

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"I Play My Flute."

"I play My flute. The notes I play for you can always be the sweetest notes. Always strive to earn the chance to hear only the highest notes. Why concern yourself with any notes other than the sweetest. Keep the reed ever clear; Keep the channel ever open."

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*"There is no Dharma higher than Truth, and no Truth higher than Dharma. Sathya and Dharma are inseparable and interdependent.*

*Try to practice them, at least to some extent, and spread the benefits to the society at large.*

*Only then will you understand what happiness is. Bliss is the goal for which you undertake any activity, either mundane or spiritual, and it is the goal of all religions." - BABA.*

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Protecting Our Fellow Creatures

The question of animal life on this world has been a topic referred to by

Swami, during His discourses, on many occasions.

Indeed, the topic of our mistreatment of the animal kingdom has also been spoken of by Pythagorus, the sixth century BC mathematician and mystic philosopher in the times of Ancient Greece. It is an important statement and one that mankind can ill ignore; "As long as men massacre animals, they will kill each other. Indeed he who sows the seed of murder and pain cannot reap joy and love."

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*"In the beginning, sports and athletics were intended mainly to promote health and experience joy. Today these objectives are being forgotten. Everything is being commercialised. Self-interest is getting predominant. Consequently, peace and happiness are being lost. If a person is invited to sing, he asks: "How much will you give me?" In cricket and tennis matches today lakhs of rupees are involved. When sport becomes a business, there is no room for human values and peace becomes a casualty.*

*It is essential, therefore, that the sense of spiritual oneness should prevail, transcending differences of nationality, language and religion. Only thus can real bliss be experienced".*

Swami's Discourse, Prasanthi Nilayam, 1990.

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Baba Speaks On Animals

During the course of a Question and Answer session as recorded in Peggy Mason's Magazine, back in Summer 1996.

Swami often begs us not to lapse back into our animal ancestry because spiritually our task is - with His help - to rise higher and higher up the evolutionary ladder, He nevertheless tells us that animals matter because among them are some remarkable and beautiful souls, perhaps old souls of the animal kingdom. One only has to have eyes to see this.

Swami stated, "Why should you argue that animals, beasts and birds are bad? Each is treading its own dharma. It does not overstep or undermine. They have greater cooperation and mutual love than even men. Each has to be judged from the point of view of the equipment and the opportunity. Man can live better if he learns from the animals. He is degrading himself even lower. When the Lord incarnates, He has as one of His tasks the protection of sadhus, of beings with quiet, innocent natures. Among animals are countless sadhus, remember."

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Dreams relating to God are real

*"You see Me in a dream, I allow you to do Namaskaram (prostration). I bless you, I grant grace; that is due to My Will and your sadhana (spiritual practice). If the Lord or your Guru appears in dream, it must be the result of Sankalpa (Divine Will), not due to any of the other reasons which cause dreams.*

*It can never happen as a result of your work."* -BABA.

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"These Are For The Cat"

The following article appeared in E.B. Fanibunda's excellent book, "Vision of the Divine".

"It was 24th Nov. 1972, that a group of about 90 devotees from Assam, and Baba was distributing Vibhuthi packets to them. To one woman He gave a few packets, walked on along the line and then turned back to toss a couple more packets to her with the injunction "Ye Billy ke Liye" - "These are for the cat." Who was this lucky cat who had drawn Baba's Grace on herself? It all happened about eight months ago in this woman's home at Gauhati in Assam. Food was being prepared for some guests she had invited for dinner, and her pet cat was eyeing the proceedings with some interest. The temptation of a plate full of fish was too much for the cat, and she decided to quietly help herself. She snatched a piece and ran. The woman was enraged and grabbing a stick she ran after the cat. Even as the beating was in progress, Baba's pictures in the puja room and the rest of the house began to swing mysteriously and two of them fell on a table from the wall. Suspecting an earthquake, everyone ran out of the house. Gradually the woman realised that this was perhaps Baba's way of teaching her kindness towards animals. She took the little cat in her lap and on stroking her back she found that the fur was covered with fragrant Vibhuthi and Amrith (nectar).

Tears of repentance filled her eyes, but thinking of Baba's presence in the house, filled her with joy!

In His previous body at Shirdi, Baba had similarly protected a cat who had been caught stealing curds

from a pot, at night. At that time He had transferred the beating to His own body so that the cat would not suffer. The secret was out the following day when Baba remarked about people not listening to Him when He advised them not to eat curds, and on top of that they had beat Him when He had tried to take the curds away from them. Here His words indicate complete oneness with the cat, because He is the motivator in the cat. There are many incidents in His life at Shirdi recorded by Hemadpant, which indicate a similar oneness with other animals."

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#### Hints of Swami's Divine Departure

The following is an edited version of a wonderful article that appeared in "The Prasanthi Reporter", on 4th June 2012:

"In the climactic part of His glorious Sai Saga, Bhagawan punctuated a few of His Discourses with indications of His 'departure'. However, Divine intent is undoubtedly beyond ordinary human understanding.

"As a matter of fact, Bhagawan had been dropping hints about His imminent demise for the preceding four years, discreetly as well as directly.

"It was on 7th June 2007, Swami startled the staff and students, indicating that the time had come for Him to conclude this incarnation."

Swami narrated how He found the elephant calf, Sai Gita abandoned, and adopted her. He then, added the following: "Sai Gita had an inner

connection with Me. She never missed her mother after coming to Swami. She always held on to Me. She spent 30 years with Me, thus. The other day she passed away. The night before that, she spoke to Peddi Reddy, the caretaker. 'Swami will not stay too long. I want to leave before He does. I cannot live a moment without Him. I cannot stay where Swami is not there,' she seemed to have said."

While delivering His divine message on Shivarathri, 2008, He made our hearts miss a beat mentioning that His reincarnation as Prema Sai was going to happen 'Soon!'

"...I have been observing for a month now. Even today, as I was coming here, both of them stood in My way. One was Easwaramma and the other Pedda Venkama Raju! They both are in Vaikuntham, (Heaven) now. And they keep calling, 'Swami, we are waiting for You. Oh, it's been such a long time since we saw You!' Soon the third incarnation will take place... What is coming now is Prema Sai. That will unite everyone. That love will unite everything."

Speaking on the occasion of Shivarathri in 2009, He prophesied, "...In a short while, this body may not be visible to you. But, it is not really natural to mourn when that happens. When one returns to his own abode, you must be happy for him, and not grieve... Indeed, at any point in time, bodies are impermanent and illusive."

It was time to prepare us all for the shape of things to come. By the end of 2010 and the beginning of 2011, He reduced the frequency of His darshans, initially to once a day, and

later to once in two days. It seemed that He was playing hide and seek with the devotees who expectantly waited to have a glimpse of their Beloved.

A month after His ultimate retreat, a few Ph.D. students went on a trip to the Himalaya and met with a Yogi on Neelkanth Peak, who told them, "Do not grieve that Bhagawan Baba shed His mortal coil. He is always present in a formless state. Here in my Ashram, I have had His darshan several times!"

Swami's constant refrain was, "I am not the body; I am the Self within."

"Love is My Form. No reason for love; no season for love; no birth, no death!"

Quoting from a song of His, "It is only for namesake that He resided at Shirdi or Parthi. He is actually present in the very eyes of those that visualise Him. Open your eyes and look around! This Lord Sai is indeed everywhere!"

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*"People buy dark coloured clothes, so that they may not reveal its dirt; they do not prefer white clothes, for they show plainly their soiled condition. But, do not try to hide your dirt in darkness; be respectful of soiled natures and endeavour to cleanse them fast." - BABA, (Mar. 1966)*

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#### OUR TRANSFORMATION BEGINS

In an interview on Radio Sai, Dr. Sola stated that it was mentioned that Sai Baba stated that the Sathya yuga

(Golden Age) begins on December 2012.

Dr. Sola said: "I remember once back in 2007, Swami was in Kodaikanal, this was shared with me by some of His students. Swami just casually remarked, 'Sathya yuga begins in 2012.' He said it so casually as if He would say it rains during monsoon season, and so we know that we're at the end of one age and at the beginning of the next. This is why we have the triple incarnation of Shirdi Sai, Sathya Sai, Prema Sai!"

What a wonderful time in which we are living and knowing that God had incarnated on Earth, and the change from the Kali yuga to the Sathya yuga is taking place... the transformation of Heaven on Earth!

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*"I want to share with you something you must never forget."*

(Swami said to two elderly American devotees, in 1968)

*"In the end, in the final analysis when the body turns to dust and everything is gone, what will matter is not how big a house you had or what type of car you drove or how much money you had in your bank account. The only thing that will matter is how much love you have shared with all of creation... How much love you have shared with all of creation in every single moment of your life." - BABA.*

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#### Swami's Avatara

Prof. G. Venkataraman has indicated many instances where Swami had extended His loving Hand to help and save mankind from serious

dangers. In his article titled, "God, The Avatar and the Doubting Thomas", he challenged many anti-Swami views because he felt they needed rebuttal. And he did it well.

One doesn't always know the depth of Swami's involvement in numerous instances as in the case of the Chinese intrusion across the border into India's territory, in 1962.

It was always assumed that China and India were close allies, but behind the scenes the Chinese were unhappy with the border, between them, that the British had drawn, and there was much argument until finally, in October 1962, the Chinese sent troops into India. Nehru was shattered but little could be done when the invading troops moved swiftly on to the outskirts of Tezpur in Assam. India made desperate appeals to America, who had gone through the Cuban Missile crisis with the Soviets. America did send plane loads of military equipment to assist.

Indian troops were totally unprepared for this intrusion by so-called friendly neighbours. Some devotees went to Swami and said, "Swami, the country is facing grave danger. You must do something." Swami simply replied, "Have no fear, nothing will happen; this is Punya Bhoomi; the Chinese will just leave." Hardly anyone believed Him, but on 21st November 1962, the Chinese, who earlier just walked across the border without facing any resistance, unilaterally declared ceasefire! And this just two days before Swami's Birthday!

Since then both countries have moved much closer to rapprochement.

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*"In one of the jails in this State, there was once a very pure soul devoted to spiritual ideals, carefully practising sadhana (spiritual discipline); he had advanced very far in dhyana (meditation) and dharana (holding on to it). One day, however, when he sat for dhyana, he felt very savage emotions surging up in him and found that he could not, in spite of a tremendous struggle, suppress the hateful and murderous thoughts that took hold of him. He was rocked in agony and his Guru too was upset at the turn of events. The Guru probed into the history of the disciple rather deeply but could not find any valid reason for the tragedy. At last he found that a certain fanatic murderer had acted as the cook in the jail kitchen the day previous to the calamity and his hateful homicidal thoughts had pervaded the food cooked by him which the sadhaka had consumed. There are subtle invisible thought-forms that can pass from one person to another by such means.*

*Here, one has to be very careful about food, especially where one is proceeding Godward, through the steep path of yoga." - BABA.*

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When You Said "Yes" To Me...

When you said "Yes" to Me, you gave up the right to be like everyone else.

That is why you draw experiences to yourself that will cleanse yourself of that which does not fit who you are.

Over and over again and again until I make you see that the past no longer works.

I challenge you and tempt you every day with your past, so that you may see that the past is ultimate delusion.

When you said "Yes" to Me you gave Me your body, your thoughts, your actions.

When they don't suit the new you, the uncomfortableness is unbearable.

It is so EVERY time until you realise this fully; then the only then, will you completely give up desire.

For this is the only way man will learn. Very seldom does he learn by quiet reminders.

Man's desires and pitfalls are placed there so that I may do My work.

When you give up totally, then the temptations will fade.

I will never give you up. Every slip will become harder to bear and less easy to remedy.

You will tire of your foolishness because I love you and whether or not completely aware of it, you did say "Yes". - BABA.

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*"As long as there are slaughterhouses there will be battle fields."* - BABA.

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I am aware...

"You may think that it is a marvellous phenomenon that the Supreme Being should come down to earth in human form. But if you are in My position, you will not be so wonder-struck. I am fully aware of

the past, the present and the future of everyone of you. That is why I do not get overwhelmed with pity. Not that I do not have compassion and love. My heart is certainly not made of stone. But if you shut the door of your heart, how can the waves of My sweet love penetrate beyond? You shed tears and say, 'Swami, I am blind. I yearn to see Your divine form. Doesn't my distress melt Your heart?'

"When you see a blind person's misery, your heart is moved. Does not My heart too feel pity? But as I know the entire background including the distress person's earlier lives, My response is naturally different. If you too come to know of things that are known to Me, your reaction to that person's agony will also be different. What one reaps in this life is but the fruits of the seeds that he himself had sown in previous lives. So, I allow him to undergo what he derived from his earlier evil deeds. Of course, performance of extenuatingly good deeds will mitigate the suffering to some extent. I am not the cause of either your happiness or misery. You have yourself fashioned these two manacles that weigh you down." - BABA.

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India's Poor to Get Free Medicine

When I read this heading in my local newspaper, recently, I thought, "Swami is still working His magic!"

This free medicine scheme planned by India's central government is an initiative intended to improve regular access to drugs in a country where two out of three people are estimated to lack basic medicine.

The report, from The Financial Times stated, "The policy, thought to be a priority of Prime Minister Manmohan Singh, (a Sai devotee, Ed.) could be set-up by the end of this year if the planning commission approves the full programme."

In a country of 800 million people who live on less than \$2 a day, this is a God-sent, (or should that be a Sai-sent? Ed.). Also stated is that rural doctors are optimistic about the latest scheme. It will expand the drugs government clinics can provide for free, from simple antibiotics to a potential list of 348 products, including antiretroviral and cardiovascular drugs.

"The programme will require doctors at government hospitals and clinics to prescribe generic rather than branded drugs, but analysts say it is unlikely to effect pharmaceutical companies: their target customers are rich and urban, not poor and rural," the report states. "The central government will pay three-quarters of the costs, with states making up the rest, according to the health ministry."

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*"I shall tell you just one thing, which is the essence of all noble scriptures. I want you to resolve to follow this, every single day - "Do not seek to find fault in others. Give up maligning and injuring others in thought, word and deed. Do not scandalize anyone; do not feel envy or malice. Be always sweet in temperament; use soft and sweet words. Fill your conversations with devotion and humility." Live in Love, for love, with love. Then the Lord, who is Himself Divine Love personified, will grant you all that you need, without you asking for*

*anything. He knows. He is the Mother who does not wait to hear the moan of the child to feed it. He anticipates every need and rushes to you with help that you must have in every occasion."* - BABA.

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#### Prashanti Nilayam Comes to County Wexford June 15-17, 2012

We spent another wonderful slice of ashram life in Co. Wexford this summer, for once again the beautiful Butlerstown Castle Cottages played host to the Sathya Sai Summer Retreat of 2012.

With twenty-five devotees in attendance, for three days of bhajans, Vedic chanting, meditation and satsang, including a series of workshops based on Swami's teachings.

The theme of the retreat, this year, was Swami's perfect teaching of the Four F's – Follow the Master, Face the Devil, Fight to the End, Finish the Game. In our workshops we investigated the inner meaning of each of these four phrases, and most importantly we shared our experience of the benefits of putting these deceptively simple principles into practice.

All roads led to Butlerstown on the Friday afternoon of the retreat. After dinner the retreat officially opened with the main candle being lit, to symbolise Swami's presence amongst us. After bhajans, the first of workshops – Follow the Master.

Many of the devotees shared their experience and understanding of 'following the Master'. For some the Master is their inner guidance, which

they have learned to tune into and to adhere to. The Master often leads us into trying situations, although the challenge is never more than we can handle. For others the Master is the regular spiritual practice they follow. For one devotee in particular, the Master is the continuous deep knowing that only God is real. And so the question remains there for all devotees to consider... who or what is the Master, and what does it mean to 'follow the Master'?

Saturday morning began in true ashram style with an hour of early morning Vedic chanting. The chanting was led by a special guest, Jeffrey from Scotland. (Jeff has been learning the Vedas for a number of years, and one special highlight came in 2007 during the 3rd World Youth Conference when he was given the privilege of leading the Vedic chanting youth group into the Sai Kulwant hall and presenting the ceremonial Kalasham pot to Swami for divine blessings.)

So after Vedas and breakfast on Saturday morning, we had the first full bhajan session of the weekend. Everyone was in good voice and all were filled with Divine Shakti to begin the day's activities.

The Saturday morning workshop was a practical session on breathing (pranayama). Swami has often championed the breath as an important part of our spiritual awareness and spiritual practice. To quote: "God is immanent in every human being in the form of breath (Soham). Man has to realise this truth."

The natural breath to breathe is a slow deep breath into the stomach, just as a new-born baby breathes. So

in this 'Pranayama' workshop we looked at some essential benefits - physical, emotional and spiritual - of breathing in this way. We then practised a simple technique for deep stomach breathing, which emphasises drawing the stomach in at the end of each out-breath. With continuing practice, this deep stomach breathing can become a healthy habit to develop, and a valuable element of any spiritual practice.

After lunch on Saturday we moved onto the next of the Four F's - Face the Devil. We substituted the word 'devil' for the clearer term 'challenge' and we took the opportunity to 'face' some of the challenges in our lives - facing our fears, desires, anger, ego etc. The key point of facing our challenges is to be aware of them, rather than trying to destroy them, or to avoid them by suppression or distraction. Note that Swami simply says to face our challenges.

In the 'face the devil' workshop we did a simple exercise to become aware of our challenges. We then addressed some questions to help us to better understand those challenges, before finally bringing Swami "into the picture" to allow Him to heal and guide us through whatever we were facing.

These self-investigation exercises can often lead to wonderful releases of the unnecessary burdens we carry through our lives. And in the blessed atmosphere of a Sai retreat, it is the ideal time to allow Swami's healing to happen, and to release our fears, desires and attachments. What remains when all else is given up, is

the only thing that cannot go, our true Self!

We ended Saturday's scheduled program with a one-hour bhajan session, culminating with a series of Shiva bhajans to mark the night before June's Shivaratri, the darkest night of the lunar month. This day is known as Prathosam day and is considered auspicious for worshipping Lord Shiva. So the collective energy was sky high after singing so many Shiva bhajans!

Saturday evening was a great chance for an adventure and a climb up to the top of the Butlerstown Castle turret. A few more impromptu bhajans were sung up there, and then dinner was served. After dinner, some sat and chatted in the cottages, while others made the short drive to the coast. A bracing encounter with the Celtic Sea was the perfect grounding to round off a highly charged day.

We thought the energy was 'sky high' on Saturday night, especially after the Shiva bhajans, but Sunday morning saw the arrival of Neelam and Jagan, and that put the energy into the stratosphere!

Sunday began with Vedic chanting again, with a focus this time on the group chanting of Gayatri Mantra, Sai Gayatri and other mantras. After breakfast there was another rocking bhajan session, and finally on to the last workshop of the weekend, investigating the last two phrases of Swami's Four F's – Fight to the End & Finish the Game.

In this final workshop, we looked at the key points of 'fighting to the end', meaning to persevere and never to give up. We also looked at

the principle of 'finishing the game', meaning to transcend the various roles we play in life, and to BE what we truly are – Divine! Or as was beautifully summed up by Rory, "you'd better figure out what game you're playing ... and finish it!"

The workshop ended with a game of its own, with each person being secretly assigned to a team, and then tasked with finding the other members of their team. The united teams needed to declare in unison "WE ARE ONE!" It was mayhem. We all won. (We all One!)

The retreat ended with a final round of bhajans. A delicious lunch was then enjoyed by all, before waving satisfied goodbyes and safe slán abhailes, as we dispersed to all corners of the country. Everyone went home full to the brim with Swami's Grace, grateful for the chance to bask in his Omni-presence for those few blessed days, and undoubtedly looking forward to the next satsang on the Sai calendar.

Swami has said "the whole world must become a Prashanti Nilayam". Well, for one short weekend in June, one small corner of Wexford did just that!

So a big thanks to Anna for hosting the retreat; to Shay, Wendy and Jeffrey for running the workshops, Vedas and bhajans; and to all who did the wonderful cooking, not to mention all the cleaning up afterwards! And thank you to everyone for coming and participating whole-heartedly. See you next year! Sai Ram.

A note of thanks from Jeffrey:

"It was an honour to share the weekend with such a beautiful group of people who are taking Swami's message so seriously in their lives and who are so kind and united. I flew over from Scotland and enjoyed sharing my enthusiasm for bhajans and Vedic chanting with a group of people whose hearts are receptive to the vibrations. The vibrations of these mantras help to energise, purify and uplift us all."

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*"If your loyalty is towards your family, you are a servant of the family. If it is to God, you are a servant of God. But do not pay heed to the wages He gives. Do not argue and bargain for rewards. Only hired labourers clamour for wages and declare they are poor. Be a kinsman, a member of the family, a scion of God. Then, it behoves Him to maintain you in comfort. Try to live near God as His own kin. Do not calculate the number of hours you have spent in serving Him and lament that He has not compensated you enough. Be ever in joy, in His service, in doing good and being good." - BABA.*

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