

2013

Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER
JUL - AUG 2013**

Dear Devotees of Sathya Sai,

We are all aware of the service Swami had given in the areas of health and education, in the land of India. This noble service has now been replicated in other countries as well, changing the lives of many people for the better.

However, for the present, you will no doubt be interested to know that the Indian Government had honoured Sathya Sai Baba, as outlined in the following, recently released, statement.

Indian Government Honours

Sathya Sai Baba

The Indian Government has paid tribute and expressed gratitude to Sathya Sai Baba for His magnanimous humanitarian service projects, and for inspiring millions to lead lives based on the Five Human Values. As a token of love, the Government of India is releasing a commemorative postage stamp in honour of our Lord's Birthday, this year.

"As a preacher of the highest human values, Sathya Sai was an iconic figure for over five decades inspiring millions to lead a moral and meaningful life. His teachings were rooted in the universal ideals of Truth, Righteous Conduct, Peace, Love and Non-Violence," said Union minister of state for Communications and Information Technology, Killi Kruparani.

Keeping in view His noble services to humanity and particularly for the welfare of the people of Andhra

Pradesh, the decision was taken to release a commemorative postage stamp on Him, she said. *Ed.*

Your duty is to pray for the welfare of the world and to work for it as far as it lies in your power. - BABA

Q & A

Devotee: Swami, can we nullify the karma of our bad deeds by the merit we gain out of good deeds?

Swami: *No. However well you mix the seeds of a thorny plant and a fruit bearing plant and sow them, the seeds of the thorny plant will turn into a thorny plant only and the seed of the fruit bearing plant will turn into a fruit bearing plant only. This is nature's law.*

Devotee: What is the solution?

Swami: *Yes, there is a solution. The Income Tax department levies tax based on your income. If you invest money in approved instruments, they reduce the tax. Similarly, if you do good deeds, some amount of tax is reduced. If you sincerely perform Bhajans, tax is reduced further. If you go for Nagarasamkirtan, some more tax is reduced. If you perform Nama Japa, tax is further reduced. If you do likhitajapa, tax reduces and Dhyana reduces tax further. Even after all the deductions, tax is not zero. Balance amount has to be paid, as there is no other way.*

Devotee: If that is the case, why should we have Your Darshan? What do we gain from it?

Swami: *A few years back, a military officer shot his wife to death. A case was registered against him. All the courts, including the Supreme Court, passed a death sentence on him. The officer appealed to the President. The ruling of the President was, "He has fought courageously for India and has protected the country in the past. Such a person deserves some consideration. He is, therefore, exonerated from the death sentence, but given a life sentence". Swami's Darshan and Grace work in that manner. (Avatar can always grant special grace, like clemency).*

**How can I fail to remember one
who always remembers Me?**

- BABA

St. Basil the Blessed

The most famous of Russia's "holy fools" was a Muscovite, St. Basil the Blessed, after whom the cathedral on Red Square takes its name. In an ancient icon housed in that church, Basil is clothed only in his beard and loin cloth. In the background is the Saviour Tower and the churches packed within the Kremlin walls. Basil's hands are raised in prayer toward a small image of Jesus revealed in an opening in the sky.

It is hard to find the actual man beneath the thicket of tales and legends that grew up around his memory, but according to tradition Basil was clairvoyant from an early age. Thus, while a cobbler's apprentice, he both laughed and wept when a certain merchant ordered a pair of boots, for Basil saw

that the man would be wearing a coffin before his new boots were ready. We can imagine that the merchant was not amused at the boy's behaviour.

Soon after – perhaps having been fired by the cobbler – Basil became a vagrant. Dressing as if for the Garden of Eden, Basil's survival of many ruthless Russian winters must be reckoned among the miracles associated with his life.

A naked man wandering the streets – it isn't surprising that he became famous in the capital city. Especially for the wealthy, he was not a comfort either to eye or ear. In the eyes of some, he was a trouble-maker. There are tales of him destroying the merchandise of dishonest tradesmen at the market on Red Square. At times he hurled stones at the houses of the wealthy – yet, as if revering icons, he sometimes kissed the stones on the outside of houses in which evil had been committed, as if to say that no matter what happens within these walls, there is still hope of conversion.

Basil was one of the few who dared warn Czar Ivan the Terrible that his violent deeds were dooming him to hell. According to one story, in the midst of Lent, when Russians keep a rigorous vegetarian fast, Basil presented the Czar with a slab of raw beef, telling him that there was no reason in his case not to eat meat.

Why abstain from meat when you murder men? Ivan, whose irritated glance was a death sentence to others, is said to have lived in dread of Basil and would allow no harm to be done to him and occasionally

even sent gifts to the naked prophet of the streets, but Basil kept none of those for himself. Most that he received he gave to beggars, though in one surprising case, a gift of gold from the Czar was passed on to a merchant. (Others imagined the man was well off but Basil discerned the man had been ruined and was actually starving but was too proud to beg). In another case Basil poured vodka – another royal gift – on the street. He wanted, he said, to put out the fires of sin.

Basil was so revered by Moscovites that when he died, his thin body was buried not in a pauper's grave on the city's edge, but next to the newly erected Cathedral of the Protection of the Mother God, built in honour of Russia's great victory over the Tartars in 1552.

Morality and integrity alone can lead to Nirvana (Liberation).

- BABA

The following is text of a letter from Bhagwan Sri Sathya Sai Baba to Sri Indulal Shah (published in the book "Spiritual Blueprints of My Journey" by Indulal Shah.)

Brindavan, Whitefield

Date: 21-4-74

My Dear,

Accept my Blessings and Love.

Religion is not a dogmatic faith, but the necessary conduct implied in the movement towards perfection.

Therefore, religions cannot really contradict one another. All religions are the different forms taken in practical life by the one aspiration for perfection working through different temperaments. In this sense, no true freedom is possible without freedom in the light of religion.

Religion is the attitude of reverence which human beings have towards the Supreme Being based on the relationship that exists between them and the Supreme Being. This reverence may take different forms in different persons because of the differences in the conceptions of the relation that is between man and the Supreme Being.

With Blessings,

Sri Sathya Sai Baba

camp "Brindavan"

Bangalore.

Swami suggested the following prayer upon waking

"Thus am I born.

Make me speak soft and sweet words, behave coolly and comfortingly towards all,

do deeds that shower happiness on all, form ideas which are beneficial to all.

May this day be worthwhile by Thy service."

I am the Sai Baba of Shirdi come again; then, I was mostly in preparing the meal; now I have come to feed you all with the strengthening, purifying repast.

- BABA (age 14)

THE IMPORTANCE OF ANIMALS

I remember way back in 1994 when Baba called us all into the small hall in Brindavan, Whitefield, for a talk. Among the topics discussed that afternoon was the importance of animals. He told us not to eat meat because by eating meat we do the same harm as the butcher who wields the knife to kill.

He also talked that afternoon about marriage. "Don't become a centipede" he said. "Remember you have two legs, when you marry you gain another two legs, now you have four legs. Every time you have a child, another two legs are added to you. Then before you know it, you have become a centipede."

Sathya Sai Memories & Children of Light

**Religion is to feel God, to see God,
to talk to God. - BABA**

"God Is One"

"We call Him Jesus, Allah, Krishna, Buddha, Baba. This one and unchanging God takes different forms (bodies) from age to age, with appropriate superhuman powers, according to the circumstances of

the time, to teach man how to see the One behind the many."

So said Rev. Fr. Charles Francis Ogada, CSSP in answer to a question.

"So if you see names and forms, you see differences and you begin to fight. But when you see the reality, the question of how to reconcile Jesus and Sai Baba does not arise. It is like asking how you reconcile "agua" and "water". Do you understand? We have to cultivate the vision of Unity by going beyond name and form. It is only when we see Unity that we can experience Divinity. But when we see diversity then we experience hatred and fighting, and all sorts of religious fanaticism.

The final elixir is Self knowledge; that is getting in touch with our own Divinity. When we penetrate that core of our Being, we discover also that it is the centre of everything. The Divinity within is the same divinity in all, above all, below all, within all, with all. Everything is Divine. This is the Kingdom of God that Jesus talked about.

You see, we are like the little fish in the ocean looking for the ocean. **We are in God, above God, below God, around God, within God, as our very existence. Yet we are all the time looking for God. When we understand that we are one with God, it becomes very easy to understand every other thing.** But when we miss this point, nothing else can hold together".

Be Happy! Always Happy! Ever Happy!

In fact "I AM" is the first Name of God. People address God by various names for their satisfaction and happiness. However, "I AM" is the true name of God. - BABA

Talk by Kishin Khubchandani
at the Sai Centre, Botswana
(May 2013)

My Loving and Humble Pranams at the Lotus feet of my Lord Bhagvan Sri Sathya Sai Baba.

Brothers & Sisters,

I am extremely happy to be here with you to share some of my thoughts. I almost feel I have come home after a long time. Yes we do not know where we will be tomorrow. We all want to know who we are, where have we come from, what we are doing here, where are we going from here. When we have some of these answers, we can then decide what should be our aim in life and how to pursue towards that aim.

Therefore the very first question we need to ask is WHO AM I?

Swami has given us that truth. He says we must know: I am a soul. I am part of Supreme Soul, - having the same characteristics of Supreme Soul. I have been given a body to perform my functions. My soul was entered into a body to ensure performance of the given task. Body is thus the instrument of the soul given for performance. This is the truth. I have forgotten this truth and have started considering my body as my real self. I have got gradually

attached to this body and everything connected to it. I have been made to believe that my mother has given me my body hence I am attached to her. I have also been made to believe that my body is the result of union of my mother and father. Hence I am attached to my father as well. Gradually this link has been expanded to grandfather, grandmother, uncles, aunts, brothers, sisters and so on.

My attachment is also made this way to milk and other items of food because they are essential for my body. This attachment is further expanded to the material and financial world because I have been made to believe that money can help me to buy anything in the universe. I am also told that I will be known from the material and financial assets I have. I collect these fervently. More the assets I accumulate more proud I feel of these assets. If I do not get these I get angry at myself, my luck and all that connected to accumulate these assets. I am also made to believe that I will have my own world if I get married. I will have my own children as did my parents. I am attracted to opposite sex. This fills sexual instinct in me. I have started believing that all these attachments and accumulations are the real ones and get lost into these. I have forgotten that I am not the body but the soul. I have forgotten that my body is subject to continuous change and that it changes from childhood to youth; youth to the aged; it is never the same. Similarly the name given to the body also goes on changing; e.g., Bouncing Baby in childhood; Raj in youth and Raj Singh as a man and Uncle Raj in old age.

Change is transitory and I have got attached to transitory things, which are false. I have forgotten to care for the soul which is permanent. Finally, the diminishing energy during old age, physical, mental or spiritual sickness resulting in death of the gross body and the soul has to change into a new cover. Soul being immortal moves on death from one gross body to another based on accumulation of subtle particles of good and bad actions, deeds, desires and thoughts of earlier births. It is Law of Nature that whatever is created or is born has to perish or die. The soul keeps on changing covers till it sheds away all evil deeds; becomes pure; gets totally linked to the Supreme soul. It reaches its final destination only by merging into Supreme soul.

I have also forgotten that I am part of the Supreme Soul. I am a part of the grand design. I have created my own design instead and perform to meet my own requirements rather than the one assigned to me by Supreme soul. I am living in a world of falsehood. I have forgotten the truth and started believing and doing all related to the untruth. This darkness of falsehood has engulfed me in such a way that no ray of hope penetrates through it.

I must always listen to the voice of my inner soul that is my real self. I must practice through knowledge and even meditation to reach my real self. My "self" is the essence of Supreme soul. In this sense I am pure knowledge; I am without blemish, radiating peace and love. The body can thus be considered as a boat, the manifested soul the sailor, the material world the ocean

of matter which is crossed only through truth and knowledge.

I must realise that I began from the Supreme soul and I have to end my journey in the Supreme soul. I came from Him totally clean and can be accepted only if I am totally clean. I must clean myself of all the vices and detach from all attachments. If I have to get attached to Him again; I must create some attraction for Him; some energy which may cause attraction. Remember, service and love are the best modes to cause attraction. Hence remember the Supreme soul, service according to His directions and love Him and the Creation He has created. Once you know this you are enlightened; once you perform this you are liberated from the circle of life and death. We are all sparks of divinity. Never forget, we are not mere mortals. We are not separate from HIM. Being an aspect of HIS divinity, we should conduct ourselves accordingly. Consider all our fellowmen as our brothers and sisters and strengthen the bond of love with all. This realisation comes with inward journey. By being His Devotees our inward journey has started, being office bearers of this Loving Organisation further strengthens our Journey. Many of us want to know when the INWARD JOURNEY WILL BE COMPLETED.

There is a verse in the Bible which has the answers. **'He will sit as a refiner and purifier of silver.'** This verse puzzled some women in a Bible Study class and they wondered what this statement meant about the character and nature of God. One of the women offered to find out the process of refining silver and get

back to the group at their next Bible Study class. That week, the lady called a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest beyond her curiosity about the process of refining silver. When she got there she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest so as to burn all the impurities. The woman thought about God holding us in such a hot spot as to burn away impurities in us; then she thought again about the verse that says: "**He sits as a refiner and purifier of silver,**" she asked the silversmith if it is true he had to sit there in front of the fire the whole time the silver was being refined.

The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed. The woman was silent for a moment, then she asked the silversmith, "**How do you know when the silver is fully refined?**" He smiled at her and answered, "**Oh, that's easy, when I can see my own image in the silver, the refining process is finished.**"

Let us remember that God has His eyes on us and will keep watching us until He sees His image in us. It is then that our inward journey would be complete.

Devotee in Botswana are blessed to have a string of Sri Sathya Sai

Organisations, however we need UNITY at all times, remember where there is UNITY and PURITY, DIVINITY will prevail.

When there is Dharma and righteous in the heart, there will be promoted good qualities. Where there are good qualities, we will find HARMONY and where there is harmony there will be order. If we find order and discipline we will find peace.

I wish you all a peaceful journey through this life.

Remembering WHO I AM?

Thank you and JAI SAI RAM.

Kishin Khubchandani

If you have no ego and if you do your work not only for limited times in the Organisation but during all the 24 hours, then My Darshan will pour forth and people you meet will feel that they are meeting Baba and are with Baba.

You may be unaware of this constant action, you do not know how this is happening. You are all unaware of this.

Be ever pure of heart and soul and mankind in your lifetime will benefit from your unique qualities. - BABA

Sai Ever By Your Side

A dedicated biophysicist, Dr. Y S Thathachari, suffered an "aggressively malignant and metastasising tumours in the skull,

the neck, the ribs and the hips, the cancer having the features of both Ewings and Retiaulum Cell Sarcoma." It was a death sentence enveloped in medical abracadabra!

Prof. Kasturi reports this in 'Sathyam Shivam Sundaram'. Surgeons told the doctor, "Sir, miracles do happen. We hope such a miracle would happen to you." This was in 1962. Eventually his liver was also affected with cancer. Dr, Thathachari said, "In 1965, I felt like seeking the blessings of Bhagavan Sri Sathya Sai Baba, following a chance reference by a friend. Baba blessed me and my wife and directed us to go back to Stanford (the University in California, where he worked. *Ed.*) continuing the Endoxan, if I wished to do so. In 1970, when I approached Him again, He asked me to discontinue all drugs and dietary supplements. He gave me an assurance of cure and dispelled that ever-present dread of recurrence."

Thathachari later pursued his teaching assignment and research projects in America with undiminished zeal. The 'miracle' had indeed happened.

The reason why this particular incident is quoted, is to bring to attention a few powerful and profound words that Swami wrote to him many years later.

"Busy yourselves with the duties which are entrusted to you, in good spirit and fine health." This was Swami's initial lines in the letter to Thathachari: *"Sai is ever by your side. He is the charioteer of the vehicle of your life. The ship of life, however heavily loaded with the cargo of joys*

and sorrows, can certainly arrive at the harbour of self-realisation, if it is propelled by holy mental energy. Repetition of the Names is the 'dug-dug-dug' of the pistons; the steering wheel is love; the anchor is faith. Continue the journey in confidence. Sai is always guarding you from harm and pain...

Swami is constantly showering His compassion on you. He counsels you from within and corrects you. On your part, be immersed in the duties entrusted to you; remember, that is Swami's work. When you discharge your duties, convinced that the work is Mine, health and happiness will be added unto you."

Comforting words, indeed. How glorious one's life can be when He is made the Charioteer!

Never give up the *Gayatri*, you may give up or ignore any other mantra, but you should recite the *Gayatri* at least a few times each day. It will protect you. - BABA

Mary McGrath Tells Her Story

(from the Sathya Sai Newsletter, U.S.A. 1995)

I was educated in Catholic schools on the East Coast (USA), and received my Master's Degree in Education from Holy Names College in Oakland, California. So, I have been exposed to examples of devotion and piety ever since I can remember. For this, I am extremely grateful as it prepared me to instantly recognise Sathya Sai when I first read about Him in 1977. At that time, I was a teacher of

Transcendental Meditation, a devotee of Jesus and Mary, and quite content with my life.

It wasn't until I became ill with pneumonia, which medicine could not cure, that I paid attention to the fact of a living Avatar. A friend gave me some holy ash (*vibuthi*), and I was well in two days! I then began to read books about Baba and immediately experienced the same pure and powerful vibration that I had known in my spiritual life previously.

I had no difficulty changing the form of my devotion. Light merged with Light, and Sai became the centre of my life.

In 1979 at Christmas, I made my first trip to India. I have now, just returned from my tenth trip, and to tell of the interviews and innumerable graces and blessings I've received over the years would require at least a small book. (The fact is that I am in the process of writing a book on that subject as well as completing another book entitled, *Women of the Silence, Women of the Light and the Teachings of Sathya Sai Baba*).

There was one interview, though, that was especially significant. In the summer of 1979, I had a dream in which Swami sat next to me and materialised a gold medal and taught me the *Gayatri Mantra*. From then on *Gayatri* became my spiritual practice (*sadhana*). But it wasn't until the summer of 1981 in an interview in Prasanthi Nilayam, that Swami verified the dream and asked me to "tell" this mantra. I did so in His presence. He lovingly corrected some of the pronunciations and

when I left there, I felt that my work would be to research the meaning of this mantra and to tell others what I had learned.

During another interview, He had told me to "*teach with bhakti* (devotion)." Whenever possible, I teach and talk about the *Gayatri Mantra*, and I have continued my teaching as a Learning Disability Specialist in schools and privately. But most important is to always remember Sai's instructions, "*Teach with devotion.*"

Those who sing bhajans get what can be called "a double promotion," for they derive joy and distribute joy. - BABA

"Gayatri Mantra is the best divine hymn in the world"

said American scientist, Dr. Howard Steingeril, who collected Mantras, Hymns and invocations from all over the world and from all religions, tested their strength in his Physiology Laboratory. He concluded that the Hindu Vedic Gayatri Mantra is the most rewarding scientifically.

The Gayatri Mantra produced 110,000 sound waves per second. This was the highest and found to be the most powerful prayer hymn in the world. That the combination of sound and variation in the sound waves and its particular frequency is capable of developing specific spiritual potentialities.

The Hamburg University initiated this research into the efficacy of the

Gayatri Mantra, both on the mental and physical plane of Creation, and is now being broadcast daily for 15 minutes from 7 pm. over Radio Paramaribo, Surinam, South America, for the past two years and also in Amsterdam, Holland, for the last six months.

Material and physical benefits

Mantra repetition bestows attractive personalities, develops the power of speech, wards off poverty and insufficiency, forms a protective halo around the person, brilliance in the eyes is noted, wards off dire influences, unfavourable circumstances and dangerous situations, activates internal centres in the body, activates nerve fibres and glands, the vibrations when chanting spread in the environment, attract similar positive atoms and return to its origin (the person who is chanting) filling him with this gathered positive energy, regular chanting keeps the person and his family always in prosperity and plenty. The following traits develop: bravery, wellbeing, love, wealth, brilliance, stronger immunity, sharp intellect, perfect control over senses, devotion, retention, attracts life force, increases penance, farsightedness and awakening, improves productivity, makes one cheerful, idealistic, courageous, full of wisdom and removes selfishness and promotes service mindedness. The atmosphere around that person is calm. A person chanting Gayatri can never have a demeaning life. It is always a blissful life!

Subtle and Spiritual Benefits

Mantra repetition develops a sacred and focussed psyche, grants 8 forms of Siddhis (powers) and 9

forms of Nidhis (attributes) and several subsets of these called Riddhis. Allows one to positively influence the environment and to use divine energy for welfare of the world. Person develops Divine magnetism. Ignorance, infirmity and inadequacy are removed. Makes one a magnetic personality. Develops a feeling of peace, makes one aware of a new power that is working within them. Makes a person take interest in noble deeds. When a mistake is committed, makes one immediately recognise it, feels sorry for it and takes corrective action not to repeat it. Develops intuition and gets an inkling of future events before they happen. Develops ability to read minds, ability to influence people and plant good thoughts in them. Regular practice makes anything uttered by that person come true and materialises itself. Sees Divine light in everything around. A person can transfer a part of their spiritual energy to others.

We know Baba has been telling us this for aeons but isn't it wonderful that it can now be proved 'scientifically' for the benefits of the sceptics?

Just once when I was working in the donkey sheds on a bitter winter's day it was played randomly on the radio. No one was more surprised than me but even more amazing was the way all the donkeys stopped whatever they were doing and just stood, listening intently. They weren't given big ears for nothing! Perhaps we should start a campaign to have the mantra played everyday as most folk are driving to work.

Stay safe, Sue.

(Submitted by Sue Paling, "Sai Sanctuary for Donkeys and Ponies," Castlebaldwin, Ireland www.donkeys.ie) Ed.

Remember, energy, food, money and time are God. You must learn to respect them. - BABA

Divine Mantra

I am God! I am God! I am no different from God. Grief and anxiety cannot affect me.

I am always content. Fear cannot enter me. I am Satchitananda! I am pure Existence, Knowledge and Bliss.

I am Omnipotent! I am all-powerful; nothing is impossible for me!

I am Omniscient! I am all-knowing;

I am Omnipresent! I am present everywhere. I pervade this universe.

I am Krishna! I am Christ! I am Buddha! I am Sai! I am Sai! I am Sai! I am God! I am God! I am God!

(Everyone of you try saying that mantra ten times a day, and see how changes come over your life and how fast your life changes - from Bhagawan's Guru Poornima Divine Discourse on July 28, 1999)

When you see a thing with a view to buy it, ask yourself

"Do I need it?" If the answer is "yes", ask again,

"Can I afford it?" If the answer is "yes", ask again,

"Can I live without it?" If the answer is "yes", do not buy it!

- BABA

What Are Your Values Footprints?

by Rosemary Marron (c) 9.6.2013

Every human being is born with the biological blueprint enabling the expression of intrinsic human values. Values are truly inclusive as they may be experienced by everyone and are not dependent on societal designs. The essence of such values is timeless, changeless, and pure. The enactment of values comes from the inside thereby fostering personal well-being, personal integrity, and public responsibility.

Too often we live life from the outside and wonder why we feel empty? This empty-self is being filled with consumerism, celebrities, food, alcohol, etc., and can only be described as purposeless nourishment. The five human values of Truth, Love, Peace, Right Conduct and Non-Violence, expounded by Sathya Sai (1926-2011) provide the source from which a human life may flourish. Life must be lived from the inside and therefore having a system of personal values from which to call upon is essential.

Our educational system is reliant on the 'social efficiency and scientific management paradigm'. However, education is a lifelong process and there is an urgent need to foster a literacy of human values so that values may be shared to build a society of human flourishing. The explicit teaching of values makes such aspirations tangible.

A value as relationship is the process by which values are lived, shared and refined. It entails ways of knowing, ways of being and ways of (re)negotiating meaning. Human lives are woven of stories and we construct our identity through our stories and the stories of others. The human journey is therefore a journey to wisdom. A literacy of human values helps the person to circumvent the existing consumerist culture. The expression of human values builds resilience, personal wellbeing and societal wellbeing.

The title of this article is *what are your values footprints?* As the reader you may like to consider what is important to you? What is your heart's expression? Every human being creates values footprints. The expression of our intrinsic nature in our thoughts, words and actions is being sincerely human. What values footprints would you like to share?

Be silent yourself, that will induce silence in others. – BABA

My Journey by Harry Mansbridge

(from "Sathya Sai - The Saviour")

Many of our members here in Ireland will recall Harry's visit to us, in September 1991.

I came upon the following article by him recently and thought it worthy of a further visit. He wrote:

"I had been searching for about ten years for some meaning to life when I was introduced to Sri Sathya Sai Baba, in May 1980, when my initial

reaction was, 'Oh no, not another Guru.' Within six weeks I was sitting at His feet in Prasanthi Nilayam, not even having heard a bhajan sung and wondering what on earth I was doing here. I was soon to find out.

Baba called me in for a private interview and then proceeded to tell me my life story up to that moment, including traits of my character, which are best not talked about! He even mentioned discussions that I had had with my wife in the U.K. I received an incredible blessing and I staggered out of that interview knowing that I had been in the presence of the Divine and ready to start a new phase of life, and here I am twenty years later, older and wiser, but still feeling that my foot is only on the first rung of the spiritual ladder.

I am 77 years old, but the last twenty years have been incredible. I have witnessed dozens of materialisations, healings and 'knowings' by Baba, of my thoughts and deep feelings on many occasions. On one visit to Prasanthi lasting three weeks, I witnessed four chair-bound people get up and walk on His command, for the first time in many years.

These are all actions of His Divine Form but He has been stressing for several years now for us to see beyond His Form - Advaita, Unity, all

One, all God: transformation not information. Baba says, "*Know who you are and why you have come here on earth*". He told me once, "*Why do you worry about your heart when you know I am inside it?*"

Why do we worry indeed when we know we are on earth for only a

short time and then we will merge with our Lord, providing our Divine bank balance is healthy. Baba says that a lifetime of selfless service is necessary for this.

Baba has stated that there are two paths of merging with the Divine, the path of devotion and the path of wisdom or knowledge. He states that the simplest way is that of devotion but in the west, we seem to be hedging our bets and trying both paths together. I find the more spiritual and religious texts I read, I realise that they are all teachings of Sai Baba with a slightly different approach. He stresses on unconditional love and you can see that if we express this at all times, all the undesirable traits of our personalities will vanish - selfishness, greed, jealousy, anger, pride, desires, etc.

Baba once said to me in a private interview, *'You know My teachings. If anyone in or out of the Organisation asks you to do anything, ask yourself, 'Would Baba approve?' If you think I would approve, then do it. If you think I would not approve, then do not do it.'* I have used His advice since that time, sometimes to the chagrin of others.

We must question our motives in whatever we do and call upon Baba within for help and advice if we are not sure. Try to get the 'I' out of the way and think with Divine Principle, not personal principles.

It is not an easy path to follow and life doesn't flow effortlessly because we are trying to live the Truth. Everyone gets tests in their lives - tests of faith and tests of devotion and many 'red herrings' are dragged across the path.

Swami has done so much for humanity, inspired so many millions with His teachings and of course, continues to do so. He holds out to us the promise of merging with the Divine - we have to let go and let God accept our surrender in life to Him!"

(With thanks to The Hatfield Sai Centre Magazine, June, 2006)

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

- BABA

New price for the 'NEWSLETTER'

Due to the recent postage increase, I regret I am obliged to charge a slight increase to the subscription rate.

The new subscription will be, as and from July 30th 2013,

12 euro for one year,

20 euro for two years.

(A modest saving!)

Man is the most sacred of all the animals. To be born as a man is an extraordinary gift. Having taken birth thousands and crores of times, as a result of the accumulated merits, at some time the being gets human birth. Therefore, man must use this life of his in a purposeful manner.

- BABA

"I, too, fear her!"

One morning, women devotees were entering the audience hall in Prasanthi Nilayam, to have darshan of Swami. They were observing due silence and were also walking in orderly lines. But a lady volunteer at the entrance was curt and rude in her manners and was using impolite words while trying to hustle them inside. Many women felt bad about her behaviour. One of them was very much upset. While she came to P.N. to attain mental tranquillity, she thought, this insensate volunteer was causing more unrest in her mind. She decided to inform Swami accordingly. To her good fortune, Bhagavan Baba gave an interview to her along with some women devotees.

She could have utilised that sublime opportunity to raise her personal issues with Swami. Instead, she chose to ventilate her grievance at the inappropriate conduct of the volunteer at the entrance. As soon as she set foot in the interview room, she burst out, "Swami, did you notice that lady volunteer on the women's side that is talking too much and using harsh words? She is disturbing our peace of mind even in this holy place. Why did You have that volunteer posted on duty at the entrance, Swami?" As He heard this tirade, Swami, who was seated on His throne, bent slightly forward and said to her, "*Bangaru, I will let you know a secret. I too fear her!*" The devotee was surprised but delighted and went into peals of laughter on hearing Baba's well-kept secret! The whole room was filled with laughter.

Here is a meaningful spiritual lesson given by Bhagavan Sri Sathya

Sai to His devotees. He did not dismiss that volunteer in anger for her rough conduct. At the same time, with a simple soothing word, He swept away the grievance of this genuinely hurt devotee and pacified her with His humour and love. Baba thus exhorts all His devotees, "*If you too face any problem or difficulty in life and get upset, recall My sweet words and jovial conversation and delight in them. Thereby you will be able to forget your grief or hurt more easily.*"

Often did that devotee receive rough treatment again at the hands of the same volunteer at the entrance to the audience hall. But she could bear it with equanimity, by simply recalling the sweet, disarming and frolicsome words of Swami and happily laughing within herself.

External vision does not bring about understanding of the integrated nature of man. Integrated awareness can be understood only by inner vision. Only then can one attain a taste of bliss. - BABA

Dates & Details of Interest

Over the years, I have collected many "gems" of knowledge, dates, etc. stated by Swami, and other spiritual sources, which may be of interest to the reader who accepts the premise of Reincarnation.

Dr. John Hislop, was previously King David.

Mary Magdalene, was later Therese Newman (stigmatist).

St. Germain, was previously Christopher Columbus, and also St. Joseph.

Lord Rama, lived 18,000 years ago.

Lord Krishna, died 20th. Feb. 3, 102 B.C.

Buddha Gautama, who lived in 563 B.C. was previously Balarama, Krishna's brother.

John the Baptist, was Elijah and also incarnated as Mohammed.

Zoroaster/Zarathushtra, was born circa 6,300 B.C.

Moses, was buried in Kashmir, as was Jesus and His mother Mary, near the town of Booth.

Jesus, formally Moses, reborn in Punjab, India, will be with Prema Sai!

Man Is Responsible...!

Mankind must accept responsibility for the many natural disasters that are occurring in the world today. It was back in Feb. 1997, that Swami stated the following in his Divine Discourse:

"As a result of uncontrolled desires and reckless exploitation of natural resources, Nature is exhibiting frightening disorders. Natural calamities like earthquakes, volcanic eruptions, droughts and floods are the result of disturbances in the balance of natural resources. Mankind today appears like a foolish man who is wielding an axe at the branch of a tree on which he is sitting"

On another occasion He referred to the cause of natural calamities, stating...

"Man is considering Nature as entirely a creation of providence for his enjoyment. This is a mistake".

"Nature exists for enjoyment by man according to certain limits. Scientists today are exploring the powers of Nature with a view to enjoying them without limit. They want to bring all these powers under human control for their unrestricted enjoyment. This is responsible for so many of the natural disasters that we witness today."

"...it is the duty of all those who are connected with the Sathya Sai Organisation to promote spiritual discipline... dedicate their lives to social service... promote the awareness of Divinity in human beings, and thereby build a genuine sense of brotherhood among people!"

Fill your hearts with the light of Love so that the evil qualities of hate, greed and conceit find no place therein. – BABA

North India Floods

By now, most of the world knows that over 100,000 people in Northern India, have been rendered homeless, with 1,000 dead, 70,000 stranded pilgrims and tourists, and 4,700 missing. Thousands have been trapped and awaiting rescue (see photo on back cover).

The Sri Sathya Sai Service Organisation is delivering blankets,

medicines, clothes, tents, cell phones, etc.

Let us follow Mr. Narendranath Reddy, M.D., Chairman, Prasanthi Council's suggestion he made recently: "Let us all pray for Bhagawan's Grace to be showered upon all those who are suffering from this natural disaster and bless us with the wisdom and strength to serve those in need."

When you beg from one equal to you, you put yourself down and he is raised up.

When you beg from one lower than you, you degrade yourself still further.

But when you beg from God, you rise; you are elevated in spirit and you sense fulfilment.

- BABA

A Speech for Paradoxical Times

By Nipun Mehta

The following is a short extract from a speech given by Nipun Mehta, to a student body of an elite private school in Silicon Valley, USA.

He was an unexpected choice for teenagers, who belong to what *Time* magazine called the 'Me Me Me Generation'. He spoke of Ruby, the first African American girl to go to an all-white school back in November, 1960.

"All the teachers refused to teach her, except for one Mrs. Henry. Ruby received constant death threats and on the way to class every day, people

would line up to shout and throw things. Mrs. Henry instructed Ruby to not speak to anyone, as she crossed the jeering crowds every day. But one day, she saw Ruby saying something, so she said:

'Ruby, I told you not to speak to anyone.' 'No, Mrs. Henry, I didn't say anything to them.'

'Ruby, I saw you talking. I saw your lips moving.'

'Oh, I was just praying. I was praying for them,' Ruby responded. Then she recited her prayer, and I quote 'Please, God, try to forgive these people. Because even if they say those bad things, they don't know what they're doing.'

"A six year old! Wishing well for those who were wishing her harm. How generous is that? And what does it say about the power of the human heart? *Our capacity to love is a currency that never runs out.*"

Love is the Light of the Spirit.

Realise the Light of the Spirit and you are filled with Love.

Get the flower and you have its beauty and fragrance.

In colour, see harmony; in light, see joy.

In outward forms and in the depth of things; behold yourself.

You are the Truth.

- BABA

In the Early Days

The following account of Swami's earlier years, describes how many people in the village of Puttaparthi, turned against Him and His devotees, dubbing His many miracles as magic!

At one time Swami chose to leave the unpleasantness and live in a cave on the other side of the village, where He stayed for about six months. He also stayed in a cave near the "Wish-fulfilling tree". It would be here that His devotees would visit Him and bring food. When the villagers came to hear of this, they assumed that He was undertaking austerities to obtain siddhi powers. But when they approached the caves to stop Him, snakes appeared from nowhere and drove them away. He later left the caves to live in a house that had been offered to Subbamma, but even here the jealous and intolerant villagers made life difficult for Him, and the hut was set on fire while He was inside!

Later, land was set aside to be given to Swami and His devotees, for their use. It was on 25th July 1945, the Mandir was build and Swami went in a procession around the town. On that day, He chose a spot at the rear of the building and placed His hand on the ground, and fresh water sprang up, and a well was dug there on the spot. It was the only source of drinking water for the village, and is still in use today.

It was in 1947 that Karnam Kamalamma recalled, "That night, sitting in the courtyard of the old Mandir, Swami told us the importance of the Venugopala Swami temple next to the old Mandir. He told us that

Maharishi Valmiki had meditated in Puttaparthi. In the place where the old Mandir stood, there was a forest full of Tulasi leaves. Swami revealed that Lord Narayana as a Rishi had meditated there. Referring to Himself, He said that the same Rishi has reincarnated now.

Material wealth brings along with it not only joy but grief as well. Accumulation of riches, multiplication of wants will lead only to alternation between joy and grief.

Attachment is the root of both joy and grief. Detachment is the saviour. - BABA

Gifts from God

Sathya Sai Baba, bequeathed many gifts to mankind, include healthcare, education and pure water, not forgetting the schools and colleges, museum and planetarium. In so doing He was showing us what is important, indeed essential, for the future existence of humankind. Since they are gifts from God, then it is only right that they should be protected for the future and not be commercialised?

We should realise that all that Swami has bequeted to us is given in trust, to keep and treasure for future generations. It is essential now, that we, His trustees, should continue to guard them as we move on into the Golden Age that is just below the horizon. Swami has said, "I bless you with the treasures of these!"

Education is not just for careers, for making money and pursuing an

easy lifestyle, but for sowing the seeds of true values, - Human Values, for future humanity to benefit from, while our present society seems directed mostly towards selfish needs, without consideration for the true value of His bequest.

Swami has stated that Education is for "life", not for a "living". He further said, "Education is not to be taken as a process of filling an empty sack and pouring out its contents, making the sack empty again. It is not the head that has to be filled through education. It is the heart that has to be cleansed, expanded and illumined. Education is for "life", not for a "living".
