

2014

Sathya Sai Service Organisation

Republic of Ireland, Zone 9, Region 91

**SATHYA SAI NEWSLETTER
JUL - AUG 2014**

Dear Devotees of Sathya Sai,

This issue of the Sathya Sai Newsletter contains a number of remarks and comments Swami had made in relation to animal welfare, both domestic and farm, over the years, and I am happy to highlight some of these.

"The last of the jagnas is the Bhuuthajna - steps to conform and keep happy the animal collaborators and companions one has around him - bullocks, cows, goats, horses, which help you by their toil, and dogs, cats and other pets which make your home pleasant and full of joy. You should not keep them hungry or overwork them. If any animals depending on you for love and care sheds one tear in your home or farm, remember you will suffer greatly therefore." -BABA

I am frequently struck by the love that Swami showers on the animals in His care or those in the wild. I am reminded of the big "bull" elephant that charged out of the forest, near where He and devotees were about to have a picnic. Everyone ran into the protection of their vehicles, but Swami stood there as the elephant charged up to Him and knelt down before Him to receive a blessing from the Lord Himself, and then returned back into the forest.

"The next symptom of the age of Kali is the distressed condition of the cow... The cow's calf is not only beautiful to look at, but also gives satisfaction to the cow, and so she delivers as much milk as possible. But in the Kali yuga, the calves are separated from the cows as early as possible for purposes which may not be mentioned in these pages of the

Srimad-Bhagavatam. The cow stands with tears in her eyes, the sudra milkman draws milk from the cow artificially, and when there is no milk, the cow is sent to be slaughtered. These greatly sinful acts are responsible for all the troubles in the present society..." (Sriila Prabhupada's "Protect a Cow" and Srimad-Bhagavatam, Canto 1, Chapter 17).

I am illustrating the love Swami has for all animals, by using a loving photo of Swami with deer, on the back cover of this Newsletter.

Sai Baba said: "Nature is the demonstrable proof for the existence of God... All other creatures like birds, fish, sheep and others are serving man in different ways. Seen in the light it will be clear that all things in creation are helpful to man in leading his life."

In conclusion, I'll quote Swami's remarks concerning man's destructive nature, when He stated: "Science is being used more for destruction than for construction. What is the reason for this? The ego is the cause. The sense of egoism and conceit arising from it is the root cause of the destructive tendencies in man." Ed.

The panacea for all suffering is chanting of God's name. Have the firm conviction that you are God. Never be under the mistaken notion that God is the Master and you are His slave. You do not have a master, you are the Master! Master the mind and be a mastermind. Never forget God's name. - BABA

"I AM GOD..."

It was during the Guru Poornima Discourse on July 28, 1990, that Swami presented the following Prayer to His devotees. Say it ten times a day for a great blessing.

"I am God, I am God. I am not 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!"

"This cosmos is a vast exhibition. It is the creation of the Lord. All are entering this exhibition and taking whatever they choose. Some seek jobs, others wealth and so on. They are content to take objects of their choice.

When you have entered the cosmic exhibition, you must seek the Divine. Then, the whole Universe becomes yours. You must seek that which is lasting and unchanging. There is no meaning in going after one thing after another. There is no end to that process. There is no satisfaction in

that. What you acquire today loses its charm the next day and you desire something new. But once the Divine is attained, all things are obtained".

"GOD IF YOU THINK, GOD YOU ARE. THINK GOD. BE GOD. REALISE IT! REALISE IT!"

Rama, Krishna and other Avatars had to kill one or more individuals who could be identified as enemies of the dharmic (righteous) way of life, and thus restore the practice of virtue. But, now, there is no one entirely good, and so who deserves the protection of God? All are tainted by wickedness, and so who will survive if the Avatar decides to destroy the wicked? Therefore, I have to correct the buddhi (intellect) by various means; I have to counsel, help, command, condemn and stand by as a friend and well-wisher to all, so that they may give up evil propensities, and recognising the straight path, tread it and reach the goal. I have to reveal to the people the worth of the Vedas, the Shastras (India's ancient scriptures) and the other scriptural texts, which lay down the norms of sacred living.

- BABA

The Ancient Ordinance

The Lord Buddha sat under the Bodhi tree in Bodhgaya, after the illumination that revealed to him the Four Noble Truths.

Immediately a gang of unbelievers gathered around him, ridiculing and abusing him.

His disciples were enraged by this insulting of their Buddha, and pleaded with him, "Lord, give us leave; we shall beat this insolence and ignorance, out of these traducers."

The Buddha only smiled at their anger, saying, "Dear ones, know you not how much joy they derive from this exercise? You derive joy worshipping me. They derive joy pelting me with abuse. You pour reverence; they pour ridicule, and receive equal satisfaction. Control yourselves; do not hate anyone that is the teaching. This is the ancient ordinance."

"The Buddha's advice is not to give ear to abuse; keep cool and uninterested; then, the foulness goes back to the sender - instead of harming you, it will only recoil on him."

Swami stated that there were those who tried to imitate the Krishna; dressing in the same style as Krishna - wearing the yellow silken robe, holding an imitation Conch, and wooden wheel and carried them about in his two artificial extra arms, and imitated the gait and gestures of Krishna. The foolish gathered around them, mistaking them to be the Lord they were seeking.

Even in the Kali Age there are those who imitate Sathya Sai Baba, stitching the same type of robe, cultivating the same crown of hair, and as Swami said, making themselves ridiculous by frantic attempts to imitate Him. They forget that "imitation is only human; but Creation is Divine!"

Swami has revealed to us a destiny which is beyond anything we could ever have dreamed of. Swami was asked the question: "Bhagavan, over 3,000 years ago, Moses led the people out of slavery and brought them to the Promised Land. Then 2,000 years ago Christ came and taught them the way to the Kingdom of Heaven. Now we pray that another Messiah will come and bring final salvation. Swamiji, are you that Messiah who has come to deliver us all?"

Swami answered differently than one expected. He said: "No, it's not like that. Not one Messiah. You are all Messiah. In truth, you are God. Here and now you have the strength to save yourself and help others also. Live in God. Live in Love. Always think God. As you think so you will be. Dust if you think, dust you are. God if you think, God you are. Think God. Be God. Realise it! Realise it!"

This is the inspiring message of the Avatar, bringing to light again the ancient teachings of Sanathana Dharma.

I will always protect those who are Mine, those who surrender and say, 'Lord, I am Thine'. - BABA

God is all names and forms

"For establishing oneself in the contemplation of the Omnipresent Lord, there are no limitations of time and space. Wherever the mind revels in the contemplation of the Divine that becomes the holy place. Whenever the mind meditates on the Lord that becomes the most

auspicious moment. The world can achieve prosperity through disciplined souls whose hearts are pure and who represent the salt of the earth. Everyone, from this very moment, shall pray for the advent of such holy souls, try to deserve the blessing of the great, endeavour to forget one's sufferings and promote the welfare of the world." - BABA

A Test of Faith

Gloria & Michael Goldstein

My wife and I were passengers on the PamAm flight no. 73 that was hijacked by terrorists in Karachi, Pakistan, on Sept. 5th, 1986, while returning from India after a very happy time at P.N. with our Beloved Swami.

Swami's words sustained us through our tribulation. He said: "The mind is the key and the heart is the lock. Turn the key outward to the world and there are endless desires and chaos. Turn the key inward to God and there is detachment and serenity. Remember, God gives bad experiences as well as good experiences. There is a purpose for both. Your equanimity should be constant with both good and bad experiences."

My wife and a stewardess were the first two people to encounter the terrorists when they entered the airplane. First there was angry shouting and a gunshot outside. Then two of the terrorists entered the airplane. One of them put his arm around the neck of the stewardess and pressed a pistol to her head. The other terrorist pointed a machine gun at my wife. Despite

these ominous events, my wife raised her hands together to pray and said aloud OM SAI RAM, five times with a dignity and calmness that was incongruous with the situation. The terrorist was disconcerted for an instant. Then he said, "Hands up; move back!"

During the 17 hours of captivity. I contemplated Swami's words and prayed to Him many times, always the same prayer: "Lord, intercede in this tragedy. Fill the hearts of our captors with Love and Peace. Protect my wife and the other good and gentle people on this airplane. If I am to die, then grant me the courage and strength to die with honour, doing my duty faithfully and effectively, and thinking of Thee to the end."

From my contemplation of Swami's words and my prayers to Him, I derived detachment. Instead of being controlled by my own fear, I became a witness to it. This enabled me to think clearly and act effectively. The stewardesses and our fellow passengers were a valiant group. They remained calm and courageous until the end. The lights in the airplane went out. The terrorists opened fire with machine guns and exploded grenades. They viciously and randomly killed and injured innocent men, women and children. By the Grace of God, my wife and I escaped unharmed. We mourn and pray for those who were not as fortunate. This dark ordeal has strengthened our faith in the Lord, Bhagavan Sri Sathya Sai Baba!

Sanathana Sarathi - November 1986

The decline of Dharma is so acute a tragedy; the intensity of affection that the Lord has for good men is so great that He Himself comes. The Lord is Love itself. He comes in human form so that you can talk to Him, move with Him, serve Him, adore Him, and achieve oneness with Him, so that you can recognise your kinship with Him. - BABA

Moses and Jesus

There is a story of a great soul given in the Bible, whose life represents such a supreme level of surrender. Moses was the great devotee to whom God identified Himself in the burning bush, as "I AM THAT I AM". Moses brought the children of Israel, a million strong, out of the land of bondage where they had been impressed into slavery for 400 years. The divine command to go came early one morning, and they left suddenly without having time even to take some bread along for the long journey across the desert.

After three days of forced marches they came to the Red Sea; there they rested, at last feeling free. Before them to the East was the deep sea which would have to be crossed. But then, when they looked behind them, they suddenly saw the far-off horizon to the west, teeming with armies, chariotry, cavalry, infantry and elephantry; the whole Imperial Army of their recent captors was descending upon them, charging down, determined to wipe them off the face of the Earth.

Moses was the only one completely unperturbed. His was an integral

vision. He trusted completely in Divine Providence, in the promised protection. He said to the people, "Do not fear. Trust in the Lord. He will certainly take care of us. You can be sure that the Army you see today you will never have to see again." At this point the waters of the Red Sea parted and the people went across. When the pursuing Army followed, the waters came back together again and the waves swallowed them up.

We see how by the love that God had for His devotees, Moses changed the course of events for so many people, and thus, one scene in the Divine plan was fulfilled. Jesus had another part to play in that grand drama. He was the prince of peace, the apostle of love. When asked which the most important commandment was, Jesus answered, "There is only one God. Love Him with all your heart, with all your soul, with all your mind and with all your might." Jesus taught the people that to love God means to love your fellow-beings, to love not only your brother and kinsman and neighbour, but also to love the stranger and the foreigner and to love even your enemy. These pronouncements came from one who had realised the truth of the one eternal Self. Jesus shone as a great light for all of mankind, and for 2000 years he has been worshipped by hundreds of millions as the Saviour come on Earth.

Now mankind is going through its most troubled time in history. Swami quoted Jesus as saying that the Kali Age will become so bad and man will become such a threat to himself, that God, the Father Himself, will have to come to Earth; and Swami said that this very Baba with the crown of hair, whose name is

Truth and who wears the blood-red robe, is that Father come to save mankind. This is the modern Christmas story, the coming of the Saviour, rising as a divine star over the Earth and bathing the entire world with His brilliance. Recently, Swami said that soon a new era of peace will start and that He will act directly in the minds and hearts of people the world over, and be known in all the nations on the Earth.

Is this then the full story of the great drama that is now unfolding around us, as the Avatar graces the Earth with His presence during this present time of great crisis? No, the story does not stop there. The momentous message that Sai has come to bring and with it He has lit the light which will forever banish our night of ignorance. "I am God, I am God..." etc. is the mantra He has given us. It heralds the birth of the Divine Child of peace and love within our hearts. When the birth comes, every day will be Christmas and every day a celebration, for then our star will have risen in the morning sky and will shine as a beacon of hope for all mankind.

(Christmas Day address by A. Drucker, 1985)

I have not come for propaganda or publicity or gathering disciples or devotees. I am yours and you are mine. When then is the need for publicity? I do not give lectures but 'mixtures' for your mental health and moral re-invigoration. So take My words as medicine for your spiritual health. –BABA

Reform Should Start from Primary Stage

"Educational institutes have the responsibility to give to society well educated persons who are competent and who are men of integrity and who can be relied upon to serve society with devotion and competence. The crisis in the educational field is well-known."

"Most of the problems in our country are created not by the uneducated or the illiterate but mainly by the educated persons. The reason is the educated persons have not had the right type of education".

"There is too much interference by the government in the educational system which accounts partly for the prevailing evils. Attempts to tinker with the system by altering the number of years at school and the number of years at college do not affect any fundamental changes. The change in fact should begin from the primary level when the children are in their most impressionable years. It is at this stage that discipline and moral values should be inculcated. Students who have been moulded on right lines in the early years by being filled with examples from our cultural heritage would develop into ideal citizens".

"At the higher levels of education the major problem is caused by politics and the holding of elections in college associations. Elections to student bodies should go. They involve not only considerable waste of money but result in divisions and conflicts between students".

"Teachers for their part should regard their vocation as a sacred duty. They have the responsibility to

mould the future generations of young students both by what they teach and by their example. These teachers should inspire the students by example, by the way they live outside the classroom. If there are such teachers there will be no cause for students to go astray. One of the principle aims of education must be to make students self-reliant. They should not become degree holders going around begging for jobs”.

“I hope that you will devote yourselves to your duties with greater vigour and enthusiasm and bring about a transformation in the students. It should make them useful and worthy citizens of this great country.”

Bhagavan Sathya Sai Baba,
Brindavan Auditorium, Dec. 15,
1985.

The Amazing Facts about the Sanskrit Language

It is the mother of all languages, with 97% of the world’s languages being directly or indirectly based on this language. It is the official language of the Indian state of Uttarakhand.

The most efficient, and best algorithms for computers, have been influenced by Sanskrit, not English. It also has the power to say a sentence in a minimum number of words, as against other languages. It is computer friendly!

America has a University that is dedicated to Sanskrit and NASA too has a department for research into Sanskrit manuscripts. NASA declared it to be the “only unambiguous spoken language on

the planet”, and most suitable for computer comprehension.

It is reported by a NASA scientist that America is creating 6th and 7th generation super computers based on Sanskrit. In time there will be a revolution all over the world to learn Sanskrit.

The language is rich in most advanced science, contained in a number of books such as Vedas, Upanishads, Bhagawad Gita, etc. (Ref: Russian State University, NASA etc., NASA possesses 60,000 palm leaf manuscripts, which they are studying).

Learning Sanskrit has shown that the phonetics of this language has roots in various energy points of the body and reading, speaking or reciting Sanskrit, stimulates these points and raises the energy levels, whereby resistance against illness, relaxation to mind and reduction of stress are achieved.

Sanskrit, also, is the only language which uses all the nerves of the tongue. Its pronunciation and energy points in the body are activated that causes the blood circulation to improve. This, coupled with the enhanced brain functioning and higher energy levels, ensures better health. Blood pressure, diabetes, cholesterol, etc. are controlled.

Seventeen countries worldwide have a University, or two, to study Sanskrit to gain technological advantages. It is not just a language; it is the primordial conduit between human thought and the soul.

Today, a handful of Indian villages, still use Sanskrit as the main language, with the village of Mathur

in Karnataka, with more than 90% of the population using Sanskrit. There is also a daily newspaper in Sanskrit, which is available online as an e-paper (sudharma.epapertoday.com)!

The UK is presently researching a defence system based on Hindu shri chakra, and the German State University states that the best type of calendar being used is the Hindu calendar - as the New Year starts with the geological change of the solar system.

Cultivate that Eka-bhava (attitude of Oneness) among men of all creeds, all countries and all continents. That is the message of love I bring. That is the message I wish you to take to heart. - BABA

Patal Bhuvaneshwar - A Heaven under Earth & its Sathya Sai Connection

The glorious Himalayas are reputed to be the youngest mountains and mountain chains on the face of the earth. While there are several places on earth which help you discover "what you think you are, and what others think you are, the Himalayas house several sanctuaries which help you discover who you really are!"

Many people visiting India take detours to visit the cave shrine known as Patal Bhuvaneshwar, where "apparently all the 33 crore Gods of Sanatana Dharma had (and continue to) worshiped Lord Shiva."

The message board at the entrance of the cave, of this underground abode of Lord Shiva, states: "This

awesome cave is believed to be as old as the earth itself. The first human who entered this cave was king 'Ritupama' of the Solar Dynasty during the Tetra Yuga. In Dwapara Yuga, this cave was discovered by the Pandavas. In Kali Yuga, Adi Shankaracharya consecrated this cave and since 1191, this has been a place of visit, both for sightseeing and worship."

The actual limestone cave shrine is located at a distance of about 14 kms from Gangolihal in the Pithoragarh district of Uttarkhand.

It was in 1989 that a Major General of the Indian Army, K.A. Taylor spearheaded what could be considered as the re-discovery of the cave shrine. Taylor had come to know of Bhagawan Baba in the 1970s. In 1975, he was commandeering a convoy of jeeps through the treacherous trails at the Himalayan heights when one of them slipped off the road into a deep ravine. The driver was killed on the spot. Taylor was not ready to accept this, and he ensured that the victim was brought back up to the road and sent to the nearest hospital by another jeep. He was sure that the driver would be declared dead on arrival. It was then he decided to pray to his newly found 'God', that was to be the acid test to his Swami, who was thousands of miles away in Puttaparthi. One can only imagine the Major General's thrill when the driver came out from the arms of death to lead a healthy and happy life! This was a turning point in Taylor's life. A few years later when he and his wife visited P.N. and Swami granted them an interview Swami asked him if he was ready for another responsibility. "Yes" replied

the army man but it would be some years, and this time it would be in a dream.

In the dream, Swami had taken him to the same spot in the Himalayan Mountains and stood next to a temple complex from where Swami pointed out a winding path towards a mountain, and Swami told him the location of a cave - then the dream ended. Taylor had no idea what Swami was indicating, but assumed He wanted him to meditate in the mountains, but had no idea as to which mountain. One day a colleague suggested that he should visit a nearby Devi temple. As Taylor stood outside the temple complex, it was *deja vu* as he felt he had been there before. As he looked around, he at once saw the mountain Swami had pointed out to him in the dream. Looking down he saw the winding path, and started trekking in great excitement as he came face-to-face with the Patal Bhuvaneshwar cave.

Entering it, he had the spiritual experience of his life! Thus the cave was 'rediscovered', so to speak.

The cave began to attract spiritual aspirants and tourists alike, while many westerners who claim to have had thrilling experiences in the cave - experiences that teach them the futility of the mundane world and inspire them to learn the Reality about themselves, who they truly are! In fact, during the travel, one heard the story of one young westerner who had been sent by Swami there, to do spiritual practices for 3 months at a stretch. This person shared his thrilling experiences of several visions with S. Sai Giridhar, Dept. of Chemistry at the Sri Sathya Sai Institute of Higher

Learning. Two years later, when Giridhar visited the cave, he was able to confirm that a "white foreigner" had indeed spent 3 months at the cave complex!

The 120 meter descent into the underground world is physically challenging and yet every member of the entourage, irrespective of age, wanted to enter. After descending about 50 steps, one comes to a landing area, which could hold about 200 people easily, where one could hear the loud chanting of 'Om Namah Shiva' by people who were descending the scary slope. One person stated: "Without the slightest effort on my part, I could 'see' or 'imagine' Swami walking towards me, in my mind's eye, I saw Him granting darshan to so many people. I cannot say it was a vision... but if you close your eyes and imagine Swami giving darshan, like one big difference; I was not 'controlling' Swami's movements. I had no idea of what He would do next during that darshan. He was smiling as He moved gracefully, showering His blessings on all. I had totally lost bearing that I was in Patal Bhuvaneshwar for I was in Kulwant Hall. I was not in one place. It was like a camera tracking and moving along with Swami. I could see each and every expression of His and study every action He did. It felt so awesome and magical. It was thrilling to say the least.

Later, they were in the sanctum sanctorum - a linga that had been constituted by representation of Brahma, Vishnu and Shiva with three differently textured and coloured rocks. Meters above these were three 'udder-like' rocks from which

water dripped in a rhythm on each of the Gods of the Trinity in the linga.

It was then that they had to exit the cave as it was time to close. It was with rich feelings and an overwhelming love for Swami that everyone exited the cave complex without the need to speak.

(As Taylor discovered, he had no doubt that dreams of Swami are always true. Ed.)

When God is pleased with you, the whole world will be pleased with you. Therefore, let all your efforts be towards pleasing God. –BABA

Letter from Dr. Reddy, Chairman,
Prasanthi Council

Dear Brothers and Sisters, greetings of loving Sairam to all of you.

We are celebrating Guru Poornima on 12th July 2014. This is an auspicious and special day for spiritual seekers to pay homage to their Guru and rededicate their lives to live His message. Bhagawan Sri Sathya Sai Baba, our Guru and God has come to show us the guri (goal of life) by getting rid of the darkness of ignorance. It is very important for us to remember His message through His first bhajan “Manasa Bhajare Guru Charanam” and we should one-pointedly hold on to His feet so that we can reach the goal.

It has been brought to my attention that emails have been circulating that Swami has been speaking through some people and delivering discourses in subtle forms in various places. It is reported in these emails

that they claim to have seen His “light body” and they have been instructed to establish institutions. They are seeking donations, participation and support. It is good to remember and practice what Bhagawan Sri Sathya Sai Baba Himself has said about such activities.

I urge all Sathya Sai devotees to pay careful attention to the excerpts from Swami’s Divine discourses given below. Swami has always emphasised in His Divine Discourses that He has a unique heart-to-heart relationship with each devotee and has no intermediaries. At one time I asked Swami if worshipping His Divine lotus feet mentally is equivalent to worshipping Him physically. Swami immediately responded, “Yes, mental worship has the same spiritual benefits”. Therefore, Sadhana is the inward path.

Let us sanctify and redeem our lives by implicitly following the Divine command.

Let us focus on the goal without being distracted by anyone or any external influences.

Let us dive deep into the nectarine words of Swami and practice His universal and eternal message of love and selfless service in our daily lives.

Let us love Him with all our heart, mind, soul and strength and serve Him till our last breath. Jai Sai Ram.

Lovingly in the Service of Sai,

Dr. Narendranath Reddy, Chairman,
Prasanthi Council.

**Love lives by giving and forgiving.
Self lives by getting and forgetting.
Swami wants you to become
selfless so that your heart is full of
Love. -BABA**

The Opened Eye

As each day passes I am beginning to see more and more clearly the divine dimensions of Swami - His power, the majesty and the fascination He wields over people and His deep mystery. In the early days I used to visualise Swami as just a holy man. Today I see the vast dimensions of the Avatar, the god come to earth. There is no trace of disbelief left in me about His Godhead.

In life we sometimes see our closest persons betraying us. We see friends talk behind our back. Previously this used to make me angry. Today I realise that they are not to blame. Oftentimes it is the leela of Swami. He has an overall plan for each of us and he makes them act so that His Master plan is carried out. When you look back in life, you will realise that the betrayals and tragedies eventually turned out to be blessings. So today when things go wrong I find myself not blaming people but thinking that God made them act in such and such a way as part of His overall plan.

Subba Rao, Fort Washington, USA

Our relationship is only heart-to-heart and love-to-love, nothing else. Swami is love personified. Swami gives importance to love and nothing else. Do not give

value to mean and meaningless talk. -BABA

The Celestial City

by Christine Draper

A few years ago in the Sanathana Sarathi I wrote about 'experiencing' Sai Baba from afar. Like many people at that time I had only read of Him and relied upon other folks' experiences to give me knowledge of the Avatar of the New Age. However, this state of affairs was soon to change.

In November 1981 my daughter became seriously ill and for no apparent reason that the doctors could discover, she started having epileptic fits which became impossible to control. The tissue over her brain began to swell and one very black Monday, permission was sought from me to agree to a surgeon operation upon her brain in an attempt to find the cause of her trouble. Very reluctantly I agreed to this but at the same time felt impelled to embark upon the almost impossible mission of speaking to Sai Baba on the telephone. Of course I should have known that pleas for help over the Sai telephone are received by Him instantaneously and it was not necessary for me to spend seven hours trying to get through to Puttaparthi via British Telecom. However, I did manage it, only to be told that I must send a telegram instead!

The next day when I contacted the hospital I was told that although the surgeon had been ready to perform the operation, a further examination of the swelling revealed that it had

stabilised and indeed appeared to be shrinking. Needless to say it continued to shrivel and as predicted by Swami, Clare left hospital after a five week stay.

Some four weeks before this incident I had dreamed of following Sai Baba across a narrow footbridge, only just catching my daughter by the hand as she began falling into a flowing river which ran beneath the bridge.

You will appreciate, therefore, what a tremendous sense of excitement and anticipation I felt, on setting out on a visit to India to see for myself that Embodiment of Divinity in human form Who had already manifested His power to me.

Imagine God's first beautiful day, with a clear blue sky and a sun reaching high ready to warm all under its rays and birds using the soft breeze to carry their songs of joy at the imminent approach of their Lord of Creation. Anticipation turned the atmosphere electric and all human heads turned as one when, as if from nowhere, Sai Baba appeared, drifting along like a cloud through a sky filled with human longing for His touch. He was here at last and I was seeing Him!

When you have yearned for something for so long it is almost too difficult to grasp when the reality occurs, but nothing can ever erase for me that first moment of seeing Swami in the flesh.

Going to see Sai Baba in India is probably the wish of most devotees and like so many I saw the trip as the zenith in my life. It has made me realise I was turning a very important corner and being led

down another street where life and all its works were just beginning. Certainly that road Sri Sathya Sai Baba shows us all is a main highway and major route to the Celestial City.

Like others I came back from my trip filled with new resolve and strengthened with spiritual energy and know now that when I wrote before of Baba's Grace in allowing me to experience Him from afar. I must now recognise that greater blessings He has bestowed upon me in allowing me to experience Him in human form.

Your senses are God-given gifts. They should be used for sacred purposes and not misused. There is only one Royal Road to Realisation. It is the path of Divine Love. You have come from the Divine and your Destiny is the Merger in the Divine. Entertain only sacred thoughts and engage yourselves only in sacred deeds. Thereby, you will be sanctifying your lives. - BABA

Non-Violence

(From the EHV Exhibition at P.N. - Sept. 2000)

Non-violence is the zenith of human achievement and perfection. It is universal love that goes beyond our relationship into our fellow being and embraces all living and non-living things. When our spirit is awakened, one feels kinship with all beings, and one refrains from hurting or harming anybody or even anything through thought, word or deed.

All the five elements, space, fire, water, air and earth are created by God. All objects and living beings are God's creation, all of which must be maintained well. Here one experiences the essential oneness and unity of all creation. It blossoms from the understanding that man has an obligation towards every object and component of this universe. And the least one can do is to try and extend one's sphere of love to all. In the context of Human Beings, Non-Violence means: amity, harmony and understanding. For plants and animals it means non-injury: i.e. desisting from avoidable harm in nature. It means non-violence of the law and balance of nature. We have to exercise a ceiling on desires. Control of the senses and desires make a person strong and healthy and invincible. Miss-use of money is evil. Food, water, etc. should not be wasted. Time wasted is Life wasted.

Lastly, wasting our own energy is a form of violence. Talk in a well-modulated voice. Loud talking, excessive talking, excited talking, loud music, all add to atmosphere pollution and destroy minds of people around. A noisy environment leads to ill health, lack of concentration and weak memory. Therefore we must have consideration for others and maintain a peaceful, quiet and loving atmosphere. It is only in such an environment that the seed of Divinity will sprout and grow into a tree with sweet fruits.

Love, as understanding is Non-Violence. This is the spiritual domain of the human personality where your love becomes a towering light that it manifests in Non-Violence.

When one understands the secret of Life -- Truth, Love, Peace and Right Conduct, one's life becomes transformed in Love that manifests Non-Violence of thought, word and deed, and Non-Violence of the Laws of God, Nature & Man.

Such a person may be a reflection of William Blake's famous verse:

"To see the world in a grain of sand and heaven in a wild flower, hold infinity in the palm of your hand and eternity in an hour."

Such a love manifesting as understanding will know that to think negatively is to violate thought, to speak harshly is to violate speech, to harm another is to violate action. A person with much love not only merely prays and reads the words of God but puts it into practice every moment of his life. Such is the totality of the spiritual equality of Non-Violence as expressed when Love blossoms to understanding.

This great value of unselfish love is the core of spirituality and is expressed in all the great religions of the world.

Real freedom exists in submitting to the Will of the Divine and not acting according to one's caprices and fancies. - BABA

The New Me

From an article by Eric Franciscus in Sathya Sai Magazine, London, May 1986

I would have never expected it to have such a deep impact on my life.

And yet, when I think back to my early childhood I remember listening to stories of Jesus, being so impressed by how this man lived His life, feeling a deep love for Him, and above all being so angry with 'them' for treating Him so badly and finally nailing Him to the cross. So, often I thought to myself, "Well, if I had been around I would have defended Him; I would have believed in Him." Or, "If only He was here now and I could spend time with Him, or meet Him, I would surely recognise Him."

Time passed and I 'grew up'... Then, after many years of having Sri Aurobindo and the Mother as my guiding light I finally made it to Auroville about nine years ago. Within two days of arriving there I met some old friends who had just come from Sai Baba's ashram. They told me about Him, His miracles, the vibhuti, about His being an incarnation of God down here to help us get on with it. I saw the pictures they showed me - one of them is so clearly fixed in my mind that I can still see it when I close my eyes. And after all that, I said, "Oh well, another guru who does things. I'd better get on with my work."

Then, a few months ago a friend of mine here in Findhorn, handed me a book with Baba's picture on the front and said, "This man is amazing. He walks into my life a few weeks ago, and I don't know! It's all amazing, and I was told by Baba to give you to read."

Somewhere it clicked. The picture I was shown nine years before emerging from my memory as clearly as ever, and the next day I had finished the book. Then, as if by a miracle many more books about

Baba came my way; I met Baba devotees; I dreamed about Baba.

Four months later I was on my way to India - admittedly with lots of doubts and fears. But I was encouraged by Baba, who says over and over again, "If you are sure about what, or who, I am, come and check it out for yourself, and then make up your mind."

Prasanthi Nilayam was amazing. As soon as I walked through the main gates I was 'home', feeling the crystal-clear energy of the place, refreshing to my being, and spreading peace all over me. I stayed only twelve days and in that time I felt reborn, transformed.

Soon after seeing Baba for the first time I realised I had to rid my mind of all its fears and arguments. And so I did. And the next morning I realised I was so full of untruth, and muck, and stuff - it was as if someone had opened a window into my being. Suddenly there was the sun shining into me, showing me the junk!

That morning in the darshan line I knew I didn't want all this junk. I wanted to be free, and I didn't know how to get rid of it. What to do? My mind was going at top speed, doing overtime. I needed help. A few days later, after many mind-battles and insights, I ended up in the front row of the darshan line. And I knew very clearly that I could ask for Padanamaskar. As Baba passed by, I tried to get His attention by looking up, politely waiting for Him to stop, but I again realised that this is not how the universe works. Didn't God say, "Take one step towards me and I will take ten towards you"? So I have

to do it. I have to take the first step! Baba stopped in front of me, but my mind refused to remember the word in Sanskrit! Why didn't He look at me? At this point He began to move away, and all I could get out of my mouth, in a small voice, was "Baba, feet please?"

He stopped again, and again looked at people behind me, but not at me. Why? Screamed my mind. Almost giving up, I looked down. There was His left foot right in front of me! As I bent over, the foot moved towards me and His right foot joined the left. And I? I melted, all disappeared. Bliss! I realised it was all over when people around me were getting up. I walked to my room about three inches above the ground, and spent the rest of the day blissed out...

My soul was re-aligned that day. I saw the world differently, and still do. I understand now, deep in my heart, what it means to surrender and receive grace. Life has never been the same since. I relate to things differently. And what's more, I like it a lot better. I still feel slightly strange about the new me. What I do know is that I want to devote my life to God. In a new way. And that I need help, and a lot more grace. But I feel it will all be there at the right time. I know it. It's there every day. And somehow it's confirmed in the way Baba smiles in the picture that now hangs on my wall.

Spiritual progress is not merely intellectual exercise. It is right living, good conduct and moral behaviour. These attitudes are the automatic consequences of belief in a good, just and compassionate

God Who is watching and witnessing every act. - BABA

The Power of Sri Sathya Sai Miraculous Cures

G.V. Subba Rao experienced in his family numerous extraordinary miraculous cures performed by Swami, over a long span of association with the Sai phenomenon. "The most astonishing medical miracle of Swami was in respect of my third son, who suffered from intense fever and pains due to the perforation of the ileum at the end of the small intestine. Over a period of seven months, when he was hospitalised several times as emergencies, he was attended by eminent specialists in three New York hospitals. He was subsisting only on semi-solids and non-fibrous 'baby foods'. The specialists in New York could not cure him, recommended major surgery and said the young man would have to wear a permanent pouch.

At this stage we decided to fly to Swami at Brindavan. We were waiting for a long time under the Sai Ram shed. Swami amazingly came straight to us and called us inside for an interview. He materialised Vibhuti, which He Himself put in the mouth of my son, and swept His soft Divine hand over the abdomen. Then Swami declared that the boy was cured as of that moment and could eat spicy hot Andhra food to his heart's content. Hale to Swami's glory!

That same evening, which happened to be Christmas Eve 1977, Swami gave a dinner to all the

foreign devotees, to which He invited us too. I cautioned my son not to start eating the feast spread before us. We had brought from New York his special foods including water for his drinking use. But he wisely ignored my warnings, literally took courage in his hand and ate the food to his heart's content, as Swami had said. We returned to New York and the doctor there was astonished and called it an unbelievable medical miracle."

Impossible Made Possible

That Swami can make the impossible possible is illustrated by the miraculous birth of my first grandson. For fourteen years my eldest son's family continued to be childless. Eminent doctors in the United States diagnosed it to be a near impossible situation for the couple to have children. My son and daughter-in-law came unannounced to meet me in Brindavan, Swami's ashram in Bangalore. Swami spotted them among the hundreds gathered there for Darshan. He came into Trayee Brindavan (Swami's residence) and surprised me by telling me that my son and daughter-in-law had just arrived. He asked me to fetch them in for a joint interview. When the couple prostrated at His feet He blessed them, materialised a special type of finely granular, very fragrant holy Vibhuthi, and declared before me and later with several other devotees that Sathya Sai was now guaranteeing the birth of a Vamsha Vardhan (upholder of the lineage) in the Ghandikota family. He instructed my son that he should inform me as soon as the pregnancy of my daughter-in-law was confirmed after a few months.

One day when I was sitting on the verandah of the Prasanthi Nilayam Mandir, a cable from my son in the United States was delivered to me stating that the doctors twice confirmed the pregnancy of my daughter-in-law. I immediately showed the cable to Swami and remarked that I believed that the pregnancy was due to Swami's grace. Swami quickly retorted in the hearing of the people in the verandah: "It is not at all a question of your belief. When Sathya Sai guaranteed a few months before, that a grandson would be born, it would have to..." I then realised that my words to Swami should have been phrased better!

Just a day prior to the birth of our grandson, Swami chided my wife for sitting around when we should be at New York, helping in the delivery of our first grandson! He then materialised crystal sugar candy, instructing my wife that the candy should be put in the mouth of my daughter-in-law when the first labour pains started. It was a near miracle that we could leave for Bombay in the evening, arriving the next day at Kennedy airport in New York, to be received by my son and the pregnant daughter-in-law. That same night the first labour pain started and the sugar candy was given to my daughter-in-law.

A son was born in the night - a comfortable and a normal delivery. Within 12 hours of the birth, Swami sent a telephone message to me that we should name the boy Jayavardhan, our first grandson in the family.

Ghandikota V. Subba Rao. ('Sai Vahini' - 2000)

My mission is to raise the consciousness of man to a level at which he neither rejoices nor mourns over anything. You must not only have freedom from fear, but freedom from hope and expectation. Trust in MY wisdom; I do not make mistakes. - BABA

Wealth is All in One's Point of View

One day a wealthy man took his son on a trip to the country so that his son could see how the poor country people lived. They stayed one day and one night in the farm of a humble farmer. At the end of the trip and on the way home, the father asked the son:

"What did you think of the trip?" asked the father. "Very nice, dad", answered the son. "Did you notice how poor they were?" he asked. "Yes!" answered the son. "What did you learn?" asked his father. "I learned that we have one dog in the house and they have four. We have a fountain in the garden and they have a stream that has no end. We have imported lamps in the garden, they have the stars. Our garden goes to the edge of our property, they have the entire horizon as their backyard." At the end of the son's reply, the father was speechless and the son added: "Thank you, Dad, for showing me how poor we really are."

Isn't it true that all depends on the crystal you use to see life?

(Sai Newsletter - Scotland, April 2002)

The present is very important. Past is past. Don't worry about the future. Take care of the present which will determine the future. Do your duty now. Duty is God. Work is worship. This is the way to run the Organisation on ideal lines. -BABA

People, who take a pledge to observe certain disciplines in all times, fail to do so when the circumstances are not congenial. One day all the deers in the forest held a conference. They discussed thus: "Do dogs possess the abilities we have?" One of them bravely said, "If we kick a dog appropriately, it can be disembowelled; we have that power!" Another deer added, "Dogs cannot run at speeds we can. We can even leap in the air." The third said, "Exactly! Dogs can't run as fast as us and we are stronger and more capable. From now on, we should not be afraid of dogs. We must face them with all our strength and fight back". Having thus decided, they all clapped merrily. Hearing this noise, a dog in a distance howled loudly. No sooner did the deers hear the sound, all of them, without any exception, fled the place. The behaviour of those who preach Vedanta these days is very much on a par with these deers. - (My Dear Students, Vol. 3, Ch. 5,)
