

Dear Devotees of Sathya Sai.

“All is illusion,” Swami says frequently. “All is illusion!”

In the scientific/materialistic age in which we live, this may seem an astounding statement; one which requires serious deliberation.

When He refers to all that we see and experience as ‘illusion’, He is suggesting that the Universe is made up only of consciousness, and that all that we see is a conscious projection of that which already exists within us. *“What is outside is only the Reflection, Reaction and Resound, of what is within you.”*

Other sources also touch on this subject and refer to space as ‘projected illusion’. A simple example of projected illusion, (or projected reality), is like a film projected on to a screen. We are aware that the film is merely a projection of a recorded event which we are drawn into, forgetting that it is a projected image that appears like a real-life drama for as long as we view it. So, when we survey what we refer to as ‘outer-space’, we are viewing the reality that is already within us. Mankind binds itself to these illusory states, not wishing to let go for fear of loosening our grip on what we choose to call ‘reality’.

In Owen Waters book, “The Shift: The Revolution in Human Consciousness”, the author makes reference to points parallel to those of Swami. “Physical objects are projections of consciousness within time and space. These objects are themselves conscious and each maintains their own independent properties defining their nature and location.” Waters goes on to suggest that physical objects that we have been taught to accept as inanimate objects, are in fact actually conscious objects. Even the smallest subatomic particles have their own basic consciousness.

Everything in the world has awareness and consciousness. He suggests that your home is more a home when you love it, because as a conscious entity it feels your love and responds accordingly, as indeed your car does, when it receives your appreciation for the work it does for you.

Man is the ‘creator’ upon this planet, and whether we are writers, artists, composers, or a mother busy baking a cake, all are linked to that Creative Force that we call God.

God uses us for His work. He uses our hands, our eyes and ears, for the expansion of His creation.

How privileged we are, to be involved in His great work. *Ed.*

The Sai Tree Spreads Its Branches Worldwide.

The growth of the Sri Sathya Sai Organisation worldwide, is a phenomenon unequalled in the annals of history. In almost every country in the world a Sai Organisation has now been established, with Swami’s teachings touching the hearts, -and souls, of so many people.

When the Sai movement was established in Cuba, the President of Cuba, Fidel Castro, sent secret agents to spy the workings of the Organisation there. The agents who went to spy were so very much impressed by the selfless activities of the Centre, that they became active members of the Cuban Sai Centre!

As Swami once said, *“The Sai Organisation may be limited in size now, but as time goes on it will attract so many people, that the general public will not be able to be accommodated in the Sai gatherings...My Name and form will...be found getting established everywhere. They (the devotees) will occupy every inch of the world.”*

Keep this thought in your mind, “I am not a mere man. I am the embodiment of Divinity.” Have this conviction fixed in your mind and you will realise this truth. As it is said, the knower of Brahman becomes verily Brahman. If you perceive yourself as Divine, you become Divine. If you consider yourself a human being, you will remain so. While your form is that of a human being, there is the Atmic principle in you. To recognise this Atman, you have to keep your heart pure and empty of negativity. The main aim of these festivities is purification of the mind.

BABA.

Our Offerings To God.

In a recent discourse at the *Ati Rudra Maha Yagnam*, Swami referred to the offerings we make to God.

“The whole society (today) go only by the external form. We worship what we see everyday. None can decide what to offer to God. Many question the purpose of the Yagna. They are asking questions like, ‘Why pour so many grains into the altar? Why so much ghee is poured?’ They say that instead it can be given to the poor

and needy. Here is an analogy to clarify understanding. When the farmer finishes with the plough, he takes a few bags of paddy and sprinkles it all over the fields. Is it that he is just throwing it away? He only does it so as to reap the harvest at a later time when the paddy fields become rich. He gets much more than what he had thrown. Similarly whatever is cast into the Yagnam will never go waste. It will come back many folds. The grain, the ghee offered will give multiple profits in the future. Whatever is offered to God will come back in abundance."

The following appeared on a Prasadam sweet wrapper in P.N.

*"What God gives never exhausts...
What man gives never lasts!"*

the Futility of War

Swami once stated the following on the subject of war:

"Alongside the growth in scientific knowledge, ignorance is also growing. How else can we explain the fact that in five thousand years, there have been as many as fifteen thousand wars? Even now, men are not free from the fear of war. It is these wars that have progressively dehumanised mankind and eroded all human values. It is meaningless to aspire for peace in the streets and villages without peace in the home. These days, it has become a fashion to pray for peace. Keeping the atom bomb in the hand, people clamour for peace. Even by journeying to the moon, man cannot get peace. It is better to journey half an inch into the heart than to travel thousands of miles to the moon!"

In a recent article in Radio Sai's 'Heart@Heart', entitled, "A Powerful Prayer for Peace", they stated, "All of us see everyday in the newspapers innumerable headlines about violence, conflict, war, terrorism, etc., but one wonders how many appreciate how disastrous all this has been to mankind.

"A quick search in the net, revealed to us that since World War II, about seventy to eighty million people have been killed due to war, genocide, conflict, terrorism and oppression by brutal regimes. This is a mind-boggling number. Just to give you a comparison, about 50 million died in World War II, including due to the atom bomb, holocaust, etc. Killing did not come free and in the year 2005, estimates show that the total military budget of all the governments in the

world is about one **trillion** dollars! "Politicians cannot secure peace, ...peace will reign on Earth only when man decides to go beyond the mind, peep into the Heart and listen to the Voice of God. It is to promote that feeling that the *Ati Rudra Maha Yajna*, is being performed here in Prashanti Nilayam, ...an immensely Powerful Prayer for Peace. As Swami often says, "*Peace is something only God can grant. How do we become eligible for this Peace? By praying fervently to the Almighty God.*"

If we want Peace, we must try hard to become as pure as possible. What exactly does one mean by saying that one must become pure? Baba says that purity is achieved when there is harmony between thought, word and deed and all are aligned to God...If Peace is really to descend on Earth, and we do need Peace badly, then the poison in the human mind must be cleansed. All of us, wherever we are, can facilitate that process by trying to be in resonance with the spirit of the *Yajna* that is to say, try to practice Inner Purity, all the time praying fervently, to Swami, to help mankind to quell the prevailing negativity. We might also send personal prayers to Swami to help us individually to get rid of the negativity within us.

When you take a small stone and drop it into a well, waves form and spread out and cover almost the entire surface of the water. They expand so far as to become invisible to your sight. In the same way, a small thought in your mind, like the stone dropped into the well, produces disturbances that pervade the whole mind and from there pervade the whole body. The entire body is affected by the nature of the thought. Your eyes seek such sights as prompted by the thoughts. Your hands perform acts of similar nature under the influence of the thought waves. Similarly, your legs are affected and you go to such places as prompted by the thoughts in your mind; therefore, you should cultivate pure and sacred thoughts. BABA.

God's 'phone call.

Mrs. Poppy Hillcoat, widow of the late Arthur Hillcoat, former Chairman of the Sathya Sai Council of Australia, related the following story at a meeting of Sai devotees in Los Angeles, California.

"It's amazing how God works in our lives. On a Sunday night some time ago, a minister was working late at the church office getting ready for the next day. He decided he'd call his wife and let

her know that he will be home soon. It was about 10 o'clock. The 'phone rang and rang but his wife didn't answer. The minister let the 'phone ring for quite some time. He thought it was really odd that she did not answer the 'phone. But he decided he would finish his work and he would give her a call again. The next time he called, she answered straight away and he asked her why she had not answered the first time. But she said the 'phone hadn't rung at all!

The following Monday, the minister was back in his office again at the church and he received a call. It was the same 'phone that he had used on that Saturday night. The man that he had spoken with wanted to know why he called him on Saturday night. The minister couldn't understand what the man was speaking about. But the man said, "The 'phone rang and rang, but I didn't answer." Then the minister remembered the mishap and apologised for the disturbing the man and said that he was trying to call his wife. The man said: 'That's okay. Let me tell you my story. You see, I was planning to take my own life Saturday night. But before I did, I prayed. I said: "God if You are there, and if You don't want me to do this, give me a sign now." At that point my 'phone rang and rang. And when I looked at the caller ID, it said, 'Almighty God'.

So he was scared and afraid to answer the 'phone. The reason why the man's caller ID showed *Almighty God*, was because the church that the minister works at is called, 'ALMIGHTY GOD, PEBENACO'!

Is there any end to the list of worldly goods that you crave for? When you secure one, another starts to tantalise you. If you do not get that, very often your hold on the Lord loosens. If something is lost or stolen, you lose faith in Me. I have not come to guard your jewels and your valuables. I have come to guard your virtue and holiness and guide you to God. BABA.

It's OK to Smile!

Young Johnny lay on a hillside watching the fluffy white clouds roll by, on a warm summer's day.

Soon, he began thinking about God. He called out, "God, are you really there?" and a voice from the clouds replied, "Yes, Johnny. What can I do for you?" Johnny thought for a moment and asked, "God, What is a million years like to You?" Knowing that Johnny could not understand the concept of infinity, God responded in a manner to

which Johnny could understand. "A million years to Me, Johnny, is like a minute." Then Johnny asked, "Then what's a million dollars like to you?"

"A million dollars," came the reply, "is like a penny." Johnny thought for a moment and asked, "God, you're so generous, can I have one of your pennies?"

God replied, "Certainly, Johnny. Just a minute!"

Sourced from the "Sai International Newsletter".

Dhrishti (sight) decides attachment, sorrow, passion, etc. You are the noblest being ever created, and so, you have to develop the vision that sees no high or low, that sees all is as suffused with Divinity, and therefore, not different from one another. Adi Shankara declared, "Make your Dhrishti charged with Jnana (wisdom); then, the seen will appear in its true light as Brahman". The God in you is in each of them, too. Do not imagine the others to be distinct, they are only you, in so many different forms. The world is filled with your kith and kin; all are sparks from the same flame. BABA.

Conversations With Sai

Hislop: Some say it is necessary to mortify the body to overcome the tendencies?

Sai: Some spiritual aspirants do tapas and various austerities that torture and weaken the body. This is wrong. If there is a healthy body, this is the basis for healthy thoughts.

H: Swami says that when the senses leave their place and mix with worldly objects pain and pleasure are produced. What is the proper place of the senses?

Sai: It is all the play of desire. Desire for worldly objects produces pleasure and pain. Whereas desire for God confers bliss and does not produce pain.

H: Swami has said that one cannot surrender that which he really does not own and of which he is not in control.

Sai: It is not a question of surrendering or giving to someone else. One surrenders to himself. Recognising that the Atma is oneself, is surrender. Surrender really means the realisation that all is God, that there is nobody who surrenders, that there is nothing to be surrendered, nor is there anyone to accept a surrender. All is God. There is only God.

H: What is the correct way to chant 'OM'?

Sai: The sound of 'OM' is 'AUM'. 'A' starts softly from the throat. It is the earth. 'U' comes from the mouth and the sound rises in volume. 'M' is sounded with the lips, with decreasing volume. Like a plane, heard distantly, increasing in sound as it approaches and fading with distance. 'A' is the world. 'U' is heaven. 'M' is divine, beyond all the senses.

H: Suppose one fails to achieve this perfect pronunciation?

Sai: The perfect OM is not too important if there is love. Love is the bond of devotion between mother and child, and if the child cries, mother does not worry if the cry is discordant. She rushes to the child and cares for him.

The Divine Mother is in every place. Swami is here, but the Divine Mother is everywhere. So, everybody has a chance. As soon as a person starts to yearn for God, the Divine Mother is there to respond with grace. In all these matters, love is vital. Devotion to God means love of God.

The real OM is spontaneous; it enters through the two nostrils, up to the forehead centre and out through the ears to the world. Like the broadcast from a radio tower.

H: Swami says that people make a mistake by not saying 'Soham' with every breath. How does one do it?

Sai: 'Saa' is He. 'Hum' is I. Yogi 'X' teaches to say, 'Saa, Saa' 24 hours each day. Since 'Hum' is not said, the 'I', the personality, is supposed to subside. It is extremely difficult to do it 24 hours a day, and in sleep it is almost impossible. 'Yogi 'X' says he does it, but he does not. What is the use of struggling with a very difficult practice like that, when there is an easier, more effective way?

H: Well, Swami, putting Yogi 'X' aside, I want to do as Baba says, and say 'Soham' with every breath. What is the technique? Is it said with each breath?

Sai: The breath is always saying 'Soham'. The practice is to say 'So' with every in-breath, and 'Hum' with the out-breath. Say it in thought. It is intended to keep the mind fixed and quiet. After a while it becomes automatic. During the day say 'Soham'. At night, during sleep, the sound naturally changes to OM.

H: Should one think, 'He am I'?

Sai: No. The sound is 'Soham'. It is not an Indian word or an American word. It is the sound of what the breath is saying. Of course, it is all right to appreciate the meaning of the sound.

H: Krishna told Arjuna to sound OM in the mind.

Sai: OM is in every place, mind, tongue, heart, etc. First sound OM on the tongue and then in the mind. The sounding of OM, 21 times, is

important; five outer senses, five lives (the five elements), five sheaths (the kosas), and the Jive.

"I will not allow My devotees to be lost. I will account to God for all those that have been given to Me."

AND

"If one meditates on Me, repeats My name, sings My deeds and is thus transformed in Me, one's Karma is destroyed. I stay by his side always."

Shirdi Sai Baba

QUESTIONS & ANSWERS

(R. K. Karanjia, Ed. "Blitz" magazine, met Sai Baba.

The following questions and answers are reproduced from his book, "God Lives In India".)

RKK: The existing situation where humanity is being driven by evil forces to destruction...appears to suggest the inevitability of another Mahabharata-type war...

Baba: The evil must, and shall, be removed before such a catastrophe takes place. There will be minor wars and skirmishes, of course. Today, the evil is so widespread that humanity itself would be destroyed in a nuclear holocaust in the event of a world war. It is to prevent such a catastrophe that this Avatar has come to raise human consciousness above the existing syndrome of anger, hate, violence and war, and to save the world from disaster...

RKK: But how will you prevent a nuclear holocaust?

Baba: By removing all causes, sources, barriers and provocations of class, caste, creed, colour and race, and replacing the existing hate and violence with love and non-violence, I expect to provide humanity with an evangel of peaceful cooperation to replace the present escalation of death by destruction.

RKK: From what Baba has said, it seems there is not much difference or dichotomy between God and man. Am I right?

Baba: Quite right. God is man, and man is God. All of us have something of God, the Divine spark, within us. All men are Divine like Myself, but with the Spirit embodied in human flesh and bone. The only difference is that they are unaware of this Godhood. They have come into this karmic prison through the mistakes of many lives. I have taken this mortal form out of My own freewill.

They are bound to the body, while I am free of this bondage. The main difference is that they are shoved hither and thither by DESIRE, but I have no desire except the supreme one to make them DESIRELESS.

RKK: (Does) the mind of man, as such, create the block between man and God?

Baba: Yes. One must make a distinction between the mind that is ego, and the real Self that is consciousness. The latter helps us to cross the frontiers of the ego-mind and become aware of Oneself as the witness of Truth. Normally if the mind looks outside to what can be perceived by the senses existing in the world of the mind to ask, 'What Is This?' The scientist of consciousness, on the otherhand, always looks inside to that which is beyond the senses or the grasp of the mind to ask, 'What Is That?'

One has, therefore, to rise beyond the mind to consciousness to achieve Self-realisation...Desire belongs to the senses, the brain, the mind; once you become free of it, you realise the Self, Atma, consciousness, enlightenment and become one with the Cosmic Power. Self-realisation is God-realisation. THUS MAN REACHES GOD.

RKK: Have You succeeded in bringing about this synthesis, Swamiji, particularly with the wealthy and powerful classes?

Baba: I have not reached them all as a class, but to the extent that I am able to contact them individually, the results are encouraging. The wealthy and powerful, of course, present a difficult problem in the matter of transformation. They need a special approach. The poorer people, on the other hand, are very co-operative. They understand, appreciate and help My plans and ideas.

RKK: From what Baba has hitherto said, it appears that Your mission is to enable mankind to rediscover and incarnate their lost Godliness. Am I right?

Baba: You are right. When man turns inwards to realise his true self, then God will become manifest to him. Self-realisation is God-realisation. In simple words, it is the realisation that you are not just a body and mind with the physical organs, but there is within you a Self, - Atma that is God, -distinct from these perishable things. This Self is Omnipotent, Omnipresent, Omniscient. The comprehension of this truth puts you on the correct path to God-realisation.

So, I say to those who come to Me, 'You as body, mind and soul, are maya, a mere transient illusion.' What you really are now and forever is Existence, Knowledge and Bliss. You are the God of this Universe. It is you who are creating the

whole Universe and drawing it in. You have the capacity to break the body-mind bondage and expand yourself to encompass the Earth, the Suns and the planets, the entire cosmos, within yourself. But to gain this infinite, universal individuality, you have to discard the miserable little ego-bound individuality, and create new dimensions, which cannot be found on Earth, and yet, must be experienced on Earth.

God is within you, seek Him, feel Him, embrace Him. He is there deep inside you, the Self. What matters is not the body, nor the mind, nor the brain. It is not the desire of the desiring, nor is it the object of desire that matters. Above them all are YOU, the SELF, ATMA, GOD. All these are simply outer manifestations of the indwelling God. It is you who appears as the smiling flower or the twinkling star. You have everything within you. Find it. Discover it. Know it. Then you will see that the world has nothing to offer which you can desire.

Do not judge others as good or bad. Do not search for the evil in others, for the evil will enter you. God tolerates the good and the bad. His grace falls equally on both. Place a surgical instrument that was used to save life and an axe that was used to cut down living trees, side by side, -a magnet will attract both equally. Be equal minded and tolerant. Love all with equal fortitude. BABA.

Krishna's Birthday

Sourced from 'Sathya Sai Newsletter, USA'

The festival of *Janma Ash* is celebrated to honour the advent of Sri Krishna, the *Poorna Avatar* of the *Dwapara Yuga* (an era 5,000 years ago). *Poorna Avatar* means the descent of Divinity in human form, complete with all 16 Divine attributes. Sri Sathya Sai Baba is the *Poorna Avatar* of this *Kali Yuga*.

Janma Ashtami means, 'birth on the eight day of lunar fortnight'. Sri Baba has declared that according to the Indian calendar, Krishna was born on the eight day of the dark moon fortnight called *Bahula*, in the month called *Sravana* (July-August), in the year *Srimukha*. The principal constellation at that time was *Rohini* (five stars surrounding Aldebaran, in the Western constellation Taurus). Swami said further that although the Christian calendar did not exist at that time, if one were to reconstruct it backwards, one would conclude that Krishna was born on July 20th, 3228 B.C., at 3:00 a.m. This incredibly accurate information was given by Baba during

the summer school of 1976. For example, in 2006, *Janma Ashtami* falls on August 20, making the celebration of Krishna's 5,234th birthday.

Bhagavan has declared that the purpose of His advent in the present *Kali Yuga* is the same as Krishna's in the *Dwapara Yuga*. In fact, Swami quoted the same immortal verse from the *Bhagavad Gita* to announce the purpose of His advent on the occasion of His 43rd birthday, as the one uttered by Krishna 5,234 years ago on the Kurukshetra battlefield, -namely, that whenever righteousness is in danger of extinction, Divinity descends to the human level to protect the righteous, to destroy evil, and to re-establish the path of *dharma* on a firm footing.

Looking at the present condition of the world, it is appropriate to conclude that righteousness is eroding fast. Sri Krishna came in the *Dwapara Yuga* to set the world on the right track through His personal example of love (*prema*) and truth (*sathya*). Sri Sathya Sai Baba is now engaged in fulfilling the same objective by establishing His personal example for the world to follow, -for Sri Krishna and Sri Sathya Sai are indeed the same.

S. Choudhuri.

NOTICE

Following on from the Ati Rudra Maha Yagnam that was performed recently in P.N., another will be held in Chennai, on 19th January 2007.

Our True Nature

Swami's Discourse during the Yagna.

Man should try to recognise his true nature. Whomsoever you come across, you keep on enquiring, "Who are you?" and thus waste your time. But you never enquire, "Who am I?" once you know the truth about yourself, you will know the true nature of everybody. Do not waste your time trying to know about others. The prayer goes;

"Salutations to time, to the One Who is beyond time, to the One Who has conquered time, to the One Who transcends time, to the One Who is the embodiment of time, and to the One Who ordains time."

Therefore, do not waste even a single moment in our life. People today strive to attain materialistic gains and intellectual growth and to satisfy the senses, but nobody is making an effort to attain self-realisation. How long do the sensual pleasures and bodily pleasure last? They are all momentary and fleeting. Only what is heartfelt is lasting. Therefore, make efforts for satisfying your

conscience. This is possible only by associating yourself with good company.

You become bad by associating with bad company. Tell me your company, and I shall tell you what you are, so goes the saying. The type of qualities you acquire depends upon your company. Therefore, you should associate with noble and spiritual-minded people. The people gathered here form a great spiritual company. This type of company is not available anywhere else. When you associate yourself with such noble company, you get noble feelings. When water evaporates, it forms clouds. But all clouds do not bring rain. Rain depends upon the type of clouds. Today we are not getting good rains. Man's life depends upon water. Pure water ensures good health and long life.

Many diseases are caused by polluted water. Similarly pollution in the environment is the cause for many diseases. Therefore, we should keep our environment clean and pure. It is also necessary that we should consume only pure water. Then only can man become healthy and blissful. Happiness is very essential for good health.

There is no separate God, and no separate Devotee. There is only One.

BABA.

Knowledge Of Previous Births

The Bhagavad Geeta states the following: "*I and you have passed through many rounds of births; I remember them all, but you do not know them.*"

It is said that the difference between an ordinary man and a Superman, may consist in the latter having full knowledge of the past lives of all creatures. On one occasion Swami was returning from Lendi when He noticed a flock of goats, and He chose to purchase two she-goats for Rs. 32/- in all, in spite of protestations of the accompanying devotees. They informed Swami that the price He paid for the goats was excessive, for they could have been had for Rs. 2/- only, and at the most Rs. 4/- may be paid for each!

Baba said to them, "*Go to that shopkeeper, purchase two seers (about 1.87Kg.) of Chani pulse and feed each with one seer and return the goats to the vendor.*"

The worldly-minded devotees were annoyed, but Swami told them a story regarding the past births of the two goats.

"These goats were human beings and used to be with Me always. They were two brothers. At the

start they had great affection for each other and were joint; but thereafter the greed of money made them hostile; the younger worked hard and earned a lot but the elder could not earn being idle; becoming jealous of the younger, he hatched a plot to murder the other; the plot however leaked out and this resulted in a scuffle in which each killed the other. A few days after their death they were born as she-goats. Recognising them, I thought of purchasing them and providing them with a life of ease, but as their ill-luck would have it, you protested and so I had to return these goats to their owners."

Oh ye, seekers of salvation, surrender to the feet of the Lord Who has incarnated in human form. By His grace you will safely cross the impassable ocean of duality, birth and death.

BABA, Oct. 20th 1940.

Look At What We Can Do Together

Sourced from Daily News & Analyst-Mumbai.

Pravina Mecklai, of Colaba, wrote;

Several years ago I had the privilege of being invited to participate in the Paduka Festival at Puttaparthi, -the sublime temples of Sathya Sai Baba. I was delighted to accept but also a little apprehensive, I do not believe in the Divine. And although I have heard Sai Baba speak on several occasions, I am not a devotee as such. But Kiki is a very good friend and I was happy to go along with her.

Flying over arid Andhra, I suddenly see a Patch of Heaven. Verdant green, beautifully landscaped, well planned, and this huge building shaped like an OM. This was Puttaparthi. I could not wait to get out and enter the abode. What a place!

More than the physical, it is the spiritual atmosphere that was so appealing. Everyone content. Everyone engrossed in their work. And most important, everyone happy! What is this place that can have this effect? Who is this Being that can inspire this?

Time for the evening aarti. And the air is almost perfumed, such sweetness! We all are dressed up and sit down. Suddenly the mood is changed and a hush descends all around us. Baba has arrived. He glides to His seat, and the world sways. Beautiful discourse, elegantly spoken and everthing makes sense.

He gets up to leave, stops and turns to me, raises His hand to bless me, and mouths, "So, you have come". I am just dumb-struck. Me, who never is at a loss for words! All people are patting my back

and smiling. That night I sleep blissfully and get up like a baby, happy, content.

In the morning there is a Maha-Arti. Just imagine hundreds of people up at dawn, dressed in their best, carrying their arti thali. We enter the beautiful temple grounds and all are in harmony. The bells are ringing, the incense burning and the resonance of a thousand voices singing. This is heaven! Baba moves among us and showers gold leaf on us. My hair is spangled with this. Truly blessed am I.

The Padhuka festival itself was awe-inspiring. All of us dressed in identical saris and lungis. Standing under the pink dawn sky with the padukas (sandals) held on our heads. People from all over the world, different hues, different languages

but one heart. Peace, joy.

A multi-denomination temple. Icons of every practicing religion. Hushed darkness as we go in. A universal prayer for togetherness and co-operation.

It is the final morning. I decide to not go to the Hall, instead sit outside. Baba walks in, talks movingly, and, as He is leaving, turns and waves me good-bye. I weep as if I am leaving home. This has become my home, my Heaven.

It makes one think. It makes one believe. This is what life is about. There are no separations. We are all one. One human family.

Look at what we can do together, -a beautiful hospital, loving doctors and nurses, amazing schools and universities, inspired teachers. Happy people. Baba has done all this and more.

The few words I heard. The few thoughts exchanged. The few deeds done. It gave me so much strength, so much help, so much love.

A job well done, kind words exchanged, a helping hand extended, loving family and friends around. This is what makes me happy, and I am in Heaven.

Onam Day Divine Discourse

Swami stated the following, on the occasion of the 'Onam Day' discourse in Sai Kulwant Hall, 5th Sept. 2006.

"The human body is like an iron safe. The Atma residing inside this iron safe is like a precious diamond. You are supposed to give value to the precious diamond-studded ornaments inside, not the outer iron safe. There are invaluable ornaments like Sathya, Dharma, Santhi, Prema and Ahimsa, inside the human body. The physical body, which is made up of the five elements, is bound to perish one day or the other."

The Symbolism of Lord Ganesha

Sourced from 'Heart2Heart' Radio Sai

There is a grand mythology surrounding Lord Ganesha. The very image of Lord Ganesha invokes awe and surprise. He has a huge body matched by a huge head. His vehicle is a small mouse. A large trunk and two tusks one half broken. He holds in his hands a noose, a goad, a plate of sweets and in the fourth hand holds forth the promise of *adhaya* (fearlessness). All these have messages for us.

The noose in His hands reminds us that our attachments must be under our control. We should not get too attached to fleeting objects of the world. The goad is the device a mahout uses to discipline the elephant. By holding the goad in His hands, Ganesha teaches us that self discipline is the best discipline. The *abhaya hasta* reminds us that we are all safe and under His protection. Lastly, the plate of sweets reminds us that life is meant to be enjoyed. It is God's gift to us and like all of His gifts it is extremely valuable.

Irrespective of the incongruities of the form, He has a large following. All denizens of the three worlds worship Him and no activity is started without His consent. He is the One whose worship is multi-religious and multi-cultural. There are images of Ganesha found in Churches in New York, as well as in Indonesia.

The story of Lord Ganesha shows that we are created for God's own pleasure and have a role to play in this world.

In the olden days when Swami used to go to Brindavan for summer, Sai Geeta (His pet elephant) would shed tears and not eat until she was brought to Brindavan. Recently when the place was being cleared for the new indoor stadium in Parthi, the engineers realised that Sai Geeta's shed would have to be relocated. They went with a proposal to build a shed near *gokulam* but Swami insisted that Sai Geeta would feel bad and hence she should be relocated nearer to the *mandir*!

The big ears of an elephant remind us to listen patiently to other's point of view before making decisions. When an elephant walks through a forest it creates a path for all to follow. In this sense we should become trendsetters. We should do things which the world will follow and not merely ape others, -particularly in things like our dress and conduct. Lord Ganesha broke His tusk and used it for recording Vyasa's dictation of the *Mahabharatha*. The *mahabharatha* was sure to

benefit mankind and He gave His all for it. This is the true meaning of the saying, 'Utilise the body in the service of others'.

Finally, the lessons that Lord Ganesha teaches us are:

1. *Be trendsetters not merely imitators; set ideals for the world to follow, do not be mere slaves following fashion trends set by others.*
2. *Master the mind to win the rat race.*
3. *Keep your attachments in check.*
4. *Be self-disciplined.*
5. *Listen attentively to all.*
6. *Improvise.*
7. *Make life a celebration.*

Thank you and Sairam. Dr. T Ravi Kumar.

Movie Preview

Mr. John Benner, one of Latin America's coordinators, was invited to a national meeting of the Sathya Sai Org. of Mexico, where he gave a talk in which he described an event that took place at P.N. this summer.

When he and a number of devotees were called to Swami's interview room, Swami told them that a movie about His three incarnations, as Sai Baba, is being made and asked them if they would like to see it. Then Baba materialised a small TV set and all those present could see a part of the movie. After that Swami dematerialised the TV set, and He told them that some of the scenes they had just viewed were not actually filmed yet! But the movie is going to be exactly as seen by them.

John Benner told his audience that the movie is going to be released by the end of the year in two versions, one of which will be in English.

Ghostly Manifestations

At an interview in 1976 with Swami, Eruch B. Fanibunda asked about psychic phenomena, such as so-called ghost recordings, photo radiations, etc., and Swami gave the following reply;

These are all false. It is the mind, which performs these things by deep concentration. The spirits cannot contact the material world but the mind can produce recordings and material changes in this physical world. The so-called radiation produced from a photograph, is also an activity of the mind. It is a projection of the mind itself, and it is also the mind, which observes it. 'The beauty of an object lies in the eyes of the beholder'. The mind is responsible for creating this beauty and also enjoying the beauty."

“How’s the bullet, Ronald?”

Ronald was a Sai devotee for six or seven years, and visits P.N. regularly from his home in South Africa. On one such visit, this time to Brindavan, he called upon the Warden of the college campus and asked for Vibhuti. It was a common enough request and the Warden gladly presented him with two packets, and duly expected Ronald to leave, but he didn’t.

“This is not enough,” Ronald said. “I want Vibhuti to be shipped in a 10- tonne container to South Africa!”

The warden was taken aback and asked the reason for such an amount. Ronald related the following story. His home is in Natal province S.A., and notorious for anti-social behaviour. One rainy night there was a knock on his door, and a voice asked for shelter for the night. Ronald was happy to oblige and opened the door, only to be shot at point-blank range. The intruders ransacked the house and left leaving Ronald in a pool of blood.

Ronald lay in a semi-conscious state and looking at Sai Baba’s photo, cried out in pain to Swami from within. As he gazed at the picture it seemed to move and as it shook vigorously, Ronald saw Swami step out of the photograph and walked to his wounded body. Waving His hand, Swami manifested a huge amount of Vibhuti and He applied it to Ronald’s body, saying *“Worry not, Ronald, for I shall take care of your wound. The bullet is embedded in a small corner near the liver. I have given you prasadam...You need not undergo any operation. That bullet shall get automatically dissolved.”*

Ronald showed the Warden an x-ray of his abdomen, -liver area, which clearly showed the 9-inch bullet resting in the area, explaining that it had been in his body for 3 months. Initially the wound was 9-inched long, now it had been dissolved to a mere 3.5 inches. It would seem impossible for a 9-inch steel-rolled plate stay in his body for 3 months!

The following day it was the general discussion at darshan before Swami arrived. He went through the lady’s side, and then the children’s side before His eyes fell upon Ronald. He immediately went towards Ronald and placed His hand on Ronald’s abdomen and enquired, “Hello, Ronald. How is the bullet?” Ronald replied, “Swami, by Your Grace, its dissolved 5.5 inches in three months.” Swami replied, “The other 3.5 inches too will dissolve in the next two months”, and with that He materialised Vibhuti and placed it in Ronald’s

mouth, patted him and said, *“Good boy...good boy”*.

Ronald returned to South Africa and two months later the Warden received a letter with a recent x-ray of Ronald’s abdominal region. The bullet was nowhere to be seen, it had been dissolved!

The Princess and Sai Baba

Her Highness, the Princess of Belgium, a devout Christian, always did her duty towards society. She would regularly have dreams of Baba, in which He would repeatedly tell her to visit Him in Puttaparthi. She never felt inclined to do so, as she thought such a visit would be against her Christian faith.

She had never heard of Sai Baba and had no interest in India, and certainly would not have thought of going there. So she had not seen the dreams as serious.

During one of her outings she met a long time friend, and during the course of their conversation, her friend mentioned, in passing, that she had met a spiritual teacher in india whom she had accepted as her Guru (preceptor). The mention of India made the princess ask if her friend if she had ever heard of Sai Baba. A little surprised her friend said, “Well, He is the one I’m talking about. Sai Baba is my Master, my Guru,” showing the princess a photo of Swami. She was aghast, for it was the same person in her dreams, asking her to visit Him.

Within a week the princess was winging her way to India, with her friend and was asking herself, “Who is Sai Baba? And how on earth does He know about me?”

Unknown to her the Belgium High Commission had informed the P.N. accommodation authorities of her visit and she was duly moved to the VIP guest house for her stay. Seated the following morning at darshan she wondered if Swami would recognise her and speak to her. Swami walked slowly through the ladies side and stopped in front of a lady next to her, and slowly turned to the princess and placed His hands on her head and said, “So, you have come.”

Called for an interview with her friend He placed them next to Him and immediately materialised two medallions of Jesus for them. The one given to the princess’ friend showed the full figure of Jesus on the cross, while the princess’ only showed Jesus from the waist up.

“Princess, you have been a sincere devotee of Jesus right from childhood,” Swami said. *“You have followed righteousness throughout your life. That is why I called you here.”* He paused and

continued, *“Princess, do you remember, at the age of five you saw a movie called ‘Jesus of Nazareth’? That was the movie which attached you to Jesus so much. The scene where Jesus was crucified made you cry. Especially when His legs were nailed, you burst out, and cried for two days. It has since then left an indelible mark on your life.”*

She thought, how could He have known this, only she knew.

“I never give what people don’t like. You love Jesus, so I gave you a medallion of Jesus Himself, but it doesn’t show the nailed legs of His. That made you cry a lot. I don’t want you to cry now.”

The princess wondered how He could all these things, “I can say that whatever You are, You are remarkable.”

Swami said, *“Child, you have a pure heart. That’s why you are here. You have never reneged on your duty. I am pleased by your steadfast adherence to duty and dharma. Ask Me what you want, anything and I shall give.”* Her thoughts immediately flew to her sons at Harvard. While being good children, they never believed in God, and wouldn’t accompany her to Sunday mass. She wanted to ask Swami about them, but she kept quiet. After a moment’s silence Swami said, *“OK, so you want to ask Me about your sons, -at Harvard, isn’t it? So why don’t you just ask?”* The princess spoke with a mother’s concern, “Baba, my children...my children don’t believe in Jesus. I am quite concerned about them. Please change them, Baba. I know You can do it. I’ve faith in You.” *“Alright, speak to them about Me tonight and tell Me about their reaction,”* replied Swami.

The following day Swami asked her if she spoke to them. “Yes, she replied. But...But they were not interested. They said, **“You keep your Sai Baba with you. Don’t involve us in it,”** and hung up the receiver.” Swami said, *“Never mind. Speak to them again tonight, -and tell them I will give them an experience.”*

That evening their attitude hadn’t changed and refused to take any serious view of Swami. On being informed of this Swami said, *“Good. Now wait till tomorrow.”* The next day Swami suggested she rang her sons again, this time what she learned stunned not only her but the princes, as well as the entire class in which they studied. As the class at Harvard sat that day, an orange light appeared from nowhere and stuck to the shirt of the eldest of the two princes. He got up to leave the class and the light followed him out of the room. Amazed, the entire class got up and ran out; the light chased the prince and the entire class chased the light. Exhausted, they all stopped for a

while, only to find the orange light encircled all the students and then disappear.

The following day Swami asked the princess, *“Did you speak to the princes? Did they mention anything about an...an orange light?”* Wide-eyed the princess looked at Swami and smiled. Swami smiled back and went to the interview room.

When the princess spoke to the princes that night, they said the entire class wanted to go for Swami’s darshan.

“Good...but not now, later.” said Swami, *“I will call.”*

The princess visited Swami with confusion and doubts, and left a highly contented person.

Her Last Whisky

Kitty Lamonte of Scotland related the following incident in *Divine Glory* by V. & S. Balu.

“My story begins sometime last summer when I first became aware of Baba. I was invited to visit some Indian friends of a friend of mind and they talked so lovingly and honestly about Baba that I decided to read more about Him. I read ‘The Holy Man and the Psychiatrist’ and in fact used it like a Bible in that I read the writings of Baba everyday

“At this time I had something of a drinking problem and was consuming far more alcohol than was good for me, but was unable to stop. I decided that I would enlist the help of Baba, so for three nights I sat there with the book, Baba’s photograph and the whisky. I poured my drink and sat down to watch T.V. I put my hand on the book, looked at the photograph and said, “You really will have to help me to stop this.”

There was an almighty noise and the glass exploded into a million bits. It went everywhere in the room, it was under the tables, on top of books in a bookcase, and some of it was found by my housekeeper the following day, under the cushion I had been sitting on...

The most interesting thing for me happened two days later. I was on a train and had not been able to get the sound of this exploding glass out of my mind, when a voice in my head said, *“Did you notice that not a bit of it touched you?”* I cannot tell you the feeling of absolute joy I experienced at that moment. I suddenly realised that only a miracle could have stopped this glass from damaging me very badly. It was no more than a foot away from my face.

“I have now made a firm commitment to Bhagavan Sri Sathya Sai Baba, never to drink alcohol again.”

The following is a letter from Swami to His students.

Dear Boys,

Accept My Blessings and Love. In today's world, so full of people who are selfish, unloving, this brand of atheism is almost a religion.

What is the Self? Is it the self that says, "Not I"? For, if it says so, then it is the unreal Self, since the real Self has no thought of Itself. The real Self is the selfness Self, the Self that has no thought either of or for Itself.

It is the Self that has forgotten Itself because somehow it remembers Itself only in others. It is the Self that seeks the truth without a thought of self because truth is Selfless Wisdom. It is the Self that is quiet because quietness is the cessation of self through the wordlessness of the mind. It is the Self in wordless meditation, because wordless meditation is the stopping of the mind through union with the Divine.

It is the Self that does not judge, does not evaluate, does not compare, does not condemn, does not separate, does not seek security of any kind and does not even seek Itself. It is the Self that has completely abolished itself and yet in a strange and mystical fashion is never more complete, never more real, never more itself than it has ever been. This is the real Self.

God is Love. Love is Selflessness. Selflessness is the abolition of all sense of selfhood and separateness, all thoughts of you, all identification with the isolative life of the counterfeit being called self. Self is separateness. Separateness is the denial of wholeness. Wholeness is God.

The denial of God is Godlessness, God privation, atheism.

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

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

The means of conveying into every home and village the life-giving waters of the spirit, have all dried up or choked up.

That is the reason why under-nourishment, with all its attendant symptoms of debility, nervous disorder and mania is so rampant today.

BABA, 1959.

**For Centre & Group Meetings
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