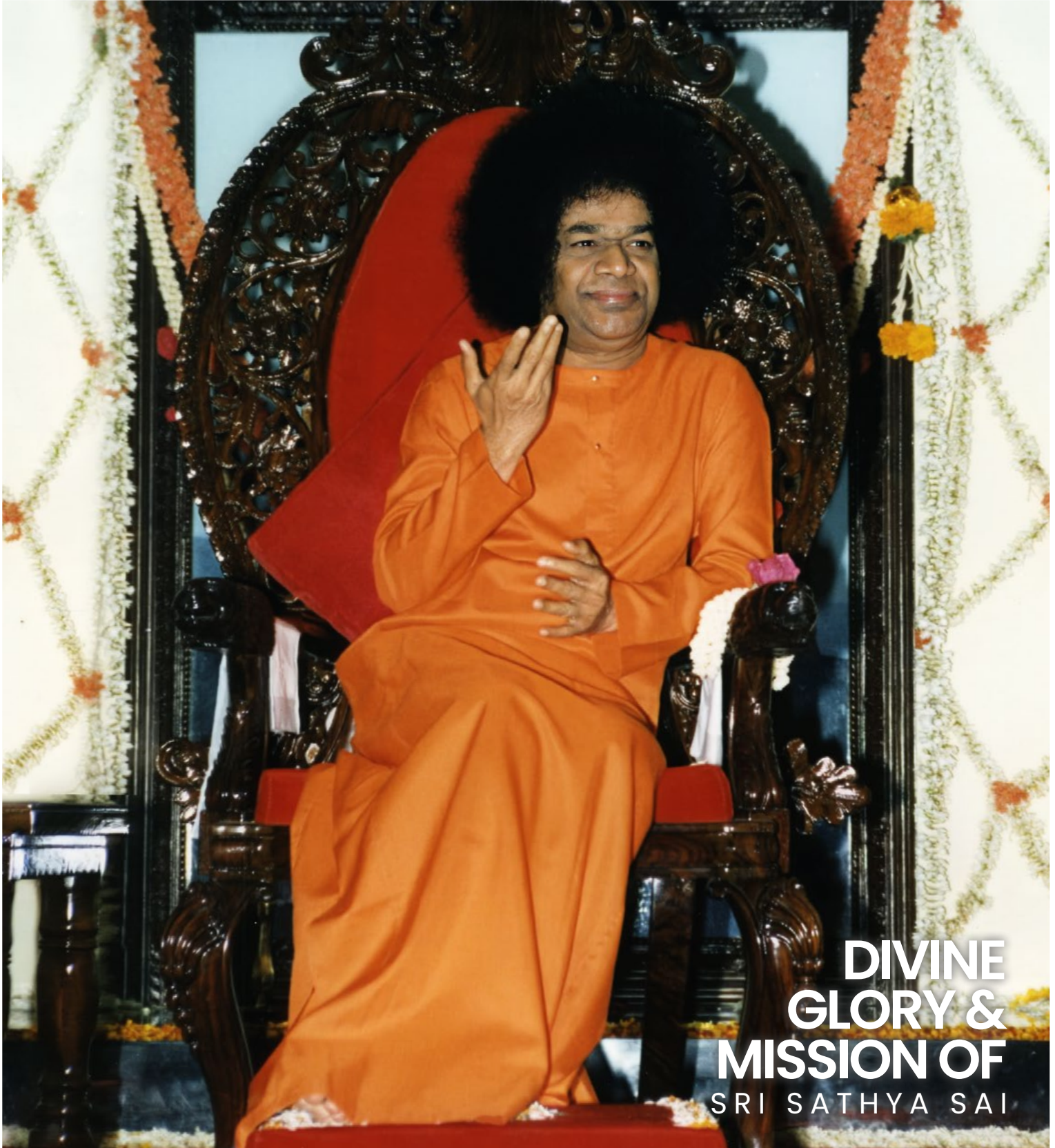


SATHYA SAI
THE
ETERNAL
COMPANION



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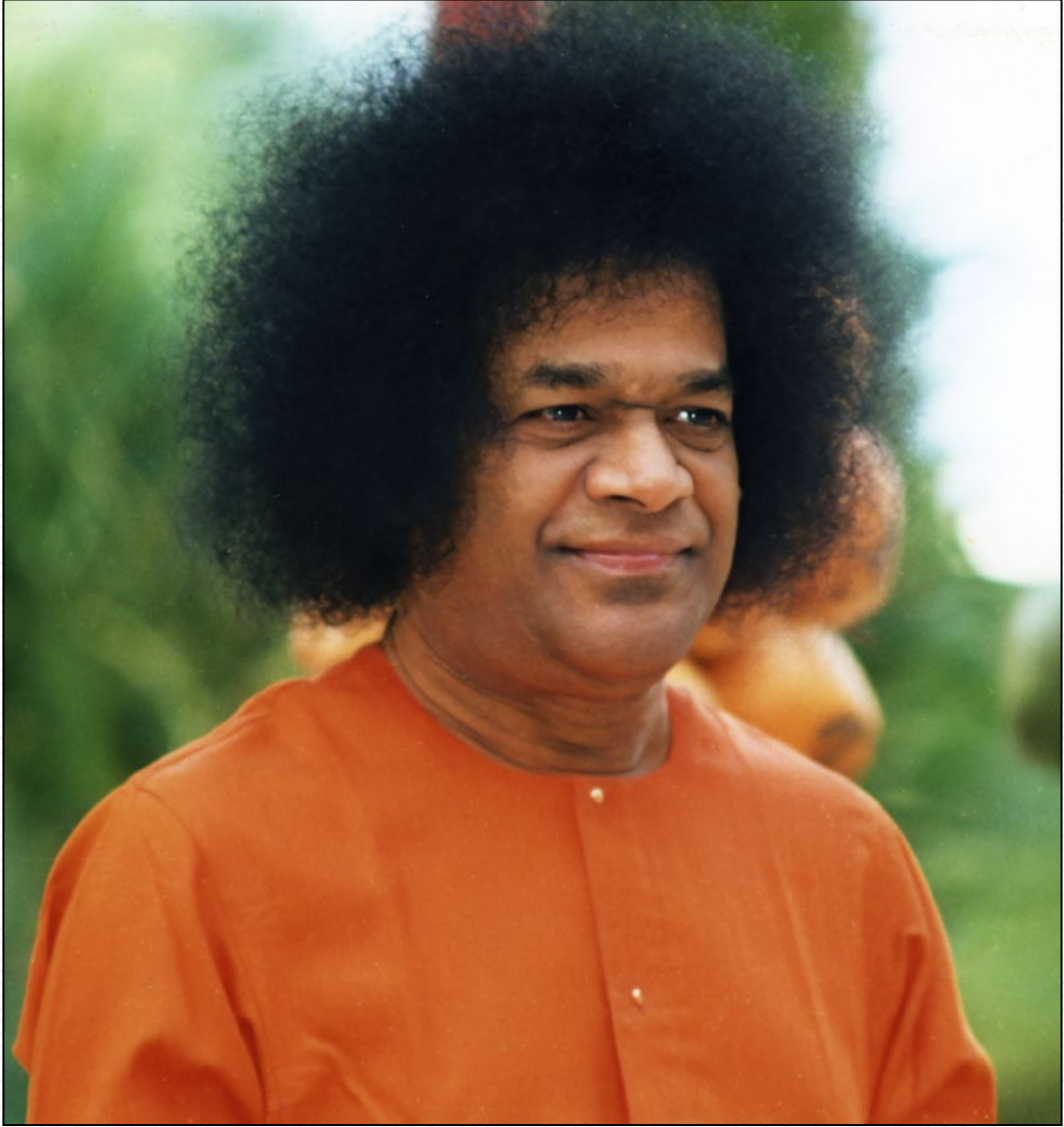


**DIVINE
GLORY &
MISSION OF
SRI SATHYA SAI**



My plan is to transmute you into seekers of Truth. I am present everywhere, at all times; My Will must prevail over every obstacle; I am aware of the past, present, and future of your innermost thought and carefully guarded secrets. I am Omnipresent, Omnipotent and Omniscient. Nevertheless, I do not manifest these powers in any capricious manner or merely for display. For, I am an example and an inspiration for whatever I do or not do. My life is My message.

Sri Sathya Sai Baba
October 11, 1970



DEDICATED WITH LOVE AND GRATITUDE TO
BHAGAWAN SRI SATHYA SAI BABA





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TABLE OF CONTENTS

Volume 2 • Issue 10

October 2023

- 2 Editorial**
Silence–The Path & The Goal
- 8 Divine Discourse**
Worship in the Mind, October 17, 1953
- 14 Experiences of Devotees**
Making the Inner Connection with Swami by Dr. Ajay Yekkirala
Oh Mind! Do Not Seek Anything by Dr. Gautam Tewari
- 21 From the Divine Pen – Message from Swami**
Nonviolence (Ahimsa)
- 26 Humanitarian Service**
Love in Action–Australia, New Zealand, South Africa,
Trinidad and Tobago
Nurturing Nature: Sai-100's Journey to a Million Trees in Africa
- 34 Sri Sathya Sai International Organization**
History of SSSIO-Greece
- 38 Glory of Womanhood**
The Ultimate Gift of Sai Baba by Ms. Suzanne Palermo
- 44 Ideal Sai Young Adults**
Leadership Programme Panel Session
YA Retreat, New Zealand
Sports Day, Australia
InSAIde Scoop Podcast Series
- 48 Sathya Sai Education**
Featuring contributions from Mexico, Panama, and Puerto Rico
- 52 SSSIO Events and Websites**

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SILENCE THE PATH & THE GOAL

In various faiths and spiritual traditions, it is common for seekers to observe the vow of silence as a spiritual discipline. It is said that what sleep does for the body, silence does for the mind and the spirit.

When practiced with utmost intensity and purity, it takes the seeker to the state of *Mahamounam* (Supreme Silence), which is the ultimate experience of *Brahman*. The scriptures describe—*Nishabdam Brahmam Uchyate*—the Supreme Silence itself is Brahman, the Ultimate Reality beyond all attributes, names, forms, space, time, and causation.

The Mandukya Upanishad, the shortest Upanishad, has a brilliant commentary called the Mandukya Karika, which describes the significance of the primeval Pranava sound—AUM. It has four components—A, U, M, and silence.

- 'A' represents the creative aspect of the universe—**BRAHM'A**; it also is the waking state of existence.
- 'U' represents its sustaining aspect—**VISHN'U**; it is also the dream state of existence.
- 'M' represents its dissolution aspect—**M'AHESHWARA**; it is also the deep sleep state of existence.
- **Silence is also called *Turiya* (the fourth state). This represents Consciousness, which pervades all the other three aspects and states. It is the Supreme Brahman.**



Bhagavad Gita on Silence

In the chapter on Vibhuti Yoga of the sacred Bhagavad Gita, Lord Krishna says, "*Maunam chaivasmī guhyanam*" (Bhagavad Gita, 10:38). Among secrets I am 'Silence'. Also, in the 17th chapter, Lord Krishna describes penance at the body, speech, and mind levels. At the speech level, Lord Krishna says, "Words that do not cause distress, are truthful, inoffensive, and beneficial, as well as regular recitation of the Vedic scriptures—these are declared as

penance of speech" (Bhagavad Gita, 17:15). Bhagawan Sri Sathya Sai Baba tells us to apply four filters before speaking.

- Is it true?
- Is it kind?
- Is it necessary or helpful?
- Is it an improvement over silence?

Regarding penance at the level of the mind, Sri Krishna says, "Having a serene mind, calm, peaceful, having controlled the senses, with purity and observing silence is true penance" (Bhagavad Gita, 17:16). Here too, silence is emphasized.

Great Masters on Silence

All the great masters emphasized the practice of silence. Lord Buddha says about a person who has attained *Nirvana*, "His thoughts are quiet, his words are quiet, and his deeds are quiet." The Bible says, "**Be still, and know that I am God**" (Psalm 46:10). One of the famous Jewish rabbis says that he learned more in the silent association of wise people and that the greatest service one can do is through silence. In Islam, the Sufi saints emphasize that the practice of silence is more rewarding than verbose prayers.

Sri Ramakrishna Paramahansa, a renowned divine incarnate, would say that so long as the bee has not tasted the honey, it hovers around the lotus buzzing, but when it reaches the flower, it drinks the nectar quietly. **So, too, as long as one argues about doctrines and dogmas, one has not tasted the nectar of true faith. Having tasted that, one is bound to remain silent.** Another analogy he shares is that of a partially filled pot making more noise than a pot full of water. Empty vessels make the most noise!

One of the disciples of the Greek philosopher, Socrates, says that the greatest good he experienced was when he was sitting

quietly near the master and imbibing spiritual vibrations!

The God of Silence

There is a form of Lord Shiva called Dakshinamurthy, which Swami had installed in the Sri Sathya Sai Higher Secondary School building at Puttaparthi. It is Lord Shiva as the guru in His youthful form, sitting under a huge banyan tree. His disciples are much older, sitting at His feet. The medium of communication between the master and the disciples is silence, yet all the doubts of the disciples are dispelled in a trice!

Bhagawan Sri Sathya Sai Baba, the Universal Teacher, emphasizes silence as a spiritual practice. He often says, "*Only in the depths of silence can the voice of God be heard.*" Swami says that silence is the language of a spiritual seeker. He also quips, "*Shut your mouth and open your heart. God has given us two ears and one mouth to show that we should spend more time listening than talking.*"

Swami says that the first step in spiritual practice is silence. By talking loudly, one loses one's own peace and undermines the peace of others. One can experience divine bliss only in absolute silence. That is why silence is golden. Swami further says





Only in the depths of **silence** can the **voice of God** be heard.

that all spiritual practices must be done in silence, away from the public gaze. They are for one's own transformation and not for show or exhibition.

The Practice of Silence

Swami says that silence is the best *sadhana*. He explains, "*There is nothing like silence to still the waves of restlessness of your heart. Silence is the speech of the spiritual seeker and the only language of the realized. He who has reached the stage of stillness and silence, both of which represent the nature of pure consciousness, will enjoy the highest peace and highest bliss.*"

Swami often recommends the practice of silence for 15-30 minutes a day. At times, He recommends even longer hours of silence. Some great sages and saints practiced silence for many years. They transformed people through their silence and brought peace to the world.

Silence does not mean mere abstention from talking, as often misunderstood. It means *trikarana mounam* (three modes of silence), meaning silence of the body (*Kaya Mounam*), silence of speech (*Vaak Mounam*), and silence of mind (*Mano Mounam*). **Deep silence is a state of total and perfect stillness in which we control not merely the faculty of speech but all mental dialogue, including the movement of the body. This ultimately leads to *Maha Mounam* (great silence) when one experiences supreme peace (*Prasanthi*).**

First, we start silence at the level of the body. We often tend to be fidgety and make unnecessary gestures that disturb others. To start with, one must still the body. For this, the practice of proper posture and breathing exercises are necessary. Patanjali emphasizes this in the *Yogasutras* as *Asana Shuddhi* (purity of body posture) and *Pranayama* (breath control).

Next comes *Vaak Mounam*, the silence of speech. The one who talks much wastes energy. But to avoid talking, some people resort to writing, gestures, and signs to continue communicating. Swami says this is an improper practice of silence. One should avoid all communication while practicing silence. *Mano Mounam*, the silence of the mind, is the higher stage. It is the most difficult stage to achieve because there is always a dialogue going on in the mind, which is a bundle of thoughts. There is always *Sankalpa* (will to do something) and *Vikalpa* (will not to do something) in the mind, which causes mental agitation. *Mano Maunam* comes from *Mano Nasha* (dissolution of the mind) or the *Amanaska* (non-existence of Mind) stage.

This may not be possible in the early stages of *sadhana*. The best alternative is just to have a single thought instead of many thoughts, and for spiritual seekers, this single thought is always that of God at all times and in all places! This practice will finally replace all thoughts and lead to *Maha Mounam*, the ultimate stage

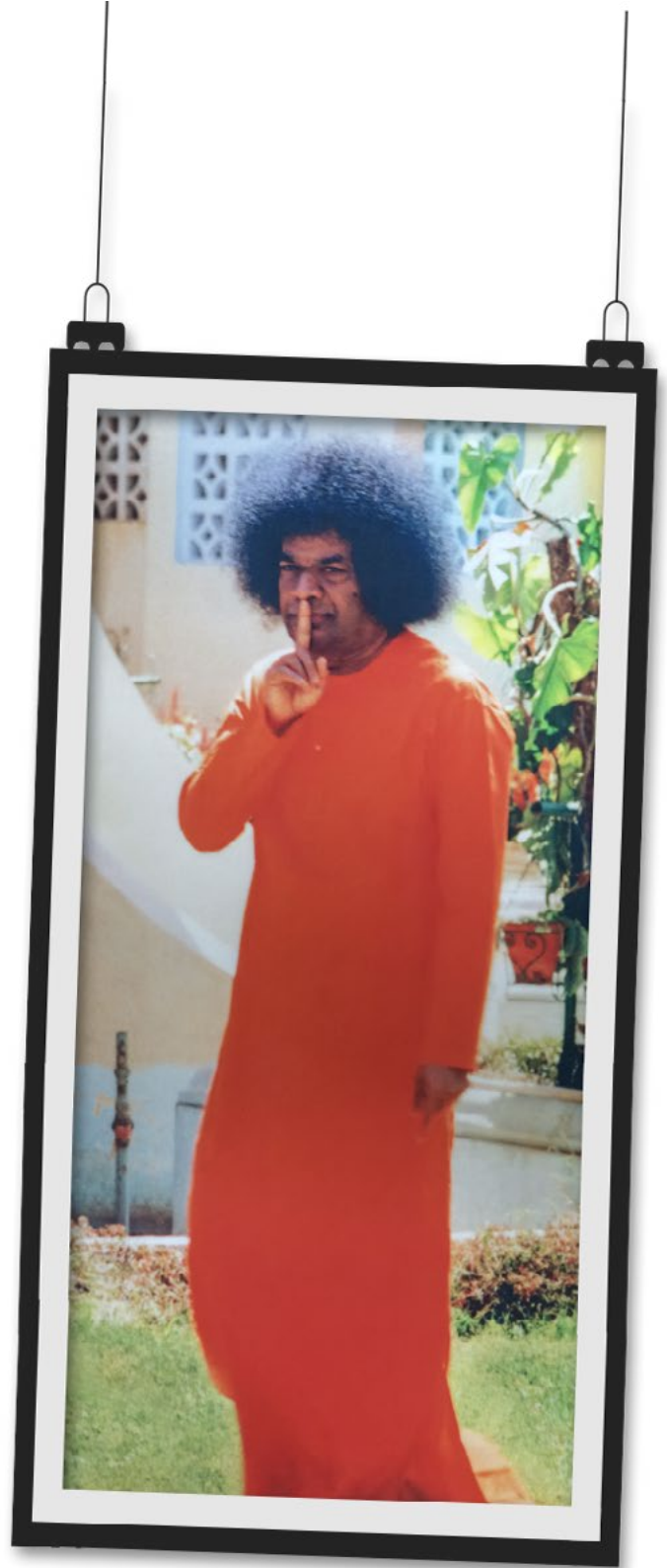
in which one experiences Brahman or Self-realization.

Benefits of Practicing Silence

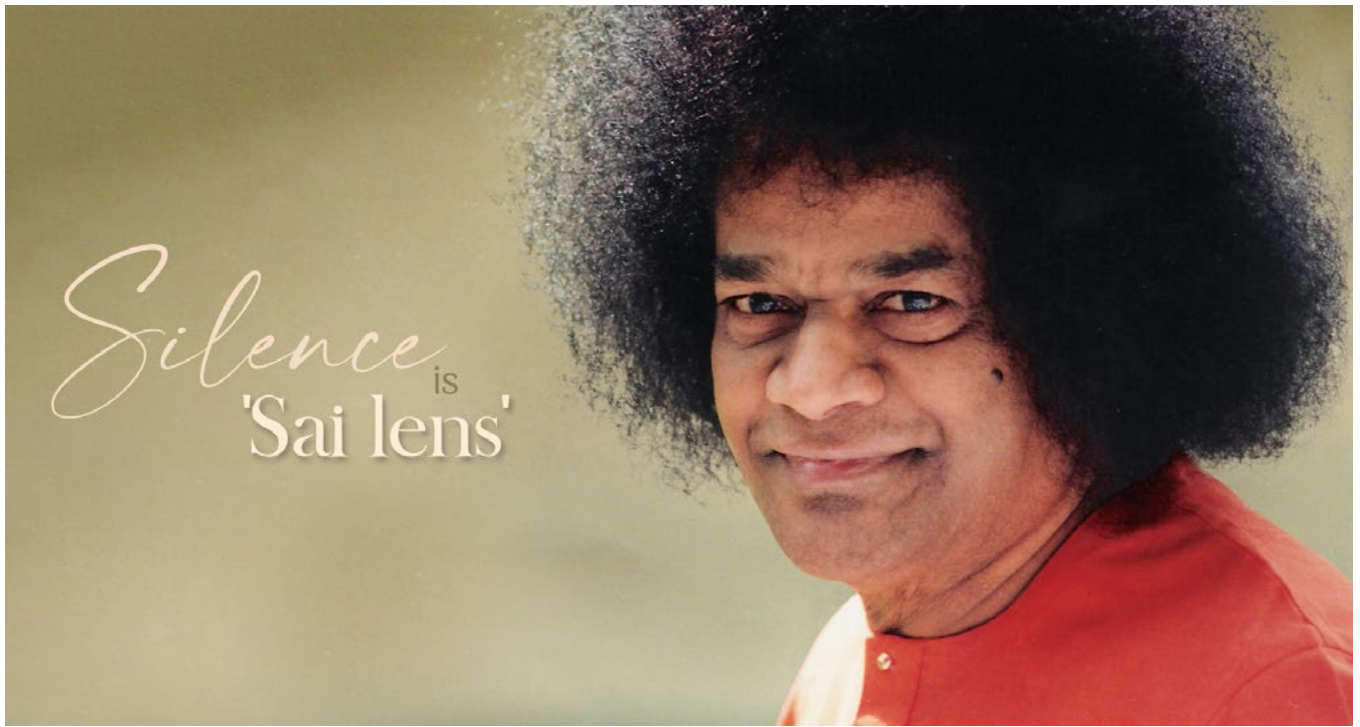
The most important and obvious result emphasized by all great masters, including our Swami, is direct communication with God in silence. As a result, one experiences ineffable bliss. It is said, "*mounena kalaham nasti*" (there is no dispute in silence). The injuries caused by the slip of the tongue are more harmful than those caused by the slip of the foot! The latter can be healed, but the former is often irreversible!

Silence conserves one's energy. That is why excessive talking leads to premature aging and loss of memory and intellect, whereas silence improves memory and keenness of intellect and preserves youthfulness. It also has a beneficial effect on the body, mind, and heart. It gives rest, relaxation, and rejuvenation, essential to heal all cells in the body. Swami says that excessive talking leads to loss of energy and makes one prone to developing anger and hatred. The tongue is liable for many mistakes—speaking untruth, scandalizing and criticizing others, and speaking harshly. When one practices silence, one automatically avoids all these pitfalls.

Sri Ramana Maharshi emphasizes that more benefit is obtained through the powerful and loving thoughts of the great masters than all the speeches and actions of others. They accomplish more in their silence. Once, a Western spiritual seeker came to Ramana Maharshi and sat at his feet. All his doubts were gone, and he was amazed at the profound impact of sitting at the holy feet of the great sage of Arunachala.



*Athi Bhasha Mathi Hani,
Mitha Bhasha Athi Hayi*
(Excess talk causes harm
to the mind; moderate talk
gives great happiness.)



Even in secular life, the greatest scientists, artists, poets, and philosophers had the most revelations while observing silence because they were in touch with the highest power. Most wonderful discoveries are made through intuition and inspiration that come from a higher power in the depths of silence. In Bal Vikas or SSE classes for children, Baba introduced silent sitting as one of the key practices. It looks so simple, and some even consider it as a punishment. It starts with 15 minutes of silent sitting, then extends to half an hour, and even for an hour. Over time, students, teachers, and parents alike have seen the powerful impact of this practice.

Swami goes to great lengths to impart the message of silence. He Himself refrained from speaking sometimes and explains in His Buddha Poonima discourse of February 5, 1998:

"Since January 1, I have been restricting My speech to a minimum, confining My words to what was necessary. I am restricting my talking with others even in the interview room. What is the reason? I want to set an example to others by practicing what I preach. My

life is my message. I must show the way. Many do not understand my actions. But, when they do not understand, they should remain silent. But instead, they misinterpret my actions. That is a great sin."

In fact, when Swami stopped speaking to devotees for their spiritual growth, and they would plead with Him, He would say, *"If you do not understand My silence, you will never understand My words."*

If one must speak, Swami says one should speak obligingly. One should not speak the harsh truth, nor should one utter a pleasant lie. One should speak succinctly and concisely, conveying the message without being verbose or talking excessively. Some 'chatterboxes' are fond of blabbering nonstop, telling tall tales, and spreading gossip. These people suffer from 'verbal diarrhea,' as it were. That is why Swami says, *"Athi Bhasha Mathi Hani, Mitha Bhasha Athi Hai"* (Excess talk causes harm to the mind; moderate talk gives great happiness).

Thus, by constant practice of silence and solitude, we can establish them in the

heart, even in the busiest and noisiest surroundings. This hierarchy of silence of the body, speech, and mind, reaching the state of supreme silence (*Brahman*), can be compared to what Swami describes as the stages of devotion—*Bhaktika Bhakti* (external worship) leading to *Ekanta Bhakti* (worship in solitude) which finally leads to the stage of *Ananya Bhakti* (one-pointed devotion to God, involving total surrender). ***Ananya Bhakti or Maha Mounam* is the nondual experience of divinity and being in bliss in all states.**

Let us Begin the Sadhana

When we practice both outer and inner silence of the body, speech, and mind, leading to *Maha Mounam*, we reach the ultimate goal, which is the experience of Brahman. One should aspire for this highest goal, taking inspiration from these precious words of our beloved Swami:

"Silence is the beginning of the art of communication. Learn to live in silence for some moments every day.

Stay in complete silence and listen to the voice of God. You may not physically hear the voice because God can speak to you through silence. You will become aware of God's message even though you hear no voice. *Let your mind rest in God in those moments of silence, and the thoughts will come to your mind. But be patient and do not expect immediate results. Success will come when you persevere. Know that I am always with you, even when you hear nothing. For I am you, and you are Me. How is it possible that we do not communicate? Think of these and do not give up easily."*

On many occasions, Swami also says that silence is '*Sai lens*' when His vision is on us! Let us pray to Swami so that through our intense and sincere efforts, and by His grace and blessings, we can undertake the *sadhana* of silence and attain the goal supreme: Self-Realization.

Jai Sai Ram.



Worship in the Mind

*This is a unique discourse because it is the “first”
public discourse delivered by Bhagawan.*

When I was at Uravakonda studying in high school, I came away one day, threw away My books, and declared that I have My work waiting for Me. The Telugu scholar who just spoke described to all of you the incident of that evening. Well, that day when I came out declaring publicly as the reincarnation of Shirdi Sai Baba, the first song I taught the gathering in the garden of the Telugu pandit's house was:

*Manasa Bhajare Guru Charanam
Dustara Bhava Sagara Taranam*

I called on all those suffering in the endless cycle of birth and death to worship the Feet of the Guru (spiritual preceptor), the Guru (announcing Himself) who had come again to take upon Himself the burden of those who seek refuge in Him. That was the very first Message of Mine to humanity. *Manasa Bhajare*—Worship in the mind!

I do not need your worship of offering floral garlands and fruits, things you get for an anna or two (a trivial amount of money) that are genuinely not yours. Give Me something that is yours, something that is clean and fragrant with the perfume of virtue and innocence and washed in the tears of repentance! You bring garlands and fruits as items in the show and as an exhibition of your devotion. Poor devotees who cannot afford to bring them

are embarrassed and feel sorry for their helplessness. They cannot demonstrate their devotion in the grandiose way you do. **Install the Lord in your heart and offer Him the fruits of your actions and the flowers of your inner thoughts and feelings. That is the worship I like most, the devotion I appreciate most.**

Re-education of Humanity Continues in All Eras (Yugas)

In shops, things are kept in separate packets, and each shop specializes in some particular article or sets of articles. But in an exhibition, hundreds of shops come together to make all varieties of things available, and there is a great deal of window-dressing, arrangement, and display. All these days, generally, I have been giving individual advice, like the packets available in shops, and giving answers to individual questions. This 'discourse' today is a new experience for you. **I am addressing a gathering today, and even though it may be new to you, it is not new to Me. I have addressed large gatherings before, though not in this Form.** Whenever the Formless (*Brahman*) assumes form (an *Avatar*), It has to fulfill Its unique Mission, and It does so in various ways. But the one purpose, the re-education of humanity, continues in every era (*Yuga*).



Manasa Bhajare Guru Charanam

*Worship the Feet
of the Guru in the mind*

The first sixteen years of this life have been, as I have often told you, the period primarily characterized by childhood divine plays (*leelas*), and the next sixteen being spent mostly in miracles (*mahimas*) to give joy to this generation. Joy and contentment are short-lived experiences; so you have to catch that experience and make it a permanent possession—bliss (*ananda*). **After the thirty-second year, you will see Me active more and more in the task of spiritual instruction (*upadesh*)—teaching erring humanity and directing the world along the path of truth, right conduct, peace, and love (*Sathya, Dharma, Shanti, and Prema*).**

It is not that I have decided to eliminate divine plays and miracles from My activity after that. I only mean that reestablishing dharma, correcting the crookedness of the human mind, and guiding humanity back to *Sanathana Dharma* (Eternal Universal Path) will be My task thereafter.

Do not be led away by doubt and indulge in vain argument; do not question how and whether I can do all this. The cowherds of Brindavan also doubted whether the little boy (Krishna) who grew in their midst could lift Govardhana Mountain and hold it aloft! The thing needed is faith and yet more faith.

The Secret of Spiritual Success

Once, Krishna and Arjuna were going together along the open road.

Seeing a bird in the sky, Krishna asked Arjuna, “Is that a dove?”

He replied, “Yes, it is a dove.”

He asked Arjuna, “Is it an eagle?”

Arjuna replied promptly, “Yes, it is an eagle.”

“No, Arjuna, it looks like a crow to Me. Is it not a crow?” asked Krishna.

Arjuna replied, “I am sorry, Lord, it is a crow beyond a doubt.”

“*The Lord’s Grace is like rain, pure water, falling equally everywhere, but its taste changes according to the soil through which it flows.*”

Krishna laughed and affectionately chided him for readily agreeing to whatever suggestion was given. Arjuna said in response, “Lord, for me, Your Words are far weightier than the evidence witnessed by my eyes; You can make it a crow, a dove, or an eagle, and when you say it is a crow, it must be one.” Implicit faith is the secret of spiritual success.

Remember, the Lord loves devotion more than the devotee. The Lord’s Grace is like rain, pure water, falling equally everywhere, but its taste changes according to the soil through which it flows. So also, the Lord’s words are sweet to some and bitter to others. The Lord’s ways are mysterious; He blessed Vidura, an ardent devotee of Sri Krishna, with the words, “Be destroyed,” and Dussasana (wicked Kaurava) with the words, “Live for a thousand years;” He meant that Vidura’s ‘I’ should be destroyed and that the wicked Dussasana should suffer the ills and tribulations of this world for ten centuries.

You do not know the real reasons behind the actions of the Lord. You cannot understand the motives of other men who are almost like you in everything, actuated by the same motives and having the same likes and dislikes! Yet, how easily you venture to discover the motives of One who is far, far above the level of humanity! How glibly you talk and judge something as strange to you as the Earth to a fish!

Pains Indicate the Birth of a New Life

There are four types of people: first, the ‘dead,’ who deny the Lord and declare that they alone exist, independent, free, self-regulating, and self-directed. Second, the ‘sick,’ who call upon the Lord when some calamity befalls them or when they feel temporarily deserted by the usual sources of succor. Third, the ‘dull,’ who know that God is the eternal companion and watchman, but who remember Him only off and on when the idea is potent and powerful. Finally, the living ‘healthy,’ who have steady faith in the Lord and who always live in His comforting loving presence.

You proceed from ‘death’ to ‘life’ and from ‘illness’ to ‘health’ by the experience of the buffeting of the world. The world is a very essential part of the curriculum of man; through the agony of search is born the infant, wisdom. The pains are worthwhile; they indicate the birth of a new life. **From *ashanti* (lack of peace), you get *prashanti* (supreme peace), from *prashanti* to *prakanti* (bright spiritual illumination), and from *prakanti* to *Paramjyothi* (Supreme Divine Light).** It is like the alternating of night and day, this recurrence of joy and grief. Night and day are twin sisters; both are necessary to increase the fertility of the soil to activate and refresh life. They are like summer and winter.

Some ask Me, “Baba! Make this summer less hot!” But in the heat of summer, the Earth takes in the energy needed from the

Sun so that when the rains come, she may yield a plentiful harvest.

Shine Forth in Your Real Nature

'Cold' and 'heat' are both in the plan of God, and yours is only to know this and treat both as valuable. Thorny plants and thornless plants are both there in nature; the wise man knows the value of both. He plants the thornless one and surrounds it with the thorny ones so that what he fosters is left unharmed. Activity can save and kill; it is like the cat carrying the kitten with its teeth to a safe place but using the same teeth to bite the rat to kill and eat. Become the kitten, and like a cat, the work will rescue you as a loving Mother. Become a rat, and you are lost.

The Divine draws the individual toward Itself; it is natural for them to have this affinity for they are the same. They are like the iron and the magnet. But if the iron is rusty or covered with dirt, the magnet cannot attract. Remove the impediment; that is all you have to do. Shine forth in your real nature, and the Lord will draw you into His Bosom. **Trials and tribulations are the means by which this cleansing is done. That is why Kunti (mother of the Pandavas) prayed to Krishna, "Give us always calamities, so that we may never forget Thee."** They are like the dietary and other restrictions that the doctor prescribes to supplement the effect of the drug of remembrance of God (*namasmarana*).

Do Not Give Up Spiritual Practice

Sai is loved by everyone, but you can take up any name that gives you joy. Tastes differ according to the temperament and character one has earned by generations of activity as a living being in this world. The proprietor of a coffee house goes to the nearby druggist for a pill to ward off his headache, and the druggist, when he gets a headache, goes to the coffee house for a cup of coffee, which he thinks will relieve



“*Spiritual exercise is most required to control the mind and the desires after which it runs. If you cannot succeed, do not give up spiritual exercise but do it more vigorously.*”

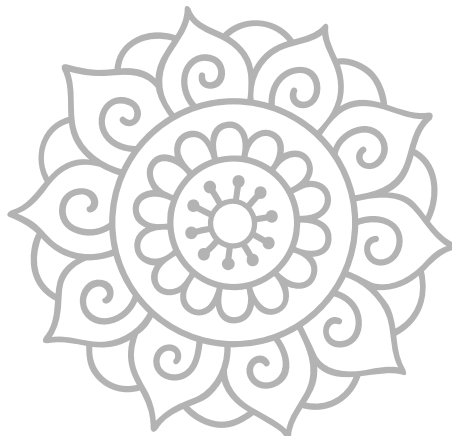
his headache. Men are like that; the tastes of people differ. The wise one (*Jnani*) says, “God is in everything (*Sarvam Brahma-mayam*)”; another, a yogi, says all is energy; a third, who is a devotee (*Bhakta*) says all is the play of Bhagawan (the Lord). Each according to their taste and according to their progress in spiritual practice. Do not be in haste to ridicule them, for they are all pilgrims trudging along the same road.

Spiritual exercise is most required to control the mind and the desires after which it runs. If you cannot succeed, do not give up spiritual exercise but do it more vigorously, for it is the subject in which you did not get passing marks that requires special study, is it not? Spiritual exercise means inner cleanliness as well as external cleanliness. You do not feel refreshed if you

wear unwashed clothes after your bath, do you? Nor do you feel refreshed if you wear washed clothes but skip the bath. Both are needed, the external as well as the internal.

Children believe your words when you say the policeman will catch them or the ghost will beat them. They are full of fear, fortitude, and faith! But having grown old and your heads stuffed with all kinds of doctrines, dogmas, theories, and arguments, now you have to use your discrimination and discover God the hard way. I will tell you this: there is no way to escape it; **all creatures have to reach God someday or other by the long route or by the short route.**

Sri Sathya Sai Baba
October 17, 1953





Experiences of
Devotees

Making the INNER CONNECTION with Swami



SWAMI HAD CALLED ALL OF US STUDENTS TO HIS RESIDENCE TRAYEE at Brindavan, Whitefield, Bangalore. We sat around the ornate swing where He was seated. The most coveted Trayee Session was about to begin. Swami began the session with a profound question, “*Who is Swami?*”

Many answers came tumbling out.

“You are our divine mother and father....”

“You are the *Sadguru!*”

“Swami is the Supreme *Brahman.*”

“You are the one who has the love of a million mothers.”

“He will not be able to sing because he lacks inner connection with me.”

Sitting a few rows from His lotus feet, something stirred within me. Raising my hand and my voice, I blurted out, **“Swami, You are the conscience, the indweller.”**

Swami’s eyes immediately lit up, and He nodded in agreement. He praised me, saying, *“Look, this little boy has got the right answer. **Swami is your indweller, your conscience.**”*

I felt a surge of indescribable joy and pride within. I had just joined the 11th grade in Swami’s school at Puttaparthi. Most importantly, I got the answer right when nobody else did, and I also won accolades from Swami Himself!

Swami continued His discourse and, now and then, referred to the concept of conscience, prefacing it with, *“As this little boy said...”* I continued to be on *cloud nine*, elated with joy and pride. After about half an hour, He turned to me and asked, **“If you truly believe Swami to be your conscience, will you do the things that you are doing?”**

From being on *cloud nine*, I came crashing down to earth!

Graduating From His School to His College

A couple of years later, I was an undergraduate student at the Sri Sathya Sai Institute of Higher Learning. Keen to join the music group, I participated in the MAT (Music Aptitude Test). In the evening, the warden apprised Swami about the students’ performance in MAT. He had index cards of each participating student and their status – selection or rejection. When he came to my card, he told Swami I had been placed in the University Brass Band. Swami immediately said it was good that I wasn’t in the *Bhajan* group and said, *“His parents always encouraged him to sing, but he kept shying away.*



He cannot sing, and it is good that he is in the band.”

Again, I was smiling and happy because it did not matter what Swami said about my limitations as long as He talked about me! But then came a hard blow. Swami said, *“He will not be able to sing because he lacks inner connection with me.”*

When I heard that, I felt devastated. Everything Swami had said about me shying away from singing was true. Swami is the embodiment of Truth. This meant that I genuinely lacked an inner connection with Him! **I decided then and there that I had to make that inner connection with Him and work to strengthen it.** Yet again, my answer to His question from a few years ago was proven to be theoretical knowledge only—I had to connect with my conscience.

Connect With Swami Internally, Not Just in Body and Mind

When I was a sophomore in college, I suffered a ligament tear in my ankle. Hobbled around, I wasn’t even able to go for *darshan*. That made me very sad and feel low in spirits. That’s why I felt elated when a senior student came running into my room in the hostel one afternoon, saying that Swami was asking for me in the *mandir*. I thought this was my ‘*cancer cancelled*’ moment (where

*“Don’t listen to the
body.
Don’t listen to the
mind.
Listen to your
conscience.”*



Bhagawan has instantly cured cancer by just saying “cancer cancelled”) when Swami would instantly cure me. I was sure He would give me *vibhuti* and make me good again.

I quickly got ready, took the crutches, and rushed to the mandir on a bike. A couple of my classmates were there to greet me

and to help me sit on a chair in the *mandir*. Again, unconsciously, I was enjoying being the center of attention as I continued to be treated like a VIP. But that feeling evaporated as soon as Swami came near us during *darshan*. He did not speak to me. Instead, He asked the two students who were assisting me, “*How did he break his leg?*”

When they explained everything to Him, He shook His head and responded that it wasn’t surprising that I had a fall because I had my eyes on the top of my head!

“Too much ego... He does not see where he is going!”

The fact that He ignored me completely was rubbing salt into my wounds. At the same time, He discussed my condition in detail with Dr. Safaya, the Director of the Sri Sathya Sai Institute of Higher Medical Sciences. I got the best medical treatment available, no doubt, but the *silent treatment* by Swami hurt me more than undergoing the medical treatment itself. For the next two months, Swami completely ignored me and didn’t speak to me.

The ligament tear got worse, and I had to undergo surgery. I became very sad and thought Swami didn’t care for me. Swami surely knew that I wasn’t getting the point. A couple of days before my surgery, He came to me and asked, “*How are you doing?*”

“Swami, I am fine, but it hurts...”

“Does it hurt when you walk? Does it hurt in the mornings more or in the evenings?”

Ah! I was getting His attention but not the point He was making. So, putting on an act as best as I could, I began laying it on *thick*, “Swami, it is so difficult even with the crutches... It always pains.”

I was still hoping for a *cancer-canceled* moment. But then, Swami said, “*If that leg hurts so much, just cut it off and throw it in the Chitravati river!*”

He playfully slapped my cheek and walked away.

Swami rarely says anything without an inner meaning. As I pondered on His light-hearted remark delivered so profoundly, I realized that I had become so focused on my injury and myself that I had utterly forgotten Swami. I was thinking that He was ignoring me while, in reality, it was I who was ignoring Him. **Giving attention to Swami is not about going to the *mandir* and sitting there alone. It is more about making the inner connection with Him and not focusing on the body!** No wonder Swami says, *“Don’t listen to the body. Don’t listen to the mind. Listen to your conscience.”*

Why it is Essential and Beneficial to Develop the Inner Connection

After I left Prasanthi Nilayam, I attended graduate school in Minneapolis, Minnesota, USA. I lived in the uptown area and drove to the University daily. Once, I was driving back after completing my work for the day. I am typically a defensive driver, and I drive very conservatively. But that day, as the traffic light was yellow and about to turn red, I instinctively began to slow down. Then, I distinctly heard a voice from within telling me, *“Go faster! Step on the accelerator.”*

So persuasive was the voice that I immediately stepped on the gas and rushed through the intersection. I reached home with a strange feeling.

“Why did I do that? That is not me...”


To clear my unsettling feeling, I decided to go for a run along the beautiful Lake Cajun to burn off the *strange* sensation and feel better. Afterward, I noticed on my phone that I had received more than 20 missed calls from family and friends! I wondered what was up, and I called my mother first. She said, “Thank God you called! I was so worried! How are you?”

“What happened, Mom? Why were you worried?”

“Don’t you know? The Interstate 35W bridge over the Mississippi River near downtown Minneapolis collapsed, taking with it more than 100 vehicles! Many people died, and hundreds have been injured...”

I had been driving on that bridge 20 minutes before the accident! I ran back home and checked the news on the television. The bridge collapsed at 6:05 PM. I crossed it at 6:04 PM! My heart welled up in gratitude to Swami. It was yet another act of Swami’s grace and benevolence that He spoke through my inner voice to save me and show me how potent and powerful it can be. **It made me realize that connecting with Him within was not only essential but also supremely beneficial.**

It saved my life. It can surely redeem my life, too!

Dr. Ajay Yekkirala
USA 



Dr. Ajay Yekkirala graduated from the Sri Sathya Sai Higher Secondary School and obtained a Bachelor of Science in Biosciences at the Sri Sathya Sai Institute of Higher Learning (SSSIHL). He was part of the SSSIHL Brass Band as a percussionist and guitarist and has performed several times in Swami’s divine presence. He holds a Ph.D. in Pharmacology from the University of Minnesota, USA, and finished his research fellowship in neurology at Harvard Medical School, USA. Dr. Yekkirala is also an entrepreneur who has founded biotech companies to tackle various diseases. He is the President of the Norwood Sai Center in Massachusetts, USA. He and his wife teach Sai Spiritual Education (SSE) to Group 4 and Group 3 children, respectively.

OH MIND! DO NOT SEEK ANYTHING



On multiple occasions, in His discourses, Swami sings a poem:

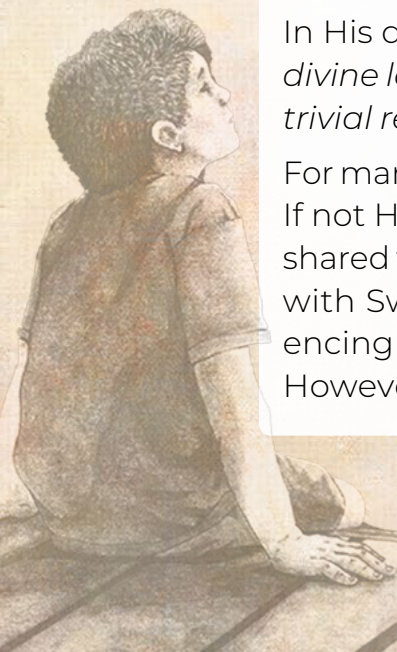
*Aduakuve O Manasa!
Aduku Koladi Adi Adugunu Padunani
Adukunna Pani Vadigaanagunani
Aduvani Sabarini Aadarinchade!*

Do not ask, O Mind! The more you ask, it is placed at the bottom. Without asking, the task proceeds quickly. Sabari (an ardent devotee of Sri Rama), who never asked, was showered with grace!

If you wish to ask for anything from God, pray to Him thus, “Oh Lord! Let me have You alone.” Once we have secured the Lord, we will get everything we need. That was why Meera sang: “Oh heart, drink the nectar of divine love.”

In His discourse on October 9, 1989, Swami said, “*When you can have divine love, to crave for anything else is like asking for coffee powder (a trivial request) from the Kalpataru! (The Wish-fulfilling Tree)*”

For many years, this question of asking or not asking, Swami puzzled me. If not Him, whom else could I ask? In a discussion with a *Sai brother*, I shared this dilemma. He said that when you are in that state of Oneness with Swami—during meditation, in the bliss of bhajans, etc.—experiencing that you and Swami are not different, there is no need to ask. However, when you identify with the body and see Swami as sepa-



rate from you, you might want to ask Him. I sought the answer from Swami Himself during my meditation. **His reply was, “Do not ask Me for anything. I know what is best for your spiritual evolution.”** Since then, I resolved to stop asking Swami for anything, worldly or spiritual.

Test is His Taste

My resolve was put to the test when I was diagnosed with prostate cancer after an MRI in August 2018. I was due for a biopsy and asked my urologist if it could be postponed till after my visit to Puttaparthi in November 2018. and He gave me permission. Throughout that visit to Prasanthi Nilayam, I would offer my salutations to Swami but never asked Him for a cure.

On my return, the biopsy was done, and it was confirmed that I would need surgery. My urologist recommended robotic surgery instead of regular procedures. This was not available locally in Trinidad and Tobago or at the Super Specialty Hospital in Puttaparthi. It was available in the USA, but at an exorbitant cost which my health insurance would not cover!

An idea suddenly came to me to contact an old medical school classmate of mine from New Delhi. Within one week, I had an appointment to have surgery at the Rajiv Gandhi Cancer Research Centre in New Delhi. When Swami gives an idea, He takes care of its implementation too! Despite a strike by British Airways, my wife and I traveled via London and arrived in Delhi in time for the surgery.

During my first visit to the hospital, the crowds were huge, and I spent the entire day in pre-surgical preparation. At the end of the day, anxiety, jet lag, and exhaustion set in, and I started to have second thoughts about undergoing surgery in a place so far away from my family and home. Swami, in His usual style, stepped in to allay my fears!

“Why Fear When I am Here”

While sitting with the physician in his office as he reviewed the results of my investigations, I received a phone call from one of my former SSE students who was now working in New Delhi. As I finished the call saying *Sai Ram*, the doctor reviewing my files looked up at me and asked, “Doctor, did you just say Sai Ram on your call?”

“Yes, I did...”

He then said, “Doctor, I am a Sai devotee, my parents are Sai devotees, and I want to tell you that the surgeon assigned to your case is the best robotic surgeon in Southeast Asia! Have no fear; you are in good hands; Swami is looking after you.”



When he shared this with me, I suddenly realized that our loving Lord was looking after all my needs. I felt at ease all at once!

With His grace, the surgery was completed without complications. As of now, in 2023, I have been cancer free for almost five years!

The story does not end there.

Prasanthi Nilayam is Where and When You Think of Me

This trip to India was the first time after visiting India 10 times that my wife and I did not have a chance to visit Puttaparthi. Thus, we felt very sad. A few days before our return home, my former SSE student invited us to attend a program at the International Sai Centre in New Delhi for the installation of *Sai Padukas* (holy footwear of Sai).

A large contingent of students from Puttaparthi had joined the program for Veda chanting, *bhajans*, and *Satsang* (spiritual discussions) that lasted nearly four hours. We experienced the supreme peace of Pras-

anthi Nilayam without having to be physically there!

It was now time to return home. After surgery, I would be incontinent for twelve weeks, needing to wear adult diapers, and I viewed with trepidation the 20-hour flight back home. Again, Swami stepped in, and the airline gave us free upgrades to business class without any request. Needless to say, I had a comfortable journey back home! I never asked Him, but our loving Swami still took care of all my needs.

Beloved Baba, we know that You are with us every moment of our lives, loving us, guiding us, supporting us, and encouraging us to have faith in You and faith in ourselves. **Please give us the wisdom and faith to understand that whatever happens in our lives is for our own spiritual growth. Sweet Lord, we love You and put our trust in You.**

Sai Ram.

Dr. Gautam Tewari
TRINIDAD AND TOBAGO 



Dr. Gautam Tewari holds a diploma in Family Medicine. He is a retired physician who practiced family medicine for 41 years. He also served as an Associate Lecturer at the University of the West Indies Medical School. Dr. Tewari came to Swami in 1987 and has served the SSSIO for over three decades. He has held various positions in devotional, educational, and service Wings of the SSSIO West Indies. He is a Central Coordinator of SSSIO Zone 1 for Aruba, Barbados, Curacao, Guyana, Jamaica, St. Kitts, St. Lucia, St. Maarten, Suriname, and Trinidad and Tobago.

Nonviolence (Ahimsa)

There is no penance beyond nonviolence. Nonviolence is a synonym for truth and love. Love can be attained through the practice of nonviolence. The vow of nonviolence (*Ahimsa Vrata*) is practiced steadfastly only by those who sacrifice wealth, name, and fame. A weak person cannot practice nonviolence.

Nonviolence means not causing any pain to other living beings by thought, word, and deed. That is it—don't hurt anything from the ant, or mosquito to the human beings and gods, from a blade of grass to the big banyan tree. One may doubt whether this is possible for humans. Actions are of two types. One is as per the scriptures, and the second is against scriptural injunctions. By doing actions as per scriptural injunctions one develops inner purity. Actions done without following scriptural guidance will lead to one's downfall.

The *Panchakoshas* (Five sheaths)—food sheath (*Annamaya*), life-force sheath (*Pranamaya*), mental sheath (*Manomaya*), intellect sheath (*Vijnanamaya*), and bliss sheath (*Anandamaya*), provide the momentum for the human being to enquire and reflect. Just as the humans possessing these five undergo happiness and sorrow, it is also the main purpose of human beings not to harm those facing difficulties or sorrow. If one analyzes carefully, the trees and the vines, too, are living, and one may wonder if it is violence to subject them to pain. It is true that this is also violence, but their suffering is not as readily seen as in human beings, animals, and birds.

Apart from this, these are born only from the five elements (*Panchabhutas*)—[earth, water, fire, air, and space]. It is through them that they grow and become big. They do not have the mental sheath (*Manomaya kosha*) to experience pleasures and pains. However, it is our duty to use them as necessary and nurture them appropriately. This also meets scriptural injunction. Scriptures do not indicate these acts as violence. People ask mischievous questions just for an argument and argue that they too suffer pain if they are hit—these are their natural reactions but not true expressions of sorrow.

Bhishma explained this very issue in detail to Dharmaraja in Shanti Parva (12th of the 18 parts in Mahabharata, the great epic). For example, the doctor will perform surgery on a patient to relieve him of pain. Will this constitute violence? Blood flows from many parts of the body during surgery; this happens while everyone is watching. Does anyone blame the doctor as a sinner? No. They salute him with outstretched arms and express their gratitude. They consider what he has done as a great service. And because of this, the doctor will even gain name and fame but not blame. The same doctor, if he slashes passers-by with a knife, they will criticize and call the doctor a sinner, a violent man, and a wicked man.

These are the different aspects of violence and nonviolence. Those who cause pain with love for beneficence, that action is nonviolence, those who cause pain with the bad motive to cause harm the act is considered violence. The judge in a case has ruled for the death sentence. Will this be considered violence? Or non-violence? It is decided by law and justice, and not because of personal hatred or prejudice on the part of the judge. It is the punishment imposed after conducting an investigation and a proper trial. This is not violence.

Parents discipline their children, and teachers discipline and punish students. This is not violence. They do this so that the children can make progress. That is nonviolence. **The punishment inflicted without hatred and with an altruistic mind is not violence, but nonviolence.** Actions, words, and thoughts done with hatred, desires, and selfishness are violence. In contrast, actions, words, and thoughts which are devoid of hatred done selflessly for the progress and betterment of others constitute nonviolence.

Bhagawan Sri Sathya Sai Baba

— ఉగ్రంస —

ఉగ్రంసను మంచవ ఆంధ్రులు తొలు సర్వశ్రేయల మూలమేకా
ఉగ్రంస, ఉగ్రంస అవశన ద్వాపరమే నమో వాం చశాన్, ధవము
కర్తి (మ ఆంధ్రులను అర్జునము జోయను అనియు తెలుసు ఉగ్రంసా
ప్రకాశమున ఆవరింపగా నిశ్చయము ఉగ్రంసావ్రోహయాల ఆ
కరించకలె.

ఉగ్రంస ద్రవణ ఇతర వైఖులులకు ముఖా; కాకట వాయు యలం ద్వా
నా అమోయ బాధను కలగించకుండును. ఏదటాచనా దానినను
రలు నొ మొదల శీతలవశను సద్విచారకుండయి క్రొవైకృతవయ
వృక్షములకు ము బాధించకు. అది మూలవలను సాధ్యమేకా. ఆయె
మూలన ను కయ స వన్న అవశింకరికర్మ యలు సాధ్యమే, వకవే
శక్తి, విచారము శివశక్తి శక్తి, నియమము. కాస్త్రవిధి క్రమకర్మ
ల ద్వాపా మొకవూ తెలుకరికణ - విశ్వానందను. కాస్త్రవిధి కర్మ
ల ద్వాపా ఉదాహరణ లభ్యమగు నటన కాని అంగుల
కది అయ కలకై మొకవూ వతా సంకరా కణయ (వ్రేమయ. సాధ్యమే
యని గాని నయ, విచారయ. అదం దశోకణయ) ఈ తెలుల
కలగి మొకవూ వి అవశయ స సుభ దుష్టము యలం పుగా అం
లకర్మ. విశ్వా మయ సంకరావర్తయ వంకరింకకుం డెంకా
వకర్మ ముఖ్య శ్రేణి నియమము. అవయ సుఖ్య ముగా ముఖ
లక తెలు అని యింకొకటి కలుగుచున్నది. కదా, వయ
వింకరింకను తొ అంస నిదా అె కలంకవన్న, విచారే అవకంకా
వింకరింకే కని మొకవ వంకరింకొకటి వయ బాధ కంకా కిలక
కణ అది వాకంకా అవశ్యమయ సంకరా కణయల ద్వాపా
క్షయంకరి, వియ ద్వాపావో కెరిని కెట్టె తెలులయ. వయలకా
వయ య, నికయ సుభ మయ తెలులకరింకొకటి వయలకరింకొకటి
వియ. ఈ తెలులకరింకొకటి ద్వాపా నికరింకొకటి కలంక
తొకరింకొకటి వయలకరింకొకటి కలంకా వయలకరింకొకటి కలంక
కాస్త్రవయకణ నికరింకొకటి, కాస్త్రయలు ఈ కర్మ వైకర్మ కర్మ - అంస
ఉదాహరణ కరింకొకటి, శీతలను వారింకొకటి కరింకొకటి కరింకొకటి
నికరింకొకటి వయలకరింకొకటి వయలకరింకొకటి కరింకొకటి
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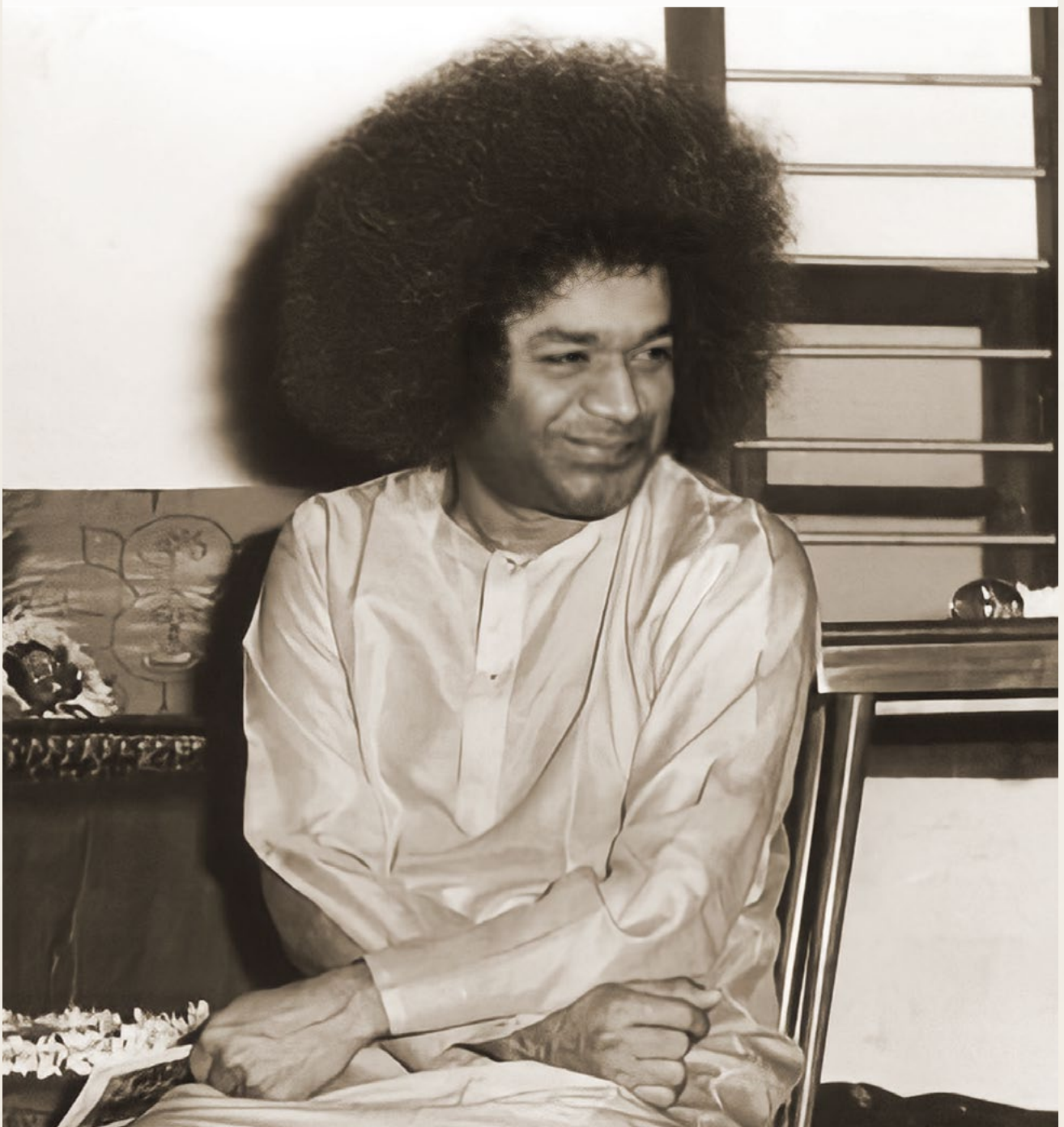
విద్యులంకా తెలుసును. కఠినా శుభ్రా రుణా విశ్వాక
 తోకంకే శ్రీ 198 వ్రాసె, తేను బాధను నారంబు
 పునంక తేనుగా భాగములు గోక బాధనులు గొక
 క్రమము కర్మ దాదలకేక పంతును నీవి తేనుగా పులు
 వంక ననో బాధనుగా భావి యేవనోగా బాధామృతాదే
 దాదన నుంక యేనా? క్రమ తేనుగా వ్రాయునైదుక
 దులు తేనా? తేకొక క్రమములు తేనుగా వ్రాయు తేను
 వ్రాయును పులు గాక క్రమముగా వ్రాయును, వ్రాయును
 దాదన గుణ వ్రాయును వ్రాయును గానంకయ తాద
 తేకొక దాదన గానంకయ క్రమముగా వ్రాయు తేనుగా
 తాదన గానంకయ వ్రాయును వ్రాయును వ్రాయును.

ప్రతిదాదన తేనుగా వ్రాయును తాదన గానంకయ క్రమముగా
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 తాదన గానంకయ వ్రాయును వ్రాయును తేనుగా వ్రాయును
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తేనుగా వ్రాయును వ్రాయును వ్రాయును వ్రాయును వ్రాయును
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Who better than our Bhagawan Himself to summarize the essence of the five human values? Swami granted this gift to mankind when He inaugurated the first museum in Puttaparthi, the Sanathana Samskruti Museum, on November 19, 1990. Commonly known as the 'Eternal Heritage Museum', this museum is located on top of the hillock on the southern side of the ashram.

Swami had blessed the auspicious occasion by writing the essence of the five human values in His own hand for placement in the museum. A copy of the precious document was shared among a few of the senior devotees at that time. We are fortunate to have obtained a copy of Swami's gift to mankind and intend to share it, one value at a time, with devotees around the world.



LOVE IN ACTION



AUSTRALIA

Starting Life With the Love of God

On June 25, 2023, twenty-five members of the Melbourne Sai Center, Australia, cheerfully packed 250 birthing kits in an assembly line. **These kits were distributed to women birthing at home in remote regions of the developing world. They reduce infections at key, high-risk moments during labor, birth, and post-birth, helping the mother, the newborn, and the birthing attendants.** The SSSIO Australia has been doing this valuable service for more than ten years, along with The Birthing Kit Foundation, delivering supplies and packing the kits.

Participants, young and old, expressed their heartfelt joy and fulfillment in doing the service. It was evident that the expectant mothers in remote regions were not the only beneficiaries of the service! The positive energy and love accompanying each kit will also be a good beginning for many new lives.



See more stories of loving service by volunteers from around the world at the Sri Sathya Sai Universe website:

<https://saiuniverse.sathyasai.org>



NEW ZEALAND

A New Lease of Life for the CUE Haven Forest Reserve

The CUE (Cultivating Understanding and Enlightenment) Haven Forest Reserve is a thriving, self-sustaining and community-supported native forest reserve of 24 hectares near Auckland, New Zealand. People come together in this sanctuary to connect with nature and each other as they celebrate and learn about New Zealand's natural, cultural, and historical heritage. However, it was damaged in a recent cyclone, prompting 17 SSSIO members in New Zealand to plant over 250 trees in that area on June 25, 2023, as a service to Mother Nature.

Despite the inclement weather, steep and rugged terrain, and muddy conditions, the volunteers were all smiles as they planted these native trees. The SSSIO New Zealand has been working with the charitable trust owning this reserve forest since 2011.

The hard work and loving service of the SSSIO volunteers was recognized in a blog post expressing the trust's grateful appreciation.



SOUTH AFRICA

Weathering Storms and Providing Relief

On July 3, 2023, a severe storm brought heavy winds and rain to the Inanda Settlement in Durban, South Africa, resulting in severe hardship for the local people. SSSIO volunteers rushed to help those impacted by the storms and **distributed 200 hot meals, blankets, and groceries to the affected families.**





TRINIDAD & TOBAGO

A Turtle Named 'Sai'

A turtle that had hatched on the morning of July 22, 2023, at The Phoenix Paws and Claws Rescue Sanctuary in Trinidad & Tobago was given the name 'Sai' in gratitude and appreciation for contributions from the Sri Sathya Sai International Organization (SSSIO).

On the same day, the Young Adults of the SSSIO, Trinidad and Tobago, delivered the following items to an animal shelter: cleaning supplies, laundry and dish soap; cat and dog chow; fruits; green leafy vegetables; natural forages; cucumbers; watermelons; eddoes; and pumpkins. **This animal shelter in Santa Rosa Heights, Arima, was founded in 1996 and is home to more than 112 dogs, cats, and wild animals that were either abandoned in front of the sanctuary or found injured on the streets.** The YAs spent a wonderful evening at the shelter as love and unity filled their hearts while caring for and interacting with the animals.



*S*eva is the highest Sadhana for, God Himself takes human form and comes down to serve mankind and lead it to the ideals it has ignored. Therefore, consider, how delighted God will be when man serves man!

–Sri Sathya Sai Baba

November 20, 1970





Nurturing Nature

SAI-100'S JOURNEY TO A MILLION TREES IN AFRICA

Sri Sathya Sai International Organization (SSSIO) embarked on the inspiring and ambitious SAI-100 program as an offering of love and gratitude to Lord Sai for His 100th Birthday. The program implements 12 initiatives to serve humanity, intensify our spiritual journey, and serve everyone by serving Nature—the vesture of God.

On the one hand, this is a birthday gift of love to Swami from His devotees worldwide. On the other hand, this ambitious initiative reflects the organization's commitment to Swami's teachings, emphasizing the interconnectedness of all life and nature and the importance of selfless service for Self-Realization.

The Million Trees Project

"You have to realize that Nature is a manifestation of God. Hence, Nature should not be ignored. Nature is the effect, and God is the cause. You should recognize the immanence of the Divine in the entire cosmos."

Sri Sathya Sai Baba
June 20, 1996

One of the key initiatives of SAI-100 is the planting of a million trees across the world by November 23, 2025. The four main objectives of this tree-planting endeavor are:

- ✿ **Climate Change Mitigation:** Trees act as a natural buffer against climate change, absorbing carbon dioxide and releasing oxygen. They also clean the air, shield us from ultraviolet rays, and conserve energy and water.
- ✿ **Ecological Preservation:** Trees hold onto the soil, preventing erosion. They prevent water pollution and also provide food. They mark the seasons and help heal the ecosystem. Their mere presence also creates habitats for diverse flora and fauna, contributing to biodiversity.
- ✿ **Environmental Awareness:** Swami highlights an important fact in His February 10, 1990 discourse: “The avoidance of pollution of the atmosphere or natural resources like rivers is one of the ways in which an enterprise practices nonviolence.”
- ✿ **Tree planting is one way to practice nonviolence as trees clean up pollution.** This also serves as an educational platform, raising awareness about the importance of preserving and nurturing the environment.

Spirituality in Practice: Tree planting teaches selfless service to the participants by sanctifying the present to benefit future generations.

As the fourth point shows, planting trees goes beyond mere ecological restoration. It symbolizes a spiritual offering to both Mother Earth and Mother Sai. Swami educates us about the spirit of this service in His discourse of October 5, 1970,

“Watch a tree! The roots, the trunk, the branches, the twigs, the shoots, the leaves, the flowers, and the fruits all look different in form, taste, hardness, and smell. They have different uses for the tree and for us. But all this mani-

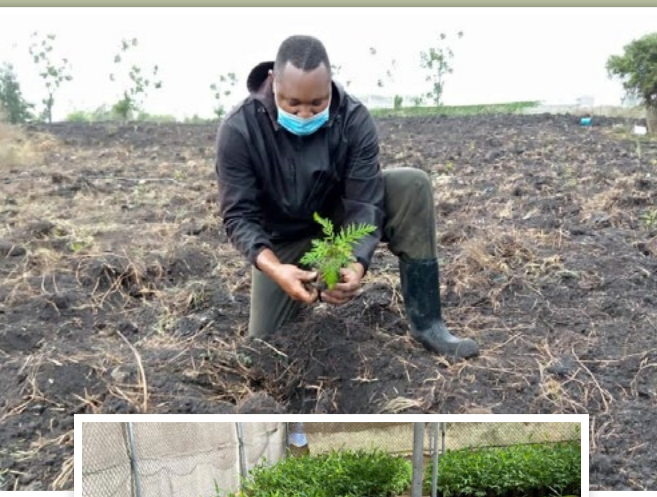
fold variety is produced, sustained, subsumed, and served by One Single SEED. And each fruit contains the same SEED! He is the Seed, He is the Tree, He is the Fruit. Love is the Seed, Love is the Tree, Love is the Fruit.”

Africa’s Commitment to the SAI-100 Initiative

SSSIO Zone 9, which comprises 23 countries, including Kenya, Uganda, South Africa, Mauritius, Botswana, and Tanzania, is fully dedicated to the SAI-100 initiative. In this vibrant zone, enthusiastic volunteers make significant contributions to educational institutions, local communities, and society in general.

SSSIO Zone 9 planted nearly **a quarter million trees** by mid-2023. By achieving this lofty goal, Zone 9 emerges as a beacon of inspiration for the rest of the countries of the SSSIO worldwide.





Kenya is a hub of tree-planting activity, where 169,150 trees have been planted with love and dedication. Volunteers, students, and communities from regions like Machakos, Kakamega, Kajiado, and Busia have taken up the mantle of guardianship of the environment. Likewise, 25,000 saplings have been planted in Uganda with significant contributions from Lugazi. In Mauritius, SSSIO volunteers planted 3,000 trees, with 466 trees in serene sites like Daruty Forest and Camp Thorel. Likewise, 3,000 trees have been planted in South Africa, with the remaining plantings in Botswana, Tanzania, and other countries.



Diverse Trees, Diverse Impact

The SAI-100 initiative recognizes the multifaceted roles trees play in the ecosystem and human lives. That is why much thought and research goes into selecting the trees to be planted in three categories: indigenous, commercial, and fruit-bearing.

Indigenous Trees: Including indigenous trees, like mangroves in Mombasa and the Baobab across other countries, is of paramount importance as they contribute to maintaining ecological balance, supporting local biodiversity, and preserving the land's cultural heritage.

Commercial Trees: Planting commercial trees provides economic opportunities and addresses the pressing need for sustainable resources like timber and firewood. These include the versatile bamboo, the durable teak, and the fast-growing eucalyptus trees.

Fruit-Bearing Trees: Introducing fruit-bearing trees like guava, avocado, papaya, jackfruit, and orange contributes to food security, offers nutritional sustenance, and cultivates economic self-reliance for local communities.



Educational Institutions Become True Agents of Change

Educational institutions have played a pivotal role in nurturing the seeds of change in Africa. The Sathya Sai School in Kisaju, Kenya, and the Sai School in South Africa are shining examples of how the SAI-100 initiative has seamlessly integrated with education. Hundreds of students from these schools have enthusiastically participated in planting saplings. As they recognize the importance of nurturing nature, the future gets greener!



This noble initiative has resulted in the unity of diverse individuals, communities, and organizations. For instance, army personnel from Thika in Kenya worked shoulder-to-shoulder with SSSIIO volunteers. As more and more hands join in service, barriers dissolve, and a sense of collective purpose takes root. Service to Nature is indeed service to God, as Swami declared in a divine discourse on October 15, 1966:

“Nature is the essence of Divinity itself. All this is Divine. All this is God. So, tread softly, move reverentially, utilize gratefully.”

Planting More Than Trees

The journey of this initiative is a beautiful combination of *karma* (action), *bhakti* (devotion), and *jnana* (knowledge). Seedbeds are meticulously prepared, and seeds are nurtured into resilient seedlings. These saplings are carefully transported to their destined planting sites. Every sapling takes roots with loving hands, prayers, and the blessed touch of Swami’s vibhuti, which imbues the whole process with the divine essence.

A Blossoming Future

As the SAI-100 initiative gains momentum, it signifies the blossoming of a green, harmonious, and united future. Each tree holds within it the potential to uplift not only the physical surroundings but also the spiritual hearts of individuals. Swami’s vision of the *vyashti* (individual) being a part of *samashti* (community/society), which in turn is part of *srishti* (nature), which ultimately is a part of *parameshti* (the divine) can be realized through this initiative.



As Africa embraces the SAI-100 tree planting project with passion and purpose, it emerges as a torchbearer, illuminating a path towards a sustainable and harmonious future. The journey to a million trees is a journey of transformation, unity, and love—a journey that celebrates life, humanity, and the intricate web of interconnectedness that supports us all.

Foster the tiny seed of Love that clings to “me” and “mine.” Let it sprout into Love for the group around you and grow into Love for all mankind and spread out its branches over animals, birds, and those that creep and crawl, and let Love enfold all things and beings in the entire world. Proceed from less Love to more Love, narrow Love to expanded Love.

Sri Sathya Sai Baba
July 23, 1975

SSSIO ZONE 6



BOSNIA AND HERZEGOVINA • CROATIA • FRANCE • GREECE • IRELAND • ISRAEL
ITALY • MACEDONIA • ROMANIA • SERBIA • SLOVENIA • SPAIN • SWITZERLAND • UK

GREECE

1960s

Greek devotees first traveled to Prasanthi Nilayam to visit Swami.

1981

The first official Sathya Sai Center, named “Hellenic-Indian Association of Philosophical Studies,” is registered at under Swami’s direct instructions.

1995

Greek architect Georgios Kambouris designed the Center Gate of Sai Kulwant Hall.

Swami blessed a group of Greek devotees who walked from Bangalore to Puttaparthi, chanting the Divine Name.

Drama on the life and teachings of Greek philosophers Socrates, Plato, and Aristotle presented by the Greek ‘Drama Boys’ group in Poornachandra Auditorium during Swami’s 70th Birthday Celebrations.

“Sathya Sai Centre of Metamorphosis” registered in Athens. The “Hellenic-Indian Association of Philosophical Studies” officially renamed “Sathya Sai Centre of Athens.”

1972

The first weekly gathering of devotees held to discuss the teachings of Sri Sathya Sai Baba and sing devotional songs and bhajans.

1983

World Teachers Training Course on Sathya Sai Education in Human Values held at Prasanthi Nilayam in August, where Swami blessed four Greek teachers with certificates.



Swami with Greek devotees



Greek children serving in Puttaparthi



Swami advising 'Drama Boys' during rehearsal

1996

'Drama Boys' perform "The Tales of Janaka," a drama based on Swami's stories. Swami attended several practice sessions and guided the participants.



"The Tales of Janaka"

1997

'Drama Boys' group presented a drama on Bhagavatha in Poornachandra Auditorium during Birthday Celebrations.

Greek ladies participated in Ladies' Day celebrations with traditional dances and drama on the life-giving Greek goddess, Demeter.

1999

SSEHV children of Greece presented a drama on Solon (a great statesman, lawmaker and poet of Athens) in the Divine presence.

2001

SSSIO of Greece became a legal entity, unifying centers in Athens, Thessaloniki, Patras, Crete, and other cities.



Backstage with Swami, 1995

2004

50 Greek devotees made a nearly two-month-long pilgrimage to Puttaparthi.

2005

During Guru Poornima celebrations, Greek devotees held a week of bhajans in the Chaitanya Jyoti Museum in Puttaparthi

2009

Greek ladies presented a music program for Ladies' Day in the Divine presence.

2010

Devotees from Greece participated in a music program in Swami's presence.

2012

Annual Sadhana Camps started at Sai Prema, Athens.

2015

Regular service started for refugees from conflict-torn regions of the Middle East and Afghanistan.



Ladies' Day, 2009

Sadhana Camps at Sai Prema



Service to refugees



Seminar on Sathya Sai Education in Human Values

2016

Series of Seminars held by Institute of Sathya Sai Education of South Europe and SSSIO Greece to introduce Sathya Sai Education in Human Values to the general public.



Award received by SSSIO Greece

2017

Annual Sai Yoga Retreats and Annual European Sai Young Adults Camp began at Sai Prema, Athens. Sixth Annual European Service Camp held at Sai Prema.

2018

Honorary plaque awarded to the SSSIO of Greece by the Department of Social Welfare of the Attica Region to recognize the selfless service of SSSIO members at the Medical Centre for Chronic Diseases in Agia Varvara, Athens and the Recovery & Rehabilitation Centre of Children with Disabilities in Voula, Attica.

SSSIO of Greece constructed a primary school in Nigeria.



Dalla School, Nigeria





IT WAS MIDNIGHT, DECEMBER 31, 1988. The plane heading toward India flew into a New Year, and its passengers excitedly raised their glasses to announce “Happy 1989!” Hours later, after a nervous and long wait at the Bombay (Mumbai) airport, I was on a flight to Bangalore (the city now called Bengaluru). As I secured a taxi to Puttaparthi for the following morning, I suddenly burst into tears, wondering why I had come to India! The next day I reached the *Ashram* of Sathya Sai Baba and was welcomed by a group of Italian devotees. Thus, a new experience began.

Strange Dreams

For a year, I had intriguing dreams that were more than “mere dreams.” There was one in which I was standing in the middle of an open field atop a vast hill. A man beside me told me, “Never forget to look for the *Big in the Small*,” making me appreciate the majesty of my surroundings and the size of the blades of grass—taller than me. There was another dream where many American Indians were running in a circle around me, shooting arrows at me. I was mentally repeating, “My *Shakti* will protect me.” I had no clue what “*Shakti*” meant, but none of the arrows hit me! This is the dream I shared with my friend ‘E.’

“He gave me all the tools I needed for my spiritual training and upliftment to help me stay on track.”

When I shared this ‘*Shakti*’ dream with my friend, ‘E’, his face lit up with a beautiful smile. He ran into his room and returned with a picture. It showed a group of Indian men (not the American Indians I saw in my dream), all dressed in orange clothes, and he told me they were spiritual masters. The picture was taken in India during the *All-Guru Conference*. “Your dream may mean that one of these teachers is trying to contact you,” he said. “Relax, you have nothing to fear. If you are lucky, one of them will reach out to you. If you are very lucky, He will contact you,” pointing to the man in the center of the picture. I didn’t know who the man was and didn’t ask. Nor did ‘E’ tell me anything else. Instead, he put some gray powder in the palm of my hand and said, “Trust me. It isn’t a drug; you can taste it.”

That night I had another dream. I was walking next to the man in the center of the picture in the assembly of spiritual teachers. We were talking like old friends. I told him, “Yes, I want to come, but now I can’t. I have too much work to do. As soon as I can, I will come.” The following morning, I brushed it aside as a weird dream. I thought my mind was playing tricks on me!

An Unexpected Break

I was working like crazy on the project of developing the first-ever English course for

Italian children. It was to be distributed by the most renowned publisher in Italy and sold in the newspaper kiosks in 36-weekly series. This was a wonderful opportunity for any illustrator-author, especially as I was early in my career. I created everything from scratch—the characters, the stories, the didactics—filling the project with simple rhymes later put to music by ‘G,’ a professional musician. I knew the importance of my responsibility as it would potentially reach thousands of children. In fact, the first two issues sold 200,000 copies each! In my heart, I yearned to create something of lasting value—something light and happy, inspiring the children and equipping them with tools to make their journey through life easier and more fulfilling.

In the middle of this hectic project, the head of the editorial team told me that the publisher needed time to evaluate a gadget to accompany the project. So, she wanted me to take a break from work for a month. Somehow, at precisely that time, the promise I had made to that ‘man’ in my dream surfaced. And then, the phone rang. It was ‘E’ calling to wish me Merry Christmas! He was leaving for India a few days later. Learning that I had unexpectedly been relieved of my workload, he suggested I join him. Though a bit scared,

I intuited a Power, a “Push,” an extraordinary Presence that was out of my control. It was impossible to fly to India with his group, as bookings were not available. However, he instructed me in detail over the phone, concluding with, “And don’t let anything distract you when you reach the *Ashram*. Just focus on Him.” (It was valuable advice I passed on to many others later.)

Considering everything, I made my decision. I would definitely go, “If not this year, next year.” I had thought this meant next Christmas, but a few weeks later, on January 1, I landed in Bombay. I still asked myself, “Why am I here?” when I reached the *Ashram*. “Ask Him,” said ‘E,’ who magically met my taxi when it entered the compound! Less than an hour later, I was sitting on the floor with other newcomers for an orientation about the *Ashram*’s dress code and rules.

“Many of you are probably asking yourself why you are here...” the person began.

“Hey, that’s my question!” I thought, leaning forward attentively to listen to the answer.

“...You are here for spiritual training.”

It was as simple as that, and it felt good. I felt happy and satisfied.

First *Darshan* and Interview

Though everyone described incredible things that happened during *darshan*, I had no memorable experience. I respected my surroundings and appreciated the silence at daybreak and the simplicity of the daily routine. While visiting the bookshop, I came across “The Vision of the Divine” by Fanibunda. Reading the book, I learned the first key to the fundamental

Truth I will never forget: “Most people who see Sai Baba identify Him with His crown of hair and orange gown. This is a mistake. **You need to realize that He embodies the Divine Principle.** You must move beyond the form and grasp the Principle.” These words resonated deeply within me, and I was excited.

While patiently waiting during the next *darshan*, I said silently, “Please don’t misunderstand me, and please don’t take this personally... but I am not interested in YOU; I am interested in *the Principle*.” That day as Swami came walking, I looked at Him without looking “at Him,” and that day, He looked back!

I read the ‘Thought for the Day,’ which emphasized, “Remember, the time allotted to you is very short. Make good use of it.” I felt that the ‘time allotted’ referred to not only my ‘lifetime’ but also my time in the *Ashram*. I resolved not to miss out on anything during the remaining seven days. Despite feeling awkward and uncomfortable during *bhajans*, I prayed to Baba to help me sing for Him.

The day before I had to leave, ‘G,’ the professional musician from Italy, was called for an interview. She and her husband had just joined our group, so I also went in. It was my first interview. I was the group’s translator and interpreter and cried my heart out many times, overwhelmed by what was happening. ‘G’ asked Swami if the Italians could sing for Him in the Mandir. He turned to me and asked, “When are you leaving?”

After three nudges from a friend, I finally answered, “I’m leaving tomorrow morning, Swami.”

“*You can sing this afternoon,*” He said to ‘G,’ leaving her in a state of glee.

“Words cannot convey the depth of “spiritual training” gifted by Swami—the experience, the awakening, the growing awareness, the delight, the love—and the immense sense of gratitude that flows with it.”

But she just had a few hours to train the entire group of Italian devotees to sing. I didn't understand why 'G' thanked me after the interview until years later when I realized that Swami 'materialized' that opportunity as an answer to my prayer to sing for Him and my reply that I was leaving the next day.

During the interview, Swami spoke to me thrice in a language I did not understand. Each time He concluded by saying, “*Tell them*” in clear English. I was humbled, not understanding what I had to tell the group. But we know how deep Swami's messages are, with many layers of meaning to grasp. This understanding happens gradually over the years, and even today, I often pray, “Dear Swami, what is it that I have to tell, and to whom?” After the interview ended, Swami blessed us by giving out small packets of *Vibhuti*, and my heart started beating fast. I thought, “I must talk to Him. This can't be ending now before I speak to Him.”

I instinctively spoke to Him from within my heart, “You know that I would like to speak to you,” I said, “and if my wish is right, You will call me.” Again, I felt that maybe I should ask Him in humility. Right then, Swami was looking at me, handing me *Vibhuti*. I rose on my knees and folded my hands, “May I see you?” I asked. He nodded, “Yes, *I will see you.*” He sat back on His chair and looked at me intensely and, after what

seemed like ages, told me to go into the private interview room with an elderly lady. The interview was the most beautiful time for me, and **Swami's loving words, guidance, and divine assurance have accompanied me ever since.**

Test is His Taste

The following summer, I was back in Prasanthi Nilayam. I realized His grace in giving me so much attention during the last visit. Our relationship had taken shape over the year. I felt close to Him as if we were “always together.” I had learned a few chords on my guitar and would speak/pray to Him 'in music.' These moments were fulfilling and intense, and nothing could match them. That's why I didn't expect to be called for an interview again, but I did expect a sign of acknowledgment from Him. But after what I thought was a wave of His hand at me on the first day, He totally ignored me throughout my stay!

During my last *darshan* of that stay, He walked by me without even turning His head to say “goodbye.” I was downcast and very disappointed, and I shed tears when He left the hall. I cried leaving the *Ashram* that night, although I told myself repeatedly that Swami had given me my share of His time and that others deserved His attention. But I was still hurt.

Back home, my sister called me from Rome, saying she had seen me in a dream.

“You were very angry with Swami because He wasn’t calling you,” she said. I replied that she was mistaken and that there was no way I could be “angry” with Swami! But she insisted that I was VERY ANGRY. When I put down the phone, the tension exploded. Sobbing my heart out, I told Swami, “I am angry with you, Swami! You didn’t call me or even look at me!”

And then, I suddenly grasped the meaning of it all and the immensity of His Grace. I felt the sensation of tearing apart the “umbilical cord” of attachment from the last *darshan*. I had ‘fallen’ so much in love with Swami over the first year that He wanted to raise me beyond attachment to His form. By deliberately ignoring me, He guided and encouraged me to always stay connected to the fundamental Truth, to “*Sathya Sai*”–*The Principle*.

His Greatest Gift to Me

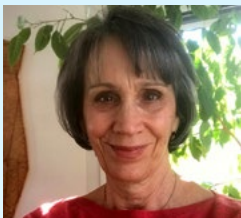
“Did Swami create anything for you?” is a recurrent question when we share our experiences. Since my very first trip, I have always replied, “Yes. He materialized my

Faith. My Faith in the Essence, in the Highest, in the Principle of Truth that underlies and upholds all the rest!”

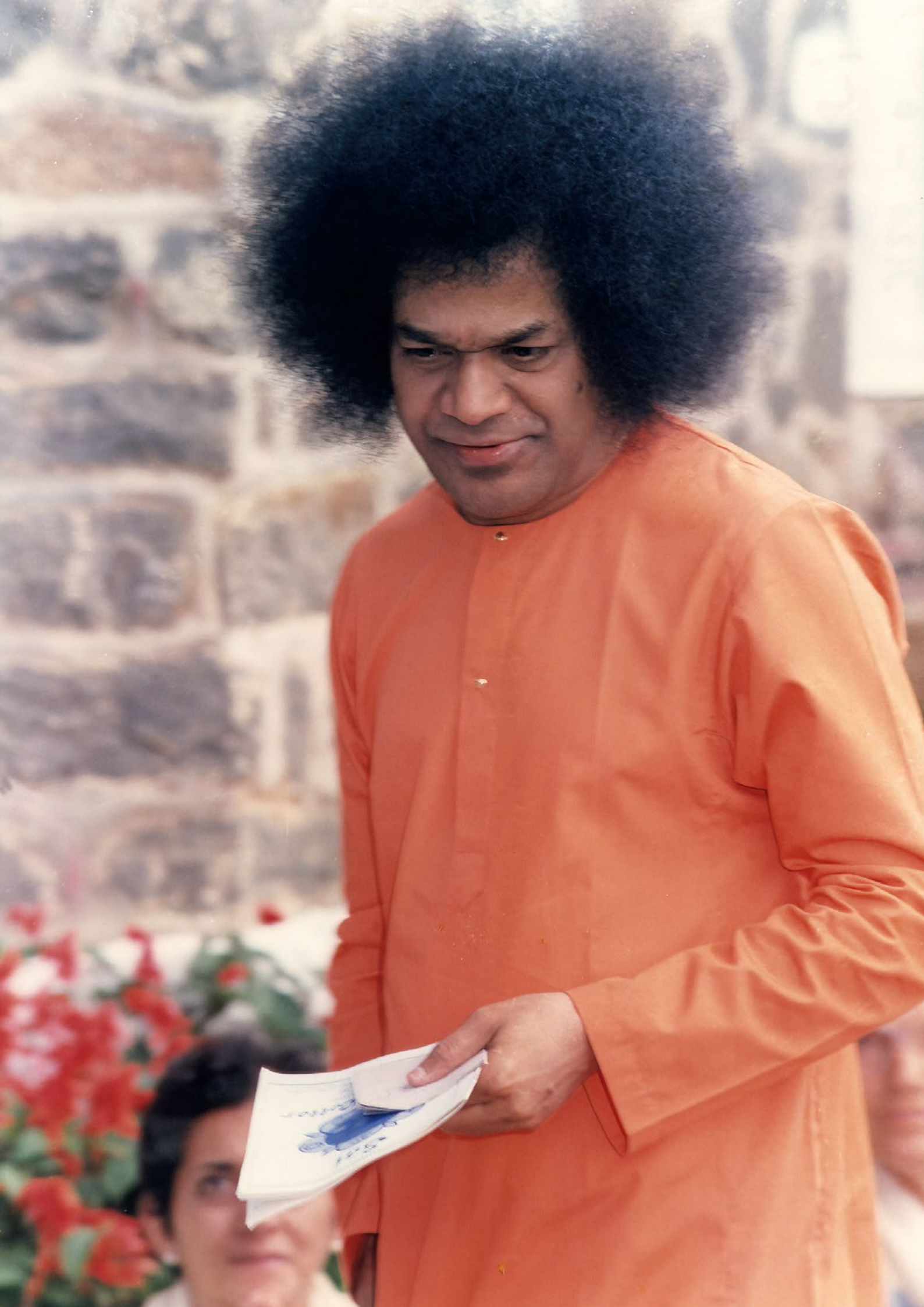
I tell people that Swami empowered the values I had always believed in by giving shape to them and bringing them to life. I tell them **He gave me all the tools I needed for my spiritual training and upliftment to help me stay on track.** These five jewels–Truth, Right Conduct, Peace, Love, and Nonviolence–are the pillars of the Sathya Sai Education in Human Values program. This life-long learning process was later defined by Swami Himself as **Educare** to highlight how the inherent wisdom, “the fundamental Truth,” is already present in every child. It only has to be drawn out.

Words cannot convey the depth of “spiritual training” gifted by Swami–the experience, the awakening, the growing awareness, the delight, the love–and the immense sense of gratitude that flows with it.

Ms. Suzanne Palermo 
SWITZERLAND



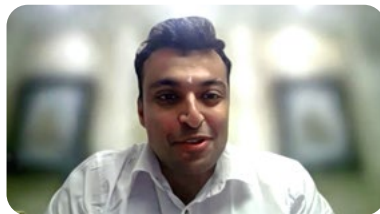
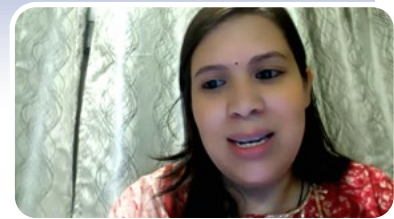
Ms. Suzanne Palermo is the vice-director of ISSE SE and has contributed to the development of the EduCare magazines and the Institute’s Handbook and has participated in many seminars in South Europe. She completed her studies at the Academy of Fine Arts of Rome and later moved to Milan where she worked in the editorial field for children as illustrator and project designer. Suzanne is the author of the book, “The Story of Marty, a Journey on Planet Earth.”



from the International Sai Young Adults

This month, we are happy to share the Sai Young Adults updates from Zone 3. Young Adults have been actively learning, sharing, and spreading, through one another, Bhagawan's teachings and way of leading life. We are also excited to share a fantastic panel session held recently in conjunction with the Pre-Graduation celebration of the new SSSILP graduates!

LEADERSHIP PROGRAMME PANEL SESSION



On September 2, 2023, the Sri Sathya Sai International Leadership Programme (SSSILP) Class of 2023 had their Pre-Graduation Celebration as the final session of this year's leadership program through a Guest Panel discussion. The Guest Panel included Brother Aravind Balasubramanya, SSSIO Young Adults Advisor; Sister Linda Fonseca, SSSILP Presenter and Spanish Translator; Brother Hari Chainani, Pathways Co-Lead; and Sister Saiusha Haridas, Young Adults Advisor. The outstanding panel presented an opportunity to the 70+ graduates to get their burning questions answered after a captivating discussion on *Sai Young Adults—Beacons of Light*.

AROUND THE WORLD

YA Retreat, New Zealand

The Sai Young Adults of New Zealand came together in the beautiful town of Rotorua for a retreat from August 11–13, 2023. The weekend activities included reflecting on who we are as an organization, getting in touch with Bhagawan in the form of Papatuanuku (Mother Earth), and planning how to put our love for Bhagawan into service for our communities. Resolutions included ideas to encourage personal *sadhana* and service projects to be implemented, such as singing to the elderly and serving the planet with tree-planting events and activities to foster spiritual bonding. Participants felt united with nature in locations such as the Redwoods Forest, geothermal activity in Ohinemutu, the banks of Lake Rotorua, and local farmlands.



Sports Day, Australia

The Sai Young Adults of the Sri Sathya Sai Centre of Strathfield organized a Sports Day in early August 2023 for all YAs in the New South Wales Region. The event was intended to incorporate spirituality and physical exercise while building the values of oneness, equality, harmony, friendliness, and camaraderie among the participant groups. Sri Sathya Sai Baba's teachings were used to design the activities, and two activities, *Capture our Sai* and *Quest for the Divine*, were initiated. The event involved various tasks and challenges, including an obstacle course, basketball, running, and team-building exercises. The group also prepared and relished morning tea and a nutritious lunch. Overall, the program was well received and thoroughly enjoyed by everyone who attended.



InSAIde Scoop Podcast Series



The Zone 4 Young Adults regularly conduct an online podcast named InSAIde Scoop to spread Bhagawan's teachings to address challenges Young Adults face in an honest, simple, and light-hearted way! In 2022, the team conducted ten podcasts on various topics, engaging speakers from Zone 4.

Topics covered included:

- Does chasing material success make me less *Satwik*?
- Does equanimity make me less empathetic?
- Is it right to judge others to avoid bad company?
- Who am I, and what is Maya?
- How do I stay resilient in the face of challenges?
- How do I stop making comparisons?
- Are expectations the enemy?
- Can I be both loving and tough?
- Why don't my parents get me?
- Do relationships hamper my spiritual progress?

Listeners across the world tuned in via Spotify and YouTube and reported that they enjoyed the transparency and relevancy of the content. Many were also inspired to embark on Self-reflection and Self-enquiry as stepping stones towards Self-realization.



Please head to these channels to listen to the podcasts:

- [Spotify channel-Zone 4 InSAIde Scoop Season 2](#)
- [YouTube-Zone 4 Sai Young Adults social media](#)

With the success of the first season, Zone 4 YAs prepared a series of podcasts for 2023, which will be launched soon on Spotify and YouTube. Some of the exciting topics to be discussed in the 2023 series include:

- Do the opinions of others matter?
- How do I stop doubting myself?
- What is true Love?
- How do I avoid procrastinating?
- Which is healthier, to be an optimist or a realist?

Watch this space and follow us on our social media handles for further information!

Follow the @saiyoungadults accounts on social media

Facebook Instagram Telegram Threads X (Twitter)

Spotify

Email



Sai Young Adults

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SRI SATHYA SAI INTERNATIONAL ORGANIZATION

DIVINE FRIENDSHIP

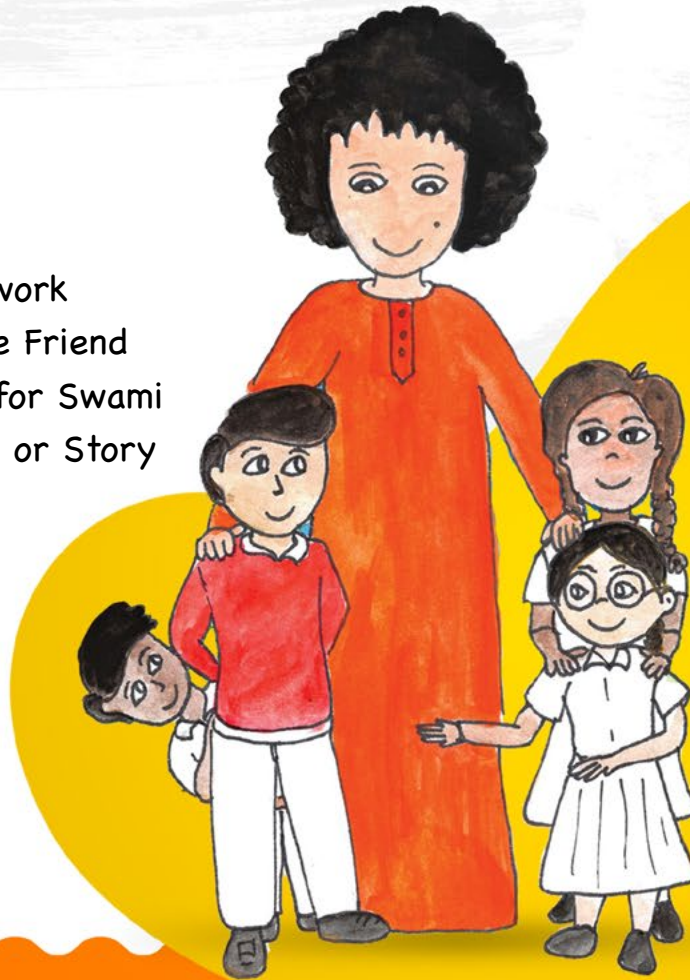
Developing a deep and meaningful connection with Divinity

Create & Share

- Expressive Artwork
- Letter to Divine Friend
- Birthday Card for Swami
- Heartfelt Poem or Story

AGE:

**ALL STUDENTS
(3-17 YRS)**



SUBMIT NOW

Sai Shine

- WHO IS YOUR DIVINE FRIEND?
- WHAT DOES SWAMI SAY ABOUT FRIENDSHIP?
- HOW DO YOU FOSTER IT IN YOUR DAILY LIFE?

Visit Sai Shine:

www.sathyasai.org/sai-shine

Questions:

sse@sathyasai.org

Why I love SSE

I love SSE classes because I learn a lot about the similarities between all religions.

Giovanni G, Mexico



In the SSE classes, I have learned that there is love and peace in all religions and that even though we are different, we must respect each other.

Melissa M, Mexico



The SSE classes have taught me more about God, to respect Swami, and also I've learned more about emotions, self-control, and how being curious can make you have a positive mindset in everything. I want to continue these classes because it brings me happiness.

Sherina S, Panama



I have learned about self-control, prayers, and respect, and how lord Krishna was born.

Jash A, Panama



In SSE, something different I do is meditate and sing bhajans.


Trishar R, Panama



When I study SSE, I want to do right because values are a good thing; my heart says that it is right when it comes from God and wrong when it doesn't come from God; also, my heart feels that I should continue to practice values in my life.

Mila S, Puerto Rico





I like to learn the prayers and sing bhajans in my SSE classes.

Samaira M, Panama



Swami is my mom, dad, brother, sister, and everything, Swami to me is kind, caring, and helpful.

Viyanna C, Panama



SSE has taught me to always co-operate. They have also taught me about being respectful and responsible. All throughout SSE they have taught me the 5 values, which are right conduct, non-violence, love, peace, and truth, through short stories and shared experiences. I'm just so thankful for all of the teachers and assistants in SSE.

Saira P, Panama



The class that we had and that we are having is making me a better person because I learn things that I would never imagine learning.

Rusabh B, Panama



I like SSE because it teaches me about different religions and also how to respect my own culture, traditions and values.

Kiara M, Panama



Since I joined the SSE classes. I've learned more about my religion; this has helped me grow as a person and build up my confidence. I have also learned about meditation and it has helped me focus and concentrate on my tasks while practicing self-control also, I have learned to appreciate and be more grateful for everything I have.

Sahil S, Panama



SSE teaches me values and the importance of God and love in my life.

Adina D, Panama



SSE classes have made me more aware of my culture and tradition.

Esha C, Panama



Sairam! Being a student of SSE since I was three years old has been a blessing in my life. The classes have taught me a lot about my culture and religion. I appreciate the teacher's hard work and dedication to show up to every class. I'm sure the things balvikas has taught me will be very helpful in my future.

Aarav B, Panama



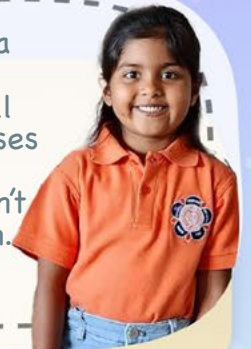
The classes of SSE have changed my life as I learn more about life and how to implement the 5 values in my life and learn about our religion.

Aarya K, Panama



I love my SSE class as Baba teaches about all different forms of God and to love all and help all. I love my classes of SSE as they teach me about my culture that I don't learn in school. Om Sai Ram.

Tamanna M, Panama



The classes of SSE has taught to respect other religions. It has taught me about their cultures and customs. I am very thankful for the teachers' hard work and how much effort they put into their classes because it has shown me and taught me a lot.

Farhaan P, Panama



SSE has helped me get into more Indian culture and I learned many new bhajans. I also got many more friends. I really feel thankful to SSE classes

Kushi M, Panama



Sathya Sai Education classes help me gain inner peace and use my spiritual thinking to be a good person.

Lovesh C, Panama



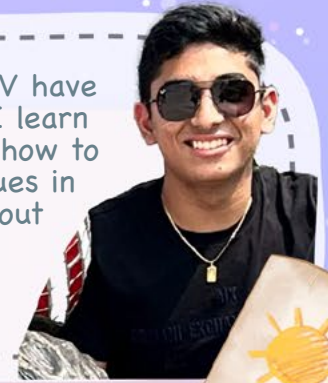
SSE has made a huge change in my life as it has taught me more about my culture and many gods. It also taught me a lot of values that I need to know for life - that's why it's made a big impact in my life.

Riyana P, Panama



The classes of SSEHV have changed my life as I learn more about life and how to implement the 5 values in my life and learn about our religion.

Jayesh K, Panama



Sairam, we are Dityaa and Divisha Jethani. We like to go SSE classes as our teacher makes learning fun. We like to learn about God by listening to stories, singing mantras, and bhajans.

Dityaa J & Divisha J, Panama



Balvikas has taught me a lot about my religion and God. I have learned about Krishna and Ram so much. That has shown me a lot more about how I view my religion.

Aisha P, Panama



Upcoming SSSIO Online Events

SSSIO has been conducting online events to share Swami's love, message, and works with everyone around the world. Hundreds of thousands of people have been reached through these events streamed on the sathyasai.org/live page.

Please visit sathyasai.org/events/worldwide for further details on scheduled events, local dates and timings.

Date of Online Event	Day(s)	Festival/Event
October 21-22, 2023	Saturday-Sunday	Akhanda Gayatri
November 11-12, 2023	Saturday-Sunday	Akhanda Bhajans
November 23, 2023	Thursday	98th Birthday of Sri Sathya Sai Baba
December 16-17, 2023	Saturday-Sunday	Akhanda Gayatri
December 24, 2023	Sunday	Christmas



[Streaming on sathyasai.org/live](https://sathyasai.org/live)



Stay in touch with SSSIO news and activities, by visiting the SSSIO websites and following/subscribing to the various communications channels below. **Click on each icon or name to visit the site.**



Facebook



Instagram



WhatsApp



X (Twitter)



YouTube



Spotify



Telegram



Threads



Email



Eternal Companion email list



- [Sri Sathya Sai International Organization](#)
- [Sri Sathya Sai Universe](#)
- [Sri Sathya Sai Humanitarian Relief](#)
- [Sri Sathya Sai Young Adults](#)
- [Sri Sathya Sai Education](#)
- [Healthy Living](#)



While offering the homage of Gratitude to the Divine during Navarathri festival, you must also try to discover who was killed and who was saved and why. The six enemies of man are eating into his vitals, embedded in his own inner consciousness. They are the demons to be killed. They are lust (*kama*), anger (*krodha*), greed (*lobha*), attachment (*moha*), pride (*madha*) and malice (*mathsarya*). They reduce man to the level of a demon. They have to be overpowered and transmuted, by the supreme alchemy of the Divine Love. Then, the nine nights of struggle will become new, a new type of night, devoted to the purification of the mind, and the illumination of the soul.

Sri Sathya Sai Baba
October 12, 1969



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never