

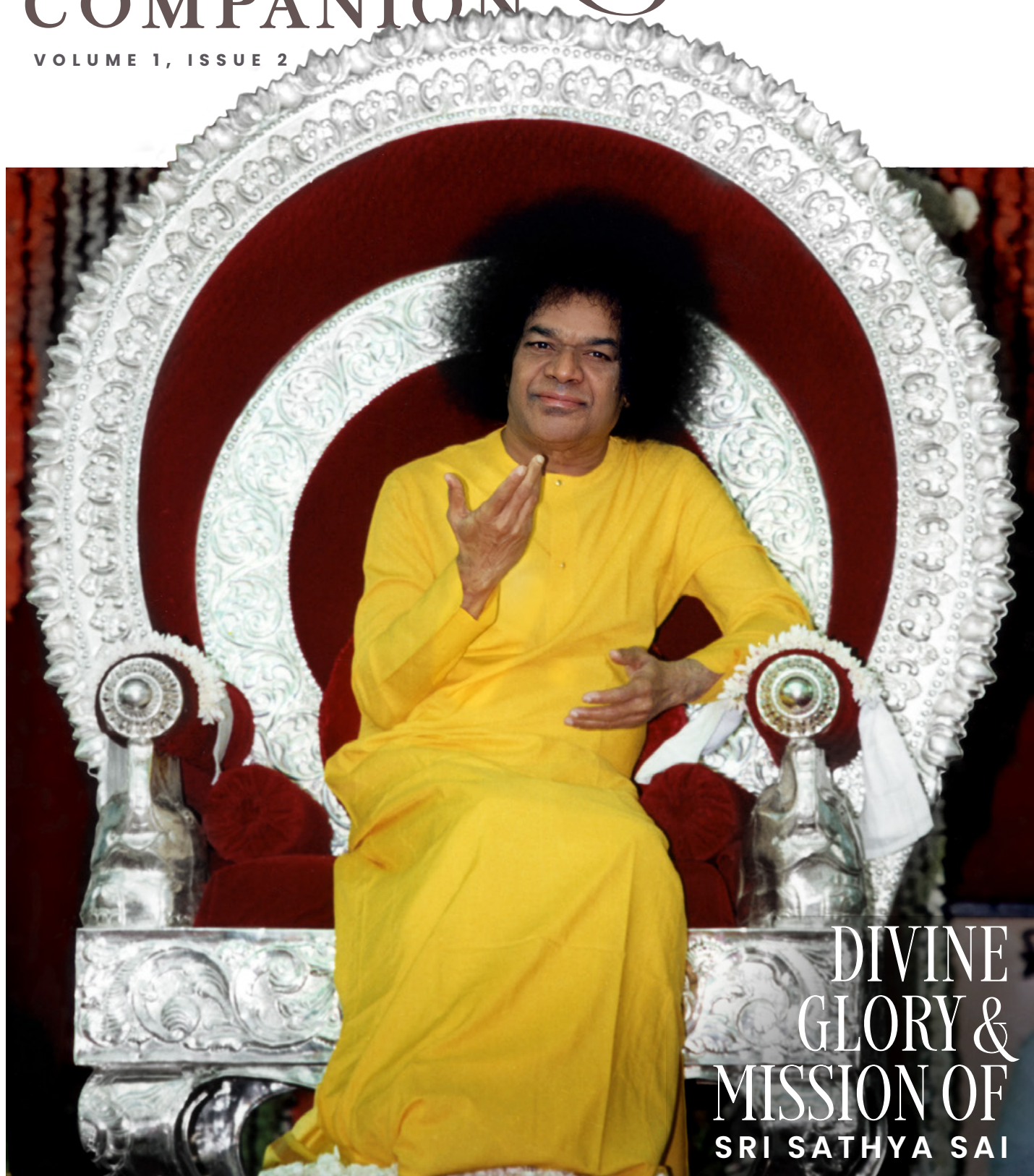


S A T H Y A S A I

# THE ETERNAL COMPANION

APRIL 2022

VOLUME 1, ISSUE 2



DIVINE  
GLORY &  
MISSION OF  
SRI SATHYA SAI





The Name of God is the most effective tonic; it will keep off all illness. Do not indulge in *Namasmarana* (chanting and contemplation of God's Name), as a pastime or a fashion or a passing phase, or as the unpleasant part of an imposed timetable, or as a bitter quota to be fulfilled each day. Think of it as a *sadhana*, to be seriously taken up for the purpose of reducing your attachments to fleeting objects, purifying and strengthening you, and liberating you from the cycle of birth and death. Hold fast to it as the means of rescuing yourself in every way, from the bonds of time and change.

Sri Sathya Sai Baba, September 23, 1968





DEDICATED WITH LOVE AND GRATITUDE TO  
**BHAGAWAN SRI SATHYA SAI BABA**  
ON THE OCCASION OF ARADHANA MAHOTSAVAM







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# Editorial

## NAME OF SAI THE KEY TO LIBERATION

*What does Aradhana (Divine Adoration) mean? It is not mere offering of worship with the paraphernalia of rituals. Aradhana is unification of the hearts. To attain Oneness through unity is Aradhana. To experience the bliss of the Self is Aradhana. Recognizing unity in diversity is Aradhana.*

–Sri Sathya Sai Baba, May 22, 1993

As we offer this issue with love and gratitude on the occasion of *Aradhana Mahotsavam* to Bhagawan Sri Sathya Sai Baba, let us dwell on the glory and power of the Divine name – SAI.

The *Vedas* describe the primordial sound of *Om* as the source of all creation. The symbol *Om* represents the sound aspect of *Nirguna, Nirakara* Brahman – namely the attributeless, formless God. This is the reality, which is beyond name, form, attributes, time, space, and causation. In the Gospel of John, it is mentioned that in the beginning was the word and the word was with God, and the word was God. In the *Bhagavad Gita*, Lord Krishna emphasizes the power of *Om* and assures that those who chant *Om* at the moment of death will be liberated from the cycle of birth and death (Chapter 8:13). Also, in the *Bhagavad Gita*, (Chapter 8:5), the Lord promises that those who think of Him at the last moment of their life will merge with God, realizing their oneness with God.

### ***Jivanmukta* (liberated while alive)**

In this issue, we include a letter by Swami written to His students and teachers, advis-

ing that those who have the name of Sai on their lips will be *jivanmuktas* – liberated while alive. That is the power of His name. The spiritual seekers all over the world, over many millennia, have found solace in the name of God. People of all faiths and religions – Buddhists, Christians, Muslims, Sikhs, Hindus, and others have found that God and His name are not different, and they attained the supreme goal of Self-realization just by the repetition of the name.

### ***Japa* (repetition of Divine name)**

This constant repetition of the name of God, or *japa*, can be done in different ways, with the help of a rosary to keep count in the beginning, or chanting aloud (*vachika japa*), individually or together as a group. As we progress, the repetition of the name, or *japa*, becomes subtle. The next stage is called *upamsu japa*, where we see the movement of the lips, but the repetition is done in silence. Next, it is internalized and becomes *manasika japa*, or mental repetition of the name, where only the person doing *japa* is aware of it. Finally, the practice becomes so intense with constant repetition



of God's name that it becomes *ajapa japa* – the repetition of name continues by itself without even the conscious awareness of the seeker. The greatest example, which Swami often mentioned, is that of Lord Hanuman. Every cell of his body was reverberating with the name of Sri Rama, His beloved Lord.

In this issue, we share the stories of two Sai devotees who practiced the repetition of the name. The more we practice this, the more it becomes part and parcel of our daily *sadhana* (spiritual practice). In one example, the devotee, without his volition, was repeating the name of Sai spontaneously. Swami teaches us to have “Head in the forest and hands in the society.” Swami said that even though we are in the midst of intense activities at home, at work, at school or in society, we should practice chanting God's name continuously.

The name of God is powerful by itself. But Swami emphasized that we should not only chant the name but know its meaning and chant it with love for maximum benefit.

### Om Sri Sai Ram

He also said that those who chant His name constantly will be liberated from the cycle of birth and death. The name many Sai devotees around the world often chant is “Om Sri Sai Ram” – and we will focus on the meaning and true import of this *mantra*.

In the sacred *mantra* of ‘Om Sri Sai Ram,’ ‘Om’ represents the attributeless, formless, reality which is the primordial sound. It encompasses all names and forms of God – it is all in one, one in all, all in all, and beyond all. The second word of the *mantra* is ‘Sri,’ which represents auspiciousness and prosperity. The next word ‘Sai’ connotes the Divine father and mother. It comprises of two syllables ‘Sa’ and ‘Ayi’ – which represent the masculine and feminine aspects of Divine reality, respectively. Finally, the

last word of this *mantra*, ‘Rama,’ consists of two syllables – ‘Ra’ and ‘Ma.’ Swami beautifully explained that these two syllables are derived from two powerful *mantras* — ‘Ra’ from the second syllable of the eight-letter *mantra*, *Om Namō NaRAyanaya*, and ‘Ma’ comes from the second syllable of the five-letter *mantra*, *Om NaMAh Shivaya*. ‘Rama’ thus brings together the power of chanting these two *mantras*: representing the auspicious, all-pervading supreme Divinity. This is the basis for the potency of chanting ‘Om Sri Sai Ram.’

### Three Yogas

In addition, Swami explained that ‘Sai’ means mother and ‘Baba’ means father. So, He is our Divine mother, showering infinite love and compassion, and Divine father, constantly guiding and guarding us. SAI also represents the three aspects of spiritual practices – **S**ervice (*Karma Yoga*); **A**doration (*Bhakti Yoga*); and **I**llumination (*Jnana Yoga*). Service done selflessly gets rid of our ego and purifies the heart, so that we can experience Divinity. Adoration is the path of *bhakti* or path of love. Swami said that love is the source, love is the path, and love is the goal. He also said that love is the most powerful spiritual practice that will take us to the supreme goal of life. Love is also the undercurrent of all the universal human values, which Swami emphasized. Finally, Illumination, or the path of *Jnana*, leads us to realize that we are the *Atma* (Divine Self), we are Brahman, and we are Divine love. When we perform these three major spiritual practices individually or in combination as integral *yoga*, our lives get sanctified and transformed.

This transformation also has triple aspects, represented by S-A-I — Spiritual-Association-Individual. First, it brings ‘**S**piritual transformation,’ and we realize that we are the *Atma* and not this body and mind. Then



follows 'Association transformation' which means transformation in our family, work, society, and nation. And finally, we reach or gain 'Individual transformation.' Our heart expands with love and is filled with love. We develop pure love, and we realize that purity is enlightenment. Then, instead of going outwards, we go inwards and **See Always Inside (SAI)**. Our mind and senses take us outwards, away from God and when we go inwards, we go toward God. The great scripture, *Kathopanishad* says that he who turns inwards is a great hero. *Sadhana* is thus considered an inward path.

### ***Satchitananda* (Being-Awareness-Bliss)**

When we do these *sadhanas*, finally we realize that Sai and I are one. With eyes closed or open, we realize that everything is Brahman and every cell, every atom, every moment is permeated by the Divine — seeing God everywhere and in everything. We realize

*Sarvam Khalvidam Brahma* (Everything is Brahman). We experience 'BABA,' that is, Being-Awareness-Bliss-Atma. We know that we are *Satchitananda* (Existence-Awareness-Bliss). This is the power of the elixir of the Divine name. Many great saints and sages, such as Namdev, Mirabai, Thyagaraja, and great Christian and Sufi mystics attained God-realization by chanting the sweet name of God with love and joy. *The Way of a Pilgrim*, a spiritual classic, exhorts spiritual seekers to pray unceasingly in order to get completely immersed in God. Then we realize the truth, as Jesus proclaimed, "I and my father are one."

Repetition of the name not only helps and protects us in this earthly sojourn, but more importantly, it grants liberation itself. Let us take to these spiritual practices and intensify our *sadhana* so that we reach the goal supreme, Self-realization, in this life itself.

Jai Sai Ram.

It is only when you are happy that you can make others happy. What is happiness? It is union with God. By chanting the name of God, you will experience happiness.

Sri Sathya Sai Baba, February 25, 1998

*Love All Serve All*







# Sathya Sai is All Names & Forms



## **YOU ARE ENGAGED IN DISCOVERING SOLUTIONS TO PROBLEMS,**

arguments to overcome doubts, means to prevent new problems and fresh doubts from arising; such exercises which all conferences relish, cannot help successful navigation across the sea of spiritual endeavor.

These are but frail contrivances, these discussions, resolutions, speeches, and regulations. The world is much too stormy and agitated to be quietened by these. This is the time for cool calm contemplation, not quick passionate speculation and hasty decision.

You need to contemplate once again on the eternal lessons laid down by the sages of India's past, lessons that have been neglected and cynically forgotten in recent years. The suggestions and solutions that come out of the discussions today

are all good, so far as they go, but how can a person who cannot himself swim teach others the art? How can one whose granary is empty pour out in charity?

Acquire the wealth of devotion, fortitude, and peace before venturing to advise others how to acquire them. *Bharat* (India) has suffered slights and disregard as a result of a spate of teachers who have not cared to practice what they teach.



*“In truth, you cannot understand the nature of My Reality, either today or even after a thousand years of steady austerity or ardent inquiry, even if all mankind joins in that effort.”*

I know you have the enthusiasm to carry My message among the people of this country and other countries. **Let Me remind you that the best and the only successful way in which you can do it is to translate the message into your own lives.** Your thoughts, words, and deeds must be saturated with the message. Then they will spread effortlessly and efficiently, and the face of the world will be transformed.

### ***Namasmarana, the Only Hope for Man in This Age***

The Presidents, Vice-Presidents, and Secretaries of Sathya Sai Organizations from all over the world are here. You are officers of the Sai Army. How can you lead soldiers into the fray when you are not aware of the intricacies of warfare, when you are yourselves inefficient instruments?

You can attempt to lead others only after practicing the disciplines to perfection. This is true of all fields of human activity. *Ananda* (bliss) and *prasanthi* (supreme peace) have to be acquired first by you and then can be communicated to others.

Teachers in schools have themselves to be examples of what they require the pupils to be. Men in authority who exhort others to follow the paths of love and co-operation have themselves to practice those virtues. The people are now not willing to be led; the leaders have no capacity to lead. Progress is the result of mutual trust between the leaders and the led.

The unrest that is rampant now in all sections of the people everywhere is due to the irresponsibility of parents, teachers, administrators, and leaders, as well as of those who hunger to benefit from them.

***Namasmarana* is one of the basic disciplines to which this Conference is paying great attention. The scriptures say that in this age of materialism it is the one hope for man.** So you should not brush aside the name as a piece of glass or as a pebble.

### ***Man Is Using a Gem to Play Marbles on the Road***

There was once a boy who picked up a precious gem, bright and round, and used it for playing marbles on the road with his comrades. A merchant dealing in precious stones chanced to pass along that road, and his discerning eye fell on the gem. He approached the boy, took him aside, and offered to pay him fifty rupees in exchange. If the boy could know the value of fifty rupees, he would have known the value of the gem! He went to his mother and told her that a stranger had tempted him with fifty rupees in return for the marble he played with. She was surprised that it was so costly, and she said, “Do not go out of the compound with it; play in the garden with your friend.” When the value was revealed, limits were set.

The merchant had no sleep that night; he was planning to secure the gem from those simple folk so that he could sell it at huge profit to some millionaire or Maharaja. He discovered the house of the boy and he

moved up and down that road hoping to see the boy. When he saw the boy play with it as if it was as cheap as a marble, his heart was wrung in agony. The boy threw it on the floor just at the moment his mother emerged from the inner quarters and it struck her foot and fell under a bush. He spoke to the boy, asking for the gem in exchange for a hundred rupees, and again for 500 rupees! The son ran into the house in tears, complaining about the stranger who will not leave him alone. The mother came out into the garden and begged the merchant to go away.

The merchant grabbed the opportunity; he told the mother that he was ready to give a thousand rupees on the spot, if the marble was placed in his hand! On hearing this, she forbade the child to play with it outside the house; he could play only within the home. The merchant could not be brushed off like that; he appeared the next day in front of the house and held out 10,000 rupees as his offer for the marble. The mother refused to part with it but kept it now in an iron safe, under lock and key! When the merchant came the next day with 50,000 rupees, she took it to a bank and deposited it in their safety vault.

### **You Are Unaware of the Value of the Name of God**

You are also playing marbles with the name of God, unaware of its value. Once you realize its worth, you will keep it in your heart of hearts as the most precious treasure. Know that the Divine name is the key to success in your search for consolation, confidence, courage, illumination and liberation.

Another illustration can be given from the ancient texts. On one occasion, a competition was arranged among the gods for the purpose of selecting the leader of the *ganas* (troops of demi-gods who are the attendants of Shiva). Participants had to go round the world quickly and come back to the feet of Lord Shiva.

The gods started off on their own vehicles; Ganesha, the son of Shiva also enthusiastically entered the competition. He had an elephant head but his vehicle was a mouse! Therefore, his progress was severely handicapped. He had not proceeded too far when Narada appeared before him and asked him, "Where are you going?" Ganesha was very much annoyed and he fell into a rage, for, what happened was a bad omen, doubly inauspicious for those going on a journey.

It is inauspicious if the first person you come across when you are on a journey is a lone Brahmin. Though the foremost among the Brahmins (he was the son of Brahma Himself), Narada was a bad omen! Again it is a bad omen if someone asks you, "Where are you going?" when one is going somewhere. Narada put him that very question! Nevertheless, Narada was able to assuage his anger.

### **The Name from Which the Universe Has Emanated**

Narada drew forth from Shiva's son, the sadness of his predicament and his desire to win. Narada consoled him, exhorted him not to yield to despair, and advised him thus: "Rama – the name – is the seed from which the gigantic tree called the universe has emanated. So, write the name on the ground, go round it once, and hurry back to Shiva, claiming the prize." He did so and returned to his father.

When asked how he returned so soon, he related the story of Narada and his advice. Shiva concurred with Narada's counsel; the prize was awarded to the son, who was acclaimed as Ganapathi (master of the *ganas*) and Vinayaka (leader of all).

The name undoubtedly brings in the grace of God. Meerabai, the queen of Rajasthan, gave up status and riches, fortune and family, and dedicated herself to the adoration of the Lord, Giridhara Gopala. Her husband brought a cup of poison and



“*My life is My message. You will be adhering to My message if you live in such a way that your lives are evidence of the dispassion, quietude, courage, confidence and the eagerness to serve those who are in distress.*”

she was ordered to drink it. She uttered the name of Krishna while she drank it; it was transformed into nectar by the grace invoked by the Divine name!

*Keertana* is the word used for the recital or singing of the name and glory of God. *Sankeertana* means reciting or singing well or aloud and with joy or in ecstasy. We can distinguish four different forms of *namasankeertana* (signing of the Divine names):

- *bhava* (with feeling) *namasankeertana*
- *guna* (Divine quality) *namasankeertana*
- *leela* (Divine sport) *namasankeertana*
- *namasankeertana* itself (simply singing the Divine names of the Lord)

*Bhava namasankeertana* is the name given to recitals where the name is sung with *bhava* (feeling) for the Lord.

### **Different Attitudes One Can Show toward God**

It can be *madhurabhava* (sweet intimacy), just as Radha was over-powered with. She saw, heard, tasted, sought and gained only that sweetness at all times and all places. *Raso vai* (that is, the Divine is present in all things as their essence like sugar in sugarcane and butter in milk). She made no distinction between Nature and God; it was all God, all Krishna. She felt, experienced, and knew that Krishna was ever present in the waking, dreaming, and deep

sleep stages. She realized the truth of the *Bhagavad Gita* declaration of Krishna that His hands and feet, His eyes, face and head were everywhere. Her adoration of God is the supreme example of *madhura bhava namasankeertana*.

Then we have the *vaathsalya-bhava* (motherly feeling) *namasankeertana*. Yashoda, the foster mother of Krishna, can be taken as the ideal for this type of *bhava*. Though she had a series of experiences of Krishna being Divine, she preferred to serve him as mother and to adore Him as her son.

*Anuraga-bhava* (deep affectionate feeling) *namasankeertana* is exemplified best and in the purest form in the *Gopis*. They installed the Lord in their hearts, rid themselves of all earthly attachments, and lived only in His contemplation, with all thoughts, deeds, and words dedicated to Him.

Then there is the *sakhya-bhava* (friendly attitude) *namasankeertana*, as found in Arjuna, who believed in Krishna as his most intimate friend and brother-in-law (for he married Krishna's sister), and confided in Him as a comrade. This too is an attitude that will attach you to Divinity and sublimate the lower impulses.

*Dasya-bhava* (servant-master attitude) *namasankeertana* is another type. Serve the Lord as His faithful unquestioning

servant – this is the path of Hanuman in the *Ramayana*. He had no will or wish of his own. His prayer was to be a fit instrument for the purposes of the master.

### **The Name Has the Capacity to Redeem, Cure, and Save**

The last attitude is *shantha-bhava* (attitude of unruffled equanimity) *nama-sankeertana* – praising the Lord whatever may happen, unaffected by ups and downs, bearing all the vagaries of fortune as His play. In the *Mahabharatha* you will find Bhishma saturated with this attitude; he adored Krishna, even when Krishna was advancing toward him to kill him.

Another method of *namasankeertana* is to remind oneself of the various exploits and sports, and the various acts of grace and compassion, which the Lord has manifested in the world, while reciting His name. This is called *leela* (Divine play) *nama-sankeertana*. Chaithanya and Thyagaraja realized the Lord through this path.

Others recollect more of the majesty, the glory, the might, the mystery, the magnificence, the munificence and the love with which God has clothed Himself, while reciting His name. This attitude is spoken of as *guna* (attributes, characteristics) *nama-sankeertana*. Most of the saints gratefully honored in many lands are of this category.

Another category is denoted by seekers who attach value to the syllables and sound of the name as such, irrespective of the meaning thereof. When the name is pronounced, they say it draws toward the aspirant God and His grace – whatever may be the *bhava* (feeling) and whether the *leela* (Divine play) or *guna* (Divine attribute) is associated with the *sankeertana* or not. The name has strength, power, and capacity to redeem, cure and save, unaided by itself.

### **The Rama Principle is the Atma, Source of All Joy**

The name Rama was once indicated by Rama Himself (the son of Dasaratha, hero of the *Ramayana*, the incarnation of the Lord in the *Thretha Yuga*) as a potent liberator. When Rama was passing through the forests with Sita and Lakshmana, the hermits who recognized Him as Divine gathered around Him with a prayer that they be initiated by Him and be given some *mantra* (sacred formula) that they could repeat for spiritual uplift and victory. Rama replied that He was a prince in exile wandering in the forests and so He could not presume any authority to initiate hermits into a spiritual path. He moved on along the jungle tracks.

Watching Him walk fast, with Sita immediately behind Him and Lakshmana following behind, an aged hermit exclaimed, “Friends! See! Rama is initiating us! He is awarding us the *mantra*! God is leading. Nature (His constant companion, His shadow) is following; the *jeevi* (individual), part of the Lord, the wave of the ocean, is in the rear; he can see the Lord only if the deluding Nature is propitiated or by-passed. This is indeed a subtle lesson in *sadhana* (spiritual discipline). *Ra* is God; *ma* is the individual, who has fallen behind. *Aa* is *Prakrithi* (Nature); Rama, Rama is the *mantra* He is conferring so graciously. Take it and save yourselves; for a devotee, there is no other path.”

**I am emphasizing Rama-Nama (the name Rama) because the Rama principle is the Atma.** Rama means that which is pleasant and which pleases. Now, the *Atma* is the source of all joy; its nature is bliss. Moreover, as Thyagaraja discovered, Rama is the name that worshippers of both Narayana (Vishnu) and Shiva can adopt. The syllable ‘Ra’ is the key syllable of the Narayana *mantra* (Om Namō Narayanaya) and the



“...utilize the chance of association with Me as much as possible, and endeavor as quickly and as best as you can to follow the directions that I have been giving. Obeying My instruction is enough; for it will benefit you more than the most rigorous asceticism.

syllable ‘ma’ is the key syllable of the Shiva *mantra* (Om Namah Shivaya).

### **God is the Harmony of All the Names and Forms**

The prejudices and factions among the worshippers of Narayana form of God and Shiva form are meaningless because both represent the One ultimate Universal Reality. They are distinguishable, it may be said, by the different Divine armaments.

They are *shanka* (conch) and *chakra* (discus) in the case of Narayana and *damaru* (small drum) and *thrishula* (trident) in the case of Shiva. But the conch and the drum both symbolize praying to God through audible praise and song; the discus and trident symbolize God as being the maker and master of time – discus representing the wheel of time and the three prongs of the trident represent the past, the present, and the future.

Narayana is referred to as Hari and Shiva as Hara. Both these names are derived from the same root, *Har*, which means to destroy, to remove, to captivate, to attract and to harmonize – functions that God has clothed Himself with.

Man’s duty is to sanctify his days and nights with the constant remembrance (*smarana*) of the name. Recollect with joy, with yearning. If you do so, **God is bound to appear before you in the form and with**

**the name you have allotted Him as most beautiful and most appropriate!**

God is all names and all forms, the integration of all these in harmonious charm! Gods designated in different faiths and adored by different human communities are all limbs of the One God that really is. Just as the body is the harmonious blending of the senses and the limbs, God is the harmony of all the forms and names that man gives Him!

Only those who are ignorant of the glory of God will insist on one name and one form for His adoration and, what is worse, condemn the use by others of other names and forms! Since you are all associated with Sathya Sai Organizations, I must warn you against such silly attitude. Do not go about proclaiming that you are a sect distinct and separate from those who adore God in other forms and names. Thereby, you are limiting the very God whom you are extolling.

Do not proclaim in your enthusiasm, “We want only Sai; we are not concerned with the rest.” You must convince yourselves that all forms are Sai’s; all names are Sai’s. There is no “rest” (others); all are He.

You must have noticed that I do not speak about Sai in My discourses, nor do I sing of Sai during the *bhajan* with which I usually conclude My discourses. And you must

have wondered why. Let me tell you the reason.

I do not want the impression to gain ground that I desire this name and this form to be publicized. I have not come to set afoot a new cult; I do not want people to be misled on this point.

I affirm that this Sai form is the form of all the various names that man uses for the adoration of the Divine. So, I am teaching that no distinction should be made between the names of Rama, Krishna, Ishwara, and Sai – for they are all My names.

When I know that I am the current that illumines all the various light bulbs, I am indifferent to the light bulbs that you consider so important. When you pay attention to the bulbs, factions arise and sects are born. Sathya Sai Centers should not encourage discord and distinctions; they must adore the One, appearing as many, the basic Divine, which illumines all the bulbs.

### **Be Conscious of God's Presence as the Motivator**

I do not have the slightest intention of utilizing the Sathya Sai Centers for propagating My name or canvassing homage for My name. No! I am content only when spiritual endeavors and disciplines to elevate and purify man are progressing everywhere. It is only through these that My universal reality will be revealed. So, do not limit Me to the boundaries of any one name and form. Your aim should be to see the self-same God in all the forms that are worshipped, to picture Him in all the names, nay, to be conscious of His presence as the inner motivator of every living being, in every particle of matter.

Do not fall into the error of considering some to be men worthy of reverence and some unworthy. Sai is in everyone, so all deserve your reverence and service. Propagate this truth; that is the function I assign to the Sathya Sai Centers.

You can observe Me and My activities. Note how I adhere to righteousness, moral order, truth and universal compassion. That is what I desire you to learn from Me. Many of you plead for a message from Me to take to the Sathya Sai Center of which you are members. Well, My life is My message. You will be adhering to My message if you live in such a way that your lives are evidence of the dispassion, quietude, courage, confidence and the eagerness to serve those who are in distress.

God is immanent in the world. So, treat the world lovingly as you will treat your master. Krishna served the Pandavas and He drove the chariot of Arjuna. So, though He was not a king, He became much more: a king-maker! Serve, whatever the obstacle and whatever the cynical ridicule you may attract. Such reactions are inevitable when one is engaged in doing good. Take My example. Praise and calumny have accompanied Me throughout the ages. Opposition and obstacles only tend to highlight the good and strengthen resolve.

### **Do Not Exaggerate the Significance of Miracles**

The torture that Prahlada's father inflicted on him to turn his mind away from God helped to bring out his unflinching devotion. The wickedness of Ravana served to reveal the might of Rama's bow. Slanderers and demons like Sishupala, Dantavakra, Ravana, and Kamsa are inevitable players of Divine drama in every incarnation. This Sai Rama, too, has that age-old accompaniment. Now too, their brood is evident. On one side, adoration and homage are piling high into a peak; on the other, abjuration and slander are also peak high. Standing between them, I bless them both with lifted hands for I am not elated by one or depressed by the other. For the traducers will be rewarded with the crown they deserve; I will be crowned with My own glory.



Of what avail is it if you simply worship My name and form without attempting to cultivate the *samathwa* (equal love for all) that I have, My *santhi* (peace), My *prema* (love), My *sahana* (patience and fortitude) and My *ananda* (bliss)?

You elaborate in your lectures the unique powers of Sai, the incidents that are described as “miracles” in books written on Me by some persons. But, I request you not to attach importance to these. Do not exaggerate their significance; **the most significant and important power is, let Me tell you, My *prema* (love).** I may turn the sky into earth, or earth into sky, but that is not the sign of Divine might. It is the *prema* (love) and the *sahana* (patience and fortitude) that is effective universally; ever-present, that is the unique sign.

### **A Unique World Conference Held for the First Time**

When you attempt to cultivate and propagate this love and this fortitude, trouble and travail will dog your steps. You must welcome them, for without them the best in you cannot be drawn out. If gold was as plentiful as dust, or diamonds as easily available as pebbles, no one would care for them. They are won after enormous exertion and expense and, therefore, they are eagerly sought after.

Since those who have devotion are gathered here and people of all nations have come, I cannot but tell you one fact. World conferences dedicated to religion or spiritual matters have, no doubt, been held before, as have conferences of followers of particular faiths. But these have been held only after the demise of the founders and Divine inspirers. This is the very first time that a world conference is being held of devoted persons while the Incarnation is present before everyone, with the body assumed for the purpose bearing the name that is chosen for It by Itself.

I must tell you this fact because ninety-nine people out of a hundred among you do not know My Reality. You have come here drawn by diverse needs: a taste for spiritual matters, eagerness to develop the institutions to which you are attached, admiration or affection, love or reverence, or a spurt of enthusiasm to join others and share with others your own exultation.

### **Don't Allow Doubt to Distract You from My Divinity**

**In truth, you cannot understand the nature of My Reality, either today or even after a thousand years of steady austerity or ardent inquiry, even if all mankind joins in that effort.** But, in a short time you will experience the bliss showered by the Divine Principle, which has taken upon itself this sacred body and this sacred name.

Your good fortune that will provide you this chance is greater than what was available for anchorites, monks, sages, saints and even personalities embodying facets of Divine glory!

Since I move about with you, eat like you, and talk with you, you are deluded into believing that this is but an instance of common humanity. Be warned against this mistake. I am also deluding you by My singing with you, talking with you, and engaging Myself in activities with you. But, any moment My Divinity may be revealed to you and so you have to be ready, prepared for the moment. Since Divinity is veiled by humanness you must endeavor to overcome the *maya* (delusion) that hides it from your eyes.

**This is a human form in which every Divine entity, every Divine Principle, that is to say, all the names and forms ascribed by man to God, are manifest – (“*Sarvadevata-swaroopalanu dharinchina manav-akaram akaram*”).** Do not allow doubt to distract you; if you only install steady faith

in My Divinity in the altar of your heart, you can win a vision of My Reality.

Instead, if you swing like the pendulum of a clock, one moment devotion, another moment disbelief, you can never succeed in comprehending the truth and win that bliss. You are very fortunate that you have a chance to experience the bliss of the vision of the *sarvadevata swarupam* (the form, which is all forms of all Gods) now, in this life itself.

Let Me draw your attention to another fact. On previous occasions when God incarnated on earth, the bliss of Him as an incarnation was granted only after the physical embodiment had left the world, in spite of the abundance of clear evidence of His grace. And the loyalty and devotion they commanded from men arose through fear and awe of their superhuman powers and skills, or at their grand and supreme authority.

But, ponder for a moment on this Sathya Sai Manifestation. In this age of rampant materialism, aggressive disbelief, and irreverence, what is it that brings to It the adoration of millions from all over the world? You will be convinced that the basic reason for this is the fact that this is the highest manifestation of Divinity in human form.

### **Revival of Vedic Dharma is Sai Sankalpa**

Again, how fortunate you are that you can witness all the countries of the world paying homage to *Bharat* (India); you can hear adoration to Sathya Sai's name rever-

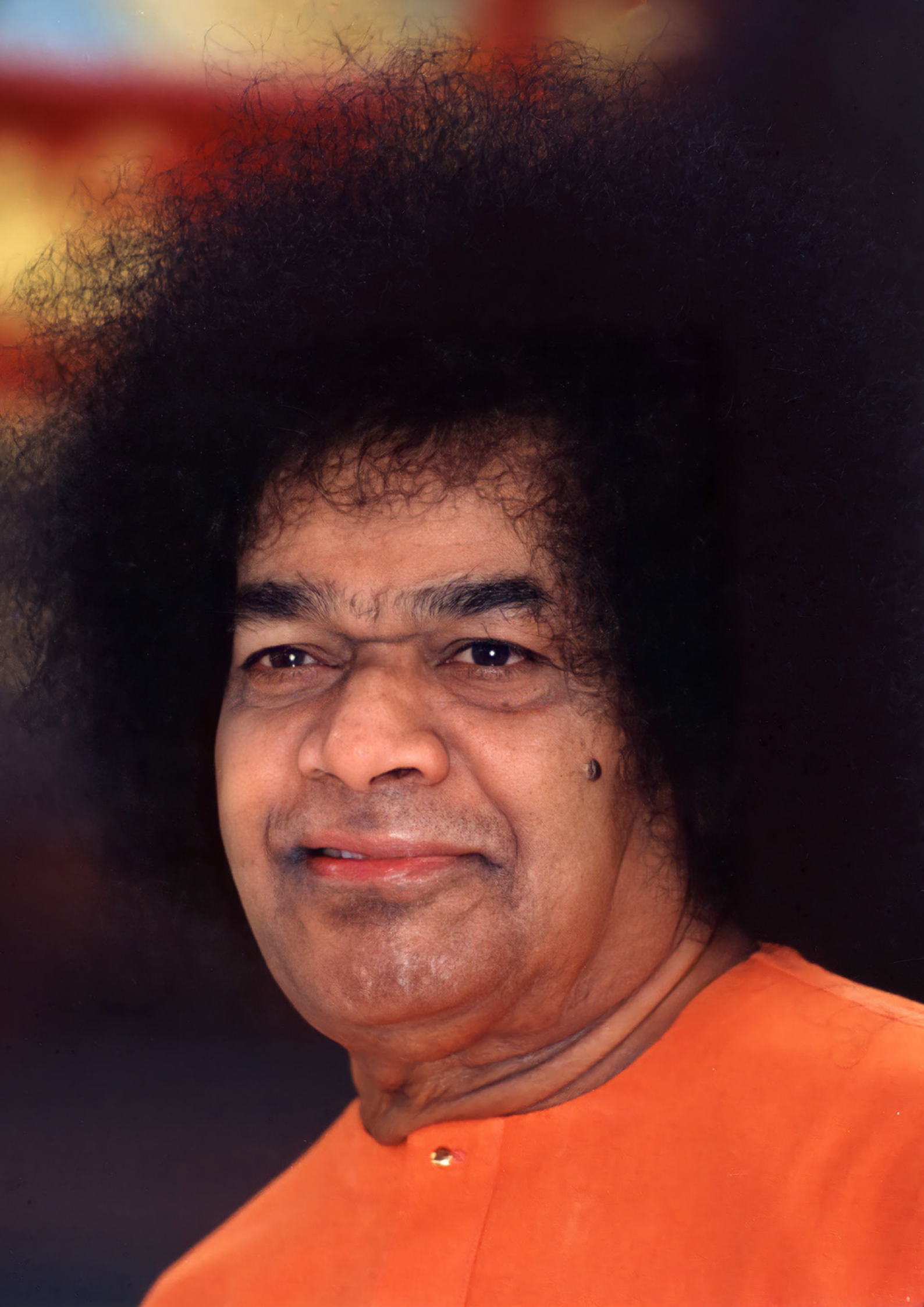
berating throughout the world, even while this body is existing – not at some future date, but when it is with you, in front of you. And again, you can witness very soon the restoration of *Sanathana Dharma* (eternal wisdom) to its genuine and natural status, the *dharma* (code of conduct) laid down in the *Vedas* for the good of all the peoples of the world.

The revival of *Vedic Dharma* is the *Sai Sankalpa* (resolve of Sai) not only drawing people toward Me, it is also attracting them by the manifestation of My *shakthi* (power), and *saamarthya* (capability). This is not a *bhrama tatwam* (phenomenon of delusion). This *tatwam* (the path of truth) will sustain truth, it will uproot untruth, and in that victory make all of you exult in ecstasy. This is the *Sai Sankalpam*.

So utilize the chance of association with Me as much as possible, and endeavor as quickly and as best as you can to follow the directions that I have been giving. **Obe-  
ying My instructions is enough; for it will  
benefit you more than the most rigor-  
ous asceticism. Practice *sathya* (truth),  
*dharma* (right conduct), *santhi* (peace),  
and *prema* (love), which are dear to Me.** Resolve to keep those ideals before you, ever in all your thoughts, words, and deeds. That can confer on you the *summum bonum* of mergence in the Supreme Substance of Divinity.

May 17, 1968





# The Power of the Name

## I GREW UP IN A VERY SMALL TOWN

in the province of Cordoba in the center of Argentina. When I was in my twenties, my mother, two sisters and I were living a kind of “ashram life” in a simple house with a prayer hall.

We would wake up daily before 6 AM and spend more than two hours chanting Omkar, Suprabhatam, meditating, singing bhajans, and practicing yoga asanas. Then, we would meet before lunch for an hour-long session of reading and contemplating upon Swami’s teachings. We would end the day just after sunset with another bhajan session and meditation. The rest of the day was dedicated to working, cooking, and household duties. Personal time was usually less than two hours.



*Pablo Tristan Poggio is a Primary School Teacher and Software Analyst living in Argentina. He develops and markets software for internet communications. For nearly 35 years, he has been an active member in the Sri Sathya Sai Organization. He has served as National Youth Coordinator, regional representative of the Institute of Sathya Sai Education in Human Values of Argentina, co-chair of the international Public Outreach Committee, Deputy and Central Coordinator of Region 23, Zone 2B.*

Thus, most of our day was filled with conversations about Swami, listening only to bhajans – especially those in Swami’s golden voice. We would read Swami’s teachings and discourses. We would in essence see Sai, breathe Sai, eat Sai, and live with Sai the entire day.

Several years ago, I had read about Swami’s description about the moment of death. He said that during the moment of death, our last thoughts should be of God alone so we can merge with Him. He also said that this is something that cannot be done by mere wishing. It can happen only if we think of Him constantly throughout our lives. In that sense, our daily routine seemed to be well oriented to purify our lives.

For many years, I prayed for a most cherished experience: to travel to India and have Swami's darshan in His physical form. That opportunity finally came, and Swami blessed me with His *darshan*, *sparshan* and *sambhashan* (auspicious sight of a divine being, touch and conversation with) in Prasanthi Nilayam. During that visit, I was also fortunate to meet with the Principal of the secondary school established by Swami. He described to me the daily routine of the students. It was quite similar to our way of life at our home in Argentina. I was very grateful to Swami for guiding us to lead our lives similar to that of Sai students.

One day, I had to repair something in the roof of our house in Argentina. For doing this, I had to climb the wooden structure that supported the roof. I was hanging like a monkey holding on to a cable which was about four meters above the ground. I was facing the sky with my hands and legs wrapped around the cable. Suddenly, the most unexpected happened. My fingers accidentally touched a live electrical wire that was stuck to the cable from which I was hanging. At that moment, I had a stunning experience.

I did not feel my body any longer. I did not see my surroundings, nor was I concerned about hanging from a cable at such a height. All I could see was a bright light and experience a pleasant silence. I was not scared, worried, or wanting to do anything. I was just floating in that non-physical dimension with no worries and no pains related to the body. At times, I felt a smooth vibration that came from nowhere which I realized could have been the electricity that had knocked me out of body consciousness.

After some time, I thought: "This could be my last moment of this life". Although I thought this way, I was not worried, nor could I do anything about it. I had no control on the situation, let alone over my body. Then, I felt a burst of energy coming from somewhere that was neither inside nor outside me. It ended with a big and loud "Om Sai Ram" that resonated in all that illuminated emptiness.

This was repeated, and another powerful burst of energy and "Om Sai Ram" reverberated through me.

Then, for the third time and with more energy the "Om Sai Ram" roared all around me. I heard an explosion and I fell. Below me there was an open door that could have broken my back as my fall would have landed me on top of the edge of the door. Miraculously, as I fell that open door closed by itself. Not only that, but my body which was facing the sky, turned over so that my face and hands were pointing down and I landed on the floor, on my hands and feet. My head also turned so that it touched the soft earth and not the cement floor where I should have normally landed.

At the crucial moment when I received a shock from the electricity, I couldn't say His name. But His name reverberated through me. I couldn't control my body, but it was His name that twisted and turned my body so that I did not suffer any injury.

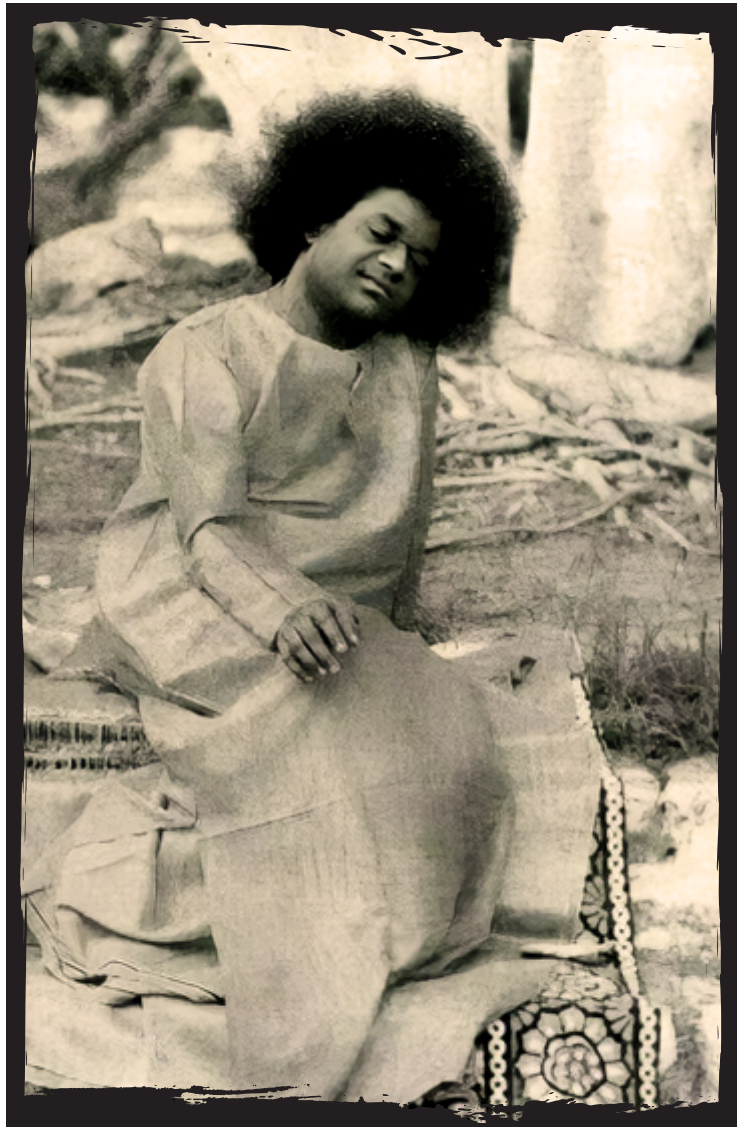
How did it happen? Why did it happen? I do not think I can understand all that. I can only follow His words and practice them as truly as I can. I know He will fulfill all His promises and all His assertions will come true.

Jai Sai Ram

**Mr. Pablo Tristan,**  
Argentina



# Finding my Eternal Companion



## **WHEN PEOPLE ASK HOW I CAME TO BHAGAWAN SRI SATHYA SAI BABA,**

I always say it is a long story and I would prefer to tell it when you have time to listen. This is especially true for Sai devotees who have a natural and genuine curiosity to know how one came into Swami's fold. I first heard of Swami from my sister back in the nineteen eighties. She had a big picture of Swami in her dining room, which I mistook for Jimi Hendrix (an American musician). Funny, I thought, Jimi had moved on, years ago. So, who is this person?



*Aguedo "Al" Macasaet was born in the Philippines and now resides in the USA. He has completed a Master of Science in Accounting at the Roosevelt University, Chicago and is a retired Financial Controller. He has been an active member of Sri Sathya Sai International Organization since 1996.*

My sister explained the concept of the Avatar (God in human form). Having read Paramahansa Yogananda's book, "Autobiography of a Yogi," it was not an unfamiliar concept. I thought, if God wants to incarnate, who can stop Him? Then she said that Sai Baba is God. Somehow, I did not find this impossible – not that I believed it. God can come on earth any time He wants, in any way He wants. So, it did not shock me to

hear that Baba is God but at the same time, deep inside, my attitude was to wait and see. I thought that perhaps in days to come, I will have a better understanding.

That is how I came to know about Baba. In my late teens, a friend who had been attending lectures on meditation asked me to join him for spiritual initiation from a guru. It was about 3:00 AM in the morning when we drove out to visit the guru. As an incentive to get up so early in the morning, my friend promised that the guru will also teach me and initiate me in the spiritual path. It was a short drive, and I was soon seated in front of this man, who was his guru.

The man enquired who I was and the purpose of my visit. I learned that initiation is only for those who attended the preparatory lectures. I had no idea this was necessary to receive initiation. However, I was persistent, and appealed, "But my friend promised that you would initiate me." For reasons unknown to me, the guru finally agreed to teach me about the spiritual path. He advised me to sit in padmasana, the lotus position, and close my eyes. Then he instructed me to think that I am in the presence of God and repeat the word "Baba." He also taught me how to meditate.

I had never experienced the presence of God before, even though I was born in a devout Catholic family and spent many years studying in a Jesuit school in Asia. At that point in my young life, I could not conjure an image of God. Instead, while meditating, I saw the image of a tall iron gate – it was a large main entrance with iron grills that opened to a path leading to an even larger complex. I could not see Him in my mind, but I knew God was in there, somewhere.

I held on to this thought for a while. Not satisfied, as I have an active and creative imagination, I tried to picture God again. This time, I saw myself floating over a city. I could see rooftops and it looked like I was in a foreign country. I thought I was in Jerusalem, looking down on rooftops in the land of Jesus. I concluded that I was in the abode of God, mentally. For many years after that,

I continued to meditate and try to visualize this image in my mind.

Nearly 30 years later, I was in India, in Prasanthi Nilayam. It did not dawn on me right away, but I soon realized that the iron gate I saw in meditation was the Ganesha Gate of Prasanthi Nilayam. I also found

that to get darshan of Bhagawan Sri Sathya Sai Baba, one needs to go past the Ganesha Gate and enter the mandir. Savoring my realization, I went up the hill to see the *kalpavriksha* (wish-fulfilling) tree, and on climbing up further, I could see all of Puttaparthi. It was a pleasant surprise to realize that I saw those very rooftops during my meditation. I also recalled the guru's instructions: Repeat the word "Baba," while meditating. Today, I realize that I had been given a mantra, but back then in the ignorance of my youth, it was just a word which did not mean anything to me.

However, I hung on to that precious word, Baba, over the years, and even today it is my constant companion – The true Eternal Companion! As Swami says, the name of God is all you need to cross this ocean of *samsara* (worldly life) and reach the shores of *Vaikuntha* (eternal abode of God).

Jai Sai Ram

**Mr. Al Macasaet**  
The Philippines

**I hung on to that  
precious word, Baba,  
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- The true Eternal  
Companion!**



Bhagawan Sri Sathya Sai Baba



PHONE NO. 30

PRASANTHI NILAYAM P.O., ANANTPUR DISTRICT, (A.P.) PINCODE 515134

To

Sri Sathya Sai Hostel, Brindavanam

My Beloved Teachers and Boys! Accept my love and Blessings!

In This world of change we meet with various vicissitudes of life, both pleasant and unpleasant we are afflicted with diseases both mental and physical. The body is stricken with diseases and The mind filled with worries. In This state of our unhappiness, turmoil and misery, there is only one way and that is to take refuge in SAI.

SAI alone can remove these difficulties and diseases and bring us health, peace and prosperity

He who has got SAI's Name on his lips is a jivan - Mukta, because continuous remembrance of SAI eliminates the ego-sense and grants him the realization of his immortal changeless Self. Name is a link between the devotee and SAI. It brings the devotee face to face with SAI and enables him to attain the knowledge of his oneness with Him (SAI)

With love

Your SAI, Your own SAI

(SriSathya-Sai)



# *Take Refuge in Sai*

To: Sri Sathya Sai Hostel, Brindavanam

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He who has got SAI's Name on his lips is a jivan-mukta\*, because continuous remembrance of SAI eliminates the ego-sense and grants him the realization of his immortal changeless Self. Name is a link between the devotee and SAI. It brings the devotee face to face with SAI and enables him to attain the knowledge of his oneness with Him (SAI).

With Love

Your SAI, your own SAI

*(Sri Sathya Sai)*

\*jivan-mukta: Self-realized



# S S S I O I T A L Y



**1977**

## **Turin**

First Sri Sathya Sai Center in Italy

**1978**

## **Rome**

Second Sri Sathya Sai Center in Italy

**1982**

## **Milan**

First European Seminar on SSEHV

**1983**

## **Rome**

Symposium: 'Unity is God, Purity is Enlightenment'

In the late 70s, a group of people with great interest in learning about Sri Sathya Sai Baba started gathering in the cities of Turin and Rome.

His miracles also attracted the interest of the Italian media, and in 1978, the first article on Sathya Sai appeared in the Italian weekly magazine 'Gente' contributing to the development of organised trips by Italian Sai devotees.





## Mother Sai House

**1987**

### Milan

Development of the  
'Mother Sai House'  
complex

**1989**

National Coordinating  
Committee legally  
constituted

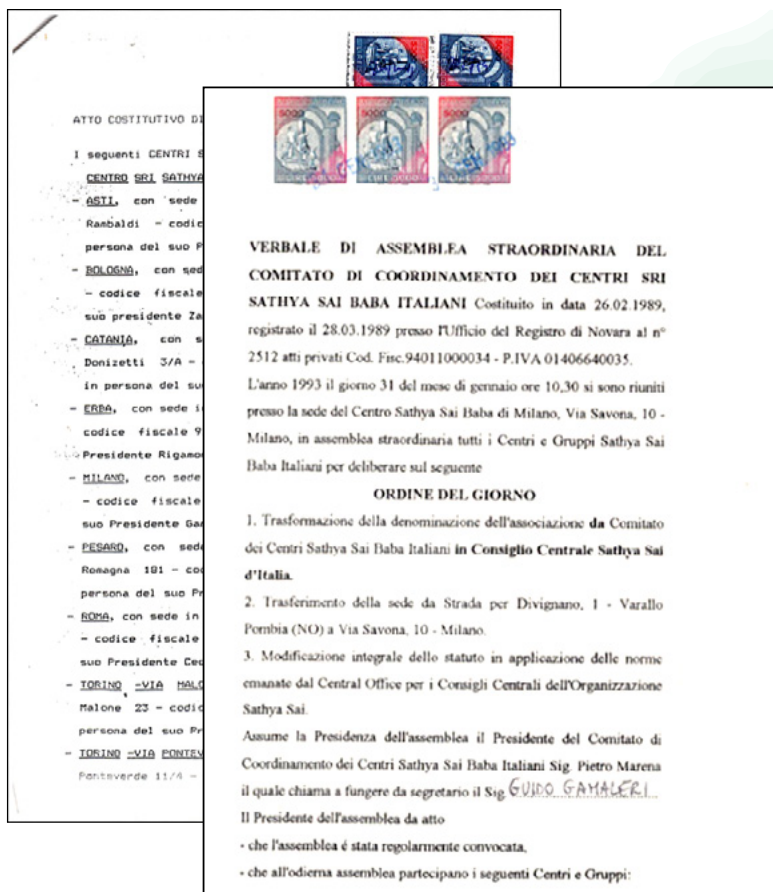
**1993**

National Coordinating  
Committee becomes  
the Sathya Sai Central  
Council of Italy



In November 1986, Italian Prime Minister, Bettino Craxi, met with Sai Baba during his stay in India. This added momentum to the development of the national Sai movement in Italy and regional coordinating committees were started.





Sathya Sai Central Council  
of Italy Registered in 1993



**2001**

First Italian Cultural  
Performance in  
Prasanthi Nilayam in  
front of Swami



**2004**

Pre-World  
Conference and  
Public Meeting in  
Rome



**2015**

Pre-World Conference  
'Love is the Source,  
Love is the Path, Love  
is the Goal'

2015 Pre-World Conference meeting at  
Mother Sai house



Human Values to Protect the World



**2016**

'Managers  
Conference on  
Human Values' held

**2018**

'Human Values to  
Protect the World'  
held in Milan



Senior Officers and  
Founders of the SSSIO  
in Italy



# LOVE IN ACTION



## **SURINAME** Unique Birthday Offering

As part of the commemoration of Bhagawan Sri Sathya Sai Baba's 96th Birthday, SSSIO volunteers in Suriname organized a National Pandemic service project during November 2021 called "From Sai to Sai".

A group of 23 volunteers from four Sri Sathya Sai Centers distributed more than 235 food hampers, masks, and sanitizers at 17 retirement homes and disabled children's homes, and to those living in homeless shelters. More than 96 families were given food hampers containing rice, toppings, spreads, jam, peanut butter, sprinkles, sunflower oil, yellow peas, kidney beans, flour, chickpeas, sugar, salt, tea, spaghetti, oatmeal, medical supplies, sanitizers, and masks. The volunteers also delivered more than 16 cartons of medical supplies and Personal Protective Equipment (PPE) to all five hospitals in Suriname, an outpatient clinic, and a few homes for elders.



Service is the best way to understand your innate divinity. Service should be for self-satisfaction and not for name and fame. Experience the bliss that you derive from selfless service. Share it with others.

Sri Sathya Sai Baba, November 18, 1999





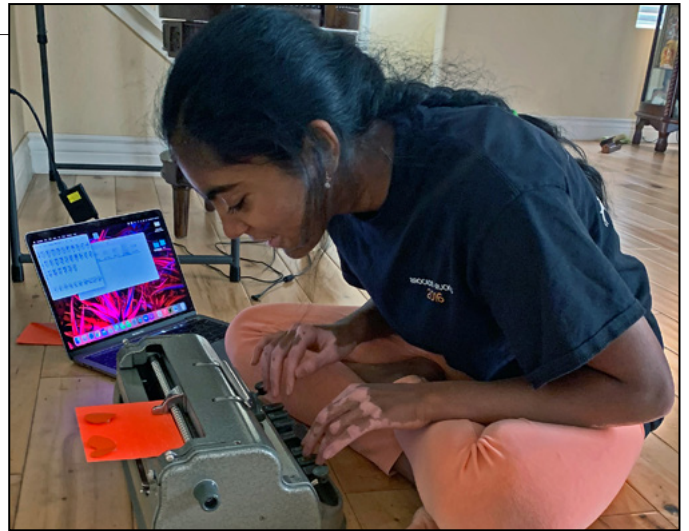
## USA SSE Braille Cards Project

A picture is worth a thousand words – a familiar proverb, but one that might not hold much meaning for those who are visually impaired. Often, they are overlooked in even the most basic rituals that so many take for granted. For example, receiving and sending greeting cards during holidays is a commonplace tradition - a simple pleasure that is, however, often denied to those who are visually impaired. A desire to change this was what inspired a young student of the Sai Spiritual Education (SSE) of the Sri Sathya Sai Baba Center of Central San Jose, CA, to explore making braille holiday cards.

The student's first idea was resourceful, creative and simple – use a hot glue gun to deposit dots of glue on a paper to form the Braille words. When the glue dried, it would form raised dots that could then be deciphered by touch!

Next, the SSE student asked her teachers to help to identify organizations that would accept braille cards for the visually impaired. The SSE coordinator connected with the Vista Center in Palo Alto, CA, which has several programs that empower the visually impaired. When the Vista Center heard that the SSE students were planning to make some braille cards, they suggested the children use braille typewriters instead and gladly loaned out a couple to the children.

Getting access to the braille typewriters was one thing but no one knew how to read or type in Braille. Indeed, it meant learning a whole new language: type on a strange looking typewriter with only 6 keys and use various combinations of these keys to make letters. But for twelve determined volunteers, this was not an obstacle. They took it on themselves to learn braille typing.



Within a few weeks, the volunteers were able to make 110 beautiful cards. The cards were placed in envelopes, along with a box of chocolates, a bag of chips and chewy bars. The whole ensemble was delivered to Vista center for distribution to the recipients. In addition, the volunteers also made regular greeting cards with motivational messages for adults who work with the visually impaired children.

One of the SSE student volunteers recounted, "Braille Cards was a very fun project. My favorite part was thinking up different inspiring messages we could type on the cards. I loved the entire process and felt immensely satisfied that I learned a new skill."



## HAITI

### Educating Undeserved Children

SSSIO volunteers in Haiti, along with the non-profit organization Bon Timoun ('Good child' in Creole), work tirelessly to improve the school conditions for underprivileged children. There are 545 underserved children who have access to quality education, including education in human values to develop character, self-confidence, and integrity. Despite enormous challenges, the schoolteachers have continued to keep the three schools open every day. In 2021, each student received a backpack, books, school supplies and a T-shirt. Breakfast is served to 95 students every day. More than 200 students received hot meals. The schools have hired eight new teachers, including 2 new sports teachers. The teachers are trained continuously in Sathya Sai Education in Human Values. Further, infrastructure improvements were made in the schools, including installation of cement floors in four of the twenty classrooms. Tree planting and improvements to the school garden were done. The volunteers also generously supplied drinking water from the well in the



Galette school to local residents. The presence of the school and the well has helped both the local community and the school.

Sympathy, service, putting yourselves in the place of your neighbour and trying to assuage pain and sorrow – that is what wins Grace. Through love and service, the mind is cleared of ego and God is reflected therein.

Sri Sathya Sai Baba, February 20, 1966

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

- <https://saiuniverse.sathyasai.org>





## PARAGUAY

### Cataract Surgeries

As an offering of love to Bhagawan Sri Sathya Sai Baba on the occasion of His 100th Birthday in 2025, volunteers from the Sri Sathya Sai Center of Asunción set a lofty goal of performing 1,000 cataract surgeries for the needy, free of charge. The project began in November 2019 with 26 cataract surgeries. Despite the restrictions imposed by the pandemic, the volunteers have performed about 150 surgeries as of December 2021. Determined to achieve their goal of 1,000 surgeries, a SSSIIO member commented, "We are committed to continue until we reach the goal of 1,000 surgeries. We are grateful



to Sri Sathya Sai Baba for the opportunity to serve so many people who would otherwise be deprived of the most essential faculty, namely vision.



## SOUTH AFRICA

### Flood Relief

The town of Ladysmith is in the northern part of KwaZulu-Natal, South Africa, approximately 230 km (140 miles) northwest of Durban. In mid-January 2022, due to torrential rains which lasted more than a week, several homes and businesses in the town of Ladysmith were impacted by floods. Volunteers from Sri Sathya Sai Center of Ladysmith joined in emergency relief efforts to help the people affected by the floods. Approximately 200 people were relocated to a nearby indoor sports stadium where they received temporary housing as well as mattresses, food, blankets, hygiene packs, and other necessary items.

On January 26, 2022, SSSIIO volunteers provided 150 hot lunch packs and 25 grocery and food hampers to the people impacted



by the floods. The hampers contained sufficient food and grocery items to sustain the recipients and their families for two weeks. The volunteers also prayed to Sri Sathya Sai Baba to bless and protect those affected by the floods.



# An Officer and a Mother

## **WHAT ARE THE MOST NOTABLE**

achievements of your life? Without hesitation, my response would be being a mother and being an officer in organization that bears the name of the avatar, the SSSIO.

When a woman gives birth to a child, it is a miracle of God. This is one reason the scriptures declare the Mother as the first God. I have been blessed with experience of this miracle twice. And with His grace, I have had the honor and privilege of serving Him as an officer of SSSIO for the last 14 years in different capacities. Both roles have provided many opportunities for learning and growth while making me aware of His signature in my life.

*Ms. Prity Bhatt served as the USA National Devotion Coordinator and also as President of Mid-Atlantic Region, SSSIO-USA. She arranged a SSSIO Women's Conference and Retreat in 2019. Currently, she is an SSE teacher at Sri Sathya Sai center of Scotch Plains, New Jersey.*

*Ms. Prity Bhatt has a Master's degree in Computer Science from New Jersey Institute of Technology and served for 30 years in the telecom industry.*



## **Role Reversal**

My parents came into the Sai fold after I was married. By 1995 they were visiting Swami every year while I was busy raising a family. This is the time when we started exploring programs that would offer our older son cultural and religious foundation. My father suggested the SSE program at a local Sai Center. This Center was in its formative years and the SSE program had a handful of children. I would sit at the back of the class and would soak up Sai teachings as well as stories and fun activities. We were learning about Sai and His teachings together! Normally, it is the parents who show their children the path to Self-realization. In my case, my children led me to God.

## **My Work or His Work?**

It was spring break of 2006 when I received an offer to be an officer of SSSIO. That was the time when my boys were in demanding years of high school and middle school. I was gainfully employed, facilitating SSE classes, and managing a household of 6 members. With prayers to Swami and pillars of support from my family, I accepted the role. Initially, it seemed there was a mental juggle between family, work, organization and social commitments. I would wonder about prioritizing “my” work vs “His” work. During demanding times, I could feel the burden of self-imposed stress weighing me down to the extent that I developed a condition in my shoulder requiring surgery. One day when I was driving on the highway with mental chatter in full speed, I noticed a white color SUV in front of me with the words “Holy Ash” painted in glittery golden letters on the rear window. I immediately knew what this meant. From that day, I started applying Vibhuti on the affected area. With His grace, the surgery was cancelled two days before the scheduled day. This experience taught me two very important lessons:

1. All work is God's work and not to distinguish between my work and His work
2. Work done with the knowledge of the real doer helps manage stress and frees one of the ego.

## **Building Self-Confidence**

Twenty-five years ago, I had public speaking phobia. There was no way I would be caught with a mic. I would pass on opportunities at work and social gatherings that required presenting to a group. I was in acceptance of this fear and was comfortable with it. My officer role in the organization required me to address groups, present workshops, etc. My children would provide encouragement and reassurance. Swami is the best sculptor who knows what fears and anxieties to chisel out of a stone. I gained Self-confidence knowing He would not put me in a place I could not succeed. With faith in His omnipotence and loving support of my family, I would brave public speaking challenges. I still have miles to go in perfecting oratory skills, but He has dug out the deep-rooted fear of public speaking. This bud of Self-confidence has helped me to be more righteously assertive in roles that I play as a woman.

The chance to be an officer and a mother has made me better in both. The lessons from motherhood apply directly to the roles and responsibilities of an office bearer. Likewise, the experiences that I have had as an office bearer afforded me opportunities to self-reflect and be more confident in my role as a mother, wife, daughter and sister. The journey continues as I continue in both capacities, while enjoying the superhighway of self-transformation. Trust me, the scenery is breathtaking.

Jai Sai Ram!

**Ms. Prity Bhatt,**  
USA

# Women as Instruments of Divine Love

*“Among human beings, it is a privilege to be born as a woman”*

*–Sri Sathya Sai Baba, November 19, 1995*



*Milica Djuric lives in Belgrade, Serbia. In 1991, at the age of seven, she came to Sri Sathya Sai Baba. She is the Deputy Zone Young Adult Coordinator of Zone 6 and National Council President of Serbia. She has been an active member of the SSSIO in Serbia for a long time and has served as Center president and National Young Adult Coordinator. Professionally, she is a sales agent and the owner of a company.*

## **FROM MY CHILDHOOD I WAS QUESTIONING HOW IS IT A PRIVILEGE TO BE BORN AS A WOMAN?**

In modern society, a woman has responsibilities both at home and at work. She has to be a good daughter, a wife, a mother, an employee, and a friend. How could all this work together and her responsibilities be a privilege? Over many years of reflection, I concluded: “When Sai speaks about woman’s role, He speaks primarily about Indian women and Indian society, which has no relevance to western women and my way of life!”

Every time I arrive at wrong conclusions, Sai makes sure I revisit these incorrect conclusions. In reality, this is a great blessing. During the past several years, Sai has put me in a position to be equal with men at work and spend much of my time working with them. As many women do in a man’s world, I made the same mistake and brought out my masculine side. I tried to behave like a man in order to be equal with men and started feeling ashamed of my gentle feminine side.

As I was becoming more and more of a man in a woman’s body, Sai’s words were reverberating louder and louder in my mind. These words of Sai became so loud that it made me very uncomfortable, and I realized that I have come to the precipice of a cliff. I decided finally that I have to carefully study Swami’s teachings on woman’s role in society.

During my university studies, I did a lot of research and this time I decided to take the same investigative and



analytical approach to this problem of mine, as a scientist. Over the years I have learned that the meaning and understanding of Sai's words depends on our readiness to hear and understand them.

So, I started to carefully read Sai's discourses about woman's role, once again. For this research and inquiry, I used Sai's discourses and my experience as the basis. Then, I realized that by trying to be equal to men, a woman is not recognizing her innate powers, and that a woman is not only equal to a man, but also inherently divine. When a woman tries to be strong like a man, she actually comes across as weaker, like a goddess without her powers.

During this internal-external journey, I realized that we are all superheroes in a divine comic book. All of us have powers, God gifted powers, and by pretending to live lives that are not ours, we make ourselves weaker.

Doing this reflection and analysis, I realized my own limitations, and I saw these misgivings present in many women around me. Women are struggling to be equal with men, to work hard in business, to earn the same amount of money, to show that they can do everything as good as men, and to have the same rights as men.

During this struggle for equality with men, women forget that they are the pillars of the family; they are able to bring peace in their families; they have the power to raise happy, capable and confident children who are leaders of the future; they are able to change men by love, gentleness, patience and persistence; and by their

loving example they can move mountains and build a happy society for the future. They are verily the foundation for a better society of tomorrow. Only by women's love and gentleness can the world be trans-

formed. When I woke up to my true powers as a woman, I realized that the true ruler in the world is not the King, but the Queen!

Taking the example of a car, man is like the engine and woman is like the key. The engine would not start without the key; but ultimately God is the driver and without a driver (God), the car cannot move. Each one of us is God and Goddess, each

with its own powers, and only by unifying our inherent divinity, we can realize heaven on earth.

As Sai says: *"If women change, men will definitely change. Women should take to the right path. Then men will also take to the right path."* (November 19, 1995).

Led by Sai's hand, step by step, I finally came to the conclusion that Sai's words were meant for all women around the world, to remind them of their inherent potential and thus inspire them.

In honor of Women, Swami declared November 19th of each Year as "Ladies Day" emphasizing their important role in the family and society.

Lord Sai, I thank You for this privilege of a lifetime!

With Love,

**Ms. Milica Djuric**  
Serbia

**Some women may think that they would have enjoyed greater freedom had they been born as men. This is a wrong notion. In fact, women are more powerful than men.**

—Sri Sathya Sai Baba, May 6, 1999

# *from the* International Sai Young Adults

*The world needs today youth full of universal love, enthusiasm to serve,  
and disciplined emotions.*

–Sri Sathya Sai Baba, November 23, 1982

In our Eternal Companion Issue #2, we, the Sai Young Adults have a few updates around what has been keeping us busy this month. Our very own Sai Young Adults from around the world have shared their reflection stories, YA Subcommittee updates, and other activities that we joined along with SSSIO this month! To wrap things up, we have a personally written poem by Sri Sathya Sai Baba and a riddle to put your thinking cap on! We hope you will enjoy this issue.

SSSIO International Young Adults Committee



## **Ocean of Music: Album Launched**

On the auspicious occasion of Sri Sathya Sai Baba's 96th Birthday, the first volume of the International Sai Young Adults Musical Album Series: Ocean of Music was launched. These musical renditions, by Sai Young Adults from all over the world, brings waves of Divine Bliss through multilingual Bhajans, Devotional songs, and Value-Based songs to the homes and hearts of all.

You can listen to and download Volume 1 from this link:

- <https://soundcloud.com/sathyasai/sets/oom-1>

If you would like to participate in the upcoming recordings for subsequent volumes, please contact the Ocean of Music team at:

- [oom-team@sathyasai.org](mailto:oom-team@sathyasai.org).

Stay tuned for Volume 2, coming soon!



## Compendium for Sai Young Adults

We have finally launched the SSSIO Sri Sathya Sai Compendium for Sai Young Adults: A compendium and guidebook for the Young Adults by the Young Adults to encourage the comprehensive understanding of Sri Sathya Sai Baba's Life, Mission and Legacy. This is a collaboration between our Young Adults International Engagement and SSSE/Group 4 Pathways Subcommittees. The purpose of the compendium is to foster the comprehensive understanding of:

- Sri Sathya Sai Baba's life and Universal teachings
- The Sri Sathya Sai International Organization
- What it means to be a Sai Young Adult and serve in the SSSIO
- The Purpose of the SSSIO International YA Programme

Additionally, based on a worldwide survey of more than 500 YAs, the compendium also contains a set of 25 Frequently Asked Questions (FAQs) spanning themes of 'Who is Sri Sathya Sai Baba,' to 'Traditions or Customs and Misconceptions'. The compendium hopes to initiate open communication, deeper reflection, provide a foundational understanding of what it means to be a Sai Young Adult, and strengthen our spiritual pursuit. The compendium can be accessed at the following link: <https://sathyasai.org/ya/yaie>.

### Riddle

'I' am the universal maxim of Sri Sathya Sai Baba. The Sai Young Adults captured 'me' for their project, but gave me a nickname. Who am I? What is the project about?

(answer on next page)



## SSSIO International YA Veda Program 2022

Bhagawan has said,

*"Through the Vedas, one can know the code of right activity and the body, right knowledge. The Vedas teach one's duties from birth to death."*

Sri Sathya Sai Vahini, Chapter X

In conjunction with learning, chanting and propagating the Vedas, the SSSIO International Young Adults Committee is pleased to announce that registration for the 2022 International YA Veda Programme is now open! If you are interested in learning, chanting, and propagating the Vedas, we would love to have you on board! The programme will commence on 24 April 2022 on the auspicious occasion of Sri Sathya Sai Aradhana Mahotsavam. The training course caters for beginner, intermediate and advanced learners and is a golden opportunity to spread the glory and potency of the Vedas around the world for the benefit of mankind. Each participant will be allocated a teacher and will be part of a group of equally enthusiastic people from your zone/country who, like you, want to embark on this Vedic journey. This online Veda Training Programme is open to all! **Registration closes on 6 April 2022.**

Visit <https://sathyasai.org/ya/veda> for more information.

## The SSSIO Worldwide Online Celebration of Maha Shivaratri

On the auspicious occasion of Maha Shivaratri, the International Sai Young Adults around the world participated in the worldwide online celebration. The International Sai Young Adults opened the celebration with a garland of vibrant bhajans and concluded with an incredible grand finale filled with remarkable energy and pure love. If you have missed hearing the beautiful bhajans, it will be uploaded to the SSSIO Spotify platform soon! Stay tuned!

### Divine Guidance – *Prema Dhara*

We all know how much Sri Sathya Sai Baba loves His young adults and devotees. Hence, from this issue onwards, we will be sharing with you Letters that Swami wrote to students. These Heart-to-Heart personal letters and poems, which were written by

our beloved Bhagawan, have been previously compiled in a series called '*Prema Dhara*'. '*Prema Dhara*', means 'A Stream of Divine Love'.

The poem below is part of the '*Prema Dhara*' series. In this poem, Swami has expressed His Love for all His students and devotees, and how, in daily life, one should practice the wisdom He has mentioned.

### The Inseparables

*The bird with you, the wings with Me;  
The foot with you, the way with Me;  
The eye with you, the form with Me;  
The thing with you, the dream with Me;  
The world with you, the heaven with Me;  
So are we free, so are we bound;  
So we begin, and so we end;  
You in Me and I in you.*

- *Prema Dhara*, Volume 1

### Riddle Answer

LASA – Love All Serve All project by Sai Young Adults is a repository of original musical compositions based on the five human values - Truth, Right Conduct, Peace, Love and Non-violence. Link: <https://sathyasai.org/ya/lasa>

Follow the @saiyoungadults accounts on social media



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Sai Young Adults

<https://sathyasai.org/ya>

[yacoordinator@sathyasai.org](mailto:yacoordinator@sathyasai.org)



## Reflections of Sai Young Adults

An initiative of the Sri Sathya Sai Sadhana of Love (SSSSOL) Subcommittee is Reflections of Sai. This is an avenue for Sai Young Adults across the world to express their love for Sai by sharing their experiences and its positive impact on their lives. Submissions of stories of gratitude, miraculous occurrences, and interactions with Sri Sathya Sai Baba are shared periodically on YA social media outlets.



**Nimaashaa**  
Australia

In my room, opposite my study desk, there is a painting of a tree on the wall. However, this is no ordinary tree. To me, this painting means a lot more. I can feel the warmth of the sun rays that are peeking through the branches. The long branches create dancing shadows on the fresh, dewy grass beneath. The lush coolness of the grass relieves my eyes. My eyes drink in the various shades of green ranging from bright yellow, light, medium and dark green, to dark mahogany brown and tinges of black.

Every morning, as I climb into the driver's seat of the car, clutch onto the steering wheel, I am treated to a sight that makes the sleepiness worth it. Nature outside my window astounds me in all its beauty. It's easy to forget that the world in which we live is one that is beyond beautiful.

On one such morning, I read the 'Thought of the Day' –

*"People admire the beauty of Nature, but are not aware of the beauty in their hearts".*

I have never thought about the heart, as an organ that is beautiful. Its beats remind me that I am alive. Every beat is another chance. For every day I live, I get another chance to change my habits, fix my mistakes, and grow into a better person. The heart too gives me hope.

I suspect that Swami may have referred to the beauty of the mind – the emotional heart. The mind is at its most beautiful state when it is strong. I admire its capacity to have faith, be confident, and be fearless. When the mind is focused with one-pointed concentration, when it is steady and still and when it is one with the present – this emotional heart beats loud and hard. It beats the world's best rhythm. I pray to Swami that I find this rhythm. I hope you find it too.



## Sreeram The Netherlands

At the age of 18, I believed and still do today, that the only purpose of my life is to become a student of Swami. That same year, during a celebration in our centre in Sivakasi, India I had the opportunity to select a random quote from Swami which read as follows, *"Study and prepare well and I will always be by your side for the victory"* and I felt emotional. However, the same night, I prayed to Swami not to select me as a student, because if I went to Puttaparthi, my father, who was 70 years old at that time, and who I loved equally to Swami, would have to work alone to make ends meet.

On March 4th, 2019, I was going through tremendous turmoil due to problems in my office in the Netherlands. I needed to vacate my home within just 7 days with my wife and 3-year-old son, Sai, and head back to India. I was prepared to leave with a heavy heart and slept with utmost tiredness and agony. The same night, Swami appeared in my dream surrounded by His students. I was also standing among them in the front, but as I was taller, I felt I should have been in the back and moved to the side and stood in a quiet place. Swami walked towards me and patted me on the back. He then turned to a few devotees and said, "Hey Dutch customer, give those two contracts because it is for my Sreeram". Then, one of Swami's students said this to me, "Brother, Swami never gives up on His students at any time". I turned towards Swami who was so proud and asked, "Do you understand?" I woke up the next morning feeling very content and peaceful. Within 40 days, I got an offer in the Netherlands through a person named "Sai" and it was the same contract that Swami mentioned in the dream.

Swami leads my day-to-day life as He knows everything, and I will make myself worthy of Swami's love and guidance every single day.





# IMPACT OF SSEHV PROGRAMS

In 2018, the SSSIO Education Committee published *The Sri Sathya Sai Education in Human Values (SSSEHV) Global Compendium*. The information was collected by an extensive questionnaire completed by ISSEs (Institute of Sathya Sai Education) and other SSEHV workers in 120 countries about the impacts of SSEHV on children, families, and the wider community. Here are some examples of the comments received.

## Impact on Children

### Comments by Program Leaders

- The fact that the children are able to come out of the environment [where gang warfare is common] to attend SSEHV is in itself an outstanding achievement and they should be commended for their effort.
- 80% of the students felt this program has brought a paradigm shift in their perspective of life.

In a more general sense, there were comments that related to the transformations that were evident in children as they began to reflect on the role of the values in their own daily lives:

- Participating students are able to talk with confidence and understanding about the impacts of practicing values on their general wellbeing in daily life.
- Children explained which traits help to form a good character and which hinder the process and why.

### Link to the Compendium

- <https://sathyasai.org/education/ssehv-compendium>

## Impact on Parents/Families

Parents expressed their sense of achievement when they put into practice the techniques suggested at each session. They were quite happy to see the change in their children. Their children also expressed joy at seeing the change in their parents. For example, instead of shouting at the children they spoke calmly with love. Their children opened up to the trust and bonding increased. The ambience in the home changed from one of fear to love.

Parents said that they started responding to children's wrong actions instead of reacting.



## Impact on Communities

Here are examples of ways in which SSEHV has impacted the general public and the communities.

### Comments from Program Leaders

One program leader commented:

*There has been a huge change in the general mindset of the community, in that the people are more loving, more supportive of each other. The children are cleaner in their outward appearances, they look healthier, and the streets are relatively cleaner than before.*

Following a service program, a program leader commented:

*There is more unity among the people of the community, they are more integrated.*

### Comments from Teachers

*My personal commitment is to be more tolerant, to accept the opinion from others without being angry. I commit to share all this knowledge with my family so they can also learn about this wonderful human values program. In a professional sense, I commit to keep working with vocation and love, to teach and guide these beautiful boys and girls that are the future of this world. I feel a happy person, full of peace and love.*

## Singing Bhajan

♥ My name is sainath Sanjeevan  
 ♥ I am 7 years old.  
 ♥ I love to sing bhajans for swami.  
 ♥ I did not take any cold drinks/  
 or ice cream for a week to  
 sing for the akanda Bhajan.

I love you swami ♥

Sainath | Group 1 | Sri Lanka

## Hanuman

♥ My name is Saiadarsh and  
 I am ten years.  
 I love hanuman because he is  
 strong, brave, kind and honest.  
 Hanuman chants Rama's name.  
 Swami said hanuman never  
 left Rama's hand.  
 I want to think of Swami  
 all the time.  
 ♥ I love you Swami.

Saiadarsh | Group 2 | Sri Lanka



Art Illustration by  
Saiadarsh | Group 2 | Sri Lanka



# LIGHT MEDITATION

The Light Meditation, our greatest luxury,  
According to Swami, it's the process of self-discovery

It all starts with a thought of the eternal flame,  
That enlightens our entire body and purifies it just the same

This process removes all the negative energy including your mind's anxiety,  
So your mind is deeply calm and prosperous and  
you can pass it on to the society.

But what if you make this a daily practice for every day onwards,  
The change, you will see, is explained beyond words

For I have experienced it, oh the joy you will see,  
When you reach the divine lord so miraculously

After all the time spent meditating,  
I have gained that inspiration,  
To talk to God every night and  
develop a small conversation.

I ask him to guide me through all the different obstacles,  
For the next day to be even better and  
for everything to be possible

So to follow the path towards Sathya Sai's education,  
It's essential to practice the Light Meditation

Naman | SSE Group 2 | USA



Art Illustration by  
Mahalakshmi | SSE Group 3 | USA



# Upcoming SSSIO Online Events

SSSIO has been conducting online events to share Swami's love, message, and works with everyone around the world. We have reached hundreds of thousands of people through these online events.

We will update the SSSIO online events periodically. Please visit [sathyasai.org](https://sathyasai.org) for further details including timings.

Date of Online Event	Day	Festival/Event
April 9-10, 2022	Saturday, Sunday	Akhanda Gayatri
April 23 & 24, 2022	Saturday, Sunday	Sri Sathya Sai Aradhana Mahotsavam
May 14 & 15, 2022	Saturday, Sunday	Buddha Poornima
June 11-12, 2022	Saturday, Sunday	Akhanda Gayatri



Stay in touch with SSSIO news and activities, by visiting the SSSIO websites and following/subscribing to the various communications channels below.

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





People talk of the sacrifice of Christ as evidence by His crucifixion. Let us pay attention to the sacrifice that Jesus made while free, out of his own volition. He sacrificed his happiness, prosperity, comfort, safety and position; he braved the enmity of the powerful. He refused to yield or compromise. He renounced the 'ego', which is the toughest thing to get rid of. Honor Him for these. He willingly sacrificed the desires with which the body torments man; this sacrifice is greater than the sacrifice of the body under duress.

Sri Sathya Sai Baba, December 24, 1972





**sathyasai.org**

Love All • Serve All  
Help Ever • Hurt Never