



SATHYA SAI

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COMPANION

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



Nobody can understand or explain divine plans. God alone knows His plans, and only He can reveal them. No one can predict when God will shower His grace on an individual. Only God knows the answers to the questions like who, when, where, why, and how. If one forgets God and gets carried away by ego and a sense of doership, one will not meet with success in one's endeavors. Anything can be achieved through prayer. There is nothing greater than prayer. Hence, everyone must necessarily offer their prayers to God. However, one should not pray for worldly gains. "Oh God! I want your love and nothing else." This should be your constant prayer. Once you become the recipient of God's love, you can conquer the entire world.

Sri Sathya Sai Baba

December 25, 2004



DEDICATED WITH LOVE AND GRATITUDE TO
BHAGAWAN SRI SATHYA SAI BABA





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THE LORD'S PRAYER

Talk to Me with a loving heart. Pray to Me with a love-filled heart. Whatever you pray for with a loving heart, I will readily respond. You call Me "Sai" with love; I will readily respond by saying "Oyi." Any amount of prayer devoid of love cannot move Me. If you call Me with love, wherever I am, I will respond immediately. There is nothing greater than love. Therefore, if you wish to have the darshan of God and experience Him, pray to Him lovingly.

Sri Sathya Sai Baba
July 2, 2004

From ancient times, prayer has been a way to communicate and connect with God. This is the easiest and most common method of communication with God used by people of all countries, faiths, religions, beliefs, and cultures. The mode of prayer may be different, but every sincere prayer is a heart-to-heart connection with God.

Power of Prayer

Bhagawan Sri Sathya Sai Baba mentions in 'Sathya Sai Vahini' that God always listens to prayers and answers them. **There are three types of prayers that are sure to earn His Grace:**

- Prayers that arise from a pure heart;
- Prayers that emanate from unselfish love; and
- Prayers that do not have personal agendas or desires.

Prayers could be at an individual or community level, or broadly for world peace.

In the Bhagavad Gita, Lord Krishna said that people pray for many things: wealth, success, good health, knowledge, etc. But the prayer that touches God is praying with love for love's sake, not for any personal gain. Such prayers arise only from the desire to please God and serve God – nothing else.

In a beautiful review of prayers, Dr. Charles Allen says, **"All things are possible through prayer."** The famous poet, Lord Tennyson has written, "More things are wrought by prayer than the world dreams of." Such is the power of prayer.

How to Pray

But how should we pray? The disciples of Lord Jesus once asked Him, "Lord! Teach us how to pray." [Luke: 11:1]. These men have been praying in churches for many years, but they still wanted to learn from the Lord how to pray. Lord Jesus, in His love for His disciples and humanity, taught them how to pray. He gave them the prayer "Our Father, which art in heaven, hallowed be Thy name...."

In His infinite compassion and love for humanity, Bhagawan Sri Sathya Sai Baba has given us the Lord's Prayer. This is the first time in the annals of humanity that an Avatar has written the Lord's Prayer in His own handwriting for our spiritual growth, Self-realization, and the redemption of humanity.



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BHAGAWAN SRI SATHYA SAI BABA

PRASHANTI NILAYAM (A.P.)

Date.....

PRAYER

Oh! Lord! Take my love and let it flow in fullness
" Take my hands and let ^{or devotion to thee} them work
incessantly for thee
" Take my soul and let it be merged in one
with thee
" Take my mind and thoughts and let them
be in ~~time~~ tune with thee
" Take my everything and let me be an
instrument to work.

With Love and Grace
Baba.

The mission of the Sri Sathya Sai International Organization, which bears His sacred name, is to make us realize our innate divinity, that we are the embodiments of divine love and the embodiments of *Atma*. We need to realize this and manifest this in our daily life through our thoughts, words, and deeds. To show the path and inspire us in reaching the ultimate spiritual goal, Swami blessed us with many discourses and wrote many books which were published as Vahinis. He has written many letters, distilling the essence of scriptures and providing guidance. **One of these letters is the "Lord's Prayer."**

Oh Lord! Take my Love and let it flow in fullness of devotion to Thee.

Oh Lord! Take my hands and let them work incessantly for Thee.

Oh Lord! Take my Soul and let it be Merged in One with Thee.

Oh Lord! Take my mind and thoughts and let them be in tune with Thee.

Oh Lord! Take my everything and let me be an Instrument to work.

This gives a summary of all the spiritual practices that lead to Self-realization. Now let me share some thoughts about the power of the Lord's Prayer and how

we should pray. This prayer guides us on the path to Self-realization beginning with *Bhakti Yoga*, (path of Devotion) followed by *Karma Yoga* (path of selfless service), *Jnana Yoga* (path of Wisdom), *Raja Yoga* (path of mind control), and finally merger with the Divine through surrender.

Inner Significance of the Lord's Prayer

The First line of the Lord's prayer says, "**Oh Lord, take my love and let it flow in fullness of devotion to Thee,**"—This is the path of devotion (*Bhakti Yoga*). Swami has said, God is love, live in love. Just as we can see the moon only with the help of moonlight, God, who is the embodiment of pure love, can be experienced only through the practice of this divine love. What is this love? Divine love is pure, unconditional, selfless, and changeless. It is eternal. In contrast, worldly love is selfish, conditional, and temporary." **He exhorted us to "Start the day with love, Fill the day with love, and End the day with love – This is the way to God."**

Divine love has to be one-pointed. Swami cautions us not to keep changing from one *guru* to another *guru* and have **one-pointed focus** on one name and one form of God. Finally, when we reach the goal we realize that all names and forms of God, all beings, and everything is a manifestation of that Divine Love. **One should also have priority for God in life.** So, if we want to have JOY in life, Swami said 'J' Jesus first, 'O' others next, 'Y' yourself last. Also if we want SAI we should give priority to 'S' Swami first, 'A' all others next and 'I' last. So, we should give the highest priority to God in our lives. In addition, this love should be love for love's sake. That means there should be no expectations.

To nurture this love, as Swami explained in Prema Vahini, we should **practice the omnipresence of God.** Baba exhorted us

to have the conviction, "God is always with you, inside you, outside you, above you, below you, around you." When we realize and practice the constant presence of God, then we will never commit anything which is wrong and we will always have love for God (*Daiva-preethi*), fear of sin (*Paapa-bheethi*), and practice morality in society (*Sangha Neethi*). Brother Lawrence, the 17th-century Carmelite monk, exemplified his life with this as the only and highest spiritual practice. He emphasized the significance of this practice, "There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God."

The second important practice to nurture love is not to find faults in others, because it drains our spiritual energy. Therefore, **we should always be careful not to find fault in others.** Swami beautifully said, when we point one finger at somebody, three fingers are pointing back toward us. When we nurture Divine Love, we will bask in supreme peace (*Prasanthi*) and equanimity. Just as the proof of rain is in the wetness of the ground, **the proof that we have Divine Love is the experience of equanimity**—to accept everything with equal mindedness. Then we will treat profit or loss, honor or dishonor, and success or failure with the same cheerful attitude as His *prasad*, His grace, and His blessings.

The Second line of the Lord's prayer says, "**Oh Lord, take my hands and let them work incessantly for Thee.**" This is the path of *Karma Yoga*, the path of selfless service. Love in action is service. Swami said the best way to love God is to "Love all and Serve all." He also said that "Service to Man is Service to God."

What is selfless service? In our organization, all members render service by providing food, water, shelter, education, health-care, and other services to people in need. But the scope of service could be much

broader, like making someone happy with our kind gestures, having a good smile and giving a compassionate pat on the back, speaking loving, kind, encouraging words, having noble thoughts, and praying for others. These are all acts of service. When we do service, Swami emphasizes that we should have the right attitude. We should always feel that we are not serving somebody, but verily serving God. Furthermore, we should see that service transforms our hearts. It makes us more loving and eliminates our negative qualities like desire, anger, greed, attachment, pride, and jealousy. This purifies our hearts. The purpose of service is to get rid of our egos and make our hearts pure. The two greatest obstacles to selfless service are 1) the ego of doership, and 2) attachment to the fruits of our actions. **Only selfless service done without ego and attachment leads to purity of the heart.** Swami says, 'Purity is enlightenment.'

The Third line of the Lord's prayer says, **"Oh Lord, take my soul and let it be merged in one with Thee."** This is the 'Path of Wisdom or *Jnana Yoga*' wherein we merge in God and achieve oneness with God. Then we see, in everything, everywhere, only God and nothing but God. We see that the Divine permeates every atom, every cell, and every moment. **To attain this lofty goal, the best spiritual practice is Self-inquiry.** Who am I? Am I this body, mind, and intellect? By inquiry, we can discover that we are not the body, mind, or intellect – that we are Divine Love, embodiments of the *Atma*."

The Fourth line of the Lord's prayer says, **"Oh Lord, take my mind and thoughts, and let them be in tune with Thee."** This is the path of purifying and stilling the mind or *Raja Yoga*. Swami said that the mind can take us toward God, or it can lead us into bondage. He beautifully compared the spiritual heart to a lock and the mind

to the key. When we turn the key in one direction, it locks, and when we turn it the opposite way, it unlocks. Similarly, **when we turn our minds toward God, it gives us joy and freedom, and when we turn it toward the world, it causes bondage and grief.** All spiritual practices are meant to fill the mind with divine thoughts. But what is the mind? It is a bundle of thoughts. Whenever we get any thought, we should discriminate whether it takes us toward God and pleases God or whether it keeps us away from God. Swami gave a series of nine discourses during Dasara of 1976 which has been compiled into a book: 'Mind and its Mysteries.' In these discourses, Swami shows us the way to control the mind so that we always remain submerged in divine thoughts.

Finally, the Last line of the Lord's prayer is, **"Oh Lord, take my everything and let me be an instrument to work."** It does not say "...instrument to work for Thee." This is because of the realization that there is no distinction between 'I' and 'Thee.' At this stage of our spiritual journey, we do not exist separately from God. **This represents a state of complete surrender**—the last word in spirituality. We do not exist as a separate entity. All that exists is God. God is the doer, the operator, and the goal. Love is the source, love is the path, and love is the goal.

When it is realized that God is all there is, everywhere, and ever, then the goal is reached, and bliss is all there is. **That is the power of prayer.**

Let us dive deep into the Lord's prayer, a precious gift given by Bhagawan Sri Sathya Sai Baba in His infinite compassion and love for humanity.

Let us resolve to intensify our spiritual practices to reach the ultimate goal.

Jai Sai Ram.

Your **thoughts**
are **responsible**
for your **happiness**
and **sorrow**

Dushta sankalpamula cheta dukhitudagunu

One who entertains evil thoughts comes to grief.

Sathya sankalpumula chetha sadhuvagunu

One who develops noble thoughts becomes a noble person

Sarva sankalpa rahithude shanthi-nondu

Only the one who attains the state of thoughtlessness can attain peace

Maruvabokudu ituvanti manchi maata

Do not forget this good counsel

(Telugu poem)

“*Whatever good or bad that you see in this world is merely the reaction, reflection, and resound of your own thoughts. Therefore, for everything good or bad, you yourself are responsible and no one else.*”

The face is the index of the mind. Thoughts and counter thoughts, whether positive or negative — like happiness, sorrow, anger, and hatred are reflected on our faces. Therefore, one should not give room for evil thoughts in the Heart. The evil thoughts of harming or hurting others may not cause as much harm to others as they may do to the one who entertains them. Evil thoughts are not natural to mankind.

When you throw a small stone into a well, the ripples caused by it spread to the entire surface of the water. Similarly, any thought arising in your mind causes ripples in it, the effect of which spreads to all the limbs of the body. For example, if there is an evil thought in your mind, your eyes will see evil, your ears will hear evil, and your tongue will speak evil. Consequently, your organs of action, like the hands and feet, will also perform evil deeds.

What is the root cause of sorrow? It is nothing but evil thoughts. All sorts of miseries afflict a person only because of their evil thoughts. Therefore, as soon as a thought arises in your mind, enquire whether it is good or bad. If it is a bad thought, try to keep it away as far as possible. On the other hand, good thoughts will make a person virtuous (*sadhu*). **All good thoughts for the good of others and the welfare of society at large will make a person virtuous.** A virtuous or pious person does not mean a person wearing an ochre robe. It is the noble qualities that make one pious and saintly.

As declared by Lord Krishna in the Bhagavad Gita, God incarnates on earth

to protect the virtuous and to destroy the wicked. Every person is endowed with virtues. In order to protect these virtues, you have to entertain only good thoughts.

Where do you get peace? Peace is not in the outside world. It is neither in worldly objects and materials nor in worldly education and endeavors. It must manifest from within. When can you have peace? **You can have peace only when you make your mind still and focus all your thoughts on God.**

All your good thoughts originate from the heart, which is the altar of God. The good or bad that you experience in life is not caused by others. **Your thoughts are responsible for your good or bad.** Only a person who is free from all thoughts can attain peace. Therefore, entertain only good thoughts and thereby ultimately achieve a state of total thoughtlessness.

As are the feelings, so is the result (*Yad bhavam tad bhavathi*). Everything is a reflection of the inner being.

Develop Good Thoughts

Once, Krishna decided to test the character of Yudhishtira and Duryodhana. Lord Krishna called Yudhishtira and told him to find a wicked person in the kingdom. Afterward, Krishna called Duryodhana and asked him to search the kingdom for a righteous and noble person. Yudhishtira went in one direction and Duryodhana in another direction to complete their tasks.

After some time, Yudhishtira came back, and said most reverentially to Krishna, “Oh Lord! There is no wicked person in our king-

dom. All are virtuous and noble.” Sometime after this, Duryodhana also came back and said to Krishna, “Krishna! I found only wicked people everywhere in the kingdom. I did not find any noble and virtuous people other than me.” Lord Krishna responded, *Yadhbavam Thadhbhavathi* (as is the feeling, so is the outlook).

Duryodhana’s vision is filled with bad thoughts, bad intentions, and bad feelings. So, for him, people appeared to be filled with wicked thoughts and actions. Hence, whatever the color of the glasses one wears, everything will appear to be of that color. So, the vision of the wicked people would be wicked.

Duryodhana was extremely wicked and evil-minded. On the other hand, Yudhishtira was the epitome of virtues. He was the very embodiment of truth and righteousness (*sathya and dharma*). Therefore, everyone appeared noble and good to him.

In conclusion, we can say that both for the wickedness of Duryodhana and the nobility of Yudhishtira, their own thoughts were responsible.

One considers some people as wicked and some others as noble based on one’s own feelings. In fact, there are no good or bad people in the outside world. Whatever good or bad that you see in this world is merely the reaction, reflection, and resound of your own thoughts. Therefore, for everything good or bad, you yourself are responsible and no one else. Even for your good or bad thoughts, only you are responsible, not others.

Your mind is a bundle of thoughts. All your actions are directed by your mind. **Your actions are responsible for your happiness or sorrow.** Therefore, if your thoughts are good, your mind also becomes good. When your mind becomes good, your conduct too becomes good.

In the world today, some people are taking to evil ways. The ancient sages said: The mind is the cause of bondage and liberation (*Mana eva manushyanam karanam bandhamokshayoh*). The mind is responsible for everything. Therefore, first and foremost, develop good thoughts.

Due to your wrong food, wrong habits, and wrong tendencies, your thoughts get perverted. Your thoughts are responsible for your merits as well as demerits. Therefore, as soon as a thought arises in your mind, take a pause and enquire, “Is it good or bad? Is it right or wrong?” Haste is not at all good. Haste makes waste, waste makes worry. So, do not be in a hurry. **Always remain peaceful, calm, and composed, and never do anything in a hurry.** That is what is meant by patience. When you remain calm and composed, you can experience all types of happiness.

You are the Master of your Destiny

Your destiny is related to your deservedness. I have already explained the meaning of destiny (*adrishta*). *Adrishta* is that which cannot be seen by the physical eyes (*drishti*).

Sow a thought, reap a tendency. Sow a tendency, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.

Therefore, your destiny depends on your qualities. Your qualities depend on your way of thinking. Your actions are decided by your thoughts. Therefore, your thoughts are responsible for your happiness and sorrow. As are the thoughts, so is human nature. Therefore, first and foremost, try to channel your thoughts in the right direction.

People blame others for their suffering. You think others are responsible for your misery and misfortune. This is a great mistake. Others are not the cause of your good fortune and misfortune. Your own

thoughts are responsible for both.

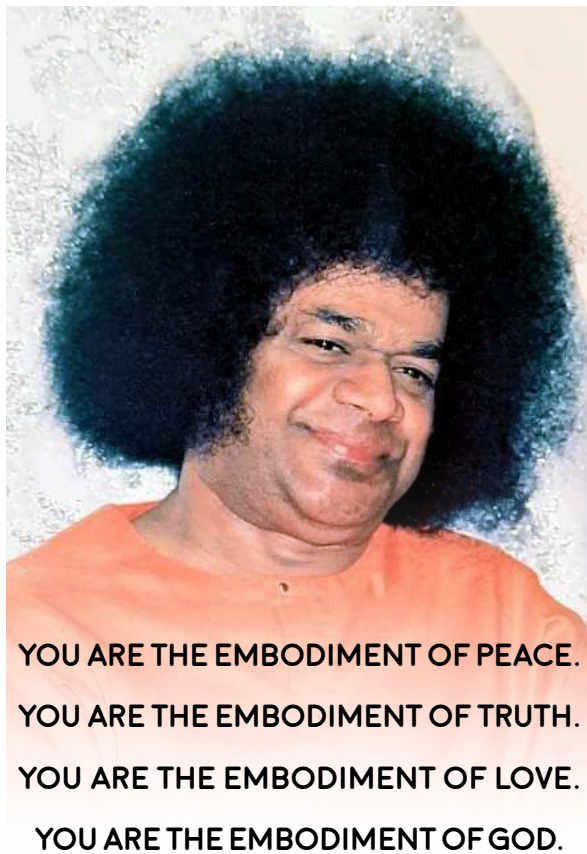
The type of actions that you perform depend on the nature of your feelings. You pass the examination when you make the right effort. On the other hand, a lack of adequate effort results in your failure. When you make an effort sincerely and wholeheartedly, you will surely pass. But when you fail, the defect lies in your effort. The same is true in all fields of human endeavor. If you want to be successful in all your endeavors, develop good thoughts bereft of selfishness and self-interest.

Swadharma — Paradharma

Your thoughts and feelings should reflect your true nature. Human nature is called *swabhava*. *Swa* means *Atma*. Therefore, the feelings that are rooted in the *Atma* denote your true nature.

In the same way, *swadharma* is related to the *Atma* and *paradharma* to the physical body and senses. *Swabhava* means innate nature and *prabhava* denotes worldly nature. *Swadharma* and *swabhava* manifest from spiritual heart. Everything comes from our spiritual heart. They cannot be acquired from outside.

A heart suffused with spiritual feelings experiences infinite bliss and divine ecstasy. It leads to divine intoxication and makes one forget oneself. That is why Sage Narada said: Having attained that, one gets total satisfaction, fulfillment, ecstasy, and bliss (*Yallabdhwa puman, ichchharamo bhavati, trupto bhavati, matto bhavati,*



Atmaramo bhavati, unmatto bhavati).

One's thoughts are responsible for everything. We can't claim others responsible for our happiness and sorrow. One should realize, "I am responsible for everything, my thoughts are responsible, and none other is the cause of my happiness or sorrow." Such a person becomes noble and one of truthful resolve (*sathya sankalpa*). That one alone manifests their innate nature and real-

izes that the *Atma* is the source of everything. We have to understand that all these noble and truthful feelings arise from our spiritual Heart.

No one is speaking through our mouth, no one is making our ears hear. All these arise from within. It is the power of the *Atma* that makes the tongue speak, the ears hear, and the eyes see. When one realizes that the source of everything is the *Atma*, one attains the state of thoughtlessness and becomes an embodiment of peace.

What is Peace?

What is peace? Even those people who march forward in life facing all types of difficulties and sufferings do not necessarily experience peace. One should not think of happiness or sorrow. One should remain equal-minded in happiness and sorrow, gain and loss, victory and defeat (*Sukhadukhe samekruthwa labha-labhau jaya-jayau*). **Only those who treat happiness and sorrow alike can experience peace.**

“Conscience is the witness, and consciousness is awareness. Conscience, consciousness, and awareness are all related to each other.

Both happiness and sorrow are temporary and transient like day and night. Both are passing clouds. None of them is permanent. If today you are feeling the happiness of the full moon day, tomorrow you will be facing the dark night. Both are temporary and impermanent.

That is why Lord Krishna said: Because the world is temporary and full of misery, contemplate on Me constantly (*Anityam asukham lokam imam prapya bhajasva mam*). This whole world is not permanent.

Who in this world is experiencing eternal happiness and everlasting bliss? None. One moment you experience happiness and the next moment you are engulfed in sorrow. Therefore, peace and happiness have to manifest from within. These cannot be acquired from outside.

Everybody desires peace and says, “I want peace, I want peace, I want peace...” When I ask the overseas devotees who come here, “What do you want?” they usually say, “I want peace.” How many words are there in this sentence? There are three words. **If you remove two words, ‘I’ (ego) and ‘want’ (desire), you have ‘peace’.**

Peace is always in you, with you, and around you. You cannot get peace from the world. In the world, you have only pieces, pieces, and pieces! **Peace is within you. You are the embodiment of peace. You are the embodiment of truth. You are the embodiment of love. You are the embodiment of God.** When you recognize this truth you can experience peace.

World: The Manifestation of Cosmic Consciousness

Vedanta refers to *Adibhouthika* (the realm of the body), *Adidaivika* (the realm of the mind), and *Adhyatmika* (the realm of the Atma); people are a combination of body, mind, and the Atma. On that basis only, it is said that you are not one person but three: The one you think you are, the one others think you are, and the one you really are.

The one you think you are, is related to your physical body. The one others think you are, is related to your mind. And, the one you really are, is related to the Atma.

You are not the body or the mind. You are the embodiment of Atma.

You can attain the knowledge of the Self (*Atma*) by self-sacrifice and experiencing divine bliss, which is your real innate nature (*swabhava*). ‘Swa’ symbolizes swan (*hamsa*), which is said to have the ability to separate milk from water. The *Hamsa Gayatri* or *Sohum Mantra* gives one the discrimination to distinguish between the Self and the non-self.

Many sages are given the title *Paramahansa* (realized soul) because they have the knowledge to discriminate between the Self and the non-self, just like how a swan separates milk and water. They are established in the Self and have no body attachment. To distinguish between the Self (*Atma*) and non-self (*anatma*), between the field or the body (*kshetra*) and the consciousness or knower of the field (*kshetrajna*), and the classification and distinction of the three attributes or *gunas* (*Gunatraya Vibhaga Yoga*) is the hallmark of a realized soul.

One cannot separate oneself from the world and nature. But one should try to gradually give up physical and worldly outlook.

Nature is an effect (*karya swaroopa*) of God (*Paramatma*). The world (*jagat*) is the combination of nature and God. God is the cause and nature is the effect. The name *jagat* itself signifies that which comes and goes. *Jagat* is the combination of two syllables: 'ja' + 'gat'. 'Ja' means to come and 'gat' means to go. Therefore, it comes and goes; it is only temporary and not permanent.

Nothing comes permanently, nothing goes permanently. What goes, comes back, and what comes, goes back. That is why it is called unreal (*mithya* or *Sadha-sath* or *jagat*). There are so many words, like *mithya*, that describe the unreal nature of the world.

It is not possible to give up the world (*jagat*). One should visualize God (*Jagadeeswara*) in it. **The world is nothing but the manifestation of cosmic consciousness (*Chaitanya*). This consciousness is God, verily.**

One's conscience is an aspect of consciousness. It is the presence of conscience that makes one conscious or aware at the physical and worldly level. Conscience is the witness, and consciousness is awareness. Conscience, consciousness, and awareness are all related to each other.

Discard Evil Qualities and Imbibe Good Qualities

There are certain things that we partake in and certain things that are discarded. You go to a market and buy an orange, paying some money. You discard the outer skin and seeds in it and drink only the juice.

Just because you have paid money for the entire fruit, do you eat the rind and seeds also? No. If you eat the rind and seeds, your tongue will have to experience a bitter

taste. Though you have paid money for the entire fruit, you have to discard the rind and seeds and drink only the juice.

Similarly, in life, the body is like an orange. You have to discard those things that are harmful and accept those that are beneficial. You have to give up bad thoughts, bad qualities, bad feelings, and bad actions, which are like the seeds of a fruit, to be discarded. Then what do you have to accept and experience? You have to accept all that is sweet (*madhuram*).

God is the embodiment of sweetness. His speech is sweet, His look is sweet; everything about Him is sweet. This sweetness you should imbibe. You have to accept all that is good and sweet and reject all that is bad and bitter.

What leads people along the evil path? Their bad qualities and bad thoughts lead them to the path of evil.

Whenever any bad thought arises in your mind, drive it away, thinking, "Evil thoughts are not proper for a human." Remind yourself, "I am a human, I am a human; I am not an animal, I am not an animal." A human being should have human qualities because attachment, hatred, anger, lust, and jealousy are animal qualities.

You should enquire, "What are my natural human qualities?" We should feel that our natural qualities are truth, righteousness, love, nonviolence, forbearance, and noble conduct. Compassion is the true quality of a human being. One should lead one's life with compassion. Lord Rama was the epitome of compassion. It was the quality of compassion that added to His divine glory and sanctified it. Every human being should imbibe this quality of compassion. One who imbibes such good qualities will have no room for sorrow because sorrow is the result of evil qualities.

First and foremost, suffuse your heart with love. If you fill your heart with love, only

words of love will come out of your mouth, and you will look at everyone with love.

Whatever the type of water you store in a tank, the same type of water will come out of the taps. Therefore, **Start the day with love; Spend the day with love; Fill the day with love; End the day with love. This is the way to God.**

Treasure love in your heart. A person without love is like a living corpse. You should become the embodiment of love. If only you fill your heart with love, it will take care of everything.

If you sow a seed in the soil, it will grow into a tree with branches, sub-branches, leaves, flowers, and fruits. You have sown only one seed. From where did the branches, sub-branches, leaves, flowers, and fruits come? They all came from the seed only. Likewise, sow a seed of love; it will grow into a tree of love. Then all your thoughts and your entire life will be suffused with love.

Our entire life is a tree of love. On this tree, birds will come and sit. As Saint Thyagaraja had said, the birds will go round and round, after getting tired, they come and sit on the tree to take a rest. Likewise, in this world people who are restless and bereft of peace, come to the tree of Love. The birds

who come to the tree do not keep quiet. They make a lot of noise. They also make the premises dirty for those people trying to take shade under the tree.

As Adi Sankara said, *always Be Careful (Tasmaat Jagratha, Jagratha, Jagratha).*

Birth is a misery, Old age is a misery, Family is a misery, Death is the greatest misery.

So, be careful! Be careful!

(Janma dukham, Jara dukham, Jaaya dukham punah punah, Antya kale maha dukham.

Tasmaat jagratha jagratha).

(Sanskrit verse)

Worldly sorrows will not afflict you if you take shelter under the tree of love. But the birds of evil qualities may sometimes come and sit on this tree. What should you do to drive away these birds? When you clap your hands and say loudly, "Rama, Krishna, Govinda, Narayana," these birds of evil qualities will fly away. So, sing, *Bhajana Bina Sukha Shanti Nahin* (without singing to the Lord there is no Peace or Happiness).

Sri Sathya Sai Baba

July 6, 1996

*Y*ou are bound to reap the fruits of the good or the bad thoughts you sow as seeds. You will have hundred percent return. As you sow, so will you reap. The crop depends on your thoughts and the harvest will be determined by your actions. You must therefore ensure that only seeds in the form of good thoughts are sown.

Sri Sathya Sai Baba

May 20, 1990



He Loved Me Just the Same

**SWAMI ENTERED MY LIFE LONG AGO WHEN I WAS A
MERE FOUR-YEAR-OLD CHILD.**

My mother's eldest sister and her husband lived in Anantapur, a city less than two hours away from Puttaparthi, where my uncle served as the District Medical Officer. Even in those early days, Swami had built relationships with the medical community, and my aunt and uncle were one of the families that were close to Him. Once, Swami was going to visit them and stay at their home for a few nights, so my aunt and uncle invited our family to visit and meet Swami.

I remember having a fever, so I was lying down on a cot at the end of the hallway that led directly to the front entrance. When Swami entered, He walked straight toward me, pinched my cheek affectionately, and then went on to meet the rest of my family in the living room next to the hallway. I learned later, on that night, my mother had been fretting about my fever, while my dad didn't seem worried. Instead, he said, "look, you're in the District Medical Officer's house; there's nothing to worry about." His remark led to a bit of an argument.



It is vital that we learn to understand love. Swami's life is a beautiful example of practicing love for love's sake.

The following day, we all had an opportunity to take photos with Swami. When it was our turn, Swami turned to my parents and asked why they had been arguing all night. My dad was taken aback by this question; he had no idea how Swami could have known about their argument. This experience strengthened his connection with Swami and was the initial catalyst for his spiritual journey.

Growing Up in the Fold

My mother grew up knowing about Swami since her mother was a devotee, but my father had always been an agnostic, never believing in God. However, he was very kind in spirit and constantly sought to help and better the lives of people around him.

In the late 1970s, my father volunteered for the Tamil Nadu Sri Sathya Sai Seva Organization. He was part of the volunteer team helping transport materials for constructing the Poornachandra Auditorium in Prasanthi Nilayam. Swami was very involved in this project and often came to the site to watch the work and speak with the workers. While carrying a heavy load of bricks over his head, my father

stepped on a thorn that pierced his foot. Right at that moment Swami was passing near my father. Realizing my dad's predicament, Swami bent down, removed the thorn from his foot, relieving his pain. That memorable moment of Swami's compassion and love moved my father and touched his heart so much that despite his lack of belief in religion at that time, **he found himself very much drawn to Swami-by the magnificence of His love.**

It was at this point that my parents began to devote themselves to Swami fully and became dedicated to doing His work. They visited Prasanthi Nilayam countless times every year, even when there were no comfortable accommodations or amenities, and they took my brother and me along with them. Eventually, my father took on leadership roles in the Sri Sathya Sai Seva Organization, and my mother began coordinating the Sai Spiritual Education (SSE) program for children in Tamil Nadu. Under her stewardship, countless children learned about Swami and His teachings, and many of their children also participated in the Sai Organization.

*He never judged me.
He only showered love
upon me, and it was
only because of that
that I was motivated
to do the right things
that pleased Him.*



I had the immense privilege of getting a front-row seat to my parents' spiritual journey and many private conversations with Swami. **I witnessed the valuable personal guidance He gave and the overwhelming love Swami showered upon them. Ultimately His love was the sole reason my parents became His devotees and dedicated their lives to serve in His mission.** Watching this transformation was truly amazing, which is a source of inspiration for me even to this day.

Power of Love

I continue to benefit significantly from the wisdom I have drawn from Swami's teachings, the most essential of which is that Swami loves everyone just as they are.

I once heard a story about His unconditional love, which has stuck with me ever since. A Russian group had come to see Swami, and one young child from the group was unruly, misbehaving, and not staying with the group. Everyone in the group was unhappy about the situation, and during an interview, one devotee asked Swami to send the child away from the Ashram. When Swami asked why, the devotee said, "Well, because he's crazy." Swami responded, "If I drive all the crazy people out, the Ashram will be

empty." The point of the story is that Swami gives us opportunities not because of our good or bad qualities but because of His infinite love and compassion. **He loves us all unconditionally despite our faults.**

In my conversations with Swami, He never once has spoken to me about the challenges in my life. Though He knows more about my problems than I do, whenever He talked to me, it has always been about positive things—about love.

I asked Him once, "Swami, how do I control my senses?" With the utmost kindness, Swami said, "You know the answer to that." He would tell me that I do not have to control my senses—I just had to use them the right way. He never judged me. He only showered love upon me, and it was only because of that that I was motivated to do the right things that pleased Him. It was only because of His love that I was inspired to understand the gap between my actions and Swami's expectations of me. I could then work to close that gap, not because He asked me to, not because He demanded it, but because of the love He showered on me.

It is not always easy for me to express love—I still struggle sometimes. I recall one instance when my wife and I were sitting in front of Swami. He looked straight at me and remarked that I get angry sometimes. I remember looking behind me to see if He was talking to someone else, but He said yes, He was talking to me. He then turned to my wife and asked her, “Am I not right?” She agreed. Finally, I told Him I get angry with my kids because they didn’t, at times, listen to me. Swami said, “Well, they’re not going to listen to you just because you’re angry. So, how is that going to improve the situation?” Then **He told me that I had to speak with love, which would motivate them rather than speaking with anger.**

It is vital that we learn to understand love. **Swami’s life is a beautiful example of practicing love for love’s sake.**

Another lesson I have learned is that if you love everyone, it is easier not to judge them. I want to share an incident that occurred when my son was a three-year-old. I was

sitting quietly reading a book when a hard object hit my head. I was upset for being disturbed and hurt. I looked around, and it turned out that my three-year-old son had playfully thrown a small marble at me. With just one look at him, my anger disappeared, replaced by my intense love for him. When you love someone, it is easier to forgive that person—which is a valuable lesson learned from Swami.

Another important lesson I learned is that it is essential not to look at others’ faults because nobody is perfect. What is the point in looking at someone else’s faults when everybody has them? It only makes it harder to love them if we keep finding faults in others, whether a stranger or our brother. In Prema Vahini, Swami emphasized that we should practice this to nurture divine love. I remember how Swami exemplified this so beautifully—as He never looked at my flaws. He always loved me just the same.

Mr. Harish Naidu
USA



Mr. Harish Naidu came into the fold of Swami in 1968 at the age of four. He was greatly influenced by his parents, who were transformed by Swami’s love and dedicated their lives to serving Him. Harish moved to the USA in 1986 and obtained his master’s degree in Electrical and Computer Engineering from the State University of New York, Buffalo. He has held senior executive positions in technology companies. Harish has served in the SSSIO USA in various roles including, Regional President, Deputy National Council President, and currently serves as the National Council President.

Divine Mother and Father

“You must know how to use the opportunity you got in this life, having come in contact with the Lord. The lamp illuminates, but it can be used for various purposes, good or bad; the Ganges is sacred, but its waters are used for good or bad purposes. How you use this opportunity depends on your destiny, your luck, and how much grace you are able to earn. Develop faith; strengthen devotion, and the rest will come by itself. “

Sri Sathya Sai Baba
September 29, 1960

The above quotation made me think about the great responsibility and opportunity that Swami gave us by being able to see Him, touch Him and, above all, receive His teachings directly from Him. I want to share the lessons I learned as I recollect His advice during my interviews.

The Omnipresent Loving Lord

We visited the *ashram* for the first time in 1984, and every year thereafter. Five years passed before Baba called us for an interview for the first time in 1989. We were a small group of five Salvadorans, and to our joy, He gave us three interviews, one after another. Although the interviews were short, Swami revealed different facets of His divinity:

1. as a benevolent and loving mother;
2. as a stern father giving instructions for a *dharmic* (righteous) life; and
3. as the omnipresent Lord who knows the most intimate details of our lives.



He showed His omnipotence by manifesting a beautiful ring that fits perfectly on the finger of the devotee who received it. But what filled us with the greatest joy was His blessings on us and our children for happy family life and His promise to see us in Puttaparthi the year after with our children. It suddenly flashed in my mind that it was expensive to travel to India, and reading my mind, He looked at me and said, “Don’t worry; I will provide the means.” It happened exactly as He said. To take care of my late father’s belongings, I applied for leave without pay from the Social Security Institute the following year. But due to politics, I lost my position as head of the teaching department. Later, when I filed for retirement, I was awarded compensation, which was sufficient for our whole family to travel to India. It was His way of letting me know that He knew my thoughts, and He kept His word by granting me the resources to come to Prasanthi Nilayam with my family.

His teachings transformed our lives.

We realized what actions were righteous and justified and how to act correctly. We also understood what we needed to do to overcome the *vasanas* (impulses

and tendencies) we carried forth from previous lives. We grasped the need to control the senses, deny the temptations caused by the bombardment of stimuli from the outer world, concentrate on God and repeat His name, and be aware of the repercussions of our thoughts, words, and actions.

His Blessings

In April 1990, just after the guerrilla offensive in San Salvador had passed, our family had a memorable journey to Puttaparthi. On that trip, I had been granted the privilege of sitting in the *mandir’s veranda*; when Swami passed by me, I mentioned to Him that our group was eager for an interview. “I’ll call you after *darshan*” was His response – so it happened.

You can imagine our overwhelming joy when we were called for the interview. Swami’s words showed that He knew everything about the lives of every one of us. He materialized a *Siva lingam* for a doctor in the group, forecasted a good husband devoted to Swami for our daughter (which came true later, beyond our expectations), and a university degree for our son (an excellent student who graduated with honors). He taught us the

need for unity in the family, which is vital for individual and social happiness and emphasized the need for marital fidelity. He blessed me with a long and healthy life (I am now 82 and healthy). We will be grateful forever for the joy of being in His presence with our entire family.

The experiences we have had over the years with Sri Sathya Sai Baba have given us a deeper understanding of the law of *karma*. As a result, we have made an earnest attempt to make the right choices in our lives, and we pray that we may continue to do so in the future.

Selfless Service

At a very young age, I joined the Boy Scouts, which prepared me for working in the Sri Sathya Sai International Organization since selfless service is one of the pillars of Baba's teachings. For 13 years, we conducted a monthly medical camp in a rural area. We gave our time and energy to provide free healthcare for people in need, and dispense medicine saturated with His love. Swami's presence was very much felt since the very beginning of our service. **It is very apt to remember His assurance that if we take one step toward Him, He will take a hundred steps toward us.**

On one occasion, Swami told the students in the *mandir*, "To reach the ultimate goal, determination is very important in addition to discrimination." But what struck me the most was that we must be determined to leave behind our bad habits or persistent desires, to continue on the path of *dharma* and not relegate them to be done later because we don't know if we will ever find time later.

Do More Sadhana

During our last interview, I prayed to Baba, "Swami, help me have the determination to improve myself spiritually." He responded: "Do more *sadhana* to develop determination. You are doing good *sadhana* but do more."

Reflecting on my life, I am grateful that I have had a long and healthy life. However, I am committed not to rest on my laurels but instead spend the rest of my life engaged in spiritual practices that will take me toward Self-realization to merge with the Divine. **Let us live with the name of God on our lips and let our actions be saturated with the divine love of God.**

Jai Sai Ram.

Dr. Hector J. Castaneda
El Salvador



Dr. Héctor José Castaneda was a Professor of Internal Medicine and Neurology at the Faculty of Medicine of the National University of El Salvador for 25 years. Dr. Castaneda is the founder and past President of the El Salvador Neurological Sciences Society. He received a doctorate in medicine from El Salvador University in 1966 and completed postgraduate residency in neurology in 1973 at Georgetown University, Washington D.C., USA.

Dr. Castaneda came to Swami in 1984 and has served in the SSSIO of El Salvador since 1985. He has held various positions, including National Council President of El Salvador, and Central Coordinator for Mexico and Central America. He is the Medical Director of Zone 2A for the countries of Central America and Mexico.



The Omnipresent Lord

ALL THE SCRIPTURES SAY THAT THERE IS ONLY ONE GOD, and He is omnipresent. He is present in all places and at all times. In addition, He is present in all states as our consciousness; in waking, dreaming, deep sleep, and in the *Turiya* state (beyond deep sleep, dreamless state). He is constantly guiding, guarding, and blessing all creation.

In the following two articles, we share how the omnipresent Lord, Bhagawan Sri Sathya Sai Baba guides and blesses us even in the dream state.

In the first article, a devotee narrates his vision of Swami, in a dream, blessing devotees with unconditional love, even before it happened.

In the second article, another devotee shares how he had the vision of Prasanthi Nilayam before he even visited it, and how Bhagawan cured him of his chronic ailment in a dream without any medicine or surgery.

His miracles galore are awe-inspiring, mind-boggling, and give unlimited joy to all devotees.

Editor



Unconditional Love Without Judging

IT WAS A DAY LIKE ANY OTHER AT PRASANTHI NILAYAM.

Thousands had arrived from the northern states of Uttarakhand and Uttar Pradesh in India. It had, by now, become routine for devotees from different places to arrive in such a way that their pilgrimage dates did not overlap. Thus, all were assured of the precious proximity to Swami. Any group that was visiting Prasanthi Nilayam would come prepared with a program and seek Swami's approval to offer it. At times, it would be late in the afternoon when the group would know that they would have to present their program in the evening of the same day.

This fact put me on a high alert. Being a photographer, I would have to be ready for programs on any day, at any time. Once, I returned to the studio after a heavy lunch and was feeling very drowsy. I do not even remember when I dozed off. As I slept, I had a dream. I am sharing the diary entry for the dream that day.

"When I slept at 2:50 pm, I had a dream. Swami was seated on a sofa and He seemed to be very pleased with two people who had performed well in a drama. He was calling them, speaking over my head, and I saw that He was about to materialize something. I had my camera with me but I decided that I would watch the creation of the gift and keenly observe the process. So I kept the

camera aside. I felt that Swami was going to create two chains at the same time. I was watching when I was suddenly woken up. The time was 3:10 pm."

During the 20 minutes I had slept, I had Swami's dream, before being woken up by a phone call. It was my colleague who was on his way to the Radio Sai studio. He told me that he saw a backdrop being shifted into the Sai Kulwant hall and guessed that a program might be presented soon. I got up and got my camera and equipment ready for the evening's program.

My Dream Comes True

The drama was presented by devotees from Uttaranchal and Uttarakhand and was based on the secret behind the Sai Avatars.

As the drama was being staged, I felt that it was not a good presentation. I fell victim to the weakness of judging! Most of the audience seemed to be laughing quietly at what seemed like a below-average program. But Swami was engrossed in the presentation. That fact alone was enough to show that the presentation was very special. Who am I to judge? At that moment of repentance, something flashed in my mind - the dream that I had a few hours ago!

I turned to my right and saw my physics teacher sitting there. I said, "Sir, though people are laughing at the drama, Swami seems very happy with it. In fact, after the

program, He will manifest two gold chains for the participants!" My teacher looked at me with disbelief and I wondered what made me blurt out such a statement!

Soon, the drama concluded, and Swami asked sweetly, "Drama over?" He makes a perfect audience, as He always asks, "Is it over already?" because He is so engrossed in it.

His Divine Love

Swami is always engrossed in the presentation because He sees the sincerity and effort behind it – that is the vital difference between God and man. God sees only the effort and whether it is a fantastic performance or an average one, they are all the same for Him, as long as the effort has been made! **Love overcomes all.** It is like the parents admiring their children's performance despite their shortcomings, and He is the divine parent who has unconditional love.

And then, it Happened

Swami called over the dancers and began a circling motion with His right palm. In a flash, there were two gold chains! I exchanged glances with my teacher and began to get goosebumps! This was exactly as per my dream (which I was about to witness had the call not woken me up!) I remembered

that in the dream I put down my camera to witness the creation. I was wondering whether that was what I was supposed to do. I had not even completed my thought when Swami called me. I went to Him and He said, "Take pictures! I shall also come down with the children there and pose with them. Take pictures of that also."

I actually had a video camera in my hand. But I was totally lost in the magic of that moment. He not only showed me the whole sequence of events in my dream, but He was also confirming it by advising me not to stop taking pictures (as I had done in my dream).

Lessons Learned

It was a very poignant incident and an important day for me. I learned two important lessons.

1. Swami's dreams do not happen without His will. His dreams are as true as reality.
2. Never judge. It is very hard not to judge but abstaining from judging others helps us take baby steps towards realizing our divinity.

Mr. Aravind Balasubramanya
India



Mr. Aravind Balasubramanya comes from a family that has been devoted to Swami for nearly half a century. Aravind graduated from the Sri Sathya Sai Higher Secondary School and completed his Bachelor of Science from the Sri Sathya Sai Institute of Higher Learning (SSSIHL), receiving a gold medal. He also holds an M.S. (Chemistry) and an MBA from the SSSIHL.

He worked for Radio Sai from 2007 to 2021. Aravind has authored four books about his experiences with Swami. He was Swami's photographer for nearly five years. Aravind has dedicated his life to serving Swami and sharing His teachings with one and all through various media channels.



Baba, the Great Surgeon!

I AM BLESSED TO HAVE BEEN BORN INTO A SPIRITUAL FAMILY.

My mother was an ardent devotee of Sri Shiridi Sai Baba and taught my elder brother and me to sing His glories as part of daily morning and evening prayers, laying the foundation for the devotional path (*Bhakti Marga*). My father was a spiritual seeker who dwelt much on the *advaitic* aspects of spiritual practice, deriving his inspiration from the teachings of Sri Ramakrishna Paramahansa and Swami Vivekananda. Thus, my father laid the foundation for us to develop an understanding of the non-dual path of wisdom (*Jnana Marga*). Having an elder brother who was my guide and support from my childhood and continues to be my hero and mentor for my spiritual development is yet another blessing.

Once again, the credit goes to my parents, who led us to the lotus feet of our Beloved Swami. **My parents firmly believed that God was walking on earth and decided to return to India to be near Bhagawan Sri Sathya Sai Baba** after a brief stay in the USA. They resided in Prasanthi Nilayam for over seventeen years, giving me, my wife, and two sons the opportunity to visit them—and **enjoy the blessing of having darshan of the Avatar, our Divine Mother and Father**, while sharing our love and respect for our earthly parents.

My first experience of Swami's miracle happened even before my first *darshan* or visit to Prasanthi Nilayam. It occurred in early 1983, just a year after my parents left to reside at the Ashram. For nearly three years,

I was experiencing a dullness and discomfort in my liver area, a kind of congested feeling, with mild shortness of breath, especially when I climbed a flight of stairs. It was a nagging feeling, but something for which I was not ready to see a doctor. During these three years, repeated **annual medical examinations at my workplace showed that my liver enzymes were abnormal.** I sought the advice of my elder brother, a practicing physician, and his recommendation was to have a liver biopsy done to diagnose the underlying cause. I did not want this procedure as I was scared to have a needle poked through my liver. Then came divine intervention.

Divine Healing

In the early morning hours of one day, I had a vivid dream, which I would characterize more as a vision since I could fully recollect the details when I woke up. In the dream, I saw myself with my hands raised, running on the verandah of the Mandir toward the first door where Swami was seen seated, and the bhajans were going on. I was loudly proclaiming, "Baba, the great surgeon!" Immediately, I felt an electric shock in my liver area, and I woke up sweating. I knew something profound had happened.

The following day I noticed that I did not have the congested feeling of the liver anymore and felt much better. I was then anxious to find out whether some miraculous healing took place. One quick way to get the answer was to verify if my liver function tests were normal. Although I could have them tested at a local diagnostic lab, I

had a strong faith in Swami's healing. Since the annual medical screening at my workplace was only two weeks away, I decided to wait. What a sweet surprise! **All my liver function tests were within normal limits and have been ever since.**

Blessings without Asking

The scriptures say, God is verily the doctor (*Vaidyo Narayano Harihi*). Baba, the great Surgeon, indeed! Surgery performed without any instruments! Please note that I did not pray to Swami or any other God at any time to help me with my health setback. But the Supreme Lord knows how and

when to protect and heal His children, even without asking.

The second miracle of the story is that I had never been to Prasanthi Nilayam when I had the dream. Only a year later, during my first visit to the Ashram, I saw the verandah and the Mandir of my dream. Nearly a year later, when we were blessed with an interview with Swami, I expressed my gratitude to Swami for curing my liver problem. Swami gave an approving compassionate glance and blessed me.

Dr. A. Krishnamohan Reddy
USA



Dr. A. Krishnamohan Reddy holds a Ph.D. in Nutrition from the University of California, Davis, USA. He is board certified in Toxicology by the American Board of Toxicology and has worked in the field of human health and safety and held management positions in a multinational consumer product company. For over three decades he has been serving in the SSSIO and held many leadership positions including Regional President of Northern California, National Service Coordinator, and Vice-president of the SSSIO, USA. He and his family have received personal guidance and blessings from Swami.

"Vaidyo Narayano Harihi" (God is verily the doctor), declare the scriptures (*Shrutis*). God is the doctor. Seek Him, rely on Him, and you will be free from disease.

Sri Sathya Sai Baba
September 21, 1979

Sai Baba has "operated" on many suffering patients during their dreams. Thirumala Rao of Bangalore had such an experience, and when he awoke, the bed was soaked with blood, and the pain was gone. What he dreamed had actually come to pass. Baba, the Surgeon, had blessed him.

Sathyam Shivam Sundaram
Volume 1



Prasanthinilayam

16-12-73

My Dear! Have you got any
spiritual hunger?

Spiritual hunger is the
ultimate meaning of every
activity in life. The dissatis-
faction and the restlessness
that remain even after obtain-
ing all the necessities of life
show that everyone conscious-
ly or unconsciously, does
suffer from spiritual hunger
and it is not appeased until
the spirit within is realised.
Without this divine discontent
there is no real progress.

World peace is possible when
all the people of the world wake
up to the facts governing
universal life and when
there is a heart to heart
feeling of goodness, love and
oneness among the inhabitants
of the world. With Blessings
Sri Sathya Sai Baba

Spiritual Hunger

Prasanthinilayam

16-12-73

My Dear! Have you got any spiritual hunger?

Spiritual hunger is the ultimate meaning of every activity in life. The dissatisfaction and the restlessness that remain even after obtaining all the necessities of life show that everyone consciously or unconsciously, does suffer from spiritual hunger and it is not appeased until the spirit within is realised. Without this divine discontent there is no real progress.

World peace is possible when all the people of the world wake up to the facts governing universal life and when there is a heart to heart feeling of goodness, Love and oneness among the inhabitants of the world.

With Blessings

Sri Sathya Sai Baba

LOVE IN ACTION



COLOMBIA Human Values Day

On April 23, 2022, the Sathya Sai School of Funza celebrated Human Values Day by raising environmental awareness by walking through the neighborhood, emphasizing the importance of caring for natural resources. At the La Herrera lagoon in the municipality of Mosquera, the participants planted trees to serve Mother Nature.



NEW ZEALAND Ecological Restoration

On March 27, 2022, seven SSSIO members and three local residents in Hamilton planted trees to rehabilitate the wetlands around a Minogue Park. Amid bright sunshine, the volunteers joyfully planted harakeke (flax), ti kouka (cabbage tree), kowhai, manuka, karamu, totara, and kahikatea trees in a few hours, with the goal of preserving Mother Nature.



God loves those who serve others because He is in all of them. Whomever you may serve, consider it as service to God. Divinize all your actions. Treat every action you perform as God's work.

Sri Sathya Sai Baba
November 21, 1995



PERU

Walk for Values

On April 17, 2022, the Education Wing of the SSSIO of Peru organized a Walk for Values with 18 children and their parents through the streets of Cerro San Francisco, district of Villa María del Triunfo. The walk ended in the Plaza Mahatma Gandhi. With great enthusiasm, the participants marched along the streets, reciting human values quotes by Sri Sathya Sai Baba.



ZONE 8

"Clean Planet" Initiative

On May 29, 2022, 110 people from Azerbaijan, Ukraine, Belarus, Kazakhstan, Kyrgyzstan, and Russia, attended the fourth virtual "Clean Planet" program, which inspired everyone to adopt environmentally friendly habits. The members of the SSSIO of Belarus organized the event with the support of the Zonal Methodological Council for Education. The program emphasized practical knowledge and activities to direct younger generations' curiosity and attention to nature's wonders. Young adults hosted a quiz and provided technical support.



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

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

SSSIO ZONE 4



INDONESIA • LAO PDR • MALAYSIA • MYANMAR • **PHILIPPINES**
SINGAPORE • **SRI LANKA** • THAILAND • VIETNAM

PHILIPPINES

1996

SSSIO was established in the Philippines

2000

Sathya Sai School, Pililla, established on Easwaramma Day, May 6

2013

SSSIO launched disaster relief project to rebuild Tacloban after typhoon Haiyan

2020

Humanitarian relief for victims of Taal volcano in Batangas Province



Humanitarian relief in Tacloban

Sathya Sai School, Pililla



SRI LANKA

1963

The first Sai center was started in Colombo

1969

Sri Sathya Sai Baba blesses the first annual general meeting to be held on February 15, 1969

2002

Inauguration of the Sathya Sai Hospice Center

2020

Water purification project



Water Purification Project



Hospice Center Activities



Sathya Sai Hospice Center

Transformation THROUGH *Motherhood*

I WANT TO SHARE THE POWER OF MOTHERHOOD THAT LED TO MY TRANSFORMATION. I heard of Sathya Sai Baba in 1986, and shortly afterward, I joined the SSSIO in my local area – a small rural community in Australia. I was immediately drawn to His teachings, especially the truth that divinity is in all, including myself. **I believe that the yearning to experience my innate divinity drew me to Sathya Sai Baba.** Soon after I started to practice His teachings, He gave me a blissful experience, filling me with divine love. Upon reflection, I believe He gave me this precious gift for my spiritual transformation to experience the divinity within.

Since becoming an adult, I felt privileged to have been born a woman, and I remember the day my son Anthony was born, it brought indescribable joy to me, I had never experienced such love for another human being, which was entirely unexpected. I felt a great responsibility towards this little being who was dependent upon me, and my only wish was for him to lead a happy life and realize his destiny. My son Anthony was eight years old when I became a Sai devotee.

Developing the Qualities of Motherhood

In my mid-thirties, I heard of a spiritual teacher in India, Sathya Sai. In those early years, I experienced a personal transformation. I developed patience, understanding, and tolerance. I did not have much family support as my husband worked long hours, and my mother worked full-time. I chose to be a “stay-at-home” mom until Anthony completed primary school when I went back to work.

One of the most important lessons for me as a mother was letting go of attachment to my son as he grew up. My goal was to nurture him as an independent and capable person, which required me to give up my role as a caregiver and allow him to care for himself so that he would develop self-confidence.

I was full of admiration for the strengths and qualities of my son. He developed into a child who had compassion for his peers and who helped the children in need. He was brimming with happiness and had confidence which I had not experienced as a child.

Anthony attended SSE (Sai Spiritual Education) Classes for several years which reinforced his natural qualities and the values we encouraged at home. During his secondary school years, he played many sports (very popular in Australia!). He had a great sense of humor (also an Aussie attribute) with a reputation as a raconteur. He also developed a love for writing and reading poetry. At 17, he went to live away from home on the other side of the country to pursue his dream of becoming a professional athlete. This was challenging for me to trust in his ability to lead his own life and let go of my attachment.

Discovering Transformation through Loss

At 22, Anthony returned home and lived independently in a cottage on our property, working in a nearby town. When he was 26, he had a fatal car accident driving home from work and passed away. Subsequently, I found that the years of healing from this loss of his physical form and coming to terms with ending this important relationship accelerated my spiritual transformation. **The teachings of Swami were my lifeline**, and I do not know how parents meet such challenges without a spiritual foundation and understanding.

It is not possible for anyone to hold on to the physical body forever. It remains so long as it is destined to be. It will perish at its predestined time. Nobody has any control over death. It is decided at the time of birth itself. The date of departure is imperceptibly written on the body when it comes into the world.

Sri Sathya Sai Baba

October 19, 2004

It was essential for me to recognize that our time in this body is set at the time of our birth. In the months after my loss, I have dived deep into Sai's teachings, which were my sole support, apart from friends and family. I collaborated with another Sai mother who too lost her son and together we compiled a collection of Sathya Sai Baba's teachings on life, death, grief, and loss in a booklet titled "Children of Immortality."

Detach from the World and Attach to God

My great lesson and the transformative experience was giving up attachment to my son. I believe that the attachment of the mother is the greatest of all as it is a natural bond that ensures the survival of the child and is the most difficult attachment to give up. However, **I discovered it was possible to let go of my son and attach to God.** Life took on a very different perspective as I reviewed my priorities and the need to constantly keep in mind the reason for our existence – to realize our inherent divinity. In fact, I believe that letting go of attachment is crucial to the role of the mother and one of the most beautiful opportunities for transformation.

In the months when I experienced significant pain, I also occasionally experienced the stillness and deep peace of the Atma – an island of joy amidst the pain. I realized that Anthony had fulfilled his destiny and that this was also part of my destiny. I experienced wisdom and strength in the following words of Baba:

Look with an equal mind on good fortune and misfortune, on happiness and sorrow, loss and gain. These are products of nature like heat and cold, summer and winter. They have their purposes to serve. Similarly, the ups and downs of life have lessons to teach us. In fact, without reverses in life, we shall not be able to experience divinity. Without darkness, we cannot value light. Without experiencing difficulties, we will not enjoy benefits. It is the lack of peace of mind which compels us to seek the means to realize enduring peace.

Sri Sathya Sai Baba

April 6, 1983

Shortly after Anthony's death, I sought opportunities to connect with him in spirit. which I saw as part of a natural desire to know that my son was safe and well. About eighteen months later, I experienced a profound connection with Swami when he conveyed to me internally "Anthony is Me. You are Me. We are One."

Since then, I ceased wanting to connect with Anthony as I realized that we are One in Sai. I understood the importance of Sai cautioning us that all earthly relationships are transient. I know that all belong to God and that as parents, we are trustees of our children – truly, they belong to Him.

I feel truly blessed for having experienced motherhood and being given the joy of having a wonderful son. I believe that along with its sacred duties, **motherhood is an excellent opportunity for transformation to help us experience ourselves as the divine beings we really are.**

Ms. Jenny Monson

Australia



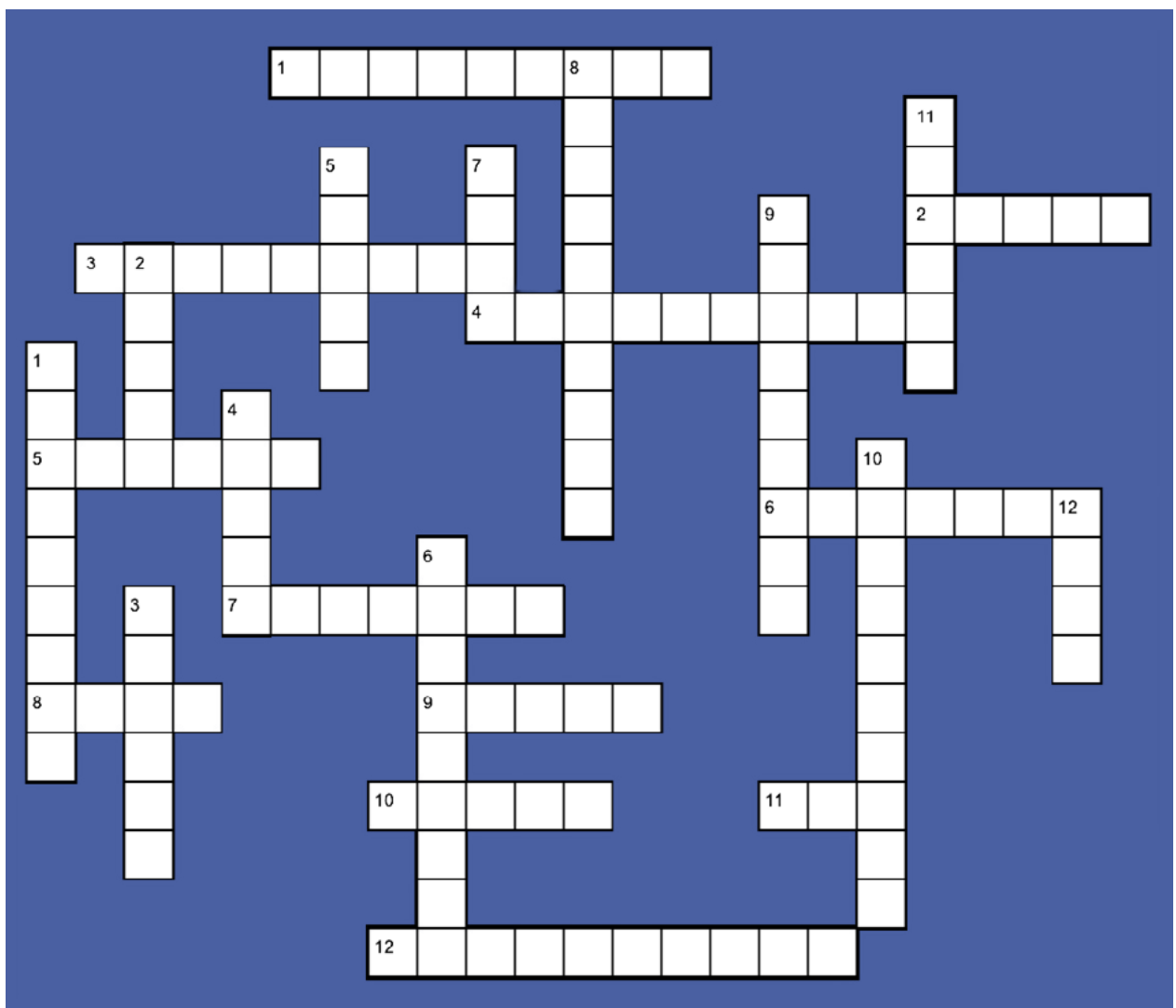
Ms. Jenny Monson has been a member of SSSIO since 1986 when she first heard about Sri Sathya Sai Baba and was transformed by His teachings. She is currently the Central Coordinator for Zone 3 and has served in many positions, including National Council President for Australia. In her professional work, Jenny worked as a counsellor and has specialized in palliative care. She chairs the board of a community Hospice in Western Australia.

from the International Sai Young Adults

We are pleased to share updates on the work of Sai Young Adults from Sri Lanka and Hong Kong and two personal reflections from Sai Young Adults. This time we invite you to solve an exciting crossword puzzle! Enjoy!

SSSIO International Young Adults Committee

CROSSWORD PUZZLE



CLUES

DOWN

1. Duty without love is _____ (Clue: 4 across). Duty with love is _____. Love without duty is _____ (Clue: 3 down).
2. Life is a _____, realize it.
3. Duty without love is _____ (Clue: 4 across). Duty with love is _____ (Clue: 1 down). Love without duty is _____.
4. Where there is faith, there is love; where there is love, there is peace; where there is peace, there is truth; where there is truth, there is God; where there is God, there is _____.
5. _____ your words, actions, thoughts, character and heart.
6. The grace of God is like an _____. It will help you in your time of need without any limit.
7. Before you speak, ask yourself: Is it _____, is it necessary, is it true, does it improve the silence?
8. _____ is the mark of intelligent living.
9. Some say that knowledge is power, but it is not true. _____ is power.
10. For the mansion of life, self-_____ is the foundation, self-satisfaction the wall, self-sacrifice the roof, Self-realization is the life.
11. Follow the _____, face the devil, fight to the end, finish the game.
12. Less _____, more work! There is too much _____ing going on. Because of excessive _____ing, spiritual energy is being wasted.

ACROSS

1. The end of wisdom is freedom. The end of culture is perfection. The end of _____ is love. The end of education is character.
2. The best way to love God is to (Clue: 8 across) all and _____ all.
3. _____ should be for life, not for living.
4. Duty without love is _____. Duty with love is _____ (Clue: 1 down). Love without duty is _____ (Clue: 3 down).
5. Be _____ and sincere.
6. Love as _____ is truth. Love as action is right conduct. Love as feeling is peace. Love as understanding is non-violence.
7. _____ is the speech of the spiritual seeker.
8. The best way to love God is to _____ all and (Clue: 2 across) all.
9. Multiplicity is delusional. _____ is the reality.
10. I have come not to disturb or destroy any _____, but to confirm each in his own _____ - so that the Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu.
11. You must fill your heart with love for God (Daiva Preeti), fear of _____ (Paapa Bheeti), and morality in society (Sangha Neeti).
12. Whenever and wherever you put yourself in touch with God, that is the state of _____.

Answers on page 43

AROUND THE WORLD

Covid 19 Relief Food Drive

Hong Kong, Zone 5

The YAs from Hong Kong organized a Covid-19 Relief Food Drive for a school for visually impaired students. Fruit juice packs, biscuits, milk cans, and N95 masks were distributed to 60 visually impaired children from the school. The YAs also assisted a local community group that serves ethnic minorities and low-income families in need. Lentils, rice, flour, oil, hand sanitizers, and Covid Rapid Test kits were distributed to over 108 families from the local community.



Sri Sathya Sai National Leadership Programme (SSSNLP) for Young Adults

Sri Lanka, Zone 4

With Sri Sathya Sai Baba's divine grace and guidance, the inaugural launch of the Sri Sathya Sai National Leadership Programme for Young Adults was held at Mullaipoonga, Lyakachchi, from July 22–24 in the presence of a special guest, Professor Suresh Govind and Sai Young Adults from all five regions of SSSIO Sri Lanka. Prof. Suresh Govind is the Chair of the SSSIO Scriptural Studies Committee and has been instrumental in many nation-building programs in Malaysia.

The Leadership program was attended by 98 YAs and 30 volunteers from all parts of Sri Lanka. The sessions consisted of Spiritual sadhana, speaker-led module delivery, workshops, outdoor activities, study circles, spiritual quizzes, value-based games, panel discussions, and cultural programs.



Reflections of Sai Young Adults

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



Ms. Lovelin Topandasani Indonesia

Swami came into my life in a rather unconventional way through the internet. I did not believe in Swami until one day He came into my dreams. The next day, that same incident which I dreamt of, happened in my life. I was stunned and this was the turning point in my life.

Swami became my guardian angel from thereon. I used to pray for everything in life. Most of the time, my prayers would be answered. However, if I did not get something that I prayed for, Swami would show me the reasons why I did not get it. I was leading a happy and grateful life for all the blessings that Swami bestowed upon me. However, as time passed, I started questioning myself, "Is this all there is to life?"

In 2018, I was part of the organizing committee for "FaithLift," an SSSIO zonal retreat that took place in Puttaparthi. The team was planning a group *sadhana* (spiritual practice), and that was when I started taking my daily *sadhana* very seriously.

I started performing daily meditation as part of my daily *sadhana* and that helped me to connect with Swami at a deeper level. I started realizing that happiness is no longer dependent on receiving or not receiving things which also made me realize the true meaning of surrender.

Earlier, when I prayed, I had all these instructions for Swami so that the result would be according to my expectations. This meant that I did not trust Swami wholeheartedly. However, my daily *sadhana* has therefore helped me to trust Him so that whatever Swami does for me is in my best interest. Now, I realize that I do not need to have a worldly life, but Swami will give me whatever I need and the necessary protection that I need in life.



Ms. Yakshi Appanah Mauritius

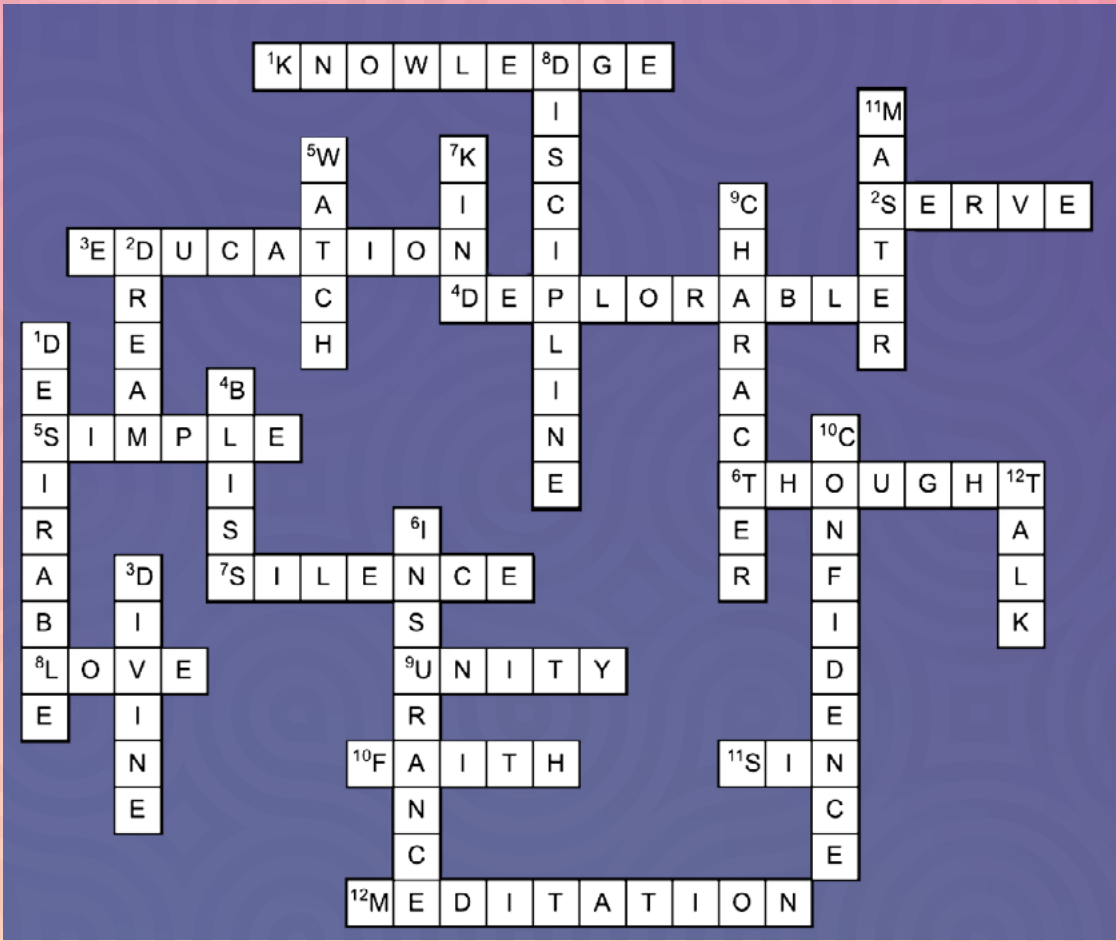
I was working abroad years ago and one of my colleagues, who also happens to be a Sai devotee, gifted me a book on Swami. While reading the book, I came across the concept of Self-realization. At that time, I did not dwell on the subject, but the idea of Self-realization was reinforced when I witnessed my *Ammamma* (grandmother) taking her last breath. I thought to myself that the ultimate goal of this life is Self-realization.

In 2016, I visited the *Kalpa Vriksha* (wish-fulfilling) tree in Puttaparthi. While I was there, I thought deeply about how I wanted to learn about Self-realization. Two years later, I found myself with a group of like-minded young adults serving Swami in the Sri Sathya Sai Sadhana of Love Subcommittee.

The subcommittee's main focus was centered around Self-confidence, Self-satisfaction, self-sacrifice, and Self-realization which is also known as the 4-S. My wish of being on the path to Self-realization was fulfilled. Being in the subcommittee has helped me to better understand Swami's teachings on the 4-S as I am learning about Self-realization throughout this journey.

There have been instances in my life when things have not turned out as I have planned and when this happens, I get stressed and anxious. Last year, there was a time when despite putting effort into a particular task assigned to me, I was not seeing the results I had expected. One fine morning, I dreamt that Swami handed me a sweet. Through this dream, I realized that Swami gave me His Divine assurance that I need not worry about the results of undertaking any particular task for Him, for He is the Doer, and I am but a mere instrument.

Thank you, Swami, for making your Divine timing prevail in every aspect of my life and for having the best plans in store for me.



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Sai Young Adults

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TOTAL SACRIFICE

THE STORY OF EMPEROR BALI

Unity of thought, word and deed is the underlying principle of
True Devotion and Surrender

Sri Sathya Sai Baba, April 29, 1997

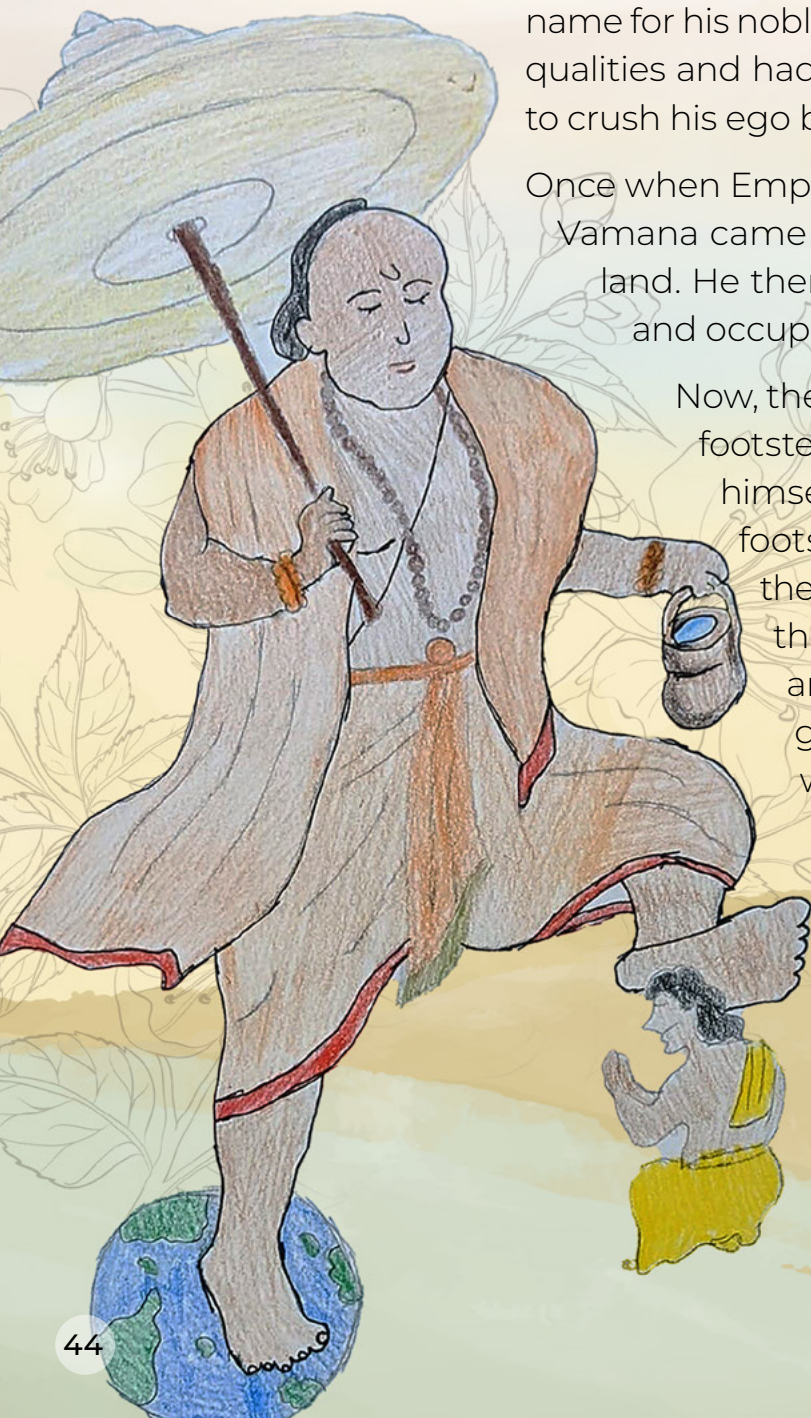
Emperor Bali was a man of righteousness and earned great name for his noble quality of charity. He was proud of these qualities and had developed ego. Therefore God decided to crush his ego by descending as Vamana Avatar.

Once when Emperor Bali was performing a sacrificial rite, Vamana came and asked for three footsteps length of land. He then covered the entire earth with one foot and occupied the entire sky with the second step.

Now, there was no space available to set the third footstep. Emperor Bali, in total surrender, offered himself to the Lord and said to keep His third footstep on his head. So saying, he removed the crown and offered his head. Lord Vamana then kept His foot on Emperor Bali's head and pushed him down. This signifies the great quality of total sacrifice and thus he was liberated.

Swami says, the three steps signify surrendering at the lotus feet of the Lord physically, mentally and spiritually.

Mahalakshmi B. | Group 3 | Canada



NATURE, MY TEACHER

Siddharth A. | Group 3 | USA

Growing up I was fascinated with octopuses, dinosaurs, orangutans, peacocks, and elephants. My favorite god, Lord Ganesha, is an elephant! How did my fascination with animals influence me to take a vow to protect the environment? I am Siddharth and I would like to share this journey so far with you.

My humble pranams at the lotus feet of Baba before I take you on this journey! By the age of 4, I knew all the different dinosaur names by memory. With that grew my interest in orangutans, forests, the environment, and ecology. When we read about wildfires in my social studies class it used to upset me. My favorite orangutans are critically endangered as are the Bengal tiger and Indian elephants. My Ganesha!! How did this happen? One answer is deforestation for industrial and agricultural purposes. Humans are destroying natural resources for selfish reasons.

Let me share an incident that happened which led me to realize that the environment gives peace and serenity to living beings. During my trip to India in 2019, we visited the Arunachalam mountains in south India. It was summer and it was hot, but near the mountain, there was a cool breeze. There were so many animals, such as monkeys, cows, peacocks, different varieties of birds, dogs, and humans, all living in harmony. On the mountain, my playdates with the monkeys

were memorable. On my way back down the mountain, I realized I was not interested in playing games on the phone.

How did this happen? I believe the peace on the mountain made me forget that I was pressuring my mother just a while ago to allow me to play video games on my phone.

My grandfather planted a mango tree 20 years ago, and I enjoyed the mango fruit that comes from the tree. It reminds me of the story of the Giving Tree. Once upon a time, there was an apple tree where a small boy used to play. Every day, the tree used to give apples for the boy to snack on. When the boy grew older and became a young man he asked for wood. The tree happily gave it and even though all that remained was a stump. When the man grew into an old man he asked to sit on the stump, he then finally used the remaining stump for his coffin. Mother Nature sacrifices herself for humans until the very end. With this food for thought, I request you all to take a vow along with me to save the planet for future generations. Let's all be the stewards of Mother Earth!

Art Illustration:

Nishchinta M. | Group 1 | Malaysia

Quote Illustration:

Vaidehi S. | Group 2 | USA

Shreya Sai P. | Group 2 | USA



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
September 17, 2022	Saturday	Zones 6 & 7 Presentation: <i>Path of Unity</i>
October 15-16, 2022	Saturday, Sunday	Akhanda Gayatri
October 22, 2022	Saturday	Avatar Declaration Day Presentation by Zone 8: <i>Your Life is My Message</i>
November 12-13, 2022	Saturday, Sunday	Worldwide Akhanda Bhajans
November 18 & 19, 2022	Friday, Saturday	Ladies' Day
November 22 & 23, 2022	Tuesday, Wednesday	97th Birthday of Sri Sathya Sai Baba

 [Watch 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.

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- 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 [🔗](#)



Embodiments of Love! Love is the quintessence of Swami's discourses. His love is power. There is nothing greater than love. When you develop love, you can face the challenges of life with ease and come out victorious. God will always be with you, in you, and around you and will take care of you. Any mighty task can be accomplished through prayer. However, your prayers should be sincere. There should be unity of thought, word, and deed. Develop firm faith that Swami is in you and that He always listens to your prayers. If you think that Swami is outside, how will your prayers reach Him?

Embodiments of Love! It is only love that will help you to achieve success in your life. Hence, develop love. That is the true prayer that God expects from you.

Sri Sathya Sai Baba
December 25, 2004



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never