



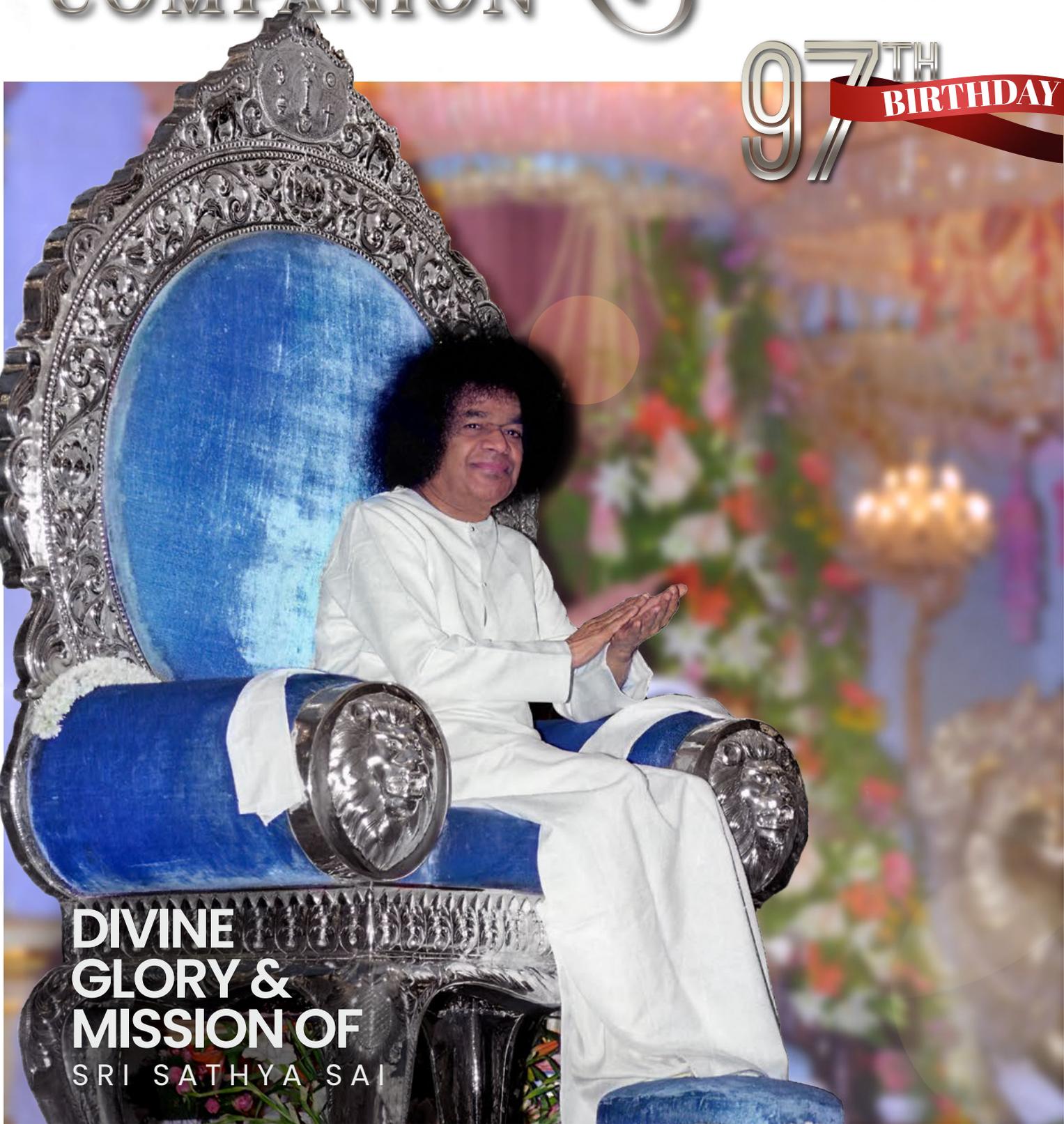
S A T H Y A S A I

THE ETERNAL

COMPANION

VOLUME 1, ISSUE 9
NOVEMBER 2022

97TH
BIRTHDAY



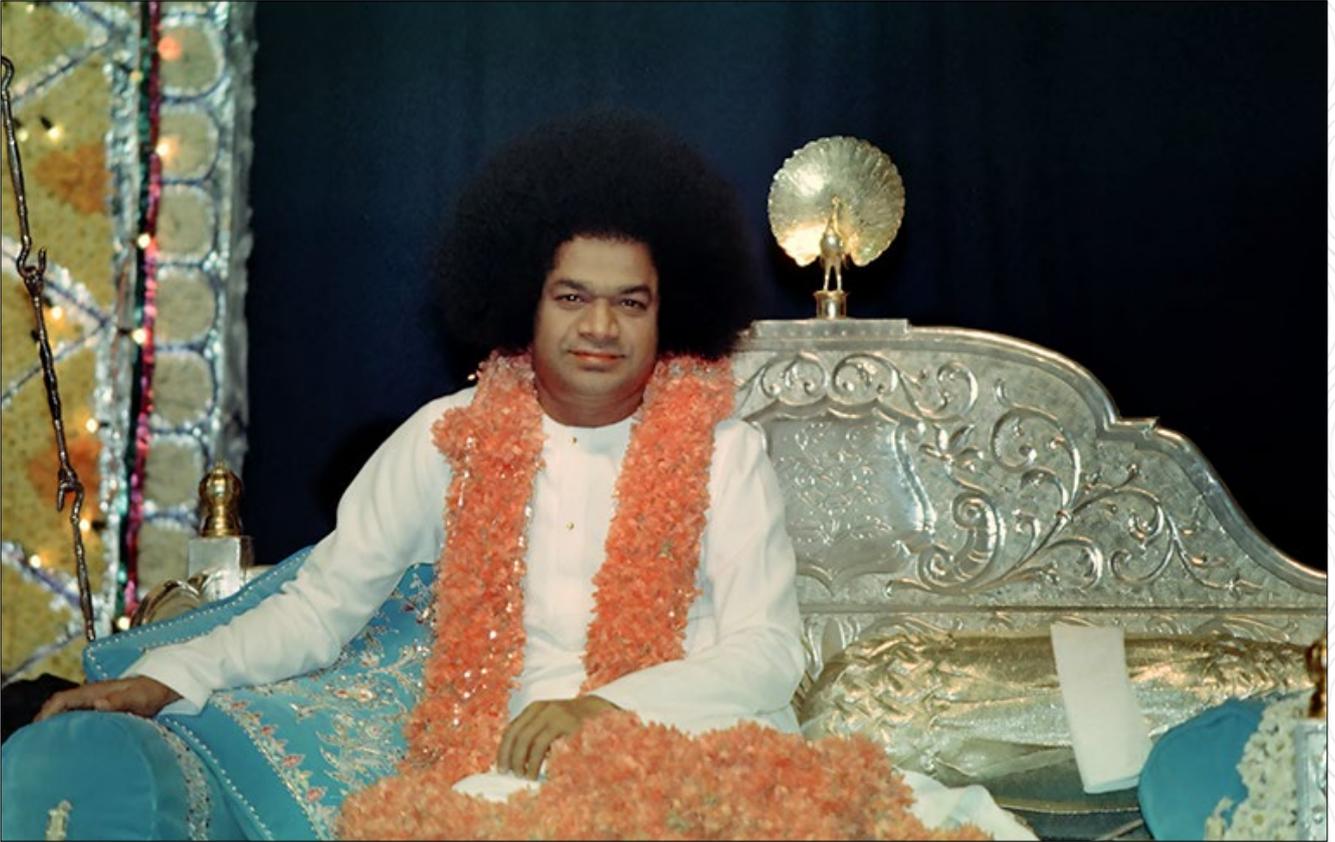
**DIVINE
GLORY &
MISSION OF**
SRI SATHYA SAI



The message of the Avatar must be born, must become alive, must grow in you and your heart—that is the Birthday you have to celebrate. Celebrate the Avatar’s Birthday in your own village. You need not travel long distances to where I am physically present. Plant the seeds of Love in your hearts, let them grow into trees of service, and shower the sweet fruits of *Ananda* (Bliss). Share the *Ananda* with all. This is the proper way to celebrate the Birthday.

Sri Sathya Sai Baba

November 23, 1972



DEDICATED WITH LOVE AND GRATITUDE TO

BHAGAWAN SRI SATHYA SAI BABA

ON THE AUSPICIOUS OCCASION OF
THE 97TH YEAR OF THE ADVENT OF THE AVATAR





Volume 1 • Issue 9 • November 2022

ISSN 2831-6908 (Online)

ISSN 2831-6916 (Print)

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Arcadia, California, USA

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Published by: Sri Sathya Sai International Organization

sathyasai.org

Table of Contents

Volume 1 • Issue 9

November 2022

- 2 Editorial**
Uniqueness of Sathya Sai Avatar: His Glory, Mission & Message
- 6 Divine Discourse**
Realize Your Innate Divinity and Attain Peace, November 23, 2005
- 14 Experiences of Devotees**
Journey to Self-Realization by Mr. Jonathan Roof
Sai Baba Will Never Disappoint His Devotee by Mr. Leonardo Gutter
Divine Grace by Mr. Vijay Desai
- 26 From the Divine Pen – Letter from Swami**
Within You is the Real Happiness
- 28 Humanitarian Service**
Love in Action – Azerbaijan, Brazil, Kenya, Russia
- 32 Sri Sathya Sai International Organization History**
Zone 9 – Countries of Africa
Divine Love and Light Shines on Africa by Sri Aravind Balasubramanya
- 40 Glory of Womanhood**
Love Travels Full Circle by Ms. Suzie Parvati Reeves
Motherly God and Godly Mother by Ms. Aparna Murali
- 48 Ideal Sai Young Adults**
How Well Do You Know His-Story?
Fourth European YA Camp
South African National YA Hike to Giba Gorge
The Journey Towards Swami by Ms. Saranya Naidu
- 54 Sathya Sai Education**
Contributions by Aadya, Aishani, Bhargav, Jose, Khushi, Meera,
Sai Prem, ShreyaSai, Vaidehi, Vidita and Vivek
- 60 SSSIO Events and Websites**



UNIQUENESS OF SATHYA SAI AVATAR: HIS GLORY, MISSION & MESSAGE

God, who is beyond name, form, attributes, time, space, and causation, incarnates in human form for the uplift of humanity. Lord Krishna says in the Bhagavad Gita (4:7,8) why He incarnates. He says that whenever there is a decline in the practice of righteousness, He incarnates from age to age to re-establish it. He also says that He has come to destroy the wicked and protect the good and the saintly. Baba has made it even more clear for this present age because He says that both good and bad are in everyone. So, He came to eliminate the bad qualities and foster the good qualities, in order to transform the heart.

Swami said the Lord descends in human form (*Avatar*) for the ascent of man to realize his true nature, that he is *Atma*, *Brahman*, and love. For this, Swami showed that divine love is the very best and royal path. **He teaches us what divine love is, how to love, how to nurture love, and how to live in love.**

When God comes in human form, He confers three gifts we dearly love, so that we can adore Him and enjoy Him.

1. *Nama*, the sweet, divine name
2. *Rupa*, the unparalleled, beautiful, Divine form
3. *Leela*, the blissful divine pranks or play.

In the Bhagavad Gita (4:9), **Lord Krishna says, "Whoever understands My *Leela*, My life, and My works, is liberated from the cycle of birth and death."**

But it is not so easy. The *Taittiriya Upanishad* says, "God's *Leelas* are beyond expression in words and comprehension by the mind." Swami declared on May 17, 1968, "No one can understand My reality today or even after thousands of years of ardent inquiry or steady austerity, even if the whole of humanity combines in that effort." But He assured us we could all enjoy and experience His unparalleled, universal love.

On the occasion of His 97th birthday celebrations, let us share some aspects of His life, leelas, message, and works, even

though this is as futile as trying to measure the ocean with a small cup. However, the process itself gives joy to all of us because we experience and enjoy His love.

The Uniqueness of Sathya Sai Avatar

Many Avatars sanctified the holy land of Bharat. However, certain aspects make the Sri Sathya Sai Avatar stand apart even from the *Poorna Avatar* (Full manifestation of all 16 attributes of an Avatar) of Sri Krishna and the recent Avatar of Shirdi Sai.

- For the first time in the history of humanity, the glory and grandeur of the Avatar spread across the world during the earthly sojourn of the Avatar itself. **The name of Sathya Sai continues to resound across the continents, His beautiful form is being worshipped, and His sacred mission continues to serve humanity in more than 110 nations.**
- Swami never had a 'Guru' to initiate Him, nor did He do any penance or austerities as He is the Guru of gurus and the supreme *Parabrahman*. Even Sri Rama had Gurus, sage Viswamitra and sage Vasishta, Sri Krishna studied under the sage Sandeepani, and Shirdi Baba said His Guru was Venkusa.
- Baba openly proclaims and teaches the harmony of religions and unity of faiths. He emphasizes that **there is only one religion – that of love**, only one language – that of the heart, only one caste – that of humanity, and only one God – who is omnipresent. Festivals across religions – Christianity, Islam, Judaism, Buddhism, Zoroastrianism, Hinduism, and Jainism – are celebrated by the Sathya Sai Organizations worldwide and interfaith programs are a common feature.
- Swami simplifies and clarifies great truths in a manner that has never been done before. For instance, Vedanta says the way to truth is by the practice of – *Neti – Neti*, which is explained as 'Not This,

Not This.' It is an analytical way of helping a person understand the nature of Brahman by negating everything that is not Brahman. But Swami explains that '*Neti*' does not mean 'Not This' but 'Not Only This'. In a masterstroke of communication, He makes us understand how God is present in all but also beyond all. He transformed an expression of exclusivity to one of all-inclusivity – from the negative to the positive!

His Glory

Divine Birth and Proclamation

Swami is a *Poorna Avatar*, and His manifestation, His life, and His message are unique. His divine birth is not an ordinary conception - not *Prasava* (birthing), but *Pravesha* (entrance). When Prof. Kasturi asked Swami about His birth, He told him to ask Mother Easwamma, who revealed how a blue ball of light came from the heavens and entered her as she was drawing water from the well. She fainted, unable to withstand the incredible magnificence of that impact. She did not reveal it to anyone. So, it was an immaculate conception. His birth was heralded by auspicious signs where musical instruments began to play spontaneously on their own, announcing the descent of a unique *Avatar*, the very embodiment of love. Since His childhood, He never knew grief, and He was always radiating joy and peace to people around Him.

Unable to come to terms with Swami's *leelas* which were beyond comprehension, His father, Pedda Venkama Raju, brandished a stick and demanded, "Are You a God, a Ghost or a Madcap...tell me?", and He calmly replied, "I am Sai Baba. I belong to the lineage of *Apastamba Sutra* and *Bharadwaja Gotra*. Venkavadhootha, a renowned saint, prayed that I be born in your family. So, I came." The revelation was too much to digest. When asked for proof of what He spoke, He picked up a handful

of jasmine flowers and threw them in the air. They fell on the ground **neatly forming the Telugu letters, "Sai Baba"**. This happened on May 23, 1940. On October 20 of the same year, He severed all family ties declaring, "My devotees are calling me: I have My work; I can't stay here any longer," and delivered His first message through a *bhajan* - ***Manasa Bhajare Guru Charanam, Dustara Bhava Sagara Tharanam***. "Worship the Guru's feet in your mind and He will take you across the ocean of *Samsara* (cycle of birth and death, worldly existence)."

Who is Sai Baba?

In 1963, Swami declared in His Guru Poornima discourse that He is *Shiva* and *Shakti* come as One. On May 17, 1968, at the First World Conference of the Sai Organizations, Swami declared, "This is a human form in which all the divine names and forms attributed to God by man are manifest. This is ***Sarvadevata Swaroop***, an embodiment of all divine principles." So is the experience of many people — Swami gave vision as Lord Rama to the Raja of Venkatagiri, as Lord Krishna to Dr. Hislop, as Lord Ganesha to Swami Amruthananda, and as the Supreme Brahman to Swami Abhedananda. There are many devotees who have experienced Him in different names and forms.

Swami often started His discourse with the following verse, describing His reality:

Sarva roopa dharam shantam,

I am all forms, and I am peace.

Sarva nama dharam Shivam,

I am all names, and I am auspiciousness.

Satchidananda swarupam-advaitam,

I am knowledge, existence, and bliss – the One without a second.

Sathyam, Shivam, Sundaram,

Verily, I am truth, goodness, and beauty.

So, we can surmise that **He is one in all, all in one, all in all, and beyond all.**

Swami is the embodiment of divine love. His love is unconditional, pure, selfless, eternal, and universal. Swami said, "**God is love, love is God, live in love.**" He says, "The best way to experience God, who is love, is only through love – you can see the moon only through moonlight." From childhood, Swami showered His love and bliss on everyone around Him, young and old.

Divine Play and Astounding Miracles

One of the manifestations of His love is His miracles. His miracles galore are astounding, awe-inspiring, and mind-boggling. He made the lame walk and the blind see, averted cancers, cured many from incurable diseases, and raised the dead to life. These miracles are like His visiting card, an expression of His love and a reflection of His divinity. Even as a child, He materialized whatever anyone wanted from the sands of the Chitravathi River, or from a tamarind tree which came to be known as the *Kalpa Vriksha* (wish-fulfilling tree). All these miracles, Swami said, are like mosquitoes on an elephant, when compared to the grandeur of His divine mission.

Swami said, "These *Chamatkars* (miracles) should lead one to *Samskar* (transformation), and then lead to *Paropakar* (selfless service), and finally to *Sakshathkar* (Self-realization), which is the ultimate goal of human life. These miracles and divine play are recorded in many books, talks, and movies. They are infinite, glorious, and unfathomable, and all the world's libraries are not enough to contain them.

His Mission

In His epochal letter of May 25, 1947, Swami said that His mission is to:

- **Confer *Ananda***, bliss for all
- **Transform the human heart** by eliminating evil tendencies and nurturing divine qualities
- **Relieve the suffering of all**

This is His mission, and He worked tirelessly in this task till He left His body on April 24, 2011. Still, He continues the divine mission in His omnipresent form, guiding the Sri Sathya Sai International Organization (SSSIO) which bears His sacred name. The SSSIO serves all in more than 110 countries, spreading His love and His message.

He started educational institutions which provide free value-based education from primary school to postgraduate levels, where the emphasis is not only on academic excellence but ideal character development. Inspired and guided by Him, the SSSIO is operating 40 Sathya Sai Schools, 27 Sathya Sai Institutions, and hundreds of SSE and SSEHV programs, providing value-based education to children and communities around the world.

Swami also established medical institutions which provide **free, comprehensive, state-of-the-art healthcare, from primary to tertiary care, with love and compassion.** Inspired by His example, SSSIO healthcare professionals conduct thousands of medical camps and run medical clinics and mobile clinics in many countries, to serve those in need.

Baba also gave free food and water to millions of needy people. With His blessings and guidance, the SSSIO continues to provide food and water to many communities around the world.

His Message

His message is universal and eternal, and it is for all humanity, irrespective of race, religion, creed, nationality, and ethnicity. One can summarize His central message as **“Love All, Serve All; Help Ever, Hurt Never.”** And the best way to practice this, Swami said, is the practice of the five human values, *Sathya, Dharma, Shanti, Prema,* and *Ahimsa* - Truth, Right Conduct, Peace, Love, and Nonviolence.

In fact, Swami has declared:

- Sathya (truth) is My *Pracharam*, (My teaching)
- Dharma (right conduct) is My *Acharam*, (what I practice)
- Shanti (peace) is My *Swabhavam*, (My nature)
- Prema (love) is My *Swaroopam* (My form)

So, His life is His message, and now our lives should be His message.

Let us follow His four-fold maxim:

Follow the Master; Face the devil;
Fight to the end; Finish the game.

The end of the game is Self-realization. For this, we need to remember, contemplate and affirm what Swami advised us in the 1983 Birthday discourse on November 23rd:

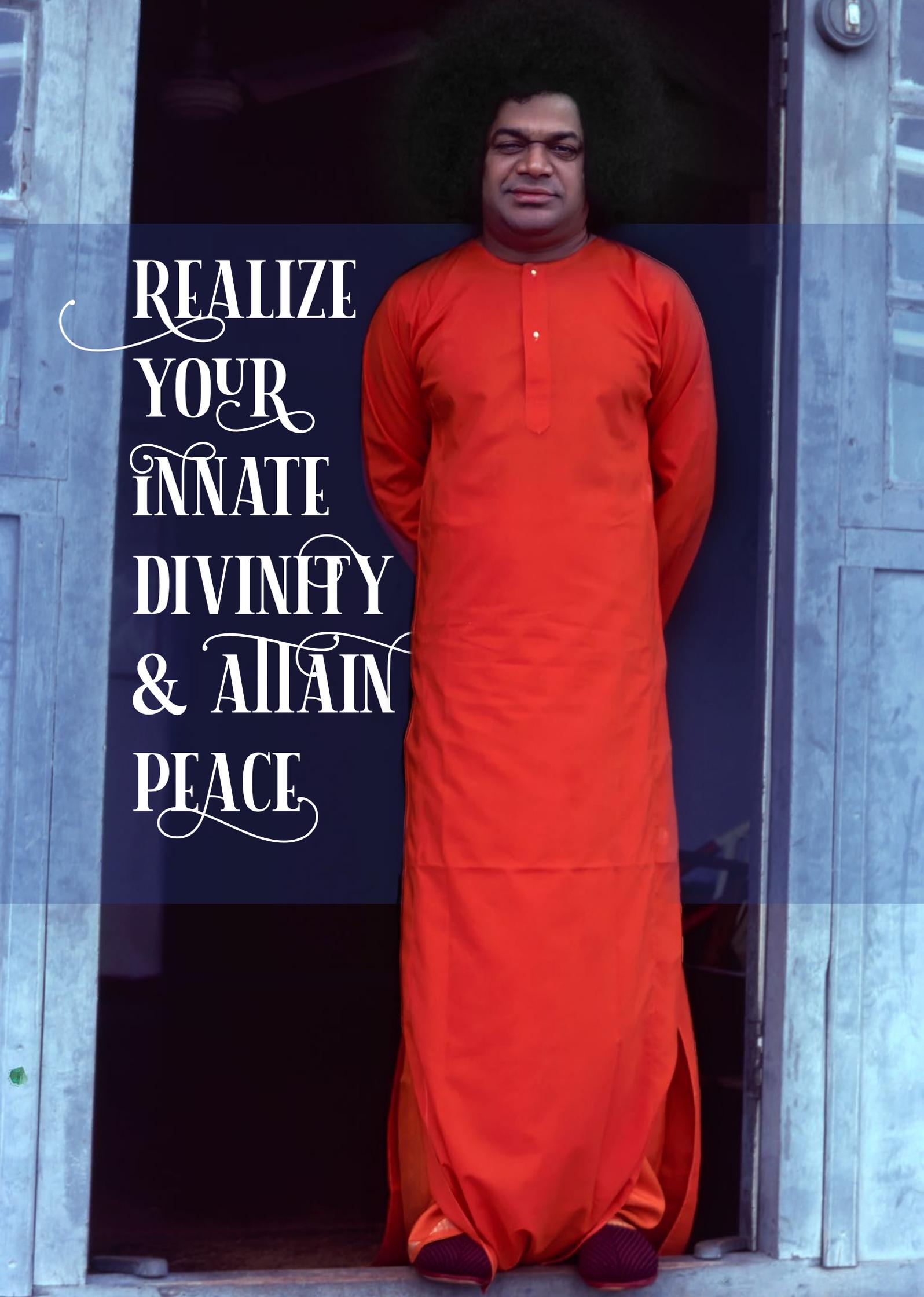
I am God. I am not different from God.
I am the indivisible, Supreme, and
Absolute (*Akhanda Parabrahman*).
I am Being, Awareness, and Bliss
(*Satchidananda*).

Grief and anxiety can never affect me.
I am ever content. Fear can never enter
me.

When we pray and practice these affirmations with absolute faith, we reach the goal supreme, and always live in divine love and divine bliss.

The uniqueness of Sai Avatar, His Message, and His Mission is astoundingly breathtaking and awe-inspiring. After many lifetimes, we are uniquely blessed to be the recipients of Divine Grace from the *Poorna Avatar*. As our Eternal Charioteer, He guides us. As our Eternal Companion, He lovingly guards us. Let us make the best use of this golden opportunity and pay heed to His Divine clarion call. Let us surrender to Him unconditionally and completely.

Jai Sai Ram.

A man with a serious expression stands in a doorway, wearing a vibrant red, long-sleeved kurta. The doorway is framed by weathered, greyish-blue wooden panels. The background behind him is dark. Overlaid on the left side of the image is white text in a mix of serif and script fonts.

REALIZE
YOUR
INNATE
DIVINITY
& ATTAIN
PEACE

Bereft of truth, righteousness, love and peace the
value of all your education is zero
Bereft of truth, righteousness, love and peace the
sanctity of all your acts of charity is zero
Bereft of truth, righteousness, love and peace the
utility of the positions of power occupied is zero
Bereft of truth, righteousness, love and peace the
result of all your good deeds is zero.

(Translation of Telugu poem)

Embodiments of Love! Human birth is meant for attaining peace and not for occupying positions of authority. One may have all types of wealth and comforts, but bereft of peace, life itself has no meaning. There are many in this world who are well-to-do, highly educated and occupying positions of authority. But in what way is society benefited by them? They have no time or inclination to wipe off the tears of the suffering humanity.

How can we help the poor and the down-trodden? This should be the concern of the people in power. But nobody seems to think on these lines. In the name of social work, people are indulging in “show-work!” They drive away the beggars who come to their doorstep begging for alms. **Man should engage himself in acts of charity in order to experience peace.**

You should understand the import of the term *manava* (human being) in the first instance. What is the goal of a human being? Is it to strive for the fulfillment of one’s desires? Is it to come up in life in the worldly sense? Is it to enjoy sensual pleasures? Human life is a mixture of happiness and sorrow. It is not possible to experience one to the exclusion of the other. How can

you expect to attain happiness and peace if you are not prepared to help your fellow human beings? Everyone has to experience ups and downs in life, but they are like passing clouds. Difficulties are a part of life. None can escape them. Hence, **one has to treat happiness and sorrow with equanimity.** There is pleasure in pain and vice versa. **One should not be elated by pleasure nor depressed by pain. We have to develop the spirit of equanimity in order to progress in life.** *Samatwa* (equality) is very essential for *samaaja* (society) to progress. *Sukha-dukhe samekruthwa labha-labhau jaya-jayau* (one should maintain equipoise in happiness and sorrow, gain and loss, victory, and defeat). But man, despite enjoying all comforts and pleasures, is unable to bear even a small difficulty. He is disturbed and distressed by the slightest trouble.

How can one Attain Peace

If you ask a wealthy person whether he is happy, what will be his reply? He will say, “Sir, I have no dearth of money. My children are well settled in life. My home is very well furnished with all types of comforts and conveniences. I have everything in life except peace of mind.” **How can one attain**

peace of mind? It is possible only when one realizes one's innate divinity. Why are we not able to experience peace? Where does the mistake lie? We go on enquiring others, "Who are you"? But we do not make an effort to enquire into ourselves, "Who am I"? There lies the mistake. Once we realize who we really are, we will be free from sorrows and difficulties forever. **Hence, first and foremost, we should make efforts to realize our true identity.** What is the use of knowing everything without being aware of the Self?

Is it not a futile exercise to sow seeds when there is no rain? Even when there are rains, can you reap a harvest unless you have sown seeds? Both the positive and the negative are required for the electric current to flow. In the same manner, both self-effort and divine grace are essential to achieve success in your endeavors.

God is Everywhere

Easwara-Sarva bhutanam (God is the indweller of all beings), *Isavasyam idam sarvam* (the entire universe is permeated by God). We must realize that we are born to experience our innate divinity and not merely to enjoy worldly pleasures. We have to take to the path of spirituality to experience our innate divinity. If we lack in spiritual outlook, we do not deserve to be called human beings. In fact, it amounts to a betrayal of God. God does not expect you to simply worship Him. He expects you to lead an ideal and purposeful life.

Once, sage Narada enquired Lord Vishnu, what is the royal path to immortality or liberation. Lord Vishnu replied, "One should realize that I am present in all beings." The spark of divinity is present in all. Man is not a mere mortal. He is essentially divine. *Jiva* (individualized soul) and *Deva* (God) coexist. The former is negative, and the latter is positive. Lord Vishnu told Narada, "I have to assume the form of a human in order to move among men and protect the world.

I am present in everyone in the form of *Atma*. When man constantly contemplates on the principle of *Atma*, I manifest Myself."

The same divine principle of *Atma* is present in all. One who realizes this truth experiences the all-pervasive divinity. God is in you, with you, around you, above you, and below you. However, you cannot realize this truth unless you give up negative feelings. **God is everywhere. You do not have to search for Him. Develop firm faith that He is in you. God has no specific form. He transcends all names and forms.**

Having been born as a human being you should strive for the welfare of society. You are a member of society, and your welfare depends on the welfare of society. Hence, undertake activities that are beneficial to society.

Embodiments of Love! Do not identify yourself with the body. You are the embodiments of the *Atma*.

The body is made up of five elements and is bound to perish sooner or later,
But the indweller is immortal and has neither birth nor death.

The indweller has no attachment whatsoever and is the eternal witness.

(Telugu poem)

God is One, Truth is One, Love is One

Can anyone say "My *Atma* is dead"? The physical body perishes with the passage of time, but the *Atma* is eternal. One can see the reflection of the sun in the water of a well, in a water tank, in the river, and in the ocean. Without water, there can be no reflection. When you are in the house you do not see the reflection of the sun as there is no water. Life is like water, and you see the reflection of *Atma* as long as there is life. The sun is one, but it appears as though there exists a separate sun for each country. When it is daytime in India, it is nighttime in America, and vice-versa. The sun



Today's man has limitless desires. His mind wavers from moment to moment and hence is called a monkey mind. Do not allow your mind to behave like a monkey. You belong to mankind, so keep your mind always steady.

may appear at different times in different countries, but it is one and the same. We cannot call it as Indian sun, the American sun, and so on and so forth. Similarly, God is one. Truth is one. Love is one. Live in love. **When you adhere to the twin principles of truth and love, you will experience the manifestation of divinity in everything.**

God is One. Who is God? In fact, you, yourself, are God. **Everyone should develop the firm conviction, "I am God."** When you develop such firm conviction, there will be no room for ego and hatred. You are God, and your fellow human being is also God. Develop such principles of oneness and equality. When you conflict with others, you are actually in conflict with yourself. Victory and loss are a part of the game of life. One should not criticize or blame the other. When someone meets with failure in his endeavor, empathize with him. When you do not identify yourself with others, differences are bound to crop up.

Who are you? You think you are the body. How long will the body last? It may leave at any time. The human body is like a water bubble. How can you identify yourself with such an ephemeral body? You may say "I am the mind." Mind is nothing but a bundle of desires. The mind does not have a specific form. The desires constitute the mind. One day or the other, you must give up all your desires. Hence, do not identify yourself with the mind.

Keep your Mind Steady

Today's man has limitless desires. His mind wavers from moment to moment and hence is called a monkey mind. Do not

allow your mind to behave like a monkey. You belong to mankind, so keep your mind always steady. Constantly remind yourself that you are a human being. *Daivam maanusha rupena* (God in the form of human). Give up body consciousness and live in the constant awareness that you are God.

We construct temples to consecrate idols and worship them. Where does the idol come from? It is your own creation. You offer worship to the man-made idols, but you are not prepared to worship yourself (the God within). There is no point in merely worshipping idols if you do not realize your own innate divinity. Everyone must respect and revere the principle of the *Atma* within. Consider *Atmaviswasa* (faith in the Self or Self-confidence) as your very life breath. *Atmaviswasa* is verily the true *viswasa* (faith). Faith in idols is temporary.

When you go to Tirupati (a sacred pilgrimage destination in South India), you worship God in the form of Lord Venkateswara. You extol Him saying, "Lord Venkateswara is our family deity." When you make a pilgrimage to Brindavan, you worship God in the form of Krishna. In Ayodhya, you worship Him in the form of Lord Rama. Depending on the place and circumstances, different names and forms have been attributed to God. But, in reality, Lord Venkateswara, Krishna, Rama, and Sai Baba, are all one and the same. Call Him by any name, and He will respond. He has no differences. You should not be deluded by differences in name and form. Each human being has a specific form, and it is not permanent.

Therefore, develop firm faith in the oneness of the Atma.

Develop Unwavering Faith

Embodiments of Love! Having come here [Prasanthi Nilayam] after spending a lot of money and putting up with inconveniences, you should make proper use of your stay here. Ask yourself, whether you have spent your time in a purposeful manner. What is the use of coming here if you do not practice Swami's teachings? **Develop unwavering faith in the oneness of divinity. Only then can you experience peace.** As long as you do not contemplate the oneness of God, the wavering nature of the mind continues.

Religions are many but the path and goal are one.

The thoughts of each individual may be different, but the Reality is One.

(Telugu Poem)

Religions are different but the praise of God is one and the same. You may criticize someone as a bad person today and extol him as good tomorrow. **Good and bad are your own thinking. Your mind is the cause for both.** In reality, man is always good by nature. Human life is highly sacred. That is why it is said, *Daivam maanusha rupena* (God is in the form of a human). Do not belittle yourself by thinking that you are a mere mortal. You are verily God. The very fact that you portray God in a human form and worship Him proves that human being is essentially divine. Do not attach undue importance to forms. Understand the inherent principle of divinity. Keep the mind with a one-pointed focus.

What is the use of taking birth as a human being if you behave like an animal? You need not give up everything and become a *sannyasi* (renunciant). See God in man. God is all-pervasive. You cannot say that God is confined to a particular place. There is no place where God does not exist.

*Sarvatah panipadam tat sarvathokshi
siromukham,
Sarvatah sruthimalloke sarvamavruthya
tishthati*

(With hands, feet, eyes, head, mouth, and ears pervading everything, He permeates the entire universe).

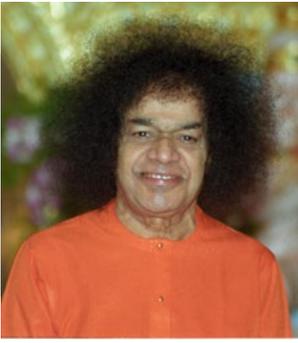
Purify the Mind

We cultivate paddy. However, we do not consume it as paddy. We remove the husk covering the grain and transform it into the rice. So long as there is a husk, it is destined to have "rebirth". Our desires are like the husk covering the rice grain. **We will be free from the cycle of birth and death once we give up all desires.**

Paddy becomes suitable for consumption only after it undergoes the process of refinement and becomes rice. Rice is used for making various preparations such as *pulihora*, *chitrannam*, *chakkeru pongali*, *payasam*, etc. (rice delicacies). Also, Rice flour for preparing *idlis* and *dosas* (rice preparations). The names of these food items may vary, but the essential ingredient of rice is the same in all. Just as paddy is transformed into rice, our mind should also be purified through the process of refinement, termed *samskara*.

You are deluded because of your materialistic outlook. You have to change your vision as it is not something that God will change for you. He has given you everything in its pristine form. But you are polluting it because of your selfish desires. The mind is the root cause of all this. Hence, annihilate the mind and everything will be clear to you.

Embodiments of Love! Your heart is pure and sacred, but you are deluded by the clouds of desires. Just as the sun and the moon are not visible to us when they are covered by clouds, we are unable to visualize our reality because of our desires. These clouds pass over.



Mere performance of acts of charity will not confer nobility on you. Offer yourself to God with single-minded devotion. Only then can you attain peace and happiness.

Childhood passes in trivial play with
other children.
Youth passes in amorous sport.
Middle age absorbs time and effort
in amassing wealth.
Come declining years, time crawls
in futile longing for worldly desires.
Yet there is no time for contemplation
of God.
Thus, is wasted the precious human birth,
deeply entangled in the net of *karma*
(Telugu poem)

Rely on the Eternal Atma

Man feels proud of his youth and falls into the trap of *maya* (delusion). As the end approaches, he regrets not having attained peace of mind in spite of enjoying all comforts and pleasures. Man passes through various stages in life such as childhood, youth, middle age, and old age. However, there is no transformation in him with the advancement of age. Instead of trying to change the *srishti* (creation), man should change his *drishti* (outlook). We can see the reality only when we change our *drishti*. There is nothing wrong with *srishti*. **God's creation is perfect, and none can change it. In this creation, God can make anything happen by His divine Will.**

So long as one is endowed with physical strength and vigor, one may enjoy himself by participating in *atalu* and *patalu* (play and song). However, one should not indulge oneself in any activity beyond a certain limit. As age advances, the physical body undergoes certain changes. Your voice, breathing, and vision are bound to change with the passage of time. You suffer from unrest and anxiety because

you rely on your physical body. Instead, rely on the changeless and eternal principle of *Atma*.

Man is ruining his life because of his habits. He should lead a life of righteousness. Do not give undue importance to food and drink. **Consider character as your very life breath.** If you lack character, you will have to face innumerable difficulties in life.

Hold on to one Name and one Form

Divinity is referred to as *Sath*, which means changeless and eternal principle. People of different religions call it by different names. The Muslims extol God saying, "*Allah Ho Akbar*" (God is great). They consider God as their sole refuge. Whether one is a Muslim or a Hindu, God is the only refuge for all! You should emphatically declare to yourself, "I want God." You should get immersed in the 'divine', not in 'deep wine!' Once you accept Lord Rama as your chosen God, you should spend your entire life in the contemplation of Rama. But, these days, man has become fickle-minded. One day he keeps the picture of Rama on his altar and starts worshipping Him by chanting His name, but the very next day he replaces Rama's picture with that of Sri Krishna if his wishes are not fulfilled.

Once there lived a devotee of Lord Shiva. He used to worship Shiva every day and chant the sacred *Panchakshari mantra*, "*Om Namah Shivaya*." But, after some time, he felt that Lord Shiva had not done him any favor. Hence, he put away Shiva's picture in the almirah (wardrobe) and kept Rama's picture on the altar. Initially, he could feel some peace. However, his desires

remained still unfulfilled, and he became restless. Now he kept Rama's picture also in the same almirah, and on the advice of his guru started worshipping Krishna. He chanted the divine name "Gopala Krishna" incessantly. After some time, he felt that even Krishna had not done him any good.

One day a lady devotee came to him and said, "What is the use of worshipping Rama and Krishna? Better you do *Devi puja* (Divine Mother worship)." As per her advice, he kept a picture of Devi on the altar and started worshipping it, replacing the picture of Krishna. As the *puja* was in progress, he noticed that the fragrance from the incense sticks was wafting toward the almirah where the pictures of other deities were kept. He, therefore, decided to remove those pictures from the almirah, thinking that the incense was meant for the goddess and that the other deities had no right to enjoy the fragrance.

Immediately, the Divine Mother manifested before him and said, "Oh mad man! You worshipped Shiva for a few days, then switched over to Rama and later to Krishna. What is the guarantee that you will not discard My picture also tomorrow? This is not true devotion. You should contemplate on one name and one form till your last breath. You should remain unperturbed by difficulties and lead a spiritual life. Fill your heart with sacred feelings. Only then will your life be redeemed."

If you want to progress in life never forget the name of God. Do not divert your mind from one name to another. Let your mind be focused on one name and one form.

Mana eva manushyanam karanam bandhamokshayoh (the mind alone is the cause for bondage and liberation of man). The mind wavers because of the desires you entertain. Hence, you will attain peace only when you give up your desires. Do not let the mind waver. Keep it steady. Mere performance of acts of charity will

not confer nobility on you. **Offer yourself to God with single-minded devotion. Only then can you attain peace and happiness. Control your desires. Control your thoughts. Then everything will come under your control.**

Embodiments of Love! You are endowed with the eternal principles of truth and love. *Sathyannasti paro dharmah* (There is no *dharma* greater than adherence to truth) Consider *sathya* (truth) as the basis of your life and follow the path of *dharma* (righteousness). Only then will the principle of Love manifest in you. **When you have love, you will be successful in all your endeavors.**

Embodiments of *Atma*! You are the embodiments of *Atma*. There is no form for the *Atma*. The body made up of five elements is bound to perish. You are not the body, which is bound to perish. You are the indweller, which has neither birth nor death. It has no attachment whatsoever. You will attain immortality once you realize your true identity. You will be free from all worries and desires.

Foster Love and Truth

You should not have even a trace of worry. **You may ask, "Is there anyone without worries and desires?" I, Myself, am a living example and ideal in this regard.** I have absolutely no desires whatsoever. Everything is in My hand. I can give you whatever you ask for. However, do not crave materialistic things from Me. They are transient like passing clouds. Ask for that which is eternal. The clouds pass away and are not permanent. There is Truth within you that is permanent. This Truth sustains the world. The twin principles of Truth and Love are present in everyone. **I am the Truth that is present in all. I am the Love that is present in all.** Truth and Love are all-pervasive. However, we are not making efforts to experience Truth and Love. We try to use the Truth and Love according to our conve-



Do not confine your love to your family and friends. Share it with one and all. Whomsoever you come across, consider everyone as the embodiment of divinity.

nience. The Truth and Love in us are present in monkeys, dogs, and other animals. We should develop and foster Eternal Truth and Love.

Embodiments of Love! Today you may be occupying positions of power, but how long can you remain in power? It is only temporary. Only divinity is everlasting. You have chosen the path of Truth. Never deviate from it. Never forget the principle of Truth you have experienced. You may forget anything in life but not Truth and Love. Love is *antarvahini* (undercurrent) and Truth is *bahirvahini* (manifest flux). Both of them have to be protected and sustained. That is the duty of a human being. Bereft of Truth and Love, one does not deserve to be called a human being at all!

Have One-Pointed Devotion

Embodiments of Love! **Let your life be filled with love. Do not confine your love to your family and friends. Share it with one and all. Whomsoever you come across, consider everyone as the embodiment of divinity.** Share your love with your fellow human beings, become the recipient of their love, and lead your life practicing Truth. Follow the path of Truth. I always teach the principles of Truth and Love. Congregations like this are meant only to exhort you to adhere to the path of Truth and Love.

All of you have gathered here out of your love for Me. Having come here and listened to My message, you should practice Truth and Love in your daily life. Only that will make Me very happy. Let your love be not tainted with worldly feelings. Let it flow incessantly toward God.

This was the ideal demonstrated by Radha. Who is Radha? She is *dhaara* (incessant flow). Her focus was always on God. She offered everything to God. Once she was given milk that was poisoned. Because she offered everything to God, God received the poison and the milk which thus became sanctified was partaken by Radha. She was the kind of person who was always in thought of Krishna. You should understand the meaning of Radha. If you start with “R” you get Radha, if you start with “A” you get *aadhaar* (basis), if you start with “D” you are Dear to God because of *dhara* (incessant flow of love for God), and if you start with “A” you get *araadh* (worship). This means that the very basis of Radha’s life was incessant *aradhana* (worship) of Lord Krishna. Radha symbolized *dhara* (*Prakriti* or nature). Krishna is *Paramatma* (God). Radha knew only Krishna and no one else. She was totally immersed in the love of Krishna. It is because of such one-pointed devotion that she could attain liberation. One who aspires to attain liberation should follow the path of love as exemplified by Radha.

Embodiments of Love! I do not want to cause inconvenience to you by speaking at length. Hence, I bring My Discourse to a close. **Consider wherever you go and whatever work you do as God’s work. See God everywhere. I will be happy when you develop such divine feelings.** So many people have assembled here. I confer on you the sacred wealth of My love and bliss. May all of you lead a long, happy, healthy, and peaceful life!

Sri Sathya Sai Baba

November 23, 2005

Journey to Self-Realization

Part 1

IN THE FALL OF 1971, MY LIFE SUDDENLY AND DRAMATICALLY CHANGED. Although I had been striving for spiritual understanding for a number of years, I had little to show for it. I was eighteen years old, but I had grown up from the time I was a small child with the spiritual traditions of the East. I had read many metaphysical and spiritual teachings, but they did little to change my life or prepare me for what I was about to experience. But perhaps the unusual upbringing I experienced may have foreshadowed what would change the future course of my life.

Off to India to Buy the Taj Mahal

Let's rewind to 1955 when my mother and father packed up three children under the age of seven and moved to India for 26 months. Leaving a comfortable living near Boston, Massachusetts, they ventured out on a spiritual quest that each had long dreamed of. My maternal grandfather was one of the two co-founders of Sheraton Hotels. So, when my father resigned from his job as Director of Advertising at Sheraton Hotels, nobody was able to believe the reason for his resignation!

My father's co-workers pestered him repeatedly for the real reason for his unusual journey. Finally, in exasperation, he confided to one particularly inquisitive co-worker, after swearing him to secrecy, "I am on a secret mission for Sheraton Hotels to speak with the Government of India about buying the Taj Mahal." Although he thought the story was too preposterous to be taken seriously, it soon leaked out to the Boston newspapers. Apparently, people at that time and in that place believed that the purchase of the Taj Mahal by a hotel company was a more plausible explanation for travel to India than going on a spiritual quest!

The doors to spiritual progress **open** if we **persist** with effort and patience. I had reached that point in my journey.

The Beginning

My family lived in Northern India for two years in the mid-1950s. My father was writing a book on Vedantic teachings titled *Journeys on the Razor-Edged Path* while studying with monks of the Ramakrishna Mission around Kalimpong, near the border of India, Sikkim, and Bhutan. My mother studied Hatha Yoga while in India. Returning to the US in the late 1950s, she began teaching and writing about yoga, health, and diet.

My early life was influenced, even if unknowingly, by the quests of my father and mother. I learned Hatha Yoga and astrology from my mother at an early age. I also read about the masters of the East and Theosophy. I read the teachings of the Himalayan masters, Theosophy, Alice Bailey, Ramakrishna, Ramana Maharshi, the Tibetan masters, Kabbalah, and others.

And yet, I did not feel that I had come any closer to understanding the Self.

A Sudden Awakening

In 1971, I was a freshman at Pomona College in Claremont, California. I had planned to study a major in psychology since I had not found the answers that I was looking for in religion or metaphysics. However, a momentous day dawned in the fall of that year. As I stood near the inner door of my dormitory room on the ground floor of Harwood Court, thoughts went through my mind concerning service. I had never really participated in organized service proj-

ects, but I was beginning to recognize that **service was an inescapable part of a spiritual endeavor.**

When I finally resolved to participate in a campus program to work at a mental hospital in the nearby town of Pomona, a sudden breakthrough in consciousness occurred at that very moment. As I flipped on the wall light switch, it was like I had flipped on a switch in my mind. **Instantly my consciousness shed all worries, and a blissful peace overcame me.** I was immediately energized and saw everything around me as though I was seeing it for the first time. The cares of the world slipped from my shoulders, and I felt as though all questions were answered, or more specifically, that there were no questions left unanswered.

“When the spiritual switch is flicked, supreme bliss can be experienced immediately. Therefore, the realization of this exalted state, described variously as Brahmanandam, Parama Sukhadam, etc., can happen instantaneously, without any apparent reason. To have this experience, you do not have to withdraw to the forest as people mistakenly imagine; it can happen to you right here.”

Sri Sathya Sai Baba

Summer Showers In Brindavan, 2000

I could have been standing two inches off the floor for the buoyancy and lightness I experienced. I not only felt weightless but also filled with wonderful light. The moment

Nothing had **outwardly** changed in my environment, but everything had changed **inwardly**. At that moment, I knew that I was experiencing **Self-realization**.

stood still in time as I looked around incredulously. Nothing had outwardly changed in my environment, but everything had changed inwardly. At that moment, I knew that I was experiencing Self-realization. I recognized the characteristics of the experience from my readings, particularly in Zen Buddhism. But even in the absence of references, the experience was so powerful and 'Self' fulfilling that I was certain it could be nothing else.

In that state, there were no questions or problems, only a remarkable bliss and a lightness of being.

A Return To 'Normalcy'

Unfortunately, the experience came to an end all too soon. It probably lasted no longer than a minute or two, but I was irrevocably changed. I became convinced of the reality of Self-realization and the possibility of sudden personal transformation. From that day, no other goal could capture my imagination. **I knew that my one goal was to recapture that bliss and equanimity. And thus began the start of a new journey.**

It has been said that a momentary experience of Self-realization might occur as the result of spiritual practices done in past lifetimes. The progress we secure in each passing lifetime is never lost; it becomes a part of our new lives as we resume our journey.

"Divine vision is the result of practice and of God's grace. At times, divine vision may appear to arise spontaneously, but it is because of work done by a person in a previous life."

Conversations With Sathya Sai Baba
John Hislop

I did complete the volunteer work at the mental hospital in Pomona that I signed up for. But the will to serve did not reappear to any notable degree until several years later. At 18 years of age, I did not consciously possess the spirit of surrender, for I had no teacher or personal form of God to whom I felt inclined to surrender. Much work remained to be done. However, I did receive some grace from God, from some past spiritual karma, that resulted in a state of mental stillness that briefly revealed to me the *Atma*.

There are three kinds of liberation. It is experienced in one type of samadhi (mental stillness). Then, a person who is engaged in sadhana (spiritual discipline) can suddenly — like a flash of lightning — have a clear vision of the truth, but it fades and ordinary life resumes. Liberation cannot be permanent without total surrender.

My Baba and I
John Hislop

A Blockade

In 1975, I married Rose, my wife whom I had met during a summer foreign exchange program in Germany when we were 16 years old. The following June, I graduated from Pomona College, and Rose and I moved to Tucson, Arizona. I started a job as a stockbroker at Merrill Lynch, but my focus on spiritual life did not change. I believed that holding a steady job and settling down in my own home would provide the stability I needed to concentrate further on my goal. Most of my effort was to fathom the cryptic teachings and anecdotes in John Blofeld's book, *The Zen Teachings of Huang Po*. Yet however much I tried to recapture the *satori* (enlightenment) experience that I had when I was 18 years old, I was unable to recover that bliss and inner fulfillment.

But by 1978, I seemed to have hit a wall in my spiritual practice. No effort or direction of approach appeared to bring me any closer to my goal. I no longer had excuses. I had a home, a job, the time, and silence to pursue the path. But the wall I encountered offered me no path — over, around or underneath the obstacle of my mind. However, we become eligible for divine grace when we employ our best efforts on the spiritual path and still come up short. **The doors to spiritual progress open if we persist with effort and patience. I had reached that point in my journey...** *(to be continued)*

Mr. Jonathan Roof
USA

In the second part of this series, I will narrate how I was drawn to Sri Sathya Sai Baba to fulfill my spiritual quest, which is the ultimate experience for all spiritual seekers.



Mr. Jonathan Roof is currently retired and living in Kailua-Kona, Hawaii. Jonathan first visited Sathya Sai Baba in India in 1979. As a result of his interactions with Sai Baba, he wrote the three volumes of *Pathways to God*. The first volume came out in 1991 and the third volume in 2004. Jonathan served as an organization officer in many capacities for 33 years. In 2011 he led the USA pilgrimage to Prasanthi Nilayam. Mr. Roof was President of the Sathya Sai Baba Central Council USA from 2001 until 2011. He has spoken extensively at Sai conferences throughout the USA and Canada.



Sai Baba Will Never Disappoint His Devotee

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I TRAVELED TO INDIA FOR THE FIRST TIME IN JANUARY 1982 in my capacity as the Vice President of the Suddha Dharma Mandalam (a spiritual organization based on Vedanta, Raja Yoga), invited by the Master of the organization during his visit to Argentina. My plan was to stay with him for a month and learn from him.

I had heard and known about Bhagawan Sri Sathya Sai Baba before I left Argentina. Within three days of reaching India, I had a burning and irrepressible desire to see Sai Baba. Fortunately, the Master understood and allowed me to go and see Sai Baba.

I started off by train from Bombay to Madras (Chennai) where I was told Sai Baba would stay for a few days. The train journey in itself could be the subject of a separate article because, in those 36 hours, **I experienced numerous miracles that convinced me of Sai Baba's power of protection, even before I saw Him!**

Today, I understand that
I am very lucky to be alive as a
contemporary of the Avatar of our
age and to be a spiritual aspirant
searching for the truth.

The Heart Always Knows

When I arrived at Sundaram, Sai Baba's ashram in Madras, there were nearly 50,000 people eagerly waiting to see Him. I was escorted to the front lines, and, at that time, I thought it was because I was a foreigner. **I know today that everything in our lives is preordained by the Lord!**

There was a long wait for Baba. I sat calmly and peacefully, unaware of how my life was about to change forever! A couple of hours might have passed like this. All of a sudden, my heart began to beat fast, and I experienced palpitations. It was not unpleasant, but enjoyable anticipation! I wondered what was happening to me and why it was happening. The reason became evident moments later.

Sai Baba's car entered the gates of the *Ashram!*

Swami alighted and began to walk around granting *darshan* to the assembled thousands. As He passed by me, I said, "Swami, I want to see you..."

Pat came the reply from within, "*But you are seeing me now.*"

I was stunned because this was my first experience of telepathy in my life!

I continued, "Swami! I want an interview."

Swami just smiled and moved on.

From that day when I had my first *darshan*, my heart would always recognize His presence and start beating rapidly whenever Baba came for *darshan*. This is how I discovered the truth in the saying, "You have to follow the heart because it will always lead to the true goal."

My heart connected with Him and recognized the Master even before my mind did!

The Great Good Fortune of a Sai Devotee

That was my first experience with Bhagawan Sri Sathya Sai Baba in His physical proximity. During that first trip to India, I had a series of wonderful experiences relating to Baba. Practically every day I had the opportunity to come in contact with Him, whether it was by offering a letter which He usually accepted, presenting a photo for Him to bless and sign, or receiving the *Vibhuti* He materialized for me.

A few days later, a public meeting was held in Abbotsbury, a very large open-air venue in Madras (Chennai). Sai Baba was scheduled to give a discourse, after which

the devotees in Madras would present a cultural program. Though the place was packed with thousands of people, I had the good fortune of getting a seat close to the stage, just a few meters from where Baba would sit after His discourse and preside over the event. When Swami finished His discourse, He sat down and waited for the cultural program to begin. Seeing Him so close, I thought this was my opportunity to formally introduce myself.

In retrospect, I realize how naive I was! My assumption was that He did not know me and needed to see my business card as an introduction. So, I simply got up and went over to where He was sitting. Amazingly, nobody stopped me, and when I went near Him, I gave my business card. He took it, looked at it, and then, affectionately slapped my hand, saying,

“*You are very lucky!*” Sai’s remark caused me to reflect deeply, not only at that moment but even now, several decades later. What did He mean?

Today, I understand that I am truly very lucky to be alive as a contemporary of the Avatar of our age and to be a spiritual aspirant searching for the truth. As Swami says, among eight million four hundred thousand species of life, human birth is the most difficult to attain. It is a sign of Divine Grace and a blessing!

Those of us who have heard of the *Avatar*, seen Him, experienced Him, or have been chosen to be His devotees are extremely fortunate! Indeed, how lucky we are!

A Resignation and A Promise

Thirty days passed since my arrival at Sundaram, and I felt absolutely convinced of the divinity of Sai Baba. I followed him to Brindavan *ashram* in Bangalore, and then to Prasanthi Nilayam *ashram* in Puttaparthi, not wanting to miss even one *darshan*. That was the turning point, and I submitted my resignation as Vice

President of the *Raja Yoga* organization, Suddha Dharma Mandalam, to fully dedicate myself to serving Bhagawan. The next morning, during *darshan*, instead of His usual routine of walking first to the women’s side, Swami came straight toward me. He must have walked over 100 steps to reach me. He looked deeply into my eyes and said,

“*Yes, this afternoon I will call you!*” He was going to grant me an interview! The night before **I had taken one step toward Him, and He had literally taken a hundred steps toward me!**

I was absolutely thrilled at the prospect of having my first interview with God. Not wanting to let go of the opportunity, I wanted to wait in front of the interview room door until the afternoon. But a *Sevadal* (volunteer) stationed outside the door told me to come back in the afternoon and if Sai Baba decided, He would call me for an interview. I felt sad. I thought, ‘Why does this person not like me? What if Sai Baba forgot what He told me and I would be deprived of the promised greatest blessing? And even if Swami remembered, how was He to find me among the thousands of devotees gathered?’ With these discouraging thoughts, I returned to my room to wait till the evening *darshan*.

Adding to my disappointment, I got a seat in the fourth row in the evening. This was far away, and I would definitely have a lesser chance to talk to Swami, I thought. My sorrow only heightened. I was sure that my golden opportunity had slipped away.

When Swami came out of His room, He stood on the veranda, and from there, without even searching for me in the huge crowd, He simply looked up and stared at me straight in the face! From where He was standing, He called out, “*You!*” and beckoned me to come in for an interview! I approached Him and asked if the other members of the Argentinian group could

come with me. He replied, "Yes." The best part was that all this happened even before Swami granted His routine *darshan*!

As we sat near the interview room door, Swami went around giving *darshan*. Then, He ushered us into the room. Once inside, He spoke to all of us who were sitting there. He came to me and then, in a flurry, began revealing all that I had been thinking about since the morning, including my doubts about whether He was going to remember me or find me in the *darshan* gathering of people. He described every thought of mine in detail. Then He came closer and

whispered in my ear, "***Sai Baba will never disappoint His devotee.***"

This promise is etched forever in my memory because I believe that it was not just for me but for all devotees and not just for that moment but for eternity! With His Divine promise in our hearts, let us bid goodbye to disappointment and get ready for an appointment with Him to serve Him always!

Jai Sairam.

Mr. Leonardo Gutter
Argentina

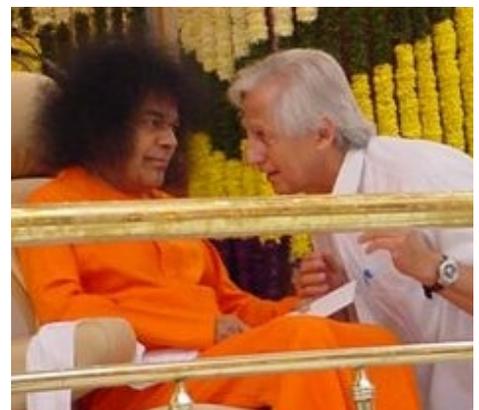


***God is your sole refuge wherever you may be,
in a forest, in the sky, in a city or a village,
on the top of a mountain or in the middle of deep sea.***

Sri Sathya Sai Baba
July 21, 2005

Mr. Leonardo Pablo Gutter, a psychologist by profession, has been serving in the Sri Sathya Sai International Organization (SSSIO) for over four decades. He has had many personal interactions with Bhagawan Sri Sathya Sai Baba. He started the Latin American movement of the SSSIO and previously served as the Chairman of Zone 2, Latin America. Mr. Gutter is a founding member of the Sri Sathya Sai Trust of Argentina.

He is a Member of the Prasanthi Council, Director of the Sri Sathya Sai World Foundation, and Co-Chair of the Intellectual Property Committee. Working with the entertainment industry over the past 43 years, Mr. Gutter represents some of the largest American, European and Japanese TV and cinema studios in Latin America.



Divine Grace

SWAMI'S DIVINE GRACE IS INDEED VERY PRECIOUS

because when we receive His grace, two very important things happen:

1. Our spiritual journey accelerates, and
2. Swami protects us from severe challenges in our lives.

Swami's Divine Protection: An Accident

In 2021, I was driving my car alone to the bank when the vehicle ahead slowed down to make a right turn. Naturally, I also slowed down. But the driver behind me did not, and I could feel the car colliding at the rear end of mine. I experienced a mild jerk and turned around to see that the driver of the colliding vehicle was visibly shaken. I got out of the car and told the driver who rear-ended me not to worry as I was perfectly fine. Fortunately, he too was not hurt. But I saw that the front of his car was smashed completely, and the airbags had been deployed. I felt for him because while my car was towed away for repairs, he was told that his car was badly damaged and needed to be junked.

A woman from the body shop called me the next day. She said that the damages to the car would cost \$10,000 to repair. She also asked me if I had been hurt in the accident. I mentioned that I was not hurt at all. The following day another woman from the body shop called me asking if I was hurt in the accident. She mentioned that upon further inspection they noted a big hole at the bottom of the car. The new estimate to fix the damages was \$20,000, which was more than the car's worth! Therefore, they decided to write off the vehicle and reimburse the total amount. The damage to the car was so extensive that nobody at the body shop was ready to believe that I was not hurt at all.

If we have a **casual attitude** toward practicing His teachings and adopt selected practices that are convenient for us and not for the higher good then we are **part time devotees**

This is **one way** in which Swami lightens the load of our *karma*, as He Himself puts it:

“You might say that the karma of the previous birth has to be consumed in this birth and that no amount of grace can save man from that. Evidently, someone has taught you to believe so. But I assure you, you need not suffer from karma like that. When severe pain torments you, the doctor gives you a morphine injection and you do not feel the pain, though it is there in the body. Grace is like morphine; the pain is not felt, though you go through it! Grace takes away the malignity of the karma which you have to undergo.”

Sri Sathya Sai Baba
November 23, 1964

Energizes Heart

In 2014, three years after Baba left His physical form, He came in my dream and with immense love and concern said, “You have bubbles in your heart. May I energize your heart?”

I was overwhelmed seeing the humility of the Avatar of the Age in seeking my permission to do good for me! With folded hands, I said, “Yes, Swami.”

Swami then placed His hands on my chest and energized my heart in a circular motion. It was surprising that in all my previous annual medical examinations, there had been absolutely no problem with my heart.

I am convinced Baba anticipated a future crisis and cured it before it even manifested!

This is **the second way** by which Swami eliminates our *karma* without us having to even experience it, as He says in His discourse.

“You know there are dated drugs, which are declared ineffective after a certain date; well, the effect of karma is rendered null, though the account is there and has to be rendered! Or the Lord can save man completely from the consequences, as was done by Me to the bhakta whose paralytic stroke and heart attacks I took over some months ago, in the Gurupournima week!”

Sri Sathya Sai Baba
November 23, 1964

Wipes Out Karmic Burden

A student at Swami’s University suffered severely from chronic asthma and always wheezed while breathing. One day, Swami called him into the interview room and mentioned that this breathing difficulty resulted from a *karmic* burden.

“However,” Baba said, *“if I take over the karma for only a few minutes, the karmic burden will be wiped out.”*

The next minute, Swami started breathing just like the student; in fact, one could hear Him wheezing. This continued for several minutes, after which Swami began breathing normally. That very instant, the student was forever cured of his asthma! The *karma*

had been rendered null despite the account being there! This is **the third way**.

As is clearly evidenced by these episodes, Swami's grace flows to us, and our *karma* gets cleared both in the physical presence and omnipresence of Bhagawan.

Law of Karma and Baba's Divine Grace

Here is an excerpt from the book "Conversations with Sathya Sai Baba," authored by Dr. John Hislop, where Baba speaks about practicing His teachings, the law of *karma*, and His Divine grace.

Hislop: Swami can cure even terminal cases of cancer?

SAI: *Oh yes, a certain person whom you know is a good example of that. She was filled with cancer. The doctors gave up, removed tubes, sewed up incisions, and left her only a few days to live. Now she is strong and healthy and works all day.*

Hislop: Swami does that only when the *karma* is appropriate?

SAI: *If Swami is pleased with the person, He heals that person at once. Karma can have no effect on that.*

Hislop: This is extremely important information. Because when people fail to get cured by Swami, they put it down to the fact that their *karma* is not ready.

SAI: *If the person has a pure heart, and is living Swami's teachings, Swami's grace is automatic. No karma can prevent that.*

And Swami continues to protect His devotees even after Mahasamadhi.

Omnipresence of Swami

Our son was married in 2016 in the beautiful, natural outdoor setting in a very remote town in Northern California. That town only had a 'mom-and-pop' gas station with a

tiny convenience store. The night before the wedding, I drove to the gas station to fill up the car. When I went inside the store to prepay \$30 for the fuel, the store attendant was taking care of another customer. So, I stood there waiting for my turn and looked around at the usual items sold there – candies, chocolates, and cookies. When it was my turn, I approached the counter and paid the attendant \$30. While he was ringing up the transaction, I noted that the counter had nothing out of the ordinary. I walked back to the car to fill it with gasoline. Since the tank was filled with \$27 worth of gasoline, I returned to the store to receive the change.

That was when my jaw dropped to the ground!

On the counter, I saw a box of incense sticks with two pictures of Swami in the *Abhayahasta* (blessing hand) pose! How did a box of incense sticks with Swami's pictures appear on the counter in a small store at such a remote location? Needless to say, I bought that box and used the incense sticks at the wedding the following day and was grateful for His grace and blessings.

How Do We Secure Swami's Divine Grace?

When we receive Swami's Divine grace, we will be guided and guarded no matter what challenges we face – a severe health problem, a financial crisis, or challenges in our daily lives. That is Swami's Divine assurance to all His devotees. But how do we secure that grace?

It is straightforward. **We can secure His grace by becoming full-time devotees.** Swami says that full-time devotees receive full-time grace and part-time devotees only receive part-time grace from Him. Swami gives the example of a part-time employee

Baba said not to let go of **this chance to be close to Him** as we do not know when we will have another opportunity to be contemporaries of a *Paripoorna Avatar*

who receives part-time wages while full-time employees receive full-time wages. A part-time employee cannot receive full-time wages for part-time work.

How Do We Become Full-Time Devotees?

If we earnestly attempt to practice all of Baba's teachings, we can become full-time devotees of Baba. On the other hand, if we have a casual attitude toward practicing His teachings and adopt selected practices that are convenient for us and not for the higher good, then we are part-time devotees.

A yardstick to measure whether we are full-time devotees or not is our response to the ups and downs of life. Are we equanimous to the pleasures and pains that we face in life? Or do we positively or negatively get affected and go on an emotional roller-coaster? The more equanimous we

are, the closer we are to being full-time devotees.

Our Good Fortune to Be Baba's Devotees

To recognize Baba as an *Avatar*, a person needs two things: (1) good *karmas* accumulated over many, many lives, and (2) His Divine grace. In that regard, we are very fortunate to be Sai devotees, and we should utilize this great good fortune to accelerate our spiritual journey.

Baba said not to let go of this chance to be close to Him as we do not know when we will have another opportunity to be contemporaries of a *Paripoorna Avatar* (manifestation of all sixteen attributes of God).

Let us become full-time devotees of Baba so that we receive His grace and attain liberation.

Mr. Vijay Desai
USA



Mr. Vijay Desai has been a Sai devotee since 1980. He has served the SSSIO in many capacities and is the author of 15 books on Swami's Divine teachings. The latest 7 books are available on sathyasai.org, which can be located under "[Divine Teachings of Sri Sathya Sai Baba](#)."



Bhagawan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.
ANANTAPUR DT. (A.P.)
PHONE NO. 30

Message

you as body, mind or soul are a dream.
but what you really are is existence, knowledge,
Bliss. you are the GOD of this universe. you are
creating the whole universe and drawing it in.
To gain the infinite universal individuality, the
miserable little prison individuality must go.
Sshanti is no crying or any negative condition.
it is seeing of all in all we see.
it is the heart that reaches the goal. follow the heart.
A pure heart seeks beyond the intellect. it gets
inspired.
Whatever we do reacts upon us. if we do good,
we shall have happiness and if evil, unhappiness.
within you is the real happiness, within you is the
mighty ocean of nectar divine. Seek it within you,
feel it, feel it, it is here, the self. it is not the body,
the mind, the intellect, the brain. it is not the desire of
the desiring. it is not the object of desire. Above all
there, you are. All these are simply manifestations.
you appear as the smiling flower, as the twinkling
stars. what is there in the world which can make
you desire anything?

With Blessings
Baba



Within You is the Real Happiness

You as body, mind or soul are a dream, but what you really are is Existence, Knowledge, Bliss. You are the God of this universe. You are creating the whole universe and drawing it in. To gain the infinite universal individuality, the miserable little prison individuality must go. Bhakti is no crying or any negative condition, it is seeing of all in all we see.

It is the heart that reaches the goal, follow the heart. A pure heart seeks beyond the intellect it gets inspired.

Whatever we do reacts upon us. If we do good, we shall have happiness and if evil, unhappiness. Within you is the real happiness, within you is the mighty ocean of nectar divine. Seek it within you, feel it, feel it, it is here, the self. It is not the body, the mind, the intellect, the brain. It is not the desire of the desiring. It is not the object of desire. Above all these, you are. All these are simply manifestations. You appear as the smiling flower, as the twinkling stars. What is there in the world which can make you desire anything?

With Blessings

Baba

LOVE IN ACTION



AZERBAIJAN Celebrating Eid al-Adha with Love and Sacrifice

Located at the boundary of Eastern Europe and Western Asia, Azerbaijan is a transcontinental country bounded by the scenic Caspian Sea to the east. As part of the Zonal Purity Day on July 3, 2022, SSSIO members cleaned the area and collected garbage from the countryside along the Caspian Sea coast. The group also visited the sacred Bibi-Heybat Mosque in the city of Baku.

Commemorating the Eid al-Adha holiday on July 9, 2022, six SSSIO volunteers delivered food packs consisting of rice, sugar, corn butter, butter, chocolate butter (for children), cottage cheese, pasta, meiji, buckwheat, tea, semolina, porridge oats, and different kinds of cookies and bread to 13 families in need.



Dedicate your talents and acquisition to the service of the people. Human beings are the visible embodiment of God. Whenever you are serving another and relieving his distress, remember it is your own distress that you are relieving.

Sri Sathya Sai Baba
May 23, 1967

See more stories of loving service by volunteers from around the world at the Sri Sathya Sai Universe website: <https://saiuniverse.sathyasai.org>



BRAZIL Tribute to the Institute of Sathya Sai Education

On August 26, 2022, at a Special Session, the Federal Senate of Brazil, the Upper House of the National Congress, honored the contribution of the Institute of Sathya Sai Education (ISSE) of Brazil for its tireless efforts in developing values-based education in Brazil over the last 22 years.

With the first Sathya Sai School in Brazil being established in 1993, the movement has grown with three schools currently providing human-value based education in three different regions of Brazil. The principles of Sathya Sai Education in Human Values (SSEHV) deeply inspired a businessman, now Senator Eduardo Girao, who visited Prasanthi Nilayam in 2003. Since then, he has promoted the program widely and even established a school that supports and administers SSEHV.

The special ceremony on August 26th was attended by the Ambassador of India to Brazil, Sri Suresh K Reddy, who spoke of his family's close ties to Sri Sathya Sai Baba. The former Ecuadorian Minister of Education, Monserrat Creamer, a great admirer of SSEHV, sent a video message, especially for this event.

The highlight of the ceremony was the inspirational story of the ISSE and the SSEHV program narrated beautifully by an animated storyteller, Mrs. Nyedja Gennari. She inspired the audience by highlighting Sathya Sai Baba's teachings on education, emphasis on character building, and the supreme truth that man's very nature comes from God.

Watch local television coverage of this special event: <https://sathyas.ai/brazil-award>





KENYA

Sri Sathya Sai School Teaches Selfless Service

In July 2022, the Sri Sathya Sai School of Kisaju (Kenya) celebrated Guru Poornima with a colorful cultural event and multiple service activities by the teachers and students. As the audience watched the students emphasize the role of parents, teachers, and selfless service in their lives, one could not help but travel back two decades to the birth of the school and its founding values.

In July 1998, Bhagawan Baba blessed a group of teachers from Kenya attending the SSEHV World Conference with His assurance, "Next year, there will be a school in Kenya." The groundbreaking ceremony and construction began the following year under Swami's direct supervision in a scenic tribal area, away from the hustle and bustle



of Nairobi. Swami miraculously provided 'mineral groundwater' through a bore that was just 180 meters deep. The school started in January 2001 and has since grown steadily in strength and impact. It continues to offer high-quality, values-based, integral education to local children.

On July 30, a medical camp and an eye camp was organized at the school, serving about 200 people from surrounding villages. SSSIO volunteers also distributed food to nearly 180 people during the event.



RUSSIA

Educare through Children's Festival

July became the warmest month in Siberia, Northern Russia, in every sense as little hearts shared love and joy through the Children's Festival organized by the SSSIO members with the theme - Nature Is Our Best Teacher.

It was an adventure as the children traveled along with teachers and organizers to the Ob Sea, which is also the world's longest estuary. The festival was planned as a quest where the children learned lessons taught by Mother Nature, the importance of listening to their hearts and seeing God in everything. Swimming in the Ob Sea filled the children with great delight while the creative workshop on painting butterflies united the whole group.



A Sai Olympics event was held, consisting of fun-filled games where adults played with children and also joined them in contests and games. All these activities during the Children's Festival helped to promote spiritual growth while encouraging teamwork and unity.



SSSIO ZONE 9



ANGOLA · BENIN · BOTSWANA · CAMEROON · CONGO DR · REPUBLIC OF CONGO BRAZZAVILLE
ETHIOPIA · GABON · GHANA · IRAN · IVORY COAST · KENYA · MADAGASCAR · MALAWI · MAURITIUS
NIGERIA · RWANDA · SOUTH AFRICA · TANZANIA · TOGO · UGANDA · ZAMBIA · ZIMBABWE

AFRICA

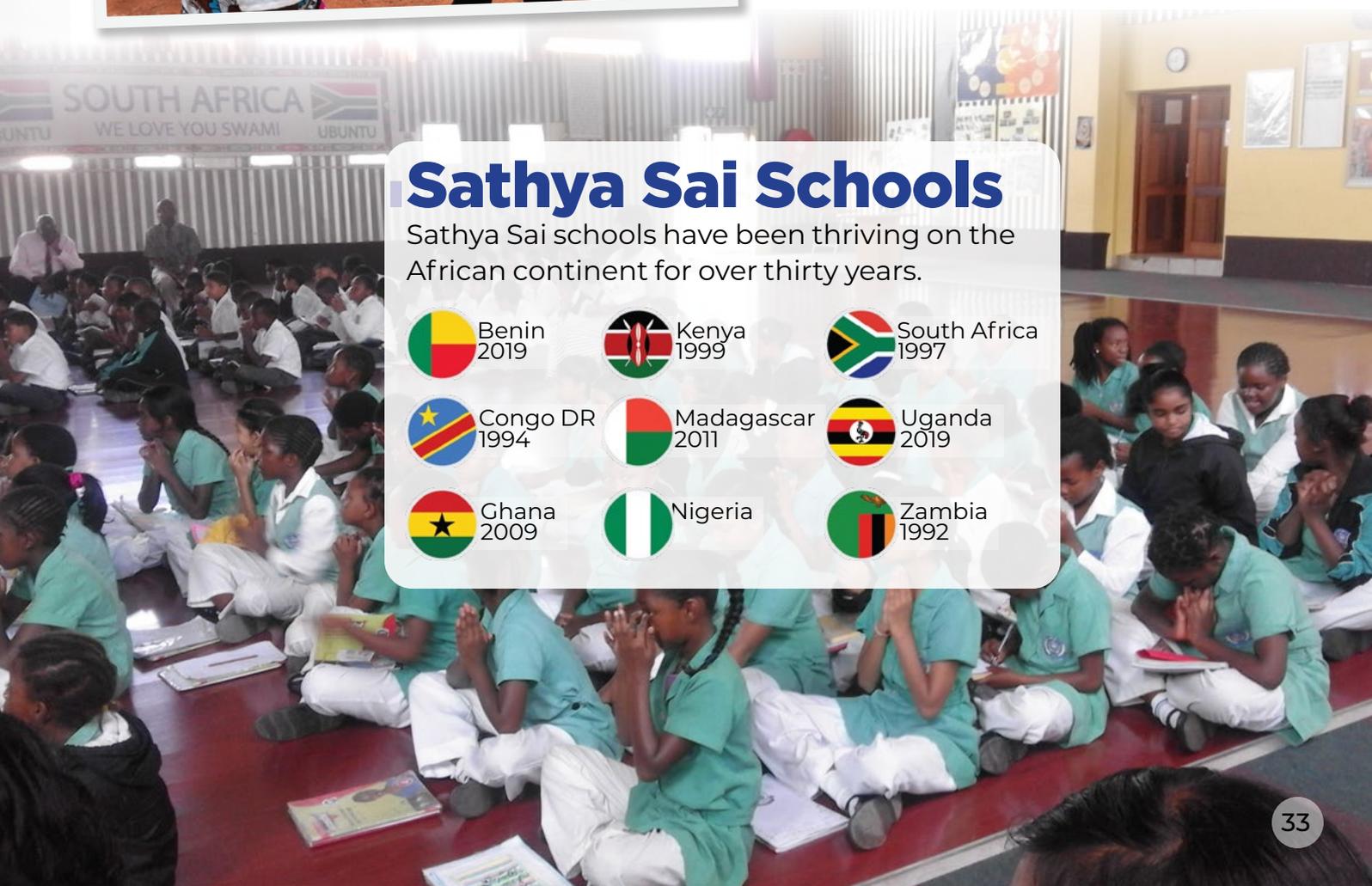
Sathya Sai Centers

Swami's message has spread beyond His initial 1968 destination of Kenya. Sathya Sai centers began in these African countries since the 1970s and have continued to be founded even now, just months after Guru Poornima in 2022.





- 190,000 trees planted
- 255,000 kg of food served to the needy

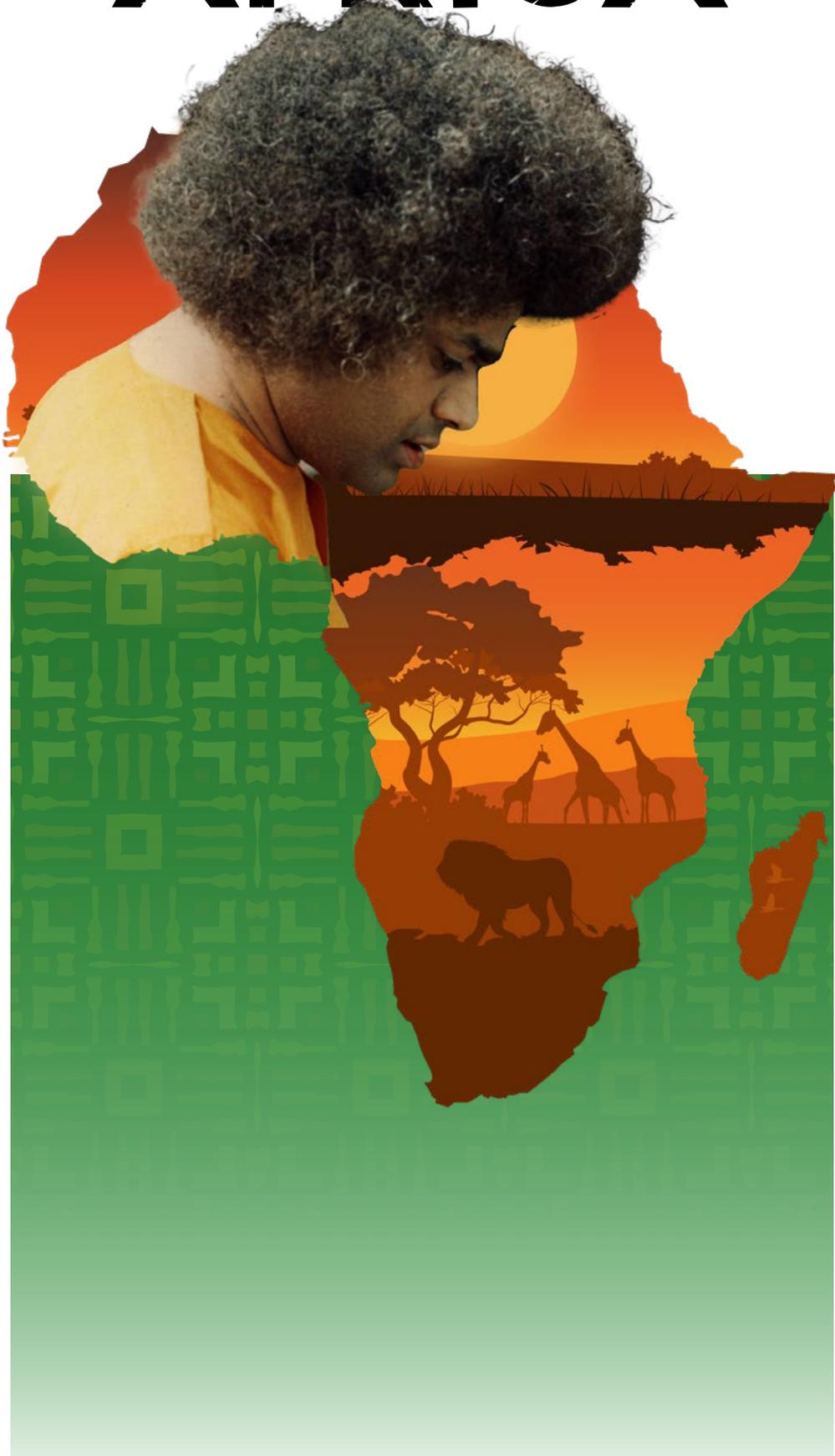


Sathya Sai Schools

Sathya Sai schools have been thriving on the African continent for over thirty years.

 Benin 2019	 Kenya 1999	 South Africa 1997
 Congo DR 1994	 Madagascar 2011	 Uganda 2019
 Ghana 2009	 Nigeria	 Zambia 1992

Divine Love and Light
Shines on
AFRICA



AFRICA, IT IS THE BIRTHPLACE OF HUMANITY, THE CRADLE OF THE WORLD.

And yet, for millennia, it had been the 'Dark Continent' till Light descended: the Light of Truth, the Light which is Truth - Sathya.

In May 1968, during His epochal discourse at the First World Conference of the Sri Sathya Sai Seva Organization, Bhagawan Sri Sathya Sai Baba said, "The world is My mansion, and the continents are the halls therein. I have come to inscribe a golden chapter in the history of humanity, wherein falsehood will fail, truth will triumph, and virtue will reign." The Golden Chapter was highlighted by the only Divine in-person visit outside India - to East Africa, specifically Kenya, Uganda, and Tanzania.

A Welcome Like Never Before

Bidding adieu to the thronging thousands in Mumbai, Swami took off with His entourage in a Boeing-707 aircraft on Sunday, June 30, 1968. En route to Nairobi, Swami wrote postcards for tiny tots in India whom He wanted to surprise. He also wrote a note to Bob Raymer, a fellow passenger, signing it as, 'Sri Sathya Sai, Boeing 707'!



At 2:30 PM, the flight touched down at Embakasi airport (Jomo Kenyatta airport today), and Swami was welcomed with the bhajan, *Nandalala Yadunandalala*. Granting darshan to the assembled thousands at the airport, Swami left for Kampala, the

capital of Uganda, in Dr. C.G. Patel's bedecked car. The 660 km drive through the Great Rift Valley had multiple stops as Swami satiated the devotees' thirst for darshan at Nakuru, Eldoret, Tororo, Malaba, and Jinja, where huge crowds had gathered. It was 1:30 AM on July 1st when Swami arrived at Dr. Patel's residence in Kampala, having passed through 108 floral arches in the city. Over 2,000 people had gathered, singing *bhajans*, and Swami, fresh as a flower, blessed them all. People kept gathering through the night, and Swami was back for *darshan* early in the morning!

The Divine Routine

Prof. Kasturi records that Swami granted hundreds of interviews daily. Swami also gave instructions for the disabled to be seated separately and many a deaf, lame, and blind person emerged from the interview completely healed! Swami also healed those ailing mentally and gave wise and loving counsel, sometimes in the Swahili language!

With His presence, Swami sanctified the Sanathana Dharma Samaj temple and the Bahai temple at Kampala. Emphasizing all faiths as one, He clarified that fundamental unity did not mean uniformity of faiths. Each faith must be allowed to prosper and grow. Every day His *darshan* and *bhajans* began early (by 5 AM) and ended late (by 10 PM).

Lord In Nature

On July 3, Swami's entourage took off from Entebbe airport at 7:15 AM to a United Nations World Heritage site with one of the largest densities of wildlife in the world - the Ngorongoro Crater. Flying over the 2,500

HOLY MAN ON VISIT

By NATION Reporter

ABOUT 2000 devotees of His Holiness Bhagwan Sri Sathya Sai Baba congregated at Nairobi Airport yesterday to welcome their spiritual leader on his arrival from India.

Sri Sai Baba has been invited by Dr. C. G. Patel of Kampala. After a short stay in Nairobi he left for Uganda.

Members and officials of the Bhagwan Sri Sathya Sai Baba Samiti of Nairobi welcomed him at Nairobi airport. He was garlanded profusely and devotees rushed to touch his feet, have darshan (pay respects) and sing religious songs in his praise.

Cures

The holy leader was reputed to have said he "uses" seven sick people in the welcoming crowd. He blessed them and promised to return to Nairobi on Wednesday.

In India, the sadhu is reputed to have affected many "cures" of sick people.

On Wednesday, Sai Baba will hold a prayer meeting at the Visa Control Mahanagar in Nairobi from 8 to 8 p.m.

Sai Baba sits (right) on a ceremonial pad at the airport. Below, hands joined in devotion, his followers ask for his blessing.



km wide Lake Victoria and the Serengeti National Park, the party saw zebras, giraffes, wildebeest, lions, gazelles, and millions of flamingos before finally reaching Crater Lodge, situated in the volcano's crater.



Seated in Land Rovers, the party set off on a safari. A unique experience awaited them as they came across a couple of lionesses stalking zebras from a distance. Suddenly, the zebras got alerted and made a run for their lives. Swami told them how the tall giraffes had spotted the lionesses and alerted the animals in danger. He also delivered a short discourse on mutual cooperation and service! After blessing all the park rangers with His photographs that He materialized with a wave of the hand, Swami took off at 4 PM to go to Nairobi.

A rare event occurred en route when a volcano near Lake Natron erupted, throwing ash 8,000 feet into the sky. It appeared as if Mother Nature was offering a prayerful tribute of incense to Her Lord!



More than 20,000 people had gathered at Nairobi for [Swami's discourse at 6:30 PM](#). Kenya had never before witnessed such a gathering! After the discourse, many members of the entourage had their first-ever experience of viewing television. Even back then, Baba said that such a powerful medium should not be used for *Rajasic* (arousing lower passions) and *Tamasic* (deadening higher emotions) purposes but only to awaken the *Sattvic* (tendencies that prompt one to be good) nature. He also said, "Television can become *tele-visham* (tele-poison)."

***Suprabhatam* by Lions at Nairobi**

With the Nairobi National Park located right in the middle of the city, everyone woke up on July 4 to the roar of lions. In the morning, Swami blessed the cheetahs, hippos, lions, crocodiles, and ostriches with His darshan."



After lunch, Dr. C.G. Patel took Swami and the party 200 km away to Nanyuki, located precisely on the equator, 6,400 ft above sea level. A night halt had been arranged at the Secret Valley game lodge on treetops from where everyone could observe leopards carrying prey, bison licking salt, and elephants and gazelles grazing. But Swami was not happy. He said it was a pity that He was in the thick of the jungle, far away from thousands of devotees at Nairobi yearning for His *darshan* on holy Thursday, showing that even the Lord yearns for His devotees!

Baba encouraged everyone to inquire and clarify their doubts about spiritual matters to make better use of time. He created a big locket for a devotee and materialized a vase filled with fragrant and delicious *Amrit* for everyone. He also blessed the Muslim owner of the lodge with *vibhuti*, which instantly cured him of his chronically enlarged tonsils. Driving back to Nairobi with multiple stops for darshan, the party boarded the plane for Kampala.

Special Blessing for Kampala

Although Swami left Kampala barely 50 hours ago, His devotees still missed Him. As He landed on July 5, thousands welcomed Him with letters that seemed to say, “Father, do not leave us!” Such was the intensity of their prayers that Swami told Prof. Kasturi to send a telegram to India that His return would be postponed and Swami would celebrate Guru Poornima at Kampala itself! The devotees were delirious with joy, and someone exclaimed, “The Sai Family now includes Africans!” Baba responded, “Do not tell Me of a new Sai Family. I am the *Sana-thana* (eternal), come as the *Noothana* (new). I shall tell you what the Sai Family is—it is where the Father is Truth, Mother is Love, Spouse is Detachment, Son is Wisdom, Daughter is Fortitude, kith and kin are Goodness, and companions are the sages and saints. You proclaim yourselves as the Sai family believing yourselves to be devotees. But it is not enough if you label yourselves thus. I must accept you as such. And I will do that only when you act according to my teachings – be true, be just, be full of love and remain unaffected by the ups and downs of life and take everything as a sign of My Grace.”

Different professionals and community leaders met Swami on the 5th and 6th of July. Starting from the Indian High Commissioner in Uganda, Sri K. P. R. Singh, who sought His guidance on the practical



application of spiritual values, hundreds of lawyers, doctors, Rotarians, and headmasters also sought His wisdom. Swami became one amongst them, pushing aside His chair and sitting with them on the floor with a smile, saying, “Come on! Ask any question.” Patiently and lovingly answering their questions, He manifested *vibhuti* and pendants of Jesus Christ and Guru Nanak for many of them. The message He left them with was simple and straight – Duty is God; Work is Worship.

Seeing the hunger people had to listen to Him, Swami addressed a massive gathering of over 30,000 people at the Patidar building on Sunday, July 7. Notably, Swami’s discourse on that day and the second one at Kampala on the following day focused mainly on human values and man’s spiritual potential.

Compassion at Kampala

On July 7, Swami visited Dr. Kishan Gadhia’s home in Kampala. There, as He accepted the offering of grapes, Swami hinted at the future turmoil in Uganda, especially for Indians. He said that the grapes were sweet now. But they would spoil in the future. So, he advised the doctor to sell everything and leave the country. He also had similar advice for Sri Madhvani of the Madhvani Group, who had come from Jinja. (Today, Uganda’s largest conglomerate, contributes 10% of its GDP).

There was a massive influx of devotees from Nairobi, Jinja, Eldoret, Mbale, Tororo, Nakuru, and other cities, who sought advice and guidance. Swami suggested the formation of a single Sathya Sai Samithi for East Africa, headquartered at Kampala, with branches in Kenya and Tanzania.

Uganda Television broadcasted interviews with Ministers who had been touched by Swami, along with videos of Bhagawan's discourses, which drew positive reviews and accolades in Uganda.



Guru Poornima in Kampala

Celebrating Guru Poornima in Kampala on July 10, in the immediate presence of the Divine Master (*Guru*), was a unique experience. It became more memorable as Swami decided not to deliver a discourse and, instead, walked among the 30,000 devotees who gathered for the occasion, personally granting *padanamaskar* and blessing them by distributing *vibhuti prasadam*. He especially blessed delegations from Kabale, Kakira, Igaye, and Masak, along with the African students from the University of Makerere. At the program's end, He lavishly praised the 200 volunteers and policemen who maintained order and discipline throughout the visit. He advised them, "Even after I take leave from you, you must carry out the services you did for so long. Also, train yourselves to do it better. Very soon, centers of training and service will arise. Take those opportunities to prepare for the great task

of realizing God within you through serving the same God who is within all, irrespective of color, creed, or country."

Late in the evening, Swami spent time with the host, Dr. C.G. Patel, and his family. He told them, "Prosperity deadens the intellect while failure prompts inquiry and the struggle to remove hardships forever." He also advised them to do *Namasmarana* for purification and not just keep count of the names being chanted with a *japamala*.



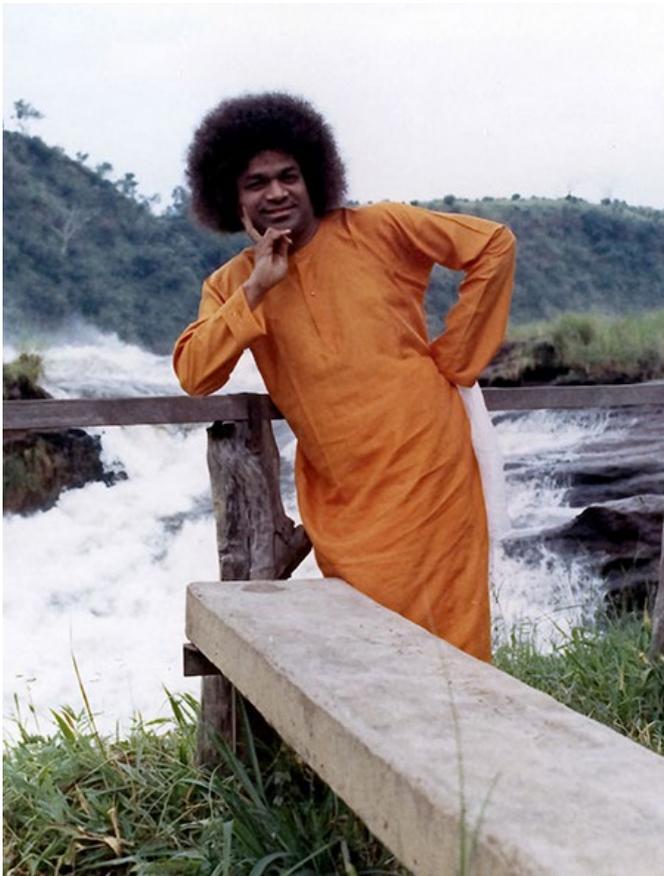
On July 11, thousands of devotees were pleasantly thrilled to discover photos and talismans of Bhagawan manifested in the *vibhuti* packets they received on Guru Poornima!

Multiple 'Falls' At Murchison

On July 12, Swami visited Murchison Falls, about 300 km from Kampala. A member of the entourage was down with a fever, but Swami cured him in a flash with materialized *vibhuti* that even increased his energy! About 220 km into the journey, as Swami's car reached Masindi, He remarked, "One car has broken down." A few minutes later, He also reassured them, "They have now hired another car at Masindi." Indeed, at Nakason-gola, a minor accident caused an injury to Prof Kasturi's head. (He is wearing a bandage in the photos after that!). The Murchison Falls National Park presented amazing sights of elephants and wild buffalo herds. The cars were ferried across the Green Nile in motor launches to the Paraa Safari Lodge, where

everyone regrouped, and Swami comforted and energized them.

The following 3 hours after noon was spent in a motorboat along the Victoria Nile from Lake Albert towards Murchison Falls. Blessed were the hippos, giant crocodiles, and elephants on whom the Divine gaze fell! The whole troupe then headed towards the top of the Murchison Falls via elephant when a beautiful episode unfolded. Swami stood on the footboard of the vehicle to give darshan to a tusker (male elephant) for a full 5 minutes. He sat down only after the tusker turned and disappeared into the bushes.



The steep Murchison Falls, spiraling down like a jet from a colossal hose, was a sight to behold. It was made grander by Bhagawan's presence which Bob Raymer captured on film for posterity to enjoy.

Swami proceeded to Kikonda village, about 130 km away, where a group of devotees had built a Bhajan Mandir for Him. Blessing them all, Swami reached Kampala at 1 AM on July 13, where thousands were waiting for Him, singing *Bhajans*. His compassion was

such that He blessed them all and retired only after receiving *Arathi*.

Tears of Love and Devotion

July 13 may be called the day of tears of love and devotion as thousands wept like babies at the thought of Swami leaving to return to India. The Mayor, too, joined the devotees in their tears with the prayer, "Father! Do not leave us!" Huge crowds arrived from Mombasa (coastal Kenya), Dar-es-Salaam (Tanzania's largest city, which means abode of peace), Jinja, Mbale, Kakira, Kabale, Ikaye, and Kapila (all in Uganda). Students from multiple Universities joined with tears in their eyes and prayers in their hearts. The sight of hefty police constables weeping like children brought tears to the eyes of Prof. Kasturi too! Swami was moved, but He said that since the inauguration of the Anantapur College for Women was scheduled on July 22, He had to leave.

Thus, on July 14, thousands of people traveled 30-40 km via bicycles, vehicles, scooters, and omnibuses for a last glimpse of their beloved Swami. Amidst heartrending chants of 'Jai' (glory slogan) to Swami, the flight took off at 1 PM and landed in Nairobi at 2:30 PM. Again, thousands gathered, shouting 'Jai' as Bhagawan waved to them, and the plane departed for India.

Flying over Somaliland, Ethiopia, and the Red Sea, the flight had a stopover at Aden (South Yemen). The plane received the adoration of thousands as Swami remained inside the plane. A sizable batch of devotees managed to present themselves within the aircraft, and Swami blessed them all with *vibhuti*.

As the Air India Boeing made a touchdown at the Santa Cruz airport in Bombay (Mumbai) at 12:45 AM on July 15, 1968, the 'dark continent' was shining bright, radiating the Divine Love it had been blessed with forever!

Sri Aravind Balasubramanya
India

Love Travels

Full Circle

I NEVER THOUGHT THAT GLANCING THROUGH A FASHION MAGAZINE COULD REARRANGE THE PAGES OF MY LIFE'S HISTORY BOOK! I was soaring in my career as a fashion designer in Montreal, Canada when my world overturned for the good. Browsing through the December 1975 issue of Vogue magazine to see the latest fashions, my eyes noticed a black and white picture of a charismatic man with Afro-hair. His name was spelled in bold letters, SATHYA SAI BABA – a name I had never heard of, but the word Baba caught my attention. In my native language, Hungarian, Baba means doll, and I always loved dolls. The article appeared in the magazine's travel section, written by an Englishman who had spent four months in Prasanthi Nilayam, Sai Baba's Ashram in Puttaparthi, South India.

I felt an immediate magnetic attraction, looking at the page, and began reading it (which I seldom did as I was only interested in the latest fashion). Soon, I was devouring each word written by the author who was evidently an ardent follower of Sai Baba. He concluded that Sai Baba is the Embodiment of Pure Love. That statement mesmerized me and within moments I decided to meet this person to see Him for myself. All my life I was looking for pure love but never found it. Guided by a strong intuition, I made plans and without any references, guidance, or address set out for South India in September 1976.

An Unwelcome Welcome

I just carried a backpack, traveling 13,000 kilometers not knowing exactly what awaited me. But I was carrying huge emotional baggage that even I was not aware of. As a Jew and a child survivor of the Holocaust, I had been traumatized in a manner that only those who have endured it can understand. My heart and soul sought healing love so desperately that the very thought of meeting the Embodiment of Pure Love was enough to undertake the trip to the unknown. After a long flight with a number of delays and a long journey by road, I reached Prasanthi Nilayam on a sweltering afternoon to find that Sai Baba had left the *Ashram* that morning. My hopes of finding a sympathetic welcome were soon dashed. First, the Accommodation Office refused to let me stay for longer than a week. They said that I was not serious but someone who went from *Ashram* to *Ashram*. Next, the room I was given was

nothing more than a concrete cube with no furniture and a primitive bathroom.

But these hardships did not deter me. I prayed to God to lead me to where He wants me to be. I wrapped myself as best as I could in an Indian saree and went out to look at the temple and the compound. An old lady rudely rebuked me for walking with my sandals on the sacred ground, and then pulled me aside and started re-wrapping the saree the proper way. Shortly after this, when I went to the Canteen to have lunch, a Western lady devotee told me that Swami had left the *Ashram* that morning for Anantapur.

A Dramatic Change of Plans

Staying in the Ashram, I began to follow the routine, waking up at 3:30 AM for morning devotional program of Omkaram, Suprabhatam, and meditation. As I sat in the Mandir, I was struck by a sense of *deja vu* that I had seen this place many times in my dreams about heaven. Experiencing it now convinced me that it was true. My German roommate, who had been at the *Ashram* before, guided me in everything, including wearing a saree properly. She heard that Swami would be coming back for the Dasara festival.

One day I was seated in the Mandir during morning bhajans when all of a sudden there was a collective gasp of excited anticipation. The most beautiful and captivating being I had ever seen in my life floated into the bhajan hall! It was my first *darshan* of Sai Baba. I waited with bated breath for Him to recognize me and give me a welcome look. But there was absolutely no sign that He saw me. Yet Sai Baba seemed very familiar to

me, like seeing my father or my beloved uncle.

The next day I was walking to the room, passing an open door at the back of the Poornachandra Auditorium, when I saw Sai Baba standing there. He looked at me as if He had known me for ages. There was a smile on His face and His eyes seemed to be radiating joy – I had received my welcome from Baba Himself!

My Life Takes a New Turn

Dasara festival began and one day, Swami walked down the aisle between the ladies and gents in the Poornachandra Hall. When Swami was nearby, a lady from England sitting next to me asked Him for an interview. Her group was leaving soon. Swami agreed to see them. Then looking at me, He asked,

“Are you leaving too?”

“No Swami...”

“Don’t go. Stay here.”

All I could utter was, “Yes, Swami “

Swami continued walking all the way to the back of the hall but I was shaken by uncontrollable sobbing as if all the pain I suffered in this life had erupted. The Indian lady sitting next to me patted me gently and told me to stop crying because Sai Baba does not like to see tears. I managed to stop sobbing but there were surely telltale signs when Swami approached me on His way back. He stopped near me and with the

sweetest, knowing, compassionate smile pointed to His feet and I managed to do my first awkward *Padanamaskar*.

Floating on clouds, I went to the Accommodation Office and told them that Sai Baba had asked me to stay. The person in charge meekly nodded and gave me an extension. I am sure that even he did not have the slightest idea that the extension would last for a full 24 years - from 1976 to 2000!

Loving God Becomes the Sole Goal

I started reading all the books available on Swami. Yet I always doubted that God could have a form because in my Jewish faith God is considered formless.

One day during darshan, I was seated in the second row. Swami walked by without looking at me but after going forward two steps, He looked back directly into my eyes. That very moment I felt my inner consciousness unravel like a ball of wool, soaring into the Cosmos, leaving the body behind. Was it seconds or minutes? I lost count of time. After what seemed like an eternity, I had to avert my eyes. **In an instant, I knew that I was in the presence of the Universal Power – God. When the doubts vanished came the realization that Loving Him and receiving His Love were the goals of my life.**

I had a desire to receive an Indian name instead of Suzan. A lady devotee suggested that ‘Parvati’ was a good

choice. My mother's name started with P, so I liked the idea, but Swami had to give His permission. I wrote and gave a letter to Swami, and as He took it, I saw a smile of approval. Amazingly, the special confirmation came sometime later when Swami called me for an interview and addressed me, "*Parvati...Parvati... Parvati.*"

Later in the day, Prof. Kasturi, the chosen biographer of Swami, recited the story of the Himalayan Princess, Parvati, who with her perseverance and unswerving faith and devotion to Lord Shiva became Goddess Parvati. From then on, she was my inspiration.

Swami Gifts Me a New Career

Years rolled by with daily *darshan*, *bhajan*, and *sadhana*. I would follow with other devotees wherever Swami went, Puttaparthi, Whitefield, or Kodaikanal. One day quite early on, I had the idea to paint Sai Baba from the first photograph I have seen. After days of painting, finally, the 1m x 1m canvas was completed. I carried the painting with me to darshan and set it so that Swami could see it, but He consistently ignored it. Finally, at Brindavan Ashram in Bangalore, He looked at it and asked who painted this.

"I did Swami"

"Very good, lifelike. You will paint many photos of Swami."

I did not understand the importance of Swami's statement till He began to assign me the task of painting His photos for hostels, schools, colleges, and hospitals! They were blessed tasks that I enjoyed even though I was often frustrated in striving to capture Swami's Divine beauty. I always prayed, 'Swami, You do the work, I only hold the brush.'

One memorable event occurred when the standing, life-sized, oil painting of Swami in the Bhajan Hall altar got damaged and was sent to me to "Fix." There was a gaping hole in the canvas at the position of the lotus feet. I was overwhelmed at His trust and confidence in me but I knew that only Swami's miracle can do the repair. I followed the inner guidance, working almost in a trance. As the repair progressed, with layers of new paint, the hole was covered and the painting was fully restored.

Swami was pleased and soon began calling me "*Painter Parvati.*" When devotees brought paintings of Swami as offerings, He would say, "*Send it to Parvati. She knows how to paint Swami's hair and nose.*" I retouched the paintings and Swami was happy.

But He never expressed it to me in person or in public. I would hear about the praise from others. Swami only pointed out errors and mistakes to me in a nice way. I did not mind this, but my heart still craved His love and appreciation. It

is only later that I understood that **Swami expressed His Love in ways that did not create jealousy and negative thoughts that could be harmful.**

Farewell and Lessons Learnt

In the year 2000, after 24 years at His divine lotus feet, Swami communicated to me in silent ways that it was time to leave the Ashram.

- I had a dream where I was sitting on the floor of a dry swimming pool and I clearly understood that the pain and suffering carried from the childhood trauma of the Holocaust had all dried up and I was breathing again.
- During darshan, as Swami passed me, I felt as if two enormous wings were growing on my back and I was ready to fly.
- The next vision was a bird's nest, where the mother bird was gently prodding and pushing the fledglings to fly away.

I realized the messages were meant for me and I wrote a letter to Swami with three questions. He passed me in darshan, at a distance, with a little smile on His face, not taking the letter, but said, "Yes, yes, yes!"

The place that drew me was Israel where I spent my student days at the University of Fine Arts. One summer, years ago, I had asked for permission to travel there, and now Swami sent a message, "Tell Parvati she can go to Israel!"

It was the year 2000. An amazing sequence of events unfolded in Israel. Since I had not yet turned 60, I was accepted into academic work, and as a result, I could retire with a pension that is still sufficient to sustain me happily.

I had gone to Sai Baba in quest of pure love. I realize now that I traveled from Montreal to Puttaparthi to Tel Aviv, to find that love in my own heart! It was a full circle. Swami, the master goldsmith, had hammered, burned, and removed the impurities, till my heart was pure enough to reflect Him, making me His *Bangaru* (gold) as He used to call us endearingly.

Love is an ocean, there is no 'His love or my love.' When ego, anger, and jealousy are gone we become that Love – One with Him – and the nectar of Pure Love never stops flowing.

Ms. Suzie Parvati Reeves
Israel



Ms. Suzie Parvati Reeves, one of Canada's celebrated fashion designers, set out on a quest to find The Embodiment of Pure Love. She arrived in Prasanthi Nilayam intending to stay only until Sai Baba calls her for a private interview. Soon after, Swami told her to stay in the Ashram, which she did for 24 years. She served Baba with love and devotion, painting His portrait and teaching. At the age of 58, in 2000, Swami inspired her to return to Israel, where she presently lives.

Motherly God & Godly Mother

“AYE, WHO IS SHE?” SWAMI ASKED MY BROTHER

pointing toward our mother in a family interview. Puzzled, my brother slowly responded, “Mother, Swami.” Then, pointing to our father, Swami asked, “*Who is she to him?*” He replied, “Wife, Swami.” The questions continued to the extended family, “*Who is she to your grandfather, to your uncle?*” And the answers trickled in, ‘Daughter-in-law, sister-in-law, etc.’ The penultimate question by Swami was, “*Who is she to your wife?*” Being in high school, my brother knew that any answer would land him in hot waters, so he put his head down and kept quiet. Then came a sweet and profound revelation. “*Mother-in-law, right! See, she is a mother to you, wife to your father, daughter-in-law to your grandfather, sister-in-law to your uncle, and mother-in-law to your wife. Look at me! I’m a mother to you. A mother to your mother, father, grandfather, uncle, and even to your wife. I’m always a mother-in-love for all. Law may change but my Love will never change. **My Love is like that of a thousand mothers.***”



Ms. Aparna Murali was blessed to be born in a family devoted to Swami since the early 1960s. She attended the Balvikas (Sai Spiritual Education) program and also the Sri Sathya Sai Institute of Higher Learning (SSSIHL), Anantapur. She is an active member of SSSIO and currently serves as the National Education Coordinator, USA. Professionally, she is a Board-certified Genetics Counselor in the Department of OB-GYN at the University of California, Los Angeles (UCLA).

Aparna receiving
blessing in childhood

Life is defined by incessant changes—day and night, pain and pleasure, heat and cold, birth and death, etc., but God and God's love are the only true constants. Is it not interesting how Swami used the example of a mother to illustrate this profound truth and to highlight that a mother's love represents God's supreme love in a small measure?

Mother Easwaramma Inspires Me

As a Balvikas (Sai Spiritual Education) student, I have many fond memories of Easwaramma day. Hundreds of children from Sai Centers would gather in Sundaram, Swami's *ashram* in Chennai, along with their *gurus* for a day filled with fun activities and competition. At the end of the day, there would be *bhajans*, prize distribution, and speeches by senior devotees. As a nine-year-old child, it was clear to me that the day was celebrated because Swami loved His mother and she loved children. So, He was honoring her life by celebrating it as a special day for the children. As an adult, I have now come to understand and appreciate how Swami inspired me to love and respect my mother and all mothers through His example. When we study the lives of incarnations like Rama, Krishna, Buddha, Prophet Mohammed, and Shirdi Baba, little is known about their mothers and their role in the divine mission.

On the other hand, Easwaramma, the chosen Mother, had a pivotal role in the divine mission. For someone who did not attend school at all, who gave birth to all her children at home, and who did not have access to clean drinking water, her three wishes inspired the launch of three of



Swami's landmark humanitarian projects. These projects (education, healthcare, and water supply) continue to benefit millions today. In wishing for others to have what she herself lacked, **Mother Easwaramma epitomized generosity, compassion, sacrifice, and selflessness – qualities that Swami often highlighted as examples of inherent virtues in women.**

My Mother Brings Me Closer to Swami

While I revered Swami and was deeply inspired by Him, I was also terrified by His Omniscience. As a child, any little transgression would become like a stern reminder that Swami is watching! So, Swami was like a policeman for me waiting to punish me. During one of His annual visits to Sundaram, Swami called my parents to discuss family matters and I remember hiding behind my mother. When it was time for Swami to leave, my mother grabbed me by the arm and moved me closer to Swami for His blessings. The memory of Swami placing His hand on my head and my mother holding me close to Him is still vivid and precious. **My mother demonstrated the value and benefit of leading a God-centered life** by always relying on God for

good health, good behavior, and success, surrendering to His will, and accepting the outcome.

Swami Answers Prayer

After a long gap, Swami visited Chennai again in January 2007 for the *Ati Rudra Maha Yajna*. The Citizens Conclave organized a special event to express gratitude to Swami for the Sathya Sai Ganga Canal Project which provides free drinking water for millions of thirsty people in the city and surrounding areas. It was a blissful two weeks and the *Yajna* was an incredibly unique experience. After returning to Los Angeles, I called home and noticed that my mother sounded a bit sad and was missing Swami. That night, I prayed to Swami to take care of my mother and to fill her heart with His loving presence. In the morning, when I called home again, I was pleasantly surprised to find my mother in her usual cheerful spirits. Even before I could ask, she said that Swami had sent her a sweet surprise. Dr. Rama Devi who was often her 'darshan buddy' (they would sit next to each other), visited her around noon to deliver a special gift. When she opened the gift wrap there was a beautiful, framed picture from the last *darshan* in Chennai. In the picture, Swami is in the foreground, lovingly looking at my mother with Dr. Rama Devi by her left.

My heart was filled with overwhelming gratitude. There are so many ways to rationalize why Dr. Rama Devi brought the framed picture to my mother on that particular day or time or if it was a lucky coincidence. But for me, these simple and mundane experiences, however small,

are building blocks of faith and devotion. **Swami has affirmed the power of sincere prayer and dependence on God** – both qualities practiced and taught by my mother.

Ladies Day

In His discourse on November 19, 2001, Swami declared, "*There is nothing in this world that women cannot achieve. Recognizing the nature of such women, we must encourage them and give them equal opportunities in society.*" When you read about Swami's life and His works, women were given a prominent role in the divine mission – Easwaramma, Subbamma, Rajmata of Jamnagar, Indra Devi, Elsie Cowan, and Phyllis Krystal to mention a few. As the Sai movement grew, more opportunities were created through the Sai Organizations- such as the women's wing (*Mahila Vibhag*), *Balvikas* (SSE), and college for women in Anantapur. Declaring November 19th as Ladies' Day and making it an integral part of Swami's Birthday celebrations is an enduring testimony to His commitment to women's upliftment and empowerment. Much of who I am today I owe to following Swami's personal example, His teachings, my mother, and all the extraordinary women who have nurtured me on this journey to God. With faith in His words that we can achieve anything in this world, I offer our collective prayer to Swami that we do our part in creating opportunities for all, especially those who need it most.

Jai Sai Ram!

Ms. Aparna Murali
USA

from the International Sai Young Adults

We are pleased to share an update on the recently held 4th Sai Young Adults European camp, a scenic hike to Giba Gorge in South Africa, a special poem dedicated to Bhagawan Sri Sathya Sai Baba in conjunction with His 97th Birthday, and a quiz to test your knowledge of Swami's life history. We hope you enjoy this special Birthday edition!

SSSIO International Young Adults Committee

How Well Do You Know His-Story?

1. Where and when was Bhagawan Sri Sathya Sai Baba born?
2. Why was He named Sathyanarayana?
3. In which places did Swami study?
4. What was the unique dance skill that Swami demonstrated as a child?
5. Who was the teacher in Uravakonda who loved Swami very much?



Answers on page 52

Follow the @saiyoungadults accounts on social media



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Email



Sai Young Adults

<https://sathyasai.org/ya>

yacoordinator@sathyasai.org

AROUND THE WORLD

Fourth European YA Camp

Zones 6, 7, 8

Life is a challenge, meet it.

Life is Love, share it.

The Sai Prema Camp in Greece was bustling with energy and activity when 14 Sai Young Adults (YAs) came together from nine countries – Czech Republic, Germany, Greece, Latvia, Poland, Serbia, Spain, UK, and USA. The camp was held during August 16–20, 2022, with the theme, “Life is a challenge, meet it. Life is Love, share it.”

After a gap of two years, due to restrictions imposed by the Covid pandemic, it was a breath of fresh air for the Young Adults to personally meet again with fellow YAs from all over the world. For some, the challenge was the early wake-up call for *Suprabhatam*, whereas, for others, it was the mighty jump from the cliffs. While the change in palate from the typical Western processed diet to one filled with nutritious fresh fruits and vegetables was hard for some, the heat of peak summer tested the resilience of many. Yet, each challenge was met with eagerness, strength, and support from all.

It was enriching to learn about, “Life is a Game, Play it” through an actual game conducted by Sister Milica (Zone 6 Deputy Young Adults Coordinator). The YAs returned to the roots to learn about farming from Mr. Manos Karakostas during a fun-filled walk in the fields he had personally nurtured and tended. It was a turning point for many to appreciate the importance of nutritional food. Exploring the beautiful, historical city of Athens, followed by an enlightening Satsang with Mr. George Bebedelis, helped everyone absorb ancient Greek philosophy. Then, Brother Rushi Thanawala (International Deputy Young Adults Coordinator)



described the YAs journey through the roller coaster experiences of life with “Fun in the Sun with Sai bhajans,” highlighting how Swami nurtured him through every challenge.

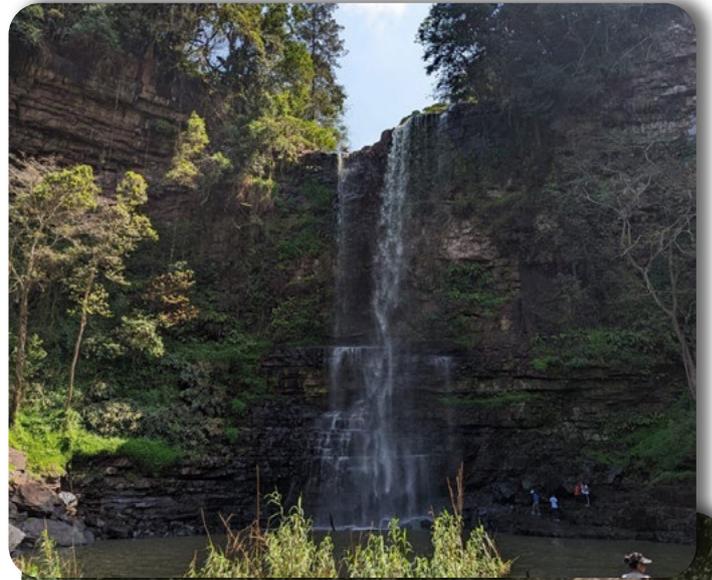
As a take-home lesson, the Young Adults promised to meet challenges in life by keeping Bhagawan Sri Sathya Sai Baba as their closest companion and remembering to see the beauty in even the smallest thing in life.

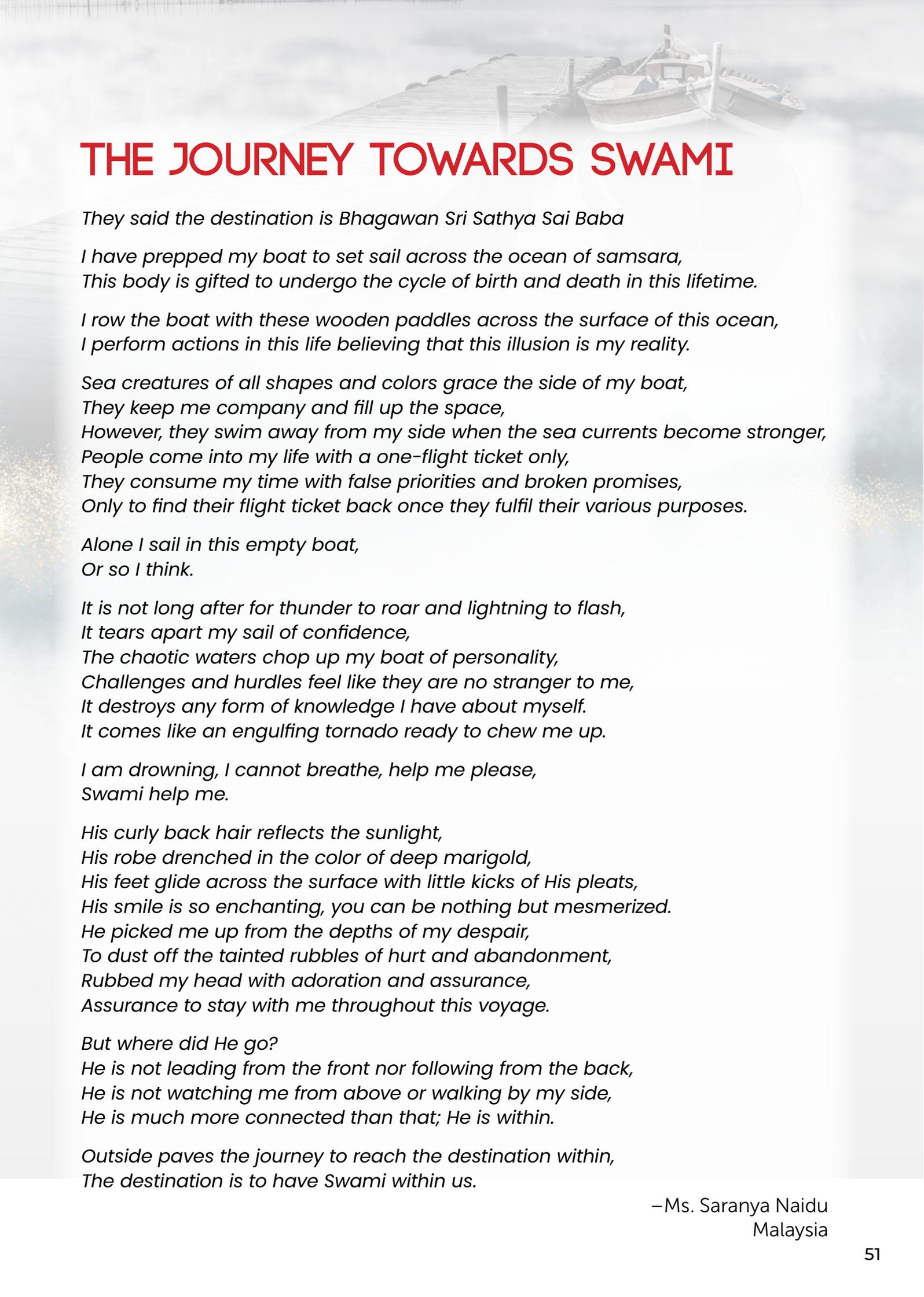
South African National YA Hike to Giba Gorge

Zone 9

On September 10, 2022, around 20 Young Adults (YAs) participated in a hike to Giba Gorge, which has hiking trails suitable for beginners, experienced hikers, and everyone in between. The YAs enjoyed the scenic trail. The hike follows a 10 km route to three different waterfalls.

The YAs challenged themselves and decided to see all three waterfalls. Walking the trail involved crossing bridges, crawling, and using a rope to get up waterfalls and ladders. Practicing the 4Fs – Follow the master, Face the devil, Fight till the end and Finish the game – the Young Adults experienced the joy of teamwork, ensuring that nobody was left behind. Everyone sang Bhajans while making their way back to the starting point. It was a day filled with love, nature, and connecting with God through His creation.





THE JOURNEY TOWARDS SWAMI

They said the destination is Bhagawan Sri Sathya Sai Baba

*I have prepped my boat to set sail across the ocean of samsara,
This body is gifted to undergo the cycle of birth and death in this lifetime.*

*I row the boat with these wooden paddles across the surface of this ocean,
I perform actions in this life believing that this illusion is my reality.*

*Sea creatures of all shapes and colors grace the side of my boat,
They keep me company and fill up the space,
However, they swim away from my side when the sea currents become stronger,
People come into my life with a one-flight ticket only,
They consume my time with false priorities and broken promises,
Only to find their flight ticket back once they fulfil their various purposes.*

*Alone I sail in this empty boat,
Or so I think.*

*It is not long after for thunder to roar and lightning to flash,
It tears apart my sail of confidence,
The chaotic waters chop up my boat of personality,
Challenges and hurdles feel like they are no stranger to me,
It destroys any form of knowledge I have about myself.
It comes like an engulfing tornado ready to chew me up.*

*I am drowning, I cannot breathe, help me please,
Swami help me.*

*His curly back hair reflects the sunlight,
His robe drenched in the color of deep marigold,
His feet glide across the surface with little kicks of His pleats,
His smile is so enchanting, you can be nothing but mesmerized.
He picked me up from the depths of my despair,
To dust off the tainted rubbles of hurt and abandonment,
Rubbed my head with adoration and assurance,
Assurance to stay with me throughout this voyage.*

*But where did He go?
He is not leading from the front nor following from the back,
He is not watching me from above or walking by my side,
He is much more connected than that; He is within.*

*Outside paves the journey to reach the destination within,
The destination is to have Swami within us.*

–Ms. Saranya Naidu
Malaysia

Answers to "How Well Do You Know His-Story?"

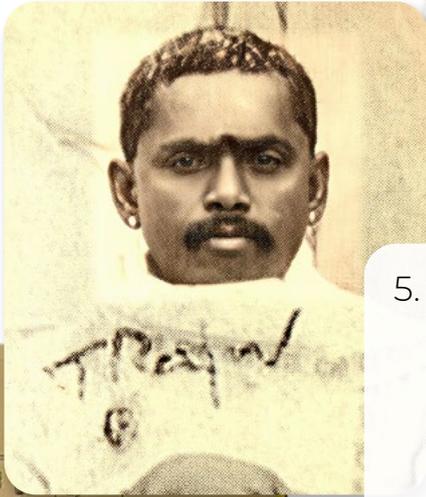
Astrological Details at the Time of Birth of Sathyanarayana Raju	
Place of Birth	: Puttaparthi
Date of Birth	: 23 November 1926
Time of Birth	: 5h 6m 0s AM IST
Tithi (Lunar Phase)	: Krishnapaksha Chaturthi (Fourth day after full moon)
Star	: Ardra (Orion)
Longitude	: 77d 47m East
Latitude	: 14d 10m North
Sidreal Time	: 8h 51m 54s

1. Swami was born on November 23, 1926, at Puttaparthi in Anantapur District, Andhra Pradesh, India.
2. Swami was born after Mother Easwamma had taken the *prasadam* of Sri Sathyanarayana Vratam, which her mother-in-law had brought from the next-door family. Thus, the name Sathyanarayana.

3. Swami studied Grades 1 through 5 in Puttaparthi. Then, He studied for a year at Kamalapuram to complete what was then known as Form 1. The next two years were at Bukkapatnam, and the final year of His studies was at Uravakonda which He dropped midway. There are no records of Him leaving the Uravakonda school.

462	Satyanarayana	Ratnakaram Pedda VenkamaRaju	Puttaparthi	Cultivator	5.7.41	4.10.27	"	Hindu Rajapur	VIII
463	Narayana	Mulu Konaappa	Bukkapatnam	coolly	11.7.41	1.7.34	"	Hindu adi andhra	I
464	Venkatesu	Dasari Nalappa	"	Tailor	"	1.7.33	"	"	I
465	NanjundaRao	Malway Jivaji Rao	"	Merchant	"	1.7.34	"	Hindu Rangari	I
466	Satyanarayana	Ratnakaram Pedda VenkamaRaju	Puttaparthi	Cultivator	5.7.41	4.10.27	"	Hindu Rajapur	VIII
467	Narayana	Mulu Konaappa	Bukkapatnam	coolly	11.7.41	1.7.34	"	Hindu adi andhra	I
468	Venkatesu	Dasari Nalappa	"	Tailor	"	1.7.33	"	"	I
469	NanjundaRao	Malway Jivaji Rao	"	Merchant	"	1.7.34	"	Hindu Rangari	I
470	Makrodeen	Puttaparthi Hussain Sab	"	coolly	11.7.41	1.7.35	"	Mohm Syed	I
471	Modeen Sab	Sheik Raja Sahab	"	Cultivator	"	1.7.26	"	Mohm Sheik	IV

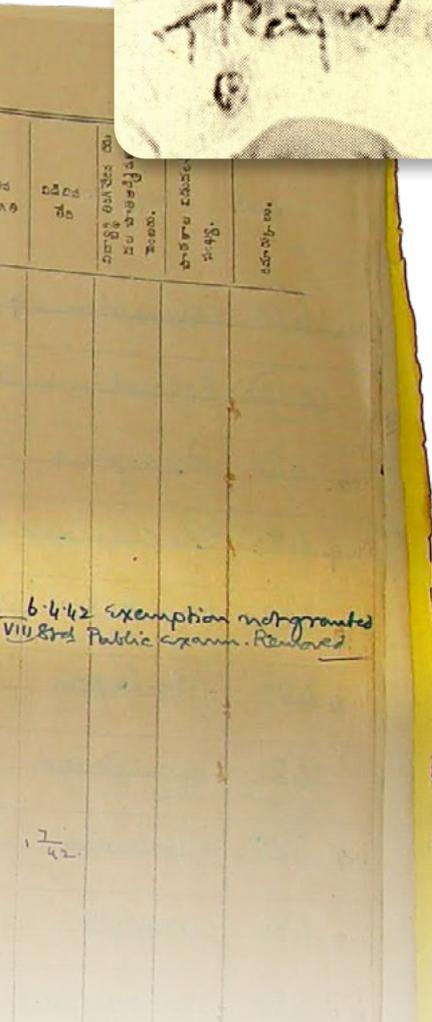
- Rishyendramani was a legendary performer who balanced a bottle on her head while dancing. She would finally pick up a handkerchief from the floor with her teeth. When she cancelled at the last minute, Swami dressed as a girl and outdid Rishyendramani by picking up a needle with His eyelids!



- Manchiraju Thammiraju was Swami's Mathematics teacher at the Sri Karibasavaswamy District Board High School, which exists to this day in Uravakonda. In the June 1964 issue of Sanathana Sarathi, it was reported that Swami blessed Manchiraju's son, Ramarao, with a vision of Shirdi Baba while playing with other children at home in Puttaparthi.



Images courtesy of Sri R. Padmanabhan, from his book, *Love is My Form*.



Gift from the Heart

Birthday wishes from children around the world

TRUTH -
Sincerity, do not tell lies

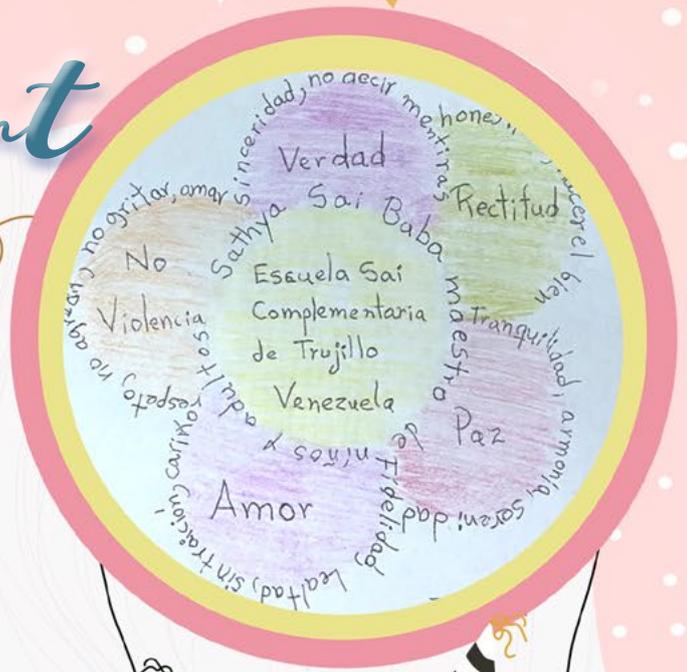
RIGHT ACTION -
Honesty, do good

PEACE -
tranquility, harmony, serenity

LOVE -
fidelity, loyalty, no betrayal

NONVIOLENCE -
Respect, do not attack, do not yell

Jose B. | Sai Complementary School of Trujillo | Venezuela

Bhargav G. | Group 3 | Canada



Aadya K. | Group 1 | USA



I practiced being aware of Swami's love for each of us and practicing love in everyday life, at home and at school.
Vidita R. | Group 2 | Netherlands

Happy Birthday Dear Swami



HAPPY BIRTHDAY!!



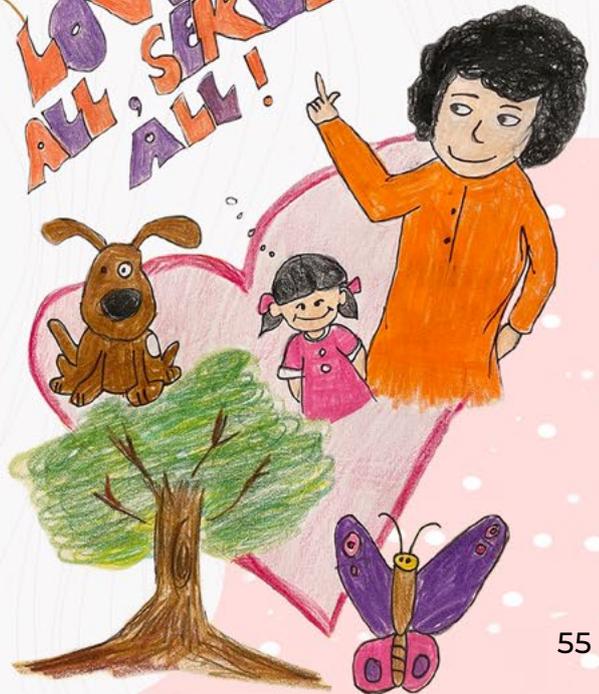
I practiced how to express love for Swami and His Creation by the practice of Human Values.
Vivek S. | Longdenville Sathya Sai Primary School | Trinidad and Tobago



I practiced showing love, kindness and being helpful to all beings.
Meera R. | Group 1 | USA

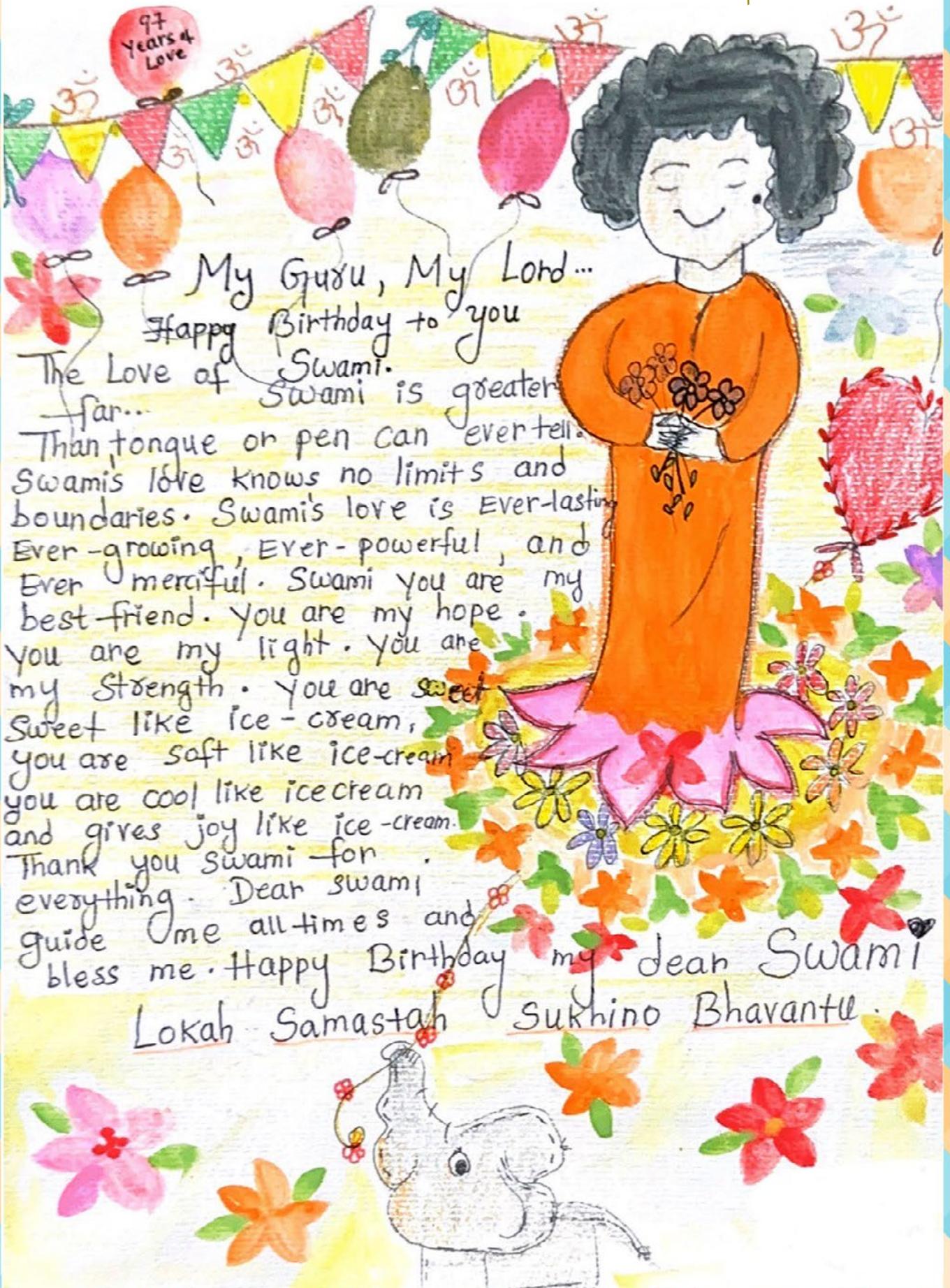


LOVE SERVE ALL, ALL!



THE LOVE OF SWAMI

Sai Prem P. | Group 1 | USA



Always with Me

Dear Sai Baba,

I hope you are always watching me.

Wishing you a super duper day. I don't know how to thank you for always showing me the right way. You are the best in the world! Thank you so much.

Lots of love

Khushi | Group 2 | Panama



Aishani R. | Group 2 | India



SAI CAKE

RECIPE NAME:

SWAMI'S 97TH BIRTHDAY CAKE

COOK TIME:

1 HOUR

HAPPY BIRTHDAY
SWAMI!



INGREDIENTS

cake mix:

- A teaspoon of truth soda
- A cup of sweet love
- Two cups of non violence flour
- 3 tablespoons of buttery right conduct
- 2 teaspoons of peace extract

coloring / decoration:

- 1/4 cup of faith sprinkles
- 1 cup of any kind of devotion juice (for colors!)

NOTES

STIR WELL, AND BAKE FOR A LIFETIME.
EAT IT EVERYDAY AND GIVE IT TO
EVERYONE YOU MEET ALONG YOUR
JOURNEY

Shreya Sai | Group 2 | USA & Vaidehi S. | 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
November 11-13, 2022	Friday-Sunday	Worldwide Akhanda Bhajans
November 18 & 19, 2022	Friday, Saturday	Ladies’ Day: <i>Women are the Beacons of the Nations</i>
November 22 & 23, 2022	Tuesday, Wednesday	97 th Birthday of Sri Sathya Sai Baba: <i>Sathya Sai – The Eternal Companion</i>
December 10-11, 2022	Saturday, Sunday	Akhanda Gayatri
December 25 & 26, 2022	Sunday, Monday	Christmas: <i>The Divine Teachings of Jesus Christ and Sathya Sai Baba</i>
January 14, 2023	Saturday	Zone 9 Presentation



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



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



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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 [↗](#)



Today is a sacred day dedicated to women. They should change themselves and help to change the men and the children. They should develop the qualities of sympathy, compassion, love, and sacrifice. Study the lives of great women, who were models of patience, fortitude, compassion, and sacrifice. I desire that you should take up the reins of leadership and bring peace and prosperity to the nation by leading ideal lives.

Sri Sathya Sai Baba

November 19, 1995



sathyasai.org

Love All • Serve All
Help Ever • Hurt Never