



SSSIO SRI SATHYA SAI COMPENDIUM FOR SAI YOUNG ADULTS

A compendium and guidebook for the Young Adults by the Young Adults to encourage the comprehensive understanding of Sri Sathya Sai Baba's Life, Mission and Legacy.

Preface

This compendium was created to serve as a guide and resource as you progress on your spiritual journey. It is important to note that you may not find all your answers here, but the content may inspire you to self-reflect and go within as you discover deeper answers that resonate with you.

The objective of this compendium is to provide Sai Young Adults (YAs) with insight and potential answers to common questions related to Sri Sathya Sai Baba's mission and the organisation. By understanding the Universality of Sri Sathya Sai Baba's teachings to the role that Young Adults play in living His message and applying His teachings into their daily lives, this compendium delves deeper into the questions asked by Young Adults.

With His Blessings, Love, & Guidance,
SSSIO International Young Adults Committee



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Introduction

This compendium was created as a joint initiative between the Young Adults International Engagement (YAIE) and the Group 4/SSSE Pathways subcommittees of the Sri Sathya Sai International Organization (SSSIO).

The SSSIO YAIE subcommittee aims to provide Sai Young Adults (YA) with the tools, materials, and knowledge to support and guide them in confidently sharing Sri Sathya Sai Baba's message, His Universal teachings, and the work of the SSSIO in their schools, communities, work, and at public forums such as international conferences.

The SSSIO Pathways subcommittee aims to empower the spiritual learning and development of the future generation of YAs (aged 18-22) through relevant learning and application of Sri Sathya Sai Baba's teachings in their daily lives.

How to Use the Compendium

This compendium can be used for internal reflection or to foster discussions during study circles, workshops, and other spiritual activities. The response to each question entails a perspective and includes Sri Sathya Sai Baba's words on the matter. Some of Sri Sathya Sai Baba's words from His Divine Discourses have been paraphrased or shortened.

If you want to delve deeper into His words on the matter, feel free to read the entire chapter of the discourse cited. Some responses also include reflection questions (indicated by 🧠), which can be used to prompt further study and discussion. It is recommended to pause and ponder on these reflection questions as you go through this compendium either individually or in groups.

With Sri Sathya Sai Baba's blessings, may this compendium guide you and inspire you to progress on your spiritual journey. May you get the answers you are seeking and follow the teachings of Sri Sathya Sai Baba.

For any questions on how to use this compendium, feel free to reach out to YAIE@sathyasai.org



Our Purpose

When Sri Sathya Sai Baba established the Prasanthi Council in 2003 as the managing body of the Sri Sathya Sai International Organization (SSSIO), He met with its members and gave them clear instructions about its purpose and objectives. One of His Divine instructions was very important. He said, *“Go to all corners of the world and share My Message,”* which is an instruction for all members of the organisation.

Sri Sathya Sai Baba has advised us as spiritual aspirants to, *“First be, then do, then tell”*. This is done by inculcating His teachings into our lives and practising selfless service and love for all humanity.

The purpose of our lives is to realise our inherent Divinity bringing about self-transformation and helping as many people as possible to advance in their spiritual consciousness, benefiting the community at large. In doing so, we are not trying to convert others into Sri Sathya Sai Baba followers, but simply share His Universal message on human values.

“Do not doubt your destiny: it is to merge in the Highest Wisdom, Power, and Love. Do not waver or stay away. At every step, inquire, discriminate, and search for Truth. Be self-reliant, bold, and free. Know that you are the instruments of God in a Divine Task and so there is no justification for weakness or vacillation. Be an example to others in humility and devotion. Do not scatter advice, without the authority of practical experience. Love, cooperate, serve. Your Office is a call for spiritual exercise, a reminder of your being under My care and direction.”

Sri Sathya Sai Baba, November 22, 1969

Sri Sathya Sai International Organization

“The main objective of the Sri Sathya Sai Organization is to help humanity recognise its inherent Divinity.”

Sri Sathya Sai Baba, January 6, 1975

The Sri Sathya Sai International Organization (SSSIO) is a spiritual and humanitarian organisation that has been active for over 50 years in over 120 countries around the world. The SSSIO strives to encompass all religions, faiths, and nationalities, without belonging solely to any of them. Over 2,000



internationally established Sri Sathya Sai Centres engage in selfless service activities and support the educational and spiritual journey of its members towards realising their innate Divinity.

"The sole objective of the Sri Sathya Sai Organization is to enable man to discover his innate Divinity; to regain his self-confidence and faith in God. The power and strength derived from the faith in Self, from the faith in God, will be enduring and ever sustaining. The objective of the Sri Sathya Sai Organization is to make people again become aware of this truth and live in this awareness."

Sri Sathya Sai Baba, April 5, 1983

There are no membership fees for joining a Sri Sathya Sai Centre, and fees are never charged for any centre activity, nor are donations solicited from the public. Sri Sathya Sai Centres pay no fees to the SSSIO at any level. Officers in the organisation use their funds to cover personal expenses incurred in carrying out their duties. The expenses to cover the various projects are offered voluntarily by members.

Sri Sathya Sai Baba

Sri Sathya Sai Baba is viewed by different people in different ways: a spiritual master, a great humanitarian, an educator, an inspiring leader, and a philosopher.

Sri Sathya Sai Baba was born in Puttaparthi, a little village in the state of Andhra Pradesh in South India, where He spent His entire life. He did not belong to any religion, nor did He propagate any. He showed humanity the royal path to realise one's Divine nature while respecting the Universal spiritual teachings that are common to all religions. Sri Sathya Sai Baba had dedicated His life to compassionate activities for the upliftment of humanity, living by His words, *"My life is My message,"* and led by that example.

Sri Sathya Sai Baba's actions were rooted in His pure, selfless, eternal, and unconditional love. He demonstrated that spiritual life is not limited to a life of seclusion but is one of loving service to all. The selfless and pristine love shown naturally and spontaneously by Sri Sathya Sai Baba attracted thousands of people daily from all parts of the world. His greatest miracle, recognised by His followers, is the transformation of the human heart.



“Love all beings - that is enough. Love with no expectation of return. Love for the sake of love. Love because your very nature is love. Love because that is the form of worship you know and like.

When others are happy, be happy likewise. When others are in misery, try to alleviate their lot to the best of your ability. Practise love through seva (selfless service). By this means, you will realise unity and get rid of the ego that harms.”

Sri Sathya Sai Baba, March 5, 1973

Sri Sathya Sai’s Mission

At the age of 14, Sri Sathya Sai Baba declared to His parents that His life’s purpose is to re-establish the principle of righteousness, to motivate love for God and service to fellow man. Sri Sathya Sai’s mission is to help everyone realise their innate Divinity and help each one develop complete faith in the Divine source that resides within. He further promotes the notion that the five human values - truth, righteousness, peace, love, and nonviolence - should permeate every human relationship.

His Work

Sri Sathya Sai Baba established various educational institutions, medical institutions, and humanitarian service projects worldwide. These projects have influenced inner transformations in its participants and inspired members around the world to continue them.

- Healthcare: For All

The principles of Sri Sathya Sai Ideal Healthcare are comprehensive, compassionate, preventive, state-of-art, Universal, and free healthcare, provided with love and humility. Healthcare professionals provide ideal healthcare to millions of people around the world in over 47 countries based on these principles.



- Education: Precious Gift to Humanity

Sri Sathya Sai Education is a precious gift of Sri Sathya Sai Baba to humanity. There are 44 Sri Sathya Sai Schools and 31 Institutes of Sri Sathya Sai Education (ISSSE) established in various countries, delivering values-based education. In addition, Sri Sathya Sai Education in Human Values (SSSEHV) programmes teach fundamental human values to the community in general, and to specific professional groups.

- Nature: Manifestation of God

Sri Sathya Sai Centres are active in promoting spiritual solutions to our present-day environmental crisis, conducting clean-ups, extensive tree planting initiatives, and inspiring the community to live in harmony with nature. The first Go Green Conference was held in July 2018 with delegates from more than 70 countries.

- Sai Young Adults (YAs): The Future

YAs play an integral role in the SSSIO. They are beacons of light for humanity and are torchbearers of the Divine Mission of Sri Sathya Sai Baba. They have undertaken many initiatives, including the Sri Sathya Sai International Leadership Programme for Young Adults (SSSILP) – which has graduated thousands of YAs from over 50 countries, who are active leaders in the organisation.

- Humanitarian Relief

Various earthquakes, floods, and tsunamis around the world take a heavy toll on animal and human lives and cause widespread damage. The organisation facilitated relief efforts to address the damage from such natural disasters. For example, after the 2018 tsunami, volcanic eruption, and earthquake in Indonesia, SSSIO volunteers provided food, water, shelter, and medical services, and built homes.

- Water Project

A water project costing over US \$63 million was implemented to bring water to over 700 villages in the Indian State of Andhra Pradesh in 1994. This later inspired more water projects in other countries, such as Nepal, where the project benefitted 3,300 people.



- Adoption of Global Communities

The SSSIO initiated a worldwide service project of adopting communities as a humble offering to Sri Sathya Sai Baba for His 95th birthday in 2020. The organisation has adopted over 160 communities across 40 countries outside of India to serve and continue to care for in the future. The communities are provided with education, healthcare, food, shelter, drinking water, and other services to identified communities. The choice of which community to adopt is dependent on local needs, local socio-economic and socio-political situations, and varies widely from country to country.



Frequently Asked Questions (FAQs)

Who Is Sri Sathya Sai Baba?

1. Who is Sri Sathya Sai Baba? Is it better to describe Him as God or a spiritual teacher?

Perspective:

To a spiritual aspirant, He is the Divine Master and Guru par excellence; to a rationalist, He may be considered a great humanitarian; to thousands of modern YAs, He is a leader with a dynamic vision and a colossus of inspiration; to a devotee, He is the descent of God in human form. Many who have had the opportunity to experience Him consider Him to be the embodiment of Pure Love. He has inspired millions of people across the world to turn inwards and lead more purposeful and moral lives. His Universal teachings attract seekers of truth professing various faiths and hailing from all walks of life to follow the spiritual path of righteousness. True to His declaration - "My Life is My Message," He has inspired and continues to inspire millions of individuals worldwide to lead selfless lives.

In His Words:

"Sai has come in order to achieve the supreme task of uniting the entire mankind as one family through the bond of brotherhood, of affirming and illuminating the Atmic (Spiritual) Reality of each being, to reveal the Divine which is the basis on which the entire cosmos rests, and of instructing all to recognise the common Divine Heritage that binds man to man, so that man can rid himself of the animal in him and rise up to the Divine which is his goal."

Sri Sathya Sai Baba, June 19, 1974



2. I have found that it is extremely difficult to speak about Sri Sathya Sai Baba with YAs who are of different religions or who are not on the spiritual path. How do I deal with this? Should I say He is God?

Perspective:

In such circumstances, it is beneficial to talk about Sri Sathya Sai Baba's life, mission, and work, and convey how His teachings have impacted you. A valuable approach here is to reflect within.

💡 What is your relationship and experience with Sri Sathya Sai Baba? What is your confidence level and conviction in this relationship? Your genuine understanding of this connection between you and Sri Sathya Sai Baba will project a positive outlook making your life truly His message.

In His Words:

"I have come not to disturb or destroy any faith, but to confirm each in his own faith - so that Christian becomes a better Christian, the Muslim, a better Muslim, and the Hindu, a better Hindu."

Sri Sathya Sai Baba, November 19, 1999

3. How do I speak about Sri Sathya Sai Baba in a country where it's a challenge to speak freely of Him?

Perspective:

You must respect the laws of the country and practise your belief in the framework of the law. How you conduct yourself and the activities of the organisation will make a difference and be a reflection of Sri Sathya Sai Baba.

In His Words:

"I have not come on any mission of publicity for any sect or creed or cause; nor have I come to collect followers for any doctrine. I have no plan to attract disciples or devotees into My fold or any fold. I have come to tell you of this Universal unitary faith, this Atmic principle, this path of love, this duty of love, this obligation to love."

Sri Sathya Sai Baba, July 4, 1968



4. How to manage one's own fear of judgement in speaking about Sri Sathya Sai Baba?

Perspective:

Start with small steps by first speaking of some teachings you feel comfortable sharing with certain groups you feel safe in. As your confidence and connection with Sri Sathya Sai Baba and His teachings evolve, so will your ability to articulate in various environments. Your fear of judgement can also be an indication to create a more open and honest relationship with your friends, family, and acquaintances. In a genuinely open and honest relationship, you should feel comfortable and proud of being you.

💡 Which teaching do you feel comfortable discussing first? (Examples: 5 human values, service, unity) What is your safe group? (Examples: siblings or family, practise with YAs, colleague, roommate)

In His Words:

“There is love in one and all. There is none bereft of love in this world. Develop love. Let people speak what they want. Do not be perturbed by criticism. If someone criticises you loudly, it goes into thin air, if he criticises within, he will only be the one who will be affected by it. In this manner, you should neither be elated by praise nor depressed by criticism. If you want to attain God, there should be harmony in your thoughts, words and deeds.”

Sri Sathya Sai Baba, January 14, 2006



Teachings/Application

5. What are the fundamental teachings of Sri Sathya Sai Baba to share with non-devotees?

Perspective:

It is best to share the teaching of Sri Sathya Sai Baba that resonates most with you at whichever point of your life you are at and that connects best to you. Once you resonate with it, you are not preaching but living it and it becomes apparent in all that you do. Over time, this teaching may change or evolve. As you utilise Sri Sathya Sai Baba's teachings to deal with life's many twists and turns, others will see this and feel compelled to learn more about it.

💡 Which teaching resonates most with you at this point in your life? Are you practising it and living it? If not, how can you work on implementing it into your life?

In His Words:

"Practise what you preach. Act according to what you say. The other is: Don't preach what you do not practice. If you talk about something which you do not practise yourself it is deceit. If you do what you say, it is an index of greatness."

Sri Sathya Sai Baba, November 17, 1985

6. How can I balance my spiritual and social life?

Perspective:

Our goal in life is to reach the highest truth and we grow spiritually as we endeavour in that journey. Everything we engage in and do impacts that journey, so from one perspective our spiritual life is constant. It is 24/7. How we conduct ourselves, the choices we make, the people we associate with, all influence who we are and our understanding of ourselves. So, your spiritual and social life have bidirectional influence. Additionally, your spiritual practices need not look a certain way. For some, their preferred spiritual practice is chanting, while others prefer yoga, and some others prefer to meditate. To understand what spirituality is, we need to start with practices that we easily resonate with: *Namasmarana*, selfless service, reading spiritual literature, meditation, etc.



- 💡 Let us not forget that every moment is a Divine gift and that Sri Sathya Sai Baba is always watching, so what do you choose to do with this moment?
- 💡 What is your preferred spiritual practice at this point in your life?
- 💡 What are you doing in your social life that has influenced your pursuit of spirituality? How has your spiritual journey impacted your social life?
- 💡 What can you do in your social life to become closer to realising who you are? How would you pick a book, movie, or place differently? How will you engage in more uplifting and positive moments and experiences?

In His Words:

"It may not be possible for you to undertake rigorous spiritual practices like meditation, penance, yoga, etc. It is enough if you chant the Divine Name. Do not undertake practices which you do not understand. Take the simplest path, i.e., namasmarana."

Sri Sathya Sai Baba, February 24, 2002

7. What can YAs learn through SSSIO and the International YA programme?

Perspective:

SSSIO affords YAs an opportunity for holistic character development through personal development and selfless service, supporting the YAs' exploration of their place in this world. YAs worldwide feel united by Sri Sathya Sai Baba's love and message which resonates with communities far and wide. Additionally, the organisation - through its simple existence - connects us to role models and mentors who we can learn from, further enhancing our spiritual journey.

- 💡 Think of a moral lesson or message you have heard from a mentor, senior devotee, or fellow YA. How can you implement this lesson into your daily life?
- 💡 What opportunities are provided to you at a local, national, and international level to progress on your spiritual journey?

In His Words:

"I want you to be leaders to protect the world. Leaders like lions, self-reliant, courageous, majestic, and just. Lion is the king of animals and I want you to be king among men."

Sri Sathya Sai Baba, May 21, 1992



“Seventy percent of the world's population consists of 'youth' who are the potential leaders of tomorrow. Unless they are properly trained to take up their role in the future, society, the nation, and the world will not progress in peace.”

Sri Sathya Sai Baba, January 14, 1985

8. What is the primary purpose of the spiritual path?

Perspective:

The spiritual individual strives to understand the source of happiness in themselves and learn that they need not depend on others' validation. The transition from relying on extrinsic motivation to intrinsic motivation. As you work towards attaining happiness on the spiritual path, you become more aware of your ego and spend your life destroying it.

💡 How do you think you can work on destroying your ego?

In His Words:

“If we desire peace for the individual, for the society and for the nation, it can only be achieved through spiritual means. Hence, recognising the truth, without attaching excessive importance to worldly comforts, we must make every effort to acquire peace of mind. No doubt physical comforts are necessary up to a point. But they should be limited to meeting the basic demands of nature. For instance, man requires sleep. Similarly, peace of mind should be got through natural means. The spiritual path is the only way to achieve "the peace that passeth understanding.””

Sri Sathya Sai Baba, May 6, 1988



9. I study or work in the scientific field and I am often expected to perform tasks that seem against Sri Sathya Sai Baba's teachings or values, such as dissecting animals. Does this mean I should not participate?

Perspective:

Keep in mind that your duty and work are worship, and the dissection is part of your duty to advance your education. Honour the animal, proceed with good intentions, and do not unnecessarily harm them. To help ease your dissonance, pray for the animal, and clarify that your intent is not to cause harm before beginning your dissection. You do your duty and leave the rest to God. If, however, this creates an extreme level of discomfort, consider sharing your concerns with peers or professors and see if there is a more ethical course of action that you can follow. Unfortunately, unethical behaviour is too common, so consider working towards changing standards in your industry to a more ethical, fair, and appropriate direction. Although change may not be immediate, it can be in the right direction and support positive change.

💡 What kind of change to ethical and fair behaviour would you advocate for in your industry?

In His Words:

"Develop faith in God in the first instance. Anything can be achieved with unflinching faith in God. Discharge your duties with a sense of surrender to God."

Sri Sathya Sai Baba, January 14, 2006



Faith

10. How do I build faith or trust in Sri Sathya Sai Baba and practise His teachings in my daily life?

Perspective:

You can pick a sadhana that you resonate with because faith is a natural by-product of sincere efforts in sadhana. Your sadhana can be *Namasmarana*, meditation, selfless service, reading Sri Sathya Sai Baba's literature, etc. Each individual's spiritual journey will look unique, so do what you resonate with best at this time.

💡 Which spiritual practice do you plan to implement in your daily life? How can this practice develop your faith in Sri Sathya Sai Baba?

In His Words:

"Sadhana must be done in a disciplined systematic manner, in an atmosphere of virtue... begin the first lessons of silence, prayer, and chanting the Name of the Lord... practise at least the very first steps in Sadhana, like silence, reciting the Name of God, reading of the scriptures, etc."

Sri Sathya Sai Baba, November 25, 1959

"Have faith in yourself, your own capacity to adhere to a strict time-table of Sadhana, your own ability to reach the Goal of Realisation."

Sri Sathya Sai Baba, September 8, 1966

11. What does it mean to surrender and how do we practise it despite our trials and tribulations?

Perspective:

To surrender, you must develop complete faith and confidence in your spiritual Guru and know that He will guide you. It develops over time, so take each day at a time and start your day with a simple prayer such as, "This is your day; I pray to you," or "Please speak through me, act through me, think through me, love through me. Let me remember that I am your instrument for you to play your music." Something this simple can help induce confidence and keep us calm so we can go with the flow. Surrendering can also mean living in the present moment, being a witness to His work, and offering each action to His Lotus Feet.



💡 What will be your simple prayer?

In His Words:

"Surrender means offering everything to the Divine and giving up the idea of separation between oneself and the Divine. There can be no true surrender if there is a sense of separation. There must be the conviction that it is the same Divine who dwells in all beings."

Sri Sathya Sai Baba, October 6, 1992

12. How do we develop and maintain a connection with Sri Sathya Sai Baba?

Perspective:

Ordinarily, you would develop a healthy relationship with someone by maintaining constant communication and connection with them. Similarly, after establishing the best mode of communication you can adhere to connect with Sri Sathya Sai Baba. The beauty of this is that you determine the kind of relationship you want. As your connection grows stronger, so will your relationship and what that relationship looks like. Start somewhere you are currently comfortable with and see how your relationship evolves. Additionally, learn to quieten the mind so He can speak to you, for we hear Him only in the silence of our mind. This is a skill one develops through constant practice.

💡 What is your relationship with Him? Is He your friend, teacher, guide, master, Guru, or parent?

In His Words:

"The direct individual relationship between each of you and myself will remain always. If our relationships can be strengthened through the organisations, I shall feel happier."

Sri Sathya Sai Baba, November 24, 1987

"You should make efforts to keep close connection with God alone. Do your duty with a feeling of dedication, leaving the results in the hands of the Divine. Then you can always be happy."

Sri Sathya Sai Baba, April 11, 1994



13. How do we follow our inner conscience and use it to guide us?

Perspective:

We must quieten all the noise in our minds to hear the inner conscience that is trying to speak to us. The more we listen and act on it, the louder it will get, and we will build confidence in identifying the voice of our conscience. It may be difficult and frustrating at first, but you must continue your efforts to identify it.

💡 Think of a time you heard your conscience and followed it. What did it feel like?

In His Words:

“Students should, therefore, examine before they do anything whether it is good or bad, right or wrong, and act according to the dictates of their conscience. Even in respect of the conscience, certain facts should be borne in mind. The promptings of intellectual reasoning should not be identified with the dictates of the conscience. The directives should come from the heart. When you dive deep into a problem and enquire whether what you should do is in the interest of your friends and society in general, your conscience will give you the right answer. You should not be guided by intellectual reasoning which has a selfish element in it. You should be guided by a concern for the collective interests of society at large. That alone is the true voice of conscience. This kind of broad social conscience should be developed through education.”

Sri Sathya Sai Baba, January 14, 1992



SSSIO

14. How would you introduce SSSIO?

Perspective:

The SSSIO is a spiritual and humanitarian organisation founded by Sri Sathya Sai Baba and has been active for over 50 years worldwide. Sri Sathya Sai Centres and groups were established in the late 1960s in various countries by His overseas devotees, to carry forth the message of Sri Sathya Sai Baba and to do His work. The SSSIO provides a platform for individual growth and opportunities to serve humanity through service, devotional activities, and education to help one experience Divinity within each one and promote unity. For more information, please visit <https://www.sathyasai.org/about-us/organisation>.

In His Words:

“The main objective of the Sathya Sai Organization ... is to help you recognise the Divinity inherent in you. So, your duty is to emphasise the One, to experience the One in all you do or speak. Do not give importance to differences of religion, sect, status, or color. Have the feeling of one-ness permeate all your acts. Only those who do so have a place in this Organization; the rest can withdraw.”

Sri Sathya Sai Baba, January 6, 1975

15. How was the Young Adults programme established?

Perspective:

During the first World Youth Conference held in 1997, Sri Sathya Sai Baba revealed the important role of YAs in fulfilling His noble mission. The International Young Adults Committee (IYAC) is established under the guidance of the Prasanthi Council in the Sri Sathya Sai International Organization. The YA Subcommittees were included in the resolutions of the Sri Sathya Sai World Youth Festival in July 2016. You can learn more about the subcommittees and their work on www.sathyasai.org/ya.



In His Words:

“Young men and women, the world’s good fate, world’s progress is dependent on the transformation of the youth, today. Only when the youth transform themselves with good character, will the world be able to experience ideal virtues.”

Sri Sathya Sai Baba, July 16, 1997

16. I think we can take His message forward by working together and by engaging with other organisations. How do we liaise with others to achieve this?

Perspective:

To successfully liaise with other organisations, due diligence must be conducted to ensure that the organisation’s values and intentions align with that of the SSSIO and Sri Sathya Sai Baba’s teachings and work. Please speak to your respective centre, regional, national, or zonal officers for further guidance on this.

In His Words:

“The whole world has recognised the truth that if there is any organisation where love, unity, friendship, co-operation, and selfless service are practised, it is only the Sri Sathya Sai Organizations. Every little activity that Sri Sathya Sai Organization undertakes is an ideal to the rest of the world. We have seen many organisations, but the spirit of sacrifice that is found in Sri Sathya Sai Organization is not found anywhere else.”

Sri Sathya Sai Baba, March 18, 1999



17. What is the difference between Sri Sathya Sai World Foundation, Prasanthi Council, the Sri Sathya Sai Central Trust, and Sri Sathya Sai Centres or Groups?

Sri Sathya Sai World Foundation:

The Sri Sathya Sai World Foundation (SSSWF) was formed as per the Divine directive in 2006. The announcement was published in the [March 2006 Sanathana Sarathi](#): "By the Divine command of Bhagawan Sri Sathya Sai Baba, the Sri Sathya Sai World Foundation will henceforth assume responsibility for the governance of all functions of the SSSIO. The foundation will work together with the Prasanthi Council to accomplish the administration of these organisations." The SSSWF is registered as a 501(c)(3) public charitable foundation in California, USA. It supports the humanitarian relief projects and other works of the SSSIO around the world.

Prasanthi Council:

The managing body of the SSSIO is the Prasanthi Council. Sri Sathya Sai Baba established the Prasanthi Council in 2003. The responsibilities of the Prasanthi Council are:

1. To guide and supervise the working of the various constituents of the SSSIO throughout the world.
2. To make rules and regulations and provide guidelines for the SSSIO in overseas countries from time to time.
3. To determine all matters requiring an authoritative decision in the SSSIO and relation to its constituent units.
4. To convene meetings of the members or officers of the SSSIO, as may be necessary from time to time.
5. To compile information relating to the working of the SSSIO in each region.
6. To determine all matters requiring authoritative decisions.

Sri Sathya Sai Central Trust:

The Sri Sathya Sai Central Trust was founded in the year 1972 as a Public Charitable Trust for the maintenance of the Ashram in Puttaparthi and its associated buildings and projects.



Sri Sathya Sai Centres or Sri Sathya Sai Groups:

Sri Sathya Sai Centres and Sri Sathya Sai Groups are established often with the growth of the SSSIO and the needs of the community. They help their members to realise their innate Divinity through various devotional, educational, and service-oriented activities.

In His Words:

“Differences should not divide us. Members of the Sai Organization should foster such unity. Let there not be any conflicts. Live like children of the same family. Get a good name, so that there is no other organisation comparable to the Sai Organization in the world. Develop love and work unitedly.”

Sri Sathya Sai Baba, November 20, 1998

18. How does SSSIO fund projects? Does the organisation charge membership fees?

Membership is open to all people who wish to follow the basic tenets of Sri Sathya Sai Baba's teachings and the organisation's guidelines. Fees are never charged for any Sri Sathya Sai Centre activity, nor are donations solicited from members, or the public. Sri Sathya Sai Centres pay no fees to the SSSIO at any level. Sri Sathya Sai Centres may meet their expenses by allowing members to make voluntary, anonymous contributions. Generally, officers in the SSSIO use their funds to cover personal expenses incurred in carrying out their duties.

Special projects must be discussed and approved by the officers in conjunction with the members and acted upon only after sufficient funds are available. If the amount is insufficient, the officers may either make up the shortfall among themselves or cancel or modify the project. Sri Sathya Sai Centres should never embark on projects for which there are insufficient resources of money, time, personnel, energy, or skills.

Any financial considerations will be the collective responsibility of all the Sri Sathya Sai Centre officers under the direction of the National Council President (NCP). Careful records of all financial transactions will be kept and reviewed by the Sri Sathya Sai Centre officers every quarter and may be reviewed by the NCP.



These rules are in keeping with Sri Sathya Sai Baba's injunction that Sri Sathya Sai Centres should have as little to do with money as possible since it draws attention away from the members' spiritual focus.

In His Words:

"Fund collection is as much opposed to this movement as fire is to water. If you yield on this point, spiritual advance will perish."

Sri Sathya Sai Baba, May 14, 1971

"I do not like collection of funds. Do not plan beyond your capacity and move about with lists from person to person to get funds. By this, the institution gets a bad name and you too will not be spared. Attempts are being made in many places to build Sri Sathya Sai Baba Mandirs. But Sri Sathya Sai Baba will be happy if He is installed in your hearts; that is the Mandir I like, not those. When you seek to build that other Mandir, you have to go about seeking donations. The most precious donation is a pure mind; give that to the organisation and it will shine."

Sri Sathya Sai Baba, April 21, 1967



Service

19. Why is it important, as SSSIO members, to serve others?

Perspective:

The main purpose of SSSIO is to help one realise one's innate Divinity by the practice of Divine Love through selfless service (seva). Seva is perhaps the single, most efficient, Universal tool to understand, experience, and express love innate in all of us because service is love in action. Sri Sathya Sai Baba says that the best way to love God is to, "Love all, Serve all." It is the quality of service that is most important, not the quantity. The motive for service should be pure because when we render service, we should feel that we are serving God.

💡 What are some service activities you have done? How has that made you feel? What are some service activities you can engage in?

In His Words:

"Do not believe that you can by means of Seva re-form or re-shape the world. You may or you may not. That does not matter. The real value of Seva, its most visible result, is that it reforms you, reshapes you. Do Seva as a Sadhana; then you will be humble and happy. Do not strut about that you are improving others; improve yourself."

Sri Sathya Sai Baba, March 29, 1967



Culture/Religion

20. How can I speak about Sri Sathya Sai Baba in different cultural contexts (e.g. a Muslim country, agnostic country, Catholic country)? How can I explain the Universality of Sri Sathya Sai Baba's teachings?

Perspective:

Sri Sathya Sai Baba has always said that there is only one religion, the religion of Love. Hence, we should respect all religions equally. The common denominator across all religions is Love - love for God and love for humankind. All of humankind benefits from the Universal practice of the human values of truth, righteousness, peace, love, and non-violence. Sri Sathya Sai Baba explains that all religions are different paths leading to the same destination. All religions proclaim the Oneness of Divinity and emphasise the cultivation of Universal selfless love without regard to caste, creed, or country.

In His Words:

"Don't entertain religious differences. The God that is worshipped in all religions is one and the same. With that conviction, respect all religions. Realise that the essence of all religions is one. Don't enter into futile controversies or criticise other religions. It is fraught with danger. When you attack another religion, you are really guilty of assailing your own religion. Therefore, show your reverence to everyone. "Whatever deity you adore, the worship reaches the One Supreme Lord." "

Sri Sathya Sai Baba, July 23, 1989



Traditions or Customs

21. Why is gender segregation so important in spiritual activities? How can we explain gender segregation to someone outside of the SSSIO?

Perspective:

Sri Sathya Sai Baba emphasised gender separation as an important spiritual discipline to keep the senses and mind under control, Universally relevant to all countries and cultures. It is in the very nature of God's creation to have physical attraction between the genders. While such mutual attraction is quite natural, it is not conducive to fostering one-pointed devotion to God. Since the purpose is to keep that focus and dwell in the spiritual realm, away from worldly distractions, gender separation is strictly observed at Sri Sathya Sai Centres or Groups and other Sri Sathya Sai Baba events.

In His Words:

"When you plant a sapling, you protect it in the early stages of its growth, erecting a fence around it so that animals may not harm it. After the plant has grown into a sturdy tree, there is no need for the fence. Similarly, even in the spiritual path, one has to observe some restrictions and restraints so that one's spiritual growth may not be affected by what is happening in the outside world. ... The rule should be applicable to all members---whether they are Indians or non-Indians, in India or elsewhere. It is a part of the spiritual discipline that is necessary for devotees. Even a great warrior like Arjuna confessed to Lord Krishna: "The mind is fickle and is very difficult to control." If even Arjuna found it difficult to control his senses, how much more necessary it is for us to have some regulations to control our own minds?"

Sri Sathya Sai Baba, November 22, 1980



22. Why do we have to wear white or dress in traditional Indian attire during Sri Sathya Sai Baba events?

Perspective:

Devotees may choose to dress in white to promote uniformity during Sri Sathya Sai events. This outward uniformity helps train the mind to see the unity inside everyone. Traditional clothes are only required in India by social norms; however, everyone everywhere is encouraged to dress modestly and by the law of the land. The objective of attending group prayers is to spiritually elevate ourselves, so this uniformity and simplicity help in focusing and directing the mind inward.

In His Words:

“White colour is the combination of seven different colours. White colour represents purity. The combination of seven colours symbolises unity. Unity leads to purity and purity leads to Divinity.”

Sri Sathya Sai Baba, July 17, 1996



Misconceptions

23. How do I respond to criticisms or negative rumours or false assumptions?

Perspective:

Whenever we are faced with such a situation, it is important to remember that we cannot change the opinions of everyone and not everyone will agree with us. In this awareness, respond to their comments with love and kindness, and leave the outcome in His hands. We do not need to convince another of 'our truth' or change another's beliefs. Lead by example and remember that our life is also His message. Maybe this situation is also His Leela (Divine drama), and He is testing our faith. In which case, feel His presence and ask Him to speak through you.

In His Words:

"Buddha also had to face criticisms from His contemporaries. These are the familiar experiences of all Avatars. No incarnation was free from calumny. All good causes also suffer from criticisms. Peace and good result from the work of the Avatars in spite of these attacks and impediments. The following is the fourfold formula for all people. Welcome good company. Eschew all association with the evil minded. Perform meritorious acts ceaselessly. Always discriminate between the transient and the everlasting."

Sri Sathya Sai Baba, May 15, 1996



24. “Are not YAs too young for all this *sadhana*? You can do all this when you’re older. You’re restricting yourselves too much, you should enjoy your lives instead of giving up things.” How do I respond to this?

Perspective:

How can *sadhana* (spiritual practice) be restrictive when it helps us reach liberation? Our understanding of *sadhana* needs to broaden to the practice of connecting blissfully with the universe. Find a form of *sadhana* you love and would enjoy doing alone to feel connected to God and the universe - a reflection of God. When you start to associate *sadhana* with this act and feel, then you may give it a different name - ‘self-care,’ ‘awareness building exercise,’ ‘me-time,’ or ‘recentering or grounding of my being.’ It is never too early or late to begin your *sadhana*, for we do not know how much more time we have of this precious life. So let us make use of our present to advance on our journey and take out the time to connect with our higher self.

💡 What is your chosen *sadhana* or spiritual practice?

In His Words:

“What is meant by spiritual practice? Recitation of the Name, meditation, devotional singing yoga, good deeds - do these constitute spiritual practice? Not at all. To transform bad into good is true spiritual practice. To turn sorrow into happiness is spiritual practice.”

Sri Sathya Sai Baba, June 1, 1991

25. If Sri Sathya Sai Baba is a spiritual master, then why did He perform miracles? He could have guided society through His teachings and service only.

Perspective:

Sri Sathya Sai Baba’s life was dedicated to the spiritual guidance and service of others. His miracles were a part of this journey, but not the highlight. Some of these miracles have provided numerous devotees with prized interactions which have become engrossing tales to tell. However, each of these miraculous events has advanced the devotee’s spiritual journey.



In His Words:

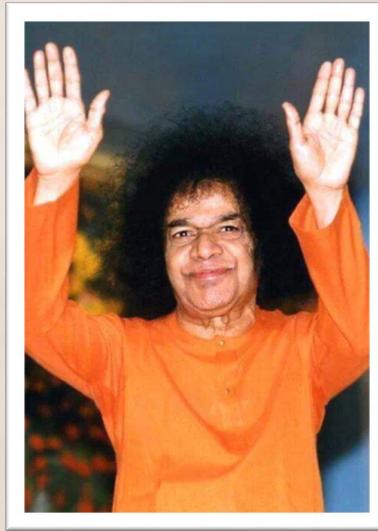
“The establishment of Dharma is My aim; the teaching of Dharma, the spread of Dharma - that is My objective. These "miracles" as you call them are just a few means towards that end. This is merely the nature of Avatara: the creation of things, ab initio, with intent to protect, guard and give joy, a creation that is spontaneous and lasting. Creation, Preservation and Dissolution - these three, only the Almighty can accomplish; no one else can. Cynics carp without knowledge.”

Sri Sathya Sai Baba, December 13, 1964

“I reveal to you My Glory, off and on, to a little extent, through what you call miracles. I do not engage in them for name and fame; I am miraculous by My very Nature! Every moment of Mine is a Miracle! The miracles are beyond your understanding, your art and skill and intelligence.”

Sri Sathya Sai Baba, November 23, 1961





"If you have the spirit of love and service, Divine grace will follow you like a shadow wherever you may be, be it in the forest or in the sky, village or city, river or mountain cliff."

Sri Sathya Sai Baba, October 16, 1999

Disclaimer: Please note that these responses to the questions are meant to serve as a guide and are not prescriptive. The responses in this kit are only a few perspectives to questions that have many. We respect and honour the views of all devotees and acknowledge that every spiritual aspirant's journey is personal. May Sri Sathya Sai Baba continue to guide us all as we advance in our spiritual journeys. If you need further guidance and support, please reach out to your local YA Coordinators, YA Advisors, and or other SSSIO Office Bearers.

With His Blessings, Love & Guidance,
SSSIO Young Adults International Engagement and
SSSE/Group 4 Pathways Subcommittees,
SSSIO International Young Adults Committee





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