

An Offering At The Lotus Feet Of Our Beloved Bhagavan Shri Sathya Sai Baba



A Newsletter of Love

Dear Readers,

Jai Sai Ram. We are happy to announce the first issue of the Sai Youth Newsletter being produced, with Swami's Grace and Blessing. This newsletter is an offering to our Beloved Bhagavan before we leave for the World Youth Conference.

Thank you.
Sai Ram.

Divine Discourse

Youth Should Transform the World

One who practices and propagates ideals such as goodness, morality, and truth is a youth in the strict sense of the term.

In fact, only such people are your best friends and My best friends too.

[Poem in Telugu]

Embodiments of Love! Goodness means good behaviour, good conduct, good discipline, and good character. Truth, righteousness, peace, love and nonviolence are verily the five life principles (pancha pranas) of man. Human life is a journey from 'I' to 'We'. This journey is subtle and the goal is very near, but man takes many births to reach the destination. Why should he take such a long time, undergoing hardships, to attain the goal, which is so near?

Modern youth are making every effort to know all that is happening in the world but are not making any effort to understand the fundamental truth of human life. No benefit accrues from acquiring

such information, which does not lead you to the goal of life. There are thousands of intellectuals, scholars, and eminent educationists in the world today. But all the worldly knowledge and skills will be a mere waste if one does not know oneself. The primary duty of man is to understand who he really is.

In this world, if money is lost,

*one need not be worried about it,
for one can earn it again.*

If a friend is lost, one can have another.

If wife is lost, one may get married again.

*If one loses one's piece of land,
one can purchase another.*

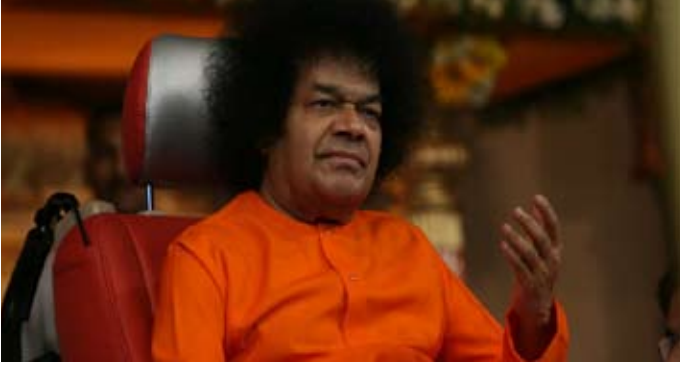
All these can be acquired again.

But the body once lost is lost forever.

[Sanskrit sloka]

Faith in God is very essential for man

Man has achieved everything in life but has lost human values, which amounts to losing his five life principles. As a result, he has become a living corpse. Faith in God is very essential for man. You may question who God is and where God is. Truth is God. Truth is one and the same for everyone, irrespective of caste, creed, religion, language, nationality and ideology. Sathyannasti paro dharma (there is no greater dharma than adherence to truth). This fundamental Truth is God. Likewise, Love is God. So, live in love. True love is related to the heart, not to the body. Divine Love is "heart to heart, not body to body". Body is like a water bubble, mind is like a mad monkey. Don't follow the body, don't follow the mind. Follow the conscience. Only then can you experience the Truth.



Service will Lean you to Devotion

Your men and women! Your life is a long journey, and your desires are the luggage. “Less luggage, more comfort makes travel a pleasure.” So, reduce your desires. Human birth is gifted to serve others, not just to eat, drink, sleep, and make merry. The best way to love God is to love all and serve all. Man’s foremost duty is to serve his fellowmen and make them happy. Your life will be redeemed only when you involve yourself in the service of society. The highest sadhana (spiritual practise) is to transform love into service. Service will lead you to devotion.

The Kerala boy who spoke earlier mentioned various diseases that affect the body. There are many instances in history wherein even mighty kings had to leave their mortal coil in spite of having access to the best medical facilities and the best doctors. Doctors by themselves cannot cure diseases. Divine grace is essential. There is no point in safeguarding your body if you do not uphold morality. For this, lead a life of truth and love. Modern youth do have love, but their love is artificial. It is limited up to saying “hello, hello,” and is in fact hollow within. So, their life has become artificial like a drama. Man can rise to the level of the Divine only through the path of service. When man is not able to understand humanness, how can he understand Divinity? First, know thyself. Human life is noble, since it is essentially divine. In fact, man and God are not two different entities; they are one and the same. “Ekam sath viprah babudha vadanti (truth is one, but scholars refer to it by many names).” Your life will be redeemed once you understand this truth. The divine power latent in man is not found in any other being. Since man is unable to understand his own divine nature, he is undertaking various spiritual practices such as penance, meditation, and yoga. Spiritual practices bereft of love are a mere waste of time. Love is most important in life. Whatever you may

say with love, it is bound to be true. Any work you undertake with love is dharma. So, in the first instance, develop love. Lust, greed, hatred, jealousy, anger, and pride are animal qualities. These qualities are the result of the impurities in the food man partakes of. These are of man’s own making. Man is forgetting his divine nature due to the effect of these evil qualities.

The words seva and prema possess infinite power

Man should make proper use of his mathi (intellect), gathi (destination), stithi (situation), and sampathi (wealth). Wealth here does not mean worldly treasures. It refers to the power of the senses. This power should be utilised for service of society. Neither by penance nor by undertaking pilgrimages nor by going through sacred texts nor by Japa can one cross the ocean of Samsara. Only through service of the noble can one redeem oneself.

[Sanskrit verse]

The words seva and prema may be very small, consisting of only two syllables, but they possess infinite power. Embodiments of Love! Enquire and understand who you really are. Know yourself and you will know all. Since many of you are newcomers, you have to understand simple things to begin with. When you say, “This is my handkerchief,” it means the handkerchief is different from you. Similarly, when you say, “This is my body, my mind, and my intellect,” it means you are different from all these. Then the question naturally arises, “Who are you?” Enquire into this. Body, mind and intellect are mere instruments. Identifying yourself with these instruments is absurd. You are the master. Master the mind and be a mastermind. Never be a slave to your body, mind, and senses. In fact, they should be under your control; you should not be controlled by them. One of the speakers quoted Swami, “My life is My message.” She also referred to the statement, “Your life is My message.” You should understand the meaning of these statements clearly. Saying that your life is Swami’s message and indulging in wicked activities and unrighteous deeds is treacherous. That constitutes “your” message, not My message. You can declare that your life is Swami’s message only when you take to the path of truth and righteousness, install peace and love in your heart, and uphold nonviolence.



Here are some youth experiences of the day:

“The vibrations were very powerful and it felt like being back in Prashanti. Everyone came together and worked as one to make the day successful. Having attempted to chant the Rudra Ekaadashini left me with a feeling of peace and stillness. It reminded me of Swami’s discourse last year where he stated that the Athi Yagna Maha Yagna fosters Divinity in man. Although this event was on a smaller scale, it was a day full of scaredness and sanctity. The power of the chanting did not last only for one day, as I still continue to feel its effect long after. I look forward to the next Rudra Ekaadashini in Wimbledon on 30th September.”

Rudra Ekaadhashini

07.07.07

“As stated by the Pundit who just spoke, the ‘Athi Rudra’ consists of many Namakas and Chamakas. They sustain the human life. From where did this power come? The Namaka and Chamaka are taken from the Krishna Yajur Veda. It is an all-inclusive Veda, from which the other Vedas, Sastras (scriptures), Ithihasas (ancient legends) and Puranas emanated. Unfortunately, today, the Vedas have lost their pre-eminent position due to poor patronage. People who take to a serious study of the Vedas and chant the mantras contained in them regularly have become rare. A regular study of the Vedas and practice of Vedic injunctions confer all forms of wealth on the human beings. The fundamental principles governing human life and destiny are contained in the Vedas. The Vedas are the gift of God for the welfare of the entire humanity. The Vedas make no distinction whatsoever on the basis of religion, caste, nationality, etc. The Veda mantras can be chanted by one and all.”

Sai Baba
09.08.06

“Through the chanting of the Rudram and the eleven consecutive Shiv Pujas that were taking place I could really feel the presence of Our Bhagavan. I felt we were flown back to Prashanti Nilayam in the Sai Kulwant Hall. The preparations towards the day and the day itself was filled with oneness and lots of love. Everyone was working together to please our Swami, as he was coming for the Abhishekam. Even the owner of the Empire commented that he had never seen a team so big work together so effectively and efficiently in such a short time. I thank Swami for giving us such a grand opportunity to be part of His day and for gracing us with His Love and Presence throughout the day.”

“The church hall was brought back to its glory with a beautiful altar that set the scene of Prashanti Nilayam. The atmosphere was alive with the ringing of Veda chanting that made the hairs on my arms stand on end. The Havan Kund was amazing, filling the entire hall with blessings. Only with Swami’s Grace could such an event be organised and performed with such perfection. Thank you Bhagavan for making the day one to remember!”





Family Values Day

08.07.07

The Regional Family Values Day was held at Soar Valley College in Leicester and was attended by many families. Each workshop was well designed with a spiritual basis. The day was filled with various activities that provided entertainment and interests to all age groups. Let us now read an interview below of some devotees who attended the day and what they thought of it.

1. What did you gain from the Family Values Day?

Sirish Uncle: Love in Unity, meeting new people from different Sai centres.

Rohit Uncle: To share different information with people.

2. What workshops were on offer at the Family Values Day?

Music, Arts and Crafts, Sports, Quiz and not forgetting the Yoga.

3. Tells us a little more about the music workshop?

Ashik: We did, Name the Tune, which was being played on the Harmonium and played instruments such as Tambourine and Tabla.

4. Which workshop did you enjoy the most? And what skills did you pick up from them?

Hiren: Arts and Crafts.

Sirish Uncle: Yoga, breathing.

Trisha: Quiz, Knowledge.

5. What activities were going on during lunch?

Ashik, Trisha and Hiren: Clowns, face painting, golf, chocolate fountain, antarksari, mendhi and flower arranging.

7. In one word sum up and describe the Family Values day?

Hiren: Excellent

Ashik: Fantastic

Trisha: Brilliant

Sirish Uncle: Enthusiastic

Rohit Uncle: Joyous

Ranil Aunty: Perfect

Sai Ram

Bhajans and Vedam Classes

In Leicester, bhajans are held on a weekly basis, on Sundays and Thursdays at both centres. They are included in the 9 point code of conduct as laid down by Bhagwan; 'Devotional singing/prayer with family members once per week' and 'Attendance at least once per month at group devotional programmes conducted by the Organisation'. Singing bhajans has really inspired me throughout the last few years, and I have also seen a great improvement within myself. Singing the glory of the Lord, visualising his many forms creates a certain joy within my heart, I find that singing bhajans is like a cable which allows me to express my love towards Bhagawan. Singing alongside and in unity with my brothers and sisters increases this joy further.

It is very useful to remember that in this modern age we should not forget the Vedas. It is the

Lord himself has gifted them to us, through those sages who sacrificed their entire lives into nurturing and spreading them. The importance of Vedas has been emphasised by repeated chanting of them by the students during Nagarsankirthan, and when Bhagawan walks through Sai Kulwant Hall for darshan. This directive has been given by Bhagawan himself.

I find that chanting vedam has similarities and differences when comparing them to singing bhajans. I used to find that chanting vedam was very hard. All the different intonations, tongue-tying words and trying to say everything in a particular chant in a particular rhythm was really challenging! It was so much simpler singing bhajans. Fortunately, with Bhagawan's grace, and through practice and help from the Sai Students, I have nearly overcome my difficulties in learning vedam. I have also noticed that it has now become easier to remember what I have been taught.

Sai Ram

'God gave us Hands to do Good Deeds'

Once God sent his angel in search of the prettiest hands. He said, "Go and bring me a man from the earth who has the prettiest hands."

The angel came upon the Earth at midnight thinking that all the people would be at rest and his work would be easy.

The angel entered the palace thinking that the Queen's hands should be the prettiest. But as he entered the palace, he smelled something unpleasant in the air. He understood that it was the smell of the bad actions done by the hands of the Queen. It was the same case with the King.

Thereafter the angel turned towards the monastery thinking surely the Saints there would have the prettiest hands as they are always engaged in God's work but he found that they were full of ego thinking themselves to be perfect. The angel, with a heavy heart, went and sat under a tree. Suddenly, a lovely fragrance surrounded the air but to his surprise there were no flowers, nor garden around. Suddenly, he saw there was a farmer sitting at a distance in front of



his hut. The angel went near and felt that though the farmer's hands were brown and rough they were shining with a glow! He looked at the face of the farmer. It was quite wrinkled and tanned. The angel carried the farmer to God, but he was quite puzzled. He asked God how it is that the farmer's hands were the prettiest in the eyes of God.

God was pleased to answer the question. God said that the farmer had always felt that his hands were tools given by God for His work. He always healed the wounds of others with those hands. The farmer grew corn, tended the plants and helped the needy and was never proud of his achievements. He folded his hands in prayer to God and always thanked God for everything that he had. That is why the Queen's and King's and Priest's hands were not as pretty as the farmer's.

Moral: God has given us two hands. WE should be grateful to God for this gift. Sometimes we see people who have no hands and as such we should realise how lucky we are to have a perfect body with perfect limbs. As we get up in the morning we should pray to God that the hands given to us may be used for good deeds throughout the day.

Swami has said, "Never use your hands to hurt someone, always lift your hands to help others. At night when we go to bed we should ask ourselves how many good deeds our hands did during the day."

Help ever, Hurt never
BABA

Quiz

Try and see what questions you can answer, by choosing a certain choice from the questions and then checking the answers on the next page.

Q1. What is the theme of the World Youth conference in July 2007?

- A. Good Sai Youth
- B. Ideal Sai Youth
- C. Helpful Sai Youth
- D. Loving Sai Youth

Q2. What does Swami say about Happiness and the Atma?

- A. "Happiness is the nature of Atma."
- B. "Happiness is the bliss we find in realising the Atma."
- C. "Happiness comes from realising the Atma."
- D. "When we realise we are the Atma, we don't get upset, leading us to be happy."

Q3. What must bhajans do?

- A. "Bhajans must lead us to not wasting time."
- B. "Bhajans must help us make new friends."
- C. "Bhajans must spread sound around us."
- D. "Bhajans must spread good will, love, ecstasy. It must invite all to share in the joy and peace."

Q4. What is true wealth?

- A. "True wealth is earning lots of money"
- B. "Wealth is have lots of money to fulfil desires"
- C. "The wealth you earn is not true wealth! True wealth is the grace of God"
- D. "The wealth we can all get is earning money to lead a comfortable life"

Q5. What reward do we get from Love?

- A. "Love seeks no reward. Love is its own reward"
- B. "Love seeks expensive rewards"
- C. "Love seeks no rewards, except what you get from the other people for showing Love"
- D. "Service is showing Love so you get a good name"

Q6. What does Swami say about service?

- A. "Service is good for you."
- B. "Service will help you be better people."
- C. "Service to man is service to God."
- D. "Service to man is service to man."

Answers:

Q1: B, Q2: A, Q3: D, Q4: C, Q5: A, Q6: C

"Life is wasting away every moment. People are growing older every minute, forgetting their duties. In this situation, what is it that you have to achieve? All that you wish to accomplish, you should set out to achieve now in the vigor of youth. Man's life span, which should be hundred years, is shortened by misuse of the body. The length of man's life is determined by his own actions. A man's bad thoughts, his actions, his hatred his jealousy and his bitterness are shearing his life into bits every moment."

Baba