



Forthcoming events

Navratri Celebrations

17th October 2004
Soar Valley College,
Leicester.
9.45 am to 10.30 am

National Induction Day

23rd October 2004
Soar Valley College,
Leicester.
10.00 am to 4.00 pm

Akand Bhajans

13th to 14th November 2004
Ram Mandir, Hillyard Road,
Leicester
12.30 pm start on Saturday
13th November 2004

Swami's 79th Birthday

Sunday 21st November 2004
Service Activities

Tuesday 23rd November 2004
Ram Mandir, Hillyard Road
Morning prayers 6.30 am to
7.30 am

Tuesday 23rd November 2004
Ram Mandir, Hillyard Road
Evening Bhajans 7.30 pm to
9.00 pm

Group Devotional singing

Every Sunday
9.00a.m. – 10.15a.m.
Soar Valley College

SSE Classes

On Sunday's
as per SSE term
10.15am – 12.00 noon
Soar Valley College

Krishna Janmashtami

On Monday 6th September 2004 we joyfully celebrated the birthday of Lord Krishna. We gathered for group devotional singing, the Jula dharsan and to help us to reflect on the significance of Janmastami a talk was given by Pratibhaben Nirvane. We are all aware of the miraculous events that took place around the birth of Lord Krishna. But are we aware of what Lord Krishna's life stands for?

Krishna is the one name signifying all names, the one thought comprising all thoughts, the one deed encompassing all deeds. We must utilise this festival for developing bhakti or devotion.

Bhakti is defined as the means of discovering the divine reality within each being. Bhakti directs man to have God ever in mind and to cultivate love for God within him. It advises him to rid himself of egotism, to curb sensual desires and to rise to the heights of ones aspiration and achievement.

4 steps are laid down in the scriptures to help man succeed in this effort.

The first is discrimination between the permanent and the impermanent.
The second is withdrawal from the process of catering to the senses.
The third is positive control of feelings, thoughts and pursuits and
The fourth is incessant yearning for liberation from all bonds.

Krishna lived all His years singing and dancing in ecstasy, which was His very nature. He was humming a tune within Himself all the while whether He was on a flowerbed or a battlefield.

The Avatar of the Lord as Krishna and the career of Krishna on earth, were for the propagation and the promotion of the principal of love. Swami says, "Love knows no fear, no untruth, no anxiety and no grief. I am Love, shower love, share love, I am pleased with Love. I bless that you have more and more Love for more beings. Love is God; God is Love, so live in Love". That

Love and Duty

If you want happiness and if you want peace, you must give love.
Only through love will you find true happiness.
Only through love will you find inner peace.
Therefore, develop your love, live in love.
Love lives by giving and forgiving.
This word of Sai is a stream of love that is flowing out to you.

Contents in Issue 11

- Krishna Janmashtami
- The Gayatri
- National Teachers Day
- SSE Fun Day
- Defensive Driving

You can also visit our website for information and news about our centre:
<http://www.LeicesterSaiCentre.org.uk>

The Journey of Self Realisation

The body of each individual may be compared to a chariot in which is seated the self, its master. The *buddhi* (intellect) is the Charioteer and the mind its reins. The senses are the horses and their objects are the roads along which the chariot moves. The chariot serves the purpose of taking the Master to his destination. A well-developed *buddhi* (intellect), like an able charioteer, controls the senses and the body, and the indwelling Self or the Master reaches his destination-, which is the supreme state of Godhead.

The *Gaayatri* trains and develops the *buddhi*, the charioteer, to guide the jeevi in its journey. Thus to realise his true nature, each person has to embark on his or her journey of *saadhana* (spiritual practise) sided by an enlightened intellect.

To put it in another way:

To discover the rice one has to dehusk the paddy, similarly one has to dehusk the delusion, to discover the soul or Atman which is the supreme reality hiding inside the five sheaths of the human personality. An enlightened intellect or *buddhi* is necessary for this dehusking process.

The above statement could be better understood if we consider the mind as having different levels of expression.

- Mind when engaged in good and bad thoughts is known as **MANAS**.
- When expressing will power it is known as **CHITTHA**
- In the ego sense it is known as **AHAMKAAR** (which literally means ('I am the doer.')
- When it exercises discrimination it is known as **BUDDHI** (intelligence).

Daily repetition of the *Gaayathri* will develop the *buddhi* and confer the wisdom, discrimination and detachment necessary to realise one's true Reality.

Gayatri Mantra

The Gayatri Mantra is a very powerful prayer. When we say the Gayatri Mantra we are praying to Goddess Gayatri who is the Goddess of the Vedas. The mantra contains the essence of all the Vedas and therefore every time we repeat it, we are repeating the essence of the Vedas.

The Gayatri Mantra is also directed to the Sun God as it illuminates (brightens) our intellect (mind) and also gives us energy. The sun gives light to the world and therefore prayer for light should be made to the Sun.

The Gayatri Mantra helps to keep us on the right path – spiritual path. It awakens and strengthens our intellect so we can reach God and also protects us.

The Gayatri Mantra can be repeated always and everywhere and is especially recommended when taking a bath and when going to bed, and by saying it three times every morning, noon and dusk our karma for the day can be eliminated.

Baba explains that we should “repeat Shantih thrice (three times) at the end, for the repetition will give Shantih or peace to the three entities in you – body, mind and soul.”

Baba beautifully explains - "The Gayatri should be chanted in order to purify the mind, like the sun's rays, it will dispel the darkness from within you."

To explain it to a small child I would put it as follows:-

By chanting the Gayatri Mantra the light inside of us which is God is made brighter and brighter so that like the sun it burns away the clouds (negativity) in us until we become the light i.e. become one with God.



National Teachers Day – Saturday 18th September 2004

As part of the SSE (Sai Spiritual Education) programme a day is held every year for SSE teachers from all the regions in the UK to get together, network with each other and share ideas and information etc.

The programme this year was started with a lovely message sent from Kishan Khubchandani (Zonal Chair). The message was beautifully written as an analogy of saplings, which clearly highlighted the important role of the teachers, parents and the centre to ensure our SSE children develop a strong character and the importance of nurturing them from SSE right through to youth and beyond.

This was followed by a beautiful presentation called “Setting the Scene” which was put together by the youth wing.

After some updates on the SSE syllabus, exams, etc, Dr Judo treated us to a truly inspiring talk. The talk “Sathya Sai Educare – A Better Understanding”, helped to highlight areas that we should focus on developing in SSE. Dr Judo explained the difference between Education and Educare: -

- **Education** – is the external map of the universe and involves our day to day thinking.
- **Educare** – is the internal map of the universe and involves deep thought i.e. discrimination.

He explained how SSE was complementary to mainstream education where the intelligence and knowledge aspect are catered for well, but that SSE will help to develop the child’s character as a whole such as moral, interpersonal and emotional aspects i.e. deep thought and discrimination.

Dr Judo in his uniquely inspiring and amusing way stressed the importance of thoughts and positive thinking which brought out the following key messages: -

- **“As we think so we are”** – the importance of positive thinking and faith that what happens to us is good for us.
- **Thoughts have energy** – the importance of always having good thoughts full of Divine love.
- **Thoughts are like a boomerang** – i.e. the law of Karma, as thoughts have energy they will in some form at some stage come back to us.

We were informed how so many people in this day and age suffer from depression or have low-self esteem, with one in four people suffering from some form of mental disorder because of modern lifestyles. Dr Judo covered the importance of the food we eat and what we take in through all our senses and the impact this can have on our thoughts and also explained the importance of developing a child’s ability to concentrate and to think clearly in any situation.

After lunch we were treated to yet another inspiring talk by Air Chief Marshal Suri, who in his very amusing and charming way explained the relevance of ‘Values in the Contemporary World’ and in particular the importance of Love.

We all then took part in a group activity, which involved sharing ideas for activities in SSE classes followed by a quiz lead by Ishverbhai Patel (Central Coordinator), which definitely ‘quizzed’ us all!

The programme concluded with a lovely play on ‘Elements in Action’ by Region 3 SSE Teachers and Arti.

Baba explains that there are three types of teachers, those who inspire, those who explain, and those who complain and we all came away inspired to be inspiring!



SSE Sports Day

"On 19th September, it was the annual Sports Day for the SSE (Sai Spiritual Education) children. The weather forecast for the weekend was not too good and it had rained heaps the night before. But Baba always looks after his children and with his Grace the day was glorious, the sun shone brightly and there was no need of the back-up plan of indoor sports.

The grass was a little wet from the night before but that did not stop the enthusiastic children who had heaps of fun and took part in lots of activities such as running races, sack races, skipping, the famous lemon and spoon race and of course the boys favourite - Football!

The SSE Sports Day was organised by the parents of the children and we would like to Thank them for organising such a fantastic and fun filled day. If you would like to help out with any SSE activities please speak to one of the SSE Gurus.



Defensive Driving (28th September 2004)

[Crystal Palace](#) - London was the location of the world's first recorded [automobile](#) accident fatality on 17th August 1896.

Witnesses described the car as travelling "tremendous speed" 4 [MPH](#) (6.4 [km/h](#)). The driver had apparently modified the engine to allow the car to go faster. The [jury](#) returned a verdict of "accidental death" after an inquest lasting some six hours.

The [coroner](#) said: "This must never happen again."

Over a hundred years later the cars are travelling much faster and road traffic accidents are claiming 500,000 lives a year and causing 15 million injuries. The Red Cross says road accidents will soon overtake war, TB and HIV as one of the world's biggest killers.

Driving is a skill for life and many of our Service activities involve driving. To this end a presentation by PC John Budulis on Defensive Driving was given on 28th September 2004. The main aim was to raise awareness of hazards of driving on the roads today. The number of people who attended and the positive feedback received particularly encouraged us to try and organise another event in the New Year. We hope that devotees will take up this opportunity to maintain and improve their driving skill - a skill for life.