



Forthcoming events

Janmastami

6th September 2004
Soar Valley College,
Leicester.
7.30pm – 9.00pm

SSE New Term

5th September 2004
Soar Valley College,
Leicester.
10.15am – 12.00 noon

National Teachers Day

18th September 2004
Bentley Wood High School
Bridges Road, Middlesex
10.00am – 5.00pm

Ladies Day

19th September 2004
Venue to be confirmed.

National Teachers Training

4th September – Basic
2nd October – Intermediate
16th October – Advanced
Venue to be confirmed.

Ladies Day

19th October 2004
Venue to be confirmed.

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

Eye to SAI

What is it?

Eye to Sai project is a unique opportunity for UK to provide direct support to the Eye Department at the Sri Sathya Sai Super Speciality Hospital, in Puttaparthi. This is one of three pledges made by the UK Council to Swami, the other two being the two Sathya Sai Schools.

The Intention

The intention is to support around 3,000 cataract operations per year over a period of three years. A training program, by the UK Eye Surgeons, will be conducted at the Super Speciality Hospital, for one week each month. In order to maximise the number of operations carried out at the hospital, the UK Surgeons will also work alongside the local doctors in conducting the operations.

Do you want to make a difference in the lives of individuals by giving them the gift of sight?

There are a number of ways you can offer your service. For more information, please see the sevadal at the Information Desk at Leicester Central.

This act of service follows the 9 Point Code of Conduct given by Bhagawan Sri Sathya Sai Baba i.e. Participation in Community work and organisation programmes and also practising 'Ceiling on Desires'.



Prayer to Lord Krishna for Janmastami

Lord Krishna Guide us on our way,
Let us be the flute on which you play,
Play on us Divine melody,
That we may grasp your Love reality.

Count Your Blessings

Count your garden by the flowers,
Never by the leaves that fall;
Count your joys by golden hours,
Never by life's worries call;
Count your nights by stars, not
shadows;
Count your days by smiles not tears;
And on any bright morning,
Count your age by friends not years.

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

The Gayathri

It has been said that the body is the basis and vehicle for the pursuit of *Dharma* (right conduct) and it is by the pursuit of right conduct that *Brahman* or divine is realised. The Geetha declares that whenever *Dharma* declines, the advent of an *Avathaar* (Divine incarnation) occurs. This implies that the object of human existence is to uphold *Dharma*. As creation is a projection of that Divine Will, the aim of every human being should be to live in harmony with that Will. One's life should be dedicated not to promoting one's selfish interest or to serve the interest of other beings but in the service of the Divine. Whatever is done to anyone, it is done as an offering to the Divine. *Man should consecrate every action by regarding it as an offering to the Divine,*

Gayathri Mantra

Om Bhur Bhuva Swah Tat Savitur Varenyam
Bhargo Devasya Dhimahi Dhiyo Yo Naha Prachodayaat.

Meaning

Oh Divine Mother our hearts are filled with darkness. Please make this darkness distant from us and make that heavenly light illumine our thought flow in our intellect.

The Second Birth

From the moment of physical birth, one is involved in action. This natural state common to all may be described as *suudhrathwam* (a state in which one is not subject to any discipline). After one receives the *Gayathri* initiation, he is born again (he becomes a *Dwija*, the twice born).

The *Gayathri* is described as the mother of all the *vedhas*. One meaning of *Gayathri* is that it is a *manthra* (sacred formula) which protects or fosters the *gayas or jeevis* (individualised souls).

The Universal Prayer

The *Gayathri* is a universal prayer -which can be used by men and women of all climes and creeds, for it calls on the supreme intelligence that is immanent in the universe, to arouse, awaken and strengthen human intelligence, so that it may lead one through intense *saadhana* (spiritual discipline) to success. It does not ask for mercy or pardon, but asks for a clear *Buddhi* (Intellect), so that the Truth may be reflected therein without distortion.

Buddhic illumination is needed in the field of *saadhana* when we embark upon the adventure of self-realisation. The light on the Path must come from within. Such a light which is the result of a healthy functioning of the *Buddhic* faculty can come from within only when the mind is purified by righteous living and yogic discipline.

This light which is essentially of the nature of spiritual perception.

- A) enables the aspirant to enter the spiritual path;
- B) guides him through the different stages of the long and difficult journey; and
- C) protects him against temptations of all kinds and enables him to discover his reality.

The Reality

The reality which underlines everything in the Universe, and which we call God, manifests as the inanimate world and also in the form of innumerable souls (*Jeevvaathmas*), which are but sparks of the Divine Consciousness (i.e. of God himself).

Thus the essential Reality of the individual is the *Atma* or *Jeevaathma* (the individualised soul) which is imperishable and does not die like the body and the mind. The *Atma* is the real Self, the Soul encased in the five *koshas* (sheaths) which constitute the physical body of the individual. These five sheaths must be made pure and shining to reveal the splendour of the *Atma*.

The Gayathri...

These five sheaths are:

1. The outermost sheath, the **Annamaya Kosha** (food sheath), the material sheath in which one is housed, sustained and fed and is composed of food. This must be purified by good, clean, pure food.
2. The second sheath is **Praanmaya kosha** (the vital air sheath) composed of vitality and vital airs which must be purified by calm, steady breathing and equanimous temper.
3. The third sheath is the **Manomaya kosha** (mind sheath) composed of thoughts. This must be purified by holy thoughts and emotions, and should be untouched by attachment to senses and unaffected by joy and grief.
4. The fourth sheath is the **Vijnaanamaya kosha** (the intelligences sheath) purified by contemplation of the Reality.
5. Lastly, the **Aanandhmaya kosha** (sheath of inner Bliss) is purified by getting into the ecstasy of God realisation.

They encase *Atma* of each individual (*the Jeevaathma* struggles to realise its true nature through a long course of evolution, over a series of many lives. When this evolution reaches its consummation, each individual soul realises that he is Divine, Eternal and one with the underlying reality of the Universe (*the Paramaathma*).

... to be continued in the next newsletter.

Guru Purnima

Guru Purnima celebrations took place on Friday 2nd July with Bhajans at Soar Valley College followed by the following explanation of this special day.



- The true name for Guru Purnima is Vysa Purnima; Vysa Purnima was born on this full- moon day about 3800BC and it was on this day that he completed the eighteen Puranas and four Vedas.
- He first revealed to Man the secret of making manas (mind) as clear and full cool rays as the moon on a full moon light.
- The full moon (Purnima) with all 16 aspects being illumined by the Sun consists of :
 - 6 enemies (lust, anger, greed, Infatuation, pride and envy)
 - 2 Gunas Rajas and Tamas
 - 8 types of conceit (mada) – based on lineage, scholarship, wealth, youth, pride, beauty, position and penance.
 - When these are gone then he will realise oneness with the Divine.
- Who is the one who enables man to achieve this state of fullness (poornatava) IT IS THE GURU.
 - The letter “Gu” signifies one who transcends all attributes (Gunas).
 - The letter “Ru” signifies one who has no form (rupa).
- In another sense the term “Guru” means one who dispels ignorance.
- Before performing any act, utter a prayer offering to God.
- “Give the Guru your mind as you would entrust gold to goldsmith.

The Guru may need to melt, mould or beat your mind, but do not worry, as he will return to you a precious jewel.

- Man is endowed with the mind which plunge him into bondage or lead him to freedom, when it helps him to attain liberation, it becomes the Guru.
- When the victory is gained that day is Guru Purnima, the full moon of the mind, for the moon is the deity presiding over the Mind.
- We are extremely fortunate that the formless has taken form, and what an opportunity for us to take this challenge.
- Let's all continue our journey, may Swami bless us all with love and light.

Wellingborough Mandir Darshan - Saturday 7th August

A group of volunteers from our Centre arranged a trip to Wellingborough Mandir for some elderly members of our community . The trip started by providing transport to our guests from their homes to Soar Valley College in time for departure at 9:30. Everyone was excited and got to the departure venue in good time, all 70 of us (40 guests & 30 volunteers from our Centre).

Despite getting 'lost' (the driver claimed he took the scenic route! Bless him!), we made it the Mandir in good time. Everyone had ample time to have a peaceful darshan in the Mandir.

We were given the opportunity to sing Swami's bhajans. We had taken our own harmonium and tablas, and we were allowed to use Mandir's PA system - this helped to create a good atmosphere in the Mandir.

Hanuman Chalisa was recited by all, followed by nice bhajans. The bhajans were sung very well, of note was the bhajan sung by 10 year old Ritesh Patel which was particularly good. Well done everyone! After the bhajans we joined in the Aarti performed by the priest of the Mandir. The priest then gave a small talk about the month of 'parsotum' - this is a very holy period in the Hindu calendar. He also affectionately invited us back.

The Mandir devotees had prepared excellent Prashadam for us. This was most welcome and everyone enjoyed it very much. We were all moved by the excellent hospitality offered to us and appreciated it very much.

With Swami's grace, the weather was very good and we decided that we would take our guests to Wicksteed Park for a picnic. We made 'masala tea' at the Mandir and carried it in flasks to the park. The guests were treated to the train ride, and the volunteers' children went on the rides in the park, a great time was had by everyone. We then had the picnic - masala tea, cold water, home-made biscuits, cheesy biscuits, gathia, fresh fruits, roasted nuts, and chocolates! Catered for everyone! And there was also time for garbas - very enjoyable in the shade under the trees!

It was soon time to go home - the guests had enjoyed themselves and were quite happy to comment on their personal experiences - 'taken very good care of us all', 'good to be amongst friends', 'thank you all for giving us the opportunity of Mandir darshan', 'remember us for any other function where we have chance to participate in'.

And finally, one guest said she was so impressed by our organisational skills (and general caring/disciplined attitude) that we should organise a trip to Switzerland!! Any takers.....

Global Service Day – Sunday 18th July

Global Service Day was on the 18th July 2004 this year. All Leicester Sai Centres joined together to organise a day out at Wicksteed Park, Kettering.

The guests, from various residential and private homes, looked forward to this special day and our devotees enjoyed giving help in selfless service, in order to make this an enjoyable and memorable event.

A few volunteers, kindly, arrived early to prepare the refreshments for when the remaining guests arrived. Gazebos were put up and the area was arranged nicely with tables and chairs etc.

Guests arrived, from 11:00am onwards. They were met with a warm welcome, introduced to the program for the day and were advised of their first-aider, timings, meeting point, etc. During 'free-time', the carers and guests were free to roam anywhere within the grounds of the park. There were various activities at the park which everyone enjoyed, especially the train ride! Even the slight drizzle of rain did nothing to dampen the spirit of people, who were intent on thoroughly enjoying themselves. A scrumptious lunch was served as usual and enjoyed by all.

All in all a great day was had by all and we can't wait for next year.

G	O	V	A	R	D	H	A	N	A
W	A	I	Y	E	R	M	A	A	N
S	E	T	A	Y	U	R	A	M	O
A	T	A	S	A	I	A	R	A	T
V	T	Q	H	I	G	Y	A	H	S
A	U	G	O	<u>V</u>	I	N	D	A	U
S	B	U	D	D	T	I	H	B	T
U	C	I	H	G	A	U	A	H	T
D	E	V	A	K	I	E	B	A	P
E	A	S	H	O	I	F	I	R	V
V	L	M	E	G	L	E	D	A	E
A	A	R	H	U	H	O	I	T	D
R	E	T	T	U	B	Z	U	H	A
L	H	X	I	B	A	L	R	A	M
H	S	O	V	E	F	I	L	F	B

Answer the questions below to find the words in the puzzle. Good luck.

- G..... is another name for Lord Krishna
- Lord Krishna's natural mother's name is D.....
- Lord Krishna's natural father's name is V.....
- Lord Krishna was brought up by another mother called Y.....
- B..... is Lord Krishna's brother.
- Lord Krishna plays a F.....
- R..... is Lord Krishna's greatest devotee.
- Lord Krishna was the E..... child born who survived.
- Lord Krishna taught the values of life through the great epic M.....
- Lord Krishna showed Arjuna the Viswaroopa form on the battlefield in the holy book G.....
- Lord Krishna's favourite food was B..... when he was young.
- Lord Krishna raised the G..... mountain with the tip of his little finger.

* * * * *

Recipe For Coconut Burfi

Ingredients

- 1 cup sugar
- 1 cup water
- 2 teaspoons ghee (clarified butter)
- 1 cup desiccated coconut
- 6 crushed cardamoms
- ¼ cup chopped cashew nuts

Method

1. Heat the sugar and water on a low heat to make a thick syrup.
2. Remove any scum from the syrup and add the coconut and crushed cardamoms and mix well.
3. Grease a plate with ghee and set aside.
4. Turn off the heat while the mixture is still a thick pouring consistency. Add the chopped cashew nuts and mix well.
5. Pout the coconut mixture on the greased plate and quickly spread with a spatula.
6. After a few minutes, cut into diamond-shaped pieces with a knife and store in an air-tight container.