



# HEART TO HEART

RADIO SAI LISTENERS' JOURNAL



## MESSENGERS OF SATHYA SAI

Cover Story

Messengers of Sathya Sai

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PRANAMS AT THE LOTUS FEET

# Journal

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# Between You and Us

Dear Readers,

Thank you for your tremendous response and appreciation of this journal so far. As days go by we are receiving feedback from people belonging to all parts of the world. More and more people are contributing towards this noble cause of spreading Swami's message by way of their articles, poems, experiences and reports of service activities done by them. This was exactly the intention when this e-journal was started. To make it some sort of an information exchange for Sai devotees all over the world. More appropriately, it is a 'transformation exchange'. Whatever we may call it, the fact is that this is YOUR magazine. Your active participation is what will make this journal more inspiring.

Talking of inspiration, in this issue we have a cover story on the girl students of Swami, from the Anantapur campus. Readers might remember that an earlier issue carried a story on how Swami started off His educate mission by first establishing a women's college at Anantapur. He has always emphasized that good women are the foundations for a good nation. Sure enough the Anantapur campus today lives upto His expectations by churning out hundreds of noble women of character who are living examples of His message. They are the MESSENGERS OF SATHYA SAI.

Apart from the cover story, we have the usual features and a revived 'GLORY OF GOD' made possible by contributions from our readers....

Happy reading.....

In Sai service  
H2H team

## Messengers of Sathya Sai



The College at Anantapur

**I**n the distance, beyond the lotus-topped building of the Sri Sathya Sai Institute of Higher Learning, Anantapur Campus, is the Lion Hill, which, in certain seasons, looks purple and majestic against a crimson-red sky. One would think it was an ideal, sylvan setting for a College for women who, in the future, would bring forth into the world lion-hearted men and women men and women that would restore to Bharat its lost glory.

But, where did it all begin? Where was this dream born? It took shape in the heart of one of the noblest women of our time, one who, no matter how rural her background, had the courage to visualize a brave new world. Mother Easwamma

imparted her dream to her Divine Son, Bhagawan Sri Sathya Sai Baba. She wanted that the women of this country, generally regarded as weak and helpless, be fully empowered, and provided with the tools of education so that the dying roots of traditional values may be revived with the mastery of Character and Culture. As the women, so the families; as the families, as Manu says, so the societies; as the societies, so the nations; and as the nations, so the world.

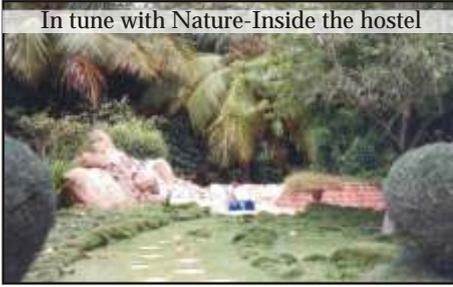
It is a significant fact of history that among the educational institutions started by Bhagawan, the first was the Sri Sathya Sai Arts & Science College (for women) at Anantapur, in 1968. The building (that houses the present

women's campus of the Sri Sathya Sai Institute of Higher Learning) was built in a record time of ten months! No wonder, therefore, that Dr. Bhagavantham wrote, "The College at Anantapur is a concrete manifestation of something superhuman....If you want to see Divinity in action, you can find concrete evidence at Anantapur!"

Inaugurated on 8<sup>th</sup> July, 1971, the building is an architectural archetype of all Sai Institutions. It is circular in shape, symbolising the fulfilment of the search for God. As Sri Kasturi wrote, it looks "like a prayer rising up from the heart, a poem of praise for the Giver of all Good." The then Minister of Education said, on the occasion, "When Baba establishes a

## Messengers of Sathya Sai

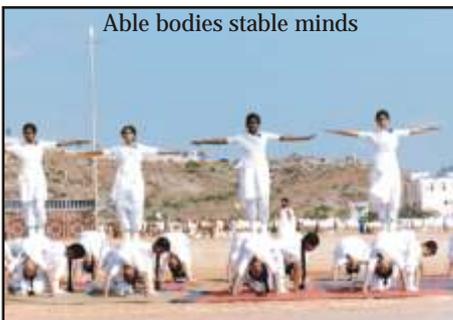
In tune with Nature-Inside the hostel



college for women we may be certain that it will not be just one among many. It will be a beacon, a lesson for others, a model, a pioneer." And, what did Beloved Bhagawan have to say? Bhagawan Baba concluded His Divine Discourse with a powerful, prophetic statement, "The seed has been planted; it will sprout and spread, heavy with fruits, providing shade, security and sustenance to all." Little did anyone know, or dream, that one day, on the strength of the achievements of this Women's College, the UGC would consider Deemed University status for the Sri Sathya Sai Institute of Higher Learning!

The College began with a modest figure of 125 students on 22<sup>nd</sup> July, 1968. Slowly, the strength increased, and a permanent building to house the growing educational project was opened on 8<sup>th</sup> July, 1971. It consisted of lecture halls, laboratories, a spacious auditorium, and a well-equipped library. The student strength in 1971 was 350. The first Master's Degree Course was introduced in 1972 in Telugu Language and Literature. The Bachelor's Degree Course in Commerce and Home Science came in 1975 and 1976, respectively. From 350 in 1971, the student strength

Able bodies stable minds



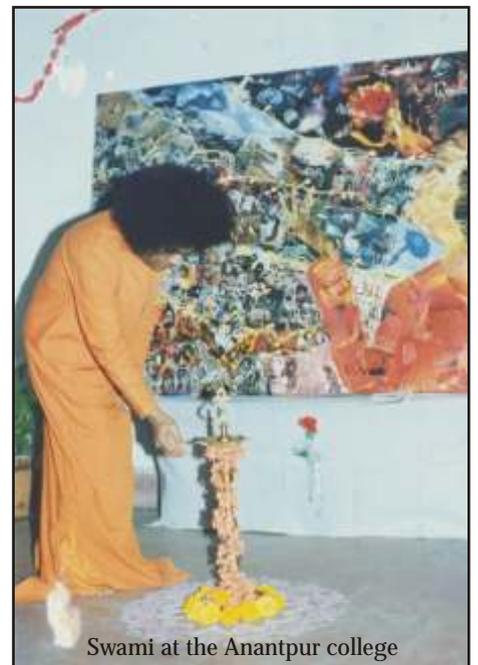
increased to a remarkable 1250 in 1981 the year in which, with the benign grace of Bhagawan, this College, along with its counterparts in Prashanthi Nilayam and Brindavan, became part of the deemed university, Sri Sathya Sai Institute of Higher Learning. A Master's Degree Course in English Language and Literature in 1982, a P.G. Course in Home Science in 1985, and a Bachelor's Degree Course in 1986, a Computer Laboratory and a Plant Biotechnology Laboratory in the year 2000 complete the picture of the academic growth of the Women's Campus.

On 22<sup>nd</sup> November, 1981, while announcing the inauguration of the University, Bhagawan, in His address to the students, declared, "Remember that all those whom we are accepting now as leaders, whom we respect as holding positions of authority, whom we worship as elders, were, some years' ago, students like yourselves. Therefore, you, in your turn, will be the leaders, power-wielders and elders of tomorrow. Do not forget this destiny of yours....Along with subjects related to worldly knowledge, this University will impart instruction in ethical, moral and spiritual codes and sadhanas. It has, as its goal, the cultivation of the students' minds on these lines. Virtues, purity of the mind, adherence to truth, dedication to the Supreme, discipline, devotion to duty these qualities will be fostered and promoted in this University. Such seats of learning were established in ancient times by the sages and seers of India and, as a result of their self-sacrificing efforts, they have left for posterity the priceless heritage of Bharatiya culture."

One of the truly remarkable features of the Sri Sathya Sai System of Value-based Education is that Bhagawan, the Great Divine Teacher, has envisioned a process of continuing

transformation for His students. Education in Bhagawan's Institutions does not finish with the acquisition of academic degrees. The values of love and service imparted to the students during their period of study have to, necessarily, be carried forward into society, and, from thence, to the world. The ends of education at the Sri Sathya Sai Institute of Higher Learning are Spiritual Upliftment, Self-discovery and Social Service.

The educated receive many benefits from society, and they must return



Swami at the Anantpur college

the favours received by working for the welfare of society. This is Sangha Neethi, says Bhagawan. If our education becomes devoid of basic human impulses such as kindness and sacrifice, modern children may grow with selfish traits and minds, indifferent to the sufferings of others. The ideal of EACH FOR ALL, and ALL FOR EACH may be replaced by EACH MAN FOR HIMSELF! Not only are the students of Sai Institutions trained in academic disciplines, they are also given exposure to the concept of self-help and service through the Self-reliance Programmes, and the Village Service Programmes

## Messengers of Sathya Sai

organised during the Dassera break.

At Anantapur, right from the inception of the Sri Sathya Sai Arts & Science College (for women), Bhagawan's instructions were that the girls should be taught all the household arts and skills, along with academic studies, since His idea was to uplift the status of women without jeopardising the social fabric of traditional Indian society. Therefore, the girl-students had to sweep their rooms themselves, cut vegetables, roll chapattis/puris, clean the campus surroundings on Sundays, manage the dispensary, oversee the water-supply, weed the gardens, etc. Apart from all this, they were trained to take literacy classes for the adult workers on the campus, and Bal Vikas classes for the children of the workers. Though this routine may sound strenuous, regimental and demanding, since alongside these variegated activities, the girls had also to study for examinations at the end of each year, Bhagawan was very firm about the details of this discipline being meticulously observed, as the girl-students of those early years will testify.

Bhagawan insisted that the College emphasise on the cultivation of physical health and mental equanimity, as well as scholarship and proficiency. As a result, Indra Devi, from Mexico, was invited to teach Yoga to the girls! Even today, in the Sri Sathya Sai Institute of Higher Learning, every student, boy or girl, is supposed to know the basic yogasanas for his/her mental and physical well-being.

Bhagawan's visits to Anantapur, in those early days, were Gifts of Grace.



He would advise the students about the need for women to be ideals to society. He shared with them His vision of a resurgent India in which women, no longer 'abalas' or weak, were endowed with the moral strength to create a cultural revolution.

During one of Bhagawan's visits to Anantapur in 1968, He told the girls that, being the upholders and protectors of Culture, women had to be educated in a different way than men. It was the duty of the elders, Bhagawan suggested, to see that the girl-students do not leave the institution without securing the 'priceless treasure left by the sages of the past.' A Women's College, He said, 'has the added responsibility to practise and preserve the essential values of Bharatiya Samskrithi.' Thus, under Bhagawan's Divine Guidance, an 'Indian Culture' Class was introduced - to be held every Thursday - to impart lessons on culture.

Blessed was it in that dawn to be alive, to be young was very heaven. Bhagawan's Divine Plan for the redemption of humanity charged every student with a sense of 'mission.' Though not the recipients of Bhagawan's proximity with equal measure as the boys, the girls hoped to participate in the unfoldment of Bhagawan's Plan, if not by doing Great Things, then by doing Small Things in a Great Way.

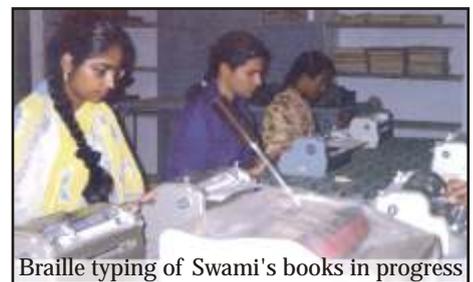
It is against the purity and simplicity of this background that one needs to understand, and appreciate, the eventual formation of the women's alumni association.

In November, 1980, a year prior to the formation of the Sri Sathya Sai Institute of Higher Learning, after Bhagawan's Birthday, the ex-students sat in a group for darshan, resolved to plead and pray to Bhagawan that He should form an old students' association for the girls, too! (Bhagawan had already started "Kingdom of Sathya Sai" for the boys. They had had their opening-day ceremony on 22 November that year.)

As the girls sat silently together, next to the Mandir, one could sense their anxiety it was almost palpable. Some had tears rolling down their cheeks, a fear having gripped them that maybe Bhagawan would leave them the ladies out of His mission. The routine of sitting and waiting, and, when Bhagawan came for darshan, calling Him out in One Voice to heed their prayer, went on for a couple of days. Finally, on the 26<sup>th</sup> morning, when Bhagawan came out for darshan, He walked straight to the ex-students seated next to the Principal and the Warden of the Sri Sathya Sai Arts & Science College, Anantapur, and said that He had discussed the matter with Sri Indulal Shah. It was decided to name the Girls' Alumni Association "Kingdom of Mother Sai." The girls heaved a sigh of relief, and tears of joy filled their eyes! They gave their names for enrolment into this Association to the office clerk-in-charge, and left for their hometowns.

The formal structure of this "Kingdom of Mother Sai" had not been given by Bhagawan, but the 'naming' was itself a big step, they thought, and left their addresses and

Working with the state of the art equipment



Braille typing of Swami's books in progress

## Messengers of Sathya Sai

telephone numbers in the office register. After a lull of 5 months, in May, 1981, the final fulfilment came.

Bhagawan's College at Anantapur was preparing for Bhagawan's visit always an all-night, all-day affair when around 10 pm, the night before, came a message from Bhagawan that when He comes the next day 2<sup>nd</sup> May He would formally inaugurate "Kingdom of Mother Sai." A few of the ex-students who were working as teachers in the College, and some who were pursuing their higher studies in the nearby autonomous Post-graduate Centre and residing, with Bhagawan's permission, in the College Hostel, were summoned by the Principal to the Auditorium where preparations were going on for Bhagawan's visit the following day.

Hectic activities commenced. The old girls collected the list of the students, who had given their names for membership, from the office. Working through the night, they got ready a banner, and a scroll, including



all the names, and waited with bated breath for Bhagawan's arrival.

Bhagawan was received in a ceremonious fashion, and led to the Auditorium. When Bhagawan was seated, a prayer was sung and the proceedings began. As coincidence would have it, Ms. K. P. Saileela and Ms. Shobana Nair offered the garland, and stood next to Bhagawan for the Lighting of the Lamp. Ms. Rajeshwari Patel spoke on the occasion. She thanked Bhagawan for accepting the role of the Inner Sovereign (King'dom of Mother Sai), and giving the girls an



opportunity to participate and serve in Bhagawan's mission.

Bhagawan asked the Principal to bring the old girls to Puttaparthi the following Sunday when, He promised, He would form the Executive Council of "Kingdom of Mother Sai." True to His Divine Word, Bhagawan summoned all the old girls into the Interview Room on Sunday. The Principal read all the names out aloud. Each girl, as her name was called, got up, did pranams to Bhagawan, and sat down. Subsequently, He appointed Ms. K. P. Saileela as President, Ms. Shobana Nair as Vice-President, and Ms. Rajeshwari Patel as Secretary of the "Kingdom of Mother Sai."

In the beginning, since the numbers were small, around 150 or so, and the largest single group of old girls were at Anantapur, the members centred their activities in and around Anantapur, and the villages on its outskirts. A variety of service programmes were taken up. Beginning with visits to the Govt. General Hospital and T.B.Hospital in the town, and an Adult Literacy Project, the girls took up road and gutter laying work in the village of Upparapalli, conducted Bal Vikas classes there, culminating with a skit (using the boys of the village in different roles) based on Bhagawan's Cheppinatlu Chestara? at the end of a week-long service camp. They spent their summer break in the task of building mud-brick houses at Raptadu.

Taking advice and medical assistance from the concerned government bodies, they also undertook

sanitation work in many villages on the outskirts of Anantapur town, disinfecting wells, spraying pesticides in pest-ridden houses, getting wells dug, and, making door-to-door calls, generally instilling in the village folk the need to maintain health and hygiene through simple and easy-to-follow instructions about diet and a clean lifestyle.

Several general medical camps and eye-camps were organized at Prashanthi Nilayam in which hundreds of people from the rural areas were given free treatment. After the eye operations, post-operative requirements such as dark glasses were provided free of cost. A camp for the physically handicapped was organised in which a few hundred persons were examined by specialists, and furnished with artificial limbs on a suitable day. (After the setting up of the Sri Sathya Sai Institute of Higher Medical Sciences, the venue of the medical camps was shifted to other towns and cities.)

On the occasion of the 60<sup>th</sup> Birthday



of Beloved Bhagawan, the girls built smokeless 'chulhas' for all the 60 houses in Subbamma Nagar, Puttaparthi. They organised two mass marriages programmes in the Divine Presence of Bhagawan at Prashanthi Nilayam.

The expenses for all these activities were borne entirely by the members, and at no time were donations accepted. In the initial stages of the growth of "Kingdom of Mother Sai," Bhagawan had, when asked, affirmed that when Good Work is taken up, money will automatically follow. He advised the Executive

## Messengers of Sathya Sai

Council not to have any anxiety on this count, and laid down clear guidelines for the execution of service work. From 1981, till today, the “Kingdom of Mother Sai” has been self-reliant in its financial resources that are generated through the voluntary contributions of its members.

With the number of members increasing, it became possible for them to take up service activities in their own hometowns which is what Bhagawan has always emphasised: Charity should begin at home. As there were bigger groups of students in various towns and cities of India, they could plan service projects that require more volunteers.

After a few years as “Kingdom of Mother Sai,” Bhagawan changed the name of the Association to “Messengers of Sathya Sai” since it was felt that the word “Kingdom” might create some misconceptions though Bhagawan still continues to fondly refer to its previous name in Divine Discourses!

Today, the “Messengers of Sathya Sai” has an official count of 2500 registered members. Since only those who have completed their course of study in the Institute, and have had full exposure to the philosophy and teachings of Bhagawan, are eligible, it is important to note that there are many more old students than are members of “Messengers of Sathya Sai.” The members are spread over all the states of India, except Jammu and Kashmir. The highest number of members is from Andhra Pradesh, with Tamil Nadu a close second, and Karnataka in the third place. Among overseas countries, United States of America has the highest number of members, with Nepal, England and Canada vying for second place.

At the end of the year, every member is expected to give a report of the service activities undertaken by her in the course of 12 months. A consolidated report of the outstanding work undertaken is presented before Beloved Bhagawan on the 25<sup>th</sup> of December every year, when the Messengers gather at the Divine Lotus Feet of the Lord for the Annual day celebrations.

It is next to impossible to give an exhaustive report of the service work being done today by the Messengers of Sathya Sai, but, needless to say, they are all inspired by the spirit of “Help Ever, Hurt Never.” A



catalogue of the regular service being done would be difficult to prepare.

The old girls do Security Duty in rotation throughout the year, wherever Bhagawan is, at Prashanthi Nilayam or Brindavan. Braille typing of books on Bhagawan has been going at the Anantapur Campus of the Institute for several years now.

Apart from the organization of Medical Camps (at various places like Cuddapah, Guntur, Bangalore, etc.), Narayan Seva, EHV programmes, Free Tuitions for the economically underprivileged, and visits to Cancer Wards, Homes for the Retarded and Physically Handicapped, Leprosy Centres, Schools for the Blind, Old Age Homes and Orphanages, the Messengers contributed money and

materials to victims of natural calamities such as the Orissa Cyclone and the Gujarat Earthquake, and to the National Defence Fund during the Kargil War. Besides participation in Environment Protection and Afforestation programmes, the Messengers in Uttar Pradesh are involved with the Society for the Prevention of Cruelty to Animals. Many of the Messengers in different parts of the country are sponsoring the education of school-going children from backward areas. They have initiated Balvikas classes in tribal areas, too! The Messengers at Hyderabad runs an adult education programme for the poor, and vocational training for underprivileged teenagers. The members at Chennai organise monthly medical camps general, dental and acupuncture at a fishermen's village, Chinnaadi Kuppam.

Messengers from Overseas actively participate in Sai Centre activities. In USA, Kuwait, Singapore, Israel, England and Canada, the girls have taken up the Education in

Human Values programme at various centres to spread the Swami's teaching on Educare. The members in different countries help the victims of natural disasters, contribute to and volunteer at Rehabilitation Centres, Cancer Hospitals and Nursing Homes for Senior Citizens. In some countries like the Philippines and Australia, they assist in organising/or volunteer at Medical Camps.

Having been the special recipients of the Divine Grace and Love of Bhagawan, the Messengers believe they have the responsibility of sharing this grace and love with fellow brethren. The service activities they do may be big or small, as per their strength and resources, but they must never cease in this noble task:

## Messengers of Sathya Sai

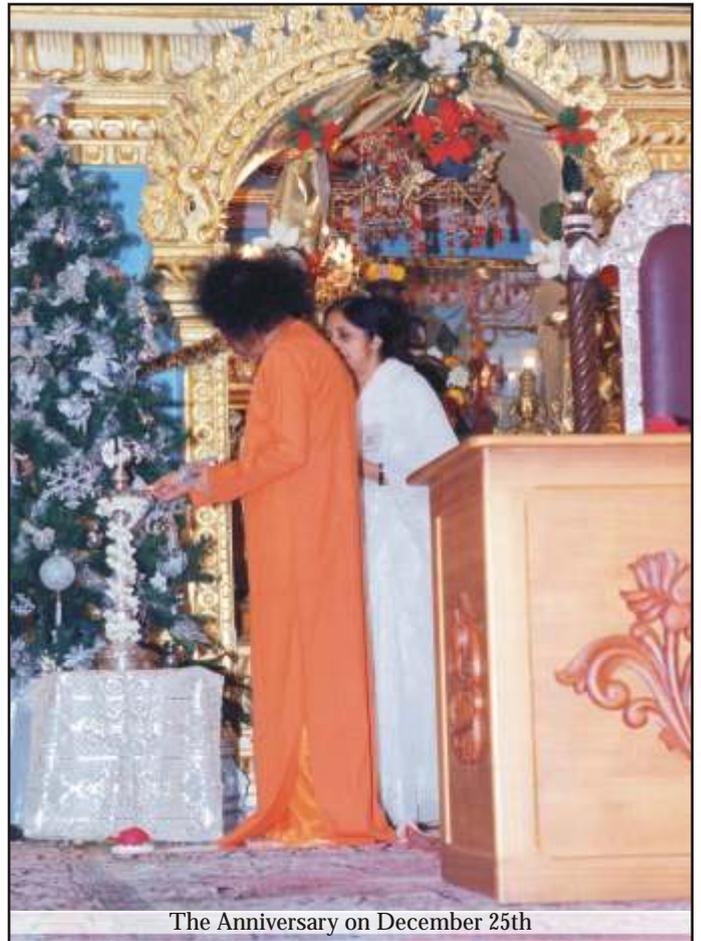
SERVICE TO HUMANITY is SERVICE TO GOD.

The “Messengers of Sathya Sai” undertake all service-oriented activities as a humble and loving offering at the Divine Lotus Feet of Beloved Bhagawan, in gratitude to the Lord for all that He has given them, and taught them a definitive spiritual goal, a noble path, and the loving way of walking it.

The Declaration at the bottom of the application form to “Messengers of Sathya Sai,” which every student seeking membership has to sign, sums up the sentiment:

“I hereby solemnly pledge to strive incessantly all my life for upholding the highest ideals of moral and spiritual living that I had the privilege of imbibing during the course of my study at Sri Sathya Sai Institute of Higher Learning, Anantapur.

In gratitude to the institution, and ever in prayerful devotion to its Founder, our Lord, Bhagawan Sri Sathya Sai Baba, I offer myself in total dedication at His Lotus Feet for the Service of Humanity.”

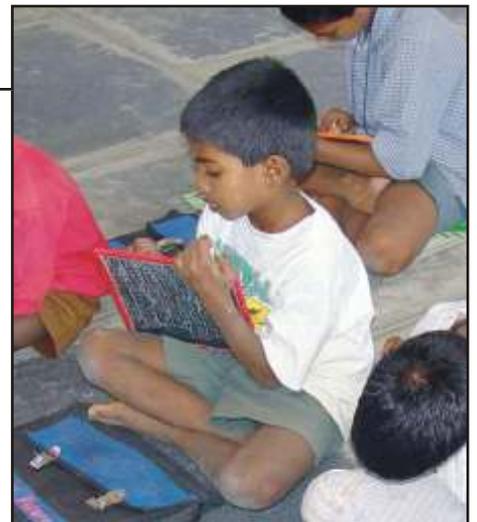


The Anniversary on December 25th

### Coming Next..... In H2h !

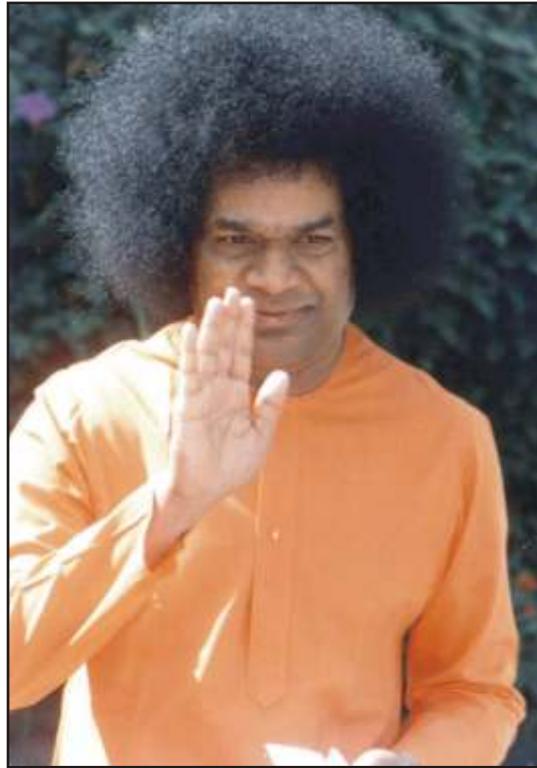
There was none one to care for them. Some had no mother. Some had no father. Some had neither. Nothing to fall back upon. It seemed that they were falling into an abyss. Until one day, they suddenly found themselves resting on a soft and reassuring Hand. Suddenly, they had a mother, a father and everything in life.

They are the children of **Sri Sathya Sai Deenajanodhharana scheme.**



# Sri Sathya Sai Deenajanodhharana scheme.

## You Will Win



When delusion is shed, grief gets destroyed; joy is established: *dukha nivriti* and *aanandha prapti* both happen at the same time. The mind is the villain; it is another name for desire; the texture of the mind is just desire, both warp and woof are desire and nothing else. If desire goes, the mind disappears. When you pull out all the yarn from a piece of cloth, you have no more cloth. So too, pull out desires from the mind, it disappears, and you are free. Grief and joy are the obverse and reverse of the same experience. Joy is when grief ends; grief is when joy ends. When you invite a blind man for dinner, you must set on the table two plates, for he comes along with another man who will lead him in. Grief and joy are inseparable companions. *Bhakthi* is very difficult to acquire; do not think it is easy to become a *bhaktha*. As a

matter of fact, it is even more difficult than *Jnaana*, for it means complete surrender, full contentment whatever may happen. The river must flow back to its source; it must turn back and up. If you flow down, you will have to go down, down, down, and water becomes undrinkable. But do not despair; you have to win some day. The sooner, the better. A mango seller may seek to sell four for a rupee; but if three of them get spoiled, he should not give up hope, for, a person may come and offer a rupee for the fourth one.

Having come here and listened, and secured *darshan* and read about Me, put into actual practice at least one of the good counsel you got; one stick is enough to light a fire; the entire box of matches need not be used. Have faith that you will win; have steadiness in the pursuit of the goal.



## Atma Dharma made Easy

Sai Ram. I wonder how many of you thought my last article in this series was rather heavy. Somehow, anything connected with the *Atma* is always considered to be heavy stuff. But then, if the *Atma* is the core of our being [as Swami repeatedly reminds us], then should we not know something more about it? It was that consideration that made me deal with that subject, though I was fully aware that not many would be very keen about it. By the way, please note that in the *Gita*, almost the very first thing that Krishna tells Arjuna is, “Arjuna, you are the Eternal *Atma* and not the body as you are imagining yourself to be.” I am sure you would also recall the number of times Swami too has spoken on the *Atma* and raised the question: “Who are you?” So I guess I really do not have to be too apologetic about the subject I have chosen to deal with currently. Well, this present reflection is going to be a follow-up to my last article, and here too I shall comment on some aspects of our intrinsic nature, etc.

In the last reflection, I mentioned that man must delve deep into himself and recognise that he is a spark of the Divine; and having done so he must then act in accordance with his true nature. Two key words I drew your attention to in this context were: *Atma Viswaasam*, and *Atma Dharma*. Let me now try to link these two words to the Media. I am sure you would imagine that I have “gone bananas,” as they say because on the face of it, it is not easy to see any connection between the two Media and the *Atma*! I assure you I have not gone bananas and let me argue my case.

I waxed eloquent in my last article about the evils of the Media and all that. Just to make my arguments specific, let me consider TV or television, which, incidentally, Swami sometimes refers to as *Tele Visham*, literally meaning Tele-poison, which in fact TV has become. Let us, for the sake of illustration, consider a typical TV channel. This channel, let us say,

is owned by a Media baron quite common these days. The baron hires a lot of people and while they may have “creative freedom” to produce programmes as they like, they nevertheless have to toe the [editorial policy] line drawn by the Media baron. If anyone seriously deviates then he or she would be out of a job in minutes. Believe it or not, this happens all the time, in recent Iraq war, for example.

Now these barons crave for two things, money and power. What kind of power? The power to influence the mind of the public and make it believe what the baron wants it to believe; this power to subjugate another mind is quite heady and many crave for it. Besides this power, the baron also wants to make money. So he uses the channel to achieve his ends, and all the hundreds of people employed to run the TV channel have essentially got to produce programmes that would get people hooked on that particular channel, bringing thereby a lot of cash for the boss and also a sense of power.

You may say: “OK, all this we know; it is old hat. Where do *Atma Viswaasam*, *Atma Dharma*, man being a spark of the Divine, etc., figure in all this?” That exactly is what I shall deal with next.

For a moment, let us suppose that the owner of the TV channel is a great devotee of the Lord, seriously committed to following His teachings. Swami says Love All, Serve All. Would a person calling himself a true devotee then allow undesirable things to be shown on his channel? Would he pack the programmes with violence, crime, vulgarity, etc., claiming that exactly is what the public wants? Would he say that the Media has the freedom to do what it wants? Would he give the lame excuse



that the Media offers only what the public wants to see? Would he gloss over the tremendous power that the Media has to influence the minds of one and all, forgetting his responsibility to Society? Obviously he would not.

So what would a true devotee running a TV channel do? I am willing to take a bet that he would run his TV channel in the same spirit in which we operate Radio Sai service. You will recall we have basically three services: A broadcast service that comes over Asiastar satellite of World Space; another broadcast service that comes over the Afristar satellite of World Space; and an Internet streaming service that can be picked up anywhere where an internet connection is available. Believe it or not, between these three broadcast services, we cover literally the whole earth, from North Pole to the South Pole, full 24 hours a day, 7 days a week, 52 weeks a year. [By the way, how many really appreciate that this is how His Message is being spread constantly across the globe?]

The ideal TV Network owner would not be interested in using the Media to make money but in using it to spread hope, cheer, and good news. He would NOT subscribe to the current Media myth that controversy and scandals alone make news and nothing else. He would not contemptuously dismiss good news as no news. He would not argue that good news does not “sell”. In fact, he would be engaged in broadcasting as a SERVICE to Society rather than as a means of milking Society.

## Atma Dharma made Easy

Many may shake their heads and say: "All this is idealistic poppycock. These things will not work," etc. People who say such things do not know much about the early history of newspapers and broadcasting. I have heard talks by learned professors of journalism [in Western universities] who have pointed out that barely fifty years ago, the newspapers in America were very dignified. How come? Did not the owners want to make money? The answer to that question is strange. These owners in fact were already quite wealthy, and they genuinely thought that publishing quality newspapers was a service that they owed to Society. Sure they would have liked to make more money, but through normal business and not through newspapers [especially by publishing rubbish]. This indeed was the global trend in those good old days. Everywhere, people connected with the Press, be it the owners, or the editors, or the journalists, felt they were engaged in a sacred task, and that they owed a great duty to the public. They felt a compelling need to act in a responsible manner.

An example: Franklin Roosevelt became the President of America when it was going through the Great Depression of the early thirties. He was also the President when World War II broke out. He was a polio-victim and confined to the wheel chair. But the Press hardly ever mentioned it. On the contrary, photos showed him only waist above; and when newsreel movies were shot, they kept the wheel chair out of view. Were they not suppressing news? That was not the way newsmen felt in those days. They simply said: "Roosevelt is doing a great job [and few can take exception to that fact]. Let us not create anxiety in the minds of the American people by telling them that he is a wheel-chair man." In other words, a man's physical disability was his personal problem - that was the way people thought then.

What about now? It is a different ballgame as they say. The Press claims the right to literally hound men and women in public positions and who are celebrities, arguing that having become public figures they [the

celebrities] no longer have any right to privacy. Things have come to such a sorry state that photographers have become a law unto themselves just look at the way they hide behind bushes or whatever all the time so that they can click the "right picture". All is fair in love and war it used to be said. Now it is: all is fair if scandal it is that we want to publish [even if not true!]. Selling and making money by hook or by crook is the only relevant thing. Truth? Who cares? It can go to hell that seems to be the attitude of most journalists.

In this context I recall what a famous Australian cricket player named Keith Miller once said. Keith Miller burst into prominence after the Second World War as a fast bowler and, along with fellow Australian Ray Lindwall, he was a terror to batsmen everywhere. He was also a charismatic batsman who could swing around the fate of the game in a few short overs [I apologise for this cricketing interlude but then cricket is understood in many countries and so I hope those who don't follow cricket would forgive me; anyway the point I am trying to make is not connected with cricket!]. Indian readers would appreciate better the talent and contribution of Miller to the game if I described him as the Kapil Dev of Australia.

One fine day, Miller retired from cricket and became a cricket correspondent, as many players often do. In his capacity as a journalist, he once came with the Australian cricket team to India [I think it was in 1964]. However, what he wrote about was not cricket but juicy gossip and scandal. An Indian journalist who read Miller's columns in the newspaper was shocked. He confronted Miller and told him that what he was writing was not about cricket but about rubbish. Miller replied, "Listen buddy, this is what readers want. If I don't give them that, I don't eat! Understand?"

TV news has gone through a similar decline. TV became popular on a big scale in America in the early fifties. The TV networks were owned by big corporations and initially it was mainly "cinema on a small screen,

seen at home, free, for many hours a day". In other words, it was entertainment all the way through. Initially, there was only limited-hours telecast, as it was in radio broadcasting earlier. As the number of telecast hours increased, there was a need to fill time with inexpensive programmes and thus, religious broadcasts in the morning and short newscasts found a place. While all entertainment programmes were supported through advertisement revenue, there were no sponsors for the religious broadcasts and news programmes. The Networks used this to declare a loss and get some tax breaks! In their view, these were unimportant programmes and the producers could do what they wanted - they were making a loss anyway [in these programmes], which in fact was beneficial for the company in terms of tax rebates. But you know what happened? Because the bosses did not care about the programmes, the editors and journalists used their creativity to produce many good, socially relevant programmes. Soon news programmes began to be watched by big audiences. Once the barons got to know this, they told the news programme producers, "Thank you gentlemen; we take over now and you shall henceforth do as we say." That is how editorial control of TV news got into the picture. And you know what has happened to TV news since then - sensations, scandals, controversy, etc. Good news is no longer news.

Many would loudly protest, but believe me I have talked to many Media-insiders and in private they admit that they have creativity but within the Lakshman *Rekhas* drawn by the barons. Others would still argue: "All this is pure rubbish. Just look at the wide variety of choice we now get; so many channels to choose from!" May be but as one American commentator wryly observed, "Yeah, I can now choose from over fifty different channels. But the problem is that they all serve the same rubbish in fifty different ways."

You might at this point be getting tired of all this and are perhaps saying, "Listen; what has all this got to do with *Atma Dharma* and stuff

## Atma Dharma made Easy

like that?" *Atma Dharma* does seem remote, does it not? Let me try and convince you that it is not.

Let us start with the print media. Let us say that a person committed to *Atma Dharma* is in the publishing business. By the way do not imagine that a person swearing by *Atma Dharma* has to look and dress like a Rishi! Nothing of that sort, as Krishna makes very clear in the *Gita*. Following *Atma Dharma* simply means performing all actions in life charged with the Divine feelings of Selfless service, Love, and compassion. Incidentally, EVERYONE is bound by *Atma Dharma*, from a king to a pauper; no one is exempted, ever.

To get back to our Dharmic publisher, he would say: "People may say all sorts of things about freedom of the Press, the right to publish anything that the editor considers fit, etc. I am not concerned about such views. I am not bothered about what others say. I will do only that which my Conscience permits me to. Swami has clearly declared: 'Follow your Conscience. Your Conscience is your true Master'. I am in this business not to make money but to serve the public. I have a duty that I must, as Krishna advises, perform selflessly."

If the publisher says this to himself and acts accordingly, he is following *Atma Dharma*. It is as simple as that. Acting selflessly and in accordance with one's Conscience is what *Atma Dharma* is all about really. What is so complicated about it?

Even after all this, doubts will not cease. Many would murmur, "If the publisher acts this way, he would go broke in five minutes. All this will not work in this day and age." Is this really true? Let us examine.

Let us say there is a publisher who actually does all that I have described [incidentally, in the forties, I have myself seen many newspapers in India which all functioned in precisely this manner]. What is the publisher doing? He is upholding *Dharma*. Swami says, if someone protects *Dharma*, that very same

*Dharma* would protect him in turn. If the publisher had TRUE FAITH in this word of God, there is absolutely no doubt that he would NOT go broke and become penniless. People simply do not realise how many millions are out there hungering for good news and inspiring stories. You know, even in the case of TV, for example, the Public Broadcasting Service in many countries [America, for example] is a good example of how people who want wholesome programmes are willing to come forth and extend support. May be one will not make millions but we are not talking about that, are we?

Just consider the example of Radio Sai. Three years ago at this time if anyone had told me that I would be in the radio business, I would have declared that person to be mad! And yet, as I mentioned a little earlier, we can now be heard all over the world 24 hours a day. Is this not an expensive business? You bet it is. But then, that is where hidden goodness suddenly surfaces to lend a helping hand. You know what happened? In brief: Dr. Noah Samara, Chairman of the World Space Corporation came to Prasanthi Nilayam for Swami's Darshan and straightaway offered channels on his satellites. On the day we were on the air for the first time, 23<sup>rd</sup> November, 2001, Dr. Michael Nobel, a Member of the Board of the World Space Corporation, speaking in the Divine presence said that they in World Space were amazed how many people across the globe had heard of Sai Baba simply by word of mouth, got transformed and started doing good work. How much more can be done, asked Dr. Nobel, if the Message of Global Harmony could be broadcast continuously? That is how a helping hand was extended to us. By the way this is no freak incident. If you look carefully at the various projects of Swami, they all bear testimony to the goodwill of tens of thousands across the world who have come forward to contribute to the sustenance of goodness in Society, in many different ways.

The word *Atma* connotes Universal Oneness. That Oneness is God, who is present in everything, from an ant

to Brahman, as Saint Tyagaraja once sang [a phrase that Swami sometimes refers to]. When we recognise this Cosmic Oneness, we begin to feel a responsibility to the whole of Creation and not just our so-called loved ones. As one thinker wrote, what we normally mean by love is limited love. True Love is Infinite, and that feeling of True Love can come only with what Swami refers to as *Atma Bhavam*.

To wrap it all up, any subject on earth can be looked at in two different ways one is from a limited vision that encompasses oneself, one's family, one's friends and so on. Limited vision implies narrow mindedness, *Sankuchitha Bhavam* as Baba refers to it. The other is broad mindedness or *Vishaala Bhavam*, in Swami's words. *Vishaala Bhavam* comes only when one's gaze is turned towards the *Atma*.

What I have tried to do in this article is to describe how a person with broad vision would handle his duty as a Media publisher. He would not treat publishing as a money -making enterprise but as a sacred duty to Society. So let us not imagine that the *Atma* is irrelevant to daily life. If it were, would Krishna have talked about it to Arjuna? As Swami says, the Lord came as Krishna mainly to give to humanity the gift of the *Gita*.

Here is a teaser! How about dealing with the subject of Corruption and the *Atma*? Would you give it a try or would you sigh and say, "Well, that proves this guy has really gone bananas!" Even if you think I am nuts, I would like to hear that from you direct! So, how about writing to us?

Jai Sai Ram.  
G. Venkataraman



# A Step by Step Guide to installing Love on the Human Machine

Customer: I can do that. I'm not very technical, but I think I am ready to install now. What do I do first?

Tech Support: The first step is to open folder called your HEART. Have you located your HEART ma'am?

Customer: Yes I have, but there are several programs running right now. Is it okay to install while they are running?

Tech Support: What programs are running ma'am?

Customer: Let me see... I have PASTHURT.EXE, LOWESTEEM.EXE, GRUDGE.EXE, and RESENTMENT.COM running right now.

Tech Support: No problem. LOVE will automatically erase PASTHURT.EXE from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. LOVE will eventually overwrite LOWESTEEM.EXE with a module of its own called HIGHESTEEM.EXE. However, you have to completely turn off GRUDGE.EXE and RESENTMENT.COM. Those programs prevent LOVE from being properly installed. Can you turn those off ma'am?

Customer: I don't know how to turn them off. Can you tell me how?

Tech Support: My pleasure. Go to your Start menu and invoke FORGIVENESS.EXE. Do this as many times as necessary until GRUDGE.EXE and RESENTMENT.COM have been completely erased.

Customer: Okay, I'm done. LOVE has started installing itself automatically. Is that normal?

Tech Support: Yes it is. You should receive a message that says it will reinstall for the life of your HEART. Do you see that message?

Customer: Yes I do. Is it completely installed?

Tech Support: Yes, but remember that you have only the base program. You need to begin connecting to other HEARTS in order to get the upgrades.

Customer: Oops...I have an error message already. What should I do?

Tech Support: What does the message say?



Customer: It says "ERROR 412 - PROGRAM NOT RUN ON INTERNAL COMPONENTS". What does that mean?

Tech Support: Don't worry ma'am, that's a common problem. It means that the LOVE program is set up to run on external HEARTS but has not yet been run on your HEART. It is one of those complicated programming things, but in non-technical terms it means - "you have to 'LOVE' your own machine before it can 'LOVE' others."

Customer: So what should I do?

Tech Support: Can you find the directory called "SELF-ACCEPTANCE"?

Customer: Yes, I have it.

Tech Support: Excellent, you are getting good at this.

Customer: Thank you.

Tech Support : You're welcome. Click on the following files and then copy them to the "MYHEART" directory: FORGIVESELF.DOC, SELFESTEEM.TXT, REALIZEWORTH.TXT, and GOODNESS.DOC. The system will overwrite any conflicting files and begin patching any faulty programming. Also, you need to delete SELFCRITIC.EXE from all directories, and then empty your recycle bin afterwards to make sure it is completely gone and never comes back.

Customer: Got it. Hey! My HEART is filling up with really neat files. SMILE.MPG is playing on my monitor right now and it shows that WARMTH.COM, PEACE.EXE, and CONTENTMENT.COM are copying themselves all over my HEART!

Tech Support: Then LOVE is installed and running. You should be able to handle it from here. One more thing before I go.

Customer: Yes?

Tech Support: LOVE is freeware. Be sure to give it and its various modules to everybody you meet. They will in turn share it with other people and they will return some really neat modules back to you.

Customer: I will. Thank you for your help

----- From The Internet,  
Author Unknown



**R**adiosai interview with Dr. Safaya, Director, Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthi Grama campus and the White field campus.

**INTERVIEWER:** Prof. G. Venkataraman, (GV) Former Vice Chancellor, Sri Sathya Sai Institute of Higher learning.



(continued from the previous issue)

Dr. Safaya: The point I wanted to make in the whole story is the DIVINE SANKALPA. I surrendered totally at HIS feet. The big SHIVARISIs (recommendations) had failed. The big intervention at the worldly level had failed. Only He could do something. And HE did!

GV: This is a fantastic story and I am glad that we got it out of you for posterity. Moving on to some mundane matters, can you please tell us about the kind of treatment that is being given in the Puttaparthi Super Speciality Hospital? What are the specialities that are catered to?

Dr. Safaya: In His Divine Declaration, Bhagavan has announced that His hospitals would deal with the specialities of the heart, the brain, and the kidney. In Puttaparthi, He initiated treatment of the heart; soon followed the treatment of the kidney and later came the Department of Ophthalmology. Right now we do diagnosis and treatment of the heart, kidney and the eye. Tertiary care is offered in these super specialities. This can be achieved only with state of art equipment, both for diagnosis and treatment. Even though the Puttaparthi hospital is ten years old, it remains one of the best hospitals in the country in all these specialities.

GV: This is amazing considering that Puttaparthi is still a somewhat

remote place. You said at the time of start, your next door neighbour was a thatched hut. Is that true even today?

Dr. Safaya: Yes, even today.

GV: What types of patients come here and where do they come from?

Dr. Safaya: They are mostly middle class, lower middle class and the poor. Most of them are genuine villagers.

GV: How do they hear about this hospital?

Dr. Safaya: Two things are responsible. One is the branches of the Sathya Sai Seva Organisation that exist all over the country. The service people reach out and advice, creating awareness about Swami's Hospital. Most of the country knows today that there is such a hospital. However, most people are so poor, that even though they know about the hospital, they cannot make the journey.

GV: You mean they do not have money to travel?

Dr. Safaya: Yes, they do not have money. And because they are poor, they also do not have the will to travel. They don't have the determination to get their patient treated. But when they can manage some money to come here, they sure

do land up here. You can see in the main gate early in the morning and judge for yourself what type people come to our hospital. You can also go into the wards and see.

GV: Yes, I have seen. Can you recall of any particular case of a really poor person who was desperate and got treated here?

Dr. Safaya: I can remember even the first case.

GV: How did you happen to choose that first case? It is amazing that even before there was a hospital, there was a case and you had a patient ready!

Dr. Safaya: You see, we had opened our OPD two days before the formal inauguration of the Hospital. We had also opened the CATHETERIZATION LAB. Thus, even before the inauguration, examination of patients had started.

GV: How many patients came at that time?

Dr. Safaya: I think about two dozen patients had come. We were able to inform only the people in Anantapur, and this person came from Anantapur. It was easier to make an announcement about the new hospital in Anantapur than in any other place in the neighbourhood. I think the name of this first patient was Rajasekara Reddy.

## Rendezvous with Dr. Safaya

(Part 2 of 2)



Can We Help You

celebrations and came to visit us.

GV: How does he look now?

Dr. Safaya: He was tall, well built, and is a healthy young man now. We had also the good fortune of Bhagavan coming to the hospital on that day. We presented the patients to Swami.

else. You know we have many of our old students working in the hospital, in fact, also in Bangalore hospital. As an Institute man, I would like to know: How do you feel about them, these old students of ours?

Dr. Safaya: I feel very proud of these people as my employees. They are a highly motivated group.

GV: So do I.

Dr. Safaya: By establishing the Puttaparthi hospital, Bhagavan has not merely helped poor people suffering from heart disease, but also created some unique prototypes for mankind to see and to derive the benefit of that wonderful experience. One of Bhagavan's novel experiments is the induction of highly motivated young men into various technical jobs associated with the hospital. These people did not come from a medical background. Rather, they all are graduates from Swami's University, mostly in the field of Management. In the University, they excelled in their own subjects, but here in the hospital they have picked up medical technology, developed the right aptitude and understanding. The net result of all this is that these so-called Swami's students are now able to guide younger medical staff and even middle-cadre medical staff.

GV: Would you say this motivation springs from deep love for Swami?

Dr. Safaya: Yes of course. It is a combination of Love, respect and dedication. They have practically very few interests besides Swami in their life. So they are not diverted. Most of them have even forgotten to marry!

GV: I guess they are married to their work! I presume they express their Love for Swami through dedicated and loving service to the patients.

Dr. Safaya: They refrain from the usual apparent show of dedication. On the other hand you will find them highly dedicated to work, carefully looking after the machines they are in

GV: How old was he?

Dr. Safaya: At that time, he was about 15 years old. His father was a petty shop keeper. This boy had a hole in the heart that needed a major surgery. The parents had only one child at that time. They had given up. Being poor, the parents were very depressed. We had to give him encouragement by way of food and money to make him stay for all these days. They were that poor. The story of all the other patients is almost the same. In all the four operations done on that inauguration day, there were no complications. No mortality, no morbidity.

GV: I remember on 23<sup>rd</sup>, the day following the opening, Swami announcing in the Hill View Stadium during the Birthday Discourse that all the four operations were very successful.

Dr. Safaya: Very successful. Bhagavan came in the evening on the day prior to inauguration, materialised vibuthi, gave it to the patients, and later all of them did wonderfully well. Since these patients came from poor families, their nutrition levels were low. As a result, their capacity to repair the tissues was quite low. In spite of all that, they did very well.

GV: So, as Dr. Bhatt often says, the Surgeon merely cuts while God heals.

Dr. Safaya: That is absolutely true.

GV: Have you seen this first patient of yours subsequently?

Dr. Safaya: Yes. On tenth anniversary, that is on 22<sup>nd</sup> November 2001. He heard about the tenth anniversary

GV: What did Swami say?

Dr. Safaya: Swami was very happy to see these old patients of ours. He materialised vibuthi, gave it to all of them and blessed them.

GV: By the way, were these people devotees earlier?

Dr. Safaya: No. They knew about Bhagavan no doubt, but they were not devotees in that sense. Before coming to Prasanthi Nilayam, they were just preoccupied with making both ends meet. That was all.

GV: So, really speaking, the doors of Swami's Hospitals are open to anybody?

Dr. Safaya: Absolutely, and irrespective of class, colour, creed, religion, country.

GV: Have you had any patients from far off places?

Dr. Safaya: Yes, we have had patients from Nepal, Sikkim.

GV: That's quite a long distance!

Dr. Safaya: We have a computerised data bank of patients who have come for check up, and have been put in a queue. In this computerised system we give some additional points to those coming from far off places and particularly from a foreign country like, Nepal. We have had patients from Bhutan, Malaysia, Sri Lanka. We have even had patients for consultation from Pakistan.

GV: That is very interesting. So word about Swami's hospital has even reached Pakistan! Wonderful! I now want to ask you about something

charge, and rendering service to patients as needed.

GV: So, you will give them extra marks for motivation and dedication.

Dr. Safaya: Absolutely! This is the type of group that must be created in every good scientific institution and hospital, especially the latter because there one is dealing with life and death. A year back a top Phillips team visited our CATH lab. We have two Phillips machines. When they saw the CATH lab the visitors were astonished. They said, "Is this Lab. ten year old? We don't believe it". Now in its eleventh year, this lab is still one of the best CATH labs in the country.

GV: That is fantastic! How does Swami guide and support you? Obviously He does. Can you give some hints about how He actually does it?

Dr. Safaya: His methods are....

GV: Very subtle, I know!

Dr. Safaya: He gives many ideas but you have to be very attentive to catch them. The way He talks to you, what He says, His gestures, and even His not talking to you - all these are part of the Divine language! All these are lessons in administration, whether you are taking the right decision or wrong decision. You get a sort of clue as to what is to be done.

GV: So, you have to be tuned to him, really.

Dr. Safaya: Correct. Then comes the ultimate lesson. When you are totally helpless, you have to surrender. When you tell Bhagavan your problem, He offers a solution. Whenever you go to Him with a problem, He says, 'I know'. I have perfect proof that He knows the problem already. He was just waiting for me to say and HE has a solution ready.

GV: Allow me to narrate an experience of mine. When I became the Vice Chancellor, one day Swami

asked me a question. I was naive and replied, "Swami You know everything". Swami said, "Yes I know but I wanted to know whether you know. I know even that but I want you know whether you know or not!" That shut me up and thereafter I became attentive to details.

Dr. Safaya: You have to go through the motions. You have to tell Him about everything you have observed, anything wrong that is there and you have to obtain corrective solutions from Him.

GV: Yes, He guides, supports and also inspires.

Dr. Safaya: Yes, I have not seen anybody, any teacher in my life who has taught me as much as He has taught. I had been administering for 18 years the All India Institute of Medical Sciences Hospital, the country's biggest hospital and South East Asia's biggest hospital. We have 35 medical specialities there. After coming here, I had practically to unlearn most of what I had earlier learnt!

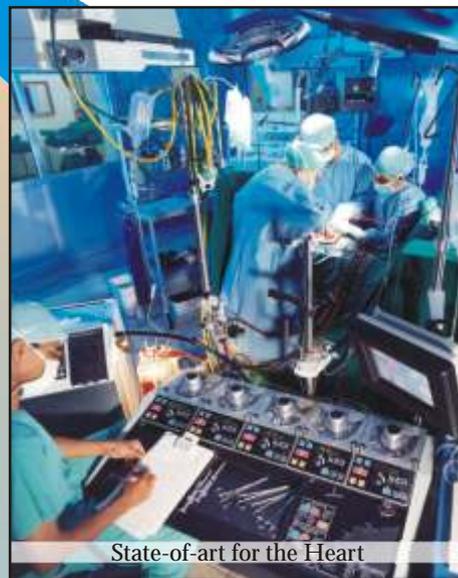
GV: Why was that?

Dr. Safaya: Because of the change of ambience. Here in this Temple called the Hospital, God heals the patients. The patient is placed at the highest pedestal. So whatever you do or think or plan for, is for the benefit of the patients. This is theoretically true in all other hospitals also but in practice it is different - may be because of money, personal ego or something else like that. But in this hospital there is nothing else. Money is not involved and personal egos are not involved. So there is no self aggrandisement.

GV: So, at the end of the day you feel very happy.

Dr. Safaya: All of us feel very happy, including my colleagues and staff.

GV: You talked about money. One question people always want to ask is: How does the hospital get money when patients are not charged fees?



Dr. Safaya: Swami is the ultimate source of money. There is the Sri Sathya Sai Medical Trust to which people donate money. Part of this money goes into the Corpus Fund. The interest from this Corpus Fund keeps the hospital going. There are also donors who are ready to offer equipment or money for specific equipment.

GV: Basically, it is Love which sustains the hospital. It is Love which comes as money or service or equipment. You do have a lot of people coming there for service.

Dr. Safaya: Yes, that is another example which Swami has shown, namely community involvement. People have been talking of community involvement in hospitals ever since I became a medical student. But I have never seen that happening in practice until I joined this hospital. Right now at Puttapparthi hospital there are a hundred volunteers, 50 men and 50 women. They take turns and come from different States at different times.

GV: You are referring to the Seva Dals?

Dr. Safaya: Yes. They work day and night for the patients, no matter what their status in their normal life.

GV: I know. One day I met a

## Rendezvous with Dr. Safaya

(Part 2 of 2)



Where He is the Administrator

Professor from Indore. He was pushing a wheel chair with a poor villager, a cobbler perhaps.

Dr. Safaya: I have met a large number of them. Right now if you go there, you will see senior army officers, senior professors and even doctors serving as Seva Dals.

GV: Doctors coming as Seva Dals?

Dr. Safaya: Yes, doctors coming as Seva Dal do not sit in OPD to examine patients; instead they push trolleys, sweep the floor, clean glass panes etc.

GV: One last question. You have been very kind to spare so much of your time. But this is a question that needs to be asked especially because so many people are trying to build similar hospitals elsewhere, both Governments and individuals. Do you think that these two hospitals in Puttaparthi and Bangalore can be replicated?

Dr. Safaya: Frankly, if Swami does it, yes. Basically Bhagavan's intention of creating these two hospitals is to have a model before everybody, Government and other organisations, to see our hospital. Awareness of this hospital, particularly the Puttaparthi hospital, has spread all over the world. The world now knows that a high-tech, completely free hospital is functioning in India, a so-called less developed country; and it has been working successfully for the last ten years.

GV: So, Love and dedication can work miracles is the main message of

this hospital. You don't have to think that it is not affordable or anything.

Dr. Safaya: No, the question of money is secondary; that is what I have learnt now. I realise: If you have the will, Love and dedication, you will have Divine help.

GV: Divine help will come automatically if one is selfless. So selfless Love and total dedication are what make these hospitals of Swami work - that is the lesson.

Dr. Safaya: This is a miracle of Love both in the process and in the results also. The results of the treatment of the patients are also miracles of Love.

GV: I suppose patients also learn what Love is.

Dr. Safaya: Every patient goes with a picture of Swami and I have to sometimes be a little rude to them because they insist on pasting Swami's pictures on the walls besides them.

GV: Yes, otherwise the place would be flooded with pictures! They can paste it on their Hearts!!

Dr. Safaya: They take those pictures with them. They are not devotees, but they now know that some one cares. Swami does take time off to visit the hospital and definitely visits one or two wards and critically ill patients.

GV: Thank you very much, Dr. Safaya. It has been wonderful talking to you and I am sure our listeners will derive great joy and pleasure listening to you over the air. You have told us so many things about the hospital which we did not know. I have been here for ten years and I have been going past the hospital so many times. I have also gone there several times, but I did not know many of the things that you revealed.

Dr. Safaya: I should say, I feel very very happy of having spoken about the experiment of Love, the significance of which is not realised at this point of time by the medical analysts, though the story of the Puttaparthi hospital has been published by WHO in its Bulletin which is distributed all over the world in forty languages of the world. A time is going to come when people are going to seriously examine and take lessons from this experiment.

GV: Let us hope that the day is not far off, and that both of us would have the pleasure of seeing it happen before our eyes. Thank you so much and SAIRAM!



Healing with Love

## The Beggar King

Once there was a time, according to legend, when Ireland was ruled by a king who had no son. The king sent out his couriers to post notices in all the towns of his realm. The notices advised that every qualified young man should apply for an interview with the king as a possible successor to the throne. However, all such candidates must have these two qualifications: They must (1) love God and (2) love their fellow human beings.

The Young man about whom this legend centers saw a notice and reflected that he loved God and, also, his neighbors. One thing stopped him, he was so poor that he had no clothes that would be presentable in the sight of the king. Nor did he have the funds to buy provisions for the long journey to the castle. So the young man begged here, and borrowed there, finally managing to scrounge enough money for the appropriate clothes and the necessary supplies.

Properly attired and well-suited, the young man set out on his quest, and had almost completed the journey when he came upon a poor beggar by the side of the road. The beggar sat trembling, clad only in tattered rags. His extended arms pleaded for help. His weak voice croaked, "I'm hungry and cold. Please help me... please?"

The young man was so moved by this beggar's need that he immediately stripped off his new clothes and put on the tattered threads of the beggar. Without a second thought he gave the beggar all his provision as well. Then, somewhat

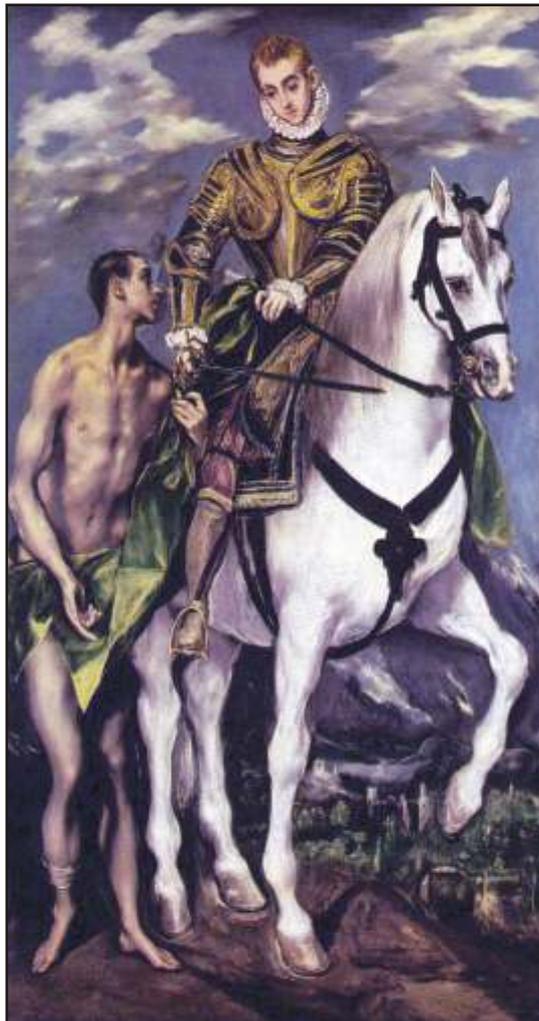
hesitantly, he continued his journey to the castle dressed in the rags of the beggar, lacking provisions for his return trek home. Upon his arrival at the castle, a king's attendant showed him in to the great hall. After a brief respite to clean off the journey's grime, he was finally admitted to the throne room of the king.

The young man bowed low before his majesty. When he raised his eyes, he gaped in astonishment. "You... it's you! You're the beggar by the side of the road."

"Yes," the king replied with a twinkle, "I was that beggar."

"But...bu...bu... you are not really a beggar. You are the king for real. Well, then, why did you do this to me?" the young man stammered after gaining more of his composure.

"Because I had to find out if you genuinely love God and your fellow human beings," said the king. "I knew that if I came to you as king, you would have been impressed by my gem-encrusted golden crown and my royal robes. You would have done anything I asked of you because of my regal character. But that way I would never have known what is truly in your heart. So I used a ruse. I came to you as a beggar with no claims on you except for the love in your heart. And I discovered that you sincerely do love God and your fellow human beings. You will be my successor," promised the king. "You will inherit my kingdom."



## Trayee 20 Brindavan 50

**T**he 26<sup>th</sup> of April is a special day every year in Brindavan. It was the day when the beautiful lotus shaped Trayee building was inaugurated by Swami in 1984. So, 26<sup>th</sup> April this year was the twentieth anniversary of Trayee. But this year had an added significance. It was also the fiftieth year since Swami first stepped into Brindavan. (For photos of the old Brindavan, see DOWN MEMORY LANE of this issue). Like every year, the boys had decorated the Trayee lawns and waited expectantly for the Lord to come and bless the decoration. He came and whizzed past them, in the car. Just when the boys were giving up hopes, He glanced at them and said, "Wait, I am coming". True to his word He came back to the boys after Darshan, cut the cake, posed for photographs and gave everyone immeasurable happiness. Later in the day Swami gave a special and delicious lunch to the students and the staff. The evening had more action in store. One-lakh wax lamps were distributed to devotees, students and staff. Everyone filled the entire ashram with beautiful patterns of light and by the evening the whole place was a sea of light! It was a sight for the Gods to see! Captured for you are those precious moments!



Wait I am coming



Cutting the cake

# Trayee 20 Brindavan 50



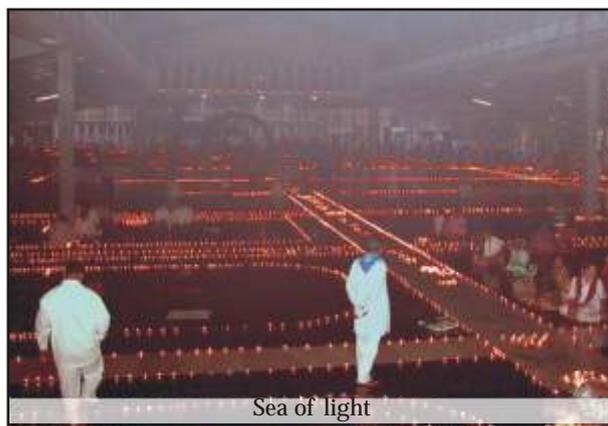
The Decoration



With the Boys



The anniversary Lunch



Sea of light



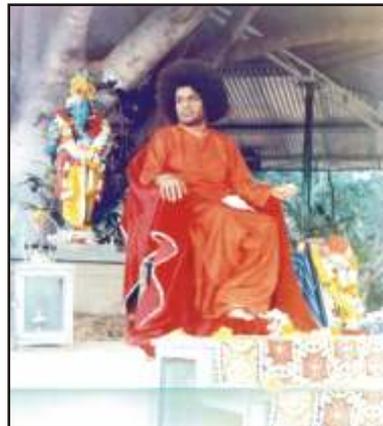
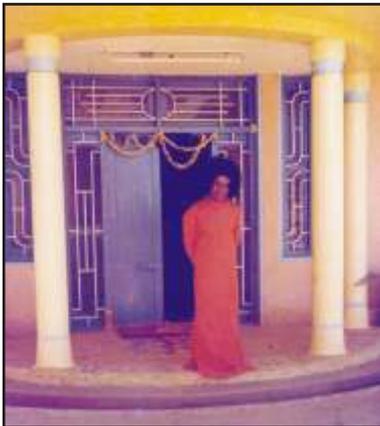
## Little Drops of Water.....

**L**ittle drops of water make a mighty ocean. Little acts of service make a huge difference. Like the one our Sai brother from Bangalore is doing. Inspired by the mammoth drinking water projects that Swami gifted to Ananthapur, Medak, Mehaboobnagar and now to Chennai, this devotee too decided to do something in his capacity to solve the drinking water problem of Bangalore slum dwellers. He runs a water supply tanker to the slums and gives them pure drinking water free of charge! Just think what a different place this world will be if each one of us chipped in just a bit to help our less privileged brethren! As Swami says, it is the quality of service that is important and not the quantity. And where there is good intention, there is help from GOD!

So, get started today! Help someone in need! Give them a sweet smile and a kind word! That too is service!



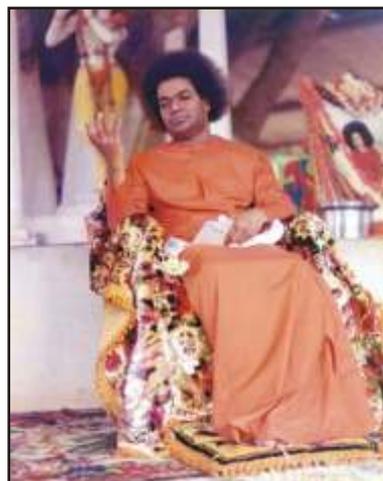
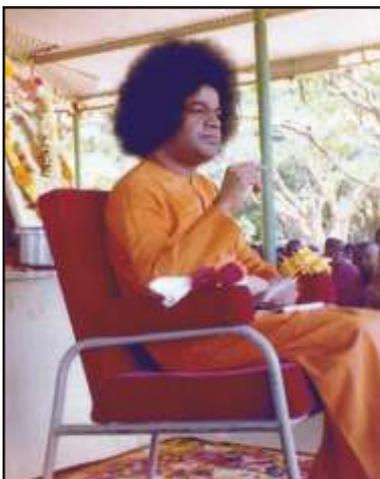
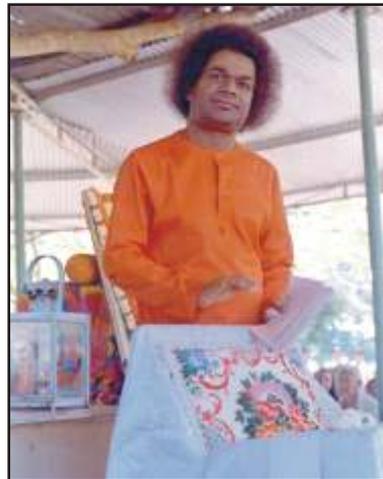
## Brindavan Darshan



**S**wami is now at Brindavan and many of you might have had His darshan in that small but beautiful ashram.

But Brindavan of the yesteryears was completely different. No SaiRamesh hall.No Trayee.Not much of a crowd and lots of trees!

It was verily the Brindavan of the gopis and their Lord Krishna ! We bring to you some of those pictures !





## Glory of God

Dear Readers,

These are photos from our Sai brother Thavamalar of Singapore who went to California for a few months for some studies. He enjoyed the flowers and the ocean there, especially in the Spring. He wanted to share with us some of those photographs, which remind us of God's awesome beauty and the joy of being a part of it.

Thank you, Thavamalar!

## A Request

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Dear Readers,

H2H requests you to send photographs of people listening to Radio Sai Global Harmony, either on the World space or on the Web. It could be in your home, Samithi, or Sai centre. The idea is to incorporate these photographs in a bumper issue of H2H on the occasion of the third anniversary of Radio Sai Global harmony.

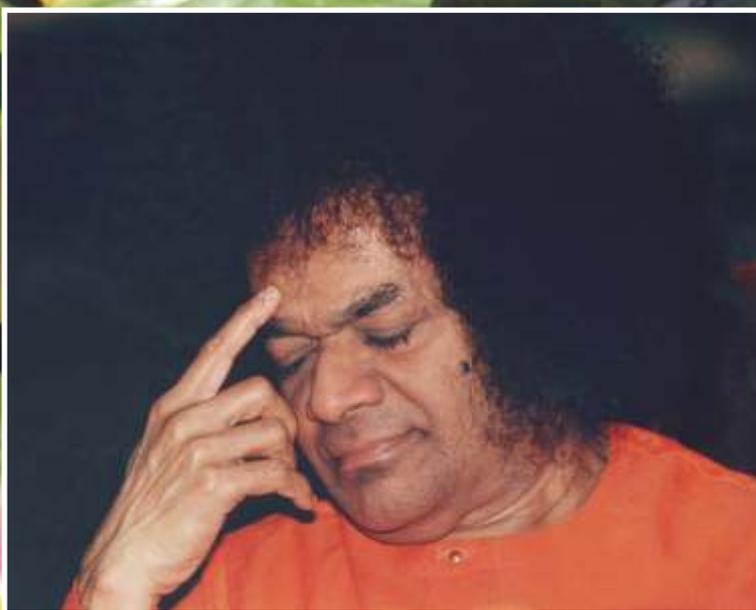
You may send them via email at [h2h@radiosai.org](mailto:h2h@radiosai.org)

Or at the following postal address

Heart to Heart  
Prasanthi Digital studio  
Prasanthi Nilayam 515134  
India

Don't forget to mention your name and address!

Thanking you in anticipation,  
H2H team



When you have attained true wisdom, you will find that good fortune should not be gloated over, nor bad fortune grieved over. The wise one treats both the good and the bad with equal unconcern. They are the gentle breeze and storms that cannot affect the depths of the Ocean of Bliss in the heart of man.

- Sri Sathya Sai Baba



LOVE ALL SERVE ALL