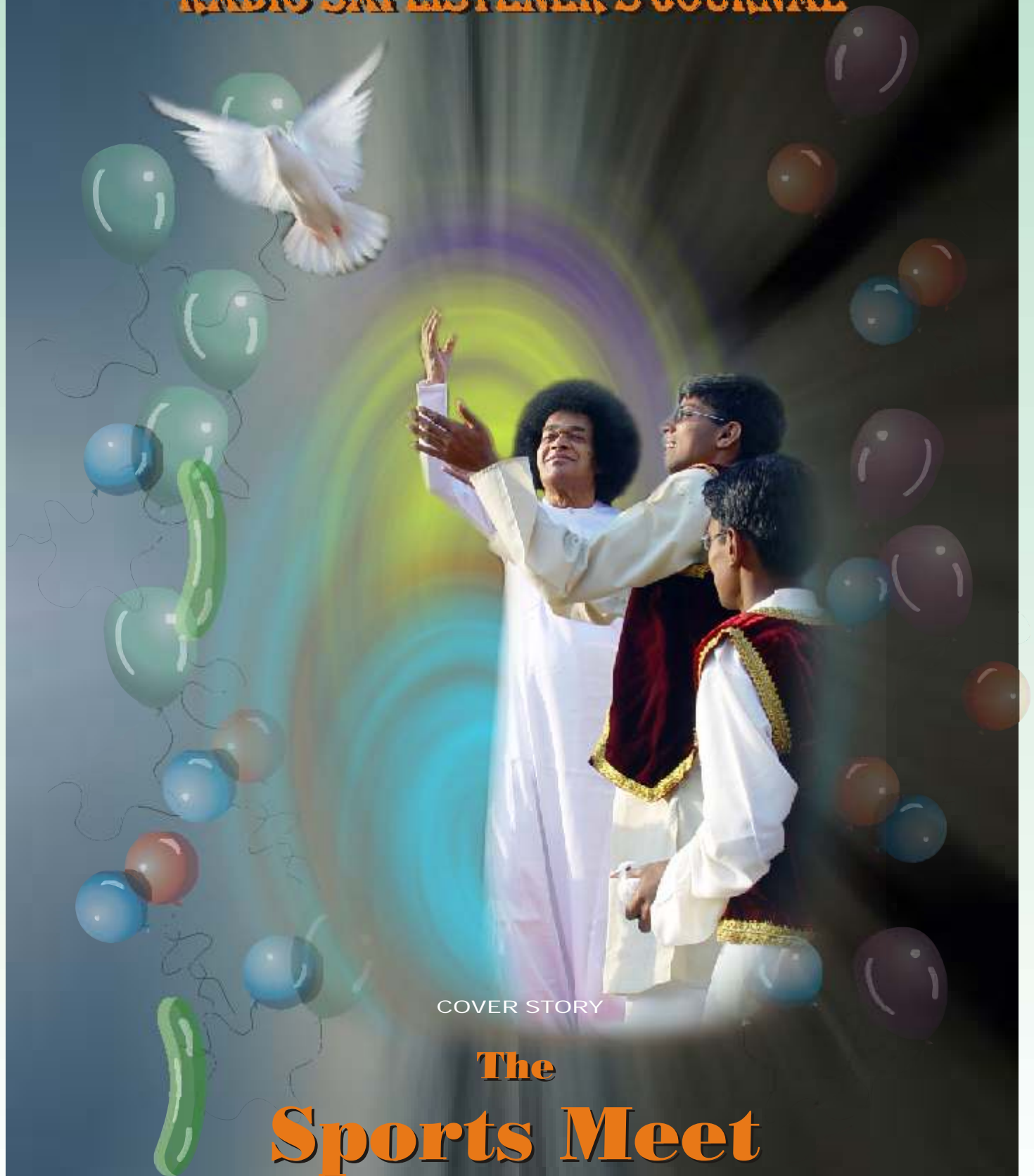




HEART TO HEART



RADIO SAI LISTENER'S JOURNAL



COVER STORY

The Sports Meet

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PRANAMS AT THE LOTUS FEET

Journal

developed by

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Between You and Us

Dear Reader,

Sai Ram and a Happy New Year to you! We don't know how you feel, but the year that has just ended has been a fruitful one for us here in Radio Sai in many different ways. For one thing, we have the blessing of spreading Love and *Ananda* via this electronic magazine, which appears to have touched many Hearts all over the Globe. During the recent Birthday Celebrations when Office Bearers of the Sai Organisation from different parts of the world gathered for their deliberations, many took time off not only to visit our Studio but also to see the Heart to Heart magazine. They were quite pleased, which was most gratifying to us, naturally. What is more important, all of them promised to tell as many people back home as possible about H2H so that the message spreads. Meanwhile, many overseas groups have graciously sent several back issues of the Sai Bulletins, Newsletter or whatever they are publishing so that we could publish extracts. We are very grateful to all of these publishers. It was also very nice to see our material being used by others! So, the loop is certainly beginning to close!

When we started the H2H operations about three months ago, many cautioned us: "You know this sort of thing is very difficult to keep up!" We knew that but yet went ahead in the belief that if we take one step Swami would take care of the rest and that sure has happened for we by ourselves just could not have produced the eight issues that have come out as a part of Volume 1.

It is not just H2H. In many other dimensions we are moving far ahead of what we could have dreamt of. Our Web Radio service is being heard everywhere, particularly in regions that are in the shadow of the WorldSpace satellites that are the main stay of our broadcasting service. Moreover, we did a trial video streaming to the U.S at the time of Birthday, and this too was very successful, thanks of course to Baba's Grace. This has given us the confidence to plan a number of nice and wonderful things but for the moment we shall not say more because one day we want to surprise you!

Before we sign off, we must thank each and every one of you who responded so generously to our magazine in so many different ways. That tonic put a lot of pep into us and made us strive to keep on doing better and better all the time.

Thank you, and all the best once again in the New Year. Jai Sai Ram.

SGH TEAM



Sporting Lessons

The Birthday season is over. The crowd at Prasanthi Nilayam has thinned. The Ashram seems to be quiet and serene, enjoying the peace and tranquility.

But there is one place here at Prasanthi, where the situation is quite the opposite. This place is a bee hive of activity. You will find people are running around, here and there, and appearing very busy. Young men can be found all over the place preparing for something that seems to be very very important. Well! Let's join them and find out what's cooking.

Firstly, the place is the Sri Sathya Sai Hill View Stadium. The people we are talking about are the staff and the students of the Sri Sathya Sai Institute of Higher Learning and the Sri Sathya Sai Higher Secondary School. And they are all preparing for a big, really big, event - the Annual Sports and Cultural Meet, 2003-04, which is to be celebrated here on the 11th of January 2004.

No wonder the place is in such a state of activity. This time of the year is always like this. You can find the students slogging it out

there. And they are joined by the staff of the Institute. Irrespective of their age, you will find almost every member of the Institute and the School on the grounds. You will find the teachers encouraging their students and supervising and guiding them in what they are doing.

You will find the students involved in a wide array of activities. Every morning you will find them going for a regular round of jogging and exercises. This is followed by the march past training session. And then the practice session for the cultural programme that the students present every 11th of January begins.

The students are divided into groups according to the event they have chosen to participate in. So you will find someone riding a motorbike only on its rear wheel, or jumping through rings (which will be on fire on the D-day). You might have to watch out for a young boy rolling past you on a pair of roller blades. You will find a group of dedicated gymnast practicing their skills at



Sporting Lessons



Set boys at Work

them breaking bricks with bare hands, kicking and breaking more bricks placed well above their own heights and all sorts of

fantastic things. Those with dancing skills practice their art in another end of the ground. And a good number are busy preparing the colourful and, sometimes, gigantic sets (which have risen more than thirty feet from the ground on occasions) or the torch vehicle (which carries the flame lit by Bhagawan to the top of the hill).

And all these things are learnt by the students (some of them learning these things for the first

time) within the space of thirty days. Students put themselves through gruelling training sessions to master their respective arts in the shortest time possible and prepare themselves to display their newly learnt skills in Bhagawan's presence.

The teachers surely inspire the students to give their best. But the greatest inspiration comes directly from the Divine Chancellor



Preparing the Costumes

vaulting and flipping and doing all those back bending things that gymnasts do. You could watch (from a safe distance) another group of students practicing martial arts.

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fantastic things. Those with dancing skills practice their art in another end of the ground. And a good number are busy preparing the colourful and, sometimes, gigantic sets (which have risen more than thirty feet from the ground on occasions) or the torch vehicle (which carries the flame lit by Bhagawan to the top of the hill).

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The teachers surely inspire the students to give their best. But the greatest inspiration comes directly from the Divine Chancellor

of the

Institute. It is a celebration

when He

comes to the Hill View Stadium early morning to see

how the students are

faring.

First Bhagawan sees

the march past. He sees and comments on a student who is not correctly swinging his arms while marching or the squad leader who does not shout out his command properly. His enthusiasm to see the various programmes prepared by the students is infectious. The students run to the centre of the performing area to show Bhagawan what they have learnt. And then rush back faster to listen to Bhagawan's views. Bhagawan with His comments raises the level of the programme very high.

The best part of Bhagawan's visits is when all the students gather around Him and He talks to some of the staff or students. Those seeing from a distance often see the entire gathering burst out with laughter on occasions. Bhagawan, with His divine wit and humour livens up the occasion and lifts the spirits of the students who are physically tired and mentally strained after the day's hard practices. Bhagawan's rejuvenating visit prepares them to train even harder before He sees their performance again the next time.

Even if Bhagawan does not go to the ground to see the practices, He enquires about them in the Mandir. He insists that He be

kept up to date with the latest happenings on the grounds. Every evening, in the Mandir, He interacts with the students and showers them with love and joy. He lovingly enquires from some of the students about the event they are involved in. He even discusses the risk factor in some of the stunts that students perform and advises the students to take appropriate care to avoid any untoward incidents. At times He has even cut out some risky items for the safety of the students.

If you were to ask any student why he was doing what he was doing, you would get a uniform answer, "To please Swami". Well that is what sums up all that goes into the sports meet. It is this very drive that fills every student with the energy that is required to do all that they do. It is to make Swami happy that students are willing to go to any extreme. All that happens on the 11th of January, every year is with this one motive.

As with all activities linked to Bhagawan, the Sports Meet too carries with it many lessons for the students. Bhagawan often says, "Bend the body. Mend the mind. End the senses." The



Bending the Body



Sporting Lessons

Sports Meet drills in this very lesson. The physical fitness that it demands does a world of good to the students' bodies. The one pointed concentration that some events require boosts the maturity of the young minds. The students give up rest and sleep during this month a form of sense control to give their best on the final day.

The most important lesson is that of dedicating every deed to God. The students do not take individual credit for what they do. They do everything so that they can make Swami happy. This attitude of doing things with the aim of pleasing Swami goes a long way in shaping the character of the students. Knowingly or unknowingly, the most important lessons that students learn during their stay at the Institute are learnt during the Sports Meet.

Surely the Sports Meet is the among most important events on the Institute calendar for more than one reasons.



Practising to Breathe Fire



Inspecting the Stage



Watching the Practice



Inspiring them to soar High



The 11TH of January is the fruition of all the efforts that each and every student puts in for so many days. That is the day when they showcase their talents before the Lord and the whole world. The Lord arrives in a procession to the packed Vidyagiri stadium and seats Himself on the stage, beautifully decorated by the students. In fact, everything is done by the students...the stage decoration, the sets, the costumes, the torch vehicle, taking care of the VIPs on the stage, the commentary and so on. In short, the day belongs completely to the students. Words cannot describe the beauty, majesty and the stunning display of sporting skills that followsSo let the pictures tell you the story!



The packed stadium on 11th morning



Sai Geeta leading the Procession



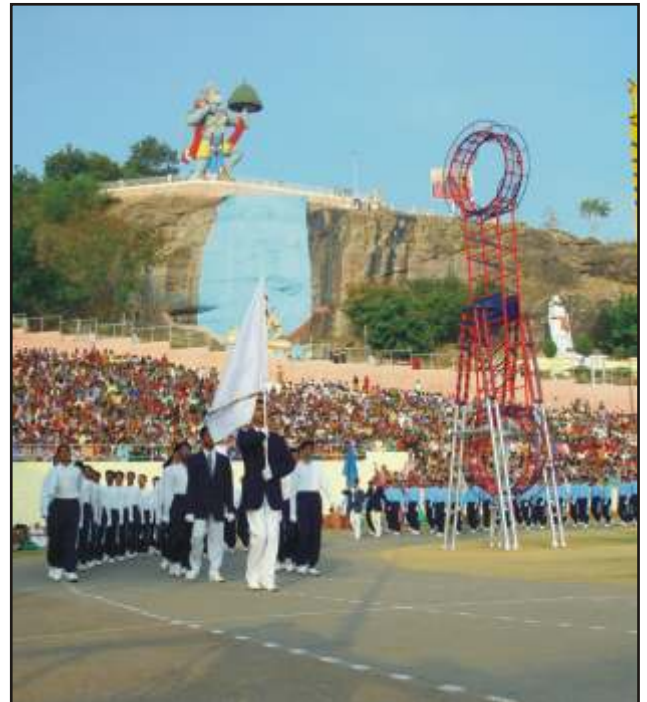
The Flag march



The Lord arrives



Lighting the Lamp



The March Past begins



Sports for Peace



The Sports Meet Flame Burns atop Vidyagiri



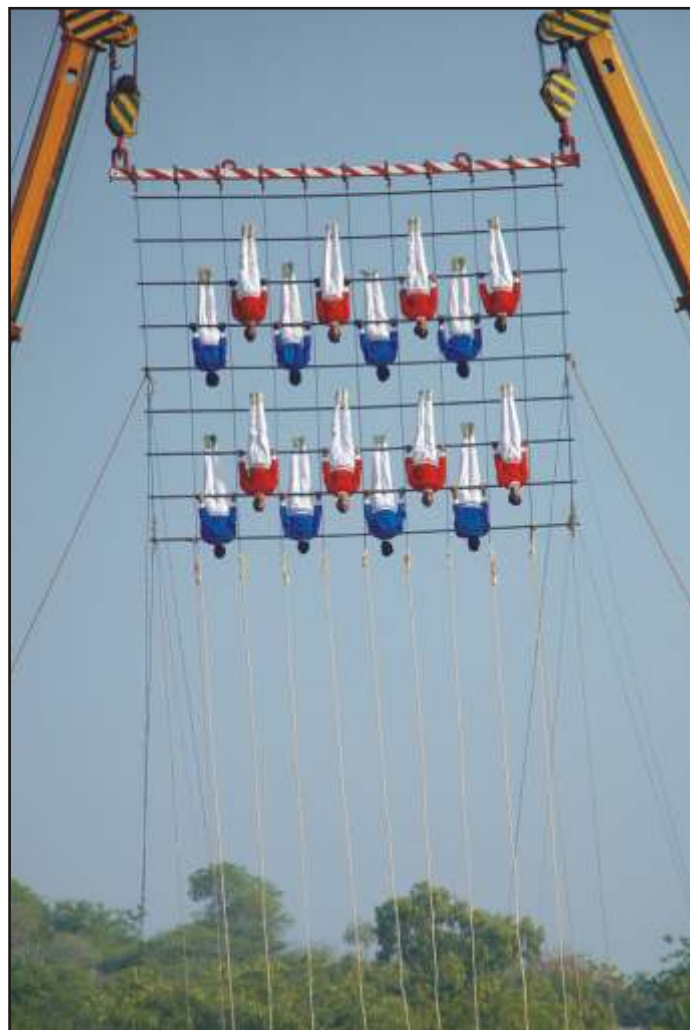
Colourful Dances by Brindavan Campus



Ariel Grid Gymnastics at a Height of 60 ft.



More Stunts on the Ariel Grid



Equestrians Par Excellence



Taking care of the Dignitaries



Martial Arts by Anantapur Girls



Proving the Strength of Womanhood



Who says you cant play while Cycling



Smashing through a Sheet of Glass



Dare Devil Gymnastics from Parthi Campus



Jumping through a Ring of Fire



Tiny Tots from Primary School receive Blessings



The Tiny Tots display their Skills



Climbing heights is a Child's play



Lion Dance by Primary School Kids



Age does not matter if you have Courage



The Primary School Express



Posing with Kids for a Photograph



14th Jan He rewards them with His Love



He took it upon Himself.....

The Annual Sports and Cultural Festival of the Institute is celebrated with great fanfare on 11th of January every year. Sports Day, 1999, was however, quite different. No one knew about it at that time; the revelation came only a few days later. That year, for quite some time prior to the great day, Baba had been advising students to avoid hazardous events. But in their enthusiasm to put up a grand show before their beloved Swami and His guests, the students had planned a few dare-devil items, as they do every year.

Came the morning of 11th January, and everything seemed to go off well. But on 14th January, at the gathering in the Sai Kulwant Hall for the usual Prize Distribution, students and devotees were stunned to hear from Mr. Narasimha Murthy, Warden, Brindavan Campus, that Bhagavan had taken upon Himself a grievous injury in order to protect the students. Later in His Discourse, Swami revealed some of the details:

Till this moment nobody is aware of what exactly happened on the morning of 11th January. That morning as I entered the Stadium, I spotted two lorries. Immediately I could visualise the danger lurking in the corner. I saw the lorries with huge scaffoldings placed over them. The boys planned to perform a few acrobatic feats on them. I knew that one of the rods was not fitted properly and was about to give in. If that were to happen, the boys would suffer major head and spinal injury. I willed that the boys should be saved and decided to take it upon Myself.

A senior devotee was driving the chariot with all sincerity and devotion [Swami had made a formal entry into the Stadium in a jeep decorated as a chariot]. He stopped the vehicle in accordance with My command. Just as I was about to speak to the Vice Chancellor, he accidentally lifted his foot from the clutch. That resulted in a violent jerk and I fell down in the chariot. As a result, I suffered injuries on the head, hand and spinal column. What the boys had to face, I took upon Myself.

A mass of humanity was seated in the galleries but I took care that no one noticed My injuries. Seeing Me fall down, the Vice Chancellor was worried; he was wondering whether Swami would be able to get up. I knew that any further delay would cause anxiety in the minds of devotees. So, ignoring the pain, I immediately got up and started blessing the devotees by raising My hands. The pain was excruciating and the cut on My hands was deep, like a gash produced by a knife. My fall should have resulted in the sleeve of My robe getting torn but it did not; that ought to give you a glimpse of Divine Power the injury had to be kept a secret.

I found Myself in an awkward situation. I had to walk up to the dais without My injuries being noticed. So I willed that no one should notice My injuries. I walked up to the dais and took My seat. But in the meanwhile, the dhoti below My robe was getting drenched in blood. Concerned that the devotees may get to know of this, I quietly made My way to the bathroom. The towels available there were hardly sufficient to absorb the blood that was coming out. I did not want to leave blood-stained towels in the bathroom.

Therefore, though the pain was excruciating, I washed the towels with soap, squeezed the water out of them, and put them up for drying. Some of the boys there were curious to know why I went to the bathroom repeatedly. I told them, "Why are you concerned? It is none of your business." Usually, Swami visits the bathroom only twice a day, once in the morning and once in the evening but since there was heavy bleeding, there was a need to go five or six times to the bathroom during a short duration.

In the meantime, two students came and made the usual prayer that Swami hoist the Institute flag. When I got down from the chair, I felt as though I had received an electric shock. I smiled at My own Leela. It seemed as if I could not stand steadily. I immediately resolved that I should not give thought to bodily feelings and walked forward with firm steps and smilingly, to hoist the flag. After this, I lit the lamp and returned to My seat. I found that I could not sit comfortably in any posture. Once more I told Myself, "Feeling discomfort implies body attachment. If I advise others to give up body consciousness, then I too should do so!"



During the events, I had to walk up to the playground five or six times to be with the students and pose for photographs with them. I was able to do this because I detached Myself from the body. Is it possible for a human being to conceal such a major injury from the public for so long a time, all the time being directly under their gaze? No! Yet, I sat there for five long hours, through the entire programme. No one knew about this till I reached the Mandir...

I am narrating all this so that students and devotees may comprehend the nature of Divinity. Anyone in My predicament could not have sat in a chair for five hours.

Likewise, I take upon Myself untold sufferings of students and devotees at various points of time, in order to protect them.



Peace through Sense and Mind Control

You can experience Bliss only when you have learnt to control the Mind. To control the Mind, you have to engage in good deeds. As you go on performing good deeds, you will develop good thoughts and feelings; and when you have good thoughts, you will acquire true understanding of the Real.

Sanctify the time given to you with good thoughts and good actions. To achieve this, you have to cultivate the company of the good, and all of this, in due course, would lead to liberation. Filling your mind with thoughts of God and engaging in good actions is true *Sadhana*.

People claim to spend hours in meditation. But of what use is it if there is no concentration of the Mind? Far better it is to render social service or participate in *Bhajans*, and through such means subject the Mind to some discipline. This also is how work gets transformed into worship. When you dedicate all your thoughts and actions to God, your actions automatically get purified.

You can experience God through the performance of your duties and proper actions. The *Bhagavad Gita* says that the *Kshetra* (namely the body) and the *Kshetrajna* (namely the *Atma*) together constitute the human personality. Similarly, the scriptures refer to the human body as the temple and the Indwelling Spirit as the God residing in that temple. Even a mere intellectual understanding of this fact is enough to make you happy. But you would be happier still, when you put this understanding into practice in your daily life. You should try to

seek continuous satisfaction and fulfilment by basing even your mundane activities on spiritual values. Whatever be the activity with which you are preoccupied in Society, you must be steadfast in holding on to the spiritual ideal. This alone will bestow lasting peace.

The sense organs should be sanctified by offering all the actions performed through them to God. You can surely achieve that sanctified state, provided you have strong determination. Unfortunately, man does not evince such a firm determination and tenacity of purpose in respect of spiritual matters, as he does for the sake of mundane things. Man is prepared to make any amount of effort to undertake a journey of millions of miles into outer space, but he hardly ever endeavours to go even an inch within, towards his Inner Self. What is the use of intelligence and worldly acquisitions when they cannot give *Atma Shanthi* (the untrammelled peace of the *Atma* or the Spirit)? God alone can confer such enduring peace on man.

As far as possible, avoid causing harm or pain to others. As you sow, so you reap. Whenever you feel disturbed by a sense of anger, envy, pride, jealousy and the like, become alert and resort to the contemplation of the Lord.

EXCERPTS FROM A DISCOURSE OF
SRI SATHYA SAI BABA



Sports for Character

The cover story this time is the Annual Sports and Cultural Festival of the Sai educational institutions that is celebrated every year on 11th January. This is a gala event that commences at about 7 A.M. in the Hill View stadium when Bhagavan comes in procession, led by Sai Geetha, the Institute Brass Band, students bearing standards, etc. That is how Darshan is given that morning. The stadium gets packed even before sunrise, and it is truly a glorious sight.

But there is much more to the festival than just the procession. When Baba reaches the dias, He gets down and is escorted up to His seat, and that is when the show gets on the road as they say. There is now a wonderful march past, with almost all students of all campuses taking part, smartly attired and all that. After that, the Institute Flag is ceremoniously hoisted by the Revered Chancellor who of course is Bhagavan Baba. The participants then take an oath rather like athletes do during the Olympics, and after that the proceedings get under way. In the morning, the three Campuses of the Sri Sathya Sai Institute of Higher Learning take turns and stage group items of various kinds that range all the way from martial arts and cultural pageants to thrilling acrobatics and fun items of the type one sees during carnivals. The afternoon session is reserved almost exclusively for the children of the Primary School, and invariably they steal the hearts of everyone. Elsewhere, many photos are presented, giving you a glimpse of the atmosphere. We also offer the thrilling story of what happened on the morning of sports day 1999.

Now a few words about the general atmosphere etc. Normally, a sports event is one where participants compete with each other. Here, on the other hand, there is co-operation rather than competition. This approach is deliberate. These days, there is too



Clive express His views on Sports

much emphasis on competition, forgetting the basic objectives of sports. Next, the items are so organised that every student of the entire Institute has some role or the other to play. While some are visible on the ground offering displays of various kinds, others work silently in the background as facilitators there are so many chores that need to be done behind the scenes, and these boys and girls willingly do it.

How come they don't want to be seen performing before the public and earn their applause? The answer is simple. Every single student and staff member is interested in only one thing pleasing Swami, and for this they are prepared to do anything. They realise that this would mean that different people would have to do different chores in keeping with their individual abilities and this everyone cheerfully accepts. It is all so automatic here that few realise how remarkable such co-operation is.

How come the boys and girls are able to co-operate like this, submerging their individual ego? The answer is simple it is hostel life that prepares them for such co-operation. In the Institute, hostel residence is compulsory and few realise what an impact this makes on the students. Elsewhere, college students can enjoy the luxury of single rooms and cots to sleep on. Here, the boys and girls live in dormitories, sharing the room with many and sleeping on the floor. In every room the mix is carefully arranged, bringing together students from different parts of the country, speaking different languages, from different backgrounds, etc. Pretty soon the room mates know how to mesh smoothly with each other. That is what co-operation is all about, and Swami's students learn this in a quite natural way. Indeed this co-operation is visible not only on sports day but on every occasion when students have to work together, for example during festivals or Grama Seva.

There is a reason why I am mentioning all this. Time there was when sports reminded one of character and other such values that one cherished in life. Nowadays, sports has been transformed into something else it is mass entertainment, made



Fair play please



Sports for Character

possible with big money. And there are all the attendant evils for everyone to see. Once upon a time, cricket used to be considered a game of gentlemen. Indeed it used to be said that the leaders of England were made on the playing fields of Eton and Harrow besides which there was the famous phrase 'It's not cricket, meaning it is not fair and a done thing. All that has gone and cricket now is not only big money but seems plagued with scandals from time to time. The attitude of spectators too has changed and the media is in no small measure responsible for this. Where football is concerned, there is worry about hooliganism every time a certain country plays its rivals.

Some of you may remember that recently we did a feature on The Unity Cup One-day International Cricket Match. At the end of the match, during the closing ceremonies, two important speeches were made, one by Maestro Sunil Gavaskar who was the driving spirit behind the match and the other by Clive Lloyd of the West Indies, who also took a part in organising the match. Transcripts of those speeches follow. Gavaskar said:

Bhagavan, the many dignitaries here today, ladies and gentlemen!

For me it is a unique privilege to welcome all of you here at the Sri Sathya Sai Hill View stadium. You have been a witness to a unique match, a match where you saw two of the fastest scorers of one day century, Sanat Jayasurya and Saheed Afridi, opening the batting together. I can't think of many an occasion when you could find these two fantastic players opening the batting together. And it goes to show that through sport there can be unity amongst countries.

The theme of this game has been precisely that, to promote unity amongst countries through sport, to get the countries to believe in a sporting spirit, to play the game of life as a sport, where there will be winners and there will be losers. But, at the end of the day it is how you play the game which is very, very important.

I am delighted to welcome also some of the legendary figures of the cricketing world here. To my right is Mr. Hanif Mohammed [of Pakistan]. There have been plenty of little masters but the original little master was Hanif saab! To Hanif's right is Zahir Abbas a man whom Indian cricket lovers know quite a lot about. And on to Bhagavan's right, is Clive Lloyd, the West Indian captain, the most successful captain in the history of the game. And to his right is another left-hander, Alvin Kallicharan.

May I now request Mr. Clive Lloyd to say a few words?



Sports for Global Peace

That was the speech of Sunil Gavaskar, brief but just right for the occasion. Sunil is not only a master batsman but very good at many other things, like acting as a master of ceremonies, for example. And now, let us what Clive Lloyd said on that occasion.

Thank you Sunny.

Sai Baba, Your Excellencies, fellow cricketers, ladies and gentlemen.

First I must tell you that I have a great affinity with India and Indian cricket. My first test match was played in India, my first test match as captain was also played in India. So, it should be no surprise when I say that I have a great affinity

with India.

When Sunny asked me to be here for this game, I had to say yes. Whenever he asks, it is a command performance!

So I am pleased to be here, to witness this great spectacle, to see this wonderful stadium come to fruition, for which we have a lot of people to thank. But I think it would be remiss of me to do so because I might leave some names out. To all those people who have been involved, I must say: you have done a marvellous job in a very short time.

The world of sports in a developing nation is an important conduit for the positive energies of our youth. Sports teaches discipline. Sports provides challenges. Sports creates opportunities. Sports now transcends social borders and often provides the foundation for wholesome human development.



Sports for Character

To all the young people here and all the aspiring young cricketers, I can say to you, you must know that you have been blessed with special skills. Your talent is a gift from God, what you do with that talent would be your offering to God and gift to humanity. Do not take your abilities for granted. Use them to great advantage. To do so, you must supplement your natural skills with education.

There is no substitute for education. A complete education, will complement your cricketing skills, and provide you with a basis for personal development. That in turn will enhance your career.

As you might well know, 90 % of cricket at advanced levels is played above the shoulders. It is one's mental approach and suitable application to the game that separates the average player from the great player.

In his well known book, BEYOND THE BOUNDARY, historian C.L.R. James wrote with deep conviction about the importance of mental attitude. The successful man of the future will be a man of intelligence, with an imaginative approach, combined with the attribute of mental toughness, and the special ability to be mentally prepared for situations, even before they develop.

In closing, I will urge you all to improve every aspect of your game, especially your education.

As someone once said, the only place where success comes before work is in the dictionary! Thank you!

Sunil Gavaskar and Clive Lloyd belong to the older generation. I wonder what the stars of today would say when they retire and

step down into ordinary life. Right now, most of them seem to be too busy making money. What a tragedy that almost everywhere in the world sport has moved away from character building to money and fame, creating problems all over, including with regard to security. But if there is a Shangrila amidst all this it is here! We Hope you would reflect on some of these issues even as you browse through our feature on our Annual Sports day.

G.VENKATARAMAN



Sports for Unity



DEAR READER,

Continuing our feature Getting Spiritually Better, we offer below the sixth instalment. We hope you like it, and would share it with others who are interested in enquiry and self-improvement. Do write and tell us what you think, how you find it, whether it is useful, and in what ways this feature can be improved.

Thank you and Jai Sai Ram.

Some of the points mentioned earlier must no doubt have seemed scary. However, we should not take an unnecessarily dim or gloomy view of the current state of affairs. Rather, we must learn from history what we must do and what we ought not to do. If there are deficiencies in us, we must firmly resolve to correct ourselves and eliminate those defects. That is the right and proper thing to do.

OK, agreed we have to transform; but how to go about it? Actually, there is no shortage of rule-books that prescribe all the Do's and Don'ts. In fact, such rule-books have been there from the distant past; yet, mankind today is deep in trouble. Why? Because man today is not convinced that following spiritual discipline is beneficial to him.

Swami says this absence of conviction is the result of a lack of deep analysis. Man analyses in depth when he has to buy a house, or make a financial investment. But when it comes to matters spiritual, he has no time to enquire; he takes the easy way out by ignoring the ancient golden rules. Some would say that man today is guided more by "short-term" gains rather than "long-term" benefits. Swami says that if man clearly understands the dangers involved in some of the actions that seem so attractive, he would refrain from engaging in them.

Baba gives a nice example. There is a marriage feast, and a tasty sweet pudding is about to be served. This is the dish that all guests have been looking forward to. The serving has commenced. Just then, a person who is associated with the host announces: "Attention everybody. We regret to inform you that while the pudding was being prepared, a poisonous insect fell into it. Therefore, kindly do not eat the sweet dish. Please reject it. We are very sorry and we apologise." Baba says that the pudding which till then everyone was eagerly awaiting, is now looked upon with revulsion. Why? Because, everyone is aware of the danger. In the same way, all things of the world that promise sensual pleasure of one kind or the other, have lurking dangers associated with them. Once the dangers are identified by clear analysis, then people would not be tempted to do what earlier seemed very attractive.

This is true, and the revulsion to smoking that followed the discovery that smoking causes lung cancer and heart diseases proves the point. However, not all are convinced, and that is because they have not analysed matters in depth. Some take an escapist view. Take corruption, for example. In a corrupt society, an individual often says, "What is the point of my trying not to be corrupt? OK, I will not take bribes, but to get anything done, I

have to bribe left and right; otherwise, nothing happens. Under these circumstances, does it make any sense for me to be idealistic? In fact such a step would be stupid, and like Don Quixote tilting at the windmills." This kind of argument is quite common. Basically, such arguments arise because the individual concerned (a) does not have faith in the power of *Dharma*, and (b) does not realise that one day, he has to pay the price, even though it might not be immediately. In fact, it is the false sense of security provided by the idea that one can 'get away' that makes most people to ignore in-depth analysis, the price one eventually has to pay, etc. The consequences of evil *Karma*, Swami says, will finally chase one like the 'bloodhound from hell'. There is no way to escape from that bloodhound. But people labour under the illusion that there is no such retribution, and that they can really get away with anything, provided they are smart. *Dharma* can never be outsmarted, nor cheated. To think so is utter stupidity; yet, 99% of the people firmly believe that there is nothing to worry.

The seeker must get rid of such false notions. In fact, the true seeker should say: "I don't care about success or failure. I will NOT violate *Dharma* under any circumstance, because that would mean being untrue to myself." Shakespeare said

Analyse the Risk, before Yielding to Attractions and Desires



therefore, "Above all, to thine own Self be true." Who is this Self that Shakespeare is talking about? It is none other than what Swami refers to as the Real Self, the true Inner Being, the *Atma*, etc.

Following *Dharma* requires courage, especially when *Adharma* becomes the norm. That courage can be got through prayer. One must be determined and have the feeling, "Come what may, I shall not flinch." Suppose a soldier decides that his life is precious and flees during battle, even though it might cost his country. Would the average citizen accept such behaviour? He would feel revolted. Yet, this very same person would not mind reneging on his own duty! One cannot have one set of rules for others and a different set for one's own self. But this precisely is what many people seem to want these days. No, if a soldier has the duty to sacrifice for his country and Society, so does every member of the Society; no one is exempt, though individuals may imagine that certain rules apply only to certain people. The entire Universe is delicately built around a chain of balanced give and take, of selfless sacrifice. No one has the right to tamper with this delicate balance.

Taking everything together, it should be clear that spirituality is intimately related to many day-to-day matters, matters that affect individuals as well as society. It is thus a very practical affair and not something far-removed or esoteric, as many mistakenly imagine. If any proof is needed, then Swami's life provides the best example. The million things that Baba does as a part of His daily routine that everyone takes so much for granted, reflect nothing but the principle of selflessly giving the most and receiving the least.

ADDITIONAL NOTES RELATING TO THE ABOVE

- The above material deals with the problem of avoiding what is bad.

• Drinking is a bad habit. Nobody is born a drunkard. People get addicted to drink after they have first tasted it. It is the faulty first step that is often very fatal.

• One must be careful even while walking. If one is not careful, one would stumble. And if one is unlucky, the stumble may even result in a bad injury like a fracture, for example.

! Likewise, while going through life, one must be very careful. In particular, one must have a clear agenda of Do's and Don'ts. One must be able to say: "This I shall do, and this I never shall!"

• Actually, it is quite easy to draw up such lists. Moses gave a famous one thousands of years ago. The problem is in following the list! Baba's approach is very practical. Analyse the risk before you venture to do anything.

• In many areas of the world, troubles erupt. These may be famous tourist destinations but when troubles erupt, many governments issue travel advisories. They say: "We advise our citizens to avoid travelling to such and such a country." And most citizens take such warnings quite seriously. Why? Because they are afraid that if they did go to that destination, they would be in danger. They are not prepared to take the risk of travel.

• But curiously, people who are quite prepared to take seriously the warnings of governments, do not take seriously the warnings of the Wise or even the Conscience. This shows the power of the

senses to delude.

• The senses are outward looking. That is the way God has made them. However, they easily overstep their boundaries, and tempt man. If the Mind is not strong, then the Mind falls for what the senses say, and trouble follows immediately.

• What Baba is saying is that one should not just jump when the senses tempt. One should think calmly and reflect. One must analyse the dangers and then only act. Once one clearly understands the danger involved, one would surely not go astray.

• Some people are very much under the control of the senses. Yet, deep within, they want to change. They say: "I want to change but I am unable to. What should I do?" There are many strategies one can adopt. Supposing there is a poor man who wastes all his money on liquor. This poor man has a child whom he loves very much. The child becomes very sick. Money is needed for treatment. There is little money and if even that is spent on drink, the man has to lose his child. In such a case, love triumphs. The man says, "Enough is enough; I must save my child's life. I will not drink. I shall instead use that money for treatment." This is a case where love provides the anti-dote.

• Love for God, love for Baba can do similar if not greater wonders. Thousands of people who thought they could not live without meat, who thought they must have their smoke and drink, have given it all up, because they felt that they must do so, if they truly loved Baba.

• People may argue: "Listen, all this is more easily said than done. Have you not heard of withdrawal symptoms? You can't always just cut off from drinks and alcohol that easily." Swami has a solution

Analyse the Risk, before Yielding to Attractions and Desires



for that! He tells a story.

- Once there was an opium addict. One day, a Wise man came to the village where this addict lived. This man desperately wanted to give up the drug habit but try as he might, he could not succeed. He then decided to seek the counsel of the Wise one. The Wise man heard the young addict patiently and said, "You don't have to give up the opium habit overnight. But you must strictly follow my instructions if you really want to get over the habit." The young man agreed. The Wise man then told the addict, "Take a piece of chalk and with it write the word OM three times. After that you can take opium, but only corresponding to the size of the chalk; not one bit more." The young man did precisely that; day by day, the amount he consumed decreased until one day, he was totally cured of the habit.

- It must be mentioned that not always is such a slow withdrawal the proper procedure. Sometimes, it becomes necessary to let go instantly. To stress the point, Swami says, "You pick up something thinking it is a rope and then you suddenly realise it is a cobra. Would you keep holding it or slowly release or let go instantly?" The answer is obvious.

- In modern times, people often get drawn to bad habits on account of two important reasons. First there is the strong persuasion from what might be called the Sin Industry, especially via most distracting advertisements. Second is peer pressure. The young, particularly, want to "belong" and be counted by their peers. So, for gaining acceptance, they readily plunge into doing things they would otherwise not quite be willing to. As a matter of fact, peer pressure is the consequence of fashions, which are often shaped by the Desire-cum-Sin Industry. In

short, there are many rackets to trap the gullible, and it therefore becomes all the more important to analyse thoroughly for oneself, the various risks involved in giving in to the temptations proposed by the senses.

- Today's situation is such that often these battles against temptations have to be fought alone. This is where inner courage becomes very important.

- People can be quite careful when they want to. For example, Westerners are often shocked by the way people drive in South Asian countries. With great astonishment they ask, "Don't these people understand that if they drive like this they are likely to kill and also get killed?" But unfortunately, what seems blatantly obvious to them, is not to the crazy drivers! It is the same with giving in to the senses. In this game, the Wise are like the westerners while the foolish and indulgent people are like the crazy drivers. What is obvious to the Wise is not so to the people who are led by the senses.

- It is worth stressing that while risk analysis is important and necessary, there must be a greater compelling force urging one to stay on the right path. One must stick to righteousness and not pander to the senses because it is one's DUTY to do so! This is a very important point and must not be lost sight of.

- A person who truly loves God must say, "I will simply NOT do this, because God would not like to see me do it!" That is the way to fight off temptation. If love for God is strong, even the greatest of temptations can be kept at bay.

- In short, risks apart, we have a DUTY to be moral. We must avoid being immoral not because it would be advantageous to

our health etc. No doubt, preserving one's health is an important point. However, the over-riding consideration must flow from one's conviction in morality.

POINTS TO PONDER OVER

- List some of the common attractions that people easily yield to, and then analyse the defects in them in the sense Swami wants us to.
- Devotees regularly swear that they Love Swami; yet He often declares that He is all the time waiting for a true devotee! Is there something wrong about the Love that people profess? If so, what precisely is the defect?



A story tells that two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand: "TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone: "TODAY MY BEST FRIEND SAVED MY LIFE."

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?"

The other friend replied: "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

LEARN TO WRITE YOUR HURTS IN THE SAND
AND TO CARVE YOUR BENEFITS IN STONE.





Mother Sai, our Saviour

Ramani Sambhara
Atlanta, Georgia USA

Arriving in Puttaparthi was one of the happiest moments of my life. Even though I had previously been to Parthi several times, this trip meant so much more. It's hard to explain my unbelievable experiences in Parthi. How do I explain the feelings of knowing that we had an appointment with God, yet unsure if the appointment was still on? How do I express the feelings of sitting in front of the Lord of the Universe, and hear Him talk to us like a normal human being? It was inexplicable happiness, as though the world suddenly came into focus. Swamy had blessed our family by performing the 'Upanayanam' for our two sons, Vivek and Deepak. Tears kept running down my cheeks and the bliss I experienced was so intense and complete that I cannot find words to express my feelings. It was like I just got out of a whirlwind that has been spinning me around for years and, I found myself pinching myself... wondering if it was all just a dream. An impossible dream... that came true in a larger way than I allowed myself to believe possible and yet, I knew would happen. Now there is a tendency for most people to explain feelings of happiness or unhappiness in terms of the external

events of their lives. They explain happiness by pointing to the positives and unhappiness by pointing to the negatives. The implication is that events determine whether or not they are happy. I was no different and of course was on the ninth cloud during this trip as I was given so much attention from our beloved Bhagwan.

On our return to Atlanta, we continued to float in this blissful state when Swamy decided to give us a major test of faith. Swamy says, "Difficulties alone can toughen your character and make your faith firm. When you hang a picture on the wall, you test the firmness of the nail to determine whether it is firm enough to bear the weight of the picture. In the same manner, in order to prevent the picture of God (His image in your mind and heart) from falling and being shattered to bits, the NAIL (i.e. God's Name) driven in to the wall of the heart has to be tested by shaking it, to ascertain whether it is firm and steady". Swamy wanted to find out whether our faith in HIM was unshakeable enough.

On March 10, 2002, a major fire broke out in the apartment building where we lived. The fire started out around 12.45 p.m. and spread quickly, destroying many apartments and leaving several families homeless. The fire began on the main ground floor and eventually overtook the third floor where we lived.





Mother Sai, our Saviour

However the good thing about it was no one was injured, but the fire destroyed most of our physical assets/material possessions. We became homeless in matter of seconds. Even though I am a trained social worker by profession, I was always under the impression that to become homeless



one must be poor or have alcohol or drug problems. It never occurred to me that becoming involved in a fire or flood or tornado or other natural disasters could also be the reason for becoming homeless, and these natural disasters do not distinguish between the rich or the poor. So here we were out on the street watching in utter disbelief as our apartment came crumbling down. While viewing this horrible scene the only thing that was going on through my mind was "What will happen to the saree and clothes that Swamy recently gave us?" My husband on the other hand was worried about the passports and all our I.D's. Very soon the building management came and asked all the residents to gather in the main office building, about living arrangements for the next few days. Families whose apartments were not heavily damaged were escorted into the apartments to retrieve valuables. However, we were not one of them. Our apartment was totally gutted, and therefore we were advised that it was dangerous to even attempt to enter the premises. I was devastated and felt my whole world shatter right in front of my eyes. This feeling was in total contrast to what I had felt when I was basking in the attention given to me by of our beloved Bhagawan.

A group of 6 members from the Sathya Sai Atlanta center stayed with us through out this difficult day. The building management was now pressurizing us to make a decision on whether we wanted to move into a



hotel or find family members. Our Sai family immediately came to the rescue and made the decision. We were whisked away to Ram and Mala's home. My family continued to be in a state of shock and just could not believe that such a traumatic event should happen to us. It is common

that emotions can run amok during stressful moments, I could not stop crying at the loss. My husband however was a pillar of strength. He had so much faith in our Bhagawan that he kept reminding me that Swamy was beside us every minute and he HE would take care of everything. He even had a dream the same night where Swamy came and told him that he HE would not put us through the hassle of getting new I.D's.

After that Swamy not only took care of our I.D's, but also the things that had a great deal of sentimental value. We were able to salvage some of the most important things, like the clothes that Swamy gave us (they were in the same condition as on the day they were given) many pictures of Swamy (A huge picture that Swamy had signed was still in the tube, untouched by the fire or water) all my Sai books, cassettes, videos of Sai discourses and many other things. Most importantly, our Canadian Passports and documents kept in plastic folder sitting on the bed were untouched by the fire, although the bed burned down to ashes. If this is not HIS grace what else could explain this miracle? I was really happy, and could not stop thanking Swamy for his kindness

and love. After that everything happened like a sweet dream. Swamy rented showed us a brand new town home in close proximity to my husband's workplace and son's school. Here we regained our material belongings and our physical strength. The difference now is that we have everything brand new- but no



Mother Sai, our Saviour

attachment to these material possessions. Seven months later Swamy decided to move us into our own home, (on November 23rd 2002) where we reside today. This was Swamy's birthday gift to us. We moved into this home on Bhagawan's 78th birthday. Throughout this experience we were encouraged by Bhagawan to reflect constantly upon the insignificance of material assets and their impermanence.

On February 23rd 2003 my husband was granted an interview with Swamy. In the interview Swamy reminded my husband of the power of "Gayathri Manthra", and how it actually protected us. Swamy clearly indicated that HE saved us not only from this fire but also from a car accident that took place about 12 years ago at which time we were not yet in Swamy's fold. It is important to know that Swamy takes care of everyone whether one is Swamy's devotee or not. HE confirmed that HE has always been with us every moment of our lives, in all three interviews during August 2003. Swamy emphasized the immense powers of the Gayathri manthra, which is truly amazing. Gayathri means, "That which saves, when repeated". Swamy had once said "The *Samskara* of *Upanayanam* is beneficial not only to the boys who were initiated, but, for every one of you, who witnessed it and drew inspiration from it." Repeating the Gayathri and constantly remembering to surrender to our beloved Bhagawan has definitely helped us to recognize that we are looking at a spiritual achievement and one worth aspiring for. In conclusion I want to remind each one of us who reads this of what Swamy has always asked us to ponder about:

Happy moments, praise God.
Difficult moments, seek God.
Quiet moments, worship God.
Painful moments, trust God.
Every moment, thank God.

(Mrs. Ramani Sambhara is the wife of Dr. Prakash Sambhara , DVM PhD, an Associate Professor, Emory University and a visiting faculty at the BioSciences department of the Sri Sathya

Sai Institute of Higher Learning, Prasanthi Nilayam)



The Plastic folder with Passports and other important documents sitting on the bed survived the fire while the bed itself turned into ashes.

CHRISTMAS VCDS ON SALE !

VCDS (NTSC AND PAL) OF THE CHRISTMAS FESTIVAL CELEBRATED AT PRASANTHI NILAYAM ON THE 24TH AND 25TH OF DECEMBER 2003 ARE NOW AVAILABLE FOR SALE IN THE BOOK STALL AT PRASANTHI NILAYAM.

YOU CAN ALSO ORDER THEM VIA POST AT:

THE CONVENOR,
SRI SATHYA SAI BOOKS AND
PUBLICATIONS TRUST
PRASANTHI NILAYAM 515134



The Blue Ribbon

Dear Young Readers,

Swami says that one of the major problems that Youth today face is the lack of self confidence: The belief that they are children of God and have a purpose to fulfill in life. In short, Who They Are makes a difference. Here is a story that we received by e-mail...the author is unknown, but the story is really touching.....

A teacher in New York decided to honor each of her high school students by telling them the difference they each made. She called each student to the front of the class, one at a time. First she told each of them how they had made a difference to her and the class. Then she presented each of them with a blue ribbon imprinted with gold letters, which read, "Who I Am Makes a Difference." Afterwards the teacher decided to do a class project to see what kind of impact recognition would have on a community. She gave each of the students three more ribbons and instructed them to go out and spread this acknowledgment ceremony. Then they were to follow up on the results, see who honored whom and report back to the class in about a week.

One of the boys in the class went to a junior executive in a nearby company and honored him for helping him with his career planning. He gave him a blue ribbon and put it on his shirt. Then he gave him two extra ribbons and said, "We're doing a class project on recognition, and we'd like you to go out and find somebody to honor, give them a blue ribbon, then give them the extra blue ribbon so they can acknowledge a third person to keep this acknowledgment ceremony going. Then please report back to me and tell me what happened."

Later that day the junior executive went in to see his boss, who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down and he told him that he deeply admired him for being a creative genius. The boss seemed very surprised. The junior executive asked him if he would accept the gift of the blue ribbon and would he give him permission to put it on him. His surprised boss said, "Well, sure." The junior executive took the blue ribbon and placed it right on his boss's jacket above his heart.

As he gave him the last extra ribbon, he said, "Would you do me a favor? Would you take this extra ribbon and pass it on by honoring somebody else? The young boy who





The Blue Ribbon

first gave me the ribbons is doing a project in school and we want to keep this recognition ceremony going and find out how it affects people."

That night the boss came home to his 14-year-old son and sat him down. He said, "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then he put this blue ribbon that says: "Who I Am Makes a Difference," on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor. As I was driving home tonight, I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you. My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and, well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid and I love you!"

The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "Dad, earlier tonight I sat in my room and wrote a letter to you and Mom explaining why I had killed myself and asking you to forgive me. I was going to commit suicide tonight after you were asleep. I just didn't think that you cared at all. The letter is upstairs. I don't think I need it after all."

His father walked upstairs and found a heartfelt letter full of anguish and pain. The envelope was addressed, "Mom and Dad." The boss went back to work a changed man. He was no longer a grouch but made sure to let all his employees know that they made a difference. The junior executive helped several other young people with career planning and never forgot to let them know that they made a difference in his life...one being the boss's son. And the young boy and his classmates learned a valuable lesson. Who you are DOES make a difference.

IN THE NEXT ISSUE.....

19TH OF JANUARY IS THE ANNIVERSARY OF THE BANGALORE SUPER SPECIALTY HOSPITAL. A TRIBUTE TO THIS MAGNIFICENT EDIFICE OF HEALING.

WATCH OUT!



Labour of Love



Toiling for the Lord

It was October 31st, 2003. Another balmy winter day in Prashanti Nilayam. It was a blissful setting. The Lord was sitting on the verandah, after giving Darshan, surrounded by students and devotees.

But all was not the same. This Divine bliss was punctured by the clang of metal on metal. A group of contract labourers were replacing the fiber glass on the retractable roof of Sai Kulwant Hall. On divine orders, the work was not stopped, even when He was present in Sai Kulwant Hall. He also wished that the work be completed by Akhanda Bhajan day, November 8th, 2003! The work thus went round the clock.

Swami spent a lot of His time inspecting the work while seated on the verandah. Occasionally, He would raise His hand in blessing to a construction worker, who had prostrated to him, from his perch on the roof. Swami also showed His concern for students, asking them to move closer, so that the students at the end of the line would not be in jeopardy from falling objects. The students, who do not need a second invitation, immediately crawled all the way up to the steps, to be in the closest proximity with their Divine Lord.

After a couple of days, Swami got up, walked a few steps, and gestured to a worker to come up to the front of Sai Kulwant Hall. Not knowing what to expect the worker approached with trepidation, hesitatingly, with folded hands. Swami, immediately



You have pleased Me Bangaroo

Labour of Love

had a box of apples brought from inside and handed it to the surprised and delighted worker. (Note: Apples are rather expensive in India and considered more of a rich man's indulgence). Then came a carton of biscuits and then some sweets. His love kept flowing. This constant stream of goodies continued over the next few days.

Soon, it was Akhanda Bhajan Day. The roofing work was completed on time as divinely ordained. At around 5:30 PM, at an impromptu function, before the entire assembly of Sai Kulwant Hall, just before the close of the Akhanda Bhajan, Swami personally handed over watches and new clothes to each of the workers. Patting a worker on the cheek, or blessing another one by placing His Hand on the head, He brought cheer and bliss to everyone of these workers who had served Him well. He also ordered that prasadam be distributed to all the workers, even before the Akhanda Bhajan was finished and waited till everyone was served.

These group of workers came to Prashanti Nilayam as contract labour, but for Swami, they were HIS children come to him for offering their labour of LOVE.



Watches for the Workers



Blessing them with the Gift of His Love



A Birthday Gift from Anantapur.....



Receiving His Love

To commemorate the 78th Birthday of our Beloved Lord, Bhagawan Sri Sathya Sai Baba, the teachers and students of the Sri Sathya Sai Institute of Higher Learning, Anantapur Campus, organised a social service project in which 78 physically challenged persons were selected from various villages in the mandals of Anantapur District such as Anantapur, Dharmavaram, Hindupur, Pamidi, Kothacheruvu, Madakasira, Kadiri, and Bommanahal, to be the recipients of tricycles, crutches, callipers, artificial limbs, wheel chairs, walking sticks, etc.

With the permission of Bhagawan, the beneficiaries were called to Prashanti Nilayam where they had the good fortune of receiving these different props from the Divine Hands of Beloved Bhagawan Himself.

As 12th November, 2003, (the date fixed by Bhagawan for the

distribution ceremony) happened to be Bhagawan's Birthday according to the Indian Calender (Bahula Tadiya Karthika Maasam), the function at the Sai Kulwant Hall began with Bhagawan lighting the Lamp, and then cutting the Birthday Cake. Beloved Bhagawan, the Compassionate Lord, blessed each and every patient. It was a moving sight as each one of them came forward, assisted by one of the teachers, and received a pair of new clothes from the Divine Hands of Bhagawan.

After the formalities were completed, Bhagawan graciously sat for a time and listened to some songs sung by the girls of the Anantapur Campus.

Throughout the function, Bhagawan's Love seemed to flow to the handicapped patients. He called Prof. Jayalakshmi Gopinath, Warden and Head of the Dept. of English, and asked her to speak to them. When she started to speak in English, Bhagawan turned towards her, and said that she should speak in Telugu so that they would understand what she spoke. Prof. Gopinath reminded the beneficiaries of their great good fortune in being the recipients of Divine Grace, and advised them not to disregard the value of what they had received.

To the surprise and delight of all the people gathered in the hall, Bhagawan expressed a desire to speak, too! Bhagawan spoke for nearly twenty minutes, without any translation! Bhagawan's loving and soothing words to the handicapped were like balm to a depressed heart. They brought tears to the eyes of all who were present there. Bhagawan comforted the patients by saying that they should not feel unhappy because they are deprived of the full and proper use of their limbs. Those who have all their limbs intact do not use their body for the good of others, nor for the service of others, Bhagawan said. He exhorted the handicapped



Instilling Courage



Mrs Jayamma addresses the Beneficiaries



A Birthday Gift from Anantapur.....



Pouring forth His Love

patients to develop confidence, and to work with such commitment that they put to shame the full-bodied. Bhagawan promised them every possible help, and asked them not to hesitate in expressing any of their problems to Him. Bhagawan said that if any of them were interested in further studies, He would provide them admission in one of His institutions. He asked them to give courage to their depressed parents who were already grieved that they had children with handicaps. Bhagawan advised the Anantapur teachers not to leave the good work they were doing at this point, but to follow up on the steps they had already taken. He asked them to keep in touch with the beneficiaries and see to it that any repairs to the equipment or any help that was needed was given to the needy from time to time. Bhagawan said that it is the duty of the educated to serve the society, and not lead selfish lives. Bhagawan graciously promised Rs. 10 lakhs for this service project.

After the mangal arati, Bhagawan announced that all the patients should go to the Canteen and, after a sumptuous meal, happily return to their hometowns. He once again blessed everyone with abhayahasta.

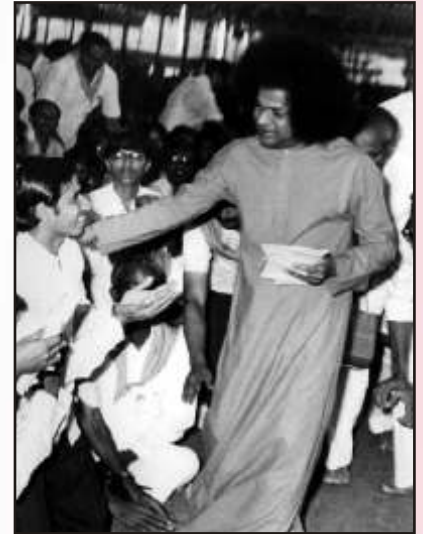
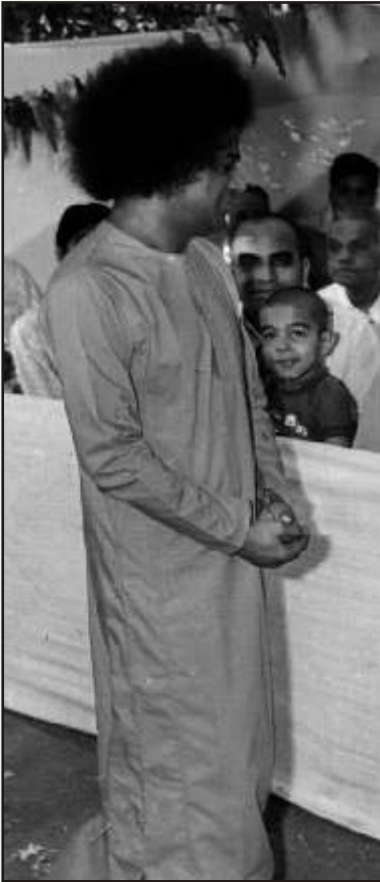


Move ahead with Confidence



Darshan in yesteryears...

Some more Darshan Scenes from the Yesteryears.....





Upto 30th Novemeber 2003

BANGALORE SUPERSPECIALITY HOSPITAL

Cardiac Surgeries:	3942
Cardiac Catheterisation:	6642 [3549-Diagnostic; 3093-Interventional]
Neuro Surgeries:	3214
CT Scans:	11714
MRI Exams:	12628

PUTTAPARTHI SUPERSPECIALITY HOSPITAL

Heart surgeries:	13526
Cath procedures:	13556
Urology surgeries:	21750
Ophthalmology surgeries:	22190
CT scans:	3573

Greetings from

Prasanthi Nilayam



A NEW YEAR MESSAGE FROM THE LORD

Every second is a new moment in your life. Do not wait for a whole year to celebrate the new year and make new year resolutions. Utilise every second to purify your heart and fill it with love. You will then realise that God is yours and you are with love.

BABA

**HEART TO HEART WISHES ALL READERS
A HAPPY AND A HOLY NEW YEAR !**



The Lord is experienced as Sath-Chit-Ananda (Being-Awareness-Bliss) which is nameless and formless. When these three get associated with objects which have name or form, we have the world. The cosmos is permeated with the Divine. Even if you are unable to see it, the Divine is present in everything. All our senses function because of the consciousness, that operates in every being. Without that consciousness, man would be a creature without sensation or feeling.

- Baba



LOVE ALL SERVE ALL