

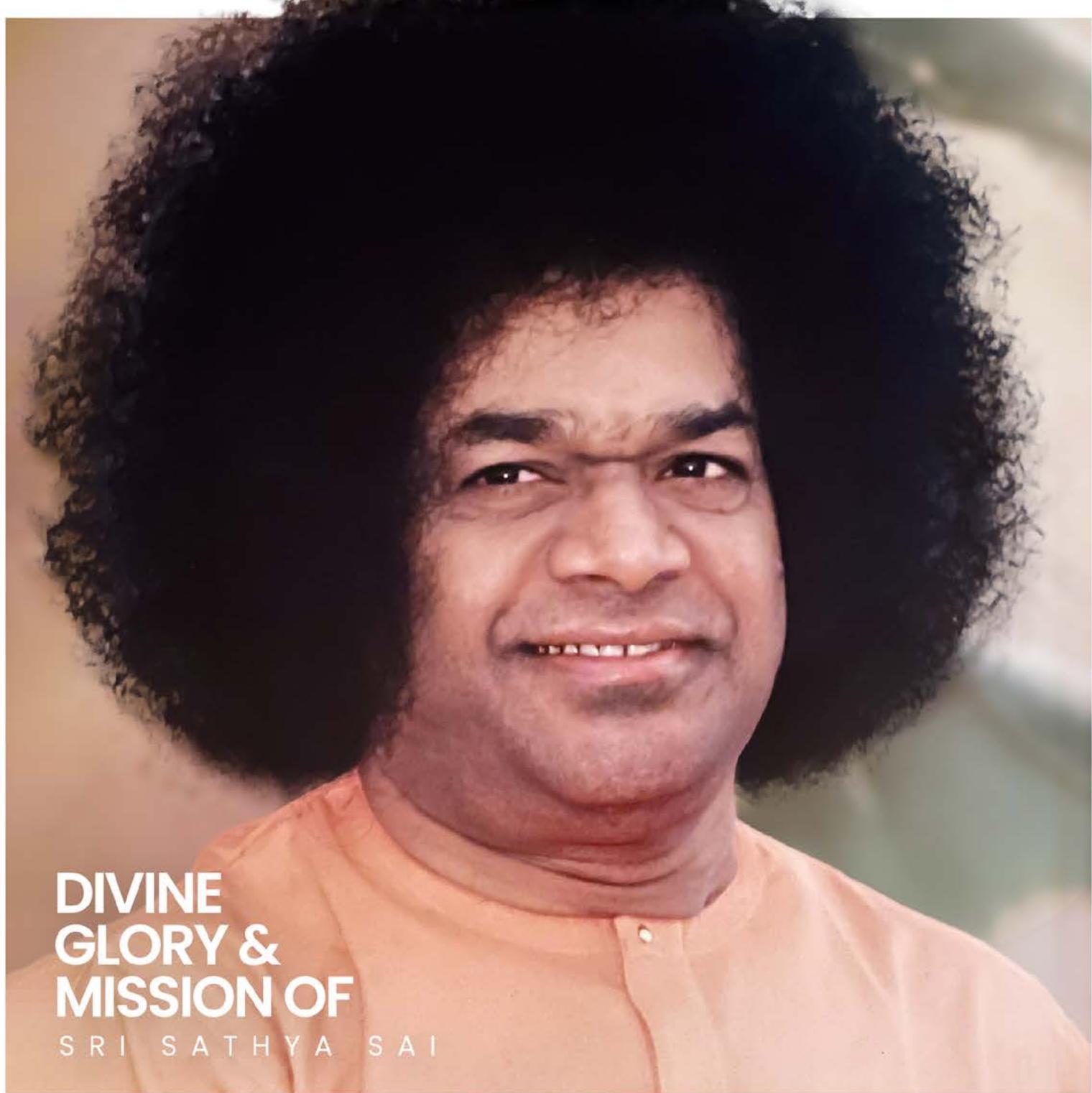


S A T H Y A S A I

# THE **ETERNAL** COMPANION

VOLUME 1, ISSUE 4

JUNE 2022



**DIVINE  
GLORY &  
MISSION OF**

SRI SATHYA SAI

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The Gayatri has three parts: Praise, Meditation, and Prayer. First, the Divine is praised and then meditated upon in reverence and lastly, an appeal is made to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. *Dhīmahi* is related to the meditative aspect. *Dhīyo Yonah Prachodayāt* relates to the aspect of prayer. Chanting of the Gayatri Mantra purifies the mind and confers devotion, detachment and wisdom.

Sri Sathya Sai Baba  
February 10, 2000

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DEDICATED WITH LOVE AND GRATITUDE TO  
**BHAGAWAN SRI SATHYA SAI BABA**





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# POWER & PROTECTION OF THE GAYATRI MANTRA

Om Bhur Bhuvah Suvah  
Tat-savitur Vareñyam  
Bhargo Devasya Dheemahi  
Dhiyo Yonah Prachodayāt

June 2022 marks the second anniversary of the SSSIO's worldwide bi-monthly online 24-hour Akhanda Gayatri chanting. The impact of these powerful prayers on the lives of many individuals is nothing but miraculous. Let us take a deep dive into the meaning, significance, and benefits of the Gayatri Mantra.

## **Gayatri: Mother of all Knowledge**

The Gayatri Mantra is the most ancient and powerful mantra found in the Vedas. It is considered the 'Mother of Vedas' (mother of all knowledge) – *Gayatri Chandas Mata*. The Gayatri is unparalleled because it is a mantra, prayer, and meditation. The Gayatri Mantra has conferred spiritual and material benefits to millions of spiritual aspirants for millennia. Bhagawan Sri Sathya Sai Baba has placed a special emphasis on this Mantra and pronounced it as *Sarva Devatha Swarupini* and *Sarva Mantra Swarupini* (embodiment of all divinities and all mantras). He has personally initiated thousands into the Gayatri Mantra, individually and in mass ceremonies, irrespective of their nationality, religion, caste, creed, age, gender, race, and color. He emphasized that this is a prayer addressed to the immanent and transcendent divine, making it universal and non-denominational.

## **The Revelation of the Gayatri Mantra**

The Gayatri Mantra was revealed to sage Vishwamitra (*mantra drashta* – seer of mantra). The presiding deity is *Savitur*, or Sun god representing Brahman, and the meter in which it is chanted is called Gayatri.

Vishwamitra, born a king named Kaushika, was powerful but full of ego, pride, jealousy, and hatred. It took thousands of years of austerity, penance, and meditation for him to attain the purity of the heart. Once he was illumined and enlightened, the 24 mystic syllables of the Gayatri Mantra were revealed to him in a state of deep meditation. In his love for all, he gifted it to humanity, and thus King Kaushika became the sage Viswamitra—a friend of the whole universe. All we had to do was be born in the Golden Age of Sai to receive His infinite wisdom on the power of the Gayatri Mantra.

## **Benefits of Gayatri Mantra**

The mantra is described as *Manana Trayate Iti Mantra* – by contemplating on which we are protected. It is also called *Gayante Trayate Iti Gayatri* – chanting which we will be protected from all obstacles and calamities. In His August 23, 1995

divine discourse, Bhagawan extolled Gayatri as *Sarva Roga Nivarini Gayatri*, *Sarva Dukha Pariharini Gayatri*, and *Sarva Vancha Phalasiddhi Gayatri*.

- *Sarva Roga Nivarini* – Gayatri prevents all bodily and mental diseases.
- *Sarva Dukha Pariharini* – Gayatri removes all sorrows originating either from our own wrongdoing in thought, word, or deed (*adhyatmica*) or afflictions from other people, animals, or sources extrinsic to us (*adhibhautika*) or from the impact of natural disasters, such as earthquakes, floods, fires, and hurricanes (*adhidaivika*).
- *Sarva Vancha Phalasiddhi Gayatri* – It fulfills all righteous desires in our day-to-day life. It also fulfills the highest desire of mankind to attain Self-Knowledge and liberation.

In His March 17, 1983, discourse, Bhagawan said that each day's *karma* (action) is atoned for that day itself by reciting the Gayatri Mantra.

This mantra has the unique power to give peace and happiness to the individual, family, society, nation, and the whole universe.

### Meaning and Inner Significance of Gayatri

When one chants the powerful Gayatri Mantra using proper intonation and pronunciation, with a clear understanding of the meaning and inner significance, its effect is multiplied exponentially. We are blessed and fortunate to have [a recording of our Lord Sai Himself beautifully chanting the Gayatri to help us recite correctly](#) ↗

It is recommended that we chant the Gayatri Mantra at least three times of the day, ideally at the junction of day and night (*Sandhya*), which occurs at dawn and dusk, and at mid-noon. However, it can also be chanted at any time, as often as possible, with a calm mind and pure heart filled with

love. It is good to chant when we wake up and before going to sleep. The Gayatri can also be chanted when taking a bath as an oblation to the divine (*abhishekam*), before a meal which sanctifies the food (*prasadam*), and while walking as the circumambulation of the divine (*pradakshina*).

Mother Gayatri, the goddess, is depicted with five faces which represent five components of the Mantra.

**First:** Om (AUM) is the primordial sound that represents the *Nirguna*, *Nirakara-Brahman*, the formless, attributeless-Brahman which is beyond all time, space, and causation. The letters A-U-M represent the three states of consciousness, A for waking (*Jagrat*), U for dream state (*Swapna*), and M for deep sleep (*Sushupti*). The silence after is the state beyond the three states (*Turiya*), which is consciousness. The Mandukya Upanishad elaborates, in detail, on the significance of Omkara. Lord Krishna extolled Omkara in the Gita, '*Om ityekaksharam Brahma*' (one-syllabled "Om" is Brahman) (Bhagavad Gita, 8:13). Swami underscored the importance of Om by starting the daily program with the chanting of Omkar 21 times, followed by Suprabhatam. This helps purify the five *karmendriyas* (organs of action), five *jnanendriyas* (organs of perception), five *pranas* (vital airs), and five *koshas* (sheaths), then leading to the realization of Atma as represented by the twenty-first Om.

**Second:** *Bhur Bhuvah Suvah*, called *Vyahruthis*, are the manifestation of Brahman. As per the explanation given in the Taittiriya Upanishad of the Vedas, they represent the three *Lokas* – the earth, space, and heavens or worlds of gods; the three *Pranas* – *Prana*, *Apana*, *Vyana*; the three *Vedas* – Rig, Yajur, and Sama; and the three deities – fire, air, and sun. Swami, as He so often did, made it simple by saying that the *Bhur Bhuvah Suvah* refers to the

body (materialization), the life force (vibration), and the Atma (radiation).

**Third:** *Tat Savitur Varenyam*, which refers to Savitir, the Sun-God; also refers to Brahman, the source of all creation, whom we adore and praise.

**Fourth:** *Bhargo Devasya Dhimahi*, we meditate on the divine brilliance of God, which dispels the darkness of our ignorance, and illuminates the mind. In His Divine discourse on July 28, 2007, Swami assured us that intense meditation for just 11 seconds would give a vision of the divine. Thus, we come in direct contact with Reality and, in a flash, realize that everything is Brahman.

**Fifth:** *Dhiyo Yonah Prachodayat*. We pray for *Dhi* (divine intelligence); *Dhi* is a term used for our five higher faculties as follows:

- First, this Mantra opens our spiritual heart to receive *Brahma vidya* (divine knowledge) and attain Self-realization, the final goal of human life.
- The Second faculty is *Medha*, higher intellect, enabling us to exercise fundamental discrimination.
- The third faculty is *Prajna* or higher awareness. The Upanishads state *Prajnanam Brahma*, or the higher awareness is Brahman.
- The fourth faculty is *Dhriti*, which means higher willpower to do the right thing and the determination to progress on the spiritual path for Self-realization.
- The fifth faculty is *Smriti*, memory. We develop good memory, which is important for worldly life and spiritual advancement.

## **Gayatri: Protector and Redeemer**

The worldwide 24-hour Akhanda Gayatri chanting has had miraculous effects on both individuals and countries.

In the summer of 2021, Western Europe experienced a heatwave for two weeks with temperatures above 36 degrees Celsius, which is 14 degrees above average. Heatwaves often claim the lives of the elderly, especially those who live alone in homes without air conditioning. An hour after the conclusion of the 24-hour Gayatri chanting, the heavens granted a resounding thunderstorm and cooling rain, which brought temperatures down to the mid-20s, a welcome relief to all.

In this issue of 'Sathya Sai – The Eternal Companion,' there is a story about a devout couple from Denmark who chanted the Gayatri with fervor in a time of dire need. Swami responded by driving their car and taking them safely to the destination without the driver's intervention. This miraculous incident shows us that He can become the charioteer of our lives if we surrender to Him and pray to Him with faith and steadfast devotion.

Gayatri chanting bestows improved physical and mental health, protection from calamities and afflictions, and fulfillment of all righteous desires. The Gayatri is a mantra, prayer, and meditation that guides us, guards us, and ultimately leads us to Self-Realization.

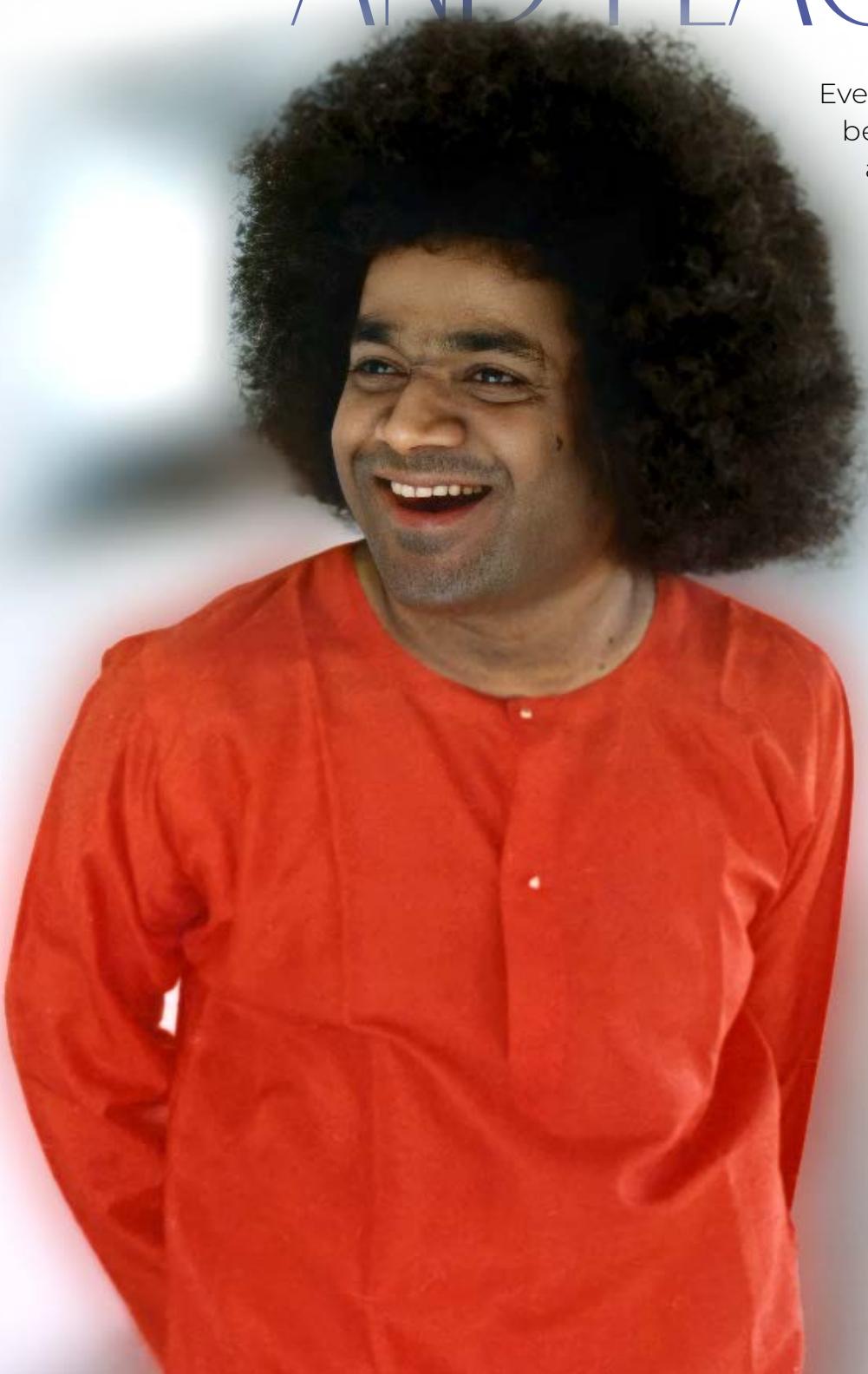
Let us continue to chant the Gayatri Mantra with faith and devotion, and sanctify our lives.

Jai Sairam

*Love All Serve All*



# ALWAYS BE HAPPY AND PEACEFUL



Every living being in this world, be it an animal, bird, or even a small insect, has emerged from the truth. Those who realize this truth are real Yogis. There can be no activity in this world without truth. And that *Sathyam* (truth) is embodied in only one person, that is in this *Sathyam* (Swami) (So saying, Bhagawan materialized Hiranyagarbha Linga and showed it to the entire congregation). Look at this pure and unsullied principle. Who else can manifest such pure consciousness? Always Contemplate on Truth. Truth is present everywhere. It can manifest in you also when you think of it and contemplate on it. Therefore, you should always contemplate on truth.

Why has this body been named *Sathya* *Sai*? It has assumed this Name because *Sathya* (truth) has

*“If you really wish to know the essence of sadhana, it can be explained in a simple way. Just make your mind steady for eleven seconds. Even this much practice will surely lead you to Self-realization!*

emerged from it. *Sathyam* manifests in the heart of one who keeps contemplating on truth. Therefore, never forget truth. *Dharma* is the reaction, reflection, and resound of *Sathya*. *Sathyannasti Paro Dharma* (there is no *Dharma* greater than adherence to truth). Today we impart many types of worldly knowledge to students. But this is not true education. True education is related to the truth that emerges from the heart. Truth has no name and form. **What can be the form of truth? What is the form of *Dharma*? What is the form of *Shanti*?** *Sathya, Dharma, Shanti, Prema* and *Ahimsa* have no form. These values which are enshrined in the heart of man have to be manifested.

The powers that are not in man are not found in any other living being or in any god. Hence, consider man as God. *Daivam Manusha Rupena* (God is in the form of a human being). You consider man as a mere human being. That is why you commit so many mistakes. You are not a human being; you are verily God. Think that you are God and God you become. *Yad Bhavam Tad Bhavathi* (as are the feelings, so is the result). When you think of something bad, you will have only bad thoughts.

Day before yesterday, I told you that everyone in this world has love. But love is of many kinds. A student loves a student; a woman loves a woman. God is present in both. Both are the embodiments of God. Divinity that is enshrined in each body is one only. *Ekam Sath Viprah Bahuda*

*Vadanti* (truth is one, but the wise refer to it by various names). We should love everybody since God is present in all—Love All, Serve All.

God is present everywhere; there is no place where God is not present. He is present in the sky and in water, in sound and light. Therefore, everything in this universe is suffused with Divinity. Forgetting this Omnipresent Divinity, we worship the idols in temples. There is no mistake in worshiping the idols. But one must realize that the same God that is present in these idols is also present in every human being. I do not say that it is wrong to worship idols, but the fact is that you yourself are God. Therefore, first, consider yourself as God and then recognize the same God in everyone. Then there will be no mistake. In fact, your body itself is a temple that is filled with Divine energy. One should exercise discrimination while making use of this energy. We should enquire whether this energy is God, or this body is God. In fact, this body is also Divine since it is suffused with Divine energy.

### Never Forget God

God is present in every particle, every atom of the universe. There is no place where God is not present. Hence, do not forget God. And do not forget yourself. If you forget yourself, it amounts to forgetting God. It is for this reason that you are advised, **Always Be Careful. This is the A B C of life. Be careful never to forget God. Every moment of your life you should enquire, “Am I forget-**

ting God?" Always remind yourself, "I am I." You should be firmly established in this truth. If you do so, evil thoughts against others will have no scope to enter you. Only ignorant and those lacking in knowledge will think otherwise.

God is present in all human beings. The heads of all human beings are, in fact, God's heads. That is why God is called Cosmic Being (*Virata Swarupa*). The creation is the manifestation of His Cosmic Form. Individual forms appear to be different from each other, but the same Divinity is present in all forms. Krishna said, the eternal Atma in all beings is a part of My Being (*Mamavamsho Jiva-loke Jiva-bhutha Sanathanah*). So, I alone am present in each one of you. I am not different from you; you are not different from Me. I am you; you are I. Therefore, do not entertain any kind of differences.

The only thing that you have to do is to strengthen your love. When the fruit of love becomes fully ripe in your heart, you should share its juice with one and all. Therefore, first and foremost bring the love in your heart to fruition. When your heart is saturated with love, then all others will also be suffused with love. We should not hate or hurt anybody. Today wherever we see, there is hatred and hatred only. We do have differences of opinion between one another, but from the spiritual viewpoint, all are one. In fact, **all the people in the world are merely zeros; only God is the hero. God is like the digit 1, because of which all zeros get value. Any number of zeros added to 1 will get value. When you take out 1, then all are reduced to zeros only. Therefore, give prime importance to God in your life.**

### Purify Your Mind by *Namasmarana*

There is one cause of all your sorrows as well as your joy and happiness. That is your mind. Many people have a wrong view of

the mind; they call it the monkey mind. But it is not the monkey mind; it is mankind. It is a source of kindness and joy. If only we keep our minds in proper state, nothing bad can happen to us. Consider the mind Divine. Then you will always be happy.

Whether you call *Atma* or mind or consciousness, all are one. We ascribe different names to the same principle just for the sake of identification, not to describe its true nature. For example, this body has been given the Name *Sathya*. But this Name relates to the body and not to Me. I am not the body; I am not the mind; I am not the intellect, I am not the *Chittha* (memory and willpower), I am not imagination. Bhagawan is Bhagawan. Develop this firm faith. Changes occur in the minds of some people due to the effect of their food and habits, and because of their company. Tell me your company, I shall tell you what you are. Whatever is the type of your company, you will develop the same kind of thinking. Therefore, join only good company.

*Satsangatwe Nissangatwam,  
Nissangatwe Nirmohatwam,  
Nirmohatwe Nischala-tatwam,  
Nischala-tatwe Jivanmukti.*  
(Sanskrit Sloka)

(Good company leads to detachment; detachment makes one free from delusion; freedom from delusion leads to steadiness of mind; steadiness of mind confers liberation.)

Liberation can be attained by anyone. But, when? When your faith in the truth, "I am the *Atma*" becomes firm, you will attain liberation in a moment. "Swami is in me; I am in Swami," think like that. But thinking about this truth with a wavering mind is of no use. Think with a stable mind, "I am Swami, I am God, I am God." When your conviction becomes firm, you will attain the Divine who is attributeless, unsullied, permanent abode, eternal, pure, enlight-

*“Many people have a wrong view of the mind; they call it the monkey mind. But it is not the monkey mind; it is mankind. It is a source of kindness and joy.*

ened, free, and embodiment of sacredness (*Nirgunam, Niranjanam, Sanathana-Nikethanam, Nithya, Shuddha, Buddha, Muktha, Nirmala Swarupinam*). However, if the filth of impurity enters your mind, everything will become bad. When your mind gets polluted, it will require proper treatment. What is that? That is the Name of God. Similarly, our body is also afflicted with diseases by drinking polluted water and eating improper food. It is necessary to protect the body. Why has God given you this body? It has been given to you to realize yourself. But you forget this real purpose and concentrate your mind merely on the body. After all, what is there in the body? The body is impermanent and short-lived like a water bubble. If you understand this, your life will be blessed.

Do not be carried away by what others say. Purity of mind results in the fruition of knowledge. When your mind becomes pure, you will attain true knowledge. Purity of mind is therefore very necessary. Keep your mind always in a state of purity. **Whenever evil thoughts enter your mind, remind yourself, “This is not good; this is not mine.” Driveaway those evil thoughts, telling yourself, “This is not my property. My property is good thoughts, good ideas, love, love, love!” Love is God. Live in Love. When you are firmly established in this principle, everything will turn out to be good for you.**

### **Make Your Mind Steady for Eleven Seconds**

You are afflicted by many delusions. Your mind is no doubt pure and there are only pure thoughts in it. But from time to time, some pollutants enter your mind. See to it that they do not enter it. That is the *sadhana* (Spiritual practice) you must undertake. What is *sadhana*? Is sitting in meditation and doing *japa* (recitation of God’s Name) *sadhana*? No, this is not *sadhana*. What is meditation and what is its meaning? Is sitting in a posture and reciting any Name of God meditation? No, no. What you have to do is to contemplate on the sacred feelings of your heart. You should contemplate on your true reality.

If you really wish to know the essence of *sadhana*, it can be explained in a simple way. Just make your mind steady for eleven seconds. Even this much practice will surely lead you to Self-realization! If your mind keeps oscillating like the pendulum of a clock, it cannot be called meditation. It is enough if you can make your mind steady for eleven seconds. But you are not able to do even that much; your mind travels to eleven *Lokas* (worlds) in eleven seconds. Much can be achieved even in this short period of eleven seconds. There is no need for you to expose yourself to too much strain in the name of *sadhana*.

You strain your body too much and also waste your time. Time waste is life waste. Not only time, you waste money also. Money waste is evil. Therefore, do not waste money and time. Time is God, God is time.

Therefore, whatever time you get, contemplate on Swami. Then you will surely have My *Darshan*. Not only *Darshan*, you will get the opportunity of *sambhashana* (conversation) also. Many letters come to Me from devotees, stating, "Yesterday, Swami came and talked to me." You should also develop such unflinching faith in Swami and do *sadhana* like them. Then you will surely attain success. All those who come here call themselves devotees. They do have some devotion, but they are not aware of the attributes of devotion. They should first of all understand the true meaning of devotion. First and foremost, one should develop faith.

*Where there is faith, there is love;  
Where there is love, there is truth;  
Where there is truth, there is God.*

Truth is God. Consider truth as nothing but God. There is no need for you to make any special efforts to know the truth. Contemplation on truth for eleven seconds is enough. Fix your mind on the truth just for eleven seconds and you will have *darshan* of the Lord. You are unnecessarily straining your body hard by sitting for hours and thereby suffering from pain in the feet, legs, and back. Do not give room to such joint pains. Many doctors may diagnose these as rheumatic pains. But these are not rheumatic pains at all; these are the pains caused by your misguided *sadhana*. You will have no pains whatsoever if you stick to the time schedule of eleven seconds.

### **Develop Good Food Habits**

Moreover, you should have timely food in a regulated manner. There are some subtle considerations regarding food. Do not eat meat or fish. But foreigners are accustomed to non-vegetarian food. Diseases like cancer are caused by eating nonvegetarian food. Therefore, give up eating nonvegetarian food completely. Not only that, people from foreign countries like cheese very much. The more you eat

cheese, the more you become weak. Do not drink too much milk also. Too much milk is also harmful. Observe certain limits regarding drinking milk. Dilute milk by adding an equal quantity of water to it. The same rule should be observed with regard to curd (yogurt). It should not be very thick; it should be made thin by mixing water with it. In this way, you should control your food habits. Prayer to God before eating food is also very necessary. If you observe this discipline regarding your food, you will surely have *darshan* of the Lord instantly. There is no need for prolonged *sadhana* for months and years.

You can always remain in a state of bliss. God is the embodiment of bliss. God is the embodiment of eternal bliss, wisdom absolute, beyond duality, expansive and pervasive like the sky, the goal indicated by the *Mahavakya Tatthwamasi*, one without a second, eternal, pure, unchanging, witness of all functions of the intellect, beyond all mental conditions and the three attributes of *Sathwa, Rajas* and *Tamas* (*Nithyanandam, Parama Sukhadam, Kevalam Jnanamurtim, Dwandwateetham, Gagana Sadrisham, Tattwamasyadi Lakshyam, Ekam, Nithyam, Vimalam, Achalam, Sarvadhee Sakshibhutham, Bhavateetam, Trigunarahitam*).

People say, "I want bliss." Where does this bliss come from? Is it possible to purchase it from a shop in the market? Or, is it something that you can eat in a hotel? No! Bliss comes from within. In fact, you yourself are the embodiment of bliss. Man is full of bliss at the time of his birth. Later, when he develops attachment to worldly desires, he suffers and starts crying. Hence, reduce your attachment to the world. **Less luggage, more comfort, makes travel a pleasure. Therefore, give up all unnecessary attachments.** When you develop attachments, you are drowned in worries, and you suffer from physical weakness

**“When you develop attachments, you are drowned in worries, and you suffer from physical weakness also. Worries are bad for your health. Hurry, worry, and curry weaken the heart of man.**

also. Worries are bad for your health. Hurry, worry, and curry weaken the heart of man. Therefore, give up hurry, worry, and curry. **When you are faced with difficulties, you should think: “They will go as they have come. I have nothing to do with them.” Whatever has come is bound to go some time or the other.** The same is the case with your body also. Therefore, you should have attachment to the body only to the extent necessary. You should observe certain limits, otherwise, this undue attachment will affect your body adversely. You should always be cautious.

### **Love Is the Most Powerful Elixir**

Those who are doing *sadhana* and aspire to see God and converse with Him, should act upon My advice. Then they will surely see God and converse with Him. *Bhakthi* (devotion) is not limited to the performance of *puja*, *vratha* and *japa* (worship, ritual-vows, and recitation). True devotion is unwavering and unflinching love for God. Develop such love for God. There is nothing greater than this. You may give up your body, but you should never give up this love. **Love is eternal, imperishable, and infinite. Preserve love carefully. Then you will surely attain Divinity.**

Because of man's attachment with the world, he is developing a demoniac nature. Lust and anger are man's worst enemies. **You should always be full of love with a smile on your face. When you are cheerful, love will come to you on its own.** But

some people always put on a 'castor-oil' (morose) face. Always have a smiling face. God always has a smiling face. He does not have any trace of worry or misery even for a moment. I always keep smiling.

So many of you have come from various parts of the world. What is the meaning of this? The very thought of it that so many of you love Me, fills Me with immense bliss. Be happy not only here, but wherever you are. I am always happy. I am very happy to see all of you. This is your great good fortune. All those who have come here are full of love and devotion. This fills Me with great enthusiasm.

I feel like walking and giving *darshan* to you. There is no cure greater than love. Your love is My cure. This is the most powerful medicine. Similarly, My Love is the most powerful medicine for you. May you always be happy and peaceful! Live happily with harmony among the members of your family. Not merely that, do not allow small problems to overpower you. Do not give room to any worries. Do not become anxious if your child or wife suffers from any illness. Have faith that everything will become all right. Go back to your places and lead a happy and peaceful life. (Bhagawan showing the Linga materialized by Him earlier). Have all of you seen it? It is quite heavy; a Linga bigger than this will emerge from My body on Sivarathri day.

Sri Sathya Sai Baba  
July 28, 2007

# Swami and the Picture of Jesus Christ



## **BEFORE I MET SRI SATHYA SAI BABA, I WAS A MEMBER OF THE YOUTH GROUP**

of a Catholic Church. I remember very well a day in the late 1980s when I was on my knees in church praying to Jesus, saying how I wish I lived during His time, so that I could be with Him and hear His sweet loving words.

To my surprise and happiness, about six months after this incident, I learned through a friend that God had indeed incarnated in India. My first reaction was to think he was crazy. But, when he later shared inspiring messages from Sai, I felt a total connection with Him and I surrendered to Him at once.

**It was wonderful to see how the message of Sri Sathya Sai was the same as Jesus' message of love and compassion** that had touched my heart. Swami said that Jesus exhorted people by precept and example to cultivate the divine qualities of charity, compassion, tolerance, love and faith. It was beautiful to have the opportunity to experience the very source of divinity, to see the very love personified, walking among us.

I would like to share an interesting incident from the time I first learned about Sri Sathya Sai Baba. Swami has said that He did not want blind acceptance, He even exhorted us to test Him to have personal conviction and develop faith.

My elder brother who was a devout Christian did not believe in Swami. Before starting my second trip to Prasanthi Nilayam, I asked him what he wanted from Swami. I further added that he could ask for anything, as I had faith that Swami would grant my sincere wish. My brother replied, "Ask Him for an authentic picture of Jesus Christ." I agreed.

During my next visit to see Swami, I spent 15 days in the Ashram, but I completely forgot about my brother's request. Before returning to Brazil, I visited a longtime devotee of Swami, in Canada.

After a few days at his house, it was time to return to Brazil. Before leaving for the airport, I saw a small picture of Jesus Christ on his altar and asked him about it. He replied, "Don't you know the story about this picture?"

Then he started to narrate, "I took along a color picture of Jesus Christ to get it blessed by Sai Baba during darshan. One day, Swami stopped in front of me, and I held out the picture for Swami to bless. Swami pointed to the picture and asked, "who is this person?" I replied that it was Jesus Christ. Then Swami responded saying that Jesus did not look anything like that. When I asked what Jesus looked like, Swami ran his hand over the color picture and changed it into a black and white picture with a different appearance of Jesus from the original. He once again waved His hand over the picture and it turned into a color picture. This is a copy of the picture that Swami had transformed." Then he picked up the picture from his altar and gave it to me saying, "Here, it is all yours!" I was hesitant to accept the picture as it was his precious possession. But he insisted, saying that it is a copy of the one that Swami had blessed and I could have it as he can get additional copies made.

It was only then that I remembered the request from my brother in Brazil, which I had completely forgotten. But **Swami doesn't forget anything! Swami came to my rescue and fulfilled my prayer.** He gifted me an authentic picture of Jesus Christ through this devotee of His from Canada. I felt elated and grateful thinking

about this divine play that enabled me to fulfill the promise I had made to my elder brother. Swami is omniscient and His love and compassion for His devotees is truly boundless.

In 2009, Swami granted me another wonderful, divine experience.

It was the time of Guru Poornima, and nearly 300 Brazilian devotees were gathered in Prasanthi Nilayam on a pilgrimage. We were scheduled to sing in the divine presence and I had the blessed opportunity to show Swami a draft of the program folder we planned to distribute in Sai Kulwant Hall.

In this folder the opening page had a photo of Christ the Redeemer, which is a famous monument located in the city of Rio de Janeiro, Brazil. When Swami saw this picture, He asked me, "Who is this?" and I replied, "Jesus Christ, Swami!" Then He told me that Jesus did not look like the figure of the statue. I told Him that I would replace it with a photo of Swami before distribution.

Immediately, I recalled the story I had narrated earlier about a similar incident I heard from the Canadian devotee – even Swami's words were similar. I had forgotten how He had gifted me a realistic picture of Jesus over 13 years earlier. Thus, He reminded me how He responded to my brother's challenge, demonstrat-

ing His Omnipresence, Omniscience and Omnipotence. **He is with us all the time, ready to help us, if only we call out to Him with all our heart.**

We are very fortunate to be contemporaries of the Avatar, and even more so, to be able to recognize Him, by His grace. In His infinite love, Swami created this sacred Organization called SSSIO, so that we can have an ideal environment to work for our spiritual progress. Let us make use of this once-in-a-lifetime opportunity and let us always be ready to serve Him with love and gratitude.

Jai Sai Ram!

**Sergio Espindola**  
Brazil



Mr. Sergio Espindola is the Chairman of Zone 2B of SSSIO in South America, which includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay and Venezuela. He has held various positions in the SSSIO for over 30 years. Mr. Espindola has a degree in Telecommunications Engineering.

**W**hen praying to God, you should have a feeling of total surrender. If you are really keen to realize God, if you are hungering and thirsting for God, then you should cultivate this all-absorbing love. Mere expression of desire is not enough. You should endeavor to experience union with the Divine.

**Sri Sathya Sai Baba,**  
November 23, 1996



# Faith & Gayatri

## ONE WINTER EVENING IN THE LATE NINETIES

when my wife Birgitte and I were working independently on an SSSIO project for the Sai Center in Copenhagen, Birgitte suddenly shouted out loudly, "Mother is lying on the floor, she cannot get up. We must drive to Vordingborg and help her." I replied, "Wait! How can you be sure of this?" She said, "I was looking at Baba's picture next to the computer. Suddenly I had a feeling that my mother is lying down on the floor! We have to drive there now!"



*Stig Meincke was a manager of two companies and conducted seminars and courses on communication and human values. He was a facilitator for children, adolescents, and adults with various types of learning disabilities. He is a member of the SSSIO of Denmark since 1983 and served in many capacities as a Sathya Sai Education in Human Values Teacher, President of the SSSIO center, national devotional coordinator, National Council President of SSSIO Denmark, and coordinator of the Sri Sathya Sai Center in Copenhagen. He is the coordinator for SSSIO books and publications in Denmark.*

I knew inside that it was true, even though I said, "That is not possible. We are 105 km away; there is a violent snowstorm going on, and there is no roadside assistance should something go wrong. Let us first call the homecare facility, as they are in the same city. They have a key to your mother's apartment." We called the people at the home-care, who agreed to drive to my mother-in-law's home right away. After about 30 minutes the phone rang. Birgitte was right, and they said that my mother-in-law lay cold and exhausted on the stairs since the golden bracelet in her hand was caught in the railing. They helped to move her to the bed and called the doctor on call.

Birgitte and I decided to drive the long distance to Vordingborg, where my mother-in-law lived, even

though there was a heavy snowstorm and a warning not to drive because of hazardous road conditions. We started driving over roads covered with about 20 cm of snow. When we reached the highway, as we reached the ramp, I told Birgitte, "Now Baba has to drive the car, this is too dangerous for me."

I stepped on the accelerator and moved into the outer lane of the road and let go of the steering wheel. The speed slowly reached 110 km per hour. The snow was everywhere, with visibility below 50 meters. The snow swirled into the windscreen, and it was impossible to see anything. **We both began continuously chanting the Gayatri Mantra.** I knew that we did not have enough gasoline for the drive, but we had enough to reach the next gas station about 40 km ahead, where we could refuel. Several times I thought, "It is crazy, that I am not holding the steering wheel!" But every time I grabbed the steering wheel, the car started to swerve and skid, and I could not steer the car. "Sorry, Swami!" – I called out loudly.

I refueled at the next stop and entered the shop to pay. Two men from the roadside assistance team looked at me, and I asked them about the highway condition ahead. They replied that everything was closed, with no roadside help and no snow removal, and the Police strongly discouraged us to be on the road.

I got back into the car and told Birgitte, what I just heard about the road conditions ahead. I started the car and drove back on the highway, moved to the outer lane, and released the steering wheel. Then I stepped on the accelerator and said to Swami, "You steer the car, I will step on the accelerator."

Later we saw the red taillights of other cars. They were driving at a very slow speed in the inner lane. I blinked my headlights to warn them that a fast-moving car is approaching. Some cars appeared to be stationary, while we drove past, as we were going so fast! Again, I thought: "It is crazy, that I am not holding the steering wheel of the car, and the speed is too high. But again, whenever I touch the steering wheel, the car starts swerving and I cannot steer the car." When I released the steering wheel again, the car straightened up and continued driving smoothly through 15-20 cm of snow, with occasional higher snow-drifts. **We were constantly chanting the Gayatri and praying for Swami's help. It was evident, that He was steering our car!**

After an hour and ten minutes, we arrived at Birgitte's mother's home. At the same time, another car pulled up ahead of us. We figured that it might be the doctor on duty, as he had a medical bag and walked to the front door.

All of us entered the first floor, where my mother-in-law lived. After the doctor had examined my mother-in-law, he said, that she only got cold from lying on the stairs, and it was not a major illness. He asked us, where we came from, and we told him, that we lived in Copenhagen about 105 km away. He said, "You must have been on the road for several hours." I said, "No, only about an hour." Then, he replied, "I drove 15 km, from Praesto to here, and it took me one and half hours to get here!" We had nothing further to say.

How can anyone explain Swami's miracles of love?

**Stig Meincke**  
Denmark





## Bhagawan Sri Sathya Sai Baba

PRASANTHI NILAYAM P.O.  
ANANTAPUR DT. (A.P.)  
PHONE NO. 30

### Message

You as body, mind or soul are a dream, but what you really are is Existence, Knowledge, Bliss. You are the GOD of This universe. You are creating the whole universe and drawing it in. To gain the infinite universal individuality, the miserable little prison individuality must go. Bhakti is no crying or any negative condition. It is seeing of all in all we see. It is the heart- That reaches the goal. follow the heart. A pure heart- seeks beyond the intellect. It gets whatever we do reacts upon us. If we do good, we shall have happiness and if evil, unhappiness. Within you is the real happiness, within you is the mighty ocean of nectar divine. Seek it within you, feel it; feel it; it is here, the self. It is not the body, the mind, the intellect, the brain. It is not the desire or the desiring. It is not the object of desire. Above all these, you are. All these are simply manifestations. You appear as the smiling flower, as the twinkling stars. What is there in the world which can make you desire anything?

With Blessings  
Baba



# *Within You is the Real Happiness*

## Message

You as body, mind or soul are a dream, but what you really are is Existence, Knowledge, Bliss. You are the God of this universe. You are creating the whole universe and drawing it in. To gain the infinite universal individuality, the miserable little prison individuality must go. Bhakti is no crying or any negative condition, it is seeing of all in all we see.

It is the heart that reaches the goal, follow the heart. A pure heart seeks beyond the intellect. It gets inspired.

Whatever we do reacts upon us. If we do good, we shall have happiness and if evil, unhappiness. Within you is the real happiness, within you is the mighty ocean of nectar divine. Seek it within you, feel it, feel it, it is here, the self. It is not the body, the mind, the intellect, the brain. It is not the desire of the desiring. It is not the object of desire. Above all these, you are. All these are simply manifestations. You appear as the smiling flower, as the twinkling stars. What is there in the world which can make you desire anything?

With Blessings

*Baba*

# LOVE IN ACTION



## BELGIUM Flood Relief

On July 14, 2021, record rainfall in Western Europe caused catastrophic flooding and widespread damage in Belgium after the rivers overflowed their banks. SSSIO volunteers from Belgium, Germany, and Holland immediately sprang into action. In Belgium, seven volunteers traveled to Wallonia to clean the debris brought by the floods and distribute food, clothes, and other items. The group then visited the small village of Nonceveux (Aywaille), which was a hard-hit area, and served warm meals.

SSSIO volunteers found a family with four children living in a small, temporary caravan (mobile home) as their larger caravan was washed away. The family, with four children, had to cook outside and share one double bed. A volunteer said, "We wanted to get them back in the bigger caravan before winter." The project was complicated since many people did not have insurance, and it was still too wet to begin restoration work.

Moved by the villager's plight, the SSSIO volunteers adopted the entire village with the support of SSSIO, Zone 7 – especially SSSIO members from Belgium and Holland. They supplied the local people with food, essential supplies, and fuel to warm their caravans and, shortly afterward, began to restore the flooded caravans and



chalets. The team completed nine projects, with the last project completed on April 27, 2022. One SSSIO volunteer added, "We are so happy to have this opportunity to do this service (*Seva*)."



## SWITZERLAND

### Tree Planting Ceremony

On April 7, 2022, volunteers from the Sri Sathya Sai Centre of Basel took part in a special tree-planting ceremony in Kannenfeldpark which is a park in the city. They planted a special, rare variety called Sorbus Domestica, or true service tree. It is an old, native tree that is listed as an endangered species in Switzerland and Austria.

Gardening professionals explained to everyone present the special qualities of the tree. During the tree-planting ceremony, the volunteers sang songs and sprinkled Vibhuti (Holy Ash) on the tree roots and the ground. The National Envirocare Coordinator from the Sai Center of Basel read beautiful poems with one poem composed by him (English translation attached), and the other one by the famous poet, Goethe. A sign with the name of the tree in beautiful calligraphy, prepared by the National Council President of SSSIO, Switzerland, was placed at the tree. All participants felt happy and consid-



ered the planting a special symbol of peace and hope in Europe.

**T**he trees provide cool shade and sweet fruit equally to all, whether they have fostered them or harmed them. They teach man this lesson of equal-mindedness.

Sri Sathya Sai Baba,  
July 18, 1989

See more stories of loving service by volunteers from around the world at the Sri Sathya Sai Universe website:

- <https://saiuniverse.sathyasai.org>

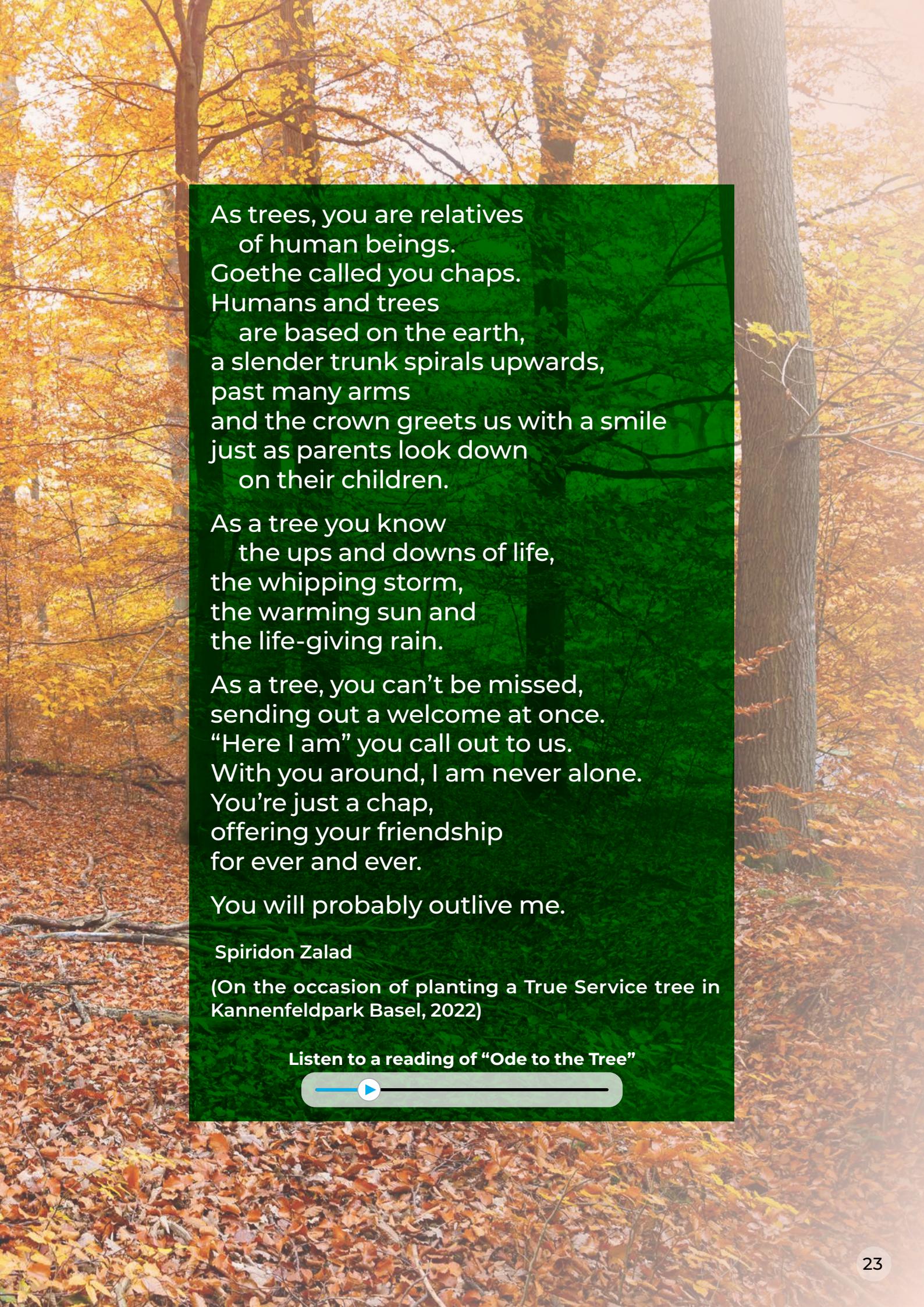
# Ode to the Tree

You trees  
I have often heard you speak.  
Whoever listens to you speaks  
about your shape and height,  
about your colors and leaves.

You are giants  
from our point of view,  
each one of you is unique,  
You have a character  
that resembles that of a human being.  
Thus you present yourselves  
fine or gnarled, brave or sickly,  
but always full of dignity.

Each one tells its own story.  
Some tell of times long past,  
others behave youthfully – wildly.  
Some let their leaves grow thoughtfully,  
others sprout blossoms and leaves  
in no time at all.

You shape nature  
and tell the story of the earth.  
As individuals you are decoration  
or guardians at the entrance,  
but gathered together  
you are called a forest.  
Patiently you give fruit and shade,  
as well as wood and a warming fire.



As trees, you are relatives  
of human beings.  
Goethe called you chaps.  
Humans and trees  
are based on the earth,  
a slender trunk spirals upwards,  
past many arms  
and the crown greets us with a smile  
just as parents look down  
on their children.

As a tree you know  
the ups and downs of life,  
the whipping storm,  
the warming sun and  
the life-giving rain.

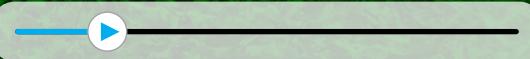
As a tree, you can't be missed,  
sending out a welcome at once.  
“Here I am” you call out to us.  
With you around, I am never alone.  
You're just a chap,  
offering your friendship  
for ever and ever.

You will probably outlive me.

Spiridon Zalad

(On the occasion of planting a True Service tree in  
Kannenfeldpark Basel, 2022)

Listen to a reading of “Ode to the Tree”



# SSSIO ZONE 2B



ARGENTINA • BOLIVIA • BRAZIL • CHILE • COLOMBIA • ECUADOR • PARAGUAY • PERU  
URUGUAY • VENEZUELA

## Featuring History of SSSIO in Latin America – Part 2

### ARGENTINA



**2001**

Opening of Mahatma Gandhi School,  
287 students at present

**1981**

Uriarte, the largest Sai center in Latin America, is opened in Buenos Aires. It often has 400 devotees in attendance.

**1985**

Sarvadharma Sthupa  
at Cordoba center



**2010**

Pre World Conference



**2017**

Medical Camp in Cordoba

## BRAZIL



**1991**

Inauguration of Brazil's first Sathya Sai Center, Vila Isabel.



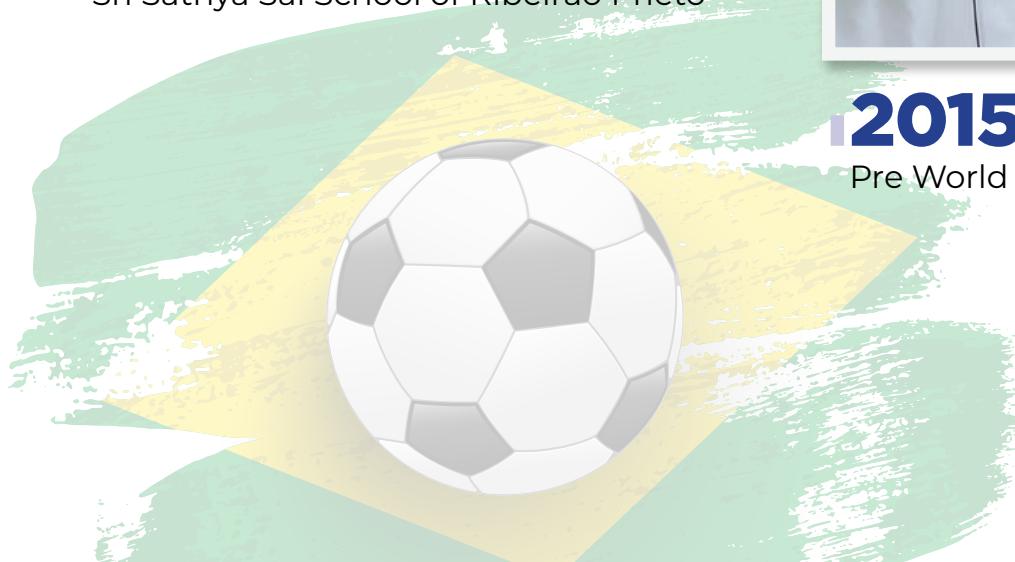
**2007**

SSSIO Brazil presentation in Prasanthi Nilayam



**2002**

Sri Sathya Sai School of Ribeirao Prieto



**2015**

Pre World Conference

*the*

# *Magical Place*

**WHEN I WAS ASKED TO WRITE ABOUT SRI SATHYA  
SAI BABA, I WONDERED WHAT I COULD SAY** about

His love and glory that had not been said or written before. Considering it a loving command from my beloved Master, I am happy to share my experiences as an offering at His lotus feet.

I would like to briefly introduce myself so that you can understand the circumstances when Swami came into my life. At the age of seven, I lost my mother to a brain tumor that had made her completely blind. Two years later, while we were still mourning her death, my only brother sadly died of leukemia after going through terrible pain, hospitalization, transfusions, and suffering. Needless to say, experiencing these two deaths at a young age had a devastating effect on my life. My young mind was led to believe that God loves everyone but me, that God is not my friend, that He gives happiness to others but not me, and that happy family life is for everyone else but me.

I was always intellectually curious and in 1982, while browsing in a bookstore, I came across the book "Sai Baba – Man of Miracles." **Thus began my adventure with the Avatar of this age, Sri Satya Sai Baba.**

I had challenging times adjusting to Indian culture and traditions and somehow, they have not always been pleasant. Added to that was the burden of struggles within myself, owing to childhood pains, loneliness, and unfulfilled desires. But finally, I slowly began to let go of unpleasant events and relationships of the past.

I slowly realized that Swami was fully in charge, and being the perfect therapist that He is, on each trip **He would let me experience His unconditional love and tenderness**. Although He seemed not to listen to my pleas to deal with my pain, in the depths of my being, I knew that it was all for the ultimate good of my spiritual journey.

Since I knew what awaited me, we embarked on a trip to Prasanthi Nilayam with a mindset to enjoy the bliss of His *darshan*. But it was not all that easy. A few days after arriving in the *ashram*, I was afflicted by the familiar “interview syndrome”, as I jokingly called the desire for an interview that permeates every devotee who sets foot in the *ashram*.

One afternoon after *darshan*, I came to my room frustrated, sad, and hopeless, and I appealed to Swami: “Swami I give up, I don’t want to wish or ask You for anything anymore. Just let me experience that You have accepted me. I want to rest my head on your lap like a daughter with her mother.”

At that time, a medical conference was being held in Prasanthi Nilayam, and fortunately, the group of doctors had special seating during *darshan*. Being

part of the group, I had the “front-row *darshan*” of Swami from close proximity. This physical closeness filled me with immense happiness. Exchanging glances with Swami assured me that there was a true heart-to-heart connection with Him without the need for words.

In one of these *darshans*, Swami materialized a necklace for a doctor and placed it around his neck. On the way out I told Héctor, my husband, how happy that person must have felt, and what I wanted most was to put my head on His lap as the doctor did when Swami put the necklace on him. It was a wishful desire, without urgency, simply the desire to surrender and reaffirm my feelings for my Master. Days passed, the conference ended, and we returned to the daily routines of the *ashram*.

I am not one of those who talk a lot in *darshan* lines and who can make friends quickly. However, from time to time, I came across certain people with whom I bonded more closely. We did not even waste time exchanging our names, as it was not necessary. We simply shared the joy of the moment and the most intimate experiences of our spiritual life.

It was on one of those Prasanthi Nilayam mornings when the sun rises with the chirping of birds, and the air is filled with sacred chants praising God and with the smell of jasmine. I received a beautiful message from a friend whose words have been etched in my memory forever. The friend said, “**Search well, search well, this place has magic, don’t get lost in the hustle and bustle of people or your**



**mind, focus on Swami and look for the *inner-view*.**" The time to enter the *darshan* hall came soon and our conversation ended.

Inside the *darshan* hall, moments before I began meditating, I asked from within my heart for the '***inner view***', which gave me a lot of peace. The *darshan* was as usual, but at the end, I saw that my husband, Hector got up and called me, which meant that Swami had called us for an interview! With my heart racing, I walked toward the interview room for what seemed like an eternity. As I walked, I thought that everybody could even hear my heartbeat!

While waiting for the interview, before Swami entered the room, I had a profound mystical experience, which I knew that other devotees had experienced. My heart was overflowing with love and gratitude, and I was so moved that a stream of tears flowed, and I was unable to keep my composure. I was unable to do anything to stop what was happening to me.

When Swami arrived, He looked at me and started the conversation. I regained my composure a little. It is very difficult to describe in words the deep feeling of love and joy that saturated each cell of my body and permeated my being, the depth of His gaze, and the sweetness of His voice. Perhaps I tasted a drop of His Divinity and that is what I believe He gifted me. **I will keep this spiritual experience as the most precious treasure of my life.**

With Swami's promise of blessing us with another interview soon, I left, brimming with joy and peace as if the 14 years that had passed since our last interview was a distant memory. This was the same Swami who knew us, who knew our innermost thoughts. This was the same Swami of my spiritual longing and my dreams, who loved me with the love of a thousand mothers. He was the same Swami who moved my heart to tears with a single look, even as my tears start flowing, just thinking of Him, as I write these lines. **It was my Swami.**

Life in the ashram continued as before, but I had found the way to the "**Magical Place**" within me. The inner experiences multiplied, and I was able to look truly into my heart. I was able to recognize the girl of my childhood; I was able to observe and care for her; I was able to experience her innocence, goodness, and simplicity. I was able to feel her pain and loneliness, her search for herself, and finally, I was able to integrate her into my adult life with amazing depth and determination.

Just as He had promised, four days later Swami called us for a second interview. With His infinite love and knowing my most intimate thoughts, He materialized a gold chain for me along with a pendant with His image on it and He placed it around my neck. He allowed me to kneel, place my head on His lap, and He whispered, "**Your heart is My seat, your heart is My throne.**" That was an affirmation that He accepted my surrender to Him and blessed me with His infinite Love.

Swami continued to flood me with His motherly tenderness and allowed me to capture that moment with a photograph so that I could always cherish the memory of that magical moment when my prayer of resting my head on my Divine Mother's lap was fulfilled.

JAI SAI RAM

**Dr. Milagro Langlois de Castaneda**  
El Salvador

*Dr. Milagro Langlois de Castaneda is a medical graduate from the National University of El Salvador and received a postgraduate degree in Psychiatry from Georgetown University in Washington D.C. She served as a professor at the Faculty of Medicine of the National University of El Salvador and as the chair of Psychiatry. She was a teacher in the Faculty of Psychology at the Universidad Centroamericana José Simeón Cañas and continues her private practice as a physician. She and her husband Hector are long-time devotees of Bhagawan Sri Sathya Sai Baba with many precious personal experiences.*

# *from the* International Sai Young Adults

In this issue, we are pleased to share the launch of Ocean of Music Volume 2, highlights from a Mauritian YA Hike and a beautiful and inspiring poem offered to our beloved Bhagawan by one of our Sai Young Adults, in commemoration of Aradhana Mahotsavam. In addition, we present a personal letter written by Sri Sathya Sai Baba to His students and a riddle to put your thinking cap on! We are also pleased to share two personal reflections from Sai Young Adults. We hope you will enjoy this issue.

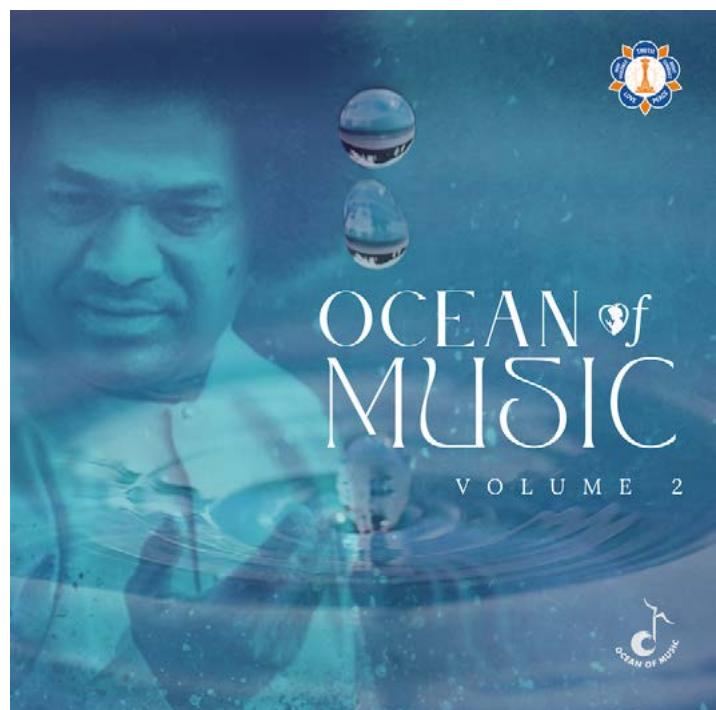
SSSIO International Young Adults Committee

## OCEAN OF MUSIC: ALBUM LAUNCHED

On the auspicious occasion of Sri Sathya Sai Aradhana Mahotsavam, the Sai Young Adults of the Sri Sathya Sai International Organization are pleased to announce the release of Ocean of Music, Volume 2. These elevating myriads of vibrant melodies, by Sai Young Adults from all over the world, bring waves of Divine Bliss through multi-lingual Bhajans, devotional songs, and value-based songs to the homes and hearts of all.

You can listen to and download Volume 2 on Spotify and Soundcloud:

- [Listen on Spotify](#)
- [Listen on Soundcloud](#)



If you would like to participate in the upcoming recordings for future volumes, please contact the Ocean of Music team at [oom-team@sathyasai.org](mailto:oom-team@sathyasai.org).

**Stay tuned for volume 3 coming soon!**

# NATURE IS A Manifestation OF GOD

## NATURE IS THE Vesture OF GOD

The Young Adults (YAs) of the SSSIO **Mauritius** embarked on a hike at Le Pouce Mountain, enjoying the breath-taking view on Sunday, May 1, 2022. The event was well attended by over 70 participants including Sai Spiritual Education (SSE) students, YAs, and elders. The day commenced with opening prayers invoking Bhagawan's divine blessings. Participants bonded with Mother Nature, as they discovered the exceptional flora and fauna. Spending a few moments with nature filled everyone with positive vibrations and tranquillity.

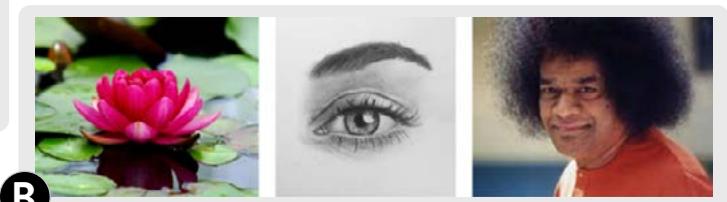
Devotees also utilized the opportunity to spend some time in meditation to feel a direct connection with Mother Earth, and Our Beloved Sai and receive His blessings! It was with gratitude that devotees remembered Swami saying that Nature is



very close to God, closer than man is. For in man there is a veil of ignorance clouding his vision and marring his sight. But Nature is the purest handiwork of God. If you are able to love Nature and feel in tune with it, you are that much closer to God. It is also very easy to know God through Nature.



A



B

Can you Name the Bhajans?

(Answers on page 34)



C

# DIVINE GUIDANCE : PREMA DHAARA

This month, we are sharing another loving letter from the Prema Dhaara compilation, written by our beloved Bhagawan. In this letter, Swami implores His students and devotees, not to waste precious time and practice constant remembrance of His holy name to bring His love into their hearts and make Him the *Hridayavasi*, resident of one's heart.

## Ceaseless Contemplation

My Dear Boys,

Accept my love. SAI is infinite love. It is this love that pervades and appears as the entire Universe around us. This love is seated ever in your hearts. So you are not different from the Universe. The Universe is SAI, your Sathya Sai, Prema Sai.

My boys, think how much time you waste in talking unnecessarily. If you keep a strict watch upon yourself you will find that your actual working hours are only a few. You daily spend eight to ten hours in sleep, when you need only six hours. Besides, whenever you are free from work, you can keep your mind engaged in the remembrance of SAI and have His pure and glorious name on your lips. You can also chant the name as you walk along. If you only make up your mind, you can find ample time during the day to remember Him.

With Love and Blessings  
Sri Sathya Sai Baba  
Prema Dhaara, Volume 2

Follow the @saiyoungadults accounts on social media



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Spotify



Email



Sai Young Adults

<https://sathyasai.org/ya>

yacoordinator@sathyasai.org

## Reflections of Sai Young Adults

An initiative of the Sri Sathya Sai Sadhana of Love (SSSSOL) Subcommittee is Reflections of Sai. This is an avenue for Sai Young Adults across the world to express their love for Sai by sharing their experiences and their positive impact on their lives. Submissions of stories of gratitude, miraculous occurrences, and interactions with Sri Sathya Sai Baba are shared periodically on YA social media platforms.



### Ms. Nethya Vengadesan New Zealand

My journey with Swami started when I was barely an infant. During my first darshan (audience), as an 8-year-old, I wondered why sevadals (volunteers) kept cleaning the already pristine clean granite floors. These thoughts immediately vanished the moment my eyes were fixed on this radiant, glowing Divine being, who glided across the polished floor. As my journey continued, as a teenager, I understood the power of yearning during a pilgrimage to Prasanthi Nilayam. With intense pining for Swami's attention and a taste of His sweet love developed through intense spiritual practice. My relationship with Swami steadily progressed to a stage of yearning to experience Him fully in His different forms.

As a young adult, I was in a searching phase wherein I used to constantly seek Swami's guidance. He would clear all my doubts. In 2011, I was blessed to present letters to Swami on behalf of the young adults from New Zealand, and He patiently read each letter as we sang. His gaze reached deep into my heart and that was the moment I promised to make Swami my priority.

To my children, I would describe my relationship with Swami as practical spirituality. I have moments during the day to absorb His teachings and have inner conversations with Him. We have lovely moments where my children prompt me to pause and feel His presence. Recently, during a chaotic morning routine, we suddenly froze as we heard footsteps on the wood floor heading upstairs to our prayer room. We ran to see if there was anyone, and my youngest child smiled at us, saying, "Baba...there!", pointing at the stairs. Another time, the children told me that Swami joined us at the dinner table and sat right next to them.

As we have chosen to make Swami our priority, this commitment requires extra effort and sometimes includes holding one child in my arms, while singing a bhajan. However, it makes my journey with Swami even more sweet and adventurous.



## Ms. Renata Dukanova Zone 8

My journey with Swami began when I was about 12 years old. At that time, I was living with my grandparents in the village, when one day my mother brought a little calendar with Swami's portrait and told my sister and me, "This is God, you can speak to Him when you need help." I grew up in a family where we did not worship any form of God, and suddenly Swami appeared in my life. I believed that He is God, and I never had a single doubt about it. I am extremely happy, and by His immense Grace, Swami came to a small village and stole my heart! Such is the power of His Love!

During my first trip to Prasanthi Nilayam in 2006, Swami arrived in a car in Sai Kulwant Hall, and I barely saw His face through the glare of the car's window, but that moment was the most important one in my life. I was 16 years old, and I could not put the impact of that moment and my inner feelings into words. I felt that I had been waiting for this moment for many lives, and my longing was fulfilled. My heart rejoiced as I, my longing and seeking soul, met God.

I have never had an interview with Swami or taken padanamaskar, but I am infinitely grateful that I had Swami's darshan by His Grace, as that is the Divine energy of Bliss!

Even though I understood that Swami is God, I became very attached to His physical form. In 2012, while sitting in Sai Kulwant Hall, I shed tears waiting for Swami's darshan, as Swami did not come out. During that trip, I realized that we must now live according to Swami's words, "Your life is My message," and we do not need to wait for external motivation in the form of darshan, materializations, and miracles. We need to strive for the realization of "I am God, I am Atma," as Swami reminded us every time. He has given us everything and it depends on us how we bring His teachings to life.

### Answers to Bhajans

- A. Sai Bhajana Bina Sukha Shanti Nahi
- B. Kamala Nayana Bhagawan or  
Kamala Netra Saishwara
- C. Bhasmabhushitanga Sai

Oh, Lord Almighty! I bow down to **thee**,  
At first instance, a superhuman to **me**,  
Years rolled to realize the God **incarnate**,  
To come to You, was probably my **fate**.

We visited You at Your abode of **peace**,  
A glance at You, and life was at **ease**,  
The saffron robe, Your outward **attire**,  
Your enchanting smile left us **inspired**.

SAI! You are in all, Always for all!  
The master of all! Answering our call!

The sole pioneer of schemes of **service**,  
Reaching out to all, in times of **crisis**,  
Providing the poor with basic **amenities**,  
You're so selfless, limitless of **boundaries**.

Teaching me values to build my **character**,  
To tread the good path, never to **falter**,  
You taught us to choose between right and **wrong**,  
Which serves as a goal post, for us **lifelong**.

SAI! You are in all, Always for all!  
The master of all! Answering our call!

A year ago, was a scene of **impromptu**  
Teaching us to realize Your true **value**,  
We were left to crave for Your beautiful **form**,  
Trying to grasp the formless new **uniform**.  
We were shaken down with aching **tears**,  
All at once, life was felt, filled with **fears**,  
But You guided us with Your invisible **hand**,  
Comforting us, by saying it was all **planned**.

SAI! You are in all, Always for all!  
The master of all! Answering our call!

You supplied us the inner **strength**,  
To face this pain of infinite **length**,  
The epitome of endless **compassion**,  
To You, I call, in need of **protection**.

For showering on us such **concern**,  
What can we offer You in **return**,  
The Lord of the Universe, You have it **all**,  
Accept us as Yours, despite our **shortfall**.

SAI! You are in all, Always for all!  
The master of all! Answering our call!



**SAI! You  
are in all,  
Always  
for all!**

*A poem written by Ms. Madhuri Manohar (United Kingdom) on April 24, 2012, in commemoration of Aradhana Mahotsavam*



# SURRENDER

Oh Lord,

The sun has once again risen.

Please yield me the strength and wisdom to face today's tests.  
I surrender to you the words from my lips, the thoughts in my head  
and the actions I perform. Lead me on the right path.

Om Sri Sai Ram.



Mon Dieu,

Le soleil levé encore une fois.

S'il vous plaît donne moi la force et la sagesse pour les tests d'aujourd'hui.

J'abandonne les mots de mes lèvres, les pensée dans ma tête  
Et les actions que je préforme. Conduire moi sur la bonne route.

Om Sri Sai Ram.

Kurinche Thiyagarajah | Group 3 | Canada

# LOVE ALL SERVE ALL

What does love all serve all mean?

Love all, Serve all has many meanings that can be interpreted  
but let us break it into 2 parts

Love all - this means and is a way to express compassion  
to all others, no matter what their background is.

Serve all is a way to always be able to strive to help whoever, whenever.  
This shows your compassion.

This whole saying also expresses how loving everyone is  
not enough by itself, you need to act on your thinking.

Aakarsh Balaji | Group 2 | Thailand



# LOVE IN COMMUNITY

Love Lies in Unity,  
Unity lies in Community,  
Community is where home is.  
When others can't see the light,  
when sitting alone in the night,  
It doesn't matter if they were good or bad,  
Because Nobody deserves to be sad,  
This love never ever dies,  
It grows more each day before my eyes,  
But when others may not be able to see the light  
It truly is a horrible sight.  
This Home is with me every day,  
It shines brighter than the sun rays.  
The love that lives here is stronger  
than any other I know,  
So this truly shows that when you have a home,  
never ever let it go.

Suhana Katri | Group 2 | Canada



Art illustration by Saanvi Palai | Group 2 | USA



Art illustration by Vedant Mohan | Group 3 | USA



Art illustration by Hasini | Group 2 | Singapore

# Upcoming SSSIO Online Events

SSSIO has been conducting online events to share Swami's love, message, and works with everyone around the world. We have reached hundreds of thousands of people through these online events.

We will update the SSSIO online events periodically. Please visit [sathyasai.org](http://sathyasai.org) for further details including timings.

Date of Online Event	Day(s)	Festival/Event
<b>June 11-12, 2022</b>	Saturday, Sunday	<b>Akhanda Gayatri</b>
<b>June 25 &amp; 26, 2022</b>	Saturday, Sunday	<b>Zone 3 Presentation: In Service to Society</b>
<b>July 9 &amp; 10, 2022</b>	Saturday, Sunday	<b>Guru Poornima</b>
<b>August 13-14, 2022</b>	Saturday, Sunday	<b>Akhanda Gayatri</b>
<b>August 20 &amp; 21, 2022</b>	Saturday, Sunday	<b>Zone 2A, 2B Presentation: Sathya Sai Baba in Latin America</b>



Stay in touch with SSSIO news and activities, by visiting the SSSIO websites and following/subscribing to the various communications channels below.

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- Sri Sathya Sai Young Adults [↗](#)
- Sri Sathya Sai Education [↗](#)
- Healthy Living [↗](#)

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If liberation means the stoppage of grief and the acquisition of joy, then it is easy. What you have to do is to place all your burdens on God; that makes you care-free, grief-free. Then, when you take everything as the Divine Play (*Leela*) of the Lord you love, you clap your hands in bliss whatever may happen, for it is all His Divine Play, and you are as happy as He is when His Plans are going through!

Sri Sathya Sai Baba  
February 11, 1964

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**sathyasai.org**

Love All • Serve All  
Help Ever • Hurt Never