

VOICES

Pranams to Sai



*A Humble Offering
by Sai Sisters of Malaysia*

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**Our Warmest
Appreciation to All
the Sponsors of
VOICES!**

Foreword

My Humble Pranams to the Divine Feet of our Beloved Bhagavan Sri Sathya Sai Baba.

Dear Uncles,Aunties, Brothers, Sisters and friends,

Sai Ram

It is with great humility that we offer this magazine to our dear Swami on his 82nd birthday.

After a wonderful experience at the last World Youth Conference, the youths have formed the Sai Youth Sisters committee comprising of 7 sister youths. This committee was set up to oversee activities specific to all sister youths. The idea behind this move was to better develop new talents and leaders amongst the sisters and for more segregation between the brothers and sisters activities.

The first thing that we wanted to do was to reach out to as many sisters as we could, so that we could develop a bond and share our ideas and experiences. After the WYC (World Youth Conference) many had already began doing this via emails. And this has kept the Passion for Sai going.

Being only three months old, when asked to come up with activities for the sister youths, we wanted to first thank Swami for all his love, care and guidance and for **always** being there for us. Thus blossomed the Sai Youth Sisters' magazine, as an offering to Swami.

We hope you enjoy reading the articles as we have enjoyed sharing them with you.

With love.

Sis. Asha Krishnan

Deputy National Youth Coordinator.

National Youth Co-ordinating Committee (NYCC)

Sathya Sai Baba Central Council of Malaysia

VOICES is Dedicated with Love and Reverence at the
Divine Lotus Feet of
Bhagavan Sri Sathya Sai Baba

Mother Sai

By Haanusia Prithivi Raj

Your divine gaze entrances us,
The magical warmth engulfs us,
Seemingly for eternity,
Your grace and blessings
Showering upon us.
Ever patiently like a mother
You care for us,
giving us all we need and even more.

For every tear we shed, you wipe away a million.
For every step we take towards you, you move away mountains.
Your divine smile, erases all fear and doubts,
melting all hearts,
turning cold hard stones into molten gold.

Oh, Mother Sai!
How I yearn to merge with Thee,
To swim in the nectar of bliss and mercy
and to be with You, for once and for all..
Keep me close to Your lotus feet
Bind me with your love,
and never, ever let me go...

Swami, You are indeed the Supreme Mother for all the mothers in the entire Universe.
VOICES is our first Gift of Love to You. Thank You Swami for being with us every second
of our Lives; Guiding and Guarding us and our families. We Love You and Everyone
Around Us.

We also take this opportunity to thank all the SAI Council Elders for the guidance and for
giving us this great opportunity to be part of Swami's Mission! Jai Sai Ram.

- VOICES Editorial Board

Only Love For God is True Love

From Bhagavan's Divine Discourse on the occasion of inauguration of Sri Sathya Sai World Youth Conference 2007, on 26th July 2007 in Prasanthi Nilayam.

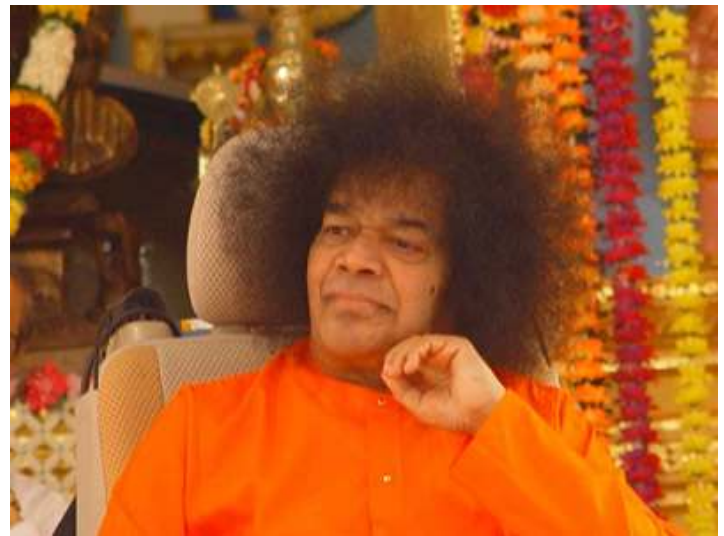


We see a large number of living beings in this world. But none of them has the greatness, wisdom and **discrimination of man**. That is why it is said, *Jantunam nara janma durlabham* (of all living beings, human birth is the rarest).

Everything in this world is constituted by five elements. These five elements are present not only in man but also in animals, birds, insects and trees. But what is the use if he does not make proper use of these five elements? Today man is engaged in the pursuit of knowledge.

Similarly, man makes efforts to develop common sense. In spite of all his knowledge and common sense, man's power of discrimination is zero. What is good and what is bad? What should be done and what should not be done? This power of thinking is zero in man today. That is why humanness has suffered a great decline. The value of humanness depends only on discriminatory power. People keep on comparing themselves with others in many ways. But nobody is making efforts to know if his discrimination power is more or less. Today man is engaged in amassing wealth. But he does not use his knowledge of discrimination to know whether he needs that much money or not. Wherever we see today, we find people hankering after money.

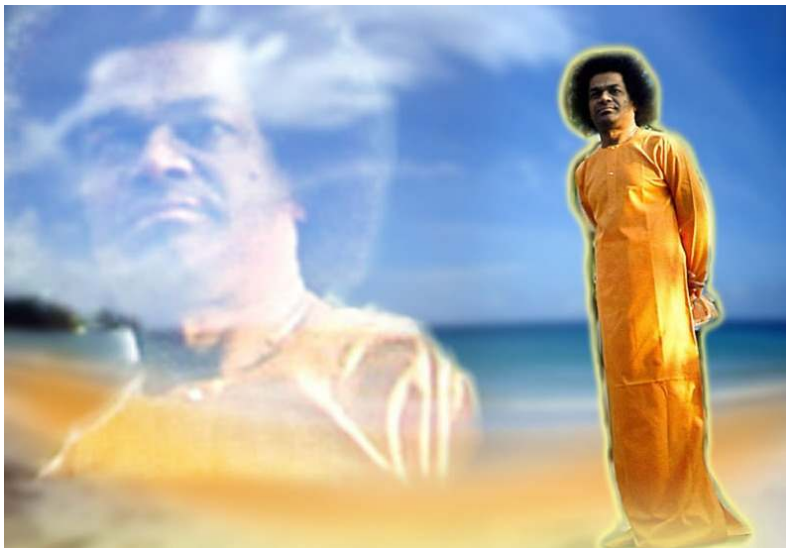
You develop the feelings of 'I' and 'mine' due to the delusion caused by body attachment. Body is, in fact, the cause of all attachments. But, how long does this body last? It is desired only so long as there is life in it. When the life principle goes out of it, the body is mercilessly put on fire. Then, to whom does this body belong? You say, "This is **my** body, this is **my** hand, this is **my** leg, this is **my** mind, this is **my** buddhi (intellect)." Everything is my, my, my. When you say 'my leg', you are separate from your leg. Then who are you? You are you only. In this way, man today is deluded by his attachment to his body and senses. But you are not the body, you are not the senses, you are not the intellect, you are you. You should realize, "I am I." That universal 'I' principle is



only one. *Ekam sath viprah bahudha vadanti* (truth is one, but the wise refer to it by many names). But the individual 'I' represents ego. When you cut this 'I', it becomes the cross which is worshipped by the Christians. It means, when you give up your ego, you become your true self. You are not an ordinary person; you are God yourself. There is no need to search for God. Wherever you see, God is there. It is only due to your ignorance that you give scope to differences like 'I' and 'you'. I am not Sathya Sai Baba. Sathya Sai Baba is the name given to this body. I don't have any

particular name. Your body is the gift of your parents. This body is endowed with *Pancha Bhutas* (five elements), *Panchendriyas* (five senses) and *Pancha Pranas* (five life principles). These *Pancha Pranas* are *prana*, *apana*, *vyana*, *udana* and *samana*. They are the same in everyone. Therefore, you are not different from others.

There is no need to search for God. Have faith that God is within you. When you have faith in God, you develop love. From love emerges peace; peace gives rise to truth. This truth is God. Truth does not exist separately. What are the human values? They are Sathya, Dharma, Santhi, Prema and Ahimsa (truth, righteousness, peace, love and non-violence). They have no form. These formless principles are imprinted on your heart. All that we read and write corresponds to physical and worldly education. It cannot be called education in the true sense of the term. What is true is educare. Educare means to bring out our latent values. They are immanent in our heart, but we cannot see them. They have to be manifested through self-enquiry. True Sadhana lies in recognizing and manifesting peace, truth and sacrifice that are present in our heart. You undertake various spiritual practices like meditation and Japa (recitation of God's name). What do you understand by Japa? You think Japa means counting the beads of a rosary. But it is not so. All these spiritual practices are merely our imagination. They are all artificial, not real. Science teaches many things. It gives only that knowledge which we acquire through our senses. There can be no science without senses. We are leading artificial and mechanical life by acquiring this knowledge. It is not true life.



You must have faith. You can recognize your true form only when you have faith. From faith comes peace. Truth emerges from peace. This truth is God. God does not have any separate form. God manifests from the truth within you. Do not waste your time in unnecessary pursuits. **Time waste is life waste.** First of all, you should understand that truth is your goal. You will have no obstacles when truth is on your side. Your senses and mind are very strong when you are young. Your intellect is also very sharp. Being endowed with such great power, why should you feel weak and helpless?

Love is not your individual property. It is universal and belongs to all. Love is in everyone. Love is there in you, Me and everyone. We attribute various names to this love and try to experience it. You should not think otherwise. Today even school children develop a tendency for artificial love. But this is not correct. This artificial love makes man weak. This weakness can cause many diseases. Do not develop such love which gives rise to diseases.

The principle of love is the principle of divinity, nothing else. Accept that love which comes from God. Do not accept that love which comes from others. Your love for God is true love. Whomsoever you love other than that, it cannot be called true love. Man develops attachment to many people, but he is unable to experience true love. True love originates only from God. God is the embodiment of love. **Love is God. Live in Love.** You should experience only divine love, not worldly love. I will explain to you this principle of love in detail later. We have already exceeded the time limit. Therefore, I don't want to cause inconvenience to you.

It is very easy to attain God. You can attain God in no time without undergoing any strain. It is very easy to experience love. When you look at it, love appears to be very small. But it is as deep as an ocean and as high as a mountain. It is inexhaustible and infinite. Nobody can describe the principle of love because of the limitations of the circumstances and experiences.

"Why Fear When I'm Here"

By Jolene Lee

Surrender... it is a simple nine-letter word. Ironically, this simple word cannot be put into action easily. I have tried it many times. Moreover, I have spoken about it to many. Life without problems was not life at all. There comes a time when we just want to give up and leave everything in His hands. However, do we actually surrender the decisions to Him? If we do, why do we question His answers in our daily prayers. Why do we continuously doubt His judgment? Why do we ask for things to go the way we want it too? That is not surrender.

God does not always give us what we want but He gives us what we need. There is a saying that if God ask you to put something down, it is because he wants you to pick up something better. Yet, as humans, we get angry, doubtful and question Him. Why God? Why things are not happening the way I want it to? Do you not love me? Am I not your child? We trust in God and when things get out of our control, we turn to Him for comfort and guidance. However, when things do not go the way we intend it to, we doubt God. Does He really exist? Does He listen to my prayers?

These questions... when will it stop? Deep down, I know my actions are wrong. I know Swami is there for me. Just like a mother guiding her child, my Mother Sai will swim me through the thick and thin of life. Then, why do I still question HIM?

I believe that the ultimate problem here is attachment. If we can learn to relish this attachment and move on with life, then every visible problem will soon be invisible. Everything happens for a reason. As Swami says, **"Not a hair falls down if I do not will it. Why fear when I am here?"**

Exactly...Why do we have this constant fear in us? When things happen, we should learn to surrender. He will take care of it but it does not mean that we give up our efforts. We do our part and He will do his. **If God brings you to it, He will bring you through it.**

A friend once sent me a message that read *"Good pictures come out from negatives which are developed in a dark room. So when you feel your life is in dark, it means He is working on a beautiful picture"*. I believe He truly is, for every fall that we take, we somehow emerge as a better being and a stronger person. We should take the challenge that God sets upon us, face it boldly and accept what happens next as grace from Him. Do we question Him? Do we twitch out faith in Him? The answer is a simple NO. However, how well can one practice this faithfulness in God?

We can do so by surrendering. Know in your heart that He loves everyone equally the same. We are no different from the others in His eyes.

To Swami, "There is only one religion, the religion of Love; There is only one language; the language of the Heart; There is only one caste, the caste of Humanity; There is only one law, the law of Karma; There is only one GOD, He is Omnipresent..."



"Thy Will Be Done"

By Shamini Prithivi Raj



"No Krishna! I cannot fight: I will not fight. It is a great sin to kill all these people in front of me." So saying, Arjuna puts down his bows and arrows.

Krishna knew what was wrong. Frequently it is misery that drives one towards God. Kunti once told Krishna, "Oh Krishna! Please always bless me with misery. That is the only way I can constantly remember You."

Swami explains, "It is when you are in a desperate situation, which you call upon the Lord, forgetting your pride and egoism... Grief is a friendly reminder, a good task master and an even better teacher than joy."

Arjuna confesses with words of humility. **"Please Krishna, I am confused about my duty, I Surrender to you. Take me as Your disciple and guide me!"**

This is the key point – **Surrender**. Swami has revealed that Krishna and Arjuna were inseparable for 75 years but never, did Krishna taught Gita to Arjuna in that period. Why? It is because during all these years, Arjuna was living with full body consciousness. The moment he surrendered, Krishna was ready to impart the Divine Message.

Swami declares; Surrender means the capacity to distance One's thoughts from worries, difficulties and problems he face. He adds, although Arjuna had declared that he surrendered to the Lord, he was still attached to his senses, body and the mind- a powerful combination which invariably steers one in the wrong direction and creates 'doubts'. However the ever-compassionate Lord was always willing to do the needful even though Arjuna's (our) surrender at that stage was perhaps incomplete.

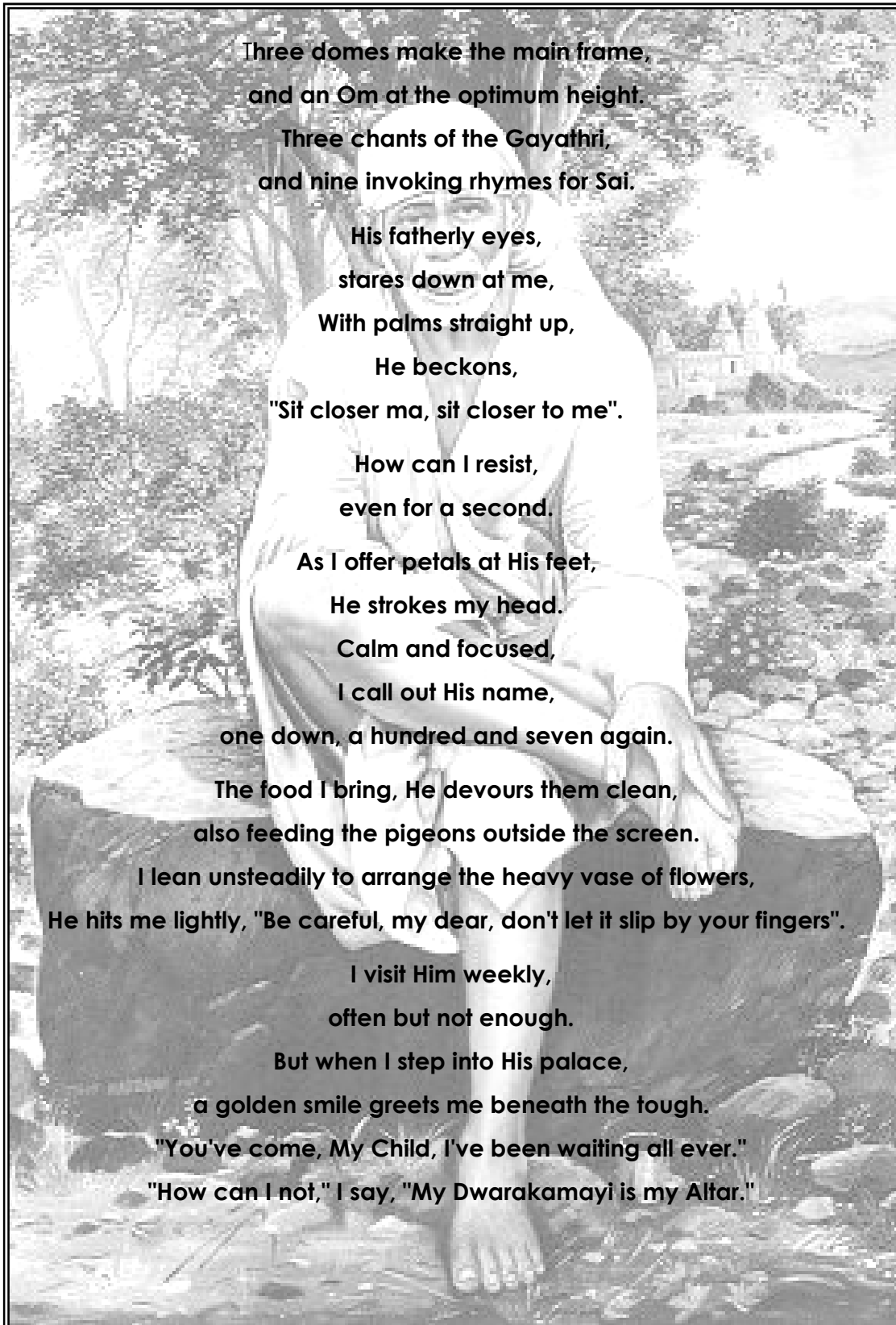
Bhagavan says; Do not think about what will happen and how things will turn out; If you give in to these kind of weaknesses, it means you do not trust me enough...

Even during difficult times say: **"Lord, I praise you and thank you for this problem, this need of mine. Please deal with these matters in ways You deem best for this transitory term on earth- You know what is necessary."** Swami assures us that if we say this sincerely, **"Thy will be done"**, HE will intervene with His full omnipotence and resolve the most crucial situations, even those that seem impossible.

Then I will do just that, and when necessary, also perform a miracle. I am thinking
of you constantly- I can only help you completely when you entrust yourself
totally to Me. - Baba

"My Dwarakamayi"

By Sai Shrujeshwari



Three domes make the main frame,
and an Om at the optimum height.

Three chants of the Gayathri,
and nine invoking rhymes for Sai.

His fatherly eyes,
stares down at me,
With palms straight up,
He beckons,
"Sit closer ma, sit closer to me".

How can I resist,
even for a second.

As I offer petals at His feet,
He strokes my head.

Calm and focused,
I call out His name,
one down, a hundred and seven again.

The food I bring, He devours them clean,
also feeding the pigeons outside the screen.

I lean unsteadily to arrange the heavy vase of flowers,
He hits me lightly, "Be careful, my dear, don't let it slip by your fingers".

I visit Him weekly,
often but not enough.

But when I step into His palace,
a golden smile greets me beneath the tough.

"You've come, My Child, I've been waiting all ever."

"How can I not," I say, "My Dwarakamayi is my Altar."

How I started Believing in Swami

By Renukha

Meera and I have been having constant arguments on whether Swami does miracles or not.

"Oh shut up Meera. I am tired of listening to this nonsense. For God's sake please stop. Why can't you just let me be in my own way? You know I come to this centre for the sake of Bhajans only. So just, let it be. You can have all the trust in Him if you want to. Why bother me"?

"Renu, sorry if you think I am bothering you, but I just hope that one day you will realize that He is true. I do and I have seen Him in person that's why I am telling you all this. It's all right girl, until the day you realize Him, I will no longer bring up this conversation. See you around".

Few days later....

"Hi Meera, Renu here", I spoke over the phone. "I just wanted to tell you that I have been called for an interview at Melaka-Manipal Medical College today at 2.00pm".

"That's great girl. What position" Meera asked.

"It's for an Examination Support Executive post".

"Good for you, girl. I'll pray for your success. Just think of Swami and ask for His blessings," Meera said.

"Oh God. Don't start again sweetie. I don't want to get my mood bad before the interview. Call you later ok. Bye".

Later that evening.....

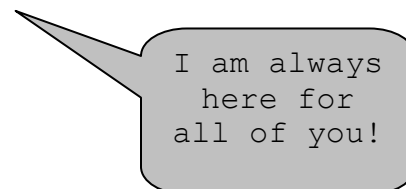
"Hi Renu. How did it go? You were supposed to call me right. Any good news"?

"No. They said I don't have the required experience for that post, so they rejected my application".

"Well, sorry to hear that. Don't worry dear; probably Swami has better plans for you".

"Meera, for the hundredth and million times please stop it. What happened to miracles that your Swami does. Didn't you pray to Him for me? What happened? Where is the little miracle? I did not get the job, did I? How could I even have trust and have faith in Him? Answer me"! I slammed down the phone.

That night I had a dream whereby I was in the Sai Centre for a talk by the Centre youths. At the end of the talk, I saw a man in an orange robe and he looked so familiar. He was smiling when He saw me and called me to the front. As I was approaching Him, I realized that it was Swami, the person that Meera always talked about and the figure that I sing to every week. As soon as I reached Him, He put his hands on my head and blessed me. Without realizing, I fell on His feet and did the "Paada Namaskar". He then smiled at me and said...



Suddenly I heard my **phone ringing** and I opened my eyes. I realized that it was a dream and shrugged off.

"Hello", I answered my phone.

"Hello. I am Jaya from Melaka-Manipal Medical College".

"Oh! Hi Madam" I said surprisingly.

"Well, I am calling to inform you that the Management has decided to hire you as our Administrative Executive" Madam Jaya said.

"But I thought my application was rejected yesterday" I said.

"Yes, we rejected your application yesterday for the Examination Support Executive post, but looking at your experience, you are qualified for the Administrative Executive post which is also vacant. Madam Jaya asked.

So are you interested with our

"Oh yes. I will be glad to take up the offer. How soon do you need me to join?"

"We will need you here beginning of next month if it is ok with you. I will send you the offer letter. Read them first and then let me know if you agree with the terms and how soon you can join".

"Ok Madam. I will. Thank you so much".



I was so excited that I almost fell off my bed. Then I remembered the dream I had and the blessings Swami gave me. **It was truly a miracle for me.** I got up and went to the altar where I had a calendar-sized photograph of Him. I looked at Him and held up both my hands to pray to Him. In an instant, tears started rolling down my cheeks. I asked Him to forgive me for whatever I have said about Him. Later that evening, I met Meera and told her what happened. I asked her to forgive me for whatever I had said and done. We hugged each other and from that day, we never had problems concerning Swami again.

Thank you Swami for the love and blessings you shower us everyday.

Confession of an Aspiring Devotee

By Kamini Rajasingam

"GURU"..... that was the only word that lingered in my head whenever I referred to Bhagavan Sri Sathya Sai Baba and his teachings since the inattentive age of 12. I never knew the significance of attending weekly Bhajans or Balvikas classes at that age. Swami's teachings based on the five elements of Sathya, Dharma, Shanti, Prema and Ahimsa got embedded into my soul at that age. Although I lie or speak harshly at times, 'something' always kicked the door of my heart and made me cry for reasons that only God knew. As I grew up, I realized that the 'something' was my conscience and now I realized that it was Baba all along!

Swami had always emphasized love for your parents and service above self. It has been very difficult for me to embrace family love mainly because my mother was a tough woman to please. For years, I lived without the taste of mother's love. When I started working, I loved the state of independence it gave me. New friends and acquaintances, experiencing something new everyday left me intoxicated. I forgot Swami. I forgot about my worrying parents. I forgot about prayers. About Bhajans. About the time when I was a naive child who had fun absorbing Swami's thoughts and teachings. All that mattered to me was the freedom to do what I want. Money to spend when I want and friends to keep me company all the time. I only went to temple when I needed something. Years, or to be precise, six years of my precious life got wasted as I buoyed in the 'current' called adulthood that took me across the 'sea' called life. Nothing felt right. One problem after another emerged. I was suffering mainly due to my spendthrift habits. It pushed me deeper into the sea of life and I did not know how to swim back.

I was about to give up. I cursed myself left and right and neglected my health. I felt like the whole world, including God was against me without thinking that I may be the one who was against the whole world. It was sometime in March, this year that I heard about the news that changed my life for the better. A genuine friend came up to me and said "Let's go to India. The Sathya Sai Committee is organising a World Youth Conference (WYC) after so many years." It was a calling. I felt like Swami himself was saying to me "You've been let loose for too long, attach yourself back on my strings!" Next thing I knew, I was deeply engrossed in a Sadhana programme that Bhagavan had designed for his children. I became a vegetarian. Bhajans and Satsangs were back on my weekly schedule. No more excuses of 'NO TIME' as all of a sudden my heart and mind started speaking to me making me realize that time, was something we make. Bhajan songs replaced my CD collections and OMKAR and Gayathri Mantra took charge of my life. Prayers were an integral part of the Sadhana. Automatically, my 'vegetarianism' gently forced me to start speaking softly and lovingly. It made me realize that making everyone happy with a soft and sweet speech was a blessing in disguise.

My problems never magically disappeared. In fact, Swami threw in one test after another and made it much more incomprehensible. Getting to India for the World Youth Conference was a challenge on its own but the moment I stepped my foot in Puttaparthi, nothing seem to trivial or too big to handle. The only trivial thing, was my worrying state of mind, which I was able to comprehend by repeating Swami's words that '*This too, will pass*'. The trip made me realize how lucky I am and made me ponder upon my existence. I was looking at very embodiment of love and everything spiritual. So the word 'Guru' that hit my mind every time I thought of Swami transformed into 'God'. He walked, talked and smiled at us and that was the coolest thing ever! Every time I returned home and took a good look at my weary parents, I understood why Swami said love your parents. I made an effort to salvage whatever little love and respect that remained among us. Things at home changed tremendously after that. My relationship with my parents had a whole new meaning. Swami last message that made everyone in Parthi burst into tears (You all are my good devotees. Go home and be Happy) hits me every time I go to bed after a fulfilling day. I am not Swami's devotee for there are a lot of things that I need to achieve and a lot more to contribute to the society. He introduced me to a group of devotees who would keep me on track with 'Seva' work and who will keep reminding me of the love of my heart, my dearest Bhagavan Sri Sathya Sai Baba. Until Swami himself on his Will, declares me a good devotee, I will continue aspiring to be one...

Swami...The Guiding Partner

By Shalini Mohana Kumaran

I was introduced to Swami at the age of six. In a very simplified way, I was exposed to Swami's teachings by my Balvikas Gurus. I was too young to absorb some of Swami's teachings at the time. At that tender age, I was not sure who Swami really was and was unaware of how to make use of his teachings. As years passed by, I became a very young devotee of Swami when I started getting involved in a lot of Seva projects with my parents. Only at 12, I got to know about Swami; His purpose in this world, His teachings. This was when I started attending weekly Bhajans in the Ipoh centre, close to home. The rest, as they say it, was history. This was how Swami came into my life and into my family.



Getting to know Swami brought about transformations that I could not stop thanking Him for. Although I am still trying to learn about Him and His teachings, Swami has taught me some invaluable lessons through my own life experiences. Swami had played a very big role during my teenage years through my mother. Since my father was working away from home, at a far off land in Sabah, it was my Amma that single-handedly raised my siblings and me. Since Appa was rarely around to take care of us and see us growing up to become good youths, Swami took over the role of 'father' in my life and I saw him through my mother. I have seen my own peers get carried away with worldly pleasures hence, destroying a

good future during their teenage years but thanks to Swami I learnt the meaning of discrimination by attending Balvikas classes. I learnt how to discriminate between good and bad. Swami guided me through my challenging teenage life and it is because of Him, I am proud to say that my teenage years were filled with good memoirs all along.

When I was 17, I had to think of my final examination that was going to determine my future. Although, I was one of the top students in class during school years, I was holding my breath every step of the way during my final year. My grades were dropping for no reason and needless to say, I was worried. I prayed to Swami everyday to guide me in my studies. One morning, my Amma called me into the prayer room and handed me a *Japamala* with 27 beads and asked me to use it to chant the Gayathri mantra and assured me that this would help me with my studies. I chanted the Mantra as instructed. I still chant the Mantra on a daily basis and without a doubt the Mantra helped sharpen my intellect and brought a tremendous change to my studies and to my life. If it was not for Swami who introduced the Gayathri mantra through my Amma, I would not have even glanced or bothered to learn about the significance of Gayathri mantra at all. Gayathri mantra has played a very big role in my life!!!

This was one of the transformations Swami had brought into my life and I shall treasure the transformation so for the rest of my life. An opportunity to see Swami during Yathra last year was a dream come true. Since that visit to Puttapparathi, I am more loving and living every minute of my life to the fullest. Swami has brought about so many changes and I am cherishing the experience as and when it unfolds.

My dearest Swami, without You in my life besides my parents, I will not be who I am today! Sai Ram!

Divine Darshan for Darshana

By Darshana Sivanantham

There were instances in life when I questioned and asked myself when Swami will think I am ready to see Him, in physical form. Years passed and yet, my chance had not come.

Finally, after 22 years of living on earth, I was finally granted the opportunity to see my As no one can set foot in Puttaparthi without Swami's will, I knew there was a reason I was called to attend the World Youth Conference this year. He has plans for me, and my only task is to surrender, and have faith in all that He has planned for me.

The moment I set foot on the soil of Puttaparthi, I knew, I was home at last. It was heaven on Earth. God's garden, full of His flowers, His children, and His manifestation. Peace is one word to describe my first experience of Prasanthi. We, the Malaysian delegates for the World Youth Conference, arrived at 12am, 22nd July 2007. Prasanthi was asleep, all still and silent.

Morning Darshan was at 9am. Four hours before Darshan, all of us were up and standing in queue. The energy and Shakthi that surrounded the Sai Kulwant Mandhir was so overwhelming, that when I walked in for the first time, I was taken aback. Was I really here? This is where Swami is, in physical form. All my life I have yearned to see my Lord, and now, He has finally graced me that chance. The sound of Bhajans in the Mandhir moved many to tears. It was a powerful and blissful. . The Bhajans concluded and we filed out of the hall in silence. Swami did not come for our first morning Darshan...

Surprisingly, I was not disappointed. The Bhajans was completely filled with Love for Swami and vibrations. I felt Him there even though He was not present. Finally, the time for me to meet my Lord for the first time came in the afternoon. I was seated opposite the verandah, close to the front area of the Mandhir. All of a sudden, the muffled sounds of chit chat ceased into pin drop silence. Vedic chanting commenced and the bells of Puttaparthi rang loud and clear. I turned, my hands clasped together in prayer and there He was Bhagavan Sri Sathya Sai Baba, my Baba...

The chair He was seated on gracefully glided in almost as if it was floating. Swami looked so beautiful, radiating with so much Love, so much peace. There was that smile on Swami's face, the smile many are so familiar with. Tears spilled like cascading waterfalls from my eyes, and I felt my heart yearning for Swami. I saw Him, in His bright orange robe, His mass of dark hair, and His hands placed so gracefully on the arm

rests. He turned, and He smiled...

Swami turned, and headed to the other side of the hall. At one point, I thought He would leave. *Don't go Swami....*" I cried silently. To my joy, He turned again towards us, the women. We were graced with his Darshan once again. I spoke to Him, freely, completely, totally and prayed that He gives me what I need. He knows I need and only what He wants me to have. My love for Swami has never been something I could put into words. It was only then, when I saw Him, that I knew how much I love Swami.

That one blissful meeting with Swami left me with happiness that nothing can ever replace. I thought that was more than enough, but our dear Swami gave me more than just a taste of His sweetness to remember forever. One Darshan, Swami graced us with His presence while Bhajans was going on. I will never forget the bliss, the joy to be in His physical presence during Bhajans. I vividly remember Swami seated, His eyes closed and hands in the air, immersed in the energy and Love from the Bhajans.

I have been blessed, to receive the Divine Darshan, from the Divine Himself. Divine Darshan for Darshana.

" I love you, Swami. Thank you for being my best friend, my guiding light, my guardian, my everything..."

My Swami and I

By K Vasanthi Prem Ananth

Swami came into my life at a tender age of eight. I was visiting my auntie's family in Temerloh where they had a picture of Shirdi and Sai Baba. I was instantly attracted to Swami. Words failed me then but the feeling was blissful and a sense of mystery enveloped me. Being a mere child I enquired my family about Swami repetitively in vain. I felt disappointed and would be for the next 10 years of my life.

My second experience with my beloved Swami came while I was waiting for my STPM result. I was introduced to the Sai centre in Seremban by former schoolmate. My first Bhajan experience left me excited and delirious. I felt connected to Swami and looked forward to this ever week. Unfortunately, I was bogged down by many problems and had difficulty finding my way to the Bhajan centre and convincing my family the importance and the need for me to attend Bhajans. Being an 18-year-old female teenager, without any mode of transportation especially at night, was a big hindrance. It also didn't help being the only member of the family who believes in Swami. During this stage of my life, I also faced a lot of personal and problems. With everything weighing me down, I thought that was the end of Swami in my life... a passing cloud perhaps. My every step seemed to follow with major disappointments or so I thought.

While it took a good 10 years for Swami to re-appear in my life the last time, He came back within two weeks this time around. I was accepted to pursue my tertiary education in USM, Penang and was pleasantly surprise when my roommate turned up to be a staunch Sai devotee. A Sai centre was located in close proximity with the University. Was it a coincidence or Swami's Leela? What I missed previously, He gave them to me in abundance. I was surrounded by wonderful people who helped me understand his teachings and guide me in his mission of selfless service. Swami gave me strength to do many things which I deemed impossible. I learnt and enjoyed Bhajans and mantras and was actively involved in a shelter programme and various activities during my University days.

Upon graduation I felt like a transformed person not only because of my degree but more so because of Swami's presence in my life. I found employment in a Multinational company as a chemist. Though I was staying alone, I always found time to do Swami's work and traveled weekly to the Port Klang Sai Centre. How can I not spend time for Him when he was filling me with so much love? However, I always found something lacking at work. Though I was paid well after two years, I found that my job was not helping me to contribute to the society. With Swami's grace I made a bold move to teach and enrolled in a teachers' training college. I was posted to another state, far from home and for the one year was unable to attend neither Bhajans nor Sai activities as I failed to find any centres in the state. I felt like an uncharged battery devoid of my Swami's love, hence I prayed daily that I would have a better luck when I get my teaching post.

Upon my posting, I found a centre which needed me to drive a distance. Since I had no transportation of my own, I had to depend on the public transport and take three buses to reach there. Despite the hassle the trips were always seemed sweet. Eventually I matured in my Sai understanding and began teaching Education of Human Values (EHV) at this centre. It was one of the most wonderful periods of my Sai evolvement.

It was then; I met my Husband-to-be at the Dhyana Vahini Camp. **He was the sweetest gift Swami has showered on me.** He was a perfect match which only Swami was capable of pulling off. Our wedding took place during the Akhanda Bhajan period and he took me to Puttaparthi for our honeymoon. **It was such a surreal experience especially when I first saw my Swami up close and personal. I still had the feelings of that eight-year-old girl and tears started rolling down my cheeks as I thought of the transformation that had taken place in my life. Sat-Chit-Ananda I am in His presence.** I have no words to describe my relationship with Him. I can only say it was intimate. I have gone a full circle and now I am happily married and settled down but my journey with Him has not ended. We're just beginning....My Swami and I!

When You Say Yes To Me

When you said "Yes" to Me you gave up the right to be like everyone else.

That is why you draw experiences to yourself that will
cleanse yourself of that which does not fit who you are.

Over, and over, again, and again until I make you see that the past no longer works.
I challenge you and tempt you every day with your past, so that you may see that
the past is ultimate delusion.

When you said "Yes" to Me you gave Me your body, your thoughts, your actions.

When they don't suit the new you, the uncomfortable ness is unbearable.
It is so EVERY time until you realize this fully; only then will you completely give up
desire.

For this is the only way man will learn.

Very seldom does he learn by quiet reminders.

Man's desires and pitfalls are placed there so that I may do my work.

When you give up totally, then the temptations will fade.

I will never give up on you.

Every slip will become harder to bear and less easy to remedy.

You will tire of your foolishness because I love you and whether or not you are
completely aware of it, you did say "Yes".

~

~Sathya Sai Baba~

Stars are Many, Sky is One

By S.Shalini



I carefully placed the washed dishes on the rack as I contemplated on what the speaker had said. "We must learn to visualize unity in diversity. There is only one religion, the religion of love. God is one; therefore, we should not separate people through religion. I found it difficult to accept such views. It had been just two weeks since I joined the Sai Centre and I still was not used to their belief in interfaith. I gave a quick glance at the clock and made my way up the staircase when I heard a faint hissing sound coming from the bedroom.

As I entered the bedroom, there he was, my three year old son on the bed struggling for breath. I hurriedly scooped him into my arms and got into the car. Upon reaching the hospital, the nurses rushed my son into the ICU. This was his third asthma attack and probably the worst one. As I was fretting, a Malay man in his sixties, dressed in a short sleeved t-shirt and sarong came and

stood in front of me. His beard and moustache reminded me of those religious teachers in my primary school. I never felt comfortable near them. I looked up at him, feeling annoyed that he should disturb me at a time like this.

"What is your name, my child?" he asked in a soft and gentle voice.

"Your child? Oh, whatever!" I thought miserably. I reluctantly mumbled my name and turned away. He sat down beside me and looked at me. "What is wrong with your son?" As briefly as possible, I explained to him about my son's asthma attack. "Don't worry," he said. "He will be fine. A bright child he is. I have children too. They are all over the world. If they knew I was here, they will all come rushing here to see me and I'm afraid the hospital is not big enough to hold all of them," he said with a chuckle. The man was not making any sense but I managed to give him a faint smile. "Don't you want to ask me anything?" he asked when I didn't say anything.

"What do you work as?" I asked before I could stop myself.

"I own many companies all over the world. And my children are willing to do my work for me voluntarily anywhere and everywhere." I tried my best to look impressed at what he had just said. "What does your son like to play with?" he asked me. For the sake of getting rid of this stranger, I said, "He likes toy cars."

Within minutes, the old man returned with a white car and a white teddy bear. "Give this car to your son and you keep the teddy bear for yourself. I will be in room 103 if you want to see me." With that, he went away.

I looked at the toy car and smiled. I looked at the teddy bear and burst out laughing despite the situation I was in. "Funny old man, but he seemed to be so concerned over both of us!" I thought to myself. A few minutes later, the doctor came out of the ward to say that Arun was perfectly alright. I rushed in and fussed over him for a short while.

When Arun saw the toy car and the teddy bear, he asked, "Mummy, is that what the old uncle gave you? Quite shocked, I asked him, "How did you know?" "Because he told he will take care of me and that he had bought me a present."

Not wanting to discuss this issue any further, I promised my son that we'll visit the old uncle later that evening. As we stood in front of room 103, I was still pondering about how the old man had

HIS DIVINE PLAY

communicated with my son. I pushed open the door and saw a nurse cleaning the room. I asked her, "Was an elderly man admitted here before this?" "No ma'am." She said.

My son and I exchanged puzzled looks. I felt a hand on my shoulder and turned to face a kind faced, middle aged woman in a sari. "I think you're looking for this, dear," she said as she thrust something into my hand. Before I could say anything, she went around the corner and out of sight. The picture I was looking at was none other than the divine and caring man whom I had been seeing for the past two weeks in the Sai Centre.

There was something written underneath the picture. "**I come in different forms. I have many children who love to serve me. -Baba**"

Tears rolled down at my cheek as I looked at the toys in my son's hands and recalled how the old Malay man had talked to me. If only I had paid more attention. It was a miracle. After all this, I was not insane to continue separating people by religion.

We are all children of God. Hence, we are nothing but brothers and sisters to each other. It's not about calling everybody 'brother' or 'sister' but it's about believing in it and practicing it with a whole and sincere heart. We have to develop a habit of visualizing unity in diversity. Jai Sai Ram!

**Oh Lord, Take my love and
 let it flow in Fullness of Devotion to Thee.
 Oh Lord, Take my hands and
 let them work incessantly for Thee.
 Oh Lord, Take my soul and
 let it be merged in one with Thee.
 Oh Lord, Take my mind and thoughts and
 let them be in tune with Thee.
 Oh Lord, Take my everything and
 let me be an instrument to work.**

SAIS...

*When your life is in darkness
 And nothing is right
 Remember just remember
 Through the darkness, Sai is The Light.*

*When your heart is breaking
 And your pain makes you fall
 Remember just remember
 Sai Sees it all*

*When the way is cloudy
 And there is no one by your side
 Remember just remember
 Sai is The Only Guide.*

*When no one wants to listen
 Or is willing to lend an ear
 Remember just remember
 Sai is always ready to hear*

*When you are down in your misery
 And there is nowhere to run
 Remember just remember
 You can always run to The One*

*And when your scars are hurting
 And your heart is in fear
 Remember just remember
 Sai is always near so why fear.*

Love Actually

By Roshini Visvanathan

(A report on the Klang Valley All Girls Sai Teen Youth Gathering)

It all started one morning while I was busy preparing for a camp. I was looking for one particular picture of Swami leaning against a pillow, to decorate the altar at the camp. Why this specific picture you may ask.

Well, we figured that if we were all going to be lying down and relaxing, Swami too should be in the mood. We looked all over for the picture we finally found it at our Bhajan centre. Uncle Thava who pointed it out to us also highlighted that the picture was hanging off the hook that morning, which signaled that Swami may also be eager to go for the camp.

Upon hearing that, I took the picture and proceeded with the preparations for the camp. The girls trickled in at about 9pm. We started off with nice Bhajans and then of course, Bhojan.

As we were eating, we found out that there was no water in the house. We were quite disappointed as this problem had never occurred before; we explained the situation to the girls, who needed some convincing that we were not joking. However, they accepted the fact well and did not even complain when we told them that in order to save water we needed to forgo our baths for the day and the day after.

The sessions went on very well. We had fun bonding with each other through movies and sharing of experiences. The girls even wore sarees and did the catwalk on the runway. I must say we really have a lot of talented young women in our fold.

We also had the "The talk" about Boy-Girl separation, as preferred by Swami, which lasted till 6.30 in the morning. Needless to say, none of us got any sleep at all. But the good thing was the teens finally understood why Swami insisted that boys and girls needed to be separated. They then understood the need for separate sessions.

The next morning started with an Omkaar session and as we did Arathi, one of our participants, Sister Shivani, pointed out to the rug we placed for Swami at the foot of his bed. What we saw then, was beyond our imagination! ... Lo and behold, we found Swami's footprint on the rug. Our darling Swami had indeed blessed us with his presence. The girls stood in awe of the situation. I was overcome with immense joy. We went for a short walk and then returned to prepare tea-time snacks for the leprosy patients we were about to visit. We chanted the powerful Gayathri Manthra as we prepared the food.

Since we wanted to save water, we mixed all the food in one huge pot and fed everyone during lunch. The amount of love shared was tremendous. In fact it was overwhelming. The teens carried this love to the leprosarium with them; many of them unhesitatingly hugged the lepers and planted tiny little kisses on their yearning cheek. The lepers were very loving as they too hugged our girls, who had not bathed for a whole day!

We were proud of our young girls and I am sure Swami was too. As we returned from the leprosarium and cleaned the altar, we noticed that even the drink we offered to Swami had changed. It was aromatic and tasted different when we took a sip out of it. That alone was enough to convince us that Swami was there all along and He continues to remind us that He is always with us, walking by our side.



Significance of Writing Letter to Swami

Writing letters to Swami is a spiritual activity which helps one to communicate deep love, sincere feelings of Bhavana and express devotion.

The moment a letter is written to Swami, the message instantly reaches Him. Many years back, when Ambassador Basheeruddin requested Swami, on to which address he should write letters to, Parthi, Brindavan or Kodaikanal? Swami responded that it does not matter to which address one writes, as the messages reach Him instantly, as soon as a devotee starts writing. **Thus, our letters are accepted by Swami, the very moment we write to HIM.**

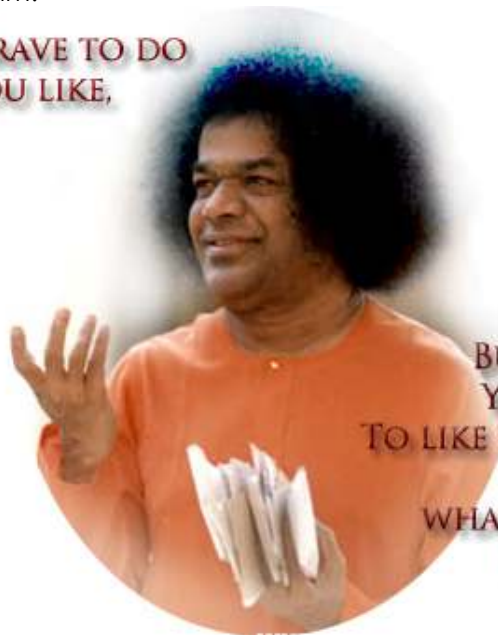
The significance of writing letters to Swami is that the practice is considered a highly concentrated prayer involving thoughts, words and deeds, writing letters is the only activity where the three elements are converged. In our daily prayers, only our thoughts are involved whereas when you put them down in a form of a letter to Swami, it involves a greater concentration and helps in our communication with the Lord.

The sweetness of devotion is to establish a constant flow of communication of love between God and respective individuals. Writing down our prayers in form of letters on a daily or regular basis would help us, in course of time, to develop intimacy with the universal Lord himself.

Just as the learning of alphabets is essential to master the English language, writing letters to Swami would help us to master the art of communication with Him. It's true that Swami knows all. Until we fully master the art of communing with Swami at all times, it may be useful to jot down a letter to Swami daily, on a paper or on a computer desktop, and intensify our communication with the Divinity. It may not require posting as the messages reach Swami instantly, once feelings are expressed with intensity and faith.

Of course on matters of immediate importance one could always send a telegram to Swami or send a fax message to Prasanthi Nilayam.

DO NOT CRAVE TO DO
WHAT YOU LIKE,



BUT TRAIN
YOURSELF
TO LIKE WHAT YOU DO
OR
WHAT YOU HAVE
TO DO..

“Puttaparthiyil Piranthvareh”

By Shiyamala Sandrakantham

Puttaparthiyil Piranthavareh

Puviyai Kakka Vanthavareh!

Jahnemellam Unggal Pugal Oonggum

Jahniyarellam Unggalai Valthuvar!

Anbin Thiruoruvam Neenggal

Agilamellam Unggal Vasam!

Ilaiyorum Unggal Vazh Nedappahr

Inaiyillah Mahan Neenggal!

Thunbathai Thudaikka Vanthavareh

Thuyaratra Vazhvai Kattineereh!

Manikkum Gunam Veedum Andireer

Makkalai Nalvazhyil Sel Andireer!

Thondu Seiyya Veendum Andiveer Ungalai

Tholuvatharkeh Kaiyirandum Pohthavillai!

Olukkamudan Vazhvendum Andreer

Ottramaiyah Sirantha Vazhi Andreer!

Piranikalidathum Anbu Kol Andreer

Pizhai Poruththarula Vendum Andreer!

Ippadiyuru Vazhum Theivam

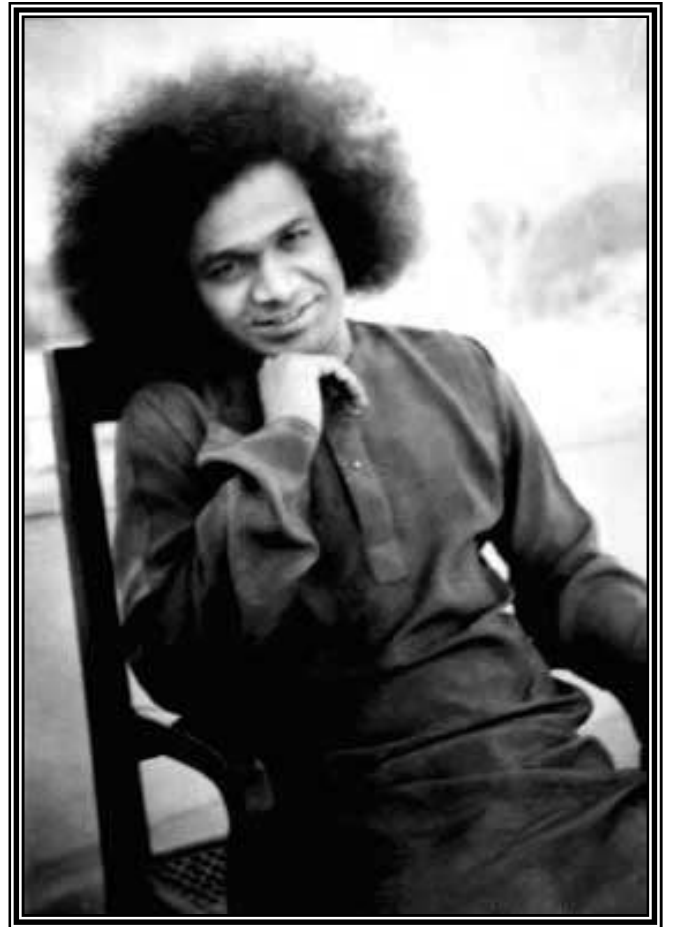
Innimel Naan Kanbathengeh?

Sathya Sai Baba En Theivam

Sathya Sai Nathar En Guruvahgum!

Vazhga Sathya Sai Baba

Vazhthugiren Unggal Thiruvadi Tohluteh!



PATH OF ACTION

Tender, Loving, Sweet- Seva As It Was

By Kamini Rajasingam

(A report on the T-Ratana visit by the National Sai Youth Sisters)



IT was an indescribable moment for all of us. Emotions were running high as we stepped into a room filled with newborn children. Some looked lost; some looked terrified while others succumbed to their maternal instincts.



It was our very first visit, as a group, to the Ti-Ratana Children's Home, upon returning from the Sri Sathya Sai World Youth Conference in Puttaparthi, last July. The home was famous among charitable individuals and organizations and the children residing there had enough of life's essentials, namely, food, clothes and a safe shelter.

The home's supervisor, Raj, took us on a quick familiarization tour around the place and introduced us to other volunteers. He shared some of his experiences and the ups and downs of his noble job. As the man spoke of his sweet and bitter moments, we imagined Swami in him. Not only because of the similarity of his name and Swami's maternal name "Raju", but also due to his service above self nature. We saw the sweetness of seva through Raj, who was in his late 20's, and coiled in shame, for we were far away from devoting our lives to Seva 24 hours a day, seven days a week.



It was easy to mingle with the children. Some of the kids were obviously deprived of love as they immediately spread their hands wide, signaling us to embrace them. After having spent some time playing with them, we adjourned to the prayer hall where some kids had assembled.

We donated some reading materials and food hampers to the office and proceeded with a quick round of general knowledge quiz with children aged between eight and 12 at the prayer hall. It

was not easy to control them but we managed to capture their attentions. Their wits stole our hearts right from the start.



Our visit was short but sweet nevertheless and the satisfied looks upon completing our first service activity spoke for itself. **Our journey towards service to mankind has just begun...**

To Act or Not To Act

By Sulekha Nair

"God will help you if you saying my late father did I realize then, that a can change and poor and needy!

I asked myself "What years of my life?", my knew the answer. I am am sure there are many in their hearts know and towards the society's Why have we, as future failed to help our other are in need?



help others". This was a often told me and little simple saying like this transform the lives of the

have I achieved in this 22 mind went blank and I speaking for myself but I youths, who deep down realized their ignorance well being, just like me. leaders of our nations brothers and sisters who

The answers to my questions lie in the way we think and act. All that we think about is about our success and ask God to give us happiness, wealth and health. Only us.

Why have we become such self-centered and selfish people? Why can't we spend a couple of hours a week helping and rendering service to the society? Why can't we start thinking of others and putting the less fortunate before us?

If only we, as responsible youths can get together once a week to visit an old folks home or an orphanage or spend some quality time with the old folks and children in these places, it would make a whole load of difference to their lives. They would feel wanted and loved and sometimes, just having someone to talk to or even having a visitor would mean a lot. They would start looking at life positively and so would we. Just putting a smile on their faces would change the way we look at life.

Youths should think of ways to uplift the standards of our society. There are many squatter areas that need house fixing and cleaning. We have the power get a few youths to fix and clean houses. Simple things like this would make a huge difference to the tenants of these squatter areas. Would it not be grateful if a good Samaritan helped fix our house roof when it tears down? Think about it!

The only way we can make a difference in the society is by **transforming ourselves**. We have to change the "I" and "me" factors to "we" and "us". We have to look at the bigger picture and visualize our world filled with much peace, harmony and love.

Swami himself stressed that "Service to mankind is service to GOD". There is no use in merely being conversant in the Vedas but not rendering service to mankind. We have to take the responsibility of ensuring that our other brothers and sisters who are less fortunate are able to lead normal lives just like us. The world would certainly become a living heaven is we are able to prioritize our lives by placing service to mankind as our first priority. Jai Sai Ram!

The Joy of Seva

By Asha Krishnan

I was just 16 years old then. As a Girl Guide, I used to follow my team to visit to the Cheshire home, a place for the disabled, as part of a service project. A group of us, guides, would go there to do some gardening. My first visit, as I remember it was scary as I had no idea what to expect. This was after all my very first ever experience with the underprivileged. I was clouded by the phobia of being attacked by a mob of scary people. Yet, I joined my friends and quietly went about my work in the gardens.

Then all of a sudden I could hear some noises behind me. As I turned to look for the source of the noise, I froze. Some stray dogs were coming to attack me and I began to panic, and I thought that was to be my last trip to that home.

Many years passed since that incident and I never gave it a second thought. That was until I became active with the Sai youths of my center. As luck would have had it or rather as Swami would have planned it, a visit to the very same Cheshire home became a monthly activity for the youths at my center. What was I going to do? I could not back out on this activity. How could I tell anyone, especially Sai devotees, about my experience when all the other youths, strangely enough, were so excited about this Seva activity. Nevertheless, for the love of Swami and for the sake of wanting to do Seva, I followed the crowd.



As a Sai youth, visiting the Home this time around was a new experience. Yes, I was a little scared but not fearful. I mingled with the inmates, sang, danced and played games with them. I was having a good time and did not realize the time passed so quickly. With that followed many other visits which I truly enjoyed. One of my best experiences there was when we did a short sketch for one Christmas. I still think about the joy that that day brought for all of us, youths and the friends we had made there.

Looking back, I cannot help thinking how foolish I was during my very first visit there. Even now as I share my story with you, I can only feel ashamed of my stupidity. However, since then, Swami has been a great part of my life and He has given me so many opportunities to do Seva, which I have looked forward to and even help organize.

Personally, I felt that I was the one that benefited the most from all the Seva since I learnt about people and even life. And with Swami's grace I have matured so much. Helping someone else without thinking of the reward in return is a great feeling. Something which I have grown to cherish in the last 25 years or so. And over the years, when I know that I have gone off track, it will be only be due to the lack of involvement in Seva. Thank you Swami for always being there and guiding me.

Jai Sai Ram,

What Do We Do?

By Sai Shrujeshwari

*Palms cupped for blessings in coins,
With a waddle or a hop,
They come for joys.*

*A beaten childhood leads them astray,
Into new boundaries, luxury gives way.
Helplessly out of a dying womb,
Some lead lives not knowing what to do.*

*So what do we do,
The blessed, we are?
Just reach out a hand; it's not yet too far.
Shoulder some misery, if you dare,
Or are you too busy to even care?*

*Counting the days before the end,
Slow and useless, they are thought of and sent,
Visits once a year, if they're lucky,
Their time goes by, wasteful in a jiffy.*

*Hope is needed through and through,
But from whom?
Only GOD sees fit to do.*



*So what do we do,
The blessed, we are?
Just reach out a hand,
It's not yet too far.
Shoulder some misery, if you dare,
Or are you too busy to even care?*



By Sai Shrujeshwari

Caribbean Baked Tofu Cutlets

Serves 4 people

- 1 pound firm tofu (sliced one-inch thick)
- 8 ounces tomato sauce
- 2 tbs lime juice
- 1 tbs grated onion
- 3/4 tsp dried oregano
- 3 cloves garlic(pounded)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 1/4 tsp coconut extract

1. Press tofu slices between two pans for one to two hours to squeeze out the water and compress the tofu.
2. While tofu is draining, combine remaining ingredients.
3. Mix well and set aside. Preheat oven to 350 degrees F. Lightly oil a "7 x 11 inch" baking pan or spray with a nonstick cooking spray. Spoon about a third of the mixed sauce into prepared pan.
4. Place pressed tofu on sauce and top with remaining



Vegetarian Casserole

Serves 4 people, time cooking 20 minutes

- 2 potatoes, peeled and cut into chunks
- 1 large onion, chopped in chunks
- 2 carrots, thick sliced
- 2 tomatoes cut into chunks
- 1 cup cooked kidney beans
- 2 zucchini, cut into thick slices
- 1 vegetable stock cube
- 1 tsp dry or fresh oregano
- Salt and black pepper to taste
- 2 tbs olive oil
- 1 cup water

1. In a medium saucepan put oil; add potatoes, carrots and onions and fry just for a few minutes.
2. Then add rest of ingredients except zucchini and cooked beans.
3. Cover pan and cook on low heat for 10 minutes.
4. Add zucchini and beans and cook for another 10 minutes or if you want crispy veggies just 5 minutes only. Serve.
5. You can add any other kind of vegetables you like to this casserole.



By Sai Shrujeshwari

Lentil Soup

- 1 pound regular lentils (green)
- Some bay leaf
- 3 large carrots (sliced)
- 2 stalks celery (sliced)
- 1 large onion (thinly sliced)
- 2 cups crushed tomatoes
- 2 tbs olive oil
- Optional vinegar
- Salt and pepper to taste
- 2. Press tofu slices between two pans for one to two hours to squeeze out the water and compress the tofu.
- 3. While tofu is draining, combine remaining ingredients.
- 4. Mix well and set aside. Preheat oven to 350 degrees F. Lightly oil a "7 x 11 inch" baking pan or spray with a nonstick cooking spray. Spoon about a third of the mixed sauce into prepared pan.
- 5. Place pressed tofu on sauce and top with remaining sauce. Bake uncovered. 45 minutes.



By Jaya Prithivi Raj

Vegetarian Sugee Cake

- 450g Sugee
- 1 big tin condensed milk
- 1 tin water
- 250g butter
- 1 tsp. baking powder
- 200g mixed fruits
- 1. Boil water, condensed milk and butter.
- 2. Remove from fire, add fruits and mix well.
- 3. When the mixture is lukewarm, add sugee.
- 4. Mix and leave aside for 15-20 mins. Add baking powder and mix well.
- 5. Bake for 45 minutes, till golden brown and fragrant.



By N.Thineswary

Firstly, I would like thank Bhagavan for giving me an opportunity to contribute to this magazine. I truly feel blessed. We must devote at least few moments of our thoughts, to think of Bhagavan and His activities, that will do us all good. It need not even be prayers or meditation that lasts hours. Reading Lord Krishna's life story, Lord Rama's history or a simple rendezvous with Bhagavan any time of the day would be sufficient. Hence, this column was created to help us all spend some quality time thinking about God at least for a few moments. Have fun and Happy Thinking!

- 1) Where does Lord Vishnu live?
 - a) Vaigundham
 - b) Kailasam
 - c) Himalaya

- 2) As one of the Trimoorthy, what is Lord Vishnu's responsibility?
 - a) To create lives
 - b) To protect and care for lives
 - c) To remove lives

- 3) What is Lord Krishna's maternal mother's name?
 - a) Yashotha
 - b) Devaki
 - c) Leelawathy

- 4) What is the name of Lord Krishna's elder brother?
 - a) Indran
 - b) Letchuman
 - c) Balarama

- 5) In which city was Lord Krishna born?
 - a) Mathura
 - b) Govardana Hill
 - c) Maysoor

- 6) Lord Krishna did not grow up with his maternal parents, why?
 - a) His uncle wanted to kill him
 - b) He was lost in the forest
 - c) His parents did not want him

- 7) Everything below describes Kamsa, except:
 - a) He was Lord Krishna's maternal uncle

TRIVIA

- b) He was an evil King that everyone was afraid off.
- c) He was Lord Krishna's faithful follower.
- 8) Lord Krishna invented something called 'The Rasa Lila', what was it?
- a) It was a martial art
- b) It was a special dance with the Gopi girls.
- c) It was a form of prayer
- 9) What is Lord Krishna's foster father's name?
- a) Vasudeva
- b) Bisma
- c) Nanda
- 10) How did Kamsa plan to kill Lord Krishna?
- a) In a wrestling match against 2 large and powerful wrestlers
- b) Plotted to kill him when he was alone
- c) By drowning him in the water
- 11) Why did Jarasandha attacked Mathura?
- a) He wanted to take over madhura after the death of Kamsa
- b) He was angry with Lord Krishna for killing Kamsa and making his 2 daughters widows.
- c) There was a certain jewel in Mathura that he wanted
- 12) How many times did Jarasandha attacked Mathura?
- a) 25 times
- b) 20 times
- c) 18 times
- 13) Why did Lord Krishna construct a ford in the middle of the sea?
- a) It was his favorite activity to pass time
- b) His parents asked him to do so.
- c) To save the people of Mathura and the Yadu Dynasty from being attacked by Jarasandha and Kalayavana.
- 14) Which goddess was Lord Krishna's first wife?
- a) Radha
- b) Bhama
- c) Rukmini

Sadhana Program for Sai Youth

Based on the input from Sai youth and leaders of the International Sai Organization, the Committee of the Sri Sathya Sai World Youth Conference, 2007 presents this Sadhana (spiritual practices) program for the youth as an offering to our Beloved Swami. We urge every Sai youth, even if they are not participating in the conference, to practice this program. Let us all offer the fruits of our efforts, with humility and love, at the Divine Lotus Feet of our Beloved Swami. The Sadhana program consists of nine spiritual activities to be undertaken by Sai youth. Each action is a form of spiritual discipline and together they enable a singular focus on the Divine.

CODE OF CONDUCT FOR YOUTHS

- **Practice Namasmarana - Chanting of The Lord's Name**

Namasmarana is the remembrance or chanting of the name of the Lord. Once the sweetness of that name has been experienced, the person will not have exhaustion, unrest or sloth. He will fulfill his pilgrimage of Sadhana, joyfully, enthusiastically and with deep conviction

- **Read Swami's Discourses/Books Daily and Conduct Weekly Youth Study Circles.**

In order to understand the mission and teachings of Swami, youth should constantly read Sai literature and hold regular study circles.

- **Engage in Selfless Service Activity as a Group**

Without offering selfless service, how can you expect to receive God's love? To receive God's love, you must be totally free from worldly desires and constantly engage in selfless service.

- **Practice of Dietary Discipline**

By regulating your diet and avoiding certain bad habits, you can preserve health. Moderate food, and food of the Saathwik type, will promote mental poise and also physical happiness.

- **Learn to Speak Softly and Speak Less**

Swami says, "Before you speak, THINK: 1) Is it necessary? 2) Is it true? 3) Is it kind? 4) Will it hurt anyone? 5) Will it improve on the silence?"

- **Take Active Part in Sai Centres**

Each and every youth should take on some sort of project at the Sai Centre level under the supervision of the Sai Centre Chair (President).

- **Improve Communication and Interact Respectfully with Parents**

Always look after your parents and never shout at them. This will make Swami very happy. Sai Youth should all try and speak softly and obligingly to their parents, no matter what has happened in the past.

- **Practice Ceiling on Desires by not Wasting Food, Money, Energy and Time**

This (the ceiling on desires program) enjoins on everyone not to waste food, money, time and energy. Avoiding waste of these four forms of gifts from God is spiritual Sadhana. It is the means to Self-realization

- **Practice Daily Meditation and Prayer**

We always have enough time to talk, visit cinemas etc. There is certainly time for meditation. Real meditation is getting absorbed in God as the only thought, the only goal. God only, only God.



For more information on Sai Youth Sisters and our Activities, please contact us:

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Spiritual Quiz Answers

4.	C	8.	B	12.	C
3.	B	7.	C	11.	B
2.	B	6.	A	10.	A
1.	A	5.	A	9.	C
				13.	C
				14.	C

A pair of hands, one larger and one smaller, are shown holding a pink flower. The hands are positioned as if presenting the flower. The background is a soft pink gradient.

SWAMI KU

(Sung to the tune of Manase Bhajore)

*Selamat Hari Jadi, Swami ku,
ucapan yang ikhlas, kami sampaikan,
Maha penyayang...maha pengasih,
Tanpamu, hidup kami tidak bererti.*

*Ayah dan ibuku,
Saudara-maraku,
Kaulah segala-gala buat hatiku.*

*Kau yang mengajarku,
Kau yang membimbingku,
Kau melindungi tak kira masa.*

*Kau inspirasiku,
Kau buah hatiku,
#ati dan mindaku hanya untukmu... (ulang)*

- a dedication from the Sai Sisters to Swami