



Love All, Serve All

April 2010

Help Ever, Hurt Never

"Anger will pollute the wisdom earned by man. Unbridled desire will foul all his actions. Greed will destroy his devotion and dedication. Desire, anger and greed together will undermine the devotion and wisdom of anyone and turn them into an animal. The root cause of anger is desire and desire is the consequence of ignorance. Ignorance is the characteristic of an animal. Realising this truth, everyone must do well to elevate themselves through self-effort and training. - Sri Sathya Sai Baba



Pandit Shivakumar Sharma

World renowned Indian classical instrument, Santoor player and ardent devotee of Swami shares his experiences with UK Sai devotees.....



Pre-World Conference in UK

Very important and special announcement of the Pre-World Conference to be held in UK in July 2010.....

[Read more below](#)

[Read more below](#)

Sai Students Experiences



Sai Students share with us their unique and privileged accounts of life with Swami....

[Read more below](#)

SSE Children



SSE Children of Coventry celebrate Mothers Day.

[Read more below](#)

Advent of Sathya Sai Part II



Our second part of a set of special feature stories on the life of Sathya Sai Baba.....

[Read more below](#)

Sri Sathya Sai Leadership Training Programme



Module 4 – Outwards bounds weekend. Did our students cope? What did they learn from their experience

[Read more below](#)

Region 5 (North England) / Region 8 (Scotland) - Retreat



Spiritual weekend awaits those in Region 5 and 8. Be sure to get the details

[Read more below](#)

Other Stories This Issue

- Rudram Chanting
- From The Head To Heart – Anger Management
- Regional Sadhana Meetings
- Sai School Children visit church
- Parable from the Divine
- Regional News
- Book Review
- Diary Dates 2010

Dear Love & Light Readers,

Sai Ram!

I hope you had a holy and restful Easter.

On the 9th April 2010, the National Youth Conference entitled, "The Rising Generation – Living the Sai Ideal" will be inaugurated at the Sathya Sai Centre in Leicester. Youth from all over UK will be gathering for a two day conference which forms part of the Zonal Youth Conferences that have been carried out throughout the world over the past twelve months.

The Sai Organisation in UK has long recognised that the imagination, ideals, and energies of young men and women are vital for the future development and continuance of the Sathya Sai Organisation. We are fortunate in UK that previous National Youth Co-ordinators have moved on to provide greater leadership and support to the Sai Organisation and Sathya Sai Trust.

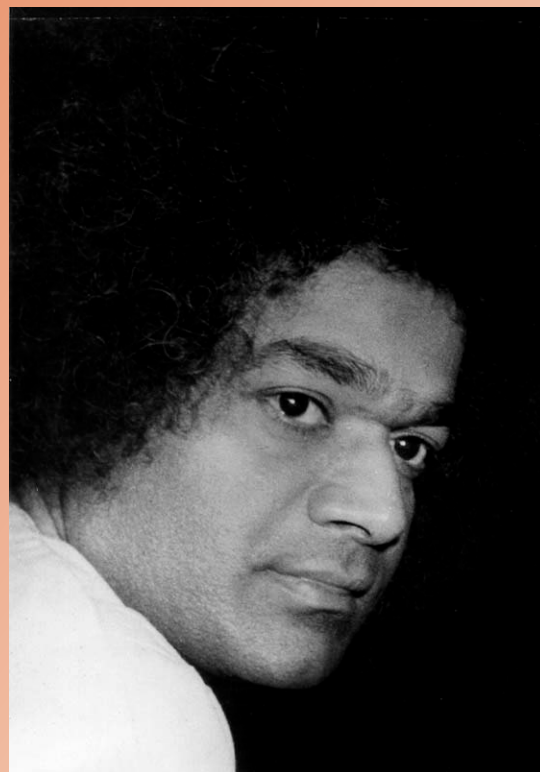
At our last UK Central Council meeting we discussed a mentoring programme which will be coordinated by Mathan Arulvel, the National Youth Co-ordinator, whose responsibility will be to work with the UK Central Council in providing Youth an opportunity to become effective leaders in the Organisation. Youth will be given the opportunity to be mentored by office bearers holding senior posts in the Organisation. Our aim is to give as much exposure to our youth and give them the chance to experience the workings of the Organisation as well as give them the opportunity to play a significant role in specific projects whilst they are being mentored by senior office bearers. If the youth are to be the leaders of tomorrow then we must make them participants of today.

This week we were very blessed and fortunate to have with us for the first time, an evening with Pandit Shivakumar Sharma who is on tour in London. Pandit Shivakumar Sharma's name is synonymous with the Santoor. He is a great visionary of Hindustani classical music and is admired by music lovers across the World. His contributions to Indian classical music as a performer, composer, teacher and writer are unparalleled. As well as being an international renowned musician, Panditji is also an ardent devotee of Sri Sathya Sai Baba and has performed in private and in front of thousands of devotees in Prashanti on numerous occasions. The evening programme was held in Region 2 at the Navnat Centre in Hayes with over six hundred attending at short notice throughout UK. We are very grateful to the Sai Students for arranging this event with Pandit Shivakumar Sharma and giving everyone the opportunity to hear him speak about his Sai experiences.

Finally, I am pleased to inform you that we have managed to find a beautiful venue for our Pre-World Conference that will be taking place during 17th and 18th July. More information in this newsletter.

Lovingly

Shitu Chudasama
National Chairperson



"If the youth are to be the leaders of tomorrow then we must make them participants of today."

Pandit Shivakumar Sharma



The Sri Sathya Sai Service Organisation in United Kingdom, had the honour and privilege of welcoming, for the first time, a living legend and great visionary Pandit Shivakumar Sharma and his wife to the United Kingdom. Devotees came from all over UK to hear the ultimate and divine experiences of Panditji with our Beloved Swami on 6th April 2010.



It has been said that Panditji's fingers are blessed with a magical touch. A touch that turns simple notes into sheer musical melodies on the Santoor. Pandit Shivakumar Sharma, a great visionary of Hindustani classical music is appreciated and admired by music lovers across the World. His contributions to Indian classical music as a performer, composer, teacher and writer are unparalleled. Panditji also deserves great credit for his pioneering work for showcasing the brilliance of Indian classical music to the West.



Not only is Panditji a great musician, but he is also a great devotee of our Beloved Lord. He has played in front of Swami in private and in front of thousands of devotees over countless years. The love that Swami has for Panditji is unique, you can see this in the way that Swami interacts with Panditji. Panditji is loving, humble and pure and has a very giving nature, we are truly grateful to him for giving up his free evening today to be amongst us and share with us his passion for music and more importantly his love for Swami.

Pandit Shivakumar Sharma, is India's most esteemed musical Ambassador and a singular phenomenon in the classical music worlds of East and West. As a performer, composer, teacher and writer, he has achieved monumental milestones and is well known for his pioneering work in bringing Indian music to the West.

From ancient times, music is something that has put people, in touch with their inner spiritual side . Music has a close connection with spirituality. Spiritual music has the capacity to enlighten our minds and inspires us to dive deep within. The most profound spirituality involves peace and silence. But to enter this realm of peace and silence it is quite practical to take the benefit of spiritual, soulful music. Music that helps us spiritually is music that elevates and uplifts our consciousness. It is music that makes rather than breaks. Some music embodies a restless, aggressive quality. Spiritual music energises our inner being, but it does this without creating restlessness and vital excitement. Spiritual music can be a great aid to meditation and finding the Lord that resides in our heart. If we listen to music with our heart it awakens the inner aspiration to dwell in the higher realms of consciousness. Music also has the capacity to bring people together. It is something that unites rather than divides and we are grateful to the Sai Students for giving us this unique opportunity with Panditji.



What is wonderful about Panditji's compositions is that it helps us to concentrate or meditate independently of our own thoughts – it can be said that his music helps bridge over the gulf between form and the formless. And If there is anything intelligent, effective and at the same time formless, it is this spiritual music. Panditji is a complete artist, having had his training in vocal, percussion and instrumental music from none other than his father, Pandit Uma-dutt Sharma, a distinguished State Musician of Jammu and Kashmir.



As many of you know Panditji was born in Jammu, in the state of Kashmir, on 13th January 1938. After training as a vocalist from the age of five followed by further training in percussion through the Tabla, he took on other instruments, such as the Sarod, Violin and the Harmonium. At the age of fourteen, he was introduced to the Santoor by his father, an instrument on which the latter had done considerable amount of research. Panditji grappled with many problems presented by the Santoor and adapted the instrument to overcome comments of many critics that, unlike sitar or sarod.... santoor was not capable of mimicking vocal techniques. He achieved this by increasing the number of bridges to get a wider range of octaves, and changed the system of tuning and the structural configuration of the strings to allow for more precision on note reproduction.

Panditji has collaborated with many musicians like Zakir Hussain and Hariprasad Chaurasiya. He has composed music for many famous Hindi films like "Darr", "Silsila", "Lamhe" to name a few. Panditji is the recipient of many prestigious awards like Padmashree, Padma Vibhushan India's highest accolade only given to a few rare talented people, then there is the Sangeet Natak Academy Award, Honorary Doctorate from the University of Jammu, Ustad Hafiz Ali Khan Award and Maharashtra Gaurav Puraskar. The list is endless and reads like a shopping list of awards and accolades.

Panditji is not a only flawless musician with many great honours, he is a loving sincere devotee who has also won over the heart of Bhagawan.

The evening ended with Roopa Panesar on sitar with Upneet Singh Dhadyalla on tabla and Depa on vocals and Raju on harmonium.



Sai Students Experiences

Never take Swami for granted.

I did my MBA in the early 1990s in Prashanti Nilayam. Every day was a fresh experience with the Divine Master as He gently but firmly taught us the path of devotion. Sometimes, when we overlook to learn from His kind advice, we are forced to learn the same lesson at a great cost. I will share here a lesson learnt then amongst the many others that we were blessed with.

WATCH

**Watch Your Words
Watch Your Actions
Watch Your Thoughts
Watch Your Character
Watch Your Heart**

During the 65th Birthday, Swami decided to give all students a wrist watch and asked us to assemble in the Bhajan Hall. Few of my friends and I leisurely sauntered into the Hall. Swami saw this and was furious. He came straight to us and in a very stern voice said "I am giving you a great privilege and you are so casual! What do you think of yourselves? Your ego keeps growing with your age. Come and sit down here! Quick!!" I was frightened and sad that I had disappointed Swami. Somehow, I was lucky to have survived that day and Swami blessed us all with a watch. Swami is more than a loving mother and He kindly forgave us. The lesson that Swami taught was that we should know the difference between being free and being casual in our relationship with Him. We should never forget that Swami is God and we are humble, sincere and be alert always to never take Him for granted!

In spite of this incident, I had not learnt the lesson fully and paid a heavy price for it later.

In my second year, we had project presentations. The Vice Chancellor attended my presentation and that evening he reported to Swami that my presentation was very good. I had a back pain that evening and did not go for Darshan. I really could have gone if I had exerted my mind bit more. Once again, I took it easy. My friends came later that day after Darshan and told me that Swami was eagerly looking for me. He had walked down the aisle a couple of times asking for me by name, unfortunately I was not to be found. I regretted this lost opportunity very much and tried sitting in the first row the next few days, but could not get Swami's attention in spite of He passing close by.

On reflection, it became clear to me that the incident was not a chance occurrence, but one enacted by Swami to again teach me the lesson

that we should be enthusiastic and consistently do our best in pleasing Him. Since I had not learnt it the first time, I had to pay a heavier price this time. If we are lackadaisical in our approach to Swami, then we will lose precious opportunities with Him. No one knows when He will choose to Bless and if we are not ready and not at our best at all times, then we will miss a moment that will never come again. We should never forget that Swami is God and always be ready to sacrifice anything to win His Grace.

Krishna Subrahmanian,
Alumni, Sri Sathya Sai University
(1990 – 92)

Rudram Chanting and Swami.



A revealing incident happened on the 13th March 2010 at Prashanti Nilayam. This was also the beginning of the day of Maha Shivaratri, an auspicious day when Lord Shiva is worshipped.

The devotees from Bangalore (India) had started a noble and inspiring initiative to chant Rudram as their offering to Bhagawan on His 85th Birthday from January 2010. This involved at least 11 members gathering at a house and chanting the Rudram 11 times daily. They did this at 85 'youth' homes. Having completed this, they arrived at Prashanti Nilayam to seek Swami's Blessings. They were seated in the hall, dressed traditionally in dhoti and angavastram.

Swami arrived in the evening to give darshan. He took a complete round and as He neared the area on the gents' side where these Bangalore devotees were seated, He stopped. He looked into the details of the effort that was presented. He then remarked, "It is the exact thing that is needed for world peace and harmony." The statement brought lot of joy to the first-liners who heard the statement from the Divine lips.

By Sai Students (UK)

Advent of Sathya Sai Baba Part II



Sathya as a child was enchantingly charming. The entire village was enthralled by His unearthly beauty and majestic demeanour. Even at the age of five, He earned the titles of Brahmajnani (one endowed with the knowledge of God) and Biddalaguru (child teacher). He was a born renunciant and never let a needy person go empty-handed. He was a vegetarian and abhorred cruelty to animals. He spent most of His time in the house of Karnam Subbamma, who lived in the next house, and whose boundless motherly affection for Sathya was reminiscent of Yashoda's love for Krishna.

One of the favourite activities of Sathya was Bhajan singing. He not only sang and composed Bhajans, but also organised a children's Bhajan group in Puttaparthi at the age of ten. Bhajan singing became an essential part of the daily programme. Who else but Divinity could know that one day Bhajans would become one of the main instruments in Divine hands to put the deluded humanity on the path of devotion and spirituality? No wonder, today Sai Bhajans are sung in all parts of the world and in all the languages as a means of elevating and ennobling human nature.

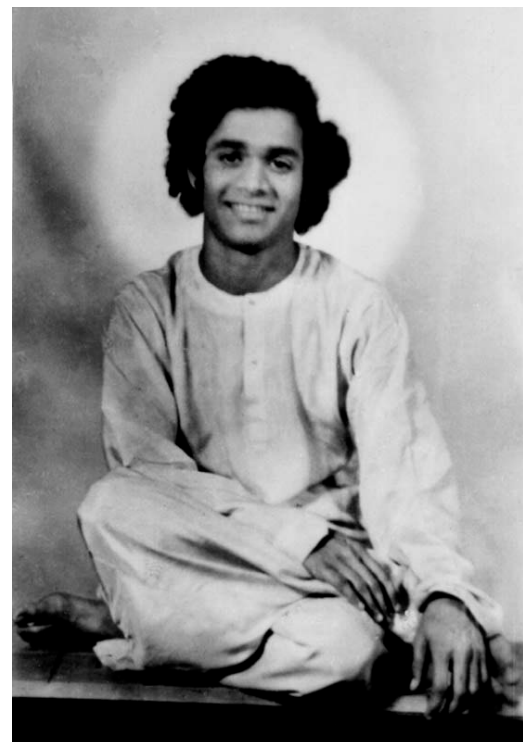
Puttaparthi

Puttaparthi in the early 40's consisted of only two lanes, which met each other at right angles in addition to a few mud huts. A western author, Arnold Schulman, who visited this hamlet in late sixties described this cluster of scattered huts as

"ten minutes past the Stone Age". Bhagavan Baba has transformed this so-called Stone Age village into a modern township with a unique educational complex and a university, a super speciality hospital with all modern facilities and an airport of its own. The crest jewel of this now world-known place is Prashanthi Nilayam, where millions come every year from all corners of the world to receive the blessings of the Avatar.

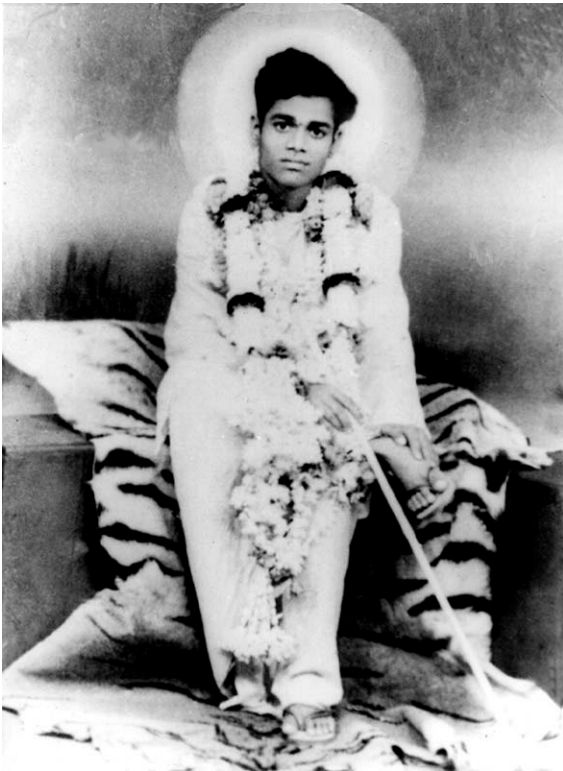
Bukkapatnam

After finishing his elementary education in the school in Puttaparthi, Sathya was admitted to the Higher Elementary School in the nearby town of Bukkapatnam at the age of eight. Bukkapatnam is about 2 1/2 miles from Puttaparthi across the river Chitravathi. Sathya's conduct in school was a model for others. He excelled in studies, games, sports, plays etc., and invariably sang the prayer song at the start of the school everyday. He earned the love and admiration of not only his classmates, but also many of the teachers. Janab Mahbub Khan was one of those teachers who adored and loved Sathya and recognised His Divinity. After the famous incident of a teacher getting stuck to his chair as he made Sathya stand on the bench, Sathya came to be recognised as a divine child not only in the school, but in the town also. Another fortunate teacher of Sathya was Sri B. Subbannachar. Since the entire family of this teacher adored Sathya, He often lived in their house. He also visited the house of another teacher Sri V.C. Kondappa, to whom He used to narrate the story of Shirdi Sai Baba. On this basis, Sri Kondappa wrote the life story of Shirdi Sai Baba in 102 Telugu verses and published it as a small book entitled "Sree Sayeesuni Charithra".



Uravakonda

After completing His studies at Bukkapatnam, Sathya went to Kamalapuram (Cuddappa District) with His elder brother Seshama Raju for further education at the age of ten. The fame of the wonder child Sathya reached Kamalapuram. In school, He earned the love and admiration of His schoolmates and teachers. While Sathya continued His studies at Kamalapuram, Seshama Raju went elsewhere to undergo training. After completing his training, Seshama Raju was posted as a Telugu Teacher in a High School at Uravakonda, a town in Anantapur District. Naturally, Sathya accompanied His brother to Uravakonda, where He was admitted in the same school where His elder brother worked. Stories of Sathya's manifestations and miracles were already on the lips of not only the students and teachers but all over Uravakonda. As in Bukkapatnam school, Sathya's proficiency in music, dance, drama, poetry was immediately recognised in the Uravakonda school also.

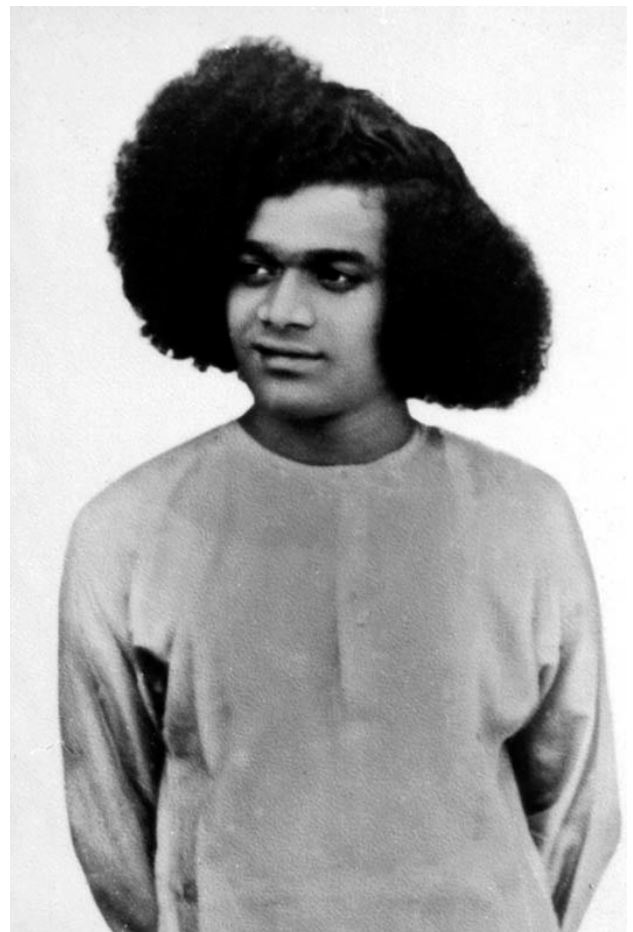


When Sathya turned 13, history took a sharp turn. Divinity of Sathya as an Avatar was in full readiness to bloom, but mystery of the Divine is impossible to fathom. The effulgence of the Supreme Being comes only after the darkest period. The body of the tender child Sathya had to undergo a terrible persecution before the rays of Divinity could spread in the universe in full effulgence from it. On the 8th March 1940, a shocking news spread in the town of Uravakonda that Sathya was stung by a big black scorpion, as Sathya shrieked and held His right toe at about 7.00 p.m. on that day. Nobody saw the scorpion, but exactly after 24 hours, Sathya became unconscious and remained so

throughout the next night. On regaining consciousness, Sathya behaved in a most extraordinary way as if possessed by a spirit. Alarmed at the condition of Sathya, His elder brother Seshama Raju called the parents who brought Sathya to Puttaparthi. After consulting doctors and other village healers, the parents took the tender child Sathya to the house of a terrible exorcist at Brahmanapalli, who put the child to such horrible treatment that every onlooker was moved with fear and shock. The dismayed parents could not bear all this and brought Sathya back to Puttaparthi.

Early Declarations of Avatarhood

Exactly after two and a half months of the scorpion incident, Sathya made His first declaration of Avatarhood on 23rd May 1940. The household of Pedda Venkama Raju was crowded with people as Sathya was materialising flowers and sugar candy and distributing to the amazed villagers. Pedda Venkama Raju was informed about what was happening in his house. Enraged and puzzled by the behaviour of his own child, he threatened him to disclose his true identity. And pat came the reply from Sathya "I am Sai Baba" in the form of the first declaration of Avatarhood. Later when He was asked to give proof of what He said, He threw a handful of jasmine flowers on the ground which formed into Telugu letters "Sai Baba".



"Study to be Steady"



Day with Keynote Speaker [Mrs Phyllis Krystal](#)
Sunday 16th May 2010 at
St Andrews School
The Green, Totteridge, London N20 8NX

The aim of the day is to facilitate the study and practice of Sai Teachings. The day will consist of two parts:

Morning Session

The morning (10am -1pm) will be devoted to parallel sessions presenting Sai Teachings on a range of topics such as:

"Who Am I?"
"Unravelling the Code" (on the inner significance of the 9 Point Code)
"Master the Mind" (on the mind and meditation)
"Reaction, Reflection, Resound"
"Universality of the Vedas"

These morning sessions will be in small groups and hence we will require pre registration to attend these.

Afternoon Session

We are fortunate that our keynote speaker in the afternoon (2pm -4pm) will be Mrs Phyllis Krystal, a long time devotee of Bhagawan Sri Sathya Baba and well known to many of us.

More details of available sessions and registration details will be circulated shortly and will also be available via the Spiritual Wing website www.saispiritual.org.uk.

By Jey Sivaloganathan
National Spiritual Wing

Spiritual Wing Website

This year is the 85th Year of the Advent of the Sri Sathya Sai Avatar and the 9th World Conference of Sri Sathya Sai Service Organisations. A main focus this year is the study, assimilation and practice of Sai Teachings. To support these aims, there is now a Spiritual Wing Website www.saispiritual.org.uk which contains remote study material and other material relating to our National Sadhana Plan in 2010.

FROM THE HEAD TO THE HEART

Anger

So how was your day today? Didn't sleep too well last night? Got into work late this morning because of road works on the motorway....or was there too much traffic? Maybe you had an argument with a family member? Or got annoyed with a colleague at work....or maybe even someone at the Centre? How did it make you feel? Did you yell and scream or want to hit someone? Or maybe you simply 'lost your cool' and got angry?

According to the UK 'anger' statistics from the British Association of Anger Management website:

- 45% of us regularly lose our temper at work
- More than 80% of drivers say they have been involved in road rage incidents; and 25% have committed an act of road rage themselves.
- More than one third of the UK population is losing sleep from anxiety.
- 50% of us have reacted to computer problems by hitting our PC, hurling parts of it around, screaming or abusing our colleagues.
- 27% of nurses have been attacked at work.
- 33% of Britons are not on speaking terms with their neighbours. 1 in 20 of us has had a fight with the person living next door.
- UK airlines reported 1,486 significant or serious acts of air rage in a year.

We know that karmic and social laws provide some measure of rewards and punishments for our actions. In spite of that, life often seems unfair. Frequently the guilty seem to go unpunished. So how do we control our anger when we see such apparent miscarriages of justice?

Anger is a natural human reaction. It is powerful. It can make us yell or scream at those around us, even people we love. When we become angry, our nerves become weak and feeble and we lose grip over ourselves. Just one moment of anger uses up a vast amount of our energy resources, the equivalent to that stored from eating food for three months. It will significantly impact on our family, our career and ultimately us if not kept in check! As Baba lovingly reminds us, 'Anger is only one letter D away from Danger'. The hard part is learning what to do with these strong feelings. Dealing with them is a must if we want to progress in our inward journey.

Blaming others (or ourselves) and trying to justify our anger is not the answer. Every situation in life is an opportunity for learning and

growth. Always ask, 'what is this situation teaching me?' Do we want to be 'stubbornly right' or do we want to be happy? Baba always wants us to be happy. He assures us that everything in our life is 'in the highest order' i.e. everything is as it should be; but then why do we still react so strongly when things don't go our way?

We need to identify the underlying reasons for our feelings of anger and hatred if we want to learn how to control them. Making the decision to 'forgive' is the starting point. It is only then that we will be able to begin to let go! This may be a long and slippery road for many of us, but we must persevere. If we find ourselves struggling and disheartened at any point, praying fervently to Swami for His help and guidance, or even chanting the divine mantra 'Aum Sairam' will magically bring us the necessary calmness and strength. Once we accept that we have the power to control how we react; we will always choose that, which contributes most to ours and others' happiness.

Only then can we truly begin our journey from the head to the heart!

By Madhvi Sai

Sri Sathya Sai Leadership Training Programme (SSLTP) Module 4 - Outward Bound Weekend – Avon Tyrell



The 2009/10 cohorts met in Avon Tyrell, New Forest in Hampshire, during the weekend of 12th March for the module 4 outward bound weekend. This outward bound weekend was a further step towards the orientation and development of the cohorts' leadership training.

The weekend largely focussed on group exercises aimed at fostering trust, demonstrating the importance of cohesion and team work. Concepts were conveyed through a variety of means including raft building, a trust walk and tree climbing exercises. (A vociferous ladies team successfully beat the men's team very comfortably in the raft race).

During the weekend, supported by ten members



of the SSLTP coordination committee, the group enjoyed presentations from Alex Marshall, Chief Constable for Hampshire Constabulary and Rob Cross, a professional coach and leadership consultant. During Saturday afternoon Yohan Pathmanathan introduced a "Wayne Dyer" workshop. All those who participated in the workshop greatly benefited from the intellectual and spiritual challenges posed during the workshop.

On Saturday, the National Chair, Shitu Chudasama, presented this year's projects for the cohorts' consideration. He was eager to sponsor the projects and looked forward to working with the groups. The projects presented to the 2009/10 cohorts were to be tackled in groups of four; with the project findings expected to be presented by end of this year to the UK Central Council. Shitu emphasised the importance of the projects and again underscored his expectation from the cohorts. He explained that in taking up this challenge, the cohorts will be making, delivering and inspiring considerable and valuable changes for the benefit of Sai Organisation in UK.



The group prepared for their day ahead on Sunday with a silent walk, Subrabatham and morning meditation. Following a re-cap of the key messages from the previous day, the team moved on to their tree climbing challenge. During the rest of the day, the cohorts received feedback on observations arising from the various activities, participated in an interactive presentation by Rob Cross before the conclusion of the programme late Sunday afternoon.

By Dushy Selvaratnam
For and behalf of the SSLTP Coordinating
Committee

IMPORTANT NOTICE PRE-WORLD CONFERENCE 17-18 JULY 2010

Dear Brothers & Sisters

Om Sri Sai Ram!



We are pleased to announce that the United Kingdom Zonal Pre-World Conference 2010 will take place on **Saturday 17th & 18th July 2010**. The conference will be held in Region 1 Whitgift School, Haling Park, South Croydon, Surrey CR2 6YT.

The Theme of the IX World Conference and the Zonal Pre-World Conference is the **"Sai Ideal", "God Is", "I am I", "Love All Serve All"**.

Bhagawan has not only blessed and approved this Pre-World Conference to take place around the world but He has also blessed the Chairman of the Sathya Sai World Foundation, Dr Michael Goldstein along with its Director and Chairman of the International Medical Committee, Dr Narendranath Reddy to be our chief guest speakers over the weekend. In fact, when the proposal was put to Swami, Swami personally asked Dr Goldstein to make sure that he visited **"London"**. We are indeed very blessed and grateful to Swami for this love and grace.

All devotees and office bearers are strongly encouraged to attend and hear first hand the message and guidance from Bhagawan and the Sathya Sai World Foundation. Unfortunately, the venue can only accommodate 600 delegates so please ensure you register early to avoid being disappointed. It is also very important that you familiarise yourself with the literature and documents, I sent out back in January on the theme, which acts as a prelude to this historic conference.

Please kindly note that registration details and application forms will be circulated shortly via the Regional Chairs.

Lovingly, In Sai Service

Shritu Chudasama
National Chairperson

Region 4 (Midlands) – First Sadhana Meeting 13th March 2010



The first Sadhana meet was inaugurated by powerful and potent bhajans made even more so enthralling by the life size video of Swami and Darshan time in Prashanthi Nilayam.

Brother Ketan welcomed and introduced the 140 or so pilgrims, from the playful children to the frail adults to their 1st Sadhana meeting in preparation of being in Swami's Fold sometime in August. This was followed by Brother Ramesh's introduction to the theme of this National Pilgrimage based on various levels, explained via a graphic presentation, showing the journey from Individual level to the Centre, Regional and finally the National. Sister Geetika expanded further on the Sadhana and in particular the morning and evening prayers, prompting everyone to recite in unison.

Brother Shivam gave a brief overview of the importance of knowing and chanting the Rudram, which he explained was synonymous to Lord Easwara, and was greatly necessary for world peace and spiritual upliftment. He confirmed that Swami is specific about chanting the Rudram and its importance to us devotees. Also, he mentioned that as an offering to Swami we have the opportunity to learn **Rudram every Sunday from 10.30am at Sathya Sai Centre, Leicester**.

Number of small workshops were held, focusing on the first line of the Morning Prayer 'Oh Lord take my love and let it flow in fullness of devotion to thee'. Various thoughts and observations were made and most came up with the 4 'Ds' – dedication, discipline, discrimination & determination, which perhaps addressed the line of 'devotion'.

As a finale Brother Abhimanyu Kaul gave a most inspiring and assuring talk of his experiences as Swami's Student. He spoke of some hilarious moments with Swami and some very heart endearing moments too. In all, he said we all are Swami's Ambassadors, let us take His Work and words out to the world, let us live His life for Him now. With thunderous applause Brother Abhimanyu led us to the final tear welling bhajans and Aarti.

By Raju P Gadher

Parable from the Divine ...



Service of the Lord

After the coronation of Lord Rama, one day, Sita and the three brothers of Rama met and planned to exclude Hanuman from the service of Rama and wanted that all the various services for Rama should be divided only among themselves. They felt that Hanuman had already had enough chances. So, they drew up a list, as exhaustive as they could remember, of the services from dawn till dusk, down to the smallest minutiae and assigned each item to one among themselves. They presented the list of items and assignees to the Lord, while Hanuman was present. Rama heard about the new procedure, read the list and gave His approval, with a smile. He told Hanuman that all the tasks had been assigned to others and that he could now take rest. Hanuman prayed that the list might be read and when it was done, he noticed a task of omission - the task of 'snapping fingers when one yawns'. Of course, being an emperor, Rama should not be allowed to do it himself. It has to be done by a servant, he pleaded. Rama agreed to allot that task to Hanuman!

It was a great piece of good luck for Hanuman, for it entailed Hanuman's constant attendance on his Master, for how could anyone predict when the yawn would come? And, he had to be ready with a snap, as soon as the yawn was on! He could not be away for a minute nor could he relax for a moment. You must be happy that the service of the Lord keeps you always in His presence and ever vigilant to carry out His behests

Region 4 (Midlands) - SPECIAL MOTHERS DAY ARTS AND CRAFTS - SESSION IN COVENTRY



On Sunday 14th March, the SSE children of Coventry held a Mothers day craft session. We got a template with pre-punched holes and yarns. We had to thread the yarns through the holes in a pattern. In Group 3 we had a challenge, we were told to backstitch the yarns. Half-way through the session I was finding it difficult and had completed none of the card, but by the end of the session I had completed it and made a nice card for my mum. In every group the designs were different and every single card was full of love and looked beautiful. Evidently every mother receiving these cards would be delighted.

We then had two group 3 children read out a beautiful mother's day story and the session ended with every child offering aarti to our beloved Mother Sai.

By Anant Patel (SSE Group 3)

Sathya Sai School visits Robert Hall Memorial Church



On Friday 26th March 2010 at 11a.m. all the children and staff of Sathya Sai School left Bede

Island and crossed Narborough Road to visit its nearest neighbour the Robert Hall Memorial Church for a special Easter Talk. You should have seen the people on the road and drivers looking at around 80 school children and 15 members of staff walking across the road, it was as if the community realised that a school existed at Bede Island and also I realised that the school needs to come out more in order to raise more awareness.

Reverend Jenny Few and her husband Robert were waiting at the main doors on Narborough Road to welcome us into their church. The Robert Hall Memorial Baptist Church was built at the same time as the school building; in fact both buildings were linked by a tunnel and spiritually. The church is beautiful with its original Victorian features, the arched windows and high roof. Reverend Jenny talked to us about the church, the beliefs and practises of Christians and in particular the festival of Easter and its relevance in the Christian calendar. The children were shown around the church and the other parts of the building which are used by the community. The school will be making many more such links within the local community.

By Usha Lim
Headteacher

Region 2 (London - North East & West)

Sadhana Meeting

Towards UK National Pilgrimage 31st July – 7th August 2010

All Region 2 members who have requested for the Pilgrimage are requested to attend.

Sunday 18th April 2010
1:30pm to 5:00pm
Whitmore High School
West Gym, Porlock Avenue
South Harrow, Middlesex, HA2 0AD

(Regular Meeting Venue for Pinner Sai Centre)

Enquiries : 07792 615 414

Region 5 (North England) / Region 8 (Scotland) Joint Summer Retreat

I am pleased to announce that we can now confirm details of the annual Region 5 summer retreat. Following on from last year's successful

weekend in Llandudno, we have decided this year to join forces with Region 8 (Scotland). The joint Region 5 / Region 8 summer retreat will take place from Friday 18th June to Sunday 20th June 2010 at the Langdale YHA, Lake District. We are in the process of putting together the programme for the weekend but we are sure that it will be a truly uplifting weekend for all. We have exclusive use of the venue for the entire weekend; a converted Victorian mansion set in huge grounds owned by the National Trust. The cost for the entire weekend (including accommodation and meals) is approximately £45 per person (£25 for under 18s). The retreat is open to all in Region 5 and Region 8 though places are limited and are on a first-come-first-served basis. Please contact the Region 5 Chair for more information / to register.

Dr Harish Thampy: R5 Chair



Langdale YHA

Region 5 (North England) Sweet Soft Sai Satsang Organised!



Region 5 held a satsang on Sunday 28th March in Oldham to focus on Swami's 85th Birthday and look at what gifts we wanted to offer Swami in terms of our sadhana. Sanjay Vaja (R5 Spiritual Coordinator) talked through the background to this year, the 85th birthday, World Conference, the theme of 'Sai Ideal Human Life' and also the UK Pilgrimage. We were reminded how fortunate we are to be alive at the same time that God is on Earth and

challenged to look at what we were doing and how we were best going to use the limited time left with Swami and whether we were going to waste this golden opportunity or not.



We looked at how Swami doesn't want material gifts for his birthday but wants our transformation - one way is through sadhana. Sanjay shared the changes he'd noticed in himself as a result of doing the morning and evening prayers every day. Sanjay admitted that he's not one for sadhana usually and was surprised at the impact e.g. he felt much calmer, had a deeper feeling of surrender, and felt a lot closer to Swami - not the external form but his own divinity in his heart.

The main part of the satsang was spent in smaller groups starting to get to know each other. Everyone was asked to introduce themselves and then share an experience with Swami. We were also asked to share what we were going to do for Swami this year. Most of us knew each other by face before the satsang but now we know each other much better.

The ladies split into two groups - a Gujarati speaking group and an English speaking group so that all the ladies could take part. Many ladies commented that they could have talked for hours (!) and are now really looking forward to travelling together and spending time together at satsangs and in India!

We also had a long Q&A session before ending with bhajans and aarti.

The satsang was different / softer in that there were no guest speakers, no big items, just time to be with each other, get to know each other, share our love for Swami, and acknowledge God within each of us.

Sanjay Vaja: R5 Spiritual Wing Coordinator

Region 5 (North England) Youth Satsang

On Saturday 13th March 2010 the Leeds and Lidget Green Sai Centres jointly hosted the first of 3 youth satsangs for this year at the Lidget Green Sai Centre. We were joined by several

youths from Manchester and Newcastle where the topic of discussion was 'Remembering God'.



This was an opportunity for the youths of our region to meet and get together informally to discuss our thoughts on this topic, hoping that all of us could take away something useful from the satsang to integrate into our daily lives.

We began the satsang by vedam chanting led by the Manchester youths, and then got around in a circle to introduce ourselves. We then started off with a Q&A session, where we split the youths into three groups and had them come up with about 2-3 questions on the topic. The question sheets were then swapped round between the groups and answers discussed within each group. The entire group then got together in a circle to actively discuss a selection of questions from each group, such as when, why, and how we remember God. There were some particularly deep and interesting discussions such as whether there were inappropriate times to remember God, and whether the destination was the same for a devotee and an atheist. We had some particularly insightful explanations by some of the older youth with accompanying examples to help understand the point (e.g. the example of a pot of cooked white rice with a small black stone in the middle, whilst explaining the human mentality of picking out the negativity in people, was particularly vivid!)

We then had a short lunchbreak, and the second half of the satsang was started off by couple of invigorating bhajans to heighten our spirits and at this point we had an inspiring speech by our guest speaker, our very own youth from the region, brother Amit Patel, who narrated some of his experiences with Swami during previous trips to Prashanti and linked them beautifully to our topic of 'Remembering God'. The second half of the satsang was an active workshop session where everyone was once again divided into three groups to discuss the psychological aspect of remembering God, where Brother Kailash Venkat from Newcastle did a short presentation on Johari's window ie being unconsciously incompetent, consciously incompetent, consciously competent, and unconsciously

competent and applied this in terms of remembering God. The theory is that one goes through all these stages before finally unconsciously remembering God. For example vedam chanting; one starts off by being unconsciously not knowing the existence of vedam chanting (unconsciously incompetent). He then hears it being chanted and realises that he doesn't know it (consciously incompetent). He then starts learning the vedas and the meaning of the scriptures (consciously competent). At a certain stage he will chant the vedam so well without even thinking about it as now he is unconsciously competent. These headings were taken up by each group and poster presentations made to demonstrate the journey from being unconsciously incompetent to unconsciously competent in remembering God.

The satsang was concluded with bhajans and arati. The satsang was very much enjoyed by all and we look forward to having our next regional youth satsang soon!

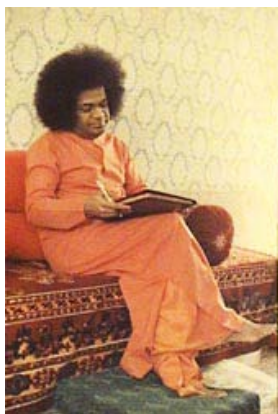
God. The satsang was concluded with bhajans and arati. The satsang was very much enjoyed by all and we look forward to having our next regional youth satsang soon

By Sandhya Narayanamurthy
R5 Vice-chair

CAN YOU HELP ?

Urgently needed volunteers to spare some time to help in the Sathya Sai Bookshop in Kingsbury, North West London on Saturday's and Sunday's once a month.
If interested please contact Navinkaka on ukccnews@hotmail.com

Book Review of the Month



Vahini, in Sanskrit, means "**stream**". These writings are Swami's streams of thought on a range of subjects: meditation, right action, wisdom, peace, divine love, and Hindu scriptures such as the Bhagavad Gita, the Upanishads and the story of Rama. The Vahinis originally appeared in the ashram's monthly magazine Sanathana Sarathi.

BHAGAVATHA VAHINI

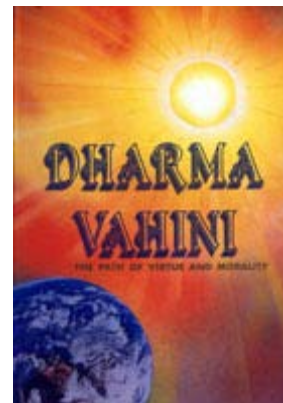
This Vahini is Sathya Sai Baba's retelling of the Srimad Bhagavatam, the divine incarnations of Lord Vishnu. Here, Swami has chosen to

concentrate on the Avatar of Krishna through the story of King Parikshith, grandson of the Pandavas, the heroes of the great epic the Mahabharata. Because Parikshith committed an offensive act in a moment of anger, he is cursed to die in seven days.

Parikshith renounces his throne, desiring to merge with Lord Krishna. The sage Suka suddenly appears, reciting the glories of Krishna to the king for seven days and thereby imparting divine knowledge and bliss. The joy experienced by Parikshith enables him to merge in Krishna at the moment of death. These stories of Krishna's love and miracles radiate beauty and sweetness, and divine light pours from every page.



DHARMA VAHINI (Stream of Righteousness)



In this volume, Swami discusses the broadest meaning, that of right action, "the moral path", as it affects the Atma-dharma, (the inner reality). Swami focuses as well on dharma of women and of the husband and wife, dharma in the temple, and education, and he provides interesting clarities on the Gayatri Mantra (the ancient universal Hindu mantra) and the nature of man.

DHYANA VAHINI

Swami defines dhyana (meditation) as the practice that frees the mind of all instincts and impulses. He tells us that this freedom is itself



liberation. It "will grant individual union with the Godhead". Included are suggested forms of meditation, guidelines for correct practice, related disciplines, and ways to overcome common pitfalls.

GEETHA VAHINI

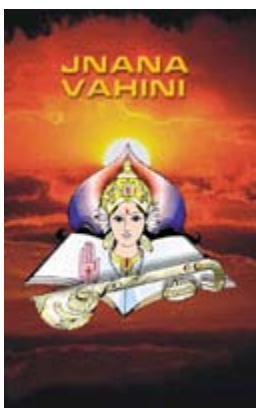
Compiled in 1966, this is a collection of articles by Sathya Sai

Baba on the principal teachings of the most famous of Indian scriptures, the Bhagavad Gita (the Song of God). In his opening greeting, editor Kasturi notes, "when Arjuna was



overcome with grief at the prospect of the fight, Krishna instructed him in the science of recognizing one's Oneness with all and removed the grief and fear." The spiritual practices and attitudes recommended by Krishna in the Gita are elucidated here by Swami. and concepts such as dharma (right action), liberation, detachment, the guru-disciple relationship, surrender, and others are explained with practical significance.

JNANA VAHINI



"Grasping the secret of the universe and its origin -- that is jnana". This is a collection of articles by Sathya Sai Baba on jnana (knowledge, spiritual wisdom), the power that removes ignorance and reveals true reality. "It is only when full knowledge is won that one can get liberated". From the delusion of maya (this unreal illusory world) to

the realization of Brahman (God), the language and appropriate practices of the progressive stages of consciousness leading to jnana are thoroughly explained. But it is devotion that is singled out by Swami as the chief path to true knowledge.

LEELA KAIVALYA VAHINI (Stream of cosmic Sport Divine)



Published to coincide with Sathya Sai Baba's 65th birthday, this is one of the more recent of the Vahini series. The preface states that it "is a cool crystal clear stream that flows from the divine pen of Bhagawan to dissolve all obstacles like doubts and dogmas, purposeless arguments and flimsy fancies of the sadhaka (aspirant far

spiritual progress)." Through questions and answers between the spiritual aspirant and Swami, the reader absorbs pertinent knowledge of ancient scriptures such as the Vedas and Upanishad, as well as details about mantras (sacred words), various deities and other aspects of spirituality.

PRASANTHI VAHINI

Baba describes Prashanti (the highest peace) as unwavering bliss, "the absence of desire and anger, greed, and hatred", an attribute of the true Self. In these writings, published in 1962, Swami demonstrates how we can secure peace, through the disciplines of sense control, discrimination, self-inquiry, renunciation and prayer. The text contains definitive discussions on the paths of devotion and spiritual wisdom as well as vivid explanations of the "who am I" process of inquiry.



Sri Sathya Sai Baba

PRASNOTTARA VAHINI



Prasna and uttara signify question and answer; this describes the format Sathya Sai Baba utilizes in this short book, formerly an appendix to the Geetha Vahini. Prof. Kasturi, the translator of many of Swami's writings and discourses, states about the book, "It seeks to elucidate the fundamental concepts and precepts of religion, especially the technical words and expressions that seek to concretize them." Subjects include: the body and the senses, the four stages of life, liberation and karma, education and devotion, obstacles to liberation, spiritual wisdom and mind control (yoga) the scriptures, mantra (sacred words) and repetition of God's name, and ascetic practices.

PREMA VAHINI

In the preface to this book on spiritual love (prema), Prof. Kasturi notes: "It is significant that the very first series of articles that Baba wrote for the Sanathana Sarathi was Prema Vahini. While reading it you are in touch with the very source of love: while translating its message into action, you are visibly led by the grace of the Lord Himself."



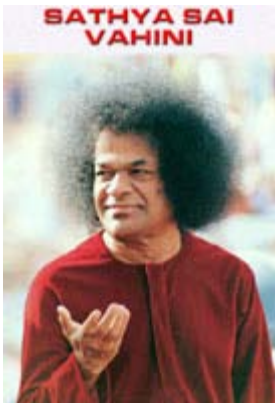
SANDEHA NIVARINI
(Dissolving Doubts.
Dialogues with Sri
Sathya Sai Baba)

According to Kasturi, Sathya Sai Baba created these unique spiritual dialogues as part of his divine mission of "consoling, correcting and curing". This series unravels the mysteries of spiritual truth and lovingly removes the mist

that hides the vision of aspirants." Among the topics addressed by Swami in the far-ranging questions and answers are: faith, the guru, the Vedas, peace of mind, spiritual instruction, the name of the Lord, true learning, fault-finding, the desire for God, effort and prayer, samadhi (total bliss), surmounting obstacles, the nature of the Atma (the real inner reality), the Gita, and the Ramayana.



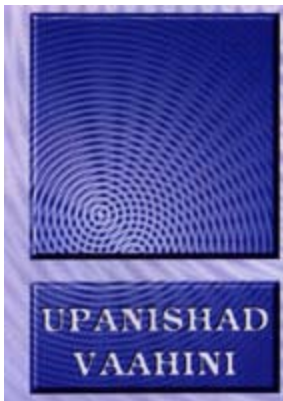
SATHYA SAI VAHINI (The Stream of Divine Sai Grace)



This comprehensive text combines Bharathiya Paramartha Vahini (Stream of Indian Spiritual Values) and Sathya Sai Vahini (Flow of Divine Sai Grace), two series that Swami wrote on Indian culture and religion. "Every being is divine; this is the final judgment of the wisdom of Bharath

(India)". Swami illuminates this wisdom with explorations of the supreme reality, liberation, castes, karma and more. The discussions give one a unified view of the science of God realisation that is contained in India's sacred texts, spiritual practices, and codes of conduct.

UPANISHAD VAHINI



In this collection of articles compiled in 1968, Sathya Sai Baba explains the teachings of the ten most prominent Upanishads. Swami covers a range of topics with practical relevance to the aspirant, including non-dualism, meditation on the One, detachment, discrimination, and

the attainment of the ultimate reality. This is a valuable precursor to reading the Upanishad.

VIDYA VAHINI (Stream of Thought That Illumines)

Simple, beautiful, and illuminating, this is Sathya Sai Baba's philosophy of education,

geared to producing students of high integrity who can face the world with love and nobility. Vidya means "that which illumines" or "knowledge". Swami illustrates how to use knowledge, as well as the benefits derived from



understanding true vidya, or Atma vidya (the highest knowledge of truth, goodness, and beauty). Among the issues covered by Swami are: the need for education to delve into the nature of the Absolute; the importance of the intensive cultivation of the

spirit and the inculcation of human values; development of character; the teacher's profession and truth; the task of teachers, parents and society; the benefits of disciplined thought and conduct; and happiness through awareness of the Atma. This Vahini is a must for everyone concerned with the state of education today.










Diary Dates 2010

MONTH	DATE	EVENT
April	9 th /10 th /11 th	National Youth 2-Day Conference Jointly with Ireland
	18 th	Region 2 Pilgrimage Sadhana Meeting
	24 th	UKCC Project Meeting
May	1 st	National UK Youth Choir with Dana Gillespie - Practice
	14 th /15 th /16 th	3-day Seminar with Phyllis Krystal
	15 th	National UK Youth Choir with Dana Gillespie - Practice
June	12 th	2 nd Quarter UKCC Meeting
	13 th	National Wing Meetings
	18 th – 20 th	Region 5 (North England) / Region 8 (Scotland) Retreat
	26 th /27 th	Regional Meetings
July	3 rd /4 th	Regional SSE Family Values Days
	17 th	UK Pre-World Conference – London "Sai Ideal Human Life" (whole day)
	18 th	UK Pre-World Conference – London "Sai Ideal Human Life" (half-day)
	24 th	Guru Purnima
	31 st	Start of National UK Pilgrimage to Prashanti
August	7 th	End of National UK Pilgrimage to Prashanti



Websites

	Sri Sathya Sai Service Organisation (UK) www.srisathyasai.org.uk
	Sathya Sai Bookshop (UK) www.srisathyasaibookcentre.org.uk
	BISSE (British Institute of Sathya Sai Education) www.BISSE.org.uk
	International Sai Organisation www.sathyasai.org
	Sathya Sai School Independent Nursery, Primary and Secondary school Sathya Sai Centre, Bede Island, Narborough Road, Leicester LE3 0BT Tel: 0116 254 0235, Email: info@sathyasaischool.org.uk , Website: www.sathyasaischool.org.uk

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