



"God is like fire and you are like coal. When coal comes in contact with fire, it becomes one with fire. Similarly, when you come in contact with God you become one with Him. Embodiments of Love! All of you are messengers of God. God alone is important. Zero gains value only when the numeral one precedes it. Moon is zero, sun is zero, world is zero too; only God is the Hero. Everything comes to nought in the absence of this Hero. A hero becomes zero if he forgets God. Have total faith in God; never give scope for any doubt. Then you are bound to be successful" - Sri Sathya Sai Baba



Universal Chanting

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Calling all Medical and Health Professionals volunteers!

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Message from
Prasanthi Council
Chairman
Dr Michael
Goldstein.

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Regional Mahashivaratri celebrations

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New
Institute
of
Sathya Sai
Education -
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Other Stories This Issue

- New Institute of Sathya Sai Education - ISSE-UK
- National Youth Wing articles
- Regional Updates
- Book Reviews

Dear Love & Light Readers,

Sai Ram !

In the past few days, the news regarding the hospitalisation of our Dear Lord Bhagawan Sri Sathya Sai Baba has caused great anxiety and anguish amongst all fellow devotees across the globe.

Spontaneous and sincere prayers have emanated from the hearts of devotees across the world including the UK, both at an individual as well as at group/centre level. This is probably the first time ever that Bhagawan has spent so many days in hospital; perhaps, this is also the first time ever that devotees around the world are united with one thought and prayer. Apart from being a time for intense prayers, it is also a time for deep reflection and self enquiry.



When God descends and takes birth in the human form, He also regulates Himself by the laws of creation that He sets. It is important that we remind ourselves of what He has said,

“The advent itself was according to My Sankalpa (Resolve); every step in this Avathaara is due to My own Sankalpa; not due to the prayer or petition of devotees.”

“Avatars can come in human form. But you should not be misled by this phenomenon. Avatars may appear in human form, but you should not equate yourself with them. In physical form both may appear alike. But there is a fundamental difference. You should not mistake the cotton fruit for the mango. God comes in human form because man has strayed away from the path of righteousness. To reform man and bring him back to Dharma, God has to take the human form. Birds, bats and insects lead lives according to their specific nature. They do not need avatars. Today, only man has given up all righteousness, forgotten his divine essence and degraded his humanness. To reform man in this state, God has to come in human form. The avatar has to protect the good parithraanaaya saadhuunaam reform the erring and punish the wicked.” (Sai Ramesh Hall, 20-5-1996).

"This body is made up of the five elements and is essentially impermanent. Do not attach much importance to the body. Take to heart the Love Principle that is being conveyed to you. My entire life is filled with love. I have never put anyone at any time to any kind of suffering. I have never done any harm to anyone. I have hated no one. I have no aversion to anybody. What is the reason? It is my love that is transforming others." (Sai Kulwant Hall, 23-11-1996).

There are a lot of rumors circulating around Bhagawan's condition.

He has said, **"It is not easy to understand the inner urges of great men or the motives and actions of Avatars. The animating principle of Avatars is infinitely wide. Compared to it, the capacity of the ordinary man is infinitesimal. How can the atom comprehend the infinite? Can an ant measure the depth of the ocean? Impossible, likewise the nature of Divinity is beyond human comprehension. Even the great sages like Vasishta and Vaamadheva could have no full understanding of the divine. Instead of trying to understand the Divine, it is better to practise what you have learnt."** (Sai Ramesh Hall, 15-5-1996).

So, as devotees, what should we be doing?

Bhagawan is the Source of all Energy, Power and Health. However, being selfless, he does not use his divine powers for his own benefit. But for the sake of devotees, our dear Bhagawan will do anything as we all know. So let us pray to him, with all the love and gratitude in our hearts, to cure himself for our sake.

"Neither did I want this suffering nor did I desire its cure. You wanted this body to be cured of the pain, and you achieved it through your prayers. This body is not Mine. It is yours. Hence, it is your responsibility to look after this body. I am not the deha (body); I am the Dehi (Indweller).

I have never used My divine power to cure Myself. If I were to use it, I would have been cured of the suffering in a trice. I don't have the selfish feeling that I should get cured. There is not even a trace of selfishness in Me. Everyone should be happy. This is My only desire' – July 2003

There is also lot of debate going on amongst devotees on what prayer should be followed. Bhagawan has said, **"Prayer must emanate from heart, where God resides, and not from the head where doctrines and doubts clash."**

Any Chant could be used to express this prayer lovingly- be it Bhajans, Gayathri, Sai Gayathri, Rudram, Mrutyunjaya Manthra, Om Namah Sivaya, Om Bhagawan Sri Sathya Sai Babaya Namah etc. However, let us take note of what Bhagawan has said, **"Pray to Him, one-pointedly, with any Form or Name. He will answer; only, do not change the name and form, as fancy flits; then, concentration will be impossible. All names are His; all Forms are His; but, when you are striving to concretise Him, it is best to select the Name and Form that appeal to you most."**

"Just as God projects Himself as Man, Man too can concretise God, and persuade God to become Man by sincere prayer and agonised yearning. Prahlada's prayer induced the avatar of Narasimha. Prayer and personification are complementary, like the positive and negative poles in the electricity."

The important thing to remember is that it is not the Chant that gives Bhagawan the Power, but it is our dear Bhagawan who is the Source and Power of the chant! What matters most to Him though is our own sincerity, purity, love, and inner spiritual progress.

Apart from prayers, what else should we be doing?

Avatar's comes in human form to reform man who has gone astray. Bhagawan's life has been dedicated to humanity by serving and spiritualising their living. As devotees, we should be living the principles that He has shown. Are we living these? If not, let us sincerely start living these and pray to Him.

Lovingly
Editorial Team

Prasanthi Council

Michael G. Goldstein, MD
Chairman

To: All Sai devotees, International Sri Sathya Sai Organization

Dear Brothers and Sisters,

Sai Ram!

With humility and love, let us consider the content and conclusions of one of the most important International Sri Sathya Sai World Conferences that we have ever had! Everyone in World Conference IX recognized that this was a special time and opportunity for individual growth, organizational development, and ultimately spiritual progress. In order to comprehend the significance of this conference, it is important to consider the events that preceded this World Conference.

Prior to World Conference IX, a series of Pre-world Conferences were convened by the Prasanthi Council in all 10 International Zones with Swami's Blessings and Approval. These conferences provided instruction and inspiration for all who attended. Uniquely, the greatest benefit was derived by the delegates through their own participation in the study circles. Concomitantly, a series of Pre-world Young Adult Conferences were being held in all 10 international zones which enthused, enlightened, and prepared the Young Adults for the changes that are forthcoming.

Two beautiful albums of photographs were presented to Swami on February 24, 2011. One contained photos of all of you who participated in World Conference IX in November and the other album contained the young adults who participated in all ten of the Young Adult Pre-world Zonal Conferences. It is no wonder that Swami graciously looked at every page of both of the albums and appeared to be very pleased. We leafed through each page and I explained the contents rapidly so that He would not end the session prior to reviewing everything. To show all, to explain all, and to conclude with His Divine Blessings and Approval was the objective. Joyfully, I report to you that Swami saw all, listened to all, and ultimately gave His Blessings and Approval for all that was placed before Him.

In the documentation provided by the committee responsible for recording an account of all World Conference IX study circles, it was clear that the delegates to the World Conference concluded that there is a need for greater clarity, instruction, and opportunity: The need for clarity of our mission, structure, and function. The need for instruction in all aspects of our current programs and practices and in the new programs and practices that will ensue. Finally, the need for greater opportunities to selflessly serve, effectively interact with our respective communities, and ultimately to achieve spiritual progress. These needs were emphatically expressed. **Clarity, instruction, and opportunity was the recurrent theme**, the need expressed by all, a good theme for us now at our current level of understanding and development. We will address these needs!

Clarity

Review of World Charter which must define the spiritual basis of this organization. If indicated, we will place suggested revisions before Swami by Guru Poornima 2011

Draft new International Guidelines for all countries taking into account the exigencies of cultural and legal differences among countries and present draft before Swami by Guru Poornima 2011.

Guidelines will define programs and practices engaged in by the International Sri Sathya Sai Organization

Guidelines will define the duties and method for selection of all office bearers

Guidelines will define the relationships and responsibilities of all branches of the International Sai Organization and clarify the distinction between the Prasanthi Council and the Sri Sathya Sai World Foundation

Clarification of the Universality of Swami's Teachings regarding culture, country, religion, and spirituality through study circles in all Sai Centers. Apply the deeper understanding derived to **the cultural relevance of our Sai Center Programs and Practices**. Materials will be provided as a guide for these study circles to commence by Guru Poornima, 2011, if not before.

Clarification of the structure and function of all trusts that bear the Divine Name to be placed before Swami by Guru Poornima 2011.

Clarification of the structure of all Sai Institutes and Sai Schools, their relationship to their respective national Sai Organization, and revision of the current Sai Education guidelines, if required, to be submitted before Swami by Guru Poornima 2011.

Instruction

Cultivate competence and quality of leadership programs to begin by Guru Poornima 2011, if not before.

Learning to become **competent** Sai Leaders through leadership skills instruction and workshops for officers at all levels: Center, National, International. **Lessons to be learned from the experience of others.**

Learn to become **inspiring and exemplary** Sai leaders through individual spiritual practices: selfless love and service, prayer, devotion, meditation, study. **Lessons to be learned from your own spiritual heart.**

Learn the distinction between competent and exemplary, between instruction and inspiration.

Initiate young adult apprenticeship program subsequent to World Conference of Young Adults in July, 2011.

Cultivate competence and confidence in public presentations of Swami's Teachings through His Message, His Works, His Life for Guru Poornima 2011, if not before.

Learn to develop a dignified and inspiring presentation to public on Life, Message, and Works of Bhagavan Sri Sathya Sai Baba. Develop materials including films and brochures. Devotees can first speak in their Sai Centers gaining experience and helpful comments from their brothers and sisters in the Sai Center, then to their local communities demonstrating who we are, what we aspire to be, and what we have to offer, then to the national and international community so that, hand in hand, step by step, we progress spiritually and inspire others to do the same. A special committee will oversee the development of guideline and materials for all. There will be variation due to cultural differences and other variables. However, there must be oversight to maintain high standards of spiritual authenticity of the presentations.

Opportunities

The culmination of clarity and instruction will provide good opportunities for spiritual growth:

Understanding ourselves and the organization through greater clarity and opportunities for instruction and participation in all programs at all levels.

Sai Leadership instruction and opportunities for all at all levels
Sai Public Meetings instruction and materials for all at all levels.
Spiritual Progress for all always in everything that we do, we pray.
Ultimately, the ultimate: Self Realization for all, we pray.

Administrative Improvements

Swami has said "First Communication, then understanding, and then adjustment."

Resulting from many requests at the World Conference for better communication, Swami has approved the expansion of the Prasanthi Council and specialization of the members of the Council as follows below. Members of the Prasanthi Council will devote their attention exclusively to selected zones thereby providing greater access to Prasanthi Council. Zone Chairmen will report directly to their designated Prasanthi Council Member. They will send a copy of their reports to the International Chairman. This will become effective by April 15. The designated Prasanthi Council member may also interact with office bearers at all levels of his or her designated zone as he or she deems necessary. The International Chairman will review all zone chairmen reports sent to him, all letters from all devotees from all areas sent to him, and convene regular individual and collective conference calls with all Prasanthi Council members to facilitate effective communication and timely action when needed.

In order to facilitate this procedure, Swami has approved that the following two new members be added to the Prasanthi Council:

Marianne Meyer, currently Zone Chairwoman of Zone 7, will become the Prasanthi Council member responsible for Zones 6, 7, and 8 and Petra Von Kalinowski will take her place as Chairwoman of Zone 7.

Kalyan Ray, currently Chairman of the Sai Education Committee of the Sri Sathya Sai World Foundation, will become Prasanthi Council member responsible for Middle East, Africa, and Mauritius. He will also continue his good work as Chairman of the Education Committee. Zone 9, currently the largest zone, will be divided into two zones, 9A and 9B, as we have done with Zone 2, Latin America, into Zones 2A and 2B. Zone 9 A, will be UK only, and zone 9 B will be Africa, Middle East, and Mauritius. Current Zone Chairman of Zone 9 will continue to oversee Zone 9A under supervision of the designated Prasanthi Council member and Kalyan Ray will oversee Zone 9B. The composition and duties of the newly constituted Prasanthi Council will be as follows:

Existing Prasanthi Council members will have the following assignments:

Dr. Bill Harvey - Zone 1

Lic. Leonardo Gutter – Zone 2A, 2B, and 9A

Dr. Narendra Reddy – Zone 3, 4, and 5

New Prasanthi council members:

Marianne Meyer – Zone 6, 7, 8

Kalyan Ray Zone 9 B

Sri Sathya Sai World Conference of Young Adults

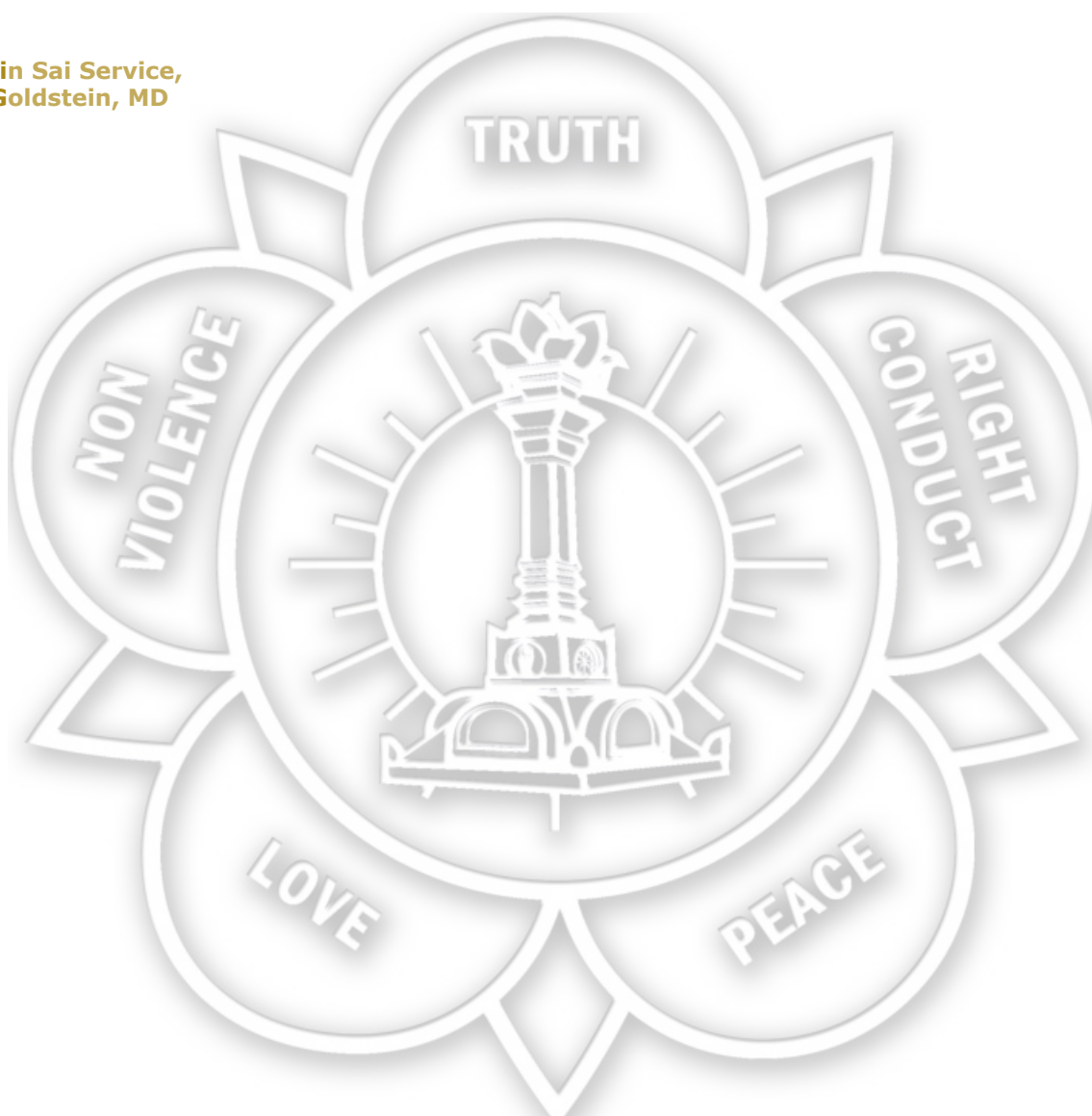
Theme: Sai Ideal Leadership

Time and Place: July 13, 14, 2011, Prasanthi Nilayam

Delegates will be selected from the former and current young adult leaders of their respective Young Adult groups. The International Youth Coordinator, Shitu Chudasama, will be sending a letter to all concerned. One of the objectives of the conference will be to discuss, and recommend the most auspicious structure and function of the Young Adult Leadership programs. The much heralded "Young Adult Officer Apprenticeship Program" will be activated after Guru Poorinima, 2011.

Our Lord, Bhagavan Sri Sathya Sai Baba, Our dearest Swami, has given His Blessing and Approval to proceed with our plans, to succeed in our spiritual endeavors, even to exceed our fondest expectations. Our spiritual progress as individual seekers and as a spiritual organization has accelerated. We are blessed! Let us rejoice! Let us "finish the game!"

**Lovingly in Sai Service,
Michael Goldstein, MD**



Institute of Sathya Sai Education - UK (ISSE-UK)

Dear Brothers and Sisters,

Sai Ram!

It is with great joy and hope that I convey to you the approval of Dr. Michael Goldstein, Chairman, Prasanthi Council and the **Sri Sathya Sai World Foundation**, to the establishment of the **Institute of Sathya Sai Education - UK (ISSE-UK)**. I take this opportunity to congratulate the members of the ISSE-UK Taskforce whose self-less and dedicated efforts over the past three months have laid a solid foundation to this new Institute in the UK.

The Institute (ISSE-UK) will become operational with immediate effect with its Headquarters based in Leicester. At its inception, the Institute will be guided by a Leadership Council consisting of the following members:

1. **Dr. Keshavan Niranjan, who will function as the Director of the Institute**
2. **Dr. Daksha Trivedi**
3. **Dr. Madhavi Majmudar**
4. **Mrs. Madhu Gurung Thapa**

Dr. Keshavan Niranjan, Dr. Daksha Trivedi and Dr. Madhavi Majmudar have already served with distinction in the just concluded ISSE-Taskforce. Distinguished in their respective fields of education, they bring together extensive SSEHV experience and eminent leadership qualities to guide the ISSE-UK through its formative years. Mrs. Madhu Gurung Thapa, a Judge and Bar-at-Law by profession, has been serving with great distinction and maturity as the Chairperson of the Board of Directors of the Sathya Sai School in Leicester. Her joining the Leadership Council will bring close linkage between the School and the Institute which will work in close cooperation and harmony in the delivery of SSEHV in the UK.

An important priority of the Leadership Council will be to identify and submit to the International Education Committee a short list of candidates for appointment as members of the Institute faculty in order to carry out SSEHV training and other activities as required.

The ISSE-UK will begin by addressing the immediate priorities identified in the Taskforce report, among others, the development and conduct of the Diploma course; guidance and support to the Sathya Sai School in Leicester; and the oversight of SSEHV programs in partnership schools and communities in the UK, in accordance with the SSSWF Guidelines.

This is indeed a defining moment in the history of SSEHV in the UK. With blessings and approval of our beloved Bhagavan Sri Sathya Sai Baba, The ISSE-UK brings great promise to provide a forum for all SSEHV educators in the UK to work with unity and harmony and bring the joy of Educare to all in the society. Once again, my congratulations to all members of the ISSE-Taskforce whose dedication and self-less loving efforts have made this day possible!

Most lovingly in Sai,

Kalyan Ray

**Chairman, International Education Committee
Sri Sathya Sai World Foundation**

Calling all Medical and Health Professionals volunteers!



With the grace of our beloved Bhagawan who advocates that a person should strive to use every talent and skill they have, not only for their own benefit, but for the benefit of the whole world, some wonderful opportunities to serve in several medical activities at home and abroad have emerged.

1. Prashanti Nilayam Medical Camp – July 2011

Each year, the Sri Sathya Sai International Medical Committee holds two camps in Prashanti Nilayam, one on the occasion of Guru Purnima and the second one is on Swami's birthday. The first medical camp will be held from 11 to 15 July 2011 and will run from 8am to 8pm to see about 400 to 600 patients each day. Medical volunteers from UK are invited to participate in this camp. If you are interested to join this camp, please send a copy of your:

- CV
- M.B.B.S certificate
- GMC/GDC or relevant medical council certificate

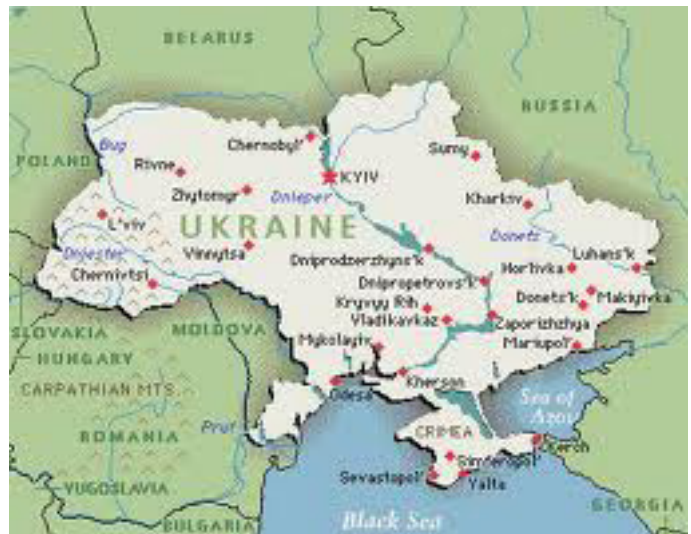
to Urvi Widhani by email to urvideepak@hotmail.co.uk or by post to:

Urvi Widhani, Sai Hridaya, 57, Heming road, Edgware, Middlesex, HA8 9AB.

2. Ukraine Medical Camp – August 2011

The SSSSO Russia has invited the SSSSO UK medical volunteers to join the Russian devotees in this international medical camp which will be held in Ukraine from 6 to 13 August 2011 (subject to change by the host). General volunteers will be from within Russia due to the language barriers and medical volunteers from UK are required in the following specialities:

- General Medicine
- Paediatric
- Optometry
- Ophthalmology
- Psychiatry
- Dental
- ENT
- Cardiology
- Physiotherapist
- Lady doctors in any medical speciality



If you would like to participate in this camp, please send a copy of your:

- CV
- M.B.B.S certificate
- GMC/GDC or relevant medical council certificate
- 1 original passport photograph
- 1 copy of the main page of your passport with your photograph and personal details to Urvi Widhani by post at the above address by 9th May 2011.

If you would like further information about this camp, please contact Dr Upadhyay or Urvi by email or phone on 07957210237.

Once selected for the medical camp, you will be invited for a meeting provisionally booked for 21 May 2011 where you will get further details of the camp. Non-medical devotees can also help by supporting the camps through Ceiling on Desires (COD) programme. For further information on the COD programme, please contact your regional chairs or regional service coordinators.

3. Medical services at the Sri Sathya Sai General hospital (SSSGH) and the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS)



Medical volunteers from UK have an opportunity to offer their services at the above hospitals for a minimum period of two weeks at a time to work together with the staff there under the rules and regulations of the SSSGH and SSSIHMS hospitals. If you would like to participate in these hospitals rota, please contact Dr Puvanachandra at puvanachandra@aol.com.



4. Sri Sathya Sai Service Organisation (SSSSO) UK national database for all Health Professionals

In addition to the above international service activities, we have the opportunity to serve in national Health Awareness Clinics organised by the SSSSO UK in collaboration with Health Authorities and other organisations. As part of the service wing initiative, a UK Medical Advisory Committee, an 'Emergency Support Team' and a national SSSSO UK database of all medical and health professionals have been recommended to ensure



rapid communication and effective coordination of activities.

If you would like to enrol on the national database and serve in the above activities, please send your full name, telephone contact details and email address to Gayatri Bikoo, National Service Coordinator at saigayatree@yahoo.co.uk.

Gayatri Bikoo
National Service Coordinator

National Youth Wing

As part of our Youth Work Programme for 2011, I would like to offer at the Divine Lotus Feet of our Beloved Lord Bhagawan Sri Sathya Sai Baba.

Sai Youth Houses

Sai Youth are encouraged to translate common interests and ideas into action. For this initiative we have setup Houses where we can share ideas, resources and inspire other youth who share the same interests.

Below is a list of the 5 Houses along with a description of each House's Theme, purpose, objective and suggested ideas. Sai Youth have been asked to think about the objectives and how we could be creative in these sessions. Sai Houses can reflect the Sai Youths passions, interest, skills and experience. We have included suggested ideas, so Regions have the flexibility to develop this further.

This is one standard and unified National offering to Swami, implemented through diverse avenues.

House of Love

Theme: Health and Well Being, Arts and Performance.

Purpose: To promote the sense of Love within one self and to instil, re awaken and encourage love amongst others.

Objectives:

- To understand that a healthy mind and body is required to spiritually develop, by creating a set of initiatives for youth focusing on mental, physical and spiritual wellbeing.

- To explore Swami's teachings by using artistic expressions to develop initiatives.

Suggested Ideas: Workshops on Health & Diet, Composing Songs, Arts & Crafts. Group Devotional Singing, Chanting, Human Values, Multifaith Drama, Sports.

House of Truth

Theme: Study Circles, Sai Literature

Purpose: Sai Youth should work hard to purify the quality of their lives to an ideal life; to be an ideal exemplar of the Divine teachings of Bhagawan Sri Sathya Sai Baba.

Objectives:

- To explore Swami's teachings by using Sai Literature to express and develop initiatives.

- To participate with the National Spiritual Wing's initiative on Regional Sai Literature Seminars.

Suggested Ideas: Sai Literature Seminars, Book Reviews, Debates, Q & A Session, Poems on Swami or Human Values Competition, Vedic Chanting, Guest Speakers.

House of Peace

Theme: Peace of Mind, Multifaith Programmes

Purpose: To instil a sense of calmness, stillness and oneness by implementing spiritual practices that enable individuals to be at Peace at any given time.

Objectives:

- To explore Swamis teachings around the value of Peace

- To develop existing and new relationships with Regional Multifaith Groups to create the spirit of Oneness and Peace.

Suggested Ideas: Group Meditation, CIA initiatives (Constant Integrated Awareness), Multifaith Meetings and performances, 9@9 Gayatri Chanting, Peace Bhajans

For more information please contact your Regional Youth Coordinator who will be able to answer your questions or email: uksaiyouth@hotmail.co.uk

Jamie Raju
National Youth Coordinator

National Youth Wing

Are we ever ready ...?



When the Regional Chair asked, or rather told me that I would be Regional Youth Coordinator this year, my immediate reaction was 'No I do not want to do it'. I was lucky because the Regional Chair was an old friend and fellow Youth, Nadia, and therefore my reaction was taken lightly. In fact, in return I was told I didn't have a choice!

Let me explain this further and start by going back a day to the discussion I had with my beloved friend, guide and problem solver, Swami ... having just come back from travelling for 6 months, I felt lost in every direction possible in my life. Therefore, I asked Him, 'Swami, what do you want me to do in this life? This body and life is yours ... please tell me and give me a sign' Little did I know that Swami was going to answer my question the following day through Nadia!

After our conversation I thought to myself that if I had actually meant what I had said the night before and have surrendered to His will then I was in no position to 'decline the offer'. He had given me the clearest sign I could have asked for, despite the fact that my thoughts were that I am not ready, capable or experienced enough to take on such a role.

However, when a previous Centre Youth Coordinator, Regional Youth Coordinator, Centre Chair and now Regional Chair asks you, you can't really say 'No.' I was and am blessed to be provided with a Regional Chair who has been a mentor figure for me while being a Youth Coordinator, and was now the Regional Chair who not only understood the Youth better than I did, but could really guide and talk from personal experience.

It was exactly her understanding, confidence and experience that I not only respected but also as a person as she has always been the role model that many look up to. Having been through the entire Sai programme, from SSE all the way through to SSLTP, if anyone could be a wholesome role model it was Nadia. With her outlook and experience of life as a youth, every youth respected her thoughts and decisions as they were always made taking everything into consideration. We all knew we could trust her as she always held a balanced view in all situations and without realising it herself, she has always been a mentor to me and provided me with the support, encouragement and reassurance to take a lead role and that it was all a learning experience where, 'the journey was more important than the destination ...'

The relationship that we share has not only been built over time, but has set a strong foundation whereby trust, respect and understanding have enabled us both to move onwards and upwards. The one thing I have learnt to believe from Nadia is that Swami is the ultimate doer, all we can do is ensure we have done our ground work to the best of our ability and leave the rest to Him. Dr. Sara Pavan beautifully explained this using the word GUIDANCE. He explained how Swami is the dance-master, and all we need to do is let go and follow his lead ...
God - U - I = DANCE.

So, do I now feel ready for this role ... no, but do I feel more capable ... definitely. Surrender and dance is all I can do ...

Vini Bhatti
Region 6 Youth Coordinator

National Youth Wing

The Journey from SSE to Youth

Through this wonderful spiritual journey, there have been continuous opportunities to experience the sweet nectar of Swami's love and instil faith in the all-knowing, all seeing and the most loving through spiritual practices.

My journey began at the age of 6, when my family were introduced to Bhagawan and took me to Sai Centre where I then participated in SSE. The journey through this programme allowed me to experience Swami's teachings and as it is a programme from 6 to 16 yrs, I was blessed to have inspirational teachers who taught me the basics of discipline, determination and discrimination. The opportunities to sing and play instruments and be around my Sai family made me feel closer to Bhagawan.

By the age of 10, I had not seen Bhagwan physically but the activities that were being undertaken within Sai Centre made me feel that strong connection with Swami. My parents being the inspiration role models attended the centre regularly and undertook service activities, and I continued through the SSE

programme attending every Sunday morning.

With Swami's grace, we were blessed to join the SSE trip- Sai Mahima 4 in 2000 to present to Swami. The play was practiced over 6 months and we finally went to Parthi. The gurus were indeed inspiring as their determination to practice to perfection made me realise what Swami expects. The love of the parents who sacrificed time and energy for all the children, made me aware of how Swami repays us the time and energy through allowing us to experience his close divinity.

As I had the unique chance to dance in front of Swami, I realised that SSE was an important part of my life as the teachings allow you to become stronger and help you to understand who you really are. Through SSE inspiring me, I wanted to share my joy with the children who were going through

the programme. So through training, I became a SSE teacher from 16 yrs and currently still feel that buzz to teach them as it is such a rewarding service.

From being active within the centre, I was blessed to be given the position of Youth Co-ordinator in which I played my part in seeing how the organisation works and inspiring the young minds. From seeing the centre grow and being lucky to work within all wings, this role made it easier to see what youth need to do. As the saying goes 'expect the unexpected', it so happened that within a short time of landing the role of centre YC, I was blessed to have been appointed the RYC for R4 this year. Such opportunities come to help you become more spiritually awakened and with the tools given spread Swami's messages to the community and aid the organisation.

As my relationship with Swami who is my best friend, has developed and become a wonderful part of this journey, I hope this current role will give me even more opportunities to develop spiritually and feel that closeness with Bhagawan every second.

Sai Ram

Seetal Chauhan
Region 4 Regional Youth Coordinator



Region 1 Young Adult Programme (YAP) Saivolution

On Friday 18th March, the youth in Region 1 congregated for their monthly YAP. Approx 25 youth were in attendance, including guest speaker, Deviesh Tankaria (SSLTP Co-ordinator). The theme of the evening was leadership, with Deviesh speaking about the Sathya Sai Leadership and Training Programme, followed by a movie entitled 'Saivolution', compiled by our hosts, the youth from Wimbledon Sai Centre.

Deviash began by asking each youth what they thought makes a good leader and an example of who they thought was a good leader. This then led into a presentation about SSLTP, which was very informative in terms of the course content and modules that would be undertaken. The core underlying foundation of SSLTP being the Mahavakya "To BE, To DO, To SEE, To Tell". Deviesh then showed the youth an inspiring video presentation about leadership which also included testimonies from former graduates, pictures of the away days and activities in the classrooms. He poignantly concluded with a quotation from John Quincy Adams; "If your actions inspire others to dream more, learn more, do more and become more, you are a leader"

Ajay Pankhania, a recent graduate of SSLTP, then spoke about his experience of being on the programme and how he is grateful to it, as it not only helped with his spiritual development but has also given him practical tools and the confidence to serve in his role as Centre Chair.

The scene was now set for the movie, 'Saivolution'. The youth of Wimbledon Sai Centre spoke about how they wanted to offer something for Swami's 85th Birthday celebration that involved all the youth in their centre. They spoke about how doing this movie engaged all the youth in the centre to get involved and brought them together to reconnect with Swami as a centre youth wing,

They told us about the journey they went on in making this movie, learning new software packages and how they underestimated the time it would take to make. With only three days left before the movie was due to be shown in their centre's celebration of Swami's 85th birthday in November, the youth told us their experience of spending three days working day and night on it and surrendering it to Swami. They spoke about how everything fell into place when making the movie and how it all came together at the end showing Swami's message of 'If Swami brought you to it, He will bring you through it... surrender everything to God'.

The film demonstrated the structure of the Sri Sathya Sai Service Organisation and when it was formed, breaking down what each wing entails and how they link together to form a unique organisation. The underlying theme of the movie was depicting Swami's life and His message, showing us that a true leader is one that lives their life by example.

The next YAP will be on April 15th at the Sai Mandir, Effra Road, Merton from 7:30-9:30pm. For more information please email **region1saiyouth@hotmail.co.uk**

Jai Sai Ram

Shyam Jamnadas
Region 1 Youth Co-ordinator

Region 2 - MahaShivaratri Celebrations

On 2nd March 2011, about 200 devotees from region 2 came together to celebrate the annual festival of Maha Shivaratri, the 'Great night of Shiva' in a hall in Heston. The hall was beautifully decorated with two altars, one in the front and one at the back with a replica of the Athi Rudra Maha lingam as used in Prashanti during the Yagna in 2006.

As devotees entered the hall, they made an offering of milk to the Shiva Lingam at the altar to the rear of the hall in the midst of soft background chanting of 'Om Namah Shivayah' by the Divine voice of Bhagavan Sri Sathya Sai Baba before proceeding to take their place.

The programme started with a short talk on the inner significance of this auspicious night followed by a live guided Light meditation. This was followed by Vedic mantras for Lord Ganesh to remove all the physical and spiritual obstacles.



All eleven Anuvakas of the Rudram Namakam were then rendered by those devotees who were versed in the Vedic hymns intensifying the spiritual vibrations. As the Rudram was concluding all the devotees were ushered toward the main altar to offer flowers and the holy Bilva leaves to the magnificent white Lingam. This was choreographed with the sacred chanting of the Bilva Stotram, Shiva Panchakshari, Lingashtakam, Shivopaasanaa and Maha Mrityunjaya mantras. The offering of Bilva leaves signify the surrender of all three aspects of one's nature – Tamas, Rajas and Sattva.

This was followed by the offering of a bouquet of devotional



songs dedicated to Lord Sai Shiva. This continued up until 12:15 am where the programme concluded with a ten minute highly charged medley of Shiva bhajans, closing prayers and a short meditation to receive the energy that had been created throughout the evening.

The spiritual significance of Maha Shivaratri is to remain awake in the supreme consciousness. On this particularly auspicious night, may this bring the spiritual aspirant of God to a permanent state of awakened consciousness liberating them from the grasp of this illusory existence.

**by Senthil Kumarathevan.
Region 2 Vice Chair.**

UNIVERSAL CHANTING in Region 2

"Religion means 'experience' and nothing less. It is indeed pitiable that we often forget this important fact. This secret must be imprinted in everyone's heart; only then can there be harmony in society. If you practice your religion with greater faith, there can be no hatred in the world, for all religions are built on universal love." – BABA

It was indeed a unique experience for many hundreds of devotees and community members on 13th Feb 2011 at Southall Sai Centre, Dormers Wells High school. The Centre celebrated the 'Sai Gayatri – Universal Chanting' by inviting the priests from different faiths of the local community. The event reflected Bhagawan's message for the Fatherhood of God and the Brotherhood of man.

The event started with Universal songs, including bhajans by Renu Gidoomal followed by an introduction to translate the purpose of the event. Befitting to the event, 'Sai Gayatri' chanting has been chosen as all forms and names of worship belong to our beloved Bhagawan Baba. The centre and the neighbourhood reverberated with spiritual vibrations and the entire audience was lifted into a blissful state with one feeling the presence of Swami in the midst of us. At each round of group chanting of Sai Gayatri for 108 times, we had the priest coming from each religious faith and offering the prayers with rituals specific to the faith.

After the first round of 'Sai Gayatri' chanting, we had service conducted by Rev. Derek Barnes of the St. Bernards Chapel. It was then followed by the Buddhist Japanese Monk Rev. Nagagase from London Peace Pagoda, offering Prayers to the Lord in traditional Buddhist ritual. After the second round of Universal Sai Gayatri chanting, we had a talk from Imam Zulfiker Ali emphasising the unity of religions with faith in one God, who is called as Bhagawan in Hinduism and Allah in Islam. The audience were then transported into a completely different plane with wonderful prayers offered by Ghani Karamjeet Singh from the local Gurudwara. After the final round of Sai Gayatri Chanting, we had a talk from Franceen Brodtkin relating her experience of Jewish faith and Sathya Sai Baba.

After the audience were treated with the Sweetness of Lord in different names and forms of worship, it was time for a wonderful musical program. Popular Pakistani singer Shahid Abbas Khan enthralled the audience by first thanking Swami for bringing all the faith Leaders in one place, under one roof and rendering songs ,including, "Allah hu Allah hu" originally sang by his mentor Nusrat Fateh Ali Khan . This was followed by the centre's Balvikas Children singing their hearts out to Swami with "Oh Saimaa". We then had talks from the former National Chair Mr Balaraman and former West Indies Cricketer Alvin Kalicharan. The event was also attended by Mel Griffin National Vice Chair, Jon Dal Din (Westminster Interfaith), Dr.Veeru Rao Spiritual Coordinator(SSSSO U.K) and Graeme Wilson public affairs director (Church of Scientology). The programme concluded with all priests united in Aarthi .

"Let the different faiths exist, let them flourish and let the glory of God be sung in all the languages and in variety of tunes. That should be the Ideal. Respect the differences between the faiths and recognize them as valid as long as they do not extinguish the flame of unity." - Baba



Region 3 Report

Maha Shivarathri

Regional Maha Shivarathri at Illford Sai Centre



Maha Shivarathri at Hatfield Sai Centre



Working with the Community - Luton Sai Centre

Interfaith Activities

"Let the different faiths exist, let them flourish. Let the glory of God be sung in all languages and variety of tunes. That should be the ideal. Respect the differences between faiths and recognise them as valid, so far as they do not extinguish the flame of unity" Sri Sathya Sai Baba

On Sunday 20th March 2011, Luton Sai Centre and other Faith Groups, under the umbrella of Luton Council of Faiths (LCoF) and Grassroots were invited to Baha'i New Year (Naw-Ruz) celebrations.

Naw-Rúz is one of nine Holy days for the followers of the Baha'i faith worldwide and the first day of the Baha'i calendar occurring on the vernal equinox, around 21st March. Naw-Ruz, historically and in contemporary times, is the celebration of the traditional Iranian New Year holiday and is celebrated throughout the countries of the Middle East and Central Asia such as in Iran, Azerbaijan, Afghanistan, and Tajikistan. Since ancient times it has been a national holiday in Iran and was celebrated by more than one religious group. The Bab, the founder of Babism, and then Baha'u'lla'h, the founder of the Baha'i Faith, adopted the day as a holy day and associated it with the Most Great Name of God.

The most unusual aspect about this celebration was that it was held outside in the ancient Woodland, Maulden Woods, land owned by the Forestry Commission. It is located mid-way between Luton and Bedford on the A6. A special area in Maulden Woods, provided by the Forestry Commission and aptly named 'Sacred Space' has been

developed as a spiritual and educational space which can be used for quiet contemplation, prayers and meditation by members of all faiths.

This is one of the initiatives promoted by LCoF in partnership with Bedford Council of Faiths (BCoF) and Forestry Commission, to celebrate different religious festivals in the woodlands in number of different ways, whilst creating opportunities for the communities to get connected with nature, its importance, natural beauty and wonders of the Woodlands through the guided walks.

Naw-Ruz was celebrated in this spirit. A guided walk was followed by a brief background talk on the Baha'i faith, Naw-Ruz Celebration (which is also linked to arrival of Spring) and poetry reading. Before concluding the



programme, children had an opportunity to participate in building dens

For the past several years Luton Sai Centre has been actively involved in Interfaith activities through the membership of LCoF. LCoF has been very active in community cohesion through Inter Faith Relations, Culture Awareness, Faith & Citizenship(Youth), Faith Woodlands, Working with Women across Faiths & Cultures, Spirituality of Justice & Making Luton a Fair Trade Town, Global Youth & Community Exchange Programme, but to name a few.

In the last five years, Luton Sai Centre have actively supported the Faith Woodlands Project through our annual Meditation Walk at Maulden Woods, which has been very popular with members and is open to all faith groups and communities. Our next Meditation Walk is on Sunday 3rd April, 13.30hrs to 15.30hrs, and hope to welcome Sai members around the regions.

For further information please contact Thakor Morarji : **thakor.morarji@googlemail.com**

MAHASHIVRATHRI CELEBRATIONS REGION 5

Manchester

Mahashivarathri celebrations were hosted by the Greater Manchester Sai Centre on Wednesday 2nd March 2011 at the Jain Samaj Community Hall. The evening of prayers commenced at 8pm with a short reading on the significance of Shivarathri, from one of the SSE students, Ketan Parmar. Vedams were then chanted followed by a Shiv dhun, during which devotees could perform Lingam Puja. This was followed by vibrant bhajans, and the night of prayer ended with Aarthi being performed at midnight. The lingam water was packed into small bottles for devotees to take home as Prasad.

The vibrations could be felt throughout the evening and as stated by Swami Himself;
'On Shivarathri day people meditate upon, sing hymns of Shiva, and listen to the glory of Lord Shiva. Since the whole night is spent in this manner, this night is called Shivarathri. Not just this night, but every time you spend the entire night meditating upon the divine name, that night is also called Shivarathri.'

**Harsha Parmar,
SSE teacher, Manchester**



ON BEHALF OF ANIMAL ANGELS.....

"Why should you argue that animals, beasts and birds are bad? Each is treading its own dharma. It does not overstep or undermine. They have greater cooperation and mutual love than even men. Each has to be judged from the point of view of the equipment and the opportunity. Man can live better if he learns from animals. He is degrading himself even lower. When the Lord incarnates, He has as one of His tasks the protection of sadhus, or beings with quiet innocent natures. Among animals are countless sadhus, remember". (from Questions and Answers: Sai Baba and John Hislop – in Peggy Mason's magazine, Summer 1996)

Sai Baba tells us "You have earned this human body by the accumulated merit of many lives as inferior beings (animals, birds, beasts, reptiles etc.....)"

Have you ever wondered what these deeds of merit could be? First of all, you could spare a thought for the thousands of working horses, donkeys and mules working in poor countries around the world, most often worked to death, in pain, neglected, starved, beaten but without whom their owners could not live as they are a vital part in helping them to earn a livelihood. Then there are the dogs who lovingly and conscientiously look after the disabled, the deaf and the blind as well as cats who do their own kind of quiet healing work in different venues and dolphins who have saved humans from drowning and cured them of depression with their unconditional love, to name just a few examples!

There are literally **hundreds of amazing true stories** coming to light now which demonstrate such deeds of merit, including loving and often life-saving services carried out by our apparently younger brothers and sisters in animal form. They show us what animals do to serve not only us but also members of their own and other species. In so doing, they demonstrate a much higher degree of consciousness, love and feeling than they have been credited with over the ages. Even now, many human beings sadly have no understanding or recognition of this. However, as our own awareness of the world we live in is growing, so too is our acknowledgement of the fact that animals are most sentient beings and not objects without feeling which can be cruelly exploited for our own ends as has been the case for centuries but continues now more than ever. For this reason as much as any other they deserve our loving kindness and protection on their evolutionary journey upwards. Baba has said that **when we love and look after an animal, we help to raise the whole of creation and if we can't care for an animal, then we should try and feed the birds.** Our **loving** interaction with them quickens their evolutionary progress, just as the Avathar does ours. **Even wild animals respond to love.**

"When a devotee seeks with humility and purity to give seva and prema to my creatures who are in need of such selfless service and sublime love; when he considers all creatures as my children, as his beloved brothers and sisters, as the blessed manifestations of my immanence, then in fulfilment of my role as Sathya Sai, I descend to help, accompany and carry that yogi. I am always near such a yogi to guide him and to shower my love upon his life." (Sathya Sai Baba).

The following true stories demonstrate a little of what souls in animal form are capable of. One is about one of man's least favourite creatures: rats!

(Even though rats are generally not popular they do have their share of fans. This is because when removed from the arena of sewers etc and living in a clean environment where they receive love, they can be very personable,



sociable and affectionate creatures. Highly intelligent, they have even been found to 'chuckle' and come back for more when tickled by scientists studying animal behaviour. They are even actually capable of altruism as the following story demonstrates:



"In order to test maternal instinct, a laboratory experiment required mother rats to cross a live electric grid in order to pick up their babies. In spite of the fear and pain of electrocution, the devoted little mothers crossed the electric grid even though they received many shocks and some rescued babies not their own. One little mother carried fifty-eight babies across the grid receiving electric shocks all the way before researchers ran out of infants with which to test her"..(abbreviated from 'Peaceful Kingdom – Random Acts of Kindness by Animals' by Stephanie Laland.)



The next one is taken from the Daily Mail (June 20 2002). It relates to how a seal saved an unknown dog from drowning in the River Tees. A certain Mr Hinds and his sons were walking by the river

when they spotted an Alsation/Labrador cross on the side of the river. It was bleeding from its head and leg and whimpering. When Mr Hinds approached it to help it, it panicked and jumped into the river. The currents were so strong that it struggled to keep afloat and was in danger of drowning when, out of nowhere, lifesaving help came in the form of a seal! The seal charged up to it, circled it and then, with its nose, pushed it firmly towards the shore and safely back on the river bank. Then it swam back into the middle of the river and waited for Mr Hinds to reach the dog before swimming away, an unsung lifeguard!

Another story is told in the same article of a woman, Charlene Camburn, who got into difficulty while out swimming off the coast of Lincolnshire in 1999. Seven seals appeared and surrounded her for two and a half hours until she reached the shore, gently nudging her to the surface each time she slipped under the water.

Baba has advised us to pray for our animal brothers and sisters for apart from the loved pets that we own, many, many others are treated with unbelievable cruelty in so many situations. They have no voice and are powerless against us.

"The Upanishanthic declaration, "Kaarunyam paramam thapah".....means "Compassion towards all beings is real spiritual discipline". Man is the crown of creation; he is the highest among living beings. Therefore, he bears great responsibility. He has to love other living beings, serve them and save them, for they are his kith and kin and they too have the Divine Principle as their core." Sathya Sai Speaks Vol 14, p 182.

**By Mercini Sherratt
Regional 6 Spiritual Coordinator**

Sathya Sai School Leicester (U.K.)

"LOOK UP AND AIM HIGH" Sathya Sai Baba

"Academic Achievement"

Students' academic achievement meets or exceeds national standards and sustains this achievement."

Extract from Standards and Accreditation Procedure for Sathya Sai Schools

GCSE Mathematics Module Results

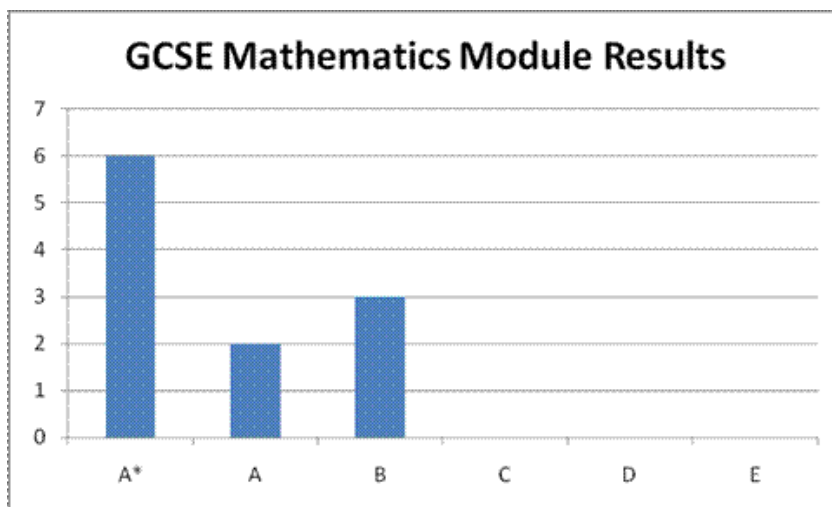
As you are all aware the school started KS 4 (GCSE) this academic year and we have the results from the second modular exam taken in January 2011, (OCR Mathematics Unit A).

The school had 11 exam candidates and the results were out on Thursday, 10th March 2011. Grades possible were: A*, A, B, C, D and E.

Our results were as follows: **All results are between B and A***

Grade	Number of students
A*	6
A	2
B	3
C	0
D	0
E	0

Bar chart showing results of Sathya Sai School



Thank you Swami!

Thank you parents, teachers, friends & supporters of Sathya Sai School.

Tesco & Sainsbury's Vouchers

Dear All, the Sathya Sai School, Leicester will once again be collecting **Tesco, Sainsbury's & Nestle Book** vouchers for schools. In the past devotees have given helped the School tremendously support and help and the School has been able to receive substantial School equipment and books for the children. If you are interested in helping please pass any vouchers to your Centre and Regional Chair.

Sri Sathya Sai Book Shop UK - Review on Books

The **title of Book** chosen: **SAI – THE INDWELLER**

Collection of Talks By: Prof Sri Anilkumar – Bhagawan's chosen translator

Compiled & edited by: Prof P V Vaidyanathan of Thiruvananthapuram assisted by Prof Mukundan – State Chairperson Kerala SSSS Organisation and Sri V Bhadran – District Chairperson – Thiruvananthapuram SSSS Organisation.

As we are all aware – our beloved Swami's messages have a universal appeal and in the simple language of the heart – Pure Love. Swami's messages urge the devotees to imbibe tolerance, unity in diversity, peace and harmony based on love that is selfless, unconditional and universal. The miracle of his discourses is that each devotee receives messages that are relevant to his / her own spiritual progress.

Prof. Sri K Anil Kumar – who is the chosen translator of Bhagawan Baba's discourses from Telugu to English conducts many study circle style discussions on Sundays in Prashanthi Nilayam in his own inimitable style where he explains many of Swami's messages and clears the doubts of many devotees. This also includes details of some of his visits to foreign countries like South America, USA and Canada.



Sai – The Indweller is the latest collection of his "Sunday" talks compiled and published by the SSS Sadhana Trust Publication Division in Prashanthi.

The talks have been compiled practically under 08 different topics within 12 chapters, ending with one full chapter dedicated to Q&A sessions that are held at the end of each of his talks. Some of the headings that are included in this are: -

There is only One Religion – The Religion of Love Three different paths leading to divinity
The relationship between the disciple and the Master As you think you are

The answers once again are exclusively based on our dear Swami's divine teachings and guidance. Prof. Anil Kumar elaborates and explains in detail these teachings so that even a younger devotee could understand and digest Swami's messages well. After reading this book – personally it allowed me to "polish-up" my own knowledge and clear-up many of my doubts and confusions. The language is simple and not technical and anyone who reads this will clearly understand our beloved Lord's message and His mission and most important = the part He expects us to play in His divine mission



The title of Book chosen: **PREMA DHAARA – Volume: 3**

Contains: Letters and divine Messages from Bhagawan Sri Sathya Sai Baba
Compiled by: Sri P P S Sharma

This is the follow-up collection after the tremendous success of the Volumes 1 and 2 that were very well received by the readers of Sai literature. This volume is unique because it contains copies of the original letters written by our beloved Swami to various devotees across the world along with poems and drawings. The personal human touch of Swami in a loving motherly way could be sensed in all these letters dated from the year 1946 onwards and I honestly confess that they cannot be described in any other standard narration or any analytical form of writing by us.

Hence the best way the devotee would enjoy this is to read the original letters, poems and enjoy the drawings of Bhagawan Baba done in an hitherto unmatched style that inspires and motivates the reader to follow the life style Swami wants us to follow which is based on the five human values so that one day we may find our beloved Lord too

"walking" with us and guiding us in our lives.

These letters and messages have been given headings and some of them are: -

Wherever you are – I am there! Goodness is not Impossible. Bhagawan's Mission.
Devotee's Happiness is everything to Me. Have Spiritual hunger. You are God.
No place for pomp in spirituality. Symbol of Discipline. Guru reveals in a flash.

This book for me is like a Gem in the treasure house of Sai literature & books and I am confident that you will definitely want to have this Gem - a beautiful collection of Swami's letters (most of them are in His own hand writing) and messages in your own treasured collection of Sai memorials. The love that pours out of those letters will take your breath away.

Jai Sairam – Raj Selvakumar



Websites

www.srisathyasai.org.uk	Sri Sathya Sai Service Organisation (UK)
www.srisathyasaibookcentre.org.uk	Sathya Sai Bookshop (UK)
www.sathyasai.org	International Sai Organisation
www.sathyasaischool.org.uk	<p>Sathya Sai School Independent Nursery, Primary and Secondary school</p> <p>Sathya Sai Centre, Bede Island, Narborough Road, Leicester LE3 0BT Tel: 0116 254 0235, Email: office@sathyasaischool.org.uk</p>

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