



"In the pure, serene (sathwic) path of meditation, you will consider repetition of the Holy Name and meditation as a duty and suffer any amount of trouble for its sake; you will be fully convinced that this world is just an illusion, so you will only do good under all conditions and at all times. You will desire only the good of all and will always love all; you will spend time uninterruptedly in the remembrance and meditation of the Lord. You will not crave even the fruit of repeating the Name and doing meditation; you will leave it all to the Lord." - Sri Sathya Sai Baba



Messages from each of the National wings of the Organisation, Spritual, Service, SSE and Youth



National Orientation & Welcome Day - 29th January 2011

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Sai Spiritual Education highlights the essential message of

DO
BE
TELL

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Regional Reports.

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Dear Love & Light Readers,

Sai Ram !

Bhagawan Blesses UK Central Council!

I am delighted to inform you that a few weeks ago our new National Secretary went to Bhagawan in order to receive His blessings. Our National Secretary, Dr Kiran Patel, is a generous man, he did not seek blessings only for himself but for the whole UK Central Council. During his visit he was able to give Bhagawan a card. On one side of the card, there was written a beautiful prayer asking Swami to keep us close to him like the flute played by Krishna and to make all of us His instruments and on the other side was written all the names of the new UK Central Council members.

Bhagawan very compassionately stared at the front of the card which had a beautiful photo of Krishna. He then took great care and read the prayer word for word. Turning to the next page He continued to read all the names of the Council right down to the Sathya Sai School representative. As he read the names, Swami had his palm open as a blessing and went through blessing the names. His final words were:

"VERY HAPPY, START WORK IMMEDIATELY.....WORK WORK WORK !"

With this the UK Central Council began working even harder than usual. It is said that a successful team beats with one heart and the very first event that brought us together was the National Orientation and Welcome day, which was held on Saturday 29th January. The event was very well attended with over 300 delegates assembling on a bitterly cold day in Watford. The aim of the day was to welcome, honour and empower the new officers to effectively serve in their respective posts. Further information can be found later on in this edition.

I hope and pray that you all have an uplifting Mahashivaratri in the coming weeks !

Lovingly

Shitu Chudasama
National Chairperson

Mahashivaratri



The holy day of Sivaratri is fast approaching. Siva means auspicious and ratri means night. Thus, Sivaratri means auspicious night.

"You will be immensely benefited if you keep awake and sing the glory of God at least on this night. Moon is the presiding deity of the mind. Moon has 16 kalas (phases). On Sivaratri, 15 kalas merge in God and only one remains. By constant remembrance of God, the 16th phase also merges in God" (SSSpeaks/Volume32/p1-2).

In relation to the Lingodbhava (emergence of the Linga), Swami has said "In order to sanctify your lives, such sacred manifestations have to be shown to you every now and then. Only then can you understand the divinity in humanity" (SSSpeaks/volume32/p1-3).

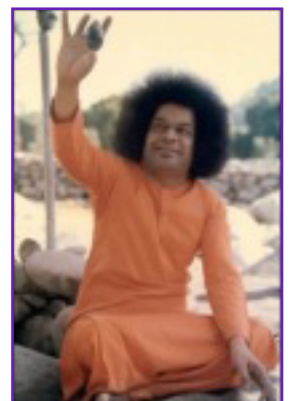
It was March 1973. Bhagawan was in Brindavan (near Bangalore). The air was filled with excitement since Sivaratri was just a day away. Bhagawan had sent instructions that He was taking the boys to a picnic and that no one else should know about this. Bhagawan had been very gracious to arrange a bus for us, quite funnily (since) the outside was marked 'Sri Sathya Sai College for Women, Anantapur'. On the day of Sivaratri, Bhagawan sent a word to all devotees that He mustn't be followed. Bhagawan's car left, accompanied by a few guests and we were asked to follow in the bus close behind. We weren't aware where Bhagawan was taking us.

On the way Bhagawan stopped for a short break. Dr John Hislop (an ardent devotee of Bhagawan) was one of the accompanying guests. Bhagawan asked Dr Hislop what He desired. His response was quite spontaneous, 'Swami'. Bhagawan then broke a couple of twigs from a nearby small tree. He then blew on them and lo and behold, these were transformed into a wooden cross with an icon of Jesus Christ on it. Bhagawan then elaborated that the wood was the original wood on which the crucifixion of Christ had taken place.

Our journey then recommenced. Bhagawan this time decided to board the bus and travel with us which was quite a thrilling experience. After a few snacks together with Bhagawan, we spent time singing bhajans. Initially, Bhagawan asked each one of us to sing and then He started singing in response to our prayers. Later, Bhagawan alighted the bus and got back into the car. It was late afternoon when we realised where we were going, to Bandipur sanctuary!

We stopped at a lodge where we were able to stretch ourselves and fortunate to have food with Bhagawan. Evening was fast approaching. On Bhagawan's instructions, we were asked to board the bus and follow Bhagawan's car. As we were travelling, at a distance deep down the ravine, we could see a herd of elephants and a couple of deers running across. It was now really getting dark with birds chirping away. All of a sudden, we realised that the headlights on our bus were failing. Bhagawan realised our concern and instructed the bus driver to follow closely behind so that we could take the lead from Bhagawan's car. After a short distance, Bhagawan instructed everyone to stop, alight and follow Him on foot. It was now completely dark except for the light from the moonlight. Bhagawan chose a spot around the sands of a nearby stream and then instructed bhajans to be sung. Bhagawan then made a pile of sand and pulled out a lingham (this was named as Kakara Hala Lingham after the name of the small stream).

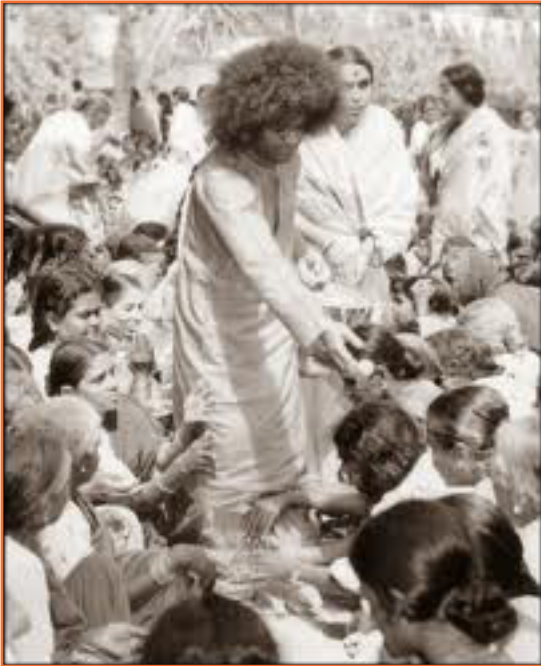
After that, He again made a pile of sand and pulled out several other idols, that of Shirdi Sai Baba, Goddess Durga and others. He then also pulls out a vessel containing the divine nectar amrit which we all were blessed to partake. After witnessing these rare manifestations of His Divine Powers, we started walking back. As we were walking back, Bhagawan remarked Lord Shiva once walked here! It was early part of the morning when we returned back to Brindavan. Indeed, this was a very memorable night to cherish and remember.



**Dr Kiran Patel,
National Secretary**

National Service Wing

The deep significance of selfless service



There is a widespread belief that the ultimate goal of this sacred human life is for our souls to attain oneness with divinity but as we travel in our spiritual journey to realise this divine mission, we become entangled in worldly affairs and under the influence of 'illusion', we mistakenly identify ourselves with the temporary body and everything connected to it. In so doing, we serve our inner enemies of lust, anger, greed, delusion, pride and hate only to fall deeper into illusion.

The main ethos of the Sri Sathya Sai Service Organisation is to bring out the inherent divinity within us and one of the means of achieving this is through seva or selfless service. Seva is a spiritual discipline and service activities provide us a means by which as embodiments of love, we can translate that love into action and help us progress in our spiritual journey. There are several service organisations in the world but the uniqueness of the Sri Sathya Sai Service Organisation as quoted by Swami is the fact that it regards seva as a form of service to Divinity that is present in each one of us and the bliss derived from such service is incomparable.

My vision for the service wing is to spiritualise all our activities by reconnecting to the source and by raising awareness on the deep significance of selfless service. When we embark on service activities, we should regard it as a privilege to serve others and look upon it as a form of worship.

The aim of the Service wing is the selfless giving of oneself for the betterment of others and the world we live in. We should look upon service as a means of finding self-fulfilment in life for seva is not only good for community relations but also good for the moral uplifting of the person. To achieve this, we plan to audit all our major service activities to see if these activities meet the needs of those served.

We want to bridge the gap between the wings and develop collaborative projects to serve communities locally, nationally and internationally together. We want to pursue the promotion of health and well being in conjunction with other organisations such as the local PCTs, NBS, Anthony Nolan Trust, Age-link and serve adults and children with Special needs. We want to expand ecological projects such as tree-planting and collection of items for re-cycling and support homeless projects among others.

If we are united in the knowledge that everyone is a child of one God or that God is present in everyone, we will act with love towards all. God assumes human form to serve humanity while man is born to perform selfless service in order to achieve unity of mankind and only through unity, can we achieve divinity.

**“Help as much as you can,
As efficiently as you can,
As silently as you can,
As lovingly as you can,
Leave the rest to God,
Who gave you the chance to Serve”
-Baba**

National Spiritual Wing

Spiritual 'Reconnect'

People imagine that spirituality means meditation on God, bathing in sacred waters and visiting holy shrines. This is not the correct meaning of spirituality. Spirituality means destroying the animal nature in man and making him manifest the divinity in him. Spirituality is the realisation of the role of the Atma in daily life. It is a way of life. It recognises the oneness of all mankind and demonstrates the spiritual truth underlying this Divine Unity.

-Bhagawan Baba SSS Speaks Vol. 25, p164.

Our sacred Organisation and its wings have been established by our Divine Lord with the sole purpose of facilitating individual spiritual transformation that is sustained and consolidated in the good company of devotees of the Lord. Keeping this in clear focus, the goal of all activities undertaken by the Spiritual Wing in UK in 2011 will be to enhance the spiritual vibrations in every Sai Centre in the country. Thus every member attending a Sai Centre would be able to experience the positive energy and enthusiasm, the joy and harmony, and feel encouraged to progress on the path of inner spiritual transformation.

In the main, two streams of activity will be followed by the Spiritual Wing in 2011 to achieve its goal- 1. Chanting of the Divine Name 2. Study of Sai Literature

Namasmarana is a sadhana to be seriously taken up for the purpose of reducing your attachments to fleeting objects, purifying and strengthening you, and liberating you from the cycle of birth and death. Hold fast to it as a means of rescuing yourself in every way. The Name of God is the most effective tonic to keep off all illness, and undoubtedly brings the Grace of God.

-Bhagawan Baba (SSS Speaks Vol 8, p188-189)

Chanting of the Divine Name (Namasmarana) not only raises the spiritual vibrations in an individual, but when done collectively in unison with joy and yearning, also has an amplifying and synergistic effect in raising the positive vibrations in the environment surrounding us. In fact it has been prescribed by Bhagawan Baba in His first ever Message to humanity when He sang 'Manasa Bhajare' (O' Mind, Chant!). All Sai Centres and Groups already participate in this sacred activity with ardent devotion and joy. However a greater impetus would be generated in 2011 by organising regular 'Chanting Days' at centre, regional and national levels with a greater focus on the Universal Sai Message- 'All Names and Forms represent the One God'. Other activities in this stream would include the formation of regional bhajan teams, multifaith prayer teams, and Christmas choir/carol teams aimed at improving and encouraging talent, skills, quality, community interaction, and harmony.

I do not give 'Speeches'; My talks are more of the conversation type; I want that you should follow every word of what I say with reverent attention, for your Anandam is My Aharam--your joy is my food. You can get Anandam only by following the advice I give you and this is why I am particular that you should Listen carefully and take to heart what I say. This is not a mere lecture, where from you do not seek new lessons for life.

-Bhagawan Baba (SSS Speaks Vol 1, p9)

The purpose of the study of sacred teachings is to develop love for God (SSS Speaks Vol 20 p 184). By engaging in the study of Sai Teachings, by contemplation and meditation upon them, great bliss and peace will be experienced. In His present Sai Avatar, Bhagawan Baba has been guiding devotees and spiritual seekers tirelessly over many years through His Discourses and Writings. The first public Discourse as recorded in the Sathya Sai Speaks volume 1 was in 1953, 58 years ago! His Teachings are currently compiled in 42 volumes of Sathya Sai Speaks, 13 volumes of Summer Showers, and 15 Vahinis! Although Bhagawan cautions us that reading is not the completion of the journey and insists upon putting even one or two things that have been read into practice, nevertheless it is the first step. As devotees of Sai, it is also our primary duty to study and experience His Divine Teachings and Message. In line with this, Regional Sai Literature Seminars will be conducted regularly in every region in UK. These seminars will be facilitated in an interactive format that is conducive for collective study and contemplation. Pre-seminar and post-seminar study aids would be carefully prepared and made available to all members in Sai Centres across the country.

In our sincere endeavour to 'Reconnect' spiritually this year with each other and with the Sai within, let's join in this universal and ancient prayer-

May He protect us all together; May He nourish us all together; May we work together with great energy; May our study be vigorous and effective; May we not dispute or hate any. Let there be peace peace, and peace!

Dr. Veeru Mudigonda
National Spiritual Coordinator

National SSE Wing

DO - BE - TELL



Swami says "of all the factors which influence the quality of education and its contribution to personal and social development, the quality, competence and character of the teacher are foremost. The teacher should be a living symbol of the blossoming of human excellence and an embodiment of human values in his or her thoughts, feelings and action. Such a teacher will be able to impart and promote these values among the children".

In 2011 the vision for SSE will be to "reconnect" to the basic principles of Sai Spiritual Education as given to us by Bhagavan and to consolidate the work undertaken in the U.K. over nearly four decades by devoted and dedicated teachers.

The aims for this year will be to facilitate training in all regions to enable teachers to deliver the syllabus with confidence and with complete faith in the divinity of Bhagavan Sri Sathya Sai Baba.



It will also aim to foster in the children the feeling of closeness with the Lord by creating an atmosphere of love, devotion, compassion and discipline within the SSE activities and in their daily lives.

Swami says that the parents are like the back wheel of a bicycle with the hub on it, unless it moves forward, the front wheel being the teacher will not be able to take the child forward on its journey. We hope to raise the involvement of parents to support the SSE programme by participating in spiritually uplifting activities in their centres and their homes.

These aims can be realised only with the support and harmonious working with all the other wings of the organisation.

Some of the activities for 2011 will include Sadhana Days for the children, Sai Literature seminars for teachers in conjunction with the spiritual and youth wings. Spiritual Parenting Study Circles as per the teachings of Bhagavan, National Teacher's Day, Regional SSE training days and celebration of important festivals.

Whilst SSE is a programme of "character moulding" and its objective is inner transformation, the process of assessment and examination is there to "help" learners evaluate themselves and their efforts to meet the objectives of the SSE programme. 2011 will continue to hold exams for Group 2 and Group 3 children.

Swami says children must grow up in the atmosphere of reverence, devotion, mutual service, cooperation and love. As teachers we have the opportunity to create this atmosphere for our children within our centres as they are the future torch bearers of the Sri Sathya Sai Service Organisation.

Vidyulatha Narayan,
National SSE Coordinator



National Youth Wing

Aims and Plan for 2011



"Swami has said that you are the leaders of tomorrow. If you would be the leaders of tomorrow, then I exhort you to be wholehearted, committed and active participants of today".

-Dr Goldstein , World Youth Conference 2007

Looking at the year ahead, I had to take a hard look at the current challenges the youth face both in worldly and spiritual life and how they can serve in Swami's Divine Mission. This led me back to look at the hopes Swami has for the Sai Youth.

The future of the country depends on the skill and the sincerity of the youth. Therefore, the necessary enthusiasm and encouragement must be generated among the youth. All my hopes are based on the students, the youth. They are very dear to me.

- Sathya Sai Baba, Sathya Sai Speaks IX , 34, 184



It is time to come together and yes Re Connect to our Divine Swami, and let go of our own ideals and surrender to HIS IDEAL! I see the Organisation as a family and we ultimately will spiritually develop and work together as One entity.

This year will see the National Youth Wing and Regional Youth Wings working closer together and also closer with their Regions and other National Wings. We will create the spirit of Unity in our service by supporting and working with other wings.

This will continue to lay the foundations for the future Leaders and Office Bearers of the Organisation and mould the Youth in playing their parts.

At the same time youth should continue to have respect and gratitude towards the elders, who we can learn so much from in their wisdom, knowledge and experience. I call the adults to support the youth in their development as they look to you as role models.

This year we have a dynamic team with a full work programme with standard activities but also the flexibility to bring in new ideas. I pray to Swami to bless us all in our offering of Love in action.

Jamie Raju
National Youth Coordinator



Regional Reports

Region 2 (London - North East & West)

Loving Sai Rams and Happy New Year to the Sai Family.

What a delightfully wonderful way to start the New Year – I was in the presence of our Divine Mother and Father Sai at the abode of Heavenly Bliss in Prashanti Nilayam itself!

Our Loving Mother Sai answered my Prayers on New Years Day . When after the evening program concluded, I prayed to Baba to Bless the whole of the Region 2 Sai Family and just at that moment Baba raised both His Hands in my direction and Blessed us all. Our Dear Lord also then Blessed large packets of Vibhuti which we received as Prashadam!

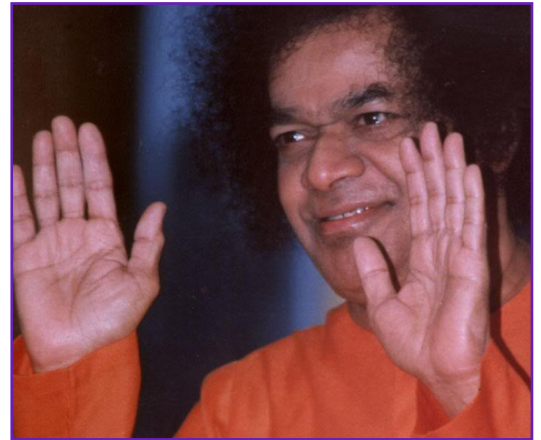
What a privilege and an honour for us all to serve our Beloved Lord in this 'Sacred and Spiritual' Organisation where 'Love and Humility' is the currency.

Office Bearers are servants of Sai centres which are founded on the five pillars of Truth, Right Conduct, Peace Love and Non-violence. Spirituality is the very life force of the Organisation and is the thread that runs through each of the wings.

My vision for our Region is that we will all together work to bring Spirituality in all the centres and wings thus uniting the region as one Sai family. Together we can all bring 'Harmony in Humanity' by first transforming ourselves and becoming Beacons of Love and Light.

"When there is Harmony in the Home, there will be Order in the Nation and when there is Order in the Nation there will be Peace in the World" BABA

**Bhadra Patel,
Region 2 Chair**



Region 3 (London - East & Central)

Every Christmas Day, Manor Park Sai Centre provides Christmas Lunch and entertainment to the needy and homebound, in partnership with the Froud Community Centre. For the past 18 years, we have all spent the day serving those in need, providing a wholesome meal, entertainment and company to the less fortunate in the East London area.

This year, we had 33 people attending. Drivers were given 2-3 passengers each to go and pick up, which they then brought back to the venue in readiness for the Christmas Lunch. Once the drivers returned with their eager passengers, we had warm cups of tea at the ready!

A full Christmas Lunch (with all the trimmings!) was served to everyone and there was a lot of merriment as we all went around and interacted with the different people who had come along. Young or old – there was a smile on everyone's face that day.



Once lunch was finished and Christmas pudding had been finished off, everyone got together to watch the Queen's Speech. Focusing on team values, togetherness and harmony, the queen's words rang true with everyone that day.

Following that, all the children and youth of the centre got together to sing some carols. Definitely this is a time where we can say "Music Be the Food Of Love – Play On!!" Everyone enjoyed the carols and they were all encouraged to sing along. Following a rousing game of Bingo and mince pies, all the people attending were shown a wonderful time and they left the venue happy and content, to be driven home personally by our "Sai Chauffeurs"! Everyone is always so thankful for our services and we were very touched to hear from one elderly lady "They're always so genuine".



Region 3 - SSE School Christmas 2010

It was a truly cold winters day minus the snow from the previous week when the school had to be closed. All the teachers and children were eager to get to school early today to make up for the time lost from the previous week's snow day and finalise their presentations, moreover have their one and only dress rehearsal before the performances for the day!

The programme was beautifully compeered by two of our LOTUSS students Shreya and Prem, who humorously introduced and summarised presentations of stories and songs. The morning was truly filled with joy, starting with bhajans followed by an exciting Christmas Disney film, a story on the three wise men looking for baby Jesus and performances by the different groups of children including our orchestra and choir children.

The groups of children presented Christmas carols in an interactive way including "When Santa got stuck", "We Three Kings", "Silent Night" and the gospel song "Mary's boy child". There were smiles and fun all throughout the performances with the morning concluding with an unexpected visit from Santa! An extravaganza of an event!

Celebrating the 10th year of the Region 3 SSE School

The Region 3 SSE School celebrated its 10th anniversary on 8th January 2011 in the presence of Ishver Patel, steering group members, parents, children and some 30 students who had graduated from the School since its inception.

The Region 3 SSE School is a conglomeration of 6 centres/groups within Region 3 formed in September 2001 following several years of planning and the inspiration and vision of Ishver Patel at that time the Region 3 Chair. The aim was to pool the resources of the centres and groups for the benefit of our children, the future torch bearers of the Organisation. Originally, the Region 3 SSE School began with 22 teachers, 108 children and many volunteers. Ten years later, more than 50 children have passed through the system of Sai education, offered in a lovely setting, conducive to learning. The School offers provision for extra-curricular activities including orchestra, choir, yoga, assemblies etc, not to mention LOTUSS (Life's Opportunity To Understanding Self and Spirituality) and SSPSCs (Sathya Sai Parenting Study Circles).

The Region 3 SSE School, has been and will continue to be a pioneering and exemplary project within United Kingdom. Sincere gratitude to all teachers, volunteers alike those who have contributed to the sustenance of the Region 3 SSE School over the last 10 years.

The programme commenced with vibrant devotional songs led by the graduates filling the hall and congregation with lots of positive energy. Graduates and current teachers at the school Martin and Amrita brilliantly compeered the event, introducing first of all a photo presentation taking us down memory lane, reminding us of the numerous achievements in the school's history and producing giggle after giggle at the sight of the graduates, teachers and children when they were much younger!

Sharmila Parikh, the first coordinator at the Region 3 SSE School and one of the lead pioneers in setting up the School spoke about how the School was formed and introduced each of the steering group members, in particular

drawing our attention to the huge contribution by Ishver Patel, whose original vision it was to form such a Regional School.

The children had the opportunity of spending time with and being inspired by the graduates in breakaway question/answer sessions and interactive fun activities whilst the parents enjoyed an interactive session with Ishver on the theme of "good" versus "great" children. Several of the graduates also addressed the congregation telling us what they learnt from SSE and how it has helped them in their practical daily lives.

The FOSSE (Friends of SSE) group had worked hard behind the scenes as always, setting up a beautiful altar, organising photography, videography and of course preparing a wonderful spread of hot refreshments for all to enjoy.



Region 3 YSAP hosted by Luton Centre
Sowing Seeds for Nature: Plant a 'Sap' for YSAP!



Join us for tree planting at Shocott Spring in the Forest of Marston Vale!

Date: Sunday 13th February 2011
Time: 12.40pm (Shuttle bus at 1pm) – 3pm
Meeting point: Elstow Park and Ride,
Wilstead Road, nr. Bedford, MK42 9XF

Please bring:

- Gardening gloves
- Waterproof shoes
- Warm clothing & waterproofs
- *Bucket-loads of enthusiasm!*

Region 6 (South England)

Our most loving Sai Ram's from Region 6,

On our beloved Bhagavan's 86th year in this avatar we have declared 2011 'The year of re-connection'. This is most apt as we move forward to ensure that the activities we carry out assist in the flow for 'inner transformation'. So, as our journey unfolds let us utilise this sacred Service Organisation to transcend our mind and our individual relative identities, for one which embraces seeing the unity of the One in the multiplicity. But in order for this inclusive orientation to be fostered we must first come to see how the inner instrument of our minds, thoughts, memories and egos interfere with the unitary movement of the Oneness, call it Sri Sathya Sai Baba, Iswara or Infinity, for in the final analysis it is all one and the same in which no one stands apart. Therefore, our calendar of activities is shaping up nicely with regular monthly and weekly satsangs with guest speakers continue in all our 14 small but perfectly formed centres and groups. Monthly Study circles are also held in Farnborough, run by Bro. Selvakumar, Reading and run jointly by Southampton and Portsmouth. Our first regional meeting of the year will take place on Saturday 26th March at East Horsely's Village Hall where we will calendar the rest of the year and ensure that we are working in unity with Swami's guidance.

Maha Shivaratri celebrations will take place on the 2nd March:



- Farnborough centre hosting a Lakchaarchana from 6pm at Tamu Nepalese Community House, 160-162 Mytchett Road, Mytchett, Surrey, GU16 6AE.
- The Reading Centre holding bhajans from 8pm at 19A, Coningham Road, Shinfield, Reading, Berks RG2 8QP.
- The Eastbourne group will be chanting rudram followed by bhajans from 7pm at 187 Kings Drive, Eastbourne, East Sussex, BN21 2UH.

Our Rochester Centre will be hosting a free walk-in health awareness clinic in 2011. Knitted garments continue to be submitted to "Something Beautiful for God" and individual centre and group services provide: activities for the elderly, regular feeding of the homeless, along with food collection and knitted garments for projects in the Eastern Block and India. It is our wish to continue to develop local projects which reflect the needs of our respective communities and to see whether some of these activities could be fostered across Region 6 as collective projects. Our Ceiling on Desires Programmes will support Lark Beecham who will be producing creative art panels for the exterior of the Sai School, tree planting and a regional charity walk for Ladies' Day. We would like to extend a warm welcome to other regions wishing to attend any of the aforementioned activities and look forward to re-connecting with ourselves, each other and God.

Nadia Eley
Region 6 Chair

National Orientation & Welcome Day

29th January 2011

Watford

"Reconnect with the Divinity within & begin doing his WORK NOW!"

We were warmly received by many smiling faces by the Brothers and Sisters from Region 2 to the first National Orientation and Welcome Day 2011.



Swami's soothing pink altar looked absolutely heavenly, lit up with a delicate garland of jasmine and pink roses. As we began with the prayers, the atmosphere was peaceful and calm; it was then uplifted by the beautiful bhajans sung by the talented youth under the guidance of Vernu Navaratnam. This energising start to the day helped set the tone. The 300 officers were in for a treat! The programme aimed to inspire and encourage all those that attended the day and helped focus our minds, reconnect us with divinity and get all us ready for the exciting and fulfilling New Year ahead!

To set the scene, a beautiful video clip showing Swami engaging in Selfless Service was shown, he is the example that all those gathered at the National Orientation and Welcome day aspired to be.

Dr. Mahesh Narayan, our compere started off with a powerful quote, he enlightened the audience of new and existing Officers as well as youth that we should not let this golden opportunity to serve the Lord slip from our hands, we must Realise Reality and realise it NOW!

"A successful team beats with one heart"



The first speaker of the day was Mel Griffin, the National Vice Chair, who introduced the new UK Central Council for 2011. Mel stated that we must spiritually orientate ourselves and 'reset the compass towards the Divinity inherent within us'. Mel also shared with the audience how the new Council was approved on Swami's Birthday 23rd November 2011. He further went on to share the special blessings given to the new Council members and that Swami had said: "Very happy, start work immediately, work work work !"

Mel went all to say that an "A successful team beats with one heart" and urged everyone to unite and work together keeping Swami at the focus of everything that we do.

"You are Officers of Sai's Army"

Shitu followed this introduction by inspiring and energising the audience with his warm words. He started his talk by reading words of Swami taken from the 1st World Conference in 1968 when Swami said, **"You are Officers of Sai's Army"**. He went on to tell us that We must recognise that we are just actors on this stage of life, acting not out of our own will but because the ONE that is all of us is moving within each of us, playing out the role assigned to us. Further he highlighted that the Sai Organisation is a spiritual organisation for the upliftment of the human consciousness and that Service is what we do but we are still a Spiritual Organisation. He said that as Officers we should never ever be bureaucrats. Every leader must encourage and inspire with humility and Love but always keep Swami at the heart of everything that we do. In order for us to achieve this, we must all endeavour to transform the world by transforming ourselves first; this was the essence of Shitu's message.

Shitu then shed some light upon the focus and the vision of 2011. He outlined the Vision as follows:
Here are just some of the Key Areas of Focus:

1. Study to be steady – Re read Sai Literature and understand Swami's teachings
2. There is only One Religion; Religion of Love – We must give equal importance to ALL faiths
3. Love All Serve All – The importance of Seva and reaching out to the local communities around us

4. The End of Education is Character – To support 3 National Projects: Sathya Sai School (UK), our newly formed Institute of Sathya Sai Education-UK (ISSE-UK) which replaces BISSE and finally SSE or Bal-Vikas.
5. Youth are the Golden Age – Energise and mobilise our youth and fully integrate youth into all the wings

And with that Shitu concluded with a lovely analogy of how 'one must dive deep in the ocean to receive the pearl of Swami's grace'.

The Time is NOW

Brother Veeru Rao, National Spiritual Co-ordinator, expanded and explained Swami's Mission. He talked about the search for Divinity, Divinity is all around us...do we realise it though? That was the question which the audience were left thinking about. For me, what stood out from Brother Veeru's message was the idea that we should 'Love to Love'. He mentioned a thought provoking story of a gentleman who slammed a door and Swami that him that the door also has consciousness and that we should perform each thought, word and deed with God in our mind. Bro Veeru also stressed that we as Sai Devotees should re-establish and re-educate man about the fatherhood of God and the brotherhood of Man.

The story of how Hanuman did not rest until he had successfully accomplished the Divine Mission entrusted to him by Lord Rama was also shared with the audience. Brother Veeru stressed the fact that we as Sai devotees should have the same level of urgency and focus and accomplish Swami's mission!

Each Centre a Beacon of Light

Dr. Kiran Patel, National Secretary, gave us a talk on the Sai organisation -, its' purpose and our role within it. Someone once asked Swami 'What is the role of the organisation in your mission?' The purpose of the organisation is for our own personal development, every centre therefore is a beacon of light as is every individual. Our role, as Dr. Patel had illuminated upon, is to serve others – to serve others means to serve God.

We concluded the morning session and proceeded to a delicious lunch. After lunch, the programme re-commenced with more uplifting bhajans to prepare us once again for the afternoon session.

"Take Swami to the Streets!"



Br. Balaraman had surprised us when he had introduced his talk entitled "Taking Swami to the street"! However, this was an endearing speech explaining that we must have the full knowledge of Swami's teachings before taking him into our local community. We must be open to everyone and every faith. The Sai Organisation is not a dogma (a philosophy) but it is spirituality, a spirit which unites the race of humanity. We should recognise that same spirit in all philosophy and any organised religion because our Organisation is universal and cannot be confined into a box!

This universal spirit, which is at the root of every religion is clouded with theology and needs to be rediscovered. Bro. Balaraman further explained that we should have knowledge of ALL scriptures and that in ALL our centres, we should put the symbols or pictures which represent each religion. The purpose of this is if a newcomer visited a Sai Centre, they can instantly familiarise themselves with their own faith and automatically feel welcomed and included.

If we want people of faiths to reach that level of understanding then we must reach out to them, participate in their spiritual practices in order to build a common path. Brother Balaraman

also mentioned the fact that our own understanding of scriptures may be clarified if we read other scriptures; it is all the word of the same God.

Leadership is something that is earned

Bro Deviesh Tankaria gave us a short presentation and speech on Sathya Sai Leadership Training Programme (SSLTP). This is a programme which harnesses your confidence and shows you how to utilise it to become better leaders. Through his presentation, he demonstrated the internal transformation of those that had undertaken the course.

"TO BE - TO DO - TO SEE - TO TELL" – Sai Baba. This the essence of what the course is based on.



The Mission to Preserve our Teachings: March in the Sai Spiritual Revolution!

Br. Cheng Ho Lim talked about the Sathya Sai School in Leicester and how Swami had given him the go ahead to open the School in the U.K. This School is definitely part of Swami's mission and inspire younger generations, "The end of education is character" – Sai Baba.

Sister Madhu, Chairperson of the Board of Directors for the Sai School and Sister Usha Lim, Head teacher introduced us to the Sathya Sai School. Children are our future, they both emphasised the fact that when a child is brought up with Love, they do better in their studies. The talks were finished with a beautiful analogy to do with water; water comes in all forms such as hail, snowflakes and ice likewise Love also comes in different forms, as teachers we can show love through discipline as well as through kindness.

Newly formed Institute of Sathya Sai Education - UK



Professor Niranjana introduced us to the new Institute of Sathya Sai Education, UK (ISSE-UK). He outlined ISSE's plans to consolidate SSEHV training and teaching in the UK through the introduction of courses and the new Diploma which SSEHV trainers can undertake. ISSE'S focus is to promote self-transformation through developing good habits, good aspirations and therefore good character. The new training programme will be divided into three stages and is a journey which emphasises upon utilising knowledge in a selfless way to strengthen one's devotion.

"The Future is Bright, the Future is Orange!" – Shobhna Patel

Sister Shobhna Patel, Former National Chair, ended off the score of inspirational speakers with encouraging and motivating words. Sister Shobhna had a unique take on the Organisation, that we are the ambassadors of Baba's Broadcasting Organisation where we must be good examples. She stressed upon our ability to do right, to see the swami within others and to speak to the swami in others, after all Swami is the doer of All.

The speeches were concluded with each of the National wing co-ordinators sharing their vision for 2011, and what each wing hopes to achieve and concentrate upon in the New Year. We ended with mini workshops firstly meeting in our National wings and followed by workshops within each Region to discuss implementation of the 2011 Vision set throughout the day. The day concluded with aarti and prayers.

All in All, the day inspired and uplifted the officers that attended. There was much food for thought and many left with the buzz and excitement of the ideas generated from the workshops. Everyone felt energised and left the National Orientation and Welcome Day looking forward to the year to come...after all..."The Future is Bright, The future is Orange!"



Hennal Valand
Finchley Sai Centre Youth Co-ordinator, Region 3

Sathya Sai School (UK)

LOOK UP AND AIM HIGH”

-Sathya Sai Baba

GCSE Science Module Results

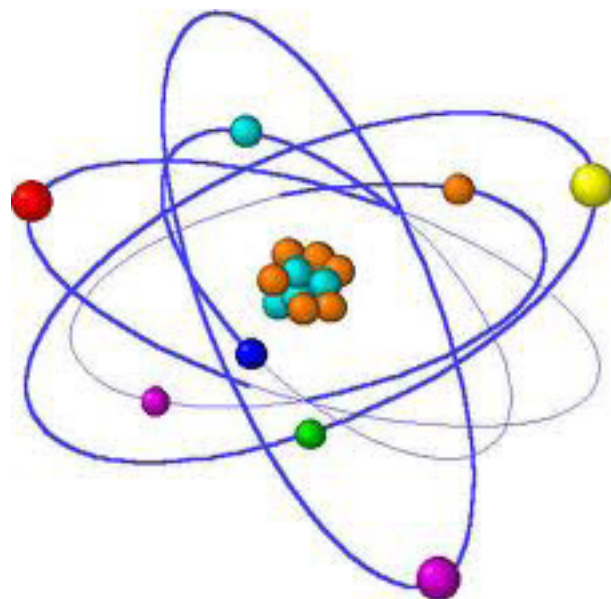
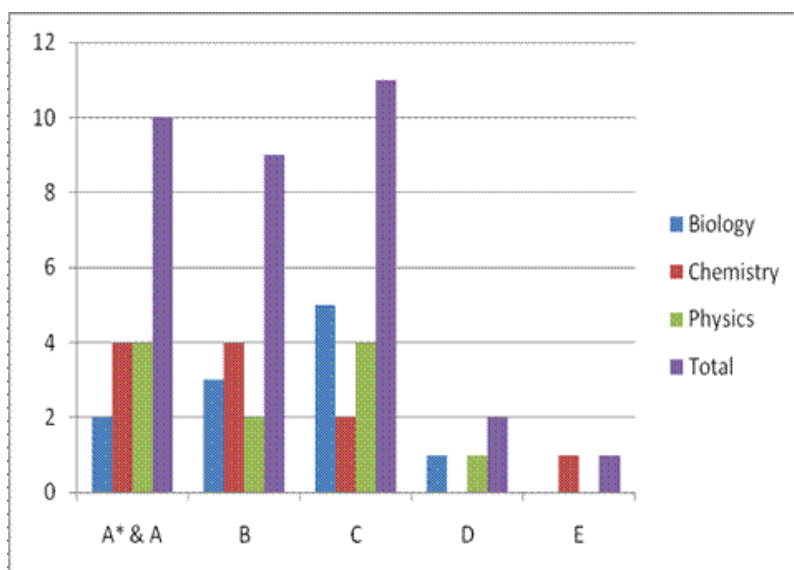
As you are all aware the school started KS 4 (GCSE) this academic year and we have the results from the first modular exam taken in November 2010, (AQA Science Unit).

The school had 11 exam candidates and each candidate sat three papers: Biology, Chemistry and Physics. The results were out on Thursday, 13th January 2011. Grades possible were: A*, A, B, C, D and E.

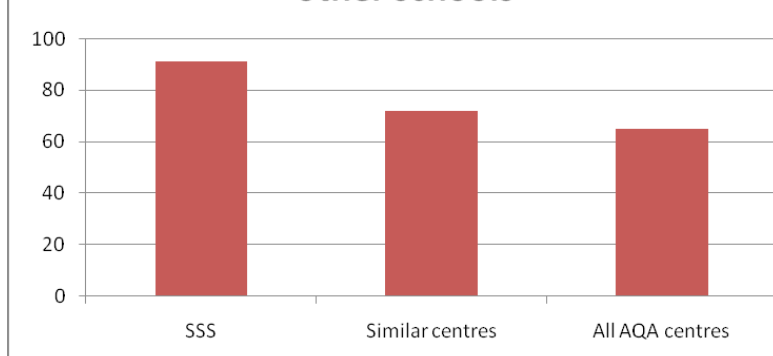
Our results were as follows:

Grade	Biology	Chemistry	Physics	Total
A* & A	2	4	4	10
B	3	4	2	9
C	5	2	4	11
D	1	0	1	2
E	0	1	0	1

Bar chart showing results of Sathya Sai School



Comparison of A to C grades with other schools



SSS 91%
Similar centres 72%
All AQA centres 65%

So in conclusion we have done very well, our percentage of A –C grades is much higher than all AQA centres and other similar schools such as ours. With such a good start to our GCSEs we now must aim for the moon, at least we can reach the stars.

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

Usha Lim, Head Teacher
Sathya Sai School (UK)

SAMASTHA LOKA SUKHINO BHAVANTHU



In 2008 our beloved Swami changed the prayer "Loka Samastha Sukhino Bhavanthu" to "**Samastha Loka Sukhino Bhavanthu**" – That is from the prayer – "All the beings in this world be happy" to "All the beings in All the worlds be happy". This Universal prayers of happiness since then has been the prayer all devotees chanted at the end of a Sai Sathsang or Devotional singing. Many have pondered on this prayer and also having been asking openly and within oneself as to how many worlds (Lokas) are there in this Universe and where are they located and why Swami changed this prayer.

I was no different too and have been asking the same questions - more to myself than openly because I believed that Swami in the past had surely at some point explained this under different circumstances in one of his discourses or in one of the question and answer sessions HE used to have with the devotees or the students of HIS College. Swami has a very good reason when HE says something and carries deeper meaning than what or how it appears to us – the devotees.

Swami often says that to those who believe in HIM and yearn sincerely HE would provide the answers. Then one day I stumbled on to one of HIS questions and answer sessions with the College students recorded in the Vahini series of books and I found the answers to the above questions I have been, along with many others, asking since 2008.

I now present below the details with great reverence, humility, devotion and also gratefulness to Swami and wish to lovingly share this knowledge with my dear fellow devotees.

Swami's explanation starts with the simple reasoning that if there is to be established peace in all the worlds – then that peace needs initially be established in the **hearts of each and every person** God created. Then only - it is possible to have peace and joy in **all the beings of all the worlds**.

Swami explains that there are a total of **fourteen worlds or lokas in the Universe** and each of those lokas are also represented and located in each and **every human being** and by bringing peace and tranquillity to all those fourteen locations in the body – the human being is able to attain peace and harmony within and start radiating that peace and harmony outwardly. When each and every human being starts radiating this peace and harmony – then the fourteen worlds (Samastha Loka) will also attain the same peace and harmony, joy and happiness.

Dear brothers and sisters – in future let us chant this divine mantra - Samastha Loka Sukhino Bhavantu with reverence, love and responsibility, knowing that each one of us will contribute towards Universal peace and harmony leading to joy and happiness. Let us not treat this mantra merely as one that marks the end of the devotional singing / bhajans but actually marks the beginning of a life full of love, peace and harmony in our thoughts, words and actions leading to joy and happiness in our hearts as well as in the hearts of all the creations of the God we love and believe in.

Jai Sairam
Raj Selvakumar - Region 1

IMPORTANT ANNOUNCEMENT

NEW DATE

At the Divine Lotus Feet Programme - 26th February 2011

As you are aware this programme was initially planned to take place last December but was sadly postponed due to adverse weather conditions. We are delighted to announce that a new date has been fixed for this event. If you had already registered, we kindly ask you to please re-register and confirm your attendance again. For the new date.

Many of you are aware that there were a small number of performances that were taken to Prashanthi Nilayam as a heartfelt offering to our Lord from the devotees of the United Kingdom. Those performances included various songs performed by the National SSE Choir, National Youth Choir and a youth drama entitled, "Sai Anugraha" (*The Grace of Lord Sai*).

The programme will take place at the Whitgift School, Croydon. We would therefore like to extend a warm invitation to you, your family and friends to join us on this very special day to celebrate the achievements of our young children and youth and recognise their hard work and determination leading up to the Pilgrimage.

Due to the capacity of the hall, there will be two show times for the performances: matinee performance (2.30pm – 5.30pm) or Evening Performance (6:00pm-9:00pm)

Further details relating to the performances and the process for ticket allocation are available from your Regional Chair or by emailing divinelotusfeet@hotmail.co.uk



MAHASHIVARATRI UK DATES

Region 1 (London - South East & West)

Region 1 Mahashivaratri celebrations

Date : 2nd March 2011 - 3rd March 2011

Time: 8.00pm - 6.00am

Venue: Sai Mandir, 131-133 Effra Road, Wimbledon , London SW19 8PU

Region 2 (London - North East & West)

Region 2 Mahashivaratri celebrations

Date : Friday 4th March 2011

Time : 7.00pm till 10.00pm

Venue : Heston Community Sports Hall, Heston Road, Hounslow, Middlesex, TW5 0QZ

Region 3 (London - East & Central)

Mill Hill Sai Centre

Date : 2nd March 2011

Time: 9.30pm until 12.00 midnight

Venue : St Andrew's C of E Primary School, The Green, Totteridge Lane, London N20 8NX

Region 4 (Midlands)

LEICESTER

Both Leicester Sai Centres will be celebrating Shivaratri together

Date : Tuesday 1st March 2011

Time: 7.30pm until 10pm

Venue: Soar Valley College, Gleneagles Ave, Leicester, LE4 7GY

NOTTINGHAM

Nottingham Group

Date : Tuesday 1st March 2011

Time: 7:30pm to 10:00pm

Venue: Queens Walk Community Centre, Queens Walk (Off Houseman Gardens), Meadows, Nottingham
NG2 2DF

Region 5 (North England)

Greater Manchester Sai Centre

Date : Wednesday 2nd March

Time: 7.00pm to midnight

Venue: Jain Samaj Hall, Longsight, Manchester

Lidget Green Sai Centre

Date : Wednesday 2nd March

Time: 7.00pm- 9.30pm

Venue: Legrams Lane, Bradford

Region 6 (South England)

Farnborough Sai Centre hosting a Lakchaarchana

Date : Wednesday 2nd March

Time : from 6.00pm

Venue: Tamu Nepalese Community House, 160-162 Mytchett Road, Mytchett, Surrey, GU16 6AE.

Reading Sai Centre

Date : Wednesday 2nd March

Time : from 8.00pm

Venue: 19A, Coningham Road, Shinfield, Reading, Berks RG2 8QP.

Eastbourne Group : chanting Rudram followed by bhajans

Date : Wednesday 2nd March

Time : from 7.00pm

Venue : 187 Kings Drive, Eastbourne, East Sussex, BN21 2UH.

Region 7 (South West Counties of England & Wales)

Bristol

Date : Wednesday 2nd March 2011

Time: 8:00pm – 11:45pm

Venue: Gandhiji Hall, The Bristol Hindu Temple, 163b Church Road, Redfield, Bristol, BS5 9LA

Region 8 (Scotland)

Aberdeen

Date: Wednesday 2nd March 2011

Time: 6.00pm-9.00pm

Venue : St. Mark's Church Hall, Aberdeen, AB25 1JY



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: info@sathyasaischool.org.uk</p>

UK Regions

Region 1	London - South East & West
Region 2	London - North East & West
Region 3	London - East & Central
Region 4	Midlands
Region 5	North England
Region 6	South England
Region 7	South West Counties of England & Wales
Region 8	Scotland

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