

"Generally speaking, one gets easily drawn to sense objects, as one becomes a victim of instincts. Instincts readily seek sense objects. Instincts come along with the body and do not require any training, just as an infant seeks milk from the mother's breast and the new born calf nestles at the udder. But for the infant to walk and talk, training is necessary. They are not automatic; these skills are acquired by example and imitation of others. So also, training is essential for the proper pursuit of sense pleasure, for it is the wild, untrained search for such pleasure that promotes anger, hatred, envy, malice and conceit. To train them along salutary lines and to hold them under control, certain good disciplines such as japa (repetition of God's Name), dhyana (meditation) and upavasa (fasting) are essential." - Sri Sathya Sai Baba

## Sai Students Experiences



Sai Students share more of their unique experiences with Swami.

[Read More below....](#)

## Advent of Sathya Sai Part IV



Part V in our special series on Swami's life. Not to be missed .....!

[Read More below....](#)

## Region 2 Health Awareness Day



Have you had a health check up ...?

[Read More below....](#)

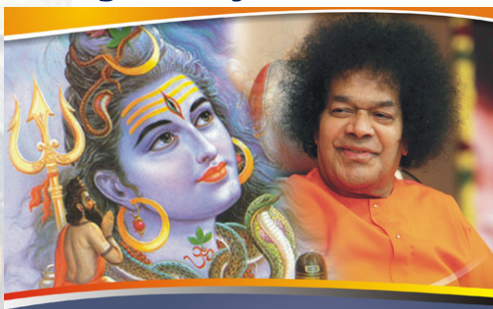
## "Sri Sathya Sai Centre For Human Excellence"



Power of silent sitting and other activities.

[Read More below....](#)

## UK National Pilgrimage 2010 All night bhajans



Sadhana of all night bhajans 10th/11th July

[Read More below....](#)

## Other Stories This Issue

- From Head To Heart
- National Seva Day
- SSE Choir Rehearsals
- National Teachers Day
- Phyllis Krystal Seminars



Dear Love & Light Readers,  
Sai Ram !

July is fast becoming the busiest month on record. As 1,700 Pilgrims start to put the finishing touches on their National Pilgrimage preparations, just under 600 Delegates, registered for the UK Zonal Pre-World Conference are frantically rushing around familiarising themselves with the resource pack and Conference documentation.

A few weekends ago a Pre-World Conference Facilitator's induction day was held at the Sri Sathya Sai Centre for Human Excellence, 25 Senior facilitators, along with their recorders and scribes came together for a day of discussion, deliberation and orientation that was lead by Kiran Patel and Veeru Rao. Another facilitator's day is planned this weekend, the facilitators are keen to ensure that everything is right on the day and that the delegates have a worthwhile, inspiring and enjoyable workshop session. Before I forget, all Pre-World Conference delegates should by now have received the delegates welcome letter, with joining instructions and summary notes to assist them in the workshops. Anyone who has not received this pack should contact their Regional Chairs.

On the National Pilgrimage side, just fewer than 200 SSE children completed their final National choir rehearsal last weekend with the final rehearsal for the National Youth Choir coming up in a few weeks time. Both choirs have worked extremely hard over the past 6 months and have started to sound really good. Should the golden opportunity be afforded to them to perform in front of Swami, I know they will make Swami very happy. Furthermore, as the Regional Pilgrimage meetings come to an end, we have planned one final National Meeting in the form of a National All-Night Bhajan allowing devotees and pilgrims the flexibility to take part at different times throughout the 9 hour programme. Hundreds of devotees throughout the country are expected to attend. As well as singing bhajans, Sri Rudram chanting will also be offered. This has been a popular activity that pilgrims have been learning over the past 6 months, so that they can join with the twice daily chanting in Prashanti. We are planning to have Sri Rudram chanting at various intervals throughout the night.

Last month, I had the good fortune to visit Sri Lanka after being invited to speak at their first ever National Youth Conference. The devotees and youth asked me to express their gratitude to all our devotees in UK who have been sending much needed assistance and relief aid over the fast few months and years. There is still a lot of work to do and we must carry on with the efforts already started. More on this next time.

I hope to see you all at the National All-Night Bhajan & Rudram Chanting this weekend, as well as welcoming those delegates who are registered to attend the UK Zonal Pre-World Conference the following weekend.

Next month we hope to bring you a special edition of Love & Light from Prashanti. The Editorial and DTP teams will be compiling and sending out Love & Light from Prashanti.

Lovingly

Shitu Chudasama  
National Chairperson





# ADVENT OF SATHYA SAI PART V

The Famous Blitz Interview September 1976

Extracts from the Interview given by Bhagawan Sri Sathya Sai Baba to the Senior Editor, Sri R.K. Karanjia of Blitz News Magazine in September of 1976

## Raising Man to God

**Q: You mean that you are presently raising the consciousness of mankind to a godlike condition to enable them to command their own destiny?**

**Baba:** Exactly. They would become shareholders of My sankalpa shakti (divine power, universal energy). I have to work through them, rouse the in-dwelling God in them and evolve them to a higher reality in order to enable them to master the natural law and forces. If I cure everything instantly, leaving the people at their present levels of consciousness, they would soon mess up things and be at one another's throats again with the result that the same chaotic situation would develop in the world.

Suffering and misery are the inescapable acts of the cosmic drama. God does not decree these calamities but man invites them by way of retribution for his own evil deeds. This is corrective punishment which induces mankind to give up the wrong path and return to the right path so that he may experience the godlike condition of sat-chit-ananda -- that is, an existence of wisdom and bliss. All this is part of the grand synthesis in which the negatives serve to glorify the positives. Thus death glorifies immortality, ignorance glorifies wisdom, misery glorifies bliss, night glorifies dawn.

So, finally, if the Avatar brings the calamities mentioned by you to an immediate end, which I can do, and do, when there is a great need, the whole drama of creation with its karmic (universal, inescapable duty) law will collapse. Remember, these calamities occur not because of what God has made of man but really because of what man has made of man. Therefore, man has to be unmade and remade with his ego destroyed and replaced by a transcendent



consciousness so that he may rise above the karmic to command.

## Why no Pumpkins or Cucumbers

**Q: Baba has already clarified most of the issues raised by other critics. Some, however, remain unanswered. Narasimhiah asks why you do not materialise a pumpkin or a cucumber or a watch with a distinct mark to prove that it is your creation and not a transfer of somebody else's manufacture?**

**Baba:** Pumpkins and cucumbers can be materialised as easily as rings or objects. But these are perishable objects and the whole point of materialisation, as I have already explained, lies in their permanence. That is why rings or watches become more serviceable as talismans or means of contact and communication, between the Avatar and his devotees. The point they are trying to make is that big objects like pumpkins cannot be transferred while small ones like rings can be. But as I have repeatedly said, I do not transfer things by a sleight-of-hand. I create them to be talismans.

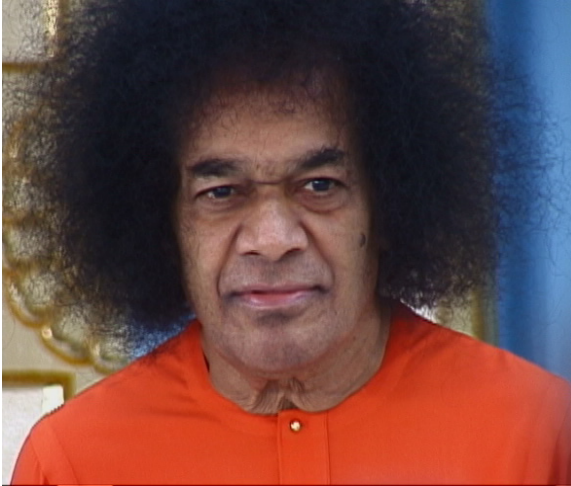
Now coming to your question about a ring or watch with a distinct mark to prove that it is My own creation, would you like Me to materialize something for you?

## Miracle of OM Ring

**Q: Yes, Swamiji, I certainly would.**

**Baba:** waved his hand in the air to produce a silver ring bearing the inscription OM in the centre with Sai Ram marks on the sides and held My right hand to gently put it on the third finger. It was an exact fit and it was precisely what I wanted from Baba".

**Q: Thank you, Baba, you have answered the question beautifully.**



## "What I Will, Happens"

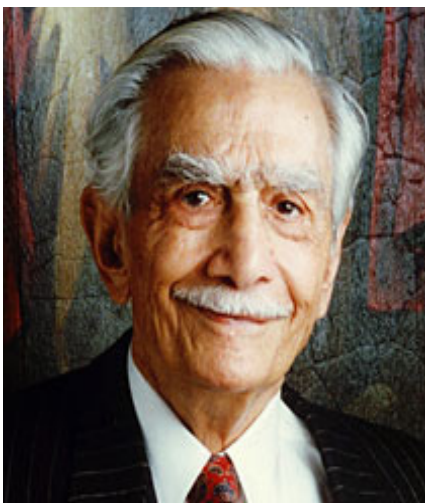
**Q: Dr. Narasimhiah maintains that according to science, "Nothing can be created out of nothing." You have evidently negated this law of science with a transcendental formula for controlling cosmic energy and producing paranormal power. Can you explain this mystery?**

**Baba:** The formula that nothing can be created out of nothing is appropriate to the limited field and dimensions of science. It does not at all apply to the transcendental field and dimensions of spirituality. In the latter field, anything can be created by the supreme will. All that exists can be made to disappear and what does not exist can be made to appear.

Our history and tradition, scripture as well as literature, are full of such incidents which they call miracles. The material laws and formulas simply do not apply to divinity. For Me this is not a matter of any mystery or mystique. **What I will, happens: what I order, materialises.**

## Miracles of Healing

**Q: From what Baba has hitherto said, it appears that your mission is to enable mankind to rediscover and incarnate its lost godliness. Am I right?**



**R.K. Karanjia (September 15, 1912 – February 1, 2008 )**

**Baba:** You are right. When man turns inward to realize his true self, then God will become manifest to him. Self-realization is God-realization. In simple words, it is the realization

that you are not just a body and mind with physical organs, but there is within you a self - the Atma that is God - distinct from these perishable things. This

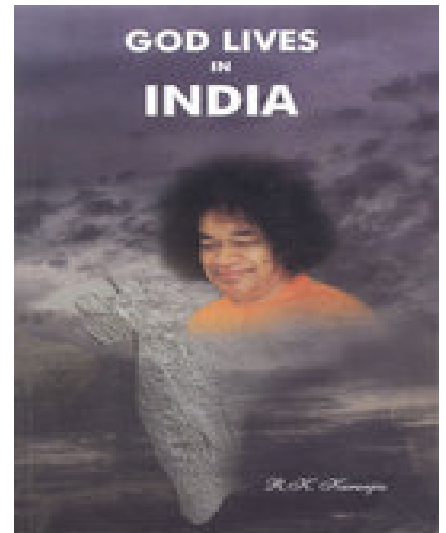
self is omnipotent, omnipresent and omniscient. The comprehension of this truth puts you on the correct path to God-realization.

## Terror of Nuclear War

**Q: So your objective can be summed up as a brotherhood of humanity to be achieved through the doctrine of love?**

**Baba:** Yes, what else can save the world from thermonuclear fires? Everything points to the terror of conflagration coming; and My mission is to pre-empt the fires by re-establishing dharma and the spiritual law of one God, one religion, one language embracing one humanity.

I preach only one religion of love for all, which alone can integrate the human race into a brotherhood of man under the fatherhood of God. I know only one language of the heart beyond the mind or the intellect which relates man to man and mankind to God, thereby creating mutual understanding, cooperation and community life in peace and harmony. On this basis I want to build one humanity without any religious, caste or other barriers in a universal empire of love which would enable My devotees to feel the whole world as their family.



**By R.K. Karanjia**

**Q: Well said, Baba -- but wouldn't this dharma with its Hindu orientation conflict with the established religions?**

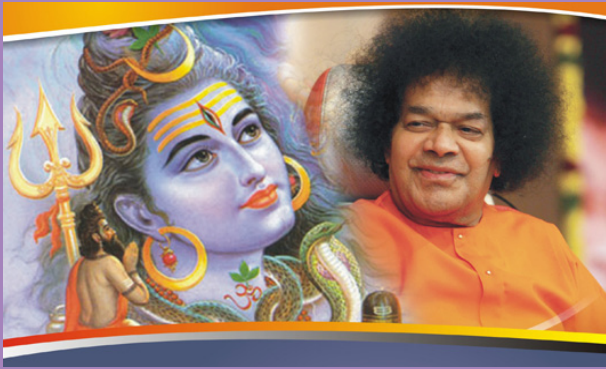
**Baba:** No, it will not do anything of the kind because My objective is the establishment of sanathana dharma, which believes in one God as propitiated by the founders of all religions. So none has to give up his religion or deity, but through them worship the one God in all. I have come not to disturb or destroy but to confirm and vindicate everyone in his own faith.

**Q: But how will that prevent a nuclear holocaust?**

**Baba:** By removing all causes, sources, barriers and provocations of class, caste, creed, colour and race, and replacing the existing hate and violence with love and non-violence. I expect to provide humanity with an evangel of peaceful cooperation to replace the present escalation to death by co-destruction.

R.K. Karanjia: Thank you, Swamiji. I am all the more grateful to you because I really did not expect you to answer the whole long list of my questions.

# ALL NIGHT BAHJANS



## NATIONAL ALL-NIGHT BHAJAN & SRI RUDRAM CHANTING

Saturday 10th July – 11th July 2010

On behalf of the UK Central Council, it gives me great pleasure to invite you and your family to attend the National All-Night Bhajans & Sri Rudram Chanting over the weekend of 10-11 July 2010.

Over the past six months, devotees across United Kingdom, have embarked upon a number of individual and collective spiritual practices as an offering to Bhagawan for the forthcoming National Pilgrimage. One such activity has been the learning of Sri Rudram. With the help of our Sai Students in UK, regular workshops have been conducted across the country for all devotees, irrespective of their participation on the pilgrimage.

As a precursor to the UK National Pilgrimage, a special National Sadhana Meeting has been organised for all Pilgrims and devotees. Please could all Pilgrims ensure that they attend this final meeting. All other devotees are also strongly encouraged and welcome to attend.

The National All-Night Bhajans and Sri Rudram chanting will commence on Saturday 10th July at 8.30pm and conclude on Sunday 11th July at 6.00am

Address: Central London sai centre, Coram Fields Nursery, 93 Guildford Street, Russell Square, London, WC1N 1DN

We look forward to welcoming one and all. Please feel free to bring your family and friends.

## FROM THE HEAD TO THE HEART

### Humility – The Inner Understanding

Baba in many of His discourses tells us it is essential for us to develop true humility in order to progress in our spiritual journey. It is about living our lives in a constant spirit of love and service.

Humility may come naturally to some people, but for most it needs to be learned. So how do we learn to become humble?

True humility is all about living without a sense of ego. It does not mean self-criticism nor does it mean becoming like a slave to a master. The words 'human' and 'humility' both come from 'humus' or earth.

Humility is the inner understanding that unites us consciously with God and all His creation. We need to think of others as an extension of ourselves. We must aim to make others happy and not promote/allow ego to get the better of us.

So how do we reconcile that with the different culture in the workplace where often the opposite behaviour is often encouraged? You can not get ahead, we are told, unless you promote yourself, take centre stage, and claim all the credit for success, even if this means climbing on the backs of your co-workers!! Remember, it is always the ego that seeks reward and praise! It is the nature of ego to compete with others with a false sense of inferiority or superiority however, this is within our control. If we consciously acknowledge and accept that we are not Number 1; and always work with an attitude of equanimity, there would be no conflict.

True humility involves neither glorifying ourselves to the skies, nor making ourselves out to be a failure.

### Key Points

1. Be Indifferent: Let all feelings, good or bad pass calmly. Be a witness. Think of both reward and rejection as similar to a wind that comes and then passes.

2. Be Consciously Aware: We have to put aside our need for attention and recognise that we are no more important than any others. We must not take more than our small share.

3. Serve and Spread Joy: Approach even the most menial tasks with love and gratitude. Accept that we are only here to be of service to God's wonderful sacred creation.

'Love all and serve all'  
- Sathya Sai Baba



## Region 2 : Preparations for National Seva Day 21st November 2010

During the past month, Region 2 Service Wing have been gearing up for participation in National Seva Day (NSD) – which is due to be held as a UK-wide event on 21st November 2010.

NSD ([nationalsewaday.org](http://nationalsewaday.org)) is an external non-profit organisation committed to spreading the true meaning of Seva (Sanskrit word that refers to “selfless service” - performed without any thought of reward or personal benefit). To an extent, the nominated day will be similar to other events such as Red Nose Day, Sport Relief, etc. but with no fund raising involved and with emphasis on reaching out to offer service. Interest in participation has already been indicated by Business, Charity and Spiritual / Faith Based Organisations, including many churches, gurudwaras and synagogues.

This is a proposed annual event and we are very fortunate that the first National Seva Day is to be held on Sunday 21st November 2010, two days prior to Swami's 85th Birthday - and a day on which most of our centres will be organising service activities to offer to Swami. How wonderful that we will have the opportunity to do this, as well as share participation with other organisations on this day. He will indeed be pleased to know that, not only members of his Organisation, but also others throughout The UK will be participating in service to mankind and the environment.

It is hoped that National Seva Day becomes an annual event for which the participating organisations will identify needs and publicise activities they are undertaking to extend their usual activities and to bring an element of selfless service to many.

To quote from NSD published information:

“What is National Seva Day?

National Seva Day (NSD) is a day of social action where thousands of us come out and perform good deeds on one day – 21st Nov 2010. By doing so, we're giving back to our local community by lending our time and expertise, after all charity is more than donating money for a good cause. We offer the opportunity for people to put their best foot forward and give a little time to those who are less privileged.

Is there a need?

Yes. We're all pre-occupied with our daily tasks, which keeps us busy. What NSD provides is a structured opportunity for those who believe they should provide some form of public service with an outlet to realise their ambition. Raising money has become an easy option. We want to create opportunity for people to get involved locally.

What kinds of projects?

All projects must abide with three governing principles: relieve hardship & poverty, bring a little joy where none exists, and help the environment. Projects will vary and encompass all age and ability groups and two rules that will apply universally are: (a) each task must not take up more than one day to complete and (b) no fund-raising takes place on NSD.

National Seva Day offers us the means to take the message of Seva out into the wider community. We will be working alongside many organisations from around

the country which will increase the power of selfless service for this day. “

To get an overview of activities we can participate in on this one day, R2 service Wing are inviting ideas on how to involve the majority of people (from children and youth to the elderly and housebound) in dedicating their time, energy and love in whatever way they can offer to benefit their local community and to serve.

It will also be an opportunity to look into identifiable needs and get the maximum benefit from what we can offer collectively. Suggestions have been invited from R2 centres and members to see if we can use this as a platform to expand on what we are currently doing to reach into the local community



Members are being asked to think firstly of needs within their local areas and then how these can be met and how other centres, groups, organisations and individuals can be involved to share this activity. This could be our opportunity to identify and work on sustainable local projects and look for broader horizons than just the handful of service oriented members we can usually call upon.

Some of the ideas being considered thus far for NSD in Region 2:

1. Create gift boxes for the needy, e.g. food boxes or toiletries for the elderly, homeless, abused women, soft toys for children in hospitals. This can involve the whole family, buying valid items, decorating the box and writing an encouraging note of Hope and spreading Swami's Message of love, respect and compassion. It will be getting close to Christmas, a time of giving and sharing.
2. Free Walk in Health Awareness Clinic.
3. Identify local needs, get groups together and offer gardening or minor maintenance for the elderly.

Once the initial input is known, the NSD Project can be evaluated for extending to other active service areas.

Region 2 Team

# Sai Students Experiences

## Recollections of my golden moments

The ancient Indian scriptures reflect thus: Even if all the trees in the world are cut to make a pen, even if all the waters of all the seas are used as ink, even if all the land was fashioned into a parchment to write upon, it still would not suffice to write about His glory. But as in the words of Rabindranath Tagore, "At the immortal touch of thy hands my little heart loses its limits in joy and gives birth to utterance ineffable."

In the year 1998, Bhagawan out of His immense mercy blessed me with a place in His institute. Every single day was magical. For this was a divine chance to live with God and for God. The most beautiful thing about Brindavan or Puttaparthi is the fact that everything there revolved around Bhagawan. And this wonder rubs on to anyone living there. Swami becomes the centre focus of all our lives.

As a student of Brindavan, one is doubly blessed. In those days when Swami came to spend a few months in Brindavan, He would very lovingly call all students to His residence 'Trayee Brindavan' every evening after bhajans. There Swami used to sit on a jhoola (swing) and all of us would sit surrounding Him, packed tightly so as to catch every word He speaks and be as close to Him as possible. And Bhagawan in all His love used to be extremely merry and playful. Cracking jokes and making fun; and yet very subtly teaching profound lessons. He would be the all giving Lord and we the never satiated children! He would spend hours upon hours teaching us how to conduct ourselves when we went out. What to do and what not to. We were lost in bewilderment when we sat next to the Lord almighty. For when we looked into His eyes, we only saw love, love that took hold of us and bound us to Him, love that made each one of us sway like iron filings in the presence of the most powerful magnet.

Swami was verily like our mother, always full of concern about our wellbeing in spite of His busy schedule for the rest of Humanity. He would keep enquiring about us from our hostel warden on a daily basis. And there were times when He would go out of the way to keep us merry! Once in Brindavan, we decided to form a college band. So some of our lecturers procured a couple of instruments for us to use. Sadly most of them were rusted and in pretty bad shape. We also lacked knowledge of western music to take note of this. We had two days' time to learn these instruments and then go on to play a song as a band! At the end of two days Swami was expected to come to Brindavan and we were to stand in Trayee and welcome Him, by playing the song we would have learned. When the day came, there we were, a group of boys in starch stiff spanking new clothes holding our hurriedly polished instruments. And as Bhagawan's car glided into Trayee we began playing. We could see all faces going sour. Some had a half sympathetic smile on to encourage us to keep going. But the Lord of perfection, stepped out of His car, stood for a few minutes listening to the apparent cacophony, smiled at us and said it was beautiful and blessed us all to touch His Feet. As a fledging band, we did not need spotless instruments; neither did we need a world class tutor. All that we needed was a smile of assurance from our Lord. Bhagawan would never spare an opportunity to correct



us when we were in the wrong, but at the same time He would never give us up in front of anyone. This always made us feel so close to Him, like the same love we had for our mothers. As is the custom, every evening after the bhajans, Swami would go back to Trayee and stand by the door to His residence. He would then send word for us to come in. Though we would start walking out in discipline, by the time we got to where Bhagawan was, all ranks would be broken loose and young and old would run in a mad dash to get the closest place to the jhoola. And all the while Swami would stand aside and watch the scramble and keep smiling at us.

One day, after we were all seated, Swami asked one of the elders to address us. He specially instructed the elder to reproach us boys, for the manner in which we ran, to grab a place, with no respect to Swami's presence or concern for the elders who could get hurt in the rush. The speaker left no stone unturned and did more than full justice in his reproach. When he completed his talk and sat down, Swami decided to give a discourse. In His discourse Swami was beside Himself with indignation, with the fact that someone had dared point a finger at us, His children. He remarked saying that when youngsters elsewhere ran after other material things, here we were His boys, running for Him. And after many minutes of prolonged admonishing, Swami concluded saying that running for God is right and worthy of emulation! When Bhagawan praises us, it is not because we are flawless, it is rather because He is the ocean of love and often chooses to look beyond our mistakes and takes note of the little strains of love we have for Him.

The Lord of the universe has no need to constrain His limitless form into a five foot three inch fragile frame, choosing to undergo all the trials and tribulations of a human life. And yet he does so, solely for the reason that we, mere particles of dusts in His mighty cosmos, will one day realise His love and the efforts He has gone to, to help us take to the right path, our path back to Him. It might be a long journey, an arduous one, one that would take us many more lifetimes. But for sure it would be one that we begin with Him holding our hands. Of all the creatures that ever took life in all of creation, we today have the greatest fortune of coming to believe and love our Swami. Not because we have chosen Him, rather because He has chosen us.

**Karthik Prashanth,  
Alumni, Sri Sathya Sai University (1998 – 2005)**

## **Sai Spiritual Education National Teachers' Day - Saturday 18th September 2010**

### **Celebrating 40 years of SSE in the UK**

To celebrate our beloved Lord, Bhagawan Sri Sathya Sai Baba's 85th Birthday and the progress and impact of SSE in the UK over the last 40 years the national SSE wing is celebrating it's Ruby Anniversary this year.



**The theme for the National SSE teacher's day is:  
"Make your life a rose that speaks silently in the language of  
fragrance" Sri Sathya Sai Baba**

The aim of the day will be to inspire, share ideas and celebrate Sai Spiritual Education in the UK.

Eminent guest speakers, creative fun, networking and laughter are the order of the day.

It will be a wonderful opportunity to explore ways and means of truly making your life a rose that speaks silently in the language of fragrance, which inspires and transforms children and families.

**Book early, all are welcome, especially those who would like to become SSE teachers or teaching assistants. For further information speak to your regional SSE coordinators.**



## Phyllis Krystal Seminar Update



Following the 2 seminars that Phyllis Krystal has given in the UK, the Sai Youth are starting 2 new projects:

Firstly, we are inviting Phyllis to return to the UK to do a special seminar for the youth. Phyllis has offered to answer any questions that young people have about spirituality

and the challenges they face in their daily life. The topics are not limited and can include: loneliness, relationships/marriage; parenting; work challenges; service challenges; finding our identity; how we can get strength from our inner divinity to overcome our negative behaviour; how to be confident and handle negative peer pressure; finding our true voice and living our life purpose.

### ***How we can get strength from our inner divinity to overcome our negative behaviour***

To facilitate this, we are asking the youth to directly ask Phyllis any questions that are concerning them. She will then review these questions and create an interactive workshop catering to their needs, answering their questions and providing the tools to help the youth to transform themselves and through that, the world.

Please email your questions to [questionsforphyllis@saiyouth.org.uk](mailto:questionsforphyllis@saiyouth.org.uk). Further details are available on the Sai Youth website. Confidentiality will be respected and only Phyllis will receive the questions.

Secondly, we will be starting Phyllis Krystal workshops to help anyone who wishes to understand and practise the method. These workshops will be facilitated by those people who are practising the method. There will also be workshops available for anyone who is involved in teaching or has an interest in parenting. Details about these workshops will follow after the National Pilgrimage.

Phyllis Krystal is an ardent devotee of Sri Sathya Sai Baba and has many years experience of practising His teachings and sharing with the world what has been revealed to her through her higher consciousness. This is what Sai Baba calls our God Self, or Atma, and it is the same source of wisdom in everybody, whatever faith or tradition we come from: A rose may have different names in different languages, but it is still the same flower, with the same fragrance. It is the same

divine atma within all creation, with the same fragrance of pure love for one and all.

The method that was revealed to Phyllis has 2 aspects to it: how to get in contact with, and live from, our higher consciousness and how to remove any obstacles that prevent us from living from that place of changeless reality. The key mantra for doing this is to, "surrender, trust and accept." We surrender all our desires to our inner higher consciousness or God Self, as we are not capable of knowing what is best for us. We place our trust in it, as we have faith that only our true God Self knows exactly what we need to experience and how to achieve it. Finally, we accept whatever experience it gives us, whether we like it or not, because it only acts in the best interests of everyone, so we become detached from the results. The method helps to us to become instruments of our Atma, rather than slaves of our mind and senses, because it is only in this way that we can become one with Baba - who is our own true Self. The purpose of life is to love God, to be loved by God and to become one with God.

There are 3 aspects to our mind: the higher consciousness, the conscious mind and the subconscious. All of us are wholly connected with each other at the level of the higher consciousness and the subconscious mind. The subconscious mind is the storehouse of all our sensory experiences, from previous lifetimes to the moment when we are in the womb of our mother and everything we have experienced until now. Unlike our conscious mind, it never sleeps. The input from all our five senses of sight, smell, taste, touch and hearing are received by the conscious mind and then stored and hard-wired into our subconscious. We live our entire lives from the programmes in our subconscious, which we have been conditioned to receive since childhood and during previous lifetimes.

### ***A rose may have different names in different languages, but it is still the same flower, with the same fragrance. It is the same divine atma within all creation, with the same fragrance of pure love for one and all.***

The subconscious creates the reality we experience and to which we continually react to as perceived external events or stimuli. The truth is, as Baba says, everything we experience in the outside world is the reflection, reaction and resound of our inner being. The good or bad that we think is in others, is only in us and is reflected outside. Everything we have ever thought, said or done - which is nothing but energy - has to have a reaction. So we receive back only what we have created. As Baba says, the hand that wrote

the script is the only hand that can rewrite it. Thus, we are trapped by the foes of lust, attachment, jealousy, anger, pride, fear, and greed, which are the impulses of our animal nature and which live in the subconscious part of our inner mind. But these negative energies also live outside of us in realms of consciousness where our negative thoughts have accumulated. So, whenever we think/feel/act negatively, we are actually tapping into these external much more powerful energy archetypes which feed of our energy, and make it more difficult to break free from their hold. They are literally living through us. As long as these tendencies are dominant in our inner being, then we will be controlled by them



and experience them as manifestations in our outer world experience. The antidote is to focus on positive symbols through which we can find a way of cutting from our conditioning/animal tendencies so they no longer control us and we are able to be guided by our Atma.

The language of the subconscious is that of symbols and imagery. It does not understand words. It is like the mind of a 5 year old child. It likes repetition and

anything that is fun and evokes emotion. A key part of the method is the use of symbols, which are much more than a meditation technique. The symbols that were revealed to Phyllis, including, 'The Maypole' and 'The Tree' are powerful positive symbols to help the subconscious part of the mind get in contact with, and live from, our higher consciousness. The method and symbols come from Baba, not Phyllis, and they are full and pregnant with His divine love and energy.

The Figure 8 is a symbol to help remove any obstacle or conditioning that is controlling us, or that we are controlling. When we live in such an egotistical state of mind, we are not able to live from our Atmic reality, which is nothing less than pure, unconditional divine love. This is not a method that looks to uncover and pay attention to our inner conflict or negativity. As Baba tells us, we should not allow our intellect or 'buddhi' to focus on the negative - whether within us or in others, as this simply reinforces that message to the subconscious. Instead, we simply allow our higher consciousness to find a symbol that represents whatever conditioning is controlling us and preventing us from living from our God Self. We then use that symbol as a message to the subconscious to stimulate the necessary change and growth and use the steps in the method as a ritual to release from these conditioned patterns of behaviour.

As Baba says, the proper study of mankind is man. Man is composed of four energies - two yin, or feminine/ receptive energies and two yang or masculine/ outgoing energies. These energies are intuition, feeling (feminine), sensation and thinking (masculine). At the

present moment in history these energies are out of balance in the human so the masculine yang energies are much more predominant. We observe this in the lack of love that exists in the world: lack of love for ourselves, each other, and the planet which is shown in our competition, ambition and over consumption. As Baba said to Rita Bruce, when she wrote her book, "Love of Conscience", "The stem of the clove is symbolic of the root, the divine source of all energy, which is God. This root source splits into the four prongs that represent the four energies, four pillars, four corners on which the world sits. The round ball in the middle of the clove is symbolic of the world. These four energies support the world. The very meaning of the world clove is c-love. C-love means conscious love." Through the purification of our heart and the transformation in our character, we are able to bring about a balance in these four energies and that is reflected in a rebalancing in the world.

So, by regular practise of this method, we are able to make significant progress in our Sadhana of transcending our animal nature and allowing the human values of truth, right conduct, peace, love and non-violence to be naturally drawn out from our hearts and manifested in our thought, word and deed. When we rise to the level of humanness, then our divine nature in time becomes naturally manifest. As Baba says, the inner purpose of all Sadhana is to purify our heart. When the thorns of conditioning and egotistical tendencies are removed from our heart, the bliss of the Atma revealed by the purified buddhi is reflected in the mirror of nature all around. Baba and we become one as pure consciousness and ecstatic divine love.

As Baba withdraws His external form more and more, the lesson for all his devotees is that we must, as He told Phyllis herself in an interview, find His counterpart within ourselves. That is the task not only for the rising generation of youth and students, but for all of us. As Baba says in 'Prema Vahini', a person of goodness, morality and truth is a youth in the strict sense of the term. They are your best friends and my best friends too." Phyllis Krystal is a best friend not only to the youth but to all devotees. Her life is a perfect example of His message: Do not imitate, rather innovate; live from your conscience and express in the humility of your character and dedication of your actions, the truth that there is only one eternal divine unconditional, unattached love that beats in our hearts as BABA - Being, Awareness, Bliss, Atma.

Phyllis Krystal Seminar Planning Team

## PRE-WORLD CONFERENCE JULY 2010 - UPDATE

"Registration still open - Few places left"

Joining letter and application forms are available from your Centre or Regional Chairperson alternatively you can download from the National UK Website

### SAI IDEAL – "GOD IS", "I AM I", "LOVE ALL SERVE ALL"

Pre-World Conference 2010 will take place on **17th & 18th July 2010 at Whitgift School, Haling Park, South Croydon, Surrey CR2 6YT** which is situated within the Greater London Authority area.

This will be a 2 day event and all office bearers and devotees are welcome to attend. All those attending must ensure that they have read and understood the literature and documents sent out by the Sathya Sai World Foundation. These can now be downloaded from our UK National website: [www.srisathyasai.org.uk](http://www.srisathyasai.org.uk) (The joining letter and registration form is also available to download from our National website).

Please send your completed registration form direct to your Centre/Group Chairperson. Only those on the register will be allowed to attend the Conference due to Insurance and Health and Safety restrictions imposed by the School.

We look forward to welcoming you to this momentous Conference in July.

## Region 3 - Sri Rudra Ekadashi programme

**W**e had our first Sri Rudra Ekadashi programme with the blessings and grace of our Beloved Bhagawan on Sunday the 13th of June at Mill Hill Sai centre Venue. Elaborate arrangements were made to conduct the Rudra Ekadashi in a unique manner for the benefit of humanity as a whole - for all round prosperity and peace.

Sai Students initiated the Region 3 devotees to learn Rudram from September 2009. Nearly 40 devotees had learned and continued in making perfection in chanting Sri Rudram. During the Puja almost 50 couples from various centres participated as Shiva Shakti to receive and spread the blessings of our beloved Baba. Rudra Ekadashi Puja was more uplifting to see that after intense Rudra Mantras in the morning, the vibrations were there for all to admire and relish.

The Vedas embody the cosmic sound which is described as Shabdha - Brahman, They are not confined to any particular place, time or person. They pervade and permeate the entire cosmos. Sound is the very core of the Vedas. Hence the Vedas have to be heard and ecstasy derived.

Bhagawan further explains Vedas "There are two kinds of prayers in Veda, namely Namakam and Chamakam. Chamakam is full of prayers to God to grant this, that and everything. On the other hand, Namakam is pleasing god. The word "Nama" signifies a prayer to God "I do not want anything in this world except you.

Your love, your darshan sparsan sambhasan is all that I wish for". Such type of prayers to God is contained in Namakam. If only God is on your side all your desires will be fulfilled. If, on the other hand, you are away from God everything will be away from you. Hence seek only divine proximity."

With Bhagawan's grace, we are certain that all the devotees reaped the fullest benefits through participation in the Rudram Ekadashi Puja.





## REGION 2 - ANNUAL FREE WALKIN HEALTH AWARENESS DAY



The annual Free Walk in Health Awareness Day held on 06th June 2010 in Hayes from 10am – 4pm included Doctors, dentists, optometrists and a yoga instructor, who are all volunteers of the Sri Sathya Sai Service Organisation UK; joined forces with Hillingdon Community Health and the PCT to offer free health checks and advice.

The Mayor of Hillingdon Cllr David Yarrow plus Cllrs Mary O' Connor and John Major also showed their support by coming along and performed the ribbon cutting ceremony to open the event to the general public.

There was representation from the MS Society UK., TB awareness and Diabetes UK. Blood pressure, BMI, dental, blood sugar level and eye tests were all carried out and advice given on exercising to music and smoking cessation as well as dieting and healthy eating. Dr. Sabby Kant gave an informative lecture on how to reduce your risks of heart attacks and strokes and the TB nurses were on hand answering questions about TB. About 90 patients received a full health check-up and the feedback from the general public was very positive. They wanted to see more of these Health Awareness events.

Though there were many Regional events going on simultaneously, with the Grace of Our Beloved Swami, we had a good turnout of general volunteers as well, who donated their valuable time, energy and food to serve the local community with Love, Care and Respect. Health is Wealth!

Sunita Verma  
R2 Service Co-ordinator.

## SPIRITUAL WORKSHOP – DRAWING OUT THE DIVINE IN EVERYONE COVENTRY SAI CENTRE – SUNDAY JUNE 20TH



**O**n a beautiful glorious Sunday morning Coventry Sai Centre held a Spiritual Workshop for SSE Children, parents and centre devotees. It was very well attended with over 50 people coming along. The workshop was hosted by Yashwantbhai Patel, Spiritual Co-ordinator for Birmingham. We started with Jyoti Light Meditation where everyone sat and watched the video and experienced the silence in themselves to be able to connect with God. This was followed by Gayathri Mantra and bhajans sung by the SSE children.

Yashwantbhai started the session by asking for offerings of flowers and fruits to the Lord. Both adults and children lovingly came forward and sat at the lotus feet of the picture of our beloved Bhagawan Shri Sathya Sai Baba. Yashwantbhai said this was a simple demonstration because 'We are all God, and we could be everything at anytime'. What a wonderful

place to be seated. Yashwantbhai sweetly asked both the children and adults for any questions they may have. Many questions came along, including the most important question 'Why do we have to come here?' He explained in simple terms to everyone the reason how everyone has chosen to experience the love that they themselves have, from one God to many Gods, basically to experience the God in themselves.

He then went on to explain how SSE teachers were not there to teach the children, but were there to transform themselves. By seeing God in the children, they can then see God in themselves. Continuing on the theme of feelings and energies, he simply demonstrated with knitting wool how everyone can be influenced by the company they kept. The workshop finished by uniting everyone together as one and seeing God in one and all.

## Sathya Sai School Leicester

**T**hough I may have been given the label of teacher, I really consider myself a student with much to learn about how to be. And what better way to learn than to teach! And what better school in which to teach than the one that bears the auspicious name of Sri Sathya Sai with the motto "Human Excellence" proudly emblazoned on its badge. The Sathya Sai School, Leicester allows me to be aware of all that I need to learn on my journey from darkness into Light. It is Sri Sathya Sai Baba who is the School's true guiding Light.

***"Silence. This is the first step in spiritual discipline; it makes the other steps easy. It promotes self-control; it lessens the chances of anger, hate, malice, greed and pride."***

Ours is a school with a difference. While we deliver the National Curriculum, we are in no doubt that "the end of education is Character."

What, one may ask, does character mean? Well, as a teacher at the Sathya Sai School, I am learning. Our Founder, Sri Sathya Sai Baba, gives us clear guidance for the journey of life. If we follow but one of his guidelines, we find ourselves on the royal road to Self discovery.

Allow me to touch upon only one aspect of the school programme which has been a powerful influence on my

life. Sai Baba says, "I insist on Silence." At the Sathya Sai School, Leicester, silence and stillness begin the day. The morning meditation is something to which everyone, both staff and students, looks forward. Daily, in the depths of silence, we tap into the energy of Love that vibrates throughout the cosmos. What a privilege!



Silence is not peculiar to the Sathya Sai Educare programme. The Bible exhorts us, "Be still and know that I am God". According to the Buddha, silence reveals Truth. This was discovered by the Prophet Mohammed (pbuh) when he sat in silence in the caves of Mount Hira

just outside Mecca. When we sit in silence, we follow in the footsteps of enlightened Masters. When we sit in silence, we allow for Truth.

I have learnt a great deal from Silence. It has allowed



me to truly listen. Once, during an English lesson, the class decided to experiment with the concept of listening in silence as described in the book, "Skellig", they had been reading. In the silence, students became aware that there was noise not only without but also, within. "My inner chatter is actually louder than the noise outside," one student noted. This observation made me suddenly aware that I, too, had been engaged in a lively mental banter within. It was an invaluable lesson for me.

Now, I try to listen, keeping silence within. This has become an amazing teaching tool. Too often in the past I was all too ready to jump in with the "right" answers. However, now, with silence, I have learnt to allow others (not only my students, I hope!) to find their own voice. Giving others the space to arrive at their own solutions and conclusions is enormously empowering for both the listener and the speaker. The lesson for me has been that in silence the answers surface from within us. With patience and perseverance, we can unlock the doors of the darkened rooms within us and allow the light to pour in.

Silence, according to Sai Baba, is self-control. I interact with students, parents and colleagues daily. It is an inevitable part of the game of life that we will sometimes rub each other the wrong way. I am learning greater sensitivity to others by maintaining silence. By keeping silence I lessen the chance for anger and malice. Silence helps me put a rein on myself. Keeping silence keeps the peace.

Silence is one of the foremost disciplines we, as students of Spirituality, have to master. It is a discipline that is reinforced again and again at the Sathya Sai School, Leicester. Often, visitors have happened upon

the school at lunch breaks and been amazed at the way the students eat in silence. The peace that pervades is calming and restful. Silence reinforces the sacred atmosphere of learning which should be part and parcel of any educational institution.

Finally, our Founder tells us, "... you can hear His Footsteps, only when silence reigns in your mind." Surely, that is the final goal of all our learning – that we may walk with the Divine. At the Sathya Sai School, Leicester, one is encouraged to listen for the footfall of the Divine.

Veena Subramaniam  
Deputy Head Teacher  
Sathya Sai School Leicester

### School Thank You.!

All of us here at Sathya Sai School would like to say a Huge and Hearty Thank You to all of you for the thousands of vouchers that have been sent our way by so many Regions, Centres, Groups and individuals. We appreciate all the support!!

## National Pilgrimage : SSE CHOIR



A loving offering to our beloved Bhagawan Sri Sathya Sai Baba from the SSE children of the United Kingdom

The UK National Pilgrimage SSE musical offering journey to date has been very eventful. Once the programme had been formatted rehearsals began in March 2010, gathering momentum at the first National rehearsal, hosted in Bristol, by region 7. The second national rehearsal was hosted by Regions 2 and 3 and the final national rehearsal is to be hosted by Region 1 on Saturday 3rd July. There has been fun, laughter, occasional tears and above all a sense of unity and

love along the way. The children are working really hard with a clear and focussed end in mind – that they should be graced to sing in the divine presence of our beloved Bhagawan Sri Sathya Sai Baba during the course of the UK National Pilgrimage. The following excerpts are glimpses of the journey to date as seen in the eyes of the various individuals involved.

In the eyes of the Music Coordinator

It has been nearly 3 months since we started practising with the children of region 2 and 3. Looking back on



the progress that they have made, one can see a vast improvement in all areas. The children have had to take the initiative and do a lot of self study at home using mp3s and lyrics (provided by our excellent National Coordinators!). This allow for a beneficial regional practise each week, without having to waste time reteaching melody/lyrics, etc.

The children have been working hard to produce a worthy offering to Swami. Not only are they continuously practising at home and in the regional practises, they are dealing with more songs being added, new harmonies to practise and everything in between! They have dealt with all of this admirably and as a result, the national practises that we hold with the entire country of SSE Children come together really well.

It's not easy coordinating things either on the regional or national level, but it is extremely rewarding to be conducting the children when they are at their peak. Listening to the beautiful music that they are producing is the only reward that anyone could ask for.

My perfectionist nature says we're still not ready, but I can say that with the children's dedication and love to Swami, we are ever closer to getting there.

**Vignesh Cumareshan**  
**Region 2 & 3 Music coordinator**

In the eyes of the Regional SSE Coordinator  
Since March 2010, the SSE children from Southampton (Region 6) have been travelling weekly to Merton (Region 1) for the SSE Choir practice. This has been part of their Sadhana for the National Pilgrimage in August.

The children always look forward to their weekend practice in London and are so dedicated that they have never complained about the long journey. In fact, they prioritise their practise among their weekly activities. They find it joyful and enjoy the company of other like minded SSE children and feel that they are blessed to have the opportunity to sing in unity for our Beloved Bhagawan.

Region 1 have been very supportive in accommodating our children and we have been working together in ensuring a smooth coordination of the practises. The music coordinator of Region 1, Roni Ramdin, has done a wonderful job in orchestrating the choir children and helping them to sing with love. The practise has also incorporated teachings on Swami's life and human values.

In addition to the coordinators and teachers, we thank all the people who are working behind the scenes collaboratively to ensure that this programme is perfected with Swami's love and grace.

**Nila Murday**  
**Region 6 SSE coordinator**

In the eyes of the SSE students

The practises have been great fun and it has brought me closer to Swami; it has helped me with my music skills to accompany western music which is very helpful

and useful. Singing to Swami not only purifies our hearts but it fills us with love and happiness and that is what we all need. The national practises allowed us to meet new people and sing together like we all would in front of Swami which was very exhilarating. I must thank all the national music co-ordinators and everyone else who has organised everything. It has been great.  
Thank you  
Shashan  
Region 2

**National Rehearsal 1 - Bristol**

We were led into an immense hall with a lot of boys and girls, with boys on the left and girls on the right (as we would be in Prashanthi). We had to do a calming exercise while we waited for the others. Soon everyone was here and the practice began. I soon realised that Richard and Zita, who were teaching us, were the ones who had been singing on the CD that we had been given in preparation for our first national rehearsal. They changed some of the songs a bit to make it easier for us since it was our first National Practise. We were told to sit up straight so our voices would be louder. We had great food and a great time  
I find this whole Pilgrimage exhilarating and the fact that I may sit right in front of Swami and sing directly to him... it's just mind-blowing. It's so exciting I wish I could go tomorrow.

**Bavankanth**  
**Region 2**

Just being part of the SSE Choir and being given a once in a lifetime opportunity to perform in front of our amazing Lord Sathya Sai Baba is something we never thought in our wildest dreams would happen to us. When we went to sign up for the SSE Choir we never thought there was so much more to be gained for us as kids - but we were clearly wrong! By attending weekly practise we have been able to familiarize ourselves with great songs full of words with great meaning. We have found that when you sing them with devotion, you feel like you are really connected with Swami and feeling His grace. Richard and Zita are very talented, inspiring and great at motivating us. All in all, we are so happy we are taking in the SSE Choir.

**Dharpana**  
**Region 2**

Our practises have been fun, and the songs we are learning are interesting. We have learnt a lot about harmonies from Brother Vignesh, and how it is important to listen to each other as well as yourself, so you can control your volume accordingly. There are many different harmonies in each song which can be challenging at first so it is important to learn them properly, but the harmonies sound nice with the main tune.

In our practises, we understood how important discipline was and that discipline should be kept up continuously, and how the older children in group 3 like us, should help the younger children to concentrate, stop fidgeting and stay silent.

We know how important it is to practise at home because we do not go through all our songs because there are so many. Some songs we have not touched for a few weeks, so it is vital to revise these songs.

We learned the importance of listening to others to be able to sing as one voice and know when to come in, especially for certain songs with difficult timing. We cannot wait for others to start first and then join in afterwards, because we would not be singing as one voice. It will not sound good for the song to start off weakly and then gradually get stronger.

The practises can be hard sometimes, but it would be worth it if we could perform in front of Swami in Puttaparthi.

### **Jeevana and Janaki Jeganathan Region 3.**

In the eyes of the parent

On 5th of June there was a National Rehearsal for the SSE choir at Totteridge, North London. Whilst the children were busy practicing and perfecting their performance for Swami, the parents were invited to participate in workshops allocated to them. There were three workshops: Meditation, The Bhagavat Gita and The Mind is The Key.

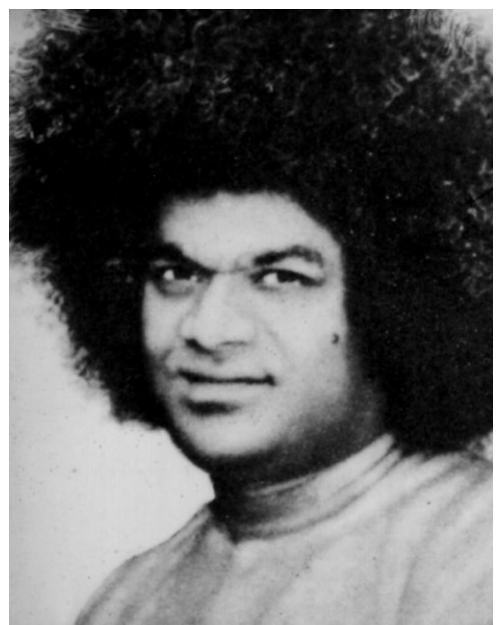
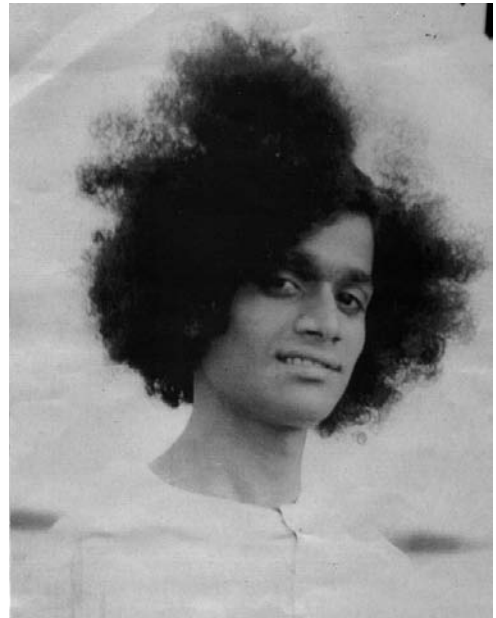
After a lovely breakfast we sat down to discuss the very famous picture of Krishna riding the chariot and guiding Arjuna in the middle of the battlefield. The group discussion was conducted very skillfully by Brother Vickneswaren. The discussion was very inclusive and interactive and we also had great laughs. Within the two hours we analysed the beautiful picture in great detail and depth. Finally brother Vickneswaren captured our attention and enlightened us on the very essence of the mind body and intellect, as depicted by the picture. We were all uplifted and found it a wonderful vehicle to help us grow in our own awareness of the Self. We also found this ancient scripture very relevant in solving problems that we encounter in our day to day lives.

After lunch, the next workshop was on, "The Mind is the Key". This was conducted by brother Jiten who split us into two groups. We had to brainstorm on what we thought the mind is. This involved all of us and it was very interesting to share different views and ideas. Brother Jiten analysed the feedback and explained to us about the Super Conscious, Conscious, and Sub Conscious mind. Brother Jiten then expertly explained how the five values are linked to the different parts of the mind.

The next part of the workshop he asked us what we would do if we were told that on Monday we had won £14 million. There was a great hive of activity as everyone reacted in different ways. I enjoyed the guided meditation at the beginning of the class which was very inspiring and uplifting.

We concluded that self awareness and introspection can help you notice and cope with what life throws at you day to day. Through regular prayer and meditation the mind can be channeled towards higher ideals and selfless practices.

### **Rakhee Chohan Region 3**





# Diary Dates 2010

MONTH	DATE	EVENT
July	3/4	Regional SSE Family Values Days
	10/11	UK Pilgrimage 2010 : Overnight Bhajans - London 8:30pm Saturday Night - 6:00am Sunday morning Central London Sai Centre, Coram Fields Nursery, 93 Guilford Street, Russell Square, London WC1N 1DN
	17	UK Pre-World Conference – London : “Sai Ideal Human Life” (whole day)
	18	UK Pre-World Conference – London : “Sai Ideal Human Life” (half-day)
	25	Guru Purnima
	31	Start of National UK Pilgrimage to Prashanti
August	7	End of National UK Pilgrimage to Prashanti
	23	Onam
September	02	Janmashtami (Lord Krishna’s birthday)
	11	Sri Ganesh Chaturthi
	11	3rd Quarter UKCC Meeting
October	17	Dassera
	20	Avatarhood Declaration Day
November	06	Deepavali
	13/14	Akanda Bhajans
	21	Guru Nanak Jayanti
	23	Sri Sathya Sai Baba’s Birthday
December	25	Christmas





# Websites

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

## 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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