



"Faith is like a live volcano. Doubts are like seeds. No seed will sprout on a live volcano. If your doubts are multiplying, it means your faith is weak and unstable, and akin to an extinct volcano. Where there are doubts, there can be no faith. Your doubts arise or disappear because of your past karma (actions). No doubts will arise if your faith is strong. To realize Divinity you must first get rid of all your doubts. From time to time, God subjects you to various tests. These are not intended to be punishments as you may imagine, but actually to strengthen your faith. Always remember that the Divine acts as a witness. The Divine shows you the path to self-realization"

- Sri Sathya Sai Baba



Region 2
Pranayama
Workshop
and
Universal
Gayatri Mantra
Chanting.....

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



Eye to Sai - The Gift of Sight - project to help restore sight to the poorest by means of a modern surgical technique to remove cataracts.....

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



Sathya Sai
School 10th
Anniversary
to be
celebrated
soon.....

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Ladies from Sai Centres across Region 3 had a real treat on Sunday 26th June when.....

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- Diabetes and Fasting: FAQ's in light of Islamic Law
- Retreats
- Guru Poornima Celebrations

National Gurupoornima Celebrations

Dear Sai Brothers & Sisters,

Sai Ram!

Re: National Gurupoornima Celebrations

This year is like no other. Swami's Mahasamadhi has prompted in each of us a desire to be praying together, being together and sharing together as a Nation. With these feelings in mind, on behalf of the United Kingdom Central Council, I would like to invite you and your family to attend the National Gurupoornima Celebrations on Saturday 23rd July 2011.

The programme will consist of a special Laksharchan to pay homage to our Sadguru Bhagawan Sri Sathya Sai Baba with musical items and devotional singing. We are also very lucky to have with us an esteemed International guest speaker Leonardo Gutter from Latin America. Leonardo Gutter is a member of the Prashanti Council and now looks after United Kingdom. Leonardo has spoken in the Divine presence on several occasions and has many wonderful stories and experiences which he will be sharing with us.

Date: Saturday 23rd July 2011

Time: 11.00am – 5.00pm

Venue: Stoneleigh Park, Warwickshire, CV8 2LZ

(For SATNAV please use CV8 2LG)

We have organised this event in the Midlands to assist our devotees travelling from all parts of the country. Please car share where possible. Your Regional Team will be organising coaches and are available to assist you in making this a comfortable journey, so please do not hesitate to contact them or myself.

After the overwhelming attendance at the Remembrance Day, if you wish to attend please register via your Centre/Group Chair or Regional Chair. Stoneleigh Park is a large venue that can easily accommodate up to 3,000 people. Nevertheless, we would appreciate if you could fill in the attached Registration form sent with this invitation. Please note we will stop registering devotees once we hit the maximum quota.

I look forward to welcoming you and your family to our first National Gurupoornima Celebrations after many years.

Lovingly, In Sai Service

Shitu Chudasama
National Chair

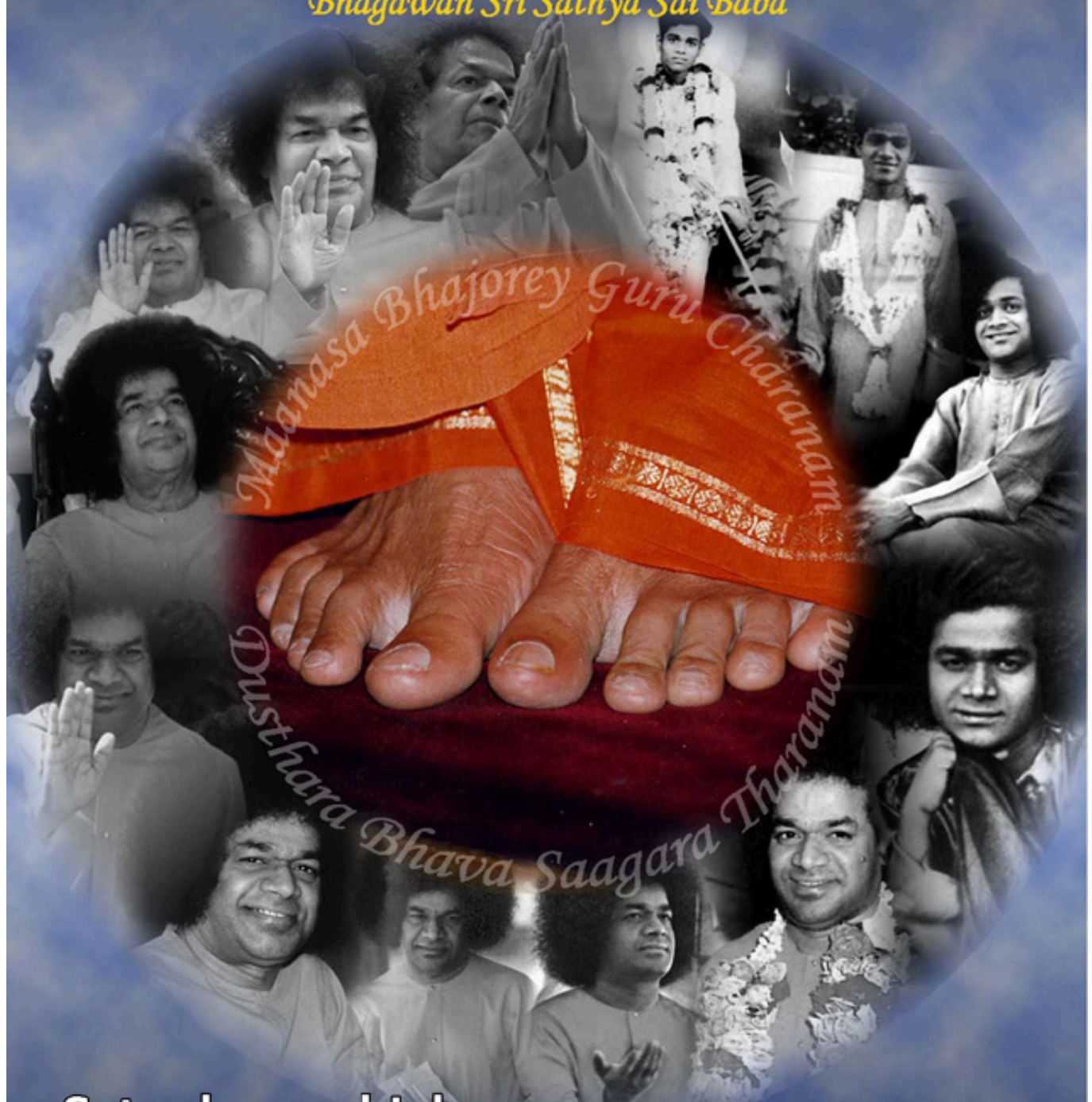




Sri Sathya Sai Service Organisation United Kingdom
www.srisathyasai.org.uk

National Gurupoornima Celebrations

*Special Laksharchan to pay homage to our Sadguru
Bhagawan Sri Sathya Sai Baba*



Saturday 23rd July 2011, 11:00am - 5:00pm.

Stoneleigh Park, Warwickshire, CV8 2LZ (for SatNav use: CV8 2LG)

**Programme: International Guest Speaker (Leonardo Gutter from Latin America),
Laksharchana, Group Devotional Singing. Please register through your Centre/Group Chairs**

Contact Names: Kiran Patel 07617 272 043 (National Secretary), Gayatri Bilkoo 07984 792 109 (National Service Coordinator) or Ketan Gokani 07846 334 536 (Regional Chair)

Eye to Sai - The Gift of Sight



Eye to Sai is a project to help restore sight to the poorest by means of a modern surgical technique to remove cataracts which allows the person to get back to work almost immediately.

Cataract is the leading cause of global blindness and it is estimated that nearly one quarter of the world's blind lives in India with over 50% suffering from blindness in both eyes. Cataract is a mainly age-related condition in which the lens of the eye becomes clouded and causes blurring of vision producing a visual effect like looking through a frosted window.

Blindness and poor vision have a detrimental impact on the quality of life, particularly for those living in poverty. As the cost of tertiary medical care is beyond the reach of the poor people, cataracts eventually lead to blindness which presents an enormous problem in India not only in terms of deaths but also in terms of economic loss and social burden.

In 2004, our most beloved Swami graciously agreed for the UK to offer support to the Eye department at the Sri Sathya Sai Super Speciality hospital by providing the most modern surgical intervention for cataract using the 'Phaco' technique for the poorest to restore their sight and an on-going project to perform cataract surgery through a 'Ceiling on Desires' (COD) program.

God is the embodiment of compassion. He watches for a grain of goodness or humility so that He can reward it with tons of grace. Deserve the grace of God by helping the weak and the poor, the diseased and the downtrodden (Baba).

COD are savings made mainly by reducing wastage. Instead of wasting money to buy unnecessary items which we don't really need, we can curb our desires by using the savings to support our less fortunate brothers and sisters. This will enable them to regain their self-respect and dignity so that they can become self-reliant and productive members of their communities.



'Share your joy, your wealth and your knowledge with others less fortunate. This is the surest way of winning divine grace'. (Baba)

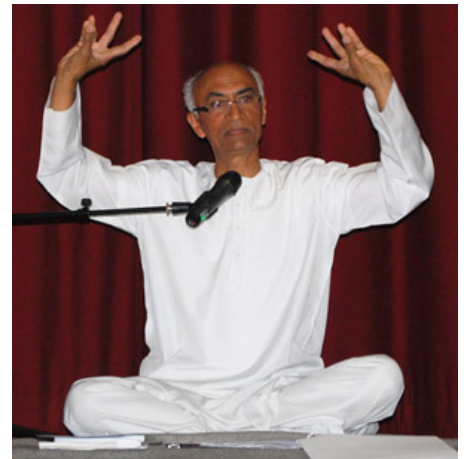
Over 3 million people are affected annually by cataracts in India. Blind people often need assistance from sighted individuals and often sighted children have to help blind family members, and as a consequence, they no longer have time to attend school which further limits their career opportunities and worsen the cycle of poverty.

Service without ideal of self . . . trains you to transcend all the artificial distinctions imposed by history and geography, and to realize that the human community is one and indivisible (Baba).

Gayatri Bikoo
National Service Coordinator

Region 2 Pranayama Workshop and Universal Gayatri Mantra Chanting

On Saturday the 25th June, Region 2 held a Pranayam Workshop. It was conducted by Naginbhai Prajapati from Coventry, who was taught under Swami Ramdev himself. The workshop took us through a step-by-step introduction to the basics of Pranayam. Although the wiser ones amongst us had come prepared in jogging bottoms, t-shirts and even sweat bands, the rest of us were surprised at the amount of effort required in deep, controlled breathing, let alone combined with positions like the Sun Salutation! During the day, we covered Bhastrika Pranayam, Kapal Bhati Pranayam, Baharya Pranayam, Anulom Vilom Pranayam, Bhramri Pranayam, Udgeeth Pranayam, as well as the infamous Laughter Yoga. There was such a range of activities, from the simplest of breathing techniques to extreme physical exertion, and I don't think there was one person who did not have an exercise that called out to them. We were also surprised at the philosophy and teachings behind the exercises – how we seemed to contain the five elements and the potential of the universe inside our bodies, and how, by aligning ourselves with that inherent power, we could also cure our own illnesses, mental and physical. As Naginbhai showed us the correct and incorrect positions of the mudhras



(hand positions) and sitting positions from the front, Sisters Nalini Padania, and Urvashi Hindocha, as well as Mr and Mrs Yashwantbhai Gandhi & Pravinaben and Rameshbhai from Coventry came around during the exercises and helped us correct our positions and see what we were doing right and wrong. Although the exercises were strenuous and really put us through our paces, everyone who came out of that hall seemed to be glowing with radiance after unlocking the power behind the Pranayam. I felt like my whole being – body, mind and even soul (strangely enough) – had been consumed by these tidal surges of deep, deep peace, peace I had never in my whole life experienced before; like my whole being was radiating this strange, foreign energy that I couldn't get enough of. I personally felt this was most enlightening event I had attended in a long, long time, and will never forget the secrets I learned that special day. Thank you, Swami, a million times for allowing me to have attended such a spiritually

uplifting event.

Dharpana Premachandra, SSE Group 3 Year 3, Harrow West Sai Centre, Region 2

Regular Pranayam classes are held across the country (<http://www.pypt.org/yoga-sessions.html>). Classes are conducted in Harrow by Sister Nalani & Rasika on Saturday 8am and Tuesday 9.30am at the RCT Centre, Headstone Lane, Harrow, HA5 4AE.

Refer to pictures attached.

After a light lunch the afternoon continued with the Gayatri Mantra chanting as recited by Swami himself. Participants connected with the "I AM" energy within this Universal Mantra for self-purification and the benefit of mother earth. The event concluded with Group devotional singing.

The feedback from those who attended was very positive and many who missed the event would like another!!

My gratitude and love to all those who made this event possible,

Om Sri Sai Ram,

Yohan (R2 Spiritual Coordinator).



Region 3 - Report

Gurupoornima Celebrations at Hatfield Sai Centre – 25 June 2011

With the Divine Grace of Our Beloved Bhagvan Shri Sathya Sai Baba, the programme of the Gurupoornima celebrations started off with watching of Swami's Meditation video entitled "Pure Love" followed by the audio guided Light Meditation.

This connected us with our Supreme Lord and we started chanting the opening prayers and sang the glories of our beloved Guru Sri Sathya Sai Baba.

Following on from this we listened to a beautiful melodious Guru prayer:

Guru Brahmaa - Guru Is Brahmaa (Who plants the qualities of goodness)

Guru Vishnu - Guru Is Vishnu (Who nurtures and fosters the qualities of goodness)

Guru Devo Maheswara -Guru Is Maheswara (Who weeds out the bad quality)

Guru Saaksat Param Brahma Tasmai Shri Guruve Namaha - Guru Is Supreme Brahman Itself Prostration Unto That Guru

This was followed by listening and watching a slide show in which Our Guru sings "Manas Bhajore Guru Charanum" the very first bhajan He sang at the age of 14. The slides included the pictures of Swami's school days to date. This created very energizing vibrations and His presence was felt.

We then watched the 7th episode of the "Lords Message" prepared by Swami's students for his 85th Birthday. The message conveyed by Swami in a discourse was the principles of C I A (Constant Integrated Awareness) and also a clear message of what is Atma Vidhya?

The Institute of Sathya Sai Education (ISSE-UK)

We were honored to have Sister Rani Naidoo to give us a talk and facilitate a discussion on the new Institute of Sathya Sai Education, (ISSE-UK) formally established in the UK in March 2011. Rani Naidoo was representing Dr Daksha Trivedi who is on the Leadership Council of this new Institute. Sister Rani updated us on the aims, function and development of the Institute, as well as Sathya Sai Education.



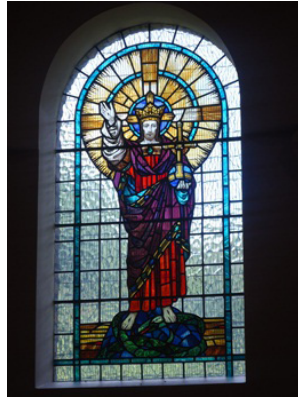
We thank Our Swami for another delightful event, which ended with Aarti and light refreshments with melodious instrumental music.

Region 3 ladies at work: 25/26 June

Saturday 25th June: The importance of nature in worshipping the Almighty Lord

The ladies of Region 3 from Walthamstow Sai Centre visited their local church, St. Peters In the Forest who were celebrating the importance of nature in worshipping the Almighty Lord by holding a Flower Festival. Much to the delight of the congregation, our ladies held a workshop on garland making, demonstrating the various techniques involved. Old and young alike were invited to participate and try their hand at making strands – some more successful than others!

The church itself, which backs directly onto Epping Forest lived up to its name in every way as we wandered through its beautiful grounds, reading the various epitaphs of much loved members of the local community, now long gone. The dark green, peaceful setting was a real haven for nature lovers and the warm and loving atmosphere made the afternoon complete. But the best part was the unity that could be felt as we interacted with members of the Christian faith and exchanged explanations of various customs. And to top it all, our ladies left an impressive display of fresh flower garlands draped on the central altar, in readiness for Sunday worship the following morning. Needless to say, our Christian friends were most grateful for the visit – and our ladies felt richer for the experience.



Sunday 26th June: Regional Ladies Bhajan Workshop

Our ladies from Sai Centres across Region 3 had a real treat on Sunday 26th June when Sister Deepa Nair, professional singer and song writer ran a most excellent workshop for lead bhajan singers. Sister Deepa, who had her first Darshan of Swami in 1986; (also the year that she realized her vocation as a musician), had the great fortune of realizing her dream of performing in the Divine presence during the sadhana camp in 2009.

There was pin drop silence as Sister Deepa led us through a wonderful afternoon of experiences with vocal demonstrations from well known Sai bhajans. She proceeded to explain important pitfalls which many singers fall foul of, and urged us all to take up daily vocal training exercises almost as spiritual sadhana – as well as a route to an improved singing voice. But the real treat lay waiting at the end of the afternoon when our guest provided a vocal offering of bhajans to our beloved Swami – much to the delight of all of us. Overall, the key lessons of sincerity, discipline and single-minded devotion were at the heart of her inspiring lecture and the (rather warm) afternoon ended with light refreshments – which gave everyone an opportunity for prolonged satsang!

Both events were charged with Swami's grace and Divine presence. Thank you Swami.

Sutopa Sen - R3 Ladies Co-ordinator

Waltham Forest Friendship Pilgrimage

Caught up in the clamour and humdrum of city life, it is difficult to conceive of any place less conducive to spiritual growth. But for all its shortcomings, it is here in our urban melting pots we are afforded a most perfect chance to embrace Bhagawan's timeless message of unity in diversity.

The Waltham Forest Friendship Pilgrimage taking place on 30th July is a small step towards that end; celebrating the wonderful diversity of faiths in this pocket of East London. The walk will be one of the first of its kind to be held in this part of London, and will bring together communities from around the borough to share their personal faith journeys and visit the many places of worship dotted over the area.

The seed for this event was planted by members of Walthamstow Sai Centre who attended the local faith group meetings. After much discussions settled for "The Waltham Forest Friendship Pilgrimage" instead of the usual 'Multi- Faith Pilgrimage' as we wanted the walk to appeal to those who do not belong to any faith as well.

Starting from Walthamstow Ganesha Temple, pilgrims will stop at various religious sites, before heading to the local mosque for lunch, where they will be joined by the Mayor of Waltham Forest. After a short respite, they will head onwards and finish in time for evening prayers and dinner at the Leyton Gurudwara (see flyer below for details of key stop off points – full details of the route will be sent out nearer the time).

Preparations for the day have involved the joint effort of local faith groups and Region 3, and will be hosted by Walthamstow Sai Centre. To register your interest, please email winwalk2011@yahoo.co.uk. For further information, contact Sister Bhavane on 07971119772 or Brother Thanusan on 07946394227.

SSSSO UK Region 5 Summer Retreat

22nd to 24th July, 2011

Langdale, The Lake District

Sai Always Inside
From Form to Formless

For more details email:

r5.chairperson@gmail.com

or view

www.sairegion5.org.uk



REGION 6 - Report

HORSHAM SATSANG May 30th 2011

On Bank Holiday Monday, May 30th, The annual Horsham satsang was held as usual at Ellens Green by Margaret Bull and the Horsham group. Margaret has been very determined and focused with the arrangements for the event well in advance and did not waver in her intention to continue with it, in spite of the odds.

It was a beautiful day and for those people who were unable to attend the National Remembrance Day in Leicester, for various reasons, it was a wonderful alternative. We all sat in a big circle with an interesting and thoughtfully created multifaith altar in the centre of the circle and there was a lovely atmosphere. William Temple and Louise Illig both gave fascinating and inspiring talks about their journeys to Sai Baba – and the issues that they were helped to overcome. A talk was also given about the now internationally known charity, Compassion in World Farming – an organisation founded by a Sai Baba devotee, Peter Roberts, which campaigns to bring an end to inhumane factory farming practices. This prompted an unscheduled talk by Gerry Bishop who just happened to be there with Kirti Patel in charge of the bookshop. As one of the speakers had been unable to come, it was clearly divinely designed by Baba that Gerry should be called on to step in instead. He spoke about their own region's seva work at the Hare Krishna Dairy Farm in Watford and how whole Sai families are now happy to spend their Sundays there doing seva on the farm, planting and so on. They even went there on Easter Sunday, the day of Baba's samadhi, as it was the most constructive thing they could do on that day, putting into practice Baba's maxim, Love All, Serve All, no matter what disasters fall! We learned how this farm, run along ancient vedic principles is an example of ahimsa in action, so one knows that its dairy produce is totally cruelty-free. There, the cows and calves are treated like Krishna and are allowed to live out their natural lives there, as they are never sent to slaughter. If only there were more such farms around! There was also a short period for people to come and share their own experiences if they felt it was relevant. Renata and Stephen Ashe, singers who attend annually, were there and once again, provided some beautiful singing for us to listen to and join in with..

All in all, a very happy and successful day -very many thanks to Margaret and her helpers.

Sathya Sai School, Leicester

Pure Joy - My Experiences at the Sathya Sai School – Leicester

Through the divine grace of the Lord Bhagawan Sri Sathya Sai Baba, I have had the privilege of being a volunteer at the Sathya Sai School in Leicester, UK, from October 2010 to March 2011.

I would like to share my experiences at the school with you.

I was welcomed to the school with much love, care and kindness by the Head Teacher, members of staff and students. It has been truly a rewarding and uplifting journey for me.

One of my highlights was the morning meditation. The school day starts with this light meditation in the assembly hall.

The staff, students and volunteers enter this hall, welcomed by the sound of peaceful and relaxing music and the shining light of a single candle.

This light meditation allowed me to journey within and reach a deep level of stillness.

Reaching this stillness every morning was food for my soul!

Another experience that remains with me is the singing of the human value based songs. These songs, with their beautiful melody and uplifting and positive messages created a deep feeling of joy, happiness and love within me.

My favourite song is 'God's love is very wonderful'. These words have a special meaning to me because... God is love and His love is always in abundance.

The teachings of the five human values of Love Peace, Truth, Right Conduct and Non-violence are integrated into the lessons and delivered in an exciting and dynamic manner.

Lunch time is always special for me because you are served a hot and tasty meal with much love, care and a wonderful smile.

I have also admired the remarkable and exemplary discipline displayed by the students, with the secondary students leading by example in their dress code, mannerisms and behaviour.

The power point presentations on various topics by the students from Year Two to Year Ten were informative, interesting and excellently delivered. It reflected the commitment, dedication and team work of the students.

I thank the Head Teacher for allowing me to volunteer at the school and appreciate the opportunity to have worked, learnt and to have been part of this amazing school.

My experience at the Sathya Sai School in Leicester can be described in two words...

... 'PURE JOY'

Mrs. Kamala Moodley (Durban, South Africa)



Tesco & Sainsbury's Vouchers

Thank you everyone for making time in sending the Super Market vouchers so lovingly.

The Sathya Sai School has received 25,000 Tesco and 11,000 Sainsbury's vouchers to get equipment for the school

Diabetes Awareness Week

11th June to 18th June 2011



On 18th June 2011, Region 3 supported the Waltham Forest Diabetes UK with their annual Diabetes Awareness Day during Diabetes week. Organised by the Waltham Forest Diabetes Team in collaboration with the Sri Sathya Service Organisation UK and supported by the Lions Club of Fairlop and Walthamstow, the event, took place at the Walthamstow Town Square Market and involved screening and providing professional advice to the public.

The multidisciplinary team included Diabetes Specialist nurses from the Primary Care Trust and Secondary Care, Smoking Cessation, Dieticians and Podiatrists. The volunteers from the Sai organisation worked closely with the professional team not only on the day but prior to the event and assisted with registration, advertising and encouraging the public to take part in the screening programme.

In spite of the unpredictable weather conditions, the team worked tirelessly till the end. On the day a total of 247 people were registered. It was a successful event where devotees from the SSSSO UK were given a frontline opportunity to serve the local community.

Two fact sheets on Diabetes are attached. One is general information on Diabetes and the second leaflet is also on diabetes but specifically for our Muslim brothers and sisters for Ramadan which starts in August. From next month, the local diabetes team will be advising and giving out this leaflet at the mosque.

Bhavanee Manogaram
R3 Service Coordinator

TYPE 2 DIABETES FACT SHEET

People at risk of developing Type 2 diabetes are:

1. White people aged over 40 years and people from Black, Asian and minority ethnic groups aged over 25 with one or more of the risk factors below:
2. A first degree family history (mother/father/sibling) of diabetes and/or
3. who are overweight/obese/morbidly obese with a BMI of 25 and above, and who have a sedentary lifestyle
4. Waist measurement of > 94cm (> 37 inches) for White and Black men and > 80cm (> 31.5 inches) for White, Black and Asian women, and > 90cm (> 35 inches) for Asian men.
5. People who have ischaemic heart disease, cerebrovascular disease, peripheral vascular disease (circulation problems) or treated hypertension (high blood pressure)
6. Women who have had gestational diabetes (diabetes during pregnancy) Diabetes UK recommends screening at one year after delivery and then three yearly
7. Women with polycystic ovary syndrome who have a BMI > 30
8. People who are known to have impaired glucose tolerance or impaired fasting glycaemia.
9. People who have severe mental health problems.
10. People with raised triglycerides (a type of blood fat) not due to alcohol excess or kidney disease

The vast majority of people with diabetes have Type 2 diabetes. This type usually occurs in people over the age of 40. The older you are, the greater your risk of Type 2 diabetes. If you come from a black or minority ethnic group, you are at increased risk over the age of 25.

Diabetes runs in families

The closer your relative with diabetes, the greater your risk of diabetes. African-Caribbean or South Asian people living in this country are at least five times more likely to have diabetes than white members of the population.

Being overweight

Over 80 per cent of people with Type 2 diabetes are overweight at diagnosis.

The more overweight and inactive you are, the greater your risk of Type 2 diabetes.

Waist circumference

Having a waist measurement of 94 cm or more (≥ 37 inches) if you are a white or black male and 80 cm or more (≥ 31.5 inches) if you are a white, black or Asian female and 90 cm or more (≥ 35 inches) for Asian men increases your risk of developing Type 2 diabetes.

Circulation problems & treated high blood pressure

If you have been diagnosed with any problems with your circulation, have had a heart attack or stroke, or if you have treated high blood pressure you may be at increased risk of Type 2 diabetes.

Diabetes and pregnancy

Some women when they are pregnant develop a temporary type of diabetes called 'gestational diabetes'. Having this, or giving birth to a large baby (4kg/8lb or greater) can increase a woman's risk of going on to develop Type 2 diabetes in the future.

Diabetes and polycystic ovary syndrome

This is a hormonal problem that can affect about one in five women. Symptoms can include irregular or no periods, obesity and often, increased body and facial hair. Women with the condition polycystic ovary syndrome who have a BMI of 30 or above are at increased risk of developing Type 2 diabetes.

Impaired blood glucose level

You may have been told by your healthcare team in the past that you have:

- Impaired fasting glycaemia (IFG), or
- Impaired glucose tolerance (IGT).

This means that your blood glucose levels are higher than normal but that you don't have diabetes. If you have IFG or IGT, following a healthy diet, losing weight if you need to and being active can help prevent Type 2 diabetes. You should also be tested regularly to make sure that you have not developed diabetes.

Other conditions such as raised triglycerides (a type of blood fat) and severe mental health problems can also increase your risk of developing Type 2 diabetes.

If you are unsure whether any of these risk factors apply to you speak to your healthcare team.

Diabetes – the symptoms

The symptoms of untreated Type 1 and 2 diabetes are the same, but Type 1 develops much more quickly, usually over a few weeks and the symptoms are severe. In Type 2 diabetes the symptoms may not always be easily recognised.

The symptoms of Type 1 and Type 2 diabetes include:

- Increased thirst
- Going to the loo all the time – especially at night
- Extreme tiredness
- Weight loss
- Slow healing of wounds
- Blurred vision.

If you have any of the above symptoms, please contact your G.P or Practice Nurse

Bhavanee Manogaraan
Diabetes Nurse Specialist

Diabetes and Fasting: FAQ's in light of Islamic Law.

Compiled by Imam Muhammad Shoyaib Nurgat
Imam of Masjid e Umer, 79 Queens Road Walthamstow London E17 8QR.

Question: I am a diabetic patient. Over the years I have been fasting in the Holy Month of Ramadhan, now friends of mine who are also diabetic are discouraging me from fasting as they are saying, it is not necessary for a Diabetic to fast. He just needs to give 'Fidyah' or compensation for each day's fast. Is this correct?

Answer: This belief is unfortunately very common. Many Diabetics **are able** to fast, but don't because of a misconception. Many a times only an adjustment in medication may be needed. You should consult a good Muslim doctor and explain your situation to him. If the doctor feels that you may fast and your medication is adjusted accordingly, you should fast.

If the doctor advises that fasting will be extremely detrimental to your health and there is no adequate alternative, then it will be permissible for you not to fast. You will need to donate the amount stipulated for Sadaqatul Fitr to the poor as *fidyah* for each missed fast. If you cannot afford this, then you should make the intention that if you ever become capable of paying this value in the future, you will do so. (*Radd ul Muhtaar Vol 2*)

However, if your health ever permits you in the future to fast, then you will need to make up these fasts. In such a case, where you have already paid the Fidyah, you will still need to fast. (*Fatawa Aalamgeeri Vol 1 Pg 205*)

Note: if the Doctor's advice has not been sought, or the Doctor did not say anything and the person has some past experience or noticed certain signs whereby his heart says that fasting will be detrimental to his health, he should not fast. But if he has no past experience, nor does he know anything about this sickness, then his thinking alone is not considered acceptable. (*Bahishti Zewar- conditions which permit one not to fast: Masalah No 3*)

Question: If I did fast, I will need to continue to check my blood sugars regularly in the day, to make sure I do not have a 'Hypo'. This involves pricking my finger and extracting a few drops of blood; will this break my fast or affect it in anyway?

Answer: It is permissible to check your blood sugars whilst fasting; checking your blood sugars will not affect your fast in anyway, nor will it break it. (*Fataawa Darul Uloom Zakaria Vol 3 Pg 290*)

Question: Whilst fasting, if I find that my blood sugars are very low, or I am having a Hypo what do I do?

Answer: You will **break** your fast straight away. Only a Qadha will be necessary after Ramadhan. (*Fatawa Aalamgeeri Vol 1 Pg 307*) **Please be aware that you will NOT be sinful for breaking the fast. It will be obligatory for you to break the fast as self harm is not permissible in Islam.**

Question: Can I go for a blood test whilst I am fasting; it will mean that blood will be taken out?

Answer: Yes you can, it will not break the fast. (*Fataawa Darul Uloom Zakaria Vol 3 Pg 290*)

Question: Can one give blood whilst fasting?

Answer: Yes. But if it results in weakness it is deemed as Makrooh. (*Fataawa Darul Uloom Zakaria Vol 3 Pg 290*)

Question: Can I take an injection while fasting?

Answer: Yes, you can, injection does not break the fast. (*Fataawa Darul Uloom Zakaria Vol 3 Pg 290*)

Question: Can I receive a Flu Jab whilst Fasting?

Answer: Yes, you can. It will not invalidate the fast. (*Fataawa Darul Uloom Zakaria Vol 3 Pg 290*)

For further information please contact your local Imams/Ulama.

Sri Sathya Sai Book Shop UK - Review on Books

Title: SAI BABA my PILOT

Author: Capt. V K Sharma – Former Airline Pilot

Published by: Capt. V K Sharma – New Delhi

Review: -

This book is an autobiography of an Airline Pilot sharing mostly his experiences with Bhagawan Sri Sathya Sai Baba. The author Capt. Sharma – currently retired – is an ex Airline Pilot who had the wonderful privilege of flying our beloved Swami around the country and abroad during Swami's divine visits to various places in India and abroad since March 1973.

Initially the author was enchanted by the miracles which Bhagawan performed right in front of his eyes but gradually he realised the greatest miracle in his own life was that he became more and more inward looking – seeking his own source. Bhagawan guided him in his spiritual pursuit to the point that Sharma often longed to retreat in to solitude and be in the company of himself only - leading to silent contemplation and then deep meditation. Through his life's experiences we see Swami in the different roles of a divine **mother, a father, Guru and a friend.**

This book is a pathway to self realisation showing the way to progressive sadhana methods / techniques that helps to overcome the worldly obstacles that come in between leading to a condition when you can control your senses, attaining a serene, tranquil and silent mind where in you start seeing reflection of your own Athma (soul). For me - this book aroused a strong drive to attain eternal life, eternal happiness, lack of fear of death realising that I am an eternal soul and not the perishable body.

You will also realise soon that merely understanding the spiritual truths was not sufficient unless they are supported by personal experiences gathered in **living out the spiritual truths in real life time.** With Bhagawan's divine guidance the author realised that when one is immersed in desires, ego, anger, greed, envy and jealousy – one's life is "hell" but when one gives up all these and develops love peace and joy and in a spirit of sacrifice, surrenders at the divine feet of the beloved Lord – you are in "heaven".

The 13 chapters in this book are listed under the following interesting main titles: -

The Unseen hand of God;	Blessings of Mahatmas;	The Adwaitic Experiences
Jnana;	The Divine light Experience; Love;	Blessings of Swami;
Silence that speaks;	Self control and perfection in meditation	
Re-Incarnation;	Jnana, Vairagya and Bakthi; Yatras;	Namasmarana

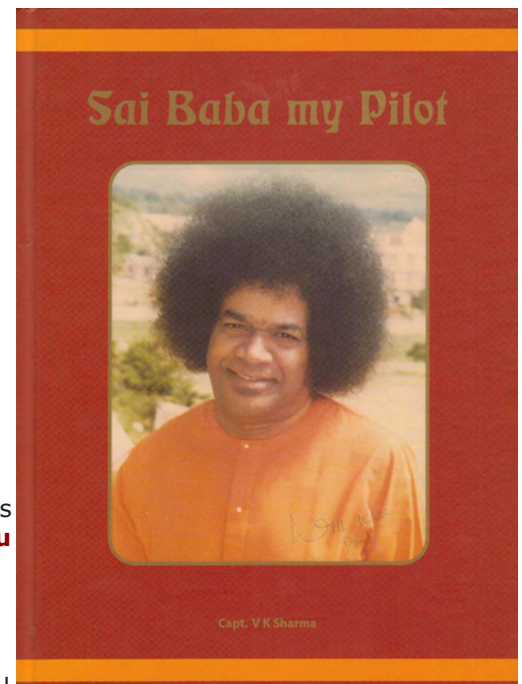
The content of each of the chapters is also illustrated by appropriate photographs or drawings explaining how our Swami's pure love and guidance has inspired millions all over the world to change their course of desire from material world to the inner spiritual world. All the chapters deal fully well with the titles of each subject but the most fascinating aspect is how each of the spiritual lessons learnt by the author was backed by our divine Lord's constant teachings and guidance. All spiritual facts explained in detail are also great reminders of every word of spiritual wisdom Swami has been giving us for so many years.

The author also quotes teachings of great sages, prophets and spiritual leaders like Ramana Maharishi, Sri Aurobindo, Jesus Christ, Swami Chinmayananda and many others.

Though I am tempted to mention even briefly some of the valuable spiritual wisdom in this book – I overcame this temptation and decided to leave this firsthand to those ardent spiritual seekers who choose to read and assimilate these truths straight from this book. But there is one revelation that took me by surprise – the author mentions the exact year of the advent of Swami as Prema Sai Baba as conveyed by Swami to him in one of his close encounters with the divine. It made my heart pound faster and I asked my self – "Will I be there Swami when you return?" I am sure this question will arise in your minds too. Well – Only God knows the answer to this!

This book is available from SSSS book shop in London and may I strongly urge all ardent spiritual seekers to read this book and be immensely benefitted. I can assure you that you will not be disappointed.

Jai Sairam – Raj Selvakumar





Websites

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